

Barons off to great start

Skiing: a tradition at West Bloomfield

By TAMI McCLARAN
 Many high schools offer only standard varsity sports, but the ski team at West Bloomfield High School has become a tradition.
 Because of a lack of interest, participation or skill many high schools do not have specialized athletic programs. However, according to first year ski team coaches Mickey Price and Rob Sickles, West Bloomfield High has an abundance of talent, cooperation and enthusiasm.
 "Coaching such an outstanding team is always a great advantage. They're all good skiers and the competition is always intense," commented Price.

"FEW PEOPLE realize that skiing is such a demanding sport for which you must be in condition," continued Price.
 Pre-season training includes indoor workouts. Many team members spent Thanksgiving and winter recesses skiing together in Aspen, Colorado and Timberlee Hills, Mich. on vacations.
 With the season underway, the team is continuing training at Alpine Valley in Millford. The usual procedure is to run courses and take time trials.
 Opening meets against Walled Lake Central and Millford Lakeland were victorious for both sexes at West Bloomfield High.

"I AM PLEASED with their performances," Price said.
 "Skiing is something that takes a number of years to develop. Basically it's less a sport of strategy and more a sport of executing techniques and skills," stated Sickles.
 "Competition is always very tight within the team," Sickles said.
 At the Millford Lakeland meet, four West Bloomfield skiers timed within 1.2 seconds of each other.
 SICKLES SIGHTED junior Tim Ilin as the fastest and most consistent skier at this point in the season. He also praised the skills of skiers Will

Wetters, a sophomore and juniors Brian Smith, Dety Berry and Margaret James for taking the top four final positions in the Millford Lakeland meet.
 Still, as skiing becomes more popular, other schools are following West Bloomfield's tradition to form teams for skiing competition.
 Recognizing the growing demand for specialized sports developed the first state meet of the Michigan High School Athletic Association. Schools involved in varsity skiing will compete at Cliffs Ridge in Marquette, on February 21.

Area girl in GVSC program

Head start for teachers

Martha Langdon, of Farmington, got a head start on the career she hopes to pursue—teaching physical education at the elementary school level.
 Miss Langdon was one of several Grand Valley State College students enrolled in a GVSC physical education class where the teachers-to-be taught various athletic skills to more than 350 elementary and junior high school students.
 The youngsters, all from the Allegan-Mich. area, jumped hurdles, played field hockey and learned the rudiments of golf, as participants in Physical Education Methods of Teaching, an offering of GVSC's College of Arts and Sciences.

for High Mrs. Goleniewski's classes have participated in the special GVSC session for the past five years.
 "The exposure to a large gymnasium and indoor track is valuable," she said. "And the students get a chance to play games and use equipment that they haven't encountered in their regular classroom experience."
 GVSC students enrolled in the Methods class are preparing for the student teaching or teacher aides requirement. Paul Springer, GVSC's physical education professor, explained that the sessions give students a chance to work directly with youngsters in a variety of sports skill areas.
 According to Springer, the object of the sessions is not to organize games but to learn how to teach skills. Student performance is evaluated by Springer and peer students also enrolled in the course.



Martha Langdon instructs a group of Grandville Junior High School students.

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