The reflex doctor

Athletes praise Sheer's unique technique

By Larry O'Connor staff writer

MID THE EYE charts and optic measuring devices sets a pitch-back not, a mini-trampoline and a few tennis balls. Dr. Donald P. Sheer fondly calls the spartan-like setting in his Reddro optometrist office the "game room." Ninetry percent of Sheer's business deals with checking for near- or farsighteness and glaucoma.

business deals with checking for near- or unsugat-ciness and glaucoma.

Sheer devotes the other 10 percent of his time to making sure athletes literally keep their eye on the ball.

For that process, Sheer runs persons through a series of tests to check for such things as spatial location, binocular vision, and eye-hand coordina-

Ition.
It may sound a might technical, but some of his tools include a three-dimensional fly, a blinking roulette wheel (saccadic fixator) and three beads on

a string.

Also included is a graph to plot improvement and an opportunity to work on a positive attitude done through the process of SyberVision visualization.

"I DECIDED I'd like to do something a little dif-ferent," said Sheer, 36, who lives in West Bloom-field. "I really liked sports, and I wanted to com-bine the two."

blue the two."
Similar programs exist in the East. Sheer, who's
originally from New York, sought the advice of
noted persons in the sports-vision field: Dr. Arthur
Seiderman of Philadelphia and Dr. Arnold Sherman

icer, who was the 1985 state racquetball cham-in the senior mens B division, also loss and

plays tennis. He believes his program is geared for most any sport — except swimming and wreathing. A trampoline belps simulate game situations are would benefit. Since sale and the surface of the Michigan Panthers, the Detroit. Red Wings, the Detroit Pistons and the Detroit. Tigers, the feeling is mutual. Sheer also worked with Sheer since the summer, speaks highly of the program.

RED WING goaltender Ed Mio, who's worked with Sheer since the summer, speaks highly of the program.

Anything working with your eyes is a good thing, said Mio, who worked on a similar program while with the New York Rangers. "You might not noited (improvement) in the beginning, but it helps in the long run, I think.

Tim picking up the puck easter and concentrating a little better.

Pucks and balls can be enlarged in one of Sheer Srill. After making cilents concentrate on a spinning wheel for 30 seconds, he then has them look at a tennis ball.

As the eyes adjust, the lime-colored spherical obtained wheeling the situations and were the seconds of the second of the seconds of the seconds of the seconds of the second of t

a tennis ball.

As the eyes adjust, the lime-colored spherical object looks the size of a grapefruit.

Another exercise, which comes in bandy for a goaltender, is what Sheer calls a "vision runway." it's a series of small, red lights which run in sequence on a rectangular board.

When the light comes near the person's feet, their reflexes are tested by stepping on a button in time.

ONE SUCH execrelse is SyberVision, where a person visualizes a particular goal and concentrates on it.

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When the light comes near the person's feet, their effexes are tested by stephing on a button in time.

SPAN OF recognition is measured by flashing numbers for an instant on a screen and having a person recite them back to Sheer. The 3-D fly is used to check depth perception and the beads on a

Tartars destroy OLSM, 102-74

Want to talk about the difference superior depth can make to a basketball team! Why bother? Just take a look at Monday's Orchard Lake St. Mary's game at Wayne State.

The powerful Tariars had five players reach double figures in secring to three for the Eagles, which explains why WSU had few troubles disposing of CLSM 102-73.

The win ralsed WSU's record to 14-6 overall. OLSM dipped to 7-19.

The Eagles' 39 percent of 18 substy, raced for the field in the first halp tut them into a hole immediately as WSU, concetting on 50 percent of its substy, raced to 44-30 halftime lead.

OLSM got off fast in the second half, however, Erich Hartnett's jumper with 18:21 left pulled the Eagles to within 18:22 left pulled the nine, 44-35. But after a timeout, WSU pulled away and OLSM never threat-ened again.

Lance Davis had 20 points and six assists to pace the Eagles. Steve Kopicki had 17 points and nine rebounds and Jeromie Washburn hit for 11 points.

Raheem Muhammed and Grady Lowry each pumped in 18 points for WSU, with Muhammed grabbling nine rebounds. Dwight King added 15 points, Ted McCree had 13 and Maurice Macon 11.

OCC slips by Mott

It took some time Saturday, but nationally ranked Oakland Community College had plenty of it.

The Ralders went into overtime to claim a 67-65 win over Mott Junior college in Eastern Conference baskethall action. The Ralders, 13-1, are lifts it in the Eastern Conference batten first in the Eastern Conference and ranked lath in the NJCAA polls.

Darryl Darling, who made two free throws with three seconds lett in overtime, belped give OCC its 13th win of the season. The game was tied 56-56 at the end of regulation.

It was a comeback for the Ralders, who were down 34-28 at the half. In the second half OCC had some beench help form LeSean Haygood, who netted own five rebounds.

Darling's clutch free-throw shooting turned out to be the difference, though.

Darling's clutch free-throw shooting turned out to be the difference, though.

Darling's active to context with 12 points.

Willie Jones and Pat Gardiner each had 12 for OCC.

What's in a racquet?

Continued from Page 1

"IT has a bigger 'sweet spot' like a basebali bat. So it generates more pow-

er."

Added power is just one part of the adjustment from a standard size racquet to an oversized one. Yellen, who tested Ektelon's aluminum series in practice, started using a graphite model competitively soon after it came on the market.

the market.
"The aluminum (racquet) is very

playable," Yellen said. "The main dif-ference is that graphite responds a lit-tle better. There's a crisper response."

Ektelon was the first to introduce the oversized racquet in racquetball. The company offers three models, two made of aluminum and one made of

graphite.

Other companies, like AMF Head, also market oversized racquets. At MC Sporting Goods on Southfield Road in Beverly Hills, the oversized racquets were priced at \$35 to \$140.

Dameron is Salem's best

The Plymouth Salem wrestling team limped back into town late Saturday night after a grueling day in Mount Clemens.

The Rocks placed a disappointing sixth at the star-studded 17-team Mount Clemens Invitational. Harel Park won the tourney with 159 points. Redford Catholic Central was second with 149 and Warren Woods Tower was third with 146. Salem scored 100%.

"We had kids out sick, kids out hurt — we're a little banged up," said a tired-sounding Salem coach Ron Krueger.

tired-sounding Salem coach Ron Krueger.
One Rock grappler came home triumphant. Dave Dameron established himself as the most productive Salem wrestler in the team's history.
The 126-pound senior won four matches Saturday, including a stunning pin in the championship match over Filist Northern's Anthony Crater who came into the match 34-0 on the year.

DAMERON IS 33-0 on the year and holds three team records. He has the most career wins [132, passing Jeff Brown's total of 128), he has amassed more team points than anyone [800, Brown's total was 728), and he is tied with John Beaudoin for most career place [63].

with John Beaudoin for most career pins (63).

"He has broken some long, long standing records here," Krueger said.

Dave's brother Dennis also came home a victor. He won the championship at 112 despite being seeded third behind two state-ranked foes. He outpointed Warren Woods Tower's Mike Dinverno 6-0 in the finals.

Jamle Woochuk placed second at 185, losing to Portage Central's Jim Jackson 6-5. Kevin Freeman placed sixth at 132.

Salem will resume its Western Lakes dual meet season tonight at Westland John Glenn.

Western fetes Chick Evans scholars

Chick Evans college scholarship have been awarded to 28 outstanding Michigan caddles, in-cluding two young women, by the Golf Association of Michigan.

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west.

There are some 860 Evans Scholars attending college under the national program, and more than 200 new award winners have been announced this winter. The caddie-scholarship concept was initiated by famed amateur golfer Chick Evans in 1930, and more than 4,500 former caddies have graduated as Evans Scholars since that time.

The scholarships were awarded on a competitive basis considering caddie record, ecademic standing

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in high school and the need for financial aid. Support for the Evans program comes from contributions of more than 100,000 golfers, including more than \$15,000 in Michigan.

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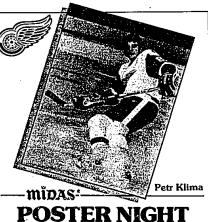
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