

# Marine fitness meet slated

By STEVE DOUGAN

Perhaps the most unique athletic event of the year is scheduled for 10:30 a.m. Saturday at Pontiac Northern High School.

It's the Michigan Eastern District Marine physical fitness competition, a once a year shot for a grueling 28 minutes per team.

THE EVENT is sponsored by the U.S. Marine Corps along with General Foods, and 300,000 youths participate nationally.

Rochester is the team to beat. The Falcons have won this competition in 1967, 1968, 1969, 1970, 1971 and last year. Adams, under

present Rochester coach Max Hasse, was the 1972 winner. Last year's Falcons, under Hasse, finished fourth in the nation. But the right to a trip to Washington, D.C., for the national meet, is earned in this district round. The three top teams in each region, composed of several districts, go to Washington.

National qualifying should be known by about May 1. A DOZEN TEAMS have signed up for Saturday's meet.

"We have a good team," Hasse said. "Our team is comparable to last year's team. We have some stronger points and some weaker

points. But what we get on Saturday will be an indication." Rochester will enter an all-senior team of Kevin Meneer, Don Stieve, Rick Soeks, Mark Murphy, Joe Rogers and Ken Jones. If there's any substitution, the most likely replacements would either be senior Jim Bedore or freshman Steve Thibodeau.

"This year's team is very well prepared for the meet," Hasse said. "I don't underestimate anybody."

PROBABLY THE most consistent and likely challenger is Adams, which was second to Rochester every year except when the

Highlanders on the state meet. The Highlanders have three persons back from last year's team in senior Paul Cornell junior Dave Miles and sophomore Mark Schneider. The spots behind Cornell are all very close, however, with other possible team entries from juniors Kirk Durham, Brad Smith, Matt Mette, and Fred Schimon and freshman Tim Action.

"I think right now we're better balanced than last year," said Adams coach Ron Niedzwiecki. "Everybody is scoring pretty close to each other."

"WE'RE HOPING to do well. We definitely want to improve on our score." But he indicated that many of the fitness participants are using this as an off-season conditioning program for football or other sports.

Each team of six performers does sit-ups for three minutes, to a maximum of 100; does push-ups for three minutes, to a maximum of 60; does a standing broad jump; does pull-ups to a maximum of 30; and does a 300-yard shuttle run. Scores are based on a 100-point total per event, to a maximum of 500. Five of the six team member scores are counted for the team total.

ROCHESTER WON the Eastern District meet last year with 2,253, and Adams got 1,995. So much have those two teams dominated this meet that last year only four schools showed up.

## Returning pitchers decide Knights' hopes

Baseball's barometer, pitching, will hold the key to Bloomfield Hills Lahser's vascity fortunes on the diamond this spring.

Coach Bob Veatch's Knights will bank heavily on returning senior hurlers Jeff Knudson and Mike Devlin.

Last year, Lahser rode their strong right arms to a 15-10 overall mark. Knudson's record was 7-5; Devlin's was 5-3.

IN THE Metro Suburban Association (MSA) race, the Knights tied for runner-up with Coach Dave Grottschalk's Birmingham Groves Falcons. Each team finished 7-4.

Coach Bill Boyd's Royal Oak Dondero Oaks took the MSA title, ending 9-1.

During the state tourney, Lahser failed to survive beyond the district round.

THIS SEASON, Veatch says he looks for rosier skies - provided Knudson and Devlin reach their potential.

"If they have years like they're capable of having," said Veatch, confidently. "I think we'll do at least as well as we did last spring - if not better."

Besides being bellwethers on the mound for the Knights, Knudson and Devlin can hit. In 1973, Devlin hit .314; Knudson hit .305.

WHEN NOT pitching, Knudson tends the outfield and Devin plays third.

Lahser's other returning seniors are infielders Scott Palmer and Roger Gibson, plus outfielder Bo Puffer.

Palmer won't be able to contribute until late April, however. He's currently in a full leg cast after suffering an injury while playing basketball.

BOLSTERING THE Knights' bench are a crew of promising new "mers." They include outfielders Gary Stenkel, a senior, and Tom Deery, a junior, along with shortstop Rob Zankl, a sophomore transfer student from Country Day.

Catching will be an unknown quantity for Lahser.

THE KNIGHTS lost through graduation star backstop Gary Rump, who has since been drafted by the World Champion Oakland Athletics.

"Gary's the finest catcher I ever had here," Veatch said. "His shoes will be extremely tough to fill."

Top prospects for that task are senior Jody Muir and sophomore Mark Kaiser.

ANCHORING THE Knights' bullpen will be senior Steve Pistor, in addition to juniors Bob McCue and Larry Rubie. All are right-handers.

In fact, Veatch isn't carrying any

left-handed pitchers. But, Veatch says, the consequences will prove minimal.

"We face mostly right-handed hitters, anyway," he said.

THE KNIGHTS have been doing calisthenics since mid-March in Lahser's gymnasium.

What's more, they've been able to effectively sharpen their batting and fielding skills indoors, thanks to a pitching machine.

About the only aspect of baseball they haven't been able to work on indoors is shagging fly balls.

LAHSEY WILL christen its 1974 campaign at 4 p.m. Monday in an away nonleagueur.

Furnishing the opposition will be Coach Ken Seislowicz's Madison Heights Bishop Foley Ventures.

The Knights will have two more away nonleagueurs later next week.

HOME GAMES for the Knights this season will be played at East Hills Junior High in Bloomfield Hills.

That's because the baseball diamond at Lahser is being relocated to make room for a new all-weather track around the school's football field.

East Hills is at 2800 Kensington Road, just east of Opyke Road.

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