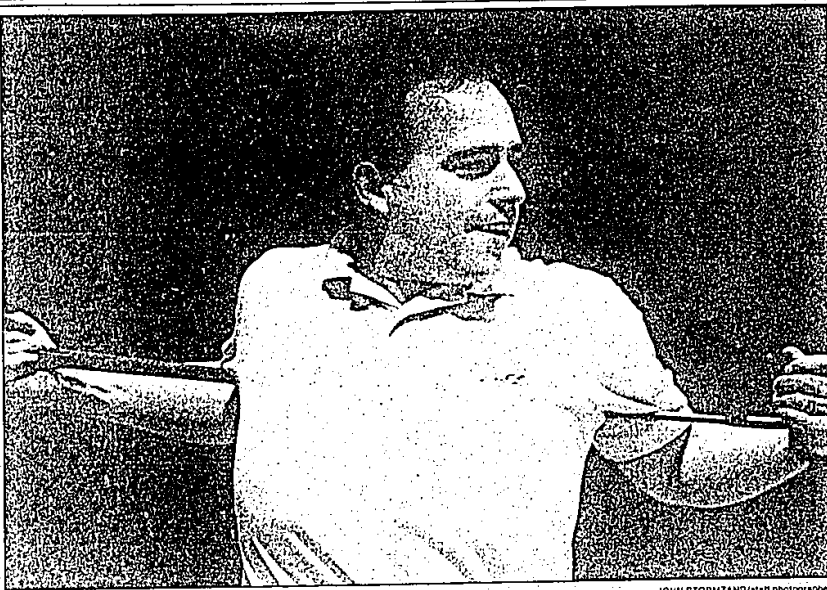


Sports

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JOHN STORMZAND/staff photographer

Shol Levine of Southfield and the Total Rehabilitation and Athletic Conditioning Center in Farmington Hills demonstrates a stretching exercise senior citizens can do prior to playing golf.

Flexibility key for seniors

Stretching necessary for golfers

By Dan O'Meara
staff writer

A disciplined routine of stretching is the most important factor in enabling senior-citizen golfers to avoid injuries and enjoy their sport more completely.

About 60 people, most of them seniors, heard a three-man panel of medical and golf experts offer that advice and other knowledge Thursday evening at the Farmington Area YMCA.

The program was sponsored by the Total Rehabilitation and Athletic Conditioning Center in conjunction with ElderMed at Botsford General Hospital in Farmington Hills.

Shol Levine of TRACC, Dr. Stephen Goldman and retired PGA golfer Bob Szilagyi shared their individual expertise, with the need for proper conditioning being central to each of their talks.

Levine, who holds a master's degree in clinical exercise physiology, asked "How many people think golf is good exercise? About two-thirds raised their hands. 'How many ride a cart?' A handful raised their hands again.

"GOLF IS GOOD exercise if you walk," he said. "Age is no roadblock to get in shape. Everyone can do some type of aerobic exercise."

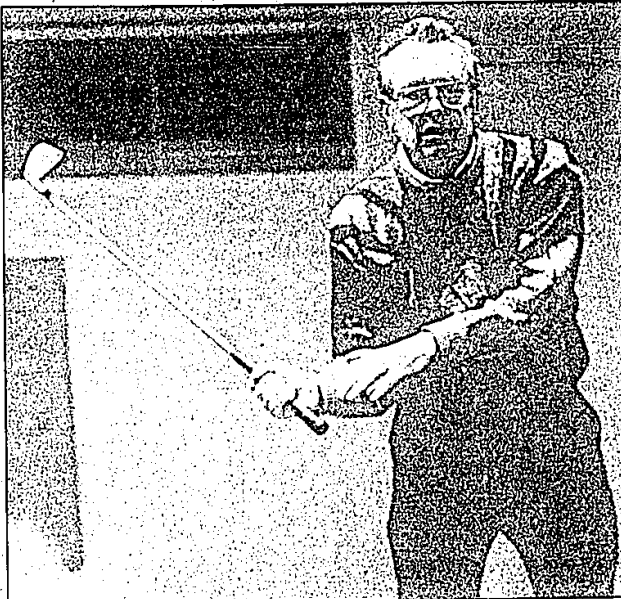
The principle of being in shape and loose applies to all age groups but is especially important for seniors and can actually slow down the aging process, according to Goldman, a specialist in sports and osteopathic medicine at Botsford.

"As people get older, muscles begin to change at age 25, the heart beat at peak exercise level decreases a little each year, blood pressure goes up before peaking around 70, there is less water in the body and it takes longer to warm up and cool down after physical activity."

Most golfers go to the putting green to "warm up," Levine said, but their warm-up routine should involve walking around the putting green instead.

An aerobic activity and static stretching — holding the stretch for 20-30 seconds at a time — are advised. Stretching can take care of a lot of joint aches and pain, according to Goldman.

Levine demonstrated several exercises golfers can do to loosen their muscles in the neck, arms,



Bob Szilagyi of Plymouth and Salem Hills Golf Club shows his audience the proper technique for swinging a golf club.

torso and lower back. They should be done the year round and not just before golfing, he said.

"Get in condition for your sport; don't use your sport to get in condition," Levine said. "Good cardiovascular conditioning will help you finish nine holes."

DEHYDRATION during a round of golf also is very common, according to Levine, and seniors need to be especially careful.

The signs of dehydration are profuse sweating, pale and clammy skin, elevated body temperature, loss of motor coordination and faintness. If a person feels dehydrated, he/she should find shade, lie down, elevate the feet and drink cold liquid.

Levine and Goldman cautioned their listeners not to drink alcohol before or while playing golf, adding a caffeinated drink like coffee can be just as bad. To prevent dehydration, golfers should also drink a lot of water before going out and either avoid hot days or get acclimated to them.

"Drinking alcohol is the worst

thing you can do on a 90-degree day," Levine said.

Elbow pain and low-back strain are common ailments that afflict golfers, Goldman said. The former is an inflammation of the inside of the arm caused by striking the ground with the club, usually resulting in a large divot.

"The jamming sensation causes problems with the neck and shoulder," Goldman said, adding the latter is often caused by over-swinging.

Most of the aches and pains golfers have can be treated at home. If a problem persists for more than a week, the individual should have it checked unless swelling and excessive pain require immediate care.

OTHERWISE, ICE should be applied for three days. Goldman was emphatic about his Three-Day Rule. Never use anything but ice to treat a sore area during the first three days. Moist heat can be used after that.

"Ice and stretching will get you out of 99 percent of all problems you have," Goldman said, adding

golfers can avoid injuries by paying attention to the mechanics of their swing.

Szilagyi, now the teaching pro at Salem Hills Golf Club in West-ten County, demonstrated proper technique and its role in preventing injuries.

"You're less prone to injury by using the legs in the golf swing," he said. "Most golfers want to use their arms and shoulders because that's what they're used to doing relative to other activities. You want to use your whole body but in the right sequence."

"People use their legs but use them too late. Most don't get enough shoulder turn and then won't use their legs. If you don't get the weight back, how are you going to get it forward properly? If you leave the weight forward and don't get it back, you have no power."

Szilagyi added tempo is important in executing the backswing, the knees should be flexed to use the legs in generating power and the grip should be tight as a feather.

All-American hopes to win title 2nd time

softball

All-American Sports Center begins the 1992 modified men's fast-pitch softball season as a national champion and hopes to repeat the impressive feat later this year.

The team, sponsored by the Farmington Hills sporting goods store, returns 13 players who helped All-American win the 10-man, Class A national invitational last year in Stevens Point, Wis.

"We'd like to go back and defend the title," said veteran player/coach Dave Brubaker, the most valuable player in the tournament. "They make such a big deal at these tournaments if you're the defending champion."

Brubaker, who began playing modified softball after graduating from high school in 1973 and enters his 20th season, was one of six AASC players named to the all-tournament, All-American team.

Brubaker was the catcher; Doug Kirkpatrick, shortstop; Jim Dillon, center fielder; John Longridge, second baseman; Sean Maloney, first baseman and Jerry Staszal, pitcher.

STASZAL PITCHED for a rival team in the Livonia Modified League last year but joined AASC for the national tournament and will be part of the AASC team from the start this year.

Don Dreher, a modified veteran, sat out last year after having eye surgery but resumes an active role and will coach the team along with Brubaker. First baseman/outfielder Dan Pierce is the manager.

AASC also returns outfielder Jim Foster, infielders Mike Kesson and Scott Collins, outfielder/designated hitter Rick Dreher and outfielder Tim Bowden.

The father-son duo of Al and Curt White broke with AASC to start their own team, taking former AASC players Brian Tiller, Ron Wandzel, Steve Dawson and Rodney Shellenberger with them.

All-American has added three players: outfielder Bill Howley from another modified team, Jesse Wallace, a former all-state baseball player in Tennessee; and former Plymouth Salem and Central Michigan University outfielder Tim Dowd.

"We've put together some clubbers; we've got some hitters," Brubaker said. "Jerry Staszal keeps us in the ballgame. He's been pitching very well the last couple years."

AASC begins the new season tonight with a 6:15 game against AJ's Lounge at Ford Field in Livonia. The team also will play in the Plymouth League, which starts in early May.

ALL-AMERICAN PLACED third in Livonia and fourth in Plymouth last year. But, in addition to its national title, AASC finished second and third in tournaments in Bay City and Midland, respectively.

"It's nice to win (the league title)," Brubaker said, adding the team has won its share under previous team names. "But we're still more of a travel team. We play in the league for practice, so that when we go to tournaments we're sharp."

The 10-man national tournament will be played in Green Bay, Wis., this year on Labor Day weekend.

Recruits improve Madonna outlook

By Brad Emons
staff writer

On the verge of winning his first District 23 title, Madonna University volleyball coach Jerry Abraham has added four new gems to an already polished stone.

Wayne Memorial's Laura Fisher is among four new recruits for the 1992 season as the Lady Crusaders draw closer to a berth in the National Intercollegiate Athletic Association tournament.

"These girls will add depth," said Abraham, who in his fifth season guided Madonna to a 43-12 overall record and a runner-up finish (to Northwood Institute) in the District 23 finals last November. "All four are good all-around players, and are outstanding students in the classroom."

"They'll make every position competitive. From player to player, this should be the strongest team we've had."

Fisher, a two-time first-team All-Observer setter, will be joined at Madonna next fall by the Davison High class of Marcel Laurencelle and Annette Schramski. Also in the fold is White Lake-Lakeland's Tiffany Joseph.

The four recruits hope to pick up the slack for three starters lost to graduation. Gone is defensive specialist Jenny Sladewski, a Livonia Stevenson High product; middle hitter Kristy McFadden from Bedford Bishop Burgess and setter Penny Baker.

FISHER should be able to lend depth at the setting position.

"She's a very experienced player with a great work ethic," Abraham said. "She will be counted on as a backup to Mazie Pilot (Borgess), but has the ability to play."

The 5-foot-5 Fisher helped Wayne reach the state Class A quarterfinals in 1991 and the two-time All-Region pick led the Zebras to the 1992 Wolverine A League crown.

"I chose Madonna because it has a great student program," said Fisher, a 3.2 student who plans to major in Education. "Madonna is a relative small school with the status of a university. To me it's like having the best of both worlds."

volleyball

Davison's Laurencelle, a 5-11 outside and middle hitter, was selected first-team All-Big Nine Conference and All-Region.

"She's a very strong, dominant-type player," said the Madonna coach. "She has a wide variety of offensive skills and will challenge for a starting position."

Laurencelle plans to major in Elementary Education.

"I chose Madonna because I feel it's better for me to attend a small college," said the Davison standout. "I also feel that Madonna has a very good volleyball program that I fit into well."

SCHRAMSKI, a 5-10 outside hitter, also made first-team All-Big Nine and All-Region for the Davison Cardinals.

She carries a 3.73 grade-point average.

"Annette is a very talented all-around athlete," Abraham said. "She's a good offensive and defensive player and has the ability to challenge for a starting position."

"We expect both (Laurencelle and Schramski) to contribute and be valuable additions to our program. They both came from a successful high school program."

Joseph, a 5-10 outside hitter, was Lakeland's co-captain and made All-Kennington Valley Conference.

"Offensively she's a strong outside hitter, but also a solid defensive player," Abraham said. "Like the others, she plays with tremendous work ethic and a lot of enthusiasm."

A 3.5 student, Joseph was named to the Kennington Valley All-Academic squad two straight years. "I like the small campus; it feels more comfortable to me," Joseph said. "Another factor I considered was the Elementary Education program. I like the fact that students get to work with kids in certain areas of study."

With the four recruits and 10 scheduled returnees, led by first-team NAIA All-American Dana Hicks-Pinley, it appears Madonna is ready to shine bright in '92.