

# It's sync or swim for Lathrup

By Marty Budner  
staff writer

**S**YNCHRONIZED swimming — where performers execute simultaneous water stunts in tune to music — is virtually unknown to most individuals.

It once was unknown to Shelly Munnings. But not anymore.

Munnings had no knowledge whatsoever about skulling (underwater hand movement), senior draw (top level of competition) or any of the other esoteric terms indigenous to that highly artistic sport.

Now she's in her fourth year as Southfield-Lathrup's head coach.

"I knew absolutely nothing about the sport at all," mused Munnings, a pretty, brown-haired, 21-year-old who looks more like a participant than a high school coach.

Munnings, who graduated from Lathrup in 1981, got involved in synchronized swimming when she was a sophomore in high school. She spent three years on the Charger team where she learned the sport's fundamentals.

"I was a cheerleader when I first heard about it (synchronized swimming) and I wanted to be on another team," said Munnings. "The school had a small session in gym classes for synchronized swimming. So I got into and liked it."

Then, just three months after graduating from S-L, Munnings was hired as that school's head synchronized swim coach.

"WHEN I was a senior I had heard

our coach wasn't returning," said Munnings. "Since I was going to college in the area, I figured I would like to coach. I work near the school, so everything was just real convenient for me."

"Coaching was a new experience for me, but I had enough confidence I could do the job," she said. "I used the coach before me as an example, using what I liked and not using the things I didn't like."

Munnings admits it was an adjustment going from participant to coach in less than a year — at the school from where she was graduated no less. But she quickly took charge to show her swimmers who was in authority.

"I actually think it was a lot worse for the team than it was for me," said Munnings about her unique transition into coaching. "Some of the members of the team were persons I had swam with the year before."

"I think at first they thought it was going to be all fun and games. But they learned quickly that it wasn't going to be like that," she said. "I've never had any discipline problems."

Lathrup is one of only seven schools across the state with a synchronized swim program. The others are Clawson, Monroe, Troy and Troy Athens and Ann Arbor Huron and Pioneer.

**THE HIGH SCHOOL season is divided into two distinct types of competition — Figures and Routines.**

The schools meet for Figures competition throughout the month of January. This is when swimmers perform routines in front of judges in four different divisions from novice (be-

erice).

Debi DeWitt contributed a second place on beam (7.15) and a third place on floor (7.8). Jennifer Held placed third (6.55) and Karen Runyan fourth (6.3) on bars.

The Falcons finish the dual meet season with a 3-9 record.

ginners) to senior draw (veterans who perform more difficult stunts).

In February, the schools meet again for what's termed as Routines competition.

The four basic routines — solo, duets, trios and team (8 to 8 competitors) — are performed to music. Swimmers are judged on execution and content.

The most highly skilled Lathrup swimmers — the senior draw members — are junior captives Elaine Gast and Kris Organ. Munnings mentioned junior captain Carey Marko also has a high-ability level.

Gast began as a novice her freshman year then rapidly advanced to junior competition where she finished second in the state. She moved to senior draw as a sophomore and has been stationed there ever since.

"She (Gast) knew nothing of the

sport. She's been phenomenal," said Munnings, who lives in Farmington Hills. "She went to a camp in Ohio over the summer and that helped out a lot. She also was a dancer and you can just see the graceful moves and stunts. Her control in the water helps her immensely."

"In fact, I think she has really good chances this year and next year for some type of honor (at the state meet) in senior draw and solo," she said.

Senior Laura Breyer, junior Lisa Rose and freshman Stephanie Rosefeld are some of the team's other top swimmers.

**THE 19-MEMBER team won its first routine meet recently over Ann Arbor Huron.** The Chargers currently are gearing for two more Routines meets (Athens Feb. 28 and Pioneer March 5) and the state regional meet March 9. All those meets will be at Lathrup.

## Lady Ocelots ousted quick

Poor shooting, bad ballhandling, no rebounding — that kind of play in a state tournament game points in one direction.

Out. Which is where Schoolcraft College's women's basketball team finds itself after its performance against Grand Rapids Junior College Tuesday at Glen Oaks College. The Ocelots simply played badly, resulting in a 71-54 loss and their ouster from state tournament play after the first round for the second straight year.

Schoolcraft trailed 34-27 at the half but managed to tie it twice in the second half, at 43 and at 48. But a series of missed shots and turnovers allowed Grand Rapids to pull away after that.

Missy Aiken's 16 points was best for Schoolcraft. Almee Frye contributed 13 and Kim Chandler netted 10.

The loss ended the Ocelots season with an 18-10 mark. Schoolcraft shared the Eastern Conference championship with Alpena and Mott, each with 10-2 records, because Highland Park used an ineligible player that led to its forfeiting all its games.

## Macintosh wins 4

Four first-place finishes by senior Katie Macintosh led the Farmington gymnastics team to its third victory of the season, a close 111.25-110.95 win against Westland John Glenn Thursday.

Macintosh scored 7.9 on vault, 8.35 on uneven bars, 8.15 on balance beam and 8.4 (a personal best) on floor ex-

## Raider spikers win NSL finale

The North Farmington volleyball team closes out its regular season schedule Wednesday with a convincing 15-5, 15-4 victory at Northwest Suburban League rival Redford Thurston.

A quartet of seniors, playing in their final regular season match, led the way for the Raiders.

Suzette Greenberg and Patti Kozicki were red hot from the service

corner. Greenberg nailed 11 of 11 serves and scored 8 points. Kozicki hit 12 of 13 with 4 aces and 9 points.

Brooks Landback was perfect both at the net and in the back row. She didn't make a single error in the match. Julie Platole nailed 9 of 11 spikes with 5 aces.

The Raiders close the regular season in second place in the NSL (8-2) and 25-8 overall.



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**Georgian Bay Weekender**

June 21-25

Some of the world's best preserved shipwrecks are to be found in the Great Lakes where the cold fresh water has prevented deterioration of the many wrecks claimed by the treacherous waves of the winter storms.

US SCUBA is offering a Georgian Bay 5-day weekend combining the best of Tobemorny and Pentastar. June 21-25, divers will stay in the new units of Big Tub Lodge in Tobemorny on the tip of the Bruce Peninsula and on the afternoon of the 23rd to Pentastar to dive off the Argonaut Diver from the 23rd to the 25th. Meals on the 21st-25th are included.

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