

SPORTS & RECREATION

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Age no barrier to being fit



DAN O'MEARA

Players, coaches share memories of Hawk griddier

His coaches and teammates remembered Shawn Mayberry as being tough, dedicated, intense, passionate about the game of football but also compassionate away from it.

Harrison High School's football program, as well as the greater school community, is still in mourning today following funeral services Saturday for Mayberry.

With the start of practice less than a month away, the 17-year-old griddier was looking forward to his senior year and third season on the varsity team at the time of his drowning death last week.



Shawn Mayberry

"I never met anyone who loved the game more," senior teammate Brian Lewis said. "He would look you in the eye, as if to say 'Let's go,' and that would have you pumped up for the rest of the game. We'll really miss him."

Mayberry wasn't big by football standards at 5-foot-7 and 185 pounds, but he was strong, quick and aggressive — attributes that lent themselves well to the position he played.

Harrison has a tradition of small, quick noseguards at the center of its defense, and Mayberry ranked with the best and continued that tradition.

"Obviously, he'll be missed as a great football player and the heart of our defense," Harrison head coach John Horrington said. "The other players admired his toughness. He always gave everything he had and was very spirited."

He epitomized the Grubber tradition

Mayberry had a lot of playing time as a sophomore and earned a starting role on defense last season.

He was one of assistant coach Bob Sutter's Grubbers — the Harrison linemen who labor in the trenches and relish their relative obscurity.

Though he wasn't one of the so-called stars because of the position he played, Mayberry was still a key contributor during an 11-2 season last fall in which the Hawks were state runners-up.

Mayberry would have been the leading tackler among returning players this year. He ranked third on the team in total tackles with 84 last season, behind only Ed Hight and Francis Gojcek.

"He played with a great deal of enthusiasm," Sutter said. "He was quick and strong; he ran to the ball exceptionally well. He was like a wild man on the field, and the other kids drew a lot of energy from the way he played."

"He'll be missed because of his enthusiasm. He had a fun-loving approach to the game. We'll miss his ability out there. He wasn't just wild; he could make plays."

Mayberry's aggressiveness and intensity earned him the nickname Mad Dog from his teammates, which in the tough world of football was really an endearing term.

"He used to do a lot of barking on the field, and we'd yell at him about doing it," Horrington said. "But I think we'll miss that now."

Senior quarterback Jared Hopkins recalled the time Mayberry added an extra piece of equipment that was not officially sanctioned.

"Before the first game last year, he came out for warmups with a dog collar on," Hopkins said. "It was his old dog's collar; he wanted to wear it in the game, but coach Sutter made him take it off."

Teammates also know Mayberry as Bulldog, another nickname he had sewn into his varsity jacket.

"He had a bulldog sticker on his shoulder pads, and everyone would touch it before a game for good luck," Hopkins said.

Mayberry was passionate about game

The intensity and emotion Mayberry brought to the game was evident after the Hawks lost to Grandville in the Class A championship game last November.

"After the Silverdome loss, he was crying and crying; we couldn't get him to stop crying," Horrington said. "He said he was never going to play football again, because he didn't want to feel that bad again."

"Of course, he got over that, but he said that was the worst he ever felt and he didn't want to feel that bad again."

"He hated losing," Hopkins said. "After the state championship game, I think he took it the hardest."

Please see O'MEARA, D2

Ed Barter of Farmington Hills has done well competing in the Senior Olympics, but there's more to it than winning. He said it's also about enjoying sports and staying active to maintain one's vitality.

BY DAN O'MEARA
STAFF WRITER

As a member of the healthcare profession, Ed Barter of Farmington Hills believes in practicing what he preaches.

Staying fit and staying active are major themes for Barter, the vice president of administration at Botsford Hospital.

He has a myriad of recreational and sporting interests, of which his participation in Senior Olympics has taken center stage lately.

Though he has been very successful in those games, Barter said it's not just about competition but promoting fitness in older adults.

"Whatever level a person is at, it's beneficial just to get people out," he said. "It gives people their middle years and something to shoot for."

"If you stay active through your middle and later years, you'll be healthier and have more to look forward to later in life."

The 51-year-old Barter, who became eligible for Senior Olympics last year, has won a combined seven medals in racquetball, swimming and tennis in the 50-54 age group both years at the Michigan games.

In swimming, he repeated his first-place finishes in the 50-meter butterfly and freestyle last month in Frankfort, Ky., added a championship in the 50 backstroke and was second in the 100 freestyle.

Barter also was runner-up in tennis singles and doubles, as well as racquetball.

"I've always enjoyed playing sports all my life," he said. "I played tennis in high school and swam on the high school team, and racquetball evolved from paddleball that I picked up in college."

"I hadn't swum competitively since high school, which was some 30 years ago, and I only swam freestyle. I tried a few other strokes just for the fun of it and found I could do them fairly well."

Barter also pitches for a coed hospital softball team, competes in a competitive upper-level racquetball league at the Farmington YMCA, plays golf and tennis regularly and finds time for water skiing, too.

"I enjoy golf but it drives me nuts," he said, "because I can never get the ball to do what I want it to do."

Barter is most accomplished in racquetball, winning the American Amateur Racquetball Association state championship this year in his age group (50-54) against the best players in Michigan. He was a quarterfinalist in the national tournament.

"I started with paddleball as a University of Michigan undergraduate in the '60s," he said. "Then I learned racquetball because a lot of people were switching to it."

"Tennis — I do it because I enjoy playing, but I'm not at the same level. Swimming is just something fun that I enjoy doing."

Barter, who was originally from Niagara Falls (N.Y.) and has worked for 27 years at Botsford, finds his sporting activity to be a good stress reliever, too.

"In swimming, I've rediscovered how relaxing that is," he said. "When I get uptight about things, I just go swimming. Although the world hasn't changed afterward, I still feel better."

The Michigan Senior Olympics also serve as qualifying games for the national Senior Olympics, which take place every two years.

At the nationals in May at Arizona State University, Barter earned a bronze medal in racquetball, missing the gold-medal round based on a tiebreaker. He also finished eighth in the 50 freestyle and lost another tiebreaker in the first round of tennis.

In some swimming events at the state level, the competition isn't always as plentiful, which is another reason Barter would like to see the participation level increased.

"When you compare the times I did to the national qualifying times, I was ahead in all," he said. "The competition isn't as dense as you might like it to be, but the times were pretty good."

"In the 100 freestyle, it was just me and one other guy. He won six medals at the nationals, and I stayed with him until the last lap. Even though the quantity is not



Medal winner: Ed Barter displays some of the 14 medals he has won in two years of Senior Olympic competition.

always the same in some events, the quality is."

But then Senior Olympics isn't about being the best but the best you can be by Barter's definition.

"It's a health thing," he said. "Plus, I enjoy the challenge of it. When I was younger, like most people, winning was more important."

"Sure, I'd like to win, but as long as I enjoy it and I play well winning is not as important as it once was."

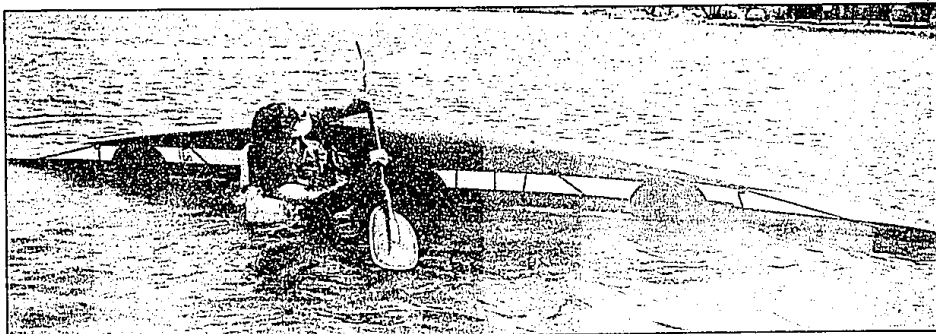
"And it's fun to try things I haven't done. I'll probably try table tennis at some point. Some people at the Y suggested I try doing a triathlon, but that's a lot of work; I don't know if I'll try that."

Barter would like to see more people try something for the benefits exercise and an active life can bring.

"You get some very good athletes in their 60s, 70s and even 80s who can beat the pants off some 20-year-olds in swimming," he said. "Some do it for the fun of it, and others are accomplished in the sport."

"More and more health organizations are supporting Senior Olympics. It's to the benefit of everyone to keep people healthy in the interest of promoting health and wellness."

Anyone interested in learning more about Senior Olympics can call 608-0250.



Proper technique: Tom Lowell demonstrates how to execute a roll in a kayak. The sport's popularity is growing rapidly.

Cool trend

Kayaking among fastest growing outdoor sports

BY BILL PARKER
STAFF WRITER

Early Eskimos knew what they were doing when it came to water travel.

Unlike the native American Indians, who built birchbark canoes to meander the inland waterways of North America, the Eskimos needed something a little more weather-durable and watertight to surmount the frigid conditions and waters of the Arctic Sea.

So, they refined the canoe. Instead of sitting up high on a seat they moved to the floor of the craft to be out of the wind. This also resulted in a more stable craft — a necessity in the frigid waters — since the center of gravity was much lower.

They tied seal or walrus skins over the bow and stern of the craft to make it watertight, weather-proof and streamlined for travel in the harsh Arctic winds.

Thus the kayak was born.

"The easiest way to differentiate between the two is that you sit in a canoe and paddle it, and you wear a kayak. You really want it to fit snugly," said Clarkston's Tom Lowell of Great River Outfitters in Waterford.

Today's kayaks are very similar in structure although the skins have been replaced by fiberglass. And what started out hundreds of years ago as a primitive hunting vessel is now the foundation of one of the fastest growing outdoor sports in America.

Today it's cool to kayak. "Kayaking is getting to be a bit trendy right now," said Lowell. "I'd have to say right now it's the fastest growing outdoor sport in America next to mountain biking."

Great River Outfitters recently gave a demonstration on kayaking at Dodge Park No. 4 in West

Bloomfield. With 18 different models on hand the public was able to check out different kayaks and compare the differences. Lowell and Wixom's Andy Knepley also gave on-the-water demonstrations on paddling and rolling techniques.

Basically, there are two types of kayaks, the sea kayak and the whitewater kayak. The sea kayak is long and lean and designed for directional stability. Sea kayakers are generally 16- to 18-foot in length. The whitewater kayak is shorter and wider than the sea kayak and designed more for maneuverability.

"Since we have the Great Lakes, the Inland Seas, and there isn't a lot of great whitewater in Michigan, sea kayakers are the most popular around here," explained Lowell. "Sea kayaking is very popular around the Great Lakes, particularly Lake Superior, which is known as The inland Sea. If it (Superior) can sink something like the Edmund Fitzgerald it really is a sea."

Please see KAYAK, D4