

Local fighter bounced in 1st title shot

By Chris McCosky
staff writer

It may have been your classic case of too much too soon for "Irish" Brett Lally.

The Westland-born fighter now living in Plymouth was a fledgling, unknown junior welterweight two months ago.

Suddenly, he got an opportunity to fight Galt, McKenzie, the No. 1 ranked European junior welterweight, in London. Lally, just in his third year as a pro, fought a great fight. In fact, most

experts believed Lally won the fight, though the judges gave the decision to the hometown boy — McKenzie.

By virtue of his good showing, the United States Boxing Association ranked Lally in the top 20 of the world. Suddenly this unknown local boy has a name.

WITH THE same and the ranking came a championship fight. He took on USA junior welterweight champ Gary Hinton in Atlantic City last Wednesday. "Brett is very young," said Lally's

boxing

trainer Dale Grable. "I don't know if it all didn't just come a little too fast for him."

Lally went the distance with the champ, but Hinton (23-2-1) won a majority decision.

"It was really a tough fight," said

Lally from his Plymouth home just two hours after returning from Atlantic City. "I thought I stayed pretty even with him. I wanted to catch him with a bomb and put him out. But, by doing that, I kind of forgot about the other things."

"You just can't do that," said Grable

of Lally's tactics. "You can't go out looking for it (a knockout), it's just got to happen."

Lally is a punishing hitter — it's his trademark. "He can put anyone out on a given day," Grable said.

"I HAD HIM staggered in the third and again in the seventh," Lally said. "But, I just didn't put my punches together."

Against an experienced fighter like Hinton, Lally left himself far too open to upper cuts and body punches — the

likes of which cost Lally the fight.

Grable said the loss would most likely knock Lally out of the USA rankings. But, he added, he didn't expect his fighter to be gone long.

"His career is definitely not over," said the trainer. "He's got too much talent. He just has a lot to learn."

Lally agrees with his coach. "I drawing 'll just have to go back to the gyming board again," he said.

Grable would like Lally to get four or five more fights under his belt and then take another crack at the title.

Lally's next major fight will be in mid-September in Hawaii against the Hawaiian junior welterweight champ Mark Bonica.

"We may have one more fight before that," said Grable. "No pushover. I want him to fight somebody tough."

Lally, 15-4 as a professional, trains out of the Michigan Boxing Club in Waterford.

Thurston hires new grid coach

By Dred Emmons
staff writer

Hon Powell has one tough job ahead of him.

The 42-year-old Allen Park native is the new football coach at Redford Thurston High School. The announcement was made Monday by Thurston principal Jack Harnas.

Powell, who served as an assistant coach last year at Redford Bishop Borgess, inherits a program that has suffered through constant coaching changes and dwindling numbers — almost to the point of extinction.

He replaces John Switkenko, who left recently to take the head coaching job at South Lyon after posting a 2-7 record in his only season at Thurston.

"I've been looking for a couple of years as far as a head coaching position goes," said Powell, who has eight years experience as an assistant. "I don't know about the program's problems in the past, and I don't care. I think the school has a lot of potential."

HARNAS said he interviewed 20 candidates before selecting Powell.

"Hon has considerable experience," said the Thurston principal. "I'm optimistic, but it's going to be a tough year. I think it will have to be a rebuilding year."

Thurston, a Class B school, playing in a highly competitive Class A schedule, finished last season with only 23

varsity players and no JV squad.

Harnas has already taken one step. He has gotten permission from the Michigan High School Athletic Association (MHSAA) to allow ninth graders, bound at the feeder junior high, to participate on the JV and varsity levels.

Powell is not an employee of the South Redford Schools. He is a district manager for the Detroit Free Press in the downtown area.

"The first thing I'll do is get a hold of as many kids in the school as possible and get them in to listen and talk," Powell said. "I plan on seeing it through until the program is built."

POWELL describes himself as a "basics coach." He coached the offensive line last season as Borgess posted the best record in the school's history (7-2).

"I'm a basics coach as far as technique goes," he said. "I believe in doing only three or four things. I like to keep things simple. If you throw too many things at them, they get confused."

"I also believe in motivation and being fair."

Powell, who played football at Allen Park High School and the U.S. Army, has set up an informational meeting for prospective football candidates for 7 p.m. Friday at the school's small gym. Players interested should call the high school at 555-4000.

Runners, start out on right foot, be sure to buy the proper shoes

The following column discusses how to select running shoes correctly. It is written by Dr. Bruce L. Kazandier and Dr. Brian L. Kerzman, members of Family Podiatrists of Canton. Both doctors live in West Bloomfield Township.

FINDING THE CORRECT running shoe takes time, trial and error. You must shop around.

Your choice depends upon your weight, stride, speed, range of motion of your foot and ankle joints, and the shape and arch height of your feet.

Too often, we see beginning runners who really have no idea what type of shoe to buy. They were led astray by shoe-store personnel, or they had preconceived ideas of what running shoes should be like.

A well-made running shoe is one of the most important factors in treating and preventing running injuries. No shoe is ideal for all runners, and features vary among different brands.

Most importantly, the shoe must fit properly and feel comfortable. Once the runner has found the "right" shoe, he/she should not change to another model.

logging

THE FOLLOWING are some characteristics of a good running shoe:

- A well-padded tongue to prevent irritation and tendinitis on the top of the foot.
- A high, rounded toe box (at least 1 1/2 inches high) to prevent "runners nail," bleeding beneath the nail plate.
- A firm, beveled heel counter for rearfoot stability.
- A flexible midsole to prevent Achilles tendon problems. There must be enough flexibility to allow for a "break" or easy bending, at toe-off.
- Too much thickness of the sole beneath the ball of the foot can lead to an Achilles strain. Not enough thickness can cause pain in the ball of the foot.
- A well-molded Achilles pad.
- A waffle or studded sole for shock absorption and traction in mud and snow. If running indoors, a crepe sole is best.
- Look at shoes on a table. The bisecton of the heel should be perpendicular to the ground.

WHAT CAN you tell by looking at the bottoms of your shoes?

Runners who contact the ground on the outside of the heel obviously will wear their shoes down fastest in that area. It's normal to contact 5-6 degrees to the outside of the heel. Runners should be concerned about outside heel-wear only if it's far to the outside of the shoe.

Runners who contact well back on the heel are overstriding and have a wear pattern at the back and center of the heel.

Runners with extreme "pronation" of the feet will contact on the inside of the heel. They are candidates for orthotics (individually designed sports inlays), even before they experience foot and leg trouble, because they are putting grossly abnormal stresses on themselves.

And shoes which are too tight have abnormal wear beneath the toes.

Remember, all shoes — and runners — have their own individual characteristics and needs.

hockey

MIDWEST SUMMER HOCKEY STANDINGS

Eagle Conference

Team	W	L	T
Wolverines	4	0	1
Falcons	1	3	2
Ducks	1	3	3
Dinos	0	4	0

Duke Conference

Team	W	L	T
Lakers	3	2	1
Huskie	3	2	0
Spurs	3	3	0
Wildcats	2	3	0

MIDWEST SUMMER HOCKEY LEAGUE SCORING LEADERS

Player	G	A	Pts	MAJ
Kenney (Falcons)	11	5	17	Kerry
Carneal (Falcons)	6	10	16	in n
Carneal (Falcons)	6	5	11	scoll
Hobbs (Wildcats)	7	3	10	oy
Thum (Spurs)	7	3	10	m
Vogelso (Lakers)	6	3	9	rich
Hutchinson (Huskie)	7	4	8	ave
Dremble (Wolves)	4	4	8	m
McCauley (Dinos)	6	2	8	ave
Kromm (Wildcats)	2	6	8	30

soccer

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Boys 10 and under: London (Ont.) Youth 3, Windsor (Ont.) Chemt's Boys 1

Girls 12 and under: Troy Blue Stripes 3, WSSU United 1

Boys 12 and under: London (Ont.) Bryant Heating 3, Varsity #12 (shootout)

Girls 14 and under: Troy Lightning 5, Singers 2

Boys 14 and under: Livonia Diamonds 2, Troy United 0 (Division II), Varsity #13, Livonia United 2 (Division II)

Girls 16 and under: St. Louis (Mo.) Coca-Cola Soccer Club 2, Livonia Varsity 1

Boys 18 and under: Warren Carpathia Kickers 2, Windsor (Ont.) Cobras Club 0 (Division II), Troy Toronado 2, Livonia Cardinals 0 (Division II)

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