

Village whips Farmington Glen

Surf sinks Forest Hills; Beechview wins

Eight double winners paced the Bloomfield Surf Club of Bloomfield Hills to a 338-244 victory over Forest Hills of Birmingham in Northwest Suburban Swim League action last week.

It was the Surf's third straight win without a defeat this season.

Alison Ordonez took firsts in the 7-9-year-old-age-division backstroke (23.24) and breaststroke (25.09). Ann Hutt won the 7-8 freestyle (19.27) and butterfly (22.49).

Brian Seagwam to firsts in the boys' 7-8 backstroke (24.0) and the breaststroke (24.05).

T.J. Dolliver finished first in the 7-8 freestyle (16.35) and the butterfly (20.37).

Lisa Beni grabbed firsts in the 11-12 50-meter backstroke (37.97) and the 50-meter butterfly (33.88).

Chip Dolliver won the backstroke (40.38) and the 100-meter individual medley (1:26.35).

Geoff Sale finished first in the 13-14 backstroke (34.13) and the freestyle (29.02).

Rob Mackle captured the 100-meter freestyle (55.10) and the 50-meter butterfly (28.19).

OAKLAND HILLS 475
RED RUN 404

Oakland Hills Country Club swimming team — undefeated in the Michi-



gan Inter-Club Swimming Association — posted a 475-404 victory over Red Run Golf and Country Club recently.

Kelly Neff paced ORCC with double wins in the girls' 15-16-year-old age division, as did Jason Scigliano and Greg Geiger in the boys' 11-12 category.

Audrey Janelle stole the show for Red Run. She was a triple-winner in girls' 9-10 competition.

Red Run double winners included Lisa Beni, Charlie Laurencelle and Gina Vooerstein in the girls' 11-12, boys' 13-14 and girls' 15-16 divisions, respectively.

ORCHARD VALLEY 291
KENDALLWOOD 262

Orchard Valley Swim Club of West Bloomfield swam to its second victory of the season with this 291-262 triumph over Kendallwood of Farmington Hills.

OV's girls took 12 of 18 first places and two of three relays.

OV's boys took first places in seven of 23 events and one of three relays.

Double winners for OV included Jill Menelle in the 12-and-under age division in the 50-meter backstroke (42.0) and the 11-12 100-meter individual medley (1:27.42); Lynn Kline in the 13-14 100-meter backstroke (1:14.8) and the 50-meter breaststroke (38.8); Tony Cacciarrelli in the 13-14 boys' 50-meter butterfly (33.5) and the 50-meter

BEECHVIEW 341
PLEASANT RIDGE 219

Farmington Hills Beechview Swim Club won its third straight meet with a 341-219 showing, against Pleasant Ridge in the NSSL.

Two 13-14-year Beechview swimmers, Paula King and Mike Wik, established team records. King finished the individual medley with a record time of 1:17.5 and then won the butterfly in 33.4. Wik went 1:12.3 for a record in the IM, and logged a 37.7 for a first in the breaststroke.

Angle Tomle was a double winner for Beechview in the 7-8 group with times of 26.3 in the breaststroke and 20.1 in the butterfly.

Lynn Brown and Scott Farabee were double winners in the 9-10 group. Brown took the butterfly (44.5) and the freestyle (37.7), and Farabee won the butterfly (41.2) and the freestyle (34.6).

Catherine Tucker, swimming in the 11-12 age group, won the backstroke (40.71) and the freestyle (34.6). In the same age group for boys, Kirk Taylor won the freestyle (33.9) and the butterfly (38.0).

Sandy Schwedt won the 15-17 IM (1:12.8) and the butterfly (34.6).

Beechview won five of the six relay events. The 46-year girls' team (Elizabeth Tucker, Lisa Kelly, Amy Gibbs and Michelle Brown) won with a time of 1:09.40, and the 40-year boys' squad (Joe Abunassar, Farabee, Taylor and Greg Centner) won in 1:06.0.

VILLAGE 311
FARMINGTON GLEN 252

Village Swim Club of Lathrup Village won its first meet of the season with a 311-252 drubbing of Farmington Glen in NSSL action.

Corey Shedden established a Village record in the 7-8 25-meter butterfly with a time of 21.8 and also won the 25 backstroke in 23.1. Swimming in the same age group, Village's Becky Wiquist won the 25 freestyle (17.6) and the 25 butterfly (21.1).

In the 13-14 group, Village's Marilee Konezal won the 100 IM (1:19.8) and the 50 backstroke (36.8), and teammate Nancy MacMillan won the 50 butterfly (33.3) and the 50 freestyle (29.9).

Village double winners in the 11-12 group were Mike Vetter (39.9 in the 50

back, 1:24.5 in the 100 IM), Chris MacMillan (30.5 in the 50 free, 36.1 in the 50 butterfly), and Keith Cox (31.3 in the 50 free, 40.4 in the 50 breaststroke).

Nick Radkewich of Village won the 9-10 50 fly (42.6) and the 50 free (35.1). Teammate Lisa Marsh won the 50 backstroke (42.8) and the 50 free (38.7).

Village's 52-year relay (Saunders, Organ, MacMillan and Marko) won in 2:28.17. Village's boys' 52-year relay (Hogan, Madrid, Schuler and Cox) won in 2:21.60.

Alec Campbell, swimming in the 15-17 group for Farmington Glen, won the 50 back (31.95) and the 50 butterfly (29.37). Teammate Kim Fugue won the 100 freestyle (1:53.74) and the 50 butterfly (32.95) in the girls' 15-17 group.

In the boys' 13-14 competition, Farmington Glen's Randy Gallinger took the 50 freestyle (27.85) and the 50 backstroke (34.59).

ORCHARD VALLEY 313
BEVERLY HILLS 233

West Bloomfield Orchard Valley won 25 of 46 individual events and five of the six relays on Thursday in beating Beverly Hills Swim Club 313-233 in the Northwest Suburban League.


Orchard Valley's Sheri Tappert, swimming in the 15-17 group, won the 50-meter breaststroke (38.53) and the 100-meter individual medley (1:20.0). Lynn Kline won two events in the 13-14 competition, the 50 butterfly (32.89) and the 50 freestyle (29.59). In the 7-8 group, Katie Knipper won the 20 freestyle (22.19) and the 25 butterfly (28.61).

Orchard Valley's 40-year freestyle relay of Knipper, Julie Decker, Wendy Petropoulos and Debbie Shovis covered the 100 meters in 1:14.77 for first place.

The brother combination of Tony and Guy Cacciarrelli paced Orchard Valley's boys against Beverly Hills. Tony won the 15-17 50 breaststroke (34.86) and the 13-14 50 breast (34.97). Guy finished first in the 11-12 50 free (32.75) and the 50 breast (42.88).

Orchard Valley's Craig Hudema won the 15-17 100 free (1:30.55) and the 15-17 50 butterfly (31.26).

OV's 64-year 200-meter freestyle relay (Scott Heskamp, Hudema, Darryll Ginter and John Waack) finished first in 1:57.48.

 jogging
Dr. Charles R. Young

Exercise is to a jogger
what tissue is to a cold

The main problem with exercise is that few people understand the purpose of it. Therefore, they either injure themselves by inadequate physical movement, or, more frequently, experience a feeling of futility and abandon it entirely.

Jogging without any emphasis on exercise, either before and/or after the run, is foolish and an open invitation to injuries which eventually will erode one's enthusiasm for the sport.

Exercise, as a necessary adjunct to jogging, should serve three main purposes.

First, an appropriate program should allow one to develop additional muscle strength for increased endurance and speed. Running in itself will aid in building strength but only in certain muscle groups.

It is important to strengthen the opposing or antagonist muscles, as well as those not being used, to prevent annoying injuries.

SECONDLY, A PROPER exercise program develops increased flexibility or range of motion amongst the commonly injured muscle groups.

Flexibility is essential in preventing muscle tears, strains and pulls which frequently sideline the runner. Most professional athletes utilize flexibility exercise in their daily workout routines.

The third and final benefit to an exercise program is improved performance. Less effort is required to accomplish the same level of running. And through judicious training, one's overall performance is definitely enhanced.

In an office situation involving an injured runner, a specific program is designed which emphasizes the development of the most-needed muscle groups.

For the general jogging population seeking a good preventative program for before and after a run, I favor the so-called Magic Six, as described by George Sheehan, M.D., in Runners' World Magazine.

The program is a generalized flexibility and strength plan with emphasis on frequently injured muscles. In its entirety, it requires only six minutes of effort at one time — not overwhelming considering the benefits.

The basic six exercises are listed below with suggested repetitions and time. In addition, I have added two of my own that I find to be most beneficial.

Exercise 1: Stretching the calf muscles.

While standing with both heels on the ground and leaning against a wall, from about two to three feet away, a push-up motion is performed with the arms. The position where strain in the calf area is experienced is held for a count of 10. Following a short relaxed period, repeat for one minute.

Exercise 2: Stretching the hamstrings.

The straight leg, with the knee locked, is placed upon a chair or table top. Slowly bring your head toward the outstretched knee and hold for a count of 10. Relax this position and repeat throughout a one-minute period.

Exercise 3: Stretching the hamstrings and low back muscles.

While lying on the floor with the arms stretched out above the head, the legs are lifted above the body and brought back to touch the ground above the head. This position is held for about 10 counts, relaxed and repeated as such throughout a one-minute period.

Exercise 4: Strengthening the shin area.

A strengthening exercise for the shin muscles is to sit upon a table with the legs hanging freely. A three- to five-pound weight is attached over the toe area and the entire foot is brought upwards without moving the leg. Additional weight can be added once the activity becomes effortless. The weight should be held upwards for a count of six or so and repeated throughout a one-minute period for each leg.

Exercise 5: Strengthening the quadriceps.

In order to strengthen the muscles over the upper and front portion of the thigh, assume the position described in Exercise 4. This time, raise the entire leg by straightening the knee. The position is held for a count of six and repeated for a one-minute period for each leg.

Exercise 6: Strengthening the abdominal muscles.

A sit-up is performed but with the knees bent and the feet placed close together.

TWO SHORT exercises which I favor, in addition to the above program, include a series of five to 10 squats in order to loosen the knee area and a short period of either running in place, or a loose jog of 50 to 100 yards. I find that these exercises succeed well in preparing the body for the rigors of jogging.

Exercise, when performed improperly, like many other activities, can be harmful. Bouncing with a limb in a position of strain, or overextending a body segment, can produce debility of varying degrees.

Care must be taken to avoid these costly mistakes. A knowledgeable friend or professional should be consulted if complaints are persistent. The benefits of exercise are more than just desirable in discussing pain-free and efficient jogging. I prefer to consider exercise as a necessity for any serious expectation of remaining active in this wonderful sport.

Dr. Charles Young, a Livonia podiatrist, writes a jogging column for the Observer & Eccentric newspapers.

swimming

dividual medley (1:21.9); Julie Boland in the 50-meter freestyle (32.9) and the 50-meter butterfly (34.4); David Drull in the 100-meter individual medley (1:16.0) and 50-meter backstroke (35.2); Dave Major in the 50-meter butterfly (31.7) and the 50-meter freestyle (27.4); Doug Cleland in the 100-meter freestyle (36.3) and the 100-meter individual medley (1:54.3); Dan Wery in the 50-meter backstroke (34.7) and in the 50-meter butterfly (29.9) and Mike Martin in the 25-meter freestyle (20.7) and the 25-meter backstroke (26.6).

Facing the Beach-Wood Barracudas were Kim Neeb, a double winner and double record-breaker in the 50-meter breaststroke (38.15) and in the 100-meter individual medley (1:13.8); Jon Bernstein, who set records and took firsts in the 50-meter breaststroke (38.5) and the 50-meter freestyle (28.7); Jenny Nagel, who placed first in the 50-meter backstroke (37.3) and set a record in the 50-meter butterfly (34.8); Chris Gurzick, who set first and set a team record in the 50-meter butterfly (31.5) and took first in the 50-meter freestyle (29.1); Sandy Schopf, winner of the 25-meter freestyle (23.7) and the 25-meter breaststroke (27.1); Eric Neeb in the 50-meter backstroke (37.8), a team record; Bill Neeb in the 100-meter individual medley (1:10.2), a team record and Jeff Dills in the 100-meter freestyle (1:00.0), a team record).

G.P. YACHT CLUB 457 BIRMINGHAM A.C. 410

The Birmingham Athletic Club — led by three double winners — outswam Grosse Pointe Yacht Club 457-410 in a recent meet.

Jimmy Johns captured the 10-year-old-and-under-age-division backstroke (43.9) and the 25-meter butterfly (17.7).


Jackie Moss took the girls' 13-14 50-meter backstroke (34.7) and the 50-meter butterfly (32.3), and Cindy Greenawalt won the girls' 15-16 50-meter backstroke (34.4) and the 50-meter freestyle (28.5).

Karl Kovach won the 9-10 freestyle, setting a team and pool record with a time of 33.5.

HEART OF THE HILLS 312
BEACH-WOOD 259

Despite Beach-Wood's two double winners and double record-breakers, Heart of the Hills of Rochester swam to a 312-259 victory over the Troy club in the third meet of the season.

Heart of the Hills' double winners included Amy Proctor in the 50-meter backstroke (36.0) and the 100-meter in-

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