

# How Prep Gridders Drill During Summer

Let's get the facts straight!  
If you pass in the vicinity of Oberverland high schools and spot football teams engaging in conditioning workouts, they are NOT doing anything wrong.

We repeat: they're NOT doing anything wrong.  
For many years, there's been a belief that there was a prep coach to assemble his football forces in July or August, he was subject to a severe penalty and possibly a suspension.

Wrong, friends, wrong.  
It's perfectly okay for the coach to bring his boys together for one hour or two hours or 20 hours each week.

They can participate in any phase of exercising the coach might think of — calisthenics, lifting weights, running and what have you.

Why, the coach can even lecture his boys on football — on how to play his offensive system and his defensive tactics.

As long as the coach DOES NOT run his boys through anything which has to do with football on the field, it's legal.

And it has the blessing of the State High School Athletic Association.

By George Maskin  
**observing sports**

**OBERVERLAND COACHES**, like others in Michigan, aren't hiding anything.  
Bob Atkins of Redford Union, an exponent on early conditioning, declared:

"Our school officials all know what we're doing . . . our superintendent, our principal, our athletic director. And, they know we are strictly in compliance with the state rules."

"The fact is that Howard Kraft (RU's athletic director) made doubly sure we weren't violating the rules by clearing the summer conditioning a few years ago when the late Charles Forsythe was running the State Association."

Atkins talked of the entire new concept

taken by football coaches — high school and college.

"We used to think it was wrong for a player to stop during an early drill for a drink of water . . . or for us to pause a few minutes in the practice to give the boys a breather."

"All the studies on the subject of practicing in the heat of August or September have shown that some type of drink and some type of pause is essential if we are to avoid heat exhaustion and serious injuries."

**ATKINS POINTED OUT** that conditioning is very vital, especially from a health standpoint.

"Let's not kid ourselves. Football and other sports require a kid to be in top condition. There's no way he can show up three weeks before our first game when we officially can start practice and be ready."

"Take the kids who haven't participated in other sports since the last football season. They have taken on some weight. They're not in shape."

"You have to do something to get the body adjusted to the work strain which is part of football."

"Unless a boy has done something physically under organized conditions, we subject him to possible serious injury or illness by rushing him into the heavy two-day football drills."

Atkins stopped for a second . . .  
"You know something. Many parents just don't understand this. They think it's wrong . . . that their sons don't have to condition themselves in the summer."

"What a surprise they get when practice becomes official. Their kids just aren't ready."

**ATKINS ADDED** that there is a certain

amount of pressure which strikes the players when they check in for official rules (this year's begin on Aug. 23).

"After all, high school football teams play eight or nine games," he said. "That's not many. So a boy realizes that he must get out there and be ready to play in those games."

"There's a lot we must accomplish in those three weeks (actually it's about 2 1/2 weeks). We can't spend all our time in conditioning workouts. So, if a boy isn't in top shape when he reports . . . well, he suffers, the team suffers . . . everybody suffers."

Conditioning has become so important that several special camps have opened, specifically for this purpose in Michigan.

"Boys are paying \$50 or more a week to attend these camps," Atkins said.

"We think they can accomplish just as much staying home and attending those we stage three nights a week . . . about 90 minutes per session."

**IT SHOULD BE ADDED** there's nothing wrong with a quarterback grabbing himself a football, going out and flipping the ball around to his ends and backs.

Of course, when this happens a coach isn't supposed to be on the scene.

He might be standing a block away, or might be watching from a window in the school.

But, if the boys theoretically work out on their own, things are legal.

But, what's most important of all . . . the boys should get themselves in shape. Unless you missed it, there were discussions of major concern not too long ago about drilling in the heat.

And to do so . . . it was agreed: the players must be FIT.  
Very fit.

## Redford, Northville To Open Battle For Free Press Flag

It's playoff time on the sandlots!

The first of the championships to be decided begins Wednesday when Redford Township squares off with Northville in a best-of-three series for the Greater Livonia Free Press League title.

Northville swept to the first half title while Redford bounced back to win the second half.

Redford has enjoyed a monopoly on the crown for five straight years, taking the Free Press flag since the program was instituted in Livonia.

In the last three years, Redford has annexed the state title and won the right to represent outside Michigan in the All-American tournament in Johnstown, Pa.

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"We won the league chiefly on our pitching and a couple of strong hitters like Bill Fahy and Leland Bjerkie," declared Atkins.

"This year, especially in the second half of the race, we have really socked the ball, we have had good pitching and, very important, we have had sound defense."

Fahy, the catcher, and Bjerkie, the first baseman, are among seven who played on last year's team, although one or two, like pitcher Dale Bjerkie, saw little service in '68.

**BILL HOWE** is back at second with Billy Holmes at outfielder-catcher, Joe Himmelspach a third-baseman — outfielder, D. Bjerkie and Denny Carr, the latter a pitcher, too.

Fahy, L. Bjerkie, Howe, Holmes, Himmelspach and the Taylors — Kirk and Randy (who are new this year) — all are capable of socking one out any time, according to Atkins.

The other newcomers are Tim Carr, Devo Stryos, Tom Booker, Jim Powers, Dan Sweeney and Fred Dunham.

D. Bjerkie tops the team in pitching with a 6-0 record. He's from Redford Union High.



STACKING BATS is an important job for Mike Woodard (right) and his brother, Paul, who handle the chores for the Plymouth K of C team. They're shown at Sunday's game between Plymouth and Redford at Ford Field in Livonia.

(Observer photo by Gram Gaffield)

## Ex-Stevenson Hurler Blazes

Attention baseball scouts! College scouts, too.

Need yourself a top-notch pitcher? Why not consider Bob Hood, late of Livonia Stevenson High and more recently of Livonia's Hubert Realty Connie Mack League team.

His record glitters like the stars from above.

In fact, even more so.

**AFTER HE BEAT** Tom's Service, 5-1, in Hubert's final regular-scheduled game in Mack play, Hood's mark looked like this:

**STARTING PITCHER**  
SHUTOUTS -- 5  
INNINGS WORKED -- 50  
STARTS -- 7  
RUNS -- 5  
EARNED RUNS -- 4  
HITS -- 22  
STRIKEOUTS -- 64  
WALKS -- 18

**RECORD** -- Five Victories, 2 Ties

SHUTOUTS -- 5

RELIEF WORK

INNINGS -- 9 1/3

HITS -- 4

EARNED RUN -- 1

WALKS -- 3

STRIKEOUTS -- 21

A little addition work, produces these figures:

TOTAL INNINGS -- 59 1/3

STRIKEOUTS -- 85

WALKS -- 31

EARNED RUNS -- 5

EARNED RUN AVERAGE -- 0.571

"Hood's been the mainstay of our team," says manager Tony Lambert of Hubert.

**LAMBERT'S TEAM**, which won nine, lost two and tied three (deadlocks are not replayed in Mack play), actually was made up of a few regulars, several

JV members and some who didn't even play baseball at Stevenson.

Take Dave Gregor, Dave Loeve and Ray Brasile. They were all trackmen at Stevenson.

Gregor was the area's No. 1 high jumper and voted on the All-Observer All-Star team at the end of the track season.

"What a difference from a year ago," Lambert added. "We were way down then."

Most of the Hubert players' names vary next spring. Unfortunately, Hood is one exception.

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**HOOD HAD** a no-hitter going through six innings against Tom's Service.

Gary Letrebin then looped a hit and Dave Farrell and Pat Welch followed with two more safe blows to ruin Hood's bid for

### Sandlot Schedule

**FREE PRESS LEAGUE**  
Wednesday -- first round playoffs between Redford and Northville, Thurston 6 p.m.  
Sunday -- Redford vs. Northville, Northville at 6 p.m.

**CLASS A**  
Wednesday -- Redford vs. Village Bombers, Ford 8:30 p.m.; Hubert Realty vs. Plymouth K. C. C., Ford, at 6 p.m.

**CONNIE MACK**  
Thursday -- Livonia Spartans vs. Piquette Service, North Farmington; Big Boy vs. Northville, Northville; Gilman Moss vs. Plymouth Elks, Plymouth, Games at 6 p.m.; Rangian vs. Chesley Industries, Ford, 8:30 p.m.

**Saturday** -- Coleman Moss vs. McKay's Parkville, Ford; Plymouth Elks vs. Redford Big Boy, Thurston; Piquette Service vs. Rangian, Haggerty, Games at 8 p.m.; Northville vs. Spartans, Ford, 8:30 p.m.

**AMERICAN LEGION**  
Wednesday -- Madison Heights at Farmington, 6 p.m.  
Friday -- Southfield at Farmington, 6 p.m.

### Scores First Ace

Herb Hofmann, 14, son of Mr. and Mrs. Herb Hofmann, 32335 Indria, Livonia, shot a hole-in-one last week at Burroughs Farm Golf Course in Brighton. He earned the ace on the par three third hole of the nine hole course.

The young golfer carded 36 for the entire nine; this was his first hole-in-one.

He legged out a single, stole second and scored on Bob Ficano's hit. Ficano stole second and came in on Stu Rose's single.

In the fourth, Dennis Mayo singled, Dave Gregor doubled and brother Don Gregor singled for two more runs.

Hood, no slouch at the plate, doubled in the seventh and scored on Gary Kling's hit.

**KALAMAZOO**, in 59 seasons of intercollegiate baseball competition, Western Michigan University has had 53 winning seasons, posting a record of 733 victories, only 13 losses and 13 ties.

# GET READY! DRC OPENS MONDAY



RACING DAILY through NOV. 8th

POST PARADE

3:20 p.m. DAILY

2:00 p.m. SATURDAYS & HOLIDAYS

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- TWIN DOUBLE
- PERFECTA

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