INSIDE:

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 excit-ing basketball game played by two-player teams where each team has one minute to score amany 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 16-17 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 infor-mation, 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.

the IS-14 2000 ancestroke.

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 but-torfly and 50 freestyle, Danny 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) 955-2141 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 Caesers 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-sea-son softball meeting for all team managers on Monday, Jan. 13, at 7 p.m. at the Birmingham lee 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 Franzassa was recently selected Michigan High School Regional Coach of the Year by head coaches of the region. Franzasa, in his 28th season as head coach, guided the Warriers to an 8-2 season in 1996. Included in the team's success were victories over such stellar programs as Cathelic Central, East Kentwood, Warren DeLaSalle and Tolcdo 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 condeut an open house Sunday from 1-6 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.



Fisher (left) works on her punching combina tions to the instruction of class leader Kristy Andrews (far right) during a recent hick-boxing class

Heavy hitter:

at Ken Levy's Exec-utive Boxing Club in West Bloomfield.

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

BY BILL PARKER
STATF WHITER

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 throat. And it's a great total workout."

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-

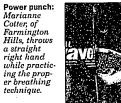
ing to these sports as an alternative to the aerobics classes and weight training associated with today's typi-cal health club.

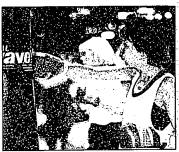
What to expect

What to expect

During a typical one-hour class at the Executive Boxing Club, students begin with 10 to 16 minutes of warmup, which includes calisthenics, rehearsing punch and kick combinations, and the state of t

"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





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 Rensealer, Ind. Oakland edged hast 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 1925-90 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 Intercollegine Athletic Conference. Coach Bob Taylor's squad, which opened its conference searon 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

halftime lead.

Bates led all scorers with 25 points and 11 rebounds. Grant contributed 12 points and six rebounds. Grant contributed 12 points and six rebounds, freshman guard Jamie Ablgren came off the bench to score 12 points in 17 minutes and Pewinski made two of OUTs 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 56 percent (18-of-31).

The Ookland University men's basketball Classic over the weekerd, 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 Eccentric.
OU made the long trip to Las Vegus, New, for the Dec. 18-19 High Desert Classic, but the Constraints.

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