



exercising options

Myrna Partrich

Tennis: Fun game, but a weak activity

Dear Myrna: Tennis is my form of exercise. I like to play singles and doubles two to three times a week. I'm a man that needs this stress release. I haven't played tennis this summer but I am looking forward to returning this fall. What can I do to prepare myself for tennis so as not to injure myself in the game?

First, let me clarify my feelings about tennis as an exercise. Many people think they can become physically fit by playing this sport. Unless they play singles tennis at a very intense pace at least four times per week, they are wrong.

Remember, your activity must take you to your training heart rate and sustain this for at least 20 to 25 minutes at a time to be an aerobic activity. The only way to achieve a higher fitness level is by some form of aerobic exercise and tennis is not one of them.

In fact, studies show that the average tennis player spends 70 percent of the time on the court standing around waiting for the ball, which burns less than 200 calories per hour, while a single brisk walk will burn 300 calories per hour.

I am not downing tennis. It is a great sport. I love it myself. The infamous tennis elbow and tennis leg are muscle and tendon injuries that can be prevented by strengthening yourself before going out on the court.

To prevent tennis elbow, you should do special exercises to strengthen the muscles in your forearm, like clenching your fist around a ball or buying a strengthening specifically for forearm. For tennis leg, strengthen your calf muscles and shins (always balance the front muscles and back muscles together).

You can prepare your legs overall by jumping rope, running from side to side and stretching your calf muscles. Since tennis players do a lot of jumping on their legs, jumping rope is an excellent preparation for playing tennis and a good way to strengthen your leg muscles.

Spend at least five minutes a day shifting your weight from side to side in a little run, similar to what you would do on the court. Improving your flexibility is where it's at to help you prevent injuries.

The most important muscles to stretch are the calf muscles (back of your lower leg) and the hamstring muscles (back of your upper leg). To accomplish this, wall push-ups are best recommended.

Stand three feet away from a wall with your arms outstretched, your palms against the wall at shoulder height. Bend your elbows while leaning your body closer to the wall, while keeping your heels on the ground. Hold for 30 seconds and feel your leg muscles stretching.

Give yourself a few weeks of preparation. You know what they say — get ready, get set and go and enjoy yourself.

(Myrna Partrich, co-owner of The Workout Company Inc. of Bloomfield Township, is happy to answer any questions readers may have regarding exercise. Please send your letters to: Sports Department, Myrna Partrich, 1225 Bowers, Birmingham, Mich. 48012.)

Grunt calls increase odds

IT HAS probably happened to most serious archery hunters who put in their time in the woods. A nice buck wanders through your area, just far enough away from your stand to eliminate any possibility of a shot. You fret and fidget, hoping he'll come a little closer, only to watch him disappear into the bush.

If you've ever wished you could simply call that deer a little closer maybe now you can do just that.

Research over the past five years has uncovered a lot about the vocal communication of deer. A type of communication many hunters felt never existed.

Deer have a number of vocal sounds they make ranging from a distressful bleat, to an alarming



outdoors

Bill Parker

whine, to a content or even aggravated grunt. And if you haven't noticed, there are dozens of different calls now available to hunters that imitate this grunting sound.

Probably the most popular of all the grunt calls is the E-Z Grunt-er, developed by Harold Knight of Knight & Hale Game Calls fame.

"THE GRUNT call has absolutely

changed my style of hunting," admitted Knight. "It has made me want to sit longer and it has given me confidence. If I see a deer now, I know I can get him within bow range. They (deer) will respond. I have never had a negative reaction. Using the grunt call has also made me conceal myself better when I'm in my stand. When you call a buck in he'll know where that sound is coming from so he'll be looking."

Last year alone, Knight bagged five bucks, four of which he called in with his E-Z Grunt-er. His longest shot was 27 yards. The rest were within 15 yards.

UNLIKE THE old bleat call, which imitates the sound of a fawn in distress and works primarily on does, the grunt call works best with bucks.

"Does will come in, too, but it works best with bucks, especially the 18-month old bucks," explained Knight.

Bucks and does keep separate social circles, except during the mating season, known as the rut. They don't mingle with the opposite sex unless the rut is on. Just prior to the rut, the older, dominant bucks will run the younger bucks off as the older bucks begin their quest for a mate. Knight feels this activity among the bucks is what makes the grunt call work.

"When the bucks start to break up the 18-month-old ones are lone-

some," Knight said. "They've been with other bucks all year and now, all of a sudden, they're alone. They get lonesome. They hear another deer grunt and they come to socialize. Later in the year, when the does are in estrus, another deer will come to a grunt to try to get in on the action."

"I'd say the best time to use (a grunt call) is about two weeks before the rut," continued Knight. "I think the younger bucks are out looking for other bucks at that time."

UNLIKE SOME game calls, such as duck, goose or turkey calls which take hours and hours of practice to master, the deer grunt call is easy to master.

"Anyone that can blow their breath on a mirror can use the E-Z Grunt-er," Knight said. "It doesn't take any talent. They are very, very easy to master."

The best time to use the grunt call is when the deer are out of shooting range. Then the call can be used to lure the deer in.

"The number one rule of thumb is that if a deer is walking to you, don't pick up the call. Pick up your gun or your bow," Knight said. "Another thing to remember is that the E-Z Grunt-er has a long tube on the end. Stick that tube in your shirt or over your shoulder if you're hunting with a bow. It won't bother you with a gun, but if you're using a bow it will get in the way."

outdoors calendar

IMPORTANT EVENTS AND DATES

- Oct. 15 — Resident for season opens in Zone I & II.
- Oct. 17 — Sighting in Days at the Western Wayne County Conservation Association in Plymouth Twp. The fee is \$5 and three ranges are open 10 a.m. to 4 p.m. daily. Call 453-9843 for details.
- Oct. 20 — Pheasant season opens in Zone III.
- Oct. 25 — Mink season opens in Zone I.
- Oct. 27 — Dinner party and auction will be held by the Huron Valley Chapter of the National Wild Turkey Federation at the Warren Valley Country Club in Dearborn Heights. Eighty four percent of the proceeds will remain in the state. For more information call Hugh Marx at 477-6953.
- Through Sept. 30 — Lake Huron King Salmon Derby in Oscoda. Call 1-800-235-GOAL for details.
- Sept. 30 — Trout season ends on designated streams and lakes.
- Oct. 1 — Archery deer season opens.
- Oct. 1 — Resident raccoon season opens.
- Through Oct. 2 — Boat Show U.S.A. at Metro Beach Metropark, with over 1,200 boats on display.
- Oct. 4 — Duck season opens in Zones I & II.
- Oct. 8 — Fall turkey season opens in limited areas of Zone I.
- Oct. 10 — Pheasant season opens in Zone I.
- Oct. 11 — Duck season opens in Zone III.

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FOUR WINNS

Pioneers lack bite in Bulldog invite

Oakland University's men's cross country found itself in the middle of the pack at Saturday's 11-team Bulldog Invitational at Ferris State University.

The Pioneers settled for a sixth-place team finish as they totaled 135 points.

Saginaw Valley won the invite with 37 points, Macomb Community College was second with 84, Ferris State third with 87, University of Wisconsin-Milwaukee fourth with 110 and Lansing Community College fifth with 132.

OU'S KEN OSMUN turned in his team's best finish with a fourth-place 26:34 clocking.

Shawn Butler of Saginaw Valley recorded the meet's best time with a 26:10. Jim Concaezay of U-W-Milwaukee was second at 26:42 and Ferris State's Dan Ebright third at 26:26.

Other Pioneer finishers included: Bryan Jones, eighth at 26:54; Bill Soule 30th at 28:09; Bruce Boarden 50th at 28:59; Andy Landry, 52nd at 29:07; Mike Kearns, 54th at 29:13; Jeff Harris, 85th at 31:43 and Mark Spezia, 90th at 34:08.

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