

MONDAY, DECEMBER 30, 1996

# SPORTS

C

## FARMINGTON- FARMINGTON HILLS SPORTS SCENE

### Hoop dreams

The McDonald's NBA 2ball Tournament is coming to Auburn Hills, Troy and Southfield in January.

What is McDonald's NBA 2ball? It's an exciting basketball game played by two-player teams where each team has one minute to score as many baskets as possible from any of the six shooting spots identified on the game court.

Each shooting circle is worth a different point value based on the difficulty of the basket. At the end of the event, the team in each category of competition with the highest score advances to the next level of play.

Area youths 9-17 years old can participate, but members of high school varsity basketball teams are ineligible. The age categories are broken down into 9-11, 12-14 and 15-17 for both boys and girls.

The event, which includes local, area, city, conference and national finals, is sponsored locally by McDonald's, the Detroit Pistons and the Michigan Recreation and Park Association.

Local tournaments are scheduled for Saturday, Jan. 18 at Southfield High School (24675 Lahser Road), Saturday, Jan. 25 at Smith Middle School (5835 Donaldson) in Troy and Wednesday, Jan. 29 at Auburn Elementary School (2900 Waukegan) in Auburn Hills.

For specific starting times or additional information, contact Stu Alderman at Troy Parks and Recreation at (810) 524-3484.

### OLY Fall Classic

The Southfield Swim Club recently participated in the OLY Fall Classic and turned in a number of successful performances.

Emily Harris led the Southfield contingent with a victory in the "A" level 13-14 year old 100 breaststroke. Harris also reached her "A" time in the 13-14 200 backstroke.

In addition, Lenora Hanks arrived at her "B" time in the 9-10 50 freestyle. Marc Harris achieved his "A" times in both the 11-12 50 butterfly and 50 freestyle. Doug McKernan won the "B" 11-12 200 individual medley, swam an "A" time in the 11-12 200 freestyle and achieved a "B" time in the 50 butterfly, and Melvin Cross captured the 11-12 "C" level 100 backstroke.

### Call in scores, stats

Once again, Observer-area high school coaches are asked to call in game scores. Coaches are urged to call (313) 953-2141 to report scores and game highlights immediately following each game or meet.

We ask all coaches to call in their results regardless of where the game is played.

### Diamond tryouts set

The Michigan Bulls 14 and under squad will be holding tryouts throughout January. The Bulls, based in Dearborn, compete in the Little Caesars League.

For further information, contact Dave Smith at (313) 388-6809 or Cris Hansen at (313) 584-7077.

### Call for softball managers

The City of Birmingham will hold its pre-season softball meeting for all team managers on Monday, Jan. 13, at 7 p.m. at the Birmingham Ice Sports Arena, 2300 E. Lincoln.

Previous years' teams will be accepted first. If openings remain, new teams will be accepted as received by the office.

Those managers unable to attend the meeting are asked to call (810) 645-0731.

### Fracassa earns coaching honor

Birmingham Brother Rice head football coach Al Fracassa was recently selected Michigan High School Regional Coach of the Year by head coaches of the region. Fracassa, in his 28th season as head coach, guided the Warriors to an 8-2 season in 1996. Included in the team's success were victories over such stellar programs as Catholic Central, East Kentwood, Warren DeLaSalle and Toledo St. Francis.

Fracassa, who has coached his teams to five state football championships, is a member of the Catholic League Hall of Fame and Michigan High School Coaches Hall of Fame.

### Learn to curl

The Detroit Curling Club, 5600 Drake Road, will conduct an open house Sunday from 1-5 p.m. for those wanting to learn how to curl. Club members will be available to provide free lessons for participants of all ages.

For further information, call (810) 661-2890.



**Heavy hitter:** Tammy Fisher (left) works on her punching combinations to the instruction of class leader Kristy Andrews (far right) during a recent kickboxing class at Ken Levy's Executive Boxing Club in West Bloomfield.

STAFF PHOTOS  
BY DAN DEAN

## Executive order

### Club offers alternative approach to fitness



**Kicking up his heels:** Ian Allen prepares to deliver a roundhouse kick to a heavy bag during a workout at the Executive Boxing Club.

BY BILL PARKER  
STAFF WRITER

As a professional kickboxer in the 1980s, Ken Levy realized there was more to the sport than full-contact competition. He saw the physical and mental benefits he received from kickboxing training and decided to pass those benefits along.

Levy began instructing others in the art of boxing and kickboxing in the late 1980s as a total cross-training and body toning fitness activity. To date he has taught more than 10,000 classes, produced a workout video and is highly respected in the international fitness industry. He recently opened Ken Levy's Executive Boxing Club on Northwestern Highway in West Bloomfield.

"I try to cater to the needs of everyday people," said Levy. "Most people don't want to fight, but it's good to learn to defend yourself. What I've done is taken the contact out of it. That way it's safe and poses no threat. And it's a great total workout."

While mainstream America tends to shy away from participation in full-contact boxing and kickboxing, more and more people concerned with their own well-being are turn-

ing to these sports as an alternative to the aerobics classes and weight training associated with today's typical health club.

#### What to expect

During a typical one-hour class at the Executive Boxing Club, students begin with 10 to 15 minutes of warmup, which includes calisthenics, rehearsing punch and kick combinations, and some light stretching. Students then move to a heavybag to work on punch combinations, footwork and kicks. Another 10-15 minutes is then devoted to work on a double-ended bag - an air-filled bag suspended from the floor and the ceiling by pieces of elastic cord - which helps improve timing and hand-eye coordination. There is also time for jumping rope and shadowboxing in a mirror, which is an excellent cardiovascular workout and helps improve form. Levy said students will throw approximately 2,000 punches and 300 kicks during the course of one class.

"You'll work every muscle group in your body," said Levy. "With punches you use your arms, back, abdomen, hips, even your legs. When you kick

See **WORKOUT**, C2

**Power punch:** Marianne Colter, of Farmington Hills, throws a straight right hand while practicing the proper breathing technique.



## Pioneers end year with perfect record

1996 was a very good year for the Oakland University women's basketball team.

As far as their schedule is concerned, the Pioneers ended the calendar year on Dec. 22 in Renaissance, Ind. Oakland edged host St. Joseph's College 70-69 to move to 12-0 and improve on the best start in school history. OU went 10-0 in 1995-96 before suffering consecutive road losses.

The Pioneers again appear to be one of the teams, if not the team, to beat in the Great Lakes Intercollegiate Athletic Conference. Coach Bob Taylor's squad, which opened its conference season in early December and posted wins over Northwood and Lake Superior State universities, returns to the floor Thursday against visiting Hillsdale College. A game at the Bubble against Ashland (Ohio) University follows two days later before OU heads off on a five-game road trip. Against St. Joseph's, senior forward Alyson

McChesney led three players in double figures with 19 points and cleared a team-high nine rebounds. Junior center Tamika Bates chipped in 12 points and seven boards and senior Kristen Grant had 10 points. The Pioneers' Rochester Adams connection - senior Lori Young, junior Jamie Povinski and sophomore Courtney Ruffing - combined for 20 points, 11 assists, nine rebounds and five steals.

The Pioneers found themselves in a 35-35 half-time tie, despite shooting 52 percent (14-of-27) from the field before the break. The two teams would finish the contest with identical shooting percentages (44.3).

Oakland set the record for the best start in school history with a 79-69 triumph over host Indiana-Purdue at Indianapolis Dec. 20. The Pioneers were clicking offensively in the second half to the tune of 55 points after taking a slim 24-22

halftime lead.

Bates led all scorers with 25 points and 11 rebounds. Grant contributed 12 points and six rebounds, freshman guard Jamie Ahlgren came off the bench to score 12 points in 17 minutes and Povinski made two of OU's five 3-pointers and finished with nine points.

The Pioneers shot a blistering 63 percent (22-of-35) in the second half, although IUPUI wasn't far behind at 58 percent (18-of-31).

The Oakland University men's basketball team hosted its annual Bimble Basketball Classic over the weekend, looking to end a two-game losing skid. Results of the tournament were unavailable at press time, but complete results will be in Thursday's editions of The Eclectic.

OU made the long trip to Las Vegas, Nev., for the Dec. 18-19 High Desert Classic, but the Pio-

See **PIONEERS**, C2