

## Cage clinic draws 120

# Girls learning fast at Mercy

By TOM BAER

Summer basketball clinics for Michigan high school girls aren't all that common — yet.

But Farmington Our Lady of Mercy High has offered more than 100 girls a chance to sharpen their skills with some serious off-season work.

The clinic, which consists of four two-week sessions, is run by Mercy coach Rose Swidzinski with some help from Ulica High coach Marcy Jodway.

Participating schools include Walled Lake Central, Walled Lake Western, West Bloomfield, Garden City East, Garden City West, Dearborn Sacred-Heart, Hamtramck Immaculate Conception, Livonia Churchill, Livonia Stevenson and Dearborn Heights Crestwood.

The girls work two hours a day during each two-week session. Fundamentals come first, according to Ms. Swidzinski, who coached Mercy to a 22-2 season and a third-place finish in the state tournament last spring.

Fundamentals include ball handling, passing, shooting and basic defenses. "WE'RE STRESSING fundamentals," Ms. Swidzinski said. "We've discovered that the best kind of basketball is the simplest kind."

"We spend a lot of time on individual moves. They scrimmage in the second week. We see if they're able to utilize what they've learned during the first week."

Developing a "total team" is another part of Ms. Swidzinski's basketball philosophy.

"Some coaches are still hung up on the concept that you can have one outstanding girl and build a team around her. That just isn't true. You must have five shooters on the floor at all times. We don't want any half players."

There are no officials for the game-

type scrimmages. The players themselves are asked to call the fouls and violations. If all the fouls don't get called, that's all right. They won't all be whistled in a real game, either.

"Basketball is a non-contact sport in theory only," Ms. Swidzinski said. "When you get out on the floor and you've got 10 bodies moving, there'll be contact. And I think you've got to teach the girls to accept that contact."

Ms. Swidzinski took a 36-girl team to a national recreation basketball tournament in St. Joseph, Missouri last spring. She also coached a team in an exhibition series at John F. Kennedy College in Wahoo, Neb.

"IN HER TRAVELS she discovered that Michigan 'is really behind in girls' basketball.'"

"In terms of girls' basketball programs, we're really behind," she said. "This is our first year of state competition. By comparison, Iowa had its 47th state tournament this year."

"We still think of girls as not being able to accomplish certain skills. Many coaches still don't teach a one-hand set shot or a jump shot because

they don't think a girl can do a jump shot."

"We're still bogged down in this old idea that girls can't run hard and play hard and that they can't learn the same skills a boy can."

"It's just a total fallacy. You go through the rest of the country and

you see what the girls are doing."

Several former Mercy players are taking part in the summer clinic. They are Diane Wink and Sue Roegner, who were both picked for the Catholic League's all star team, and Lydia Sims, a regional selection for the U.S. Olympic Team.

— Rose Swidzinski

## Togetherness pays off for Suburban Sports

By TOM BAER

Suburban Sports Center manager Rolfe Biller wasn't surprised when his softball team topped the Southfield Class B men's softball league and then went on to sweep the District 5 tournament.

"We kind of thought we'd win our league," said Biller, who will take the team into the state Class A Recreation tournament at Waterford Twp. this weekend.

Suburban Sports compiled an 11-1 record in league play before taking three straight games in the District 5 tourney in Allen Park last weekend. Suburban defeated Clinton Twp., 16-12, in the final district game.

Suburban was down 9-1 in the second inning, but came back to win with the help of a grand-slam homer by

catcher George Sterling. Sterling has hit 12 homers this season, including three in the Districts.

The team has some real power, according to Biller. "We started out playing good defense and not hitting," he said. "Now our hitting is coming through and we're winning a lot more."

IN ADDITION to Sterling, there is third baseman John Finlayson ("One of the backbones of the team," according to Biller). He's hitting over .500 with 10 home runs. Left fielder Gary Echout is a standout defensive player and a .500 hitter.

When it comes to pitching, Suburban Sports has a real workhorse in Lance Pesci. He's pitched every game during the regular season.

"His defensive skills have really helped us out, and he's also a pretty

good hitter," Biller said. The manager also cited first baseman Tom Kelly for his defensive work.

Part of Suburban's success comes from the team's closeness on and off the field, Biller said.

"We've been playing really well as a team," he said. "Most of the guys on the team have gone to school together. They know each other and what they can do. Everybody picks up everybody else."

"They're good friends and they hang around with each other. It helps keep the team together."

Suburban is scheduled to play host Waterford at 6 p.m. on Friday (Aug. 23). Site of the game hasn't been determined.



Two girls battle during a game-type scrimmage at Farmington Our Lady of Mercy's summer basketball clinic (Photographed by Craig Newman)

## Madison Heights body shop

# New machinery helps athletes stay fit



Nautilus manager Leo Mayer makes the rounds of his body building shop (Photographed by Patricia Beck).

By DAN SPICKLER

Nautilus Athletic Training Center, in the Madison Heights Shopping Center, offers a relatively new system of body building for athletes playing professional ball to businessmen struggling to stay in shape.

The Center, which is open Monday through Saturday from 7 a.m. to 10 p.m. in the summer, features 15 Nautilus exercise machines. Nautilus, based out of Florida, is the invention of Arthur Jones, 54, a training specialist.

The machines operate on a CAM pulley system which Jones patented in 1970. Stress is electrically evened out so an exercise is toughest when the muscle being tested is at its strongest position, and easiest when that muscle is at a weak position.

THE CENTER is owned by Ed Wan and Gary Stempien, both black belts in Karate and experienced in physical education. Another black belt, Leo Mayer, is the center's manager-trainer.

"We get every type of person here," Mayer said. "High school athletes, their coaches, businessmen, you name it."

Wan and Stempien both have met with Jones and have worked

out his tutelage. Nautilus opened for business three months ago. The center features three different programs.

A THREE-MONTH membership, a one-year membership, and a two-year, lifetime membership are offered. A women's program is being planned for the fall.

All coaches in the area have been invited to use the machines for a month free of charge. Stempien and Wan are enthusiastic about the response.

"Every coach that has used these machines has given us recognition and complete approval," Mayer said.

NAUTILUS'S techniques are used by many universities and professional teams. That includes the University of Michigan and the National Football League's Miami Dolphins.

Dolphin running back Mercury Morris and his coach, Don Shula have openly praised the techniques for body building developed by Jones.

That kind of acceptance is almost enough to get a curious, yet out-of-shape person down to see just what a workout on these new machines is like.

*"Every coach that has used these machines has given us recognition and complete approval" — Leo Mayer*