

# A stronger McGrath not quite fast enough

**T**RAINING HAD NEVER gone better for Kara McGrath. She knew it. She could feel it. A year devoted entirely to swimming, without even the distraction of schoolwork — she graduated from University of Texas in 1987 — was going to make her an Olympian.



**C.J. Risak**

At least that's what all indications were.

McGrath, a Birmingham native, had eschewed a return to U-T to train under Richard Quick, her former coach and the Olympic team coach. Too many distractions with a university team to train, and not enough individualized attention. That's what McGrath craved — more personal coaching. And that was something Quick couldn't give her, not during the NCAA season (nor, probably, afterward with his commitment to the U.S. swim team). So she went further west, to Concord, Calif., to train with a dozen others under Mitch Ivey's guidance.

**McGRATH** CAME back to U-T in June to taper for the U.S. Trials (which were held at the Austin campus) and got rave reviews from her former coach.

"It was very evident to Richard and everyone else that I was much stronger," said McGrath. Which had been her top priority — increasing her strength.

During her four years at U-T, McGrath was one of the nation's top butterflyers — but she was never the best. That honor belonged to world record-holder Mary T. Meagher. Whatever McGrath did, she could never catch Meagher. And Quick always said McGrath seemed to lack the strength to finish her biggest races satisfactorily.

McGrath was determined to change that, and she was determined to do it for the U.S. Olympic Team Trials. Her times in meets this spring, a mere half-second off her personal bests of 2:10.4 in the 200-meter fly and 1:00.7 for 100-meters, indicated her training was right on target, right on schedule.

Then came the trials and ... nothing.

**DEFEAT** is always difficult to accept, whatever the reason. Not being in shape is a bad reason, for example, but hardly worse than overtrain-

ing. The result is the same, either way.

McGrath's final competitive swim was similar. It wasn't that sort of totally unexpected had a sudden, spectacular swim. It wasn't that McGrath did her best time ever, but it wasn't good enough.

Those things didn't happen. Nothing did. McGrath didn't swim poorly. She just didn't swim the way she needed to. "My best time would have made the team," she said. "But that was the best I could do at that time. I just didn't have it. I felt well-prepared ..."

**HER CAREER** in swimming is now over. It was a bittersweet ending: she would have rather extended it for another six weeks and one last trip, to Seoul. But the time has come for McGrath to, as she put it, "get on with my life."

Included in that is more schooling — she hopes to get her master's degree in counseling from either Eastern Michigan or University of Michigan — and very likely an assistant coaching position with U-M's women's swim team.

McGrath wants to make some money and try other more casual sports, like skiing. "I never did any of that," she said. "There just wasn't time."

As for "retiring" at 23 from swimming, there are parts she'll miss, like "the people, so many neat people," and the travel (she visited Australia, Madrid, Germany and Hawaii over the years). But she's still anxious to move on.

**"SWIMMING'S** A hard sport to quit," she said. "Most people who have done it, have done it all their lives. They don't know what to do once they quit."

McGrath knows what to do now that she's quit. Among her priorities is appreciating what she's accomplished. "As the years go on, more and more I know I'll be happy with my career," she predicted.

And for now, she wants no regrets. As for training with Ivey, she said, "I'm glad I explored it. Now that I'm leaving, at least I can say I've tried it all."

Success was accessible early on for McGrath, during her freshman and sophomore years at Farmington Hills Mercey, before transferring to Sacred Heart Academy in Louisville, Ky. But the higher she climbed, the harder the steps became until — perched at the very pinnacle of her sport — McGrath could not scale that final step.

But she gave it her best shot.

*'As the years go on, more and more I know I'll be happy with my (swimming) career ... Now that I'm leaving, at least I can say I've tried it all.'*

— Kara McGrath  
former Olympic hopeful

# Austin plans comeback

Continued from Page 1

of the best way to achieve tennis happiness is for the parents, player and coach to work together as a team.

"Everybody has to do what they feel is best and what makes them happy," she said. "If you enjoy playing, in tournaments, then you should do it. If you feel like you are playing too much ... I don't think there's any set rule."

"The only thing is that if the parents decide if their child is going to play this many tournaments, then that's a different story. It's hard when you're young. I think it's very important for them to be a team."

"The parents should listen to the kids and the kids should be able to talk to the parents. I know, myself, I looked up to my parents. I figured that they know best, which they did. But they also have to listen to the child and the coach."

"It's good for the long run. It's enjoying today, but every day builds up to the future," she said. "Don't take three steps up at once. Go up the ladder and get that experience. My advice to them is take things slowly. There's no hurry."

**AUSTIN**, A resident of Rolling Hills, Calif., paid her dues while working her way up to the pro level. She competed in all the major 12-, 14- and 16-year junior tournaments and won a record 25 national junior titles.



THOMAS ARNETT/tatari photographer

Tracy Austin, 25, helps promote the Ford Sports Tennis Championships.

She defeated Chris Evert in 1979 to become the youngest U.S. Open

## tennis

winner ever. She defeated Martina Navratilova when she captured the 1981 championship.

Austin was a Wimbledon semi-finalist in 1979 and 1980, and a quarterfinalist in 1981 and 1982.

The young right-hander left the circuit full time in 1983. But she did not waste her time while recuperating from injuries.

Austin debuted as a national television tennis analyst, experimented with a broadcasting career, appeared on a few TV talk shows and authored several instructional columns for Tennis Magazine.

Tennis was a big part of her life and it was difficult not being part of the circuit. That's why she's enjoying her slow fusion back into the society of professional tennis.

"Just stepping out on the court I'm saying OK, I'm taking a chance," she said. "I'm risking everything I had before because I haven't played in five years and these girls have."

"But, that's OK. I'm not one to shy away from challenges," she said. "I'm looking forward to it. I'll give it my best shot and enjoy it. It's nice to be back out there."

• Twice a week is better • Twice a week is better •

## SALEM LUMBER

30650 plymouth road  
livonia  
422-1000

"home of old-fashioned service"



## Do It This Late Summer

Save now on treated decking materials and build it yourself this summer.

wood deck kits 10' x 20'	\$340 <sup>00</sup>
• 2" x 6" (joists & beams)	
• 6 posts	
• 5/4" x 6" x 10' deck boards	
2" x 6" pine .40 treated decking	10 ft ..... \$4 <sup>00</sup> 12 ft ..... \$5 <sup>00</sup> 14 ft ..... \$6 <sup>00</sup> 16 ft ..... \$7 <sup>00</sup> 18 ft ..... \$8 <sup>00</sup> 20 ft ..... \$11 <sup>00</sup>
treated lattice	2'x8' @ (small squares) \$8 <sup>88</sup>
treated pyramid top mailbox post	\$9 <sup>88</sup> fully assembled
treated 8 ft. pine rough square edge landscape timbers	4" x 6" ..... \$5 <sup>00</sup> ea. 6" x 6" ..... \$8 <sup>00</sup> ea. 6" x 8" ..... \$11 <sup>00</sup> ea.

### 4' x 8' sheet sale

3/4" CDX@.....	\$7 <sup>44</sup>
1/2" Pine G1S@.....	\$12 <sup>49</sup>
3/4" Pine G1S@.....	\$16 <sup>49</sup>

easy tailgate loading

1/2" sheetrock@.....	\$3 <sup>49</sup>
1/2" sheetrock MR@.....	\$7 <sup>00</sup>
3/4" sheetrock@.....	\$6 <sup>00</sup>

### 1 x 10 utility dry shelving

6 ft. @ \$2<sup>40</sup>  
8 ft. @ \$3<sup>20</sup>  
14-16 ft. also in stock

Select your own from our in store racks. Our lumber is all priced in \$ and c

### featuring real oak vanities by Bertch Mfg.

oak framed mirror (in lawn or mocha)	
21" x 27" @.....	\$59 <sup>99</sup>
30" x 30" @.....	\$89 <sup>99</sup>
wellworth "kohler" toilet	
white	\$99 <sup>88</sup>
in colors	\$129 <sup>88</sup>
most items always in stock	
24" x 18" base with 25" x 19" marble top	at \$235 <sup>88</sup> *
30" x 18" base with 31" x 19" top	at \$299 <sup>88</sup> *
21" deep cabinet and top same price	
with 49" custom marble top as shown with cut back	add \$150.00

store and shed hours  
monday thru friday 8 a.m. to 6:45 p.m.  
saturday 8 a.m. to 5:45 p.m.  
sunday 10 a.m. to 3:45 p.m.

prices effective thru august 31, 1988

## BERGSTROM'S

PLUMBING • HEATING • COOLING  
25429 W. FIVE MILE  
532-2160 OR 522-1350  
**CALL FOR A FREE ESTIMATE!**

## Carrier

HEATING AND COOLING  
We aren't comfortable until you are.

THE ROUND ONE® PLUS.  
• Cuts Cooling Costs  
• S.E.E.R. ratings of 9 or higher available in all states.  
• Added Engineering Features... enhance reliability.  
• Top Quality Throughout

3585/DL10'S  
INSTALLED AND RUNNING FROM  
**\$1250<sup>00</sup>\***  
\*INCLUDING \$200 REBATE  
Expires 8-31-88

## GENERAL TIRE

### LOW, LOW PRICES

STEEL BELTED RADIAL

ANY SIZE LISTED	SIZE	DESCRIPTION	SIZE	DESCRIPTION
2 for \$60	155SR12	AmeriSport Btl.	P185/80R13	AmeriTech 4 Wtl.
	P155/80R13	AmeriWay IT Wtl.	P185/75R14	AmeriWay WSW*
	P155/80R13	AmeriSport Btl.	P185/75R14	AmeriTech 4 Wtl.
2 for \$70	P185/80R13	Ameri 314 WSW	P205/75R14	AmeriWay WSW*
	P175/80R13	AmeriWay IT Wtl.	P205/70R14	AmeriTech 4 Wtl.
	P185/75R14	AmeriTech 4 Wtl.	P205/75R15	AmeriWay WSW*
2 for \$80	P185/75R14	AmeriTech 4 Wtl.	P215/75R15	AmeriWay WSW*
	P205/75R14	AmeriWay IT Btl.	P225/75R15	AmeriWay WSW*
	P205/75R15	AmeriWay IT Wtl.	P235/75R15	AmeriWay WSW*

**MONEY SAVING COUPONS**

### WONCOCK FREE RIDE SALE

Buy 3 Get 1 FREE

The Best Price for Domestic & Import Passenger Cars

WONCOCK

**SUPER STRUTS** Installed Free

Chrysler \$89  
Ford Motors \$109

Expires 8-31-88

### FRONT WHEEL DISC BRAKE SERVICE

• Install new Bendix disc brake pads, wheels, grease seats and brake hardware.  
• Resurface rotors and replace wheel bearings (excluding sealed bearings)  
• Inspect tie-rod system and rear brakes

\$54 (Gross material, pads cost \$15.00 extra)

Expires 8-31-88

### OIL CHANGE LUBE & FILTER

• New Oil Filter  
• Lubricate Chassis  
• 10-15 Quarts  
• Kenda 10W30 Multi-Weight Oil

\$13 (includes oil, filter, and labor)

Expires 8-31-88

## GENERAL TIRE SERVICE

19601 MIDDLEBELT ROAD  
(Just N. of Livonia Mall) Livonia

2726 GRATZ RD. ROYAL OAK 477-1100  
254-7906

3755 WOODWARD AT 19 MILE ROYAL OAK 477-1111

HOURS: Mon.-Thurs. 7:30-6 P.M.; Fri. 7:30-8 P.M.; Sat. 7:30-2 P.M.

## 1/2 PRICE SALE

Buy one pair of shoes or boots at the regular retail price and get the second pair of equal value or less at 1/2 off the regular retail price.

## Knapp

WESTLAND-LATHROP VILLAGE  
E. DETROIT-TAYLOR  
OPEN SUNDAYS 12-5  
OPEN MON., THUR., FRI., TIL 9