

Sports

Dan O'Meara editor/591-2312

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(F10)



Campbell headed for Olympic Trials

By C.J. Risak
staff writer

Talk to competitive swimmers long enough and you'll realize what little regard they actually have for their bodies. They treat them like a carpenter treats his hammer; a swimmer's body is no more than a tool that will enable him to realize his mind's goals.

Of course, like all machines, the human body breaks down. The difference is, the body can recover and — sometimes — be even better.

Alec Campbell and his University of Michigan swim teammates suffered a physical breakdown. It came at the worst possible time: the end of the season, as the team prepared for the NCAA championships.

"We all swam poorly at the end of Michigan's season," said the Farmington native. "The most intensive

training I've been through was last winter. But we overtrained, and at the end of the season we just broke down."

CAMPBELL, WHO finished third in the 200-yard butterfly, fifth in the 400 individual medley and 13th in the 200 IM at the Big Ten championships, struggled, too. But what was tragic then has become a blessing now.

"It's paid off this summer," said Campbell of last winter's overwork. Campbell is going to the U.S. Olympic Swim Trials, set for Aug. 8-13 in Austin, Texas. He will swim just one event: the 200-meter fly. He qualified during a meet at Indianapolis June 30-July 2, although it required breaking down some barriers to do it.

The long-course (pools 50-meters in length, the Olympic distance) qualifying standard in the 200 fly is 2:03.2. In the 200 fly preliminary, Campbell went 2:04.0. He went slightly faster in the finals, but not fast enough to qualify.

SO HE SWAM the event again the next day in a time trial. Again he came up short of the target time. Finally, in another time trial July 2, Campbell busted through with a 2:02.6.

"I was so relieved after I made my cut," he said. That swim enabled him to extend his swim career at least a few months. Campbell, who still holds several Farmington High School swim records, concluded his college eligibility last spring. He'll graduate from U-M with a degree in mechanical engineering at the end of the fall semester.

"I'm retiring after this," he said. "I'll be relieved, but I'll miss (swim-

ming). Don't know what I'll do with my mornings, not getting up at 6:30. I've been swimming since I was eight. Guess I'll have to get used to sleeping in."

But not for a while yet. Campbell is training in Ann Arbor with the Wolverine Swim Club. He started to taper for the Trials last week, and already he can feel the difference between this and his taper for the NCAA.

"I FEEL much more rested," he said. "Last winter, we did sets of 2,500 yards fly. We were probably the fastest team in the country at it, but there are no races for 2,500 fly."

"This summer, we swam mostly freestyle for aerobic training and did fly for anaerobic."

That means freestyle for distance and fly for sprint work. So far, Campbell likes the results. At 22, he

thinks he is in the best shape of his athletic career.

How far that will carry him at the Trials is difficult to predict. Campbell is far from a favorite, and he knows it. "Basically, I'd like to go my best times," he said. "I'd like to get into the top 16."

"I'm about two seconds off what it would take to qualify for the finals."

A DROP in time of that amount is certainly attainable, if the "machine" is properly tuned. But physical readiness is only half the battle.

"If I'm in the right frame of mind, I can drop two seconds, and that'll get me into the finals," he said. And once in the finals?

"I try to think what would happen if I did make it. I was thinking about the competition I'd be up against. It would be the thrill of a lifetime."

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Alec Campbell
Ex-Farmington, U-M swimmerSeries
champ
hails from
SF

Angelo Palazeti of the South Farmington Mustangs ball club fouls off a pitch during the World Series played in Waterford. Palazeti and his 9- and 10-year-old teammates won four games before losing, but they regrouped to beat Evansville, Ind., twice in the final stop to the championship. See Page 2D for a story on the South Farmington team's success.

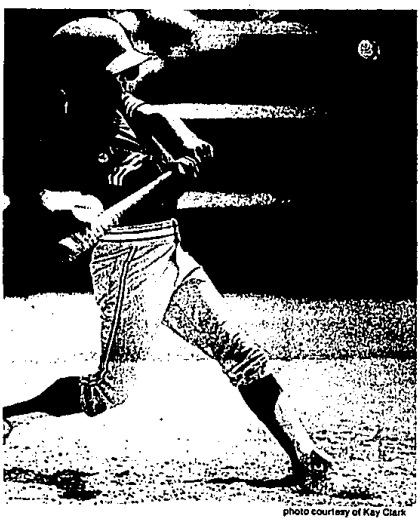


photo courtesy of Ray Clark

NFWB earns berth
in district tournament

baseball

North Farmington-West Bloomfield faced a must-win situation Tuesday night in Connie Mack baseball and came through with a clutch, 8-1 victory over Southfield Lathrup.

The outcome assured NFWB of second place in the North Oakland County League and a berth in the Macomb County AABC district tournament, which began Wednesday.

NFWB, which finished 18-4 and 1½ games behind league champion Royal Oak Norwood (28-3), drew a first-round bye and was to play the Macomb No. 1—Ann Arbor winner at 3 p.m. today at the Blabop Gallagher sports complex, located on Utica Road between 15 and 16 mile roads.

The six-team, double-elimination tournament continues through the weekend. Lathrup finished 16-6 in the league.

Shawn Wall hurled a complete game for NFWB Tuesday and checked Lathrup on three hits. He also struck out eight and walked only two in seven innings.

"HE THREW HIS best game of the year," NFWB coach Rich

Rachner said. "He was really on."

Jerry Hakala, Wall's battery mate and, according to Rachner, the team's unsung hero, produced the game's key hit, breaking a 1-1 tie with a two-run double in the second inning.

"He's just a terrific catcher," Rachner said. "He's our quiet leader on the field. He and Wall were a heckuva combination tonight."

NFWB, leading 3-1, broke the game open with a five-run fifth inning that was capped off by Greg Orman's two-run single.

Hakala was 2-for-2 and had three RBI, and Jack Herberholz, continuing his hitting streak, was 2-for-3 with one RBI. Mike Mackie, who also drove in a run, and Orman were 2-for-4.

In a Palmino tournament in Grand Lodge last week, NFWB prevailed in one of three games.

NFWB OPENED with a 19-10 loss to an American Legion club from Jackson on Thursday and, in two games Friday, defeated Grand Lodge 7-6 and was eliminated by Wayne Ford, the eventual winner over East Lansing in the final, 12-3.

Rachner used five pitchers against Jackson with starter Derek DiPaola taking the loss. He lasted 2½ innings after Jackson, helped by five NFWB errors in the first three innings, scored eight unearned runs. DiPaola gave up only three of Jackson's 16 hits.

NFWB was swinging the bat, too, and had 14 hits. Seth Peity was 4-for-5, which included a two-run homer, and had four RBI.

Jay Marcoux and Hakala hit solo homers. Herberholz was 2-for-5 with an RBI. Rick Rachner hit a two-run single and Mike Petchell went 2-for-4.

Against Grand Lodge, NFWB scored the winning run in the bottom of the ninth inning.

Base hits by Brian Miller, Her-

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South wins showdown,
spot in AABC playoffsBy Dan O'Meara
staff writer

Jason Hicks didn't have to wait long to get his revenge.

And neither did South Farmington's Connie Mack baseball team for that matter.

Hicks and his teammates atoned for a 2-0 loss to Windsor by winning their all-important, Little Caesars season finale Monday night at Novi High School.

Second place and a post-season tournament berth were on the line, and the spoils of victory went to South Farmington, which broke out of its recent slump with a 6-2 defeat of the Canadians.

Hicks, the winning pitcher in the rematch, was the loser last Thursday when South lost its second straight game in a late-season skid that resulted in the final game becoming a do-or-die showdown.

BY WINNING, South finished 15-3 in the league and qualified for the AABC district tournament to be played in Ann Arbor.

South, coached by Mark MacDonald and Dave Turnquist, will play Wendy's of Ann Arbor at 12:30 p.m. today at Huron High School, located at the northwest corner of Huron Parkway and Geddes Road.

"It would have been really unfortunate for us not to make the tournament with our 15-3 (overall) record," MacDonald said. "For a first-year Connie Mack team, we showed people South Farmington can play ball."

— Mark MacDonald
S. Farmington coach

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baseball

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"IT WAS VERY satisfying to beat a team we should have beaten in the first place," said Hicks, whose steady pitching saw him strike out four and walk two.

Actually, Hicks pitched a good game last week, too, as evidenced by the four-hitter he threw in defeat. South's offense had just gone flat for a brief period.

But the hitters were stinging the ball at the right time Monday, beginning with Rob MacDonald's two-out, two-run single that set the tone in the first inning.

MacDonald, who had a terrific start in the summer season, continued to lead the team with 16 RBI though his average had slipped to .371.

Hicks pitched a three-hitter — one less than in the previous game with Windsor — while working little more than six innings.

Mike Dorocak, throwing some blazing pitches in near darkness as

Monday with Joe Jentzer and Leo Devine on base.

"He was too tense up there," said Mark MacDonald, his brother. "He was trying to pull the ball and was hitting weak ground balls to the right side instead."

"THE LAST couple of games we had been putting too much pressure on ourselves, but Sunday's practice really loosened us up."

Jentzer, who despite being the team's leading hitter with a .450 average, got his first extra-base hit of the season when he led off the third with a home run over the center-field fence to make it 3-1. Dave Shown added an RBI single in the same inning.

"(Jentzer) hits line drives all over the place," MacDonald said. "That was a line drive that was crushed."

South cruised along behind Hicks' arm until the sixth when it added two insurance runs. Scott Wladischkin ran over Windsor catcher Rob McIntyre to score on Jentzer's sacrifice fly, and Todd Stenerson followed with an RBI single.

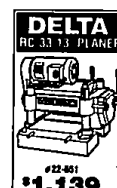
Hicks, 2-2, seemed to get stronger as the game went on. He gave up two hits (no runs) in the first two innings and then no-hit the Canadians in the next four.

The third inning was the big test for him. Windsor loaded the bases with no outs on a walk, an error and a fielder's choice that didn't get anybody out.

WHILE NOT allowing a hit, he got out of that inning on Fred Geis' sacrifice fly, another flyout and a strikeout. Only two men reached base — both as the result of errors — during the next three innings.

That helped a lot, because they were threatening and I was struggling," said Hicks about pitching out of the jam. "The team went through a lot of hard times, but we didn't give up and I did it. I feel like I did it."

— Joe Jentzer

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