

Observer & Eccentric sports statistics

High school soccer schedules

FARMINGTON
 SCHEDULE — April 30, Livonia Bentley, 4 p.m.; May 3, North Farmington, 4 p.m.; May 7, at Livonia Stevenson, 7 p.m.; May 10, at Northville (Schoolcraft College), 4 p.m.; May 10, at Livonia Franklin, 4 p.m.; May 12, Plymouth Salem, 4 p.m.; May 17, at Livonia Bentley, 7 p.m.; May 19, at North Farmington, 4 p.m.; May 21, Livonia Stevenson, 4 p.m.; May 26, Farmington Harrison, 4 p.m.

NORTH FARMINGTON
 SCHEDULE — April 30, at Plymouth Salem, 4 p.m.; May 3, at Farmington, 4 p.m.; May 5, Farmington Harrison, 4 p.m.; May 7, at Birmingham Seaborn, 7 p.m.; May 10, at Livonia Bentley, 10 p.m.; May 12, at Livonia Stevenson, 7 p.m.; May 14, Birmingham Groves, 4 p.m.; May 17, Plymouth Salem, 4 p.m.; May 19, Farmington, 4 p.m.; May 24, Farmington Harrison, 4 p.m.; May 28, Southfield, 4 p.m.

FARMINGTON HARRISON
 SCHEDULE — April 30, at Livonia Churchhill, 7 p.m.; May 3, at Livonia Franklin, 4 p.m.; May 7, at Livonia Stevenson, 7 p.m.; May 10, at Livonia Bentley, 10 p.m.; May 12, at Livonia Stevenson, 7 p.m.; May 14, Birmingham Groves, 4 p.m.; May 17, Plymouth Salem, 4 p.m.; May 19, Farmington, 4 p.m.; May 24, Farmington Harrison, 4 p.m.; May 28, Southfield, 4 p.m.

SOUTHFIELD
 SCHEDULE — April 30, Birmingham Groves, 7 p.m.; May 5, West Bloomfield, 7 p.m.; May 7, at Farmington Harrison, 4 p.m.; May 10, at Southfield-Lathrup, 7 p.m.; May 12, at Schoolcraft Tournament, 10 a.m.; May 26, at Bloomfield Hills Andover, 7 p.m.; May 28, at North Farmington, 4 p.m.; June 2, Troy, 5:30 p.m.; June 4, Birmingham Seaborn, 7 p.m.

TROY ATHENS
 SCHEDULE — May 5, at Southfield-Lathrup, 7 p.m.; May 10, Birmingham Groves, 7 p.m.; May 14, Troy, 7 p.m.; May 19, Bloomfield Hills Andover, 7 p.m.; May 21, Schoolcraft Tournament, 10 a.m.; May 26, Birmingham Seaborn, 4 p.m.; June 2, at Bloomfield Hills LaSaber, 4 p.m.

TROY
 SCHEDULE — May 3, at Birmingham Groves, 7 p.m.; May 7, West Bloomfield, 7 p.m.; May 12, Birmingham Seaborn, 7 p.m.; May 14, at Troy Athens, 7 p.m.; May 19, at Bloomfield Hills LaSaber, 7 p.m.; May 21, at Schoolcraft Tournament, 10 a.m.; May 26, at Bloomfield Hills Andover, 7 p.m.; May 28, at West Bloomfield, 4 p.m.; June 2, at Southfield, 5:30 p.m.; May 4, Southfield-Lathrup, 7 p.m.

WEST BLOOMFIELD
 SCHEDULE — April 30, Bloomfield Hills Andover, 4 p.m.; May 3, Dearborn Fordson, 4 p.m.; May 4, at Southfield-Lathrup, 4 p.m.; May 5, at Southfield, 7 p.m.; May 7, at Troy, 7 p.m.; May 10, at Troy Athens, 7 p.m.; May 12, Southfield-Lathrup, 4 p.m.; May 17, Birmingham Seaborn, 4 p.m.; May 19, at Birmingham Groves, 6:30 p.m.; May 21, at Bloomfield Hills Andover, 5:30 p.m.; May 26, Troy, 4 p.m.; June 2, at Birmingham Seaborn, 6 p.m.; June 4, Bloomfield Hills LaSaber, 4 p.m.

BLOOMFIELD HILLS LA SABER
 SCHEDULE — May 3, Birmingham Seaborn, 7 p.m.; May 5, Birmingham Groves, 7 p.m.; May 7, at Dearborn Fordson, 4 p.m.; May 8, Saginaw Eisenhower, 4 p.m.; May 10, at Birmingham Groves, 7 p.m.; May 12, at Bloomfield Hills Andover, 6:30 p.m.; May 15, at Saginaw MacArthur, 1 p.m.; May 17, at Troy Athens, 7 p.m.; May 19, at Bloomfield Hills LaSaber, 7:30 p.m.

BIRMINGHAM SEASHORE
 SCHEDULE — May 3, at Bloomfield Hills LaSaber, 7 p.m.; May 5, North Farmington, 7 p.m.; May 12, at Troy, 7 p.m.; May 14, Farmington, 7 p.m.; May 17, at West Bloomfield, 5:30 p.m.; May 21, Bloomfield Hills LaSaber, 7:30 p.m.; May 26, at Troy Athens, 7 p.m.; May 28, at Farmington Harrison, 4 p.m.; June 2, West Bloomfield, 7:30 p.m.; June 4, at Southfield, 5:30 p.m.

BIRMINGHAM GROVES
 SCHEDULE — April 30, at Southfield, 5:30 p.m.; May 5, at Bloomfield Hills LaSaber, 7 p.m.; May 10, Bloomfield Hills LaSaber, 6 p.m.; May 12, at Troy Athens, 7 p.m.; May 14, at North Farmington, 4 p.m.; May 19, West Bloomfield, 5:30 p.m.; May 26, Southfield-Lathrup, 6:30 p.m.; June 1, Farmington Harrison, 7 p.m.; June 4, Bloomfield Hills Andover, 7:30 p.m.

7:30 p.m.; May 25, West Bloomfield, 5:30 p.m.; May 27, Livonia Stevenson, 7 p.m.; June 2, Troy Athens, 5:30 p.m.; June 4, at West Bloomfield, 4 p.m.

Take your tennis game outdoors — and adapt

Countless students come up to me and plead: "In practice I play great, but when I'm playing a match that counts, I can't hit the ball over the net. What can I do?"

Practice is relaxing to most people. Their muscles are loose. Many players tense up as soon as they get into a match situation.

"I know it is easier said than done, but try to play relaxed tennis with long, smooth strokes in favor of short, abbreviated strokes.

"Think positive — never think you are going to miss a shot or else you will. If you are having an off day or just missing a few more shots than normal, keep thinking positively. Showing your disgust visibly (example: throwing your racket) will give your opponent an

added incentive. It's a morale booster to see your opponent falling apart.

If you miss a shot, don't get angry. Go on and play the next point like you expect to win it. You must have a winning attitude.

WITH SPRING HERE and summer around the corner, players are starting to play more frequently outdoors. Players generally have great difficulty adjusting to outdoor conditions.

There two main factors responsible for this: 1) wind, and 2) sun.

Always check the sun's position in the sky before playing. Then check the wind's direction and velocity.

When hitting against a strong breeze, stroke the ball a lot harder than normal. When hitting with the wind, use



tennis
Joe Taylor

topspin to bring the ball down.

The most difficult task is serving into the sun. If the sun is shining directly in your eyes, try lifting the ball a little lower than your side, or lift the ball a little lower than normal to avoid the intense rays.

If you've been playing indoors all winter, you've been playing under ideal conditions. Don't go out and try to put away shots for winners. Try to keep the ball deep and in play.

Playing outside often leads to more difficult bounces which are due to wind

and uneven court surfaces. Therefore, an early jump on the ball is a necessity. Make sure to always bounce on the toes in anticipation of your opponent's return — never get caught waiting fated-for the return.

GIVE YOURSELF a large margin for error when hitting your shots over the net. A ball which barely clears the net usually falls short in the enemy's court. It's simply a low-percentage shot. Unless your opponent is at the net, always give yourself a four to six-foot margin of clearance over the net.

As I said before, serving outside is difficult. Put plenty of spin on your serve, either slice or topspin, for better control.

Also, use a slightly lower ball lift un-

der windy conditions on your serve.

Early in the outdoor season, the weather is often chilly, making muscle pulls commonplace. Make sure to dress warmly and do plenty of stretching exercises before starting play.

Always stretch out before playing. That enables the muscles to relax and extends them for competitive play. As mentioned before, players excel best with their mind and muscles at ease.

JOE TAYLOR is teaching professional at Centaur Racquet Club in West Bloomfield and the Livonia Athletic Club. He is also the director of tennis at the Orchard Valley Swim and Tennis Club of West Bloomfield during the summer months.

Coaches: Call in spring statistics

Exercise may be the solution for people prone to constant illness.

At least that's the conclusion of two physiologists researchers at the University of Michigan Medical School.

"Jogging fever," the average four-degree rise in body temperature experienced during and lingering after exercise, may actually be good for you in the same way that a mild fever during the beginning of an infection may help one ward off more serious illness.

Evidence of this link between illness fever and jogging fever was presented last week at the annual meeting of the Federation of American Societies for Experimental Biology by U-M investigators Joseph G. Cannon and Matthew J. Kluger, Ph.D.

They reported on research at the University of Michigan which indicates that the blood substance which stimulates the body to produce fever during

infections may also cause part of the temperature rise (to about 102.4 F) humans experience from exercise.

IF THEY are right, people who exercise regularly may get sick less often because their jogging or exercise fever may kill beginning infections.

In the past few years, Kluger and other scientists have established that fever may be beneficial in fighting infections. Associated with it are several changes in the blood that make it harder for invading bacteria to grow.

Scientists have known for decades that people who exercise remain heated up much longer than is necessary to dissipate the heat their exercise produced.

Cannon and Kluger say, however, that no one really knows whether people who exercise regularly do, in fact, get sick less often than people who

do not.

tennis rankings

- MICHIGAN HIGH SCHOOL TENNIS COACHES ASSOCIATION TENNIS RANKINGS**
- Class A
1. Ann Arbor Huron; 2. Kalamazoo Loy Norris;
 3. Midland Dow; 4. Birmingham Brother Rice; 5. Ann Arbor Pioneer; 6. East Lansing; 7. Portage Northern; 8. Portage Central; 9. Kalamazoo Central; 10. Grandville.
- Class B
1. Bloomfield Hills Cranbrook; 2. Three Rivers; 3. East Grand Rapids; 4. Forest Hills Central; 5. Sturgis; 6. Monroe Catholic Central; 7. Battle Creek Lakeshore; 8. Okemos; 9. Allegan; 10. Saginaw Douglas MacArthur.
- Class C
1. Grosse Pointe University-Liggett; 2. Detroit Country Day School; 3. Almont; 4. Kalamazoo Jackott; 5. Battle Creek Springfield; 6. North Muskegon; 7. Grand Rapids Christ Christian; 8. Forest Hills Northern; 9. Ann Arbor Gabriel Richard; 10. Forest Hills Northern.
- TOP 10 — ALL CLASSES
1. Ann Arbor Huron; 2. Cranbrook; 3. Loy Norris;
 4. Midland Dow; 5. Three Rivers; 6. Brother Rice; 7. University-Liggett; 8. Ann Arbor Pioneer; 9. East Grand Rapids; 10. Forest Hills Central.

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