



jogging

Dr. Charles R. Young

Here's a plan to introduce jogging to your children

A short time ago, while jogging prior to dinner along one of our subdivision streets, I came along side a father-son team also busy at their daily run.

The boy was about 8 years old and was complaining about the distance to be covered. From the conversation's tone, it appeared the boy's jogging activity was much like homework or a routine daily assignment.

What I see is an ongoing travesty, for this child most likely will drop jogging for the wrong reasons.

As parents, we can inadvertently impose our lifestyle, our attitudes and our desires upon our children without really trying. The consequences are often negative and frequently result in rejection.

I am often asked this question by my jogging patients: "When should my children begin jogging?"

There is not a particular answer to that question, but, rather, a set of prerequisites that indicate a state of readiness.

Obviously, the prospective young runner should be physically mature enough to handle the strains and stresses of jogging. Care must be taken in not

pushing a child beyond his range or physical development.

In addition, the youngster should be mature enough mentally to cope with the various disciplines and routines of running.

THERE IS MUCH more to jogging than merely running around a track or down a street. The necessary level of physical and mental development is essential in allowing the child the capability of recognizing problems, overcoming stress and attaining new heights of maturity.

An attempt at shortcutting this stage of preparation often will lead to rejection of the activity and possible complications.

A child also should have adequate emotional maturity. Jogging is not a team sport, nor is it competitive with another person.

Its primary benefits are personal gains which often require a keen and developed sense of perception. The competitive and sociability factors that are sound character builders in most other sporting activities are noticeably absent in jogging.

The young runner must be emotion-

ally mature enough to cope with this. If not, jogging might well be the wrong activity for the youngster.

The third and final prerequisite is perhaps the most important.

I REFER TO this factor as "inner desire." It is essential that the youngster truly wants to jog and not merely as a pleasing gesture to a parent.

All too often we unconsciously push our own desires and attitudes upon our children. Distinguishing between what a child says he wants and what he actually wants is often a difficult task.

I maintain the parent should exercise extreme caution in pressuring a child into an undesired activity.

Jogging is a mental and physical discipline that requires long periods of participation. It is a wonderful experience allowing personal contemplation and often referred to as a cleansing process for the body and mind.

The numerous benefits of this activity seem ideally geared for the adult. But age is not the entry fee.

Care must be exercised not to push the child into jogging before he is prepared. Rejection of the activity and the total experience surely will result.

Top Indiana cagers to meet Michigan stars in benefit game

By Brad Emons
staff writer

Some of Indiana's top high-school basketball players will be on display Friday when they meet the Michigan juniors, Midwest AAU champs, in an 8 p.m. benefit game Friday at Schoolcraft College.

Tickets are \$2 in advance and \$3 at the door.

The Michigan team will return the favor on Saturday, visiting Indiana all-stars in Anderson.

The Indiana squad hopes to gain one of two at-large berths in the AAU Junior National tournament in late June with a victory over Michigan. The Michigan squad, coached by Schoolcraft College's Rocky Watkins, already clinched a berth by winning the regional earlier this month at Loyola University in Chicago, Jacksonville, Fla., will host the nationals.

All proceeds from the game will go toward sending the Michigan cagers to Florida.

Andre Morgan, a 6-foot-5 forward from Anderson and bound for the University of Hawaii, leads a talented Indiana squad which also includes Notre Dame recruit Joe Price and Indiana signee Stu Robinson. Both are guards.

MICHIGAN'S SOLID front-line proved to be the difference in the Chicago tournament.

Detroit's 6-9 Ray Tarpley tallied 19 points and Flint Central's Marty Embury, a 6-8 center, added 14 to lead

Michigan to an 82-78 win over the host Chicagoans in the championship game.

Michigan, despite early foul trouble to 6-8 forward Paul Jokisch of Birmingham Brother Rice, held on for the victory.

Efrem Winters, a 6-10 center headed for Illinois, led all scorers with 30 points.

In the semifinals, Michigan edged Indiana in double overtime, 129-125, as Cooley's Anthony Watson scored all 26 of his points in the second half.

Mark Harris, who teamed up with Embury at Flint Central to win the state Class A championship this year, sent the game into overtime with a shot at the buzzer.

Indiana led by as many as 22 points before Michigan rallied behind the shooting of Watson, a 6-2 guard who is committed to San Diego State. Patrick Ford added 16 second-half points. Harris and Ricky Buttrum each tallied 14.

Embry, headed for DePaul, had seven alley-oop slam dunks in Michigan's 129-61 drubbing of Southern Illinois in the regional opener. Tarpley and Jokisch, both bound for Michigan next fall, added 24 and 23 points, respectively.

EAST ST. LOUIS, a team made up primarily of players off the Lincoln High School team which captured the Illinois state Class AA title, took a 94-59 pasting from the Michigan squad in the second round.

Tarpley, Jokisch and Embury combined for 62 points.

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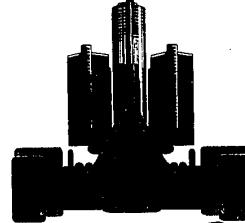
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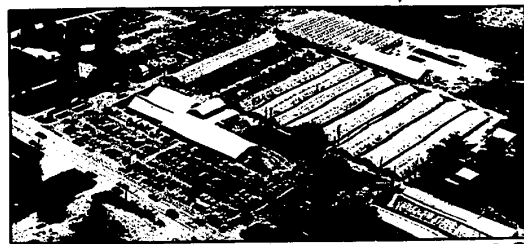
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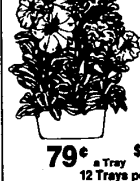
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