

GC East Rolls By Thurston, 18-6

The Thurston Eagles never got off the ground in their hopes to swoop past Garden City East.

In fact, the Eagles fell flat on the gridiron before a packed homecoming crowd which saw East reel off an 18-6 victory.

"It was just a terrible performance," commented Thurston Coach Don Riehl whose Eagles slipped to 34 overall and 2-3 in the Northwest Suburban. "We had two touchdowns called back because of penalties, our fumbles led to their scores and we dropped about eight passes."

For East, it was victory No. 3 against four losses, and the second straight in the Northwest in which it finished 2-3.

Thurston's opening drive stopped on the East 20 on a Tom Dowdy fumble. East started moving but Jerry Gibson hauled in a Panther

pass and scampered 55 yards for what the crowd thought was a score.

Thurston was called for roughing the passer and East had possession at midfield. The Panthers marched in for their first score, quarterback Briet Ponte pushing it in from one yard out. The conversion missed and it stood 6-0 at the half.

It appeared that things might change Thurston's way in the second half when John Roy pounced on an East fumble on the kickoff.

But a pass was dropped and Thurston momentum was halted on the 10. After East failed, a punt to Thur-

ston saw John Roy attempt a reverse with a handoff to Gibson.

East's Jim Corey ran in between the two, caught the handoff in mid-air and sped 40 yards to paydirt. A conversion missed but the margin was up to 12-0.

If that play wasn't enough to break Thurston's back, a 50-yard scoring loss from Gary D'Ascenzo to Roy was nullified on an illegal procedure call.

East's final score came on a 20-yard dash by Dave Loney to push it to 18-0.

Thurston finally got on the board in the fourth with Dowdy scoring from the four after D'Ascenzo had connected with Roy on three straight passes.

"We have to win our two remaining games to make this season a success," said Riehl who has Livonia Stevenson on top this Saturday and Redford Union in the finale.



SPURTING AROUND END is Plymouth Canton's Jeff Young (24) with Jim Moore (73) about to throw a block on Walled Lake Western's Kevin Nissen (11). Western wound up throwing a block on Canton in a 42-33 victory. (Observer photo by Bob Woodring)

Ocelot 4-Milers Win Triangular

Bob Stewart finished first and Pat Opsommer fourth to lead the Schoolcraft College cross-country team to victory over Washnaw Community College and Concordia College in a triangular meet.

Schoolcraft finished with 25 points to edge Concordia which was second with 28 points. Washnaw was third with 33.

Stewart finished far ahead of the field as he crossed the finish line in 20:16. Second place went to Concordia's Mary Metzger in 20:36.

Tom Hallett was the third Schoolcraft runner across the line, placing sixth. Paul Allegrina, 12th and Tom Lantto, 14th rounded out the Schoolcraft scoring.

Top Back

Wayne State University senior co-captain and two-way back Dick Byas accounted for 769 yards of all-purpose running in 1972 via rushing, receiving and returns.



Ski Heil

By
BILL CAMERON

There is a great ski season coming!

What are you doing to prepare for it? Do you have a personal fitness program that you are working on? Skiing demands not only balance and agility, but strength and endurance as well. How do you "shape-up"?

Let me recommend a few simple tests that you can administer in the privacy of your bedroom, when no one is around to watch you. First, try a few simple push-ups, men on their toes and women on their knees. If you have difficulty doing 10, you're in trouble. The arm and chest muscles are used in riding tow ropes and pushing yourself up after a fall.

Next, the wall sit. Put your back against the wall and sit so that your legs form a 90 degree angle. Time yourself in that position. Anything under one minute means you're better off sitting in the lodge this winter! Those upper leg muscles are extremely important in skiing.

How's your cardio-vascular endurance?

Take your resting pulse rate for one minute while in a sitting position. Anywhere from 60 to 80 beats a minute is fairly normal. Next, run in place at a jogging pace for three minutes. Take your pulse within 10 seconds after stopping (sitting down) for one minute again. This is your working pulse rate.

Now here is the important part. Check your pulse again after a five minute rest period. Has it returned to normal? If it has not, I suggest you give up smoking, over-eating, and start doing some endurance work such as jogging or swimming or skipping rope.

Your heart is a muscle and needs work like any other muscle if it is going to remain strong. If you don't have cardio-vascular endurance you will tire easily and that leads to injuries particularly late in afternoons. When you're tired your muscles won't respond primarily because they lack endurance as well as strength.

The smart skier knows whether or not he or she is "in shape." They've had a recent physical and their physicians has given them a clean bill of health. When you're paying the high price for a lift ticket, you want to ski all day, but not at the risk of incurring an injury.

How many have taken that "last run" and wiped out halfway down? I believe most ski injuries occur because of lack of ability, improper equipment and poor physical conditioning.

Don't forget the big ski show this weekend at Cobo Hall. You'll find representatives of all of the Michigan ski areas plus the Rocky Mountain group and the Canadian government. You can also get a free fitness test at the YMCA booth.

Andover Topples Clarenceville

Clarenceville High turned homecoming smiles into frowns when it let a 12-6 third quarter lead slip away into a 21-12 defeat at the hands of Bloomfield Hills Andover.

It was the Trojans fifth loss in seven games.

Andover struck first on its second series with Ross Berlin dashing 60 yards around end to give Bloomfield a 6-0 margin.

Clarenceville notched it at six-all in the second quarter. Kim Shollock capped a 66 yard drive with a seven yard burst into the end zone. The attempt for a two-point conversion missed.

The Trojans just missed on an opportunity to carry a lead into the locker room at the half. Tony Phillips spurred loose for seven yards before being stopped on the Andover one with the gun sounding.

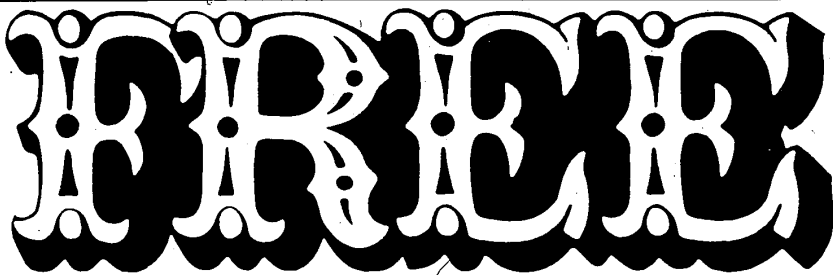
A Brian Luka one yard plunge climaxed a 94 yard march for Clarenceville in the third. This after the Trojan defense had halted Andover on the six.

Another two-point run attempt failed but Clarenceville had the lead.

It was short-lived as Andover rebounded with two fourth quarter scores. Bob Hallway scored from one yard out to highlight a 60 yard march with a Hal Henderson conversion giving Andover a 13-12 edge.

With six minutes remaining, Hallway intercepted a Luka pass at midfield and Andover took over. Hallway carried it in from a yard out and Henderson passed to Berlin for two points.

Andover slipped Clarenceville in first downs 13 to 12 and outruled the Trojans, 173 yards to 148. Luka held the upper hand in series, hitting on eight of 14 passes for 191 yards.

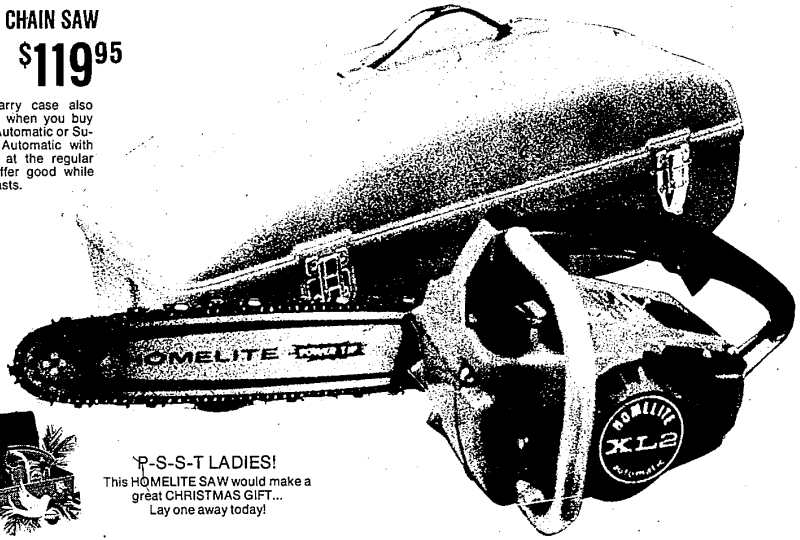


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