

Coaching pipeline can be traced to OU

TRADITION is one of the most powerful forces in sports.

It can produce many positive effects, most noticeably victories. Teams facing a traditional powerhouse — Notre Dame or Michigan in football, for example — are always at a disadvantage. The mental edge tradition provides is difficult to overcome.

But it can do more than help sustain a college program. Oakland University is proof.

OU has a certain tradition in mens soccer. Since Gary Parsons took over as coach in 1981, the Pioneers have been constantly ranked among the top 10 teams in the NCAA's Division II. Parsons' record is 104-28-12, and includes a berth in the NCAA II tournament finals and two trips to the semifinals.

But wins and tournament successes may not be what OU is remembered for years from now. Another tradition is under construction, a tradition for producing successful coaches.

FOOTBALL FOLLOWERS like to refer to Miami (Ohio) University as the cradle of coaches because it has produced such heavyweights as Woody Hayes, Bo Schembechler and



C.J. Risak

junior varsity girls, while Dan O'Shea, Nick's brother, is Churchill's junior varsity girls coach. And Tony Williams is the junior varsity girls coach at Rochester.

Of the nine current coaches, Nick O'Shea has enjoyed the greatest success. He guided Churchill to the state finals in 1987; entering yesterday's regional with Farmington Hills Mercy, O'Shea's high school teams were 26-0-2.

Last fall, O'Shea coached Schoolcraft College's women's team to an NJCAA championship, earning NJCAA coach of the year honors.

Contrary to accepted belief, successful programs don't always produce great coaches. Many other factors must be considered.

Parsons himself can't give one overriding reason for the number of former OU players who have combined to help in the O&E area the best in the state in soccer.

"I DON'T PUSH them to go into coaching," he said. "I just think the guys like the game so much that when they're done playing, coaching is a natural progression for them."

"There are a couple of reasons for (their successes). Many of them get involved in a program that has a lot of talent coming through it. But I've got to give the guys credit, too. They know what they're doing."

This new series of coaches — former players in their mid-20s — are, in some instances, replacing high school coaches who never played the game. Ed Dudek was very successful as Churchill's and Schoolcraft's girls coach before O'Shea took over last year, but he was never a player.

When he stepped down, Dudek admitted a major reason for his leaving was that O'Shea was simply better qualified and more knowledgeable.

"We're starting to see the benefits

of coaches who have played," said Parsons, a native of Oakham, Mass., and a former player at Plymouth State College. "They don't just know what's right, they know how to do it themselves. They're coaching from experience."

BUT THERE'S more to the OU connection than just playing experience. "A lot of the stuff we did at Oakland we still do (at Churchill and Schoolcraft)," said O'Shea. "We defend corner kicks exactly the same way."

Kelly, who also coaches OU's women's club team, added, "I've used a lot of things (Parsons) taught me. He's a good coach. He's a disciplinarian who taught us how to win."

"I've learned something from all my coaches, but a lot of the things he's said have really stuck with me."

Yet, coaching takes more than a knowledge of the game and tactics. Coaching any sport in high school requires huge amounts of time and effort. Being a successful coach multiplies those demands.

The former OU players all seem to have learned those sacrifices.

"It's the same for all of us," said Mastrogriani. "It's a love of the game and a willingness to give something back to the game."

NONE OF the current crop of OU players-turned-coaches is limited to coaching high school soccer. Lupence, for example, guided the Vardar III under-16 boys club team to a national indoor title. Mastrogriani, O'Shea and most of the others run clinics and camps during the summer.

"They've had good experiences," reflected Parsons. "That's what got me into coaching. I enjoyed it and I wanted to give something back. If you're in an unhappy situation, you probably won't pursue it. These guys have enjoyed (soccer), and it whet their appetites for coaching."

Which gets back to successful tradition. Winning provides one of the greatest pleasures in sports. It's also addictive; there's nothing quite like a string of victories leading to a championship.

So players who have enjoyed success willingly make the sacrifices necessary to succeed again in coaching. Their aims, in blunt terms, are to build their own traditions.

Problem is, if OU continues to churn out top-notch coaching prospects, there will be a lot of fledgling high school traditions struggling for respect. And that bodes well for soccer in general in this area.

Students earn scholarships

THE TIMBER WOLF population on Isle Royal, the last remaining population of timber wolves in Michigan, has dwindled down to a scarce few and a local student wants to know why. To find an answer, Rochester Adams senior Bob Kowal will spend 10 days on the lake this July conducting a study on the predator/prey relationship between the wolf and moose populations.



Bill Parker

"I'd like to make a video, but I've been told it's pretty hard to video tape a timber wolf. I may have to rely on figures and numbers," Kowal said. "At one point, I think the population (of wolves on Isle Royal) was up around 50. That number should have dropped off some until it reached the carrying capacity (of the island), then leveled off. It seems to be pretty low right now. They (Isle Royal rangers) are beginning to worry about extinction."

When Kowal completes the project he will submit a detailed report of his procedures, findings and conclusion to the Michigan United Conservation Clubs (MUCC). He'll receive a scholarship for his work ranging \$350-\$1,000.

KOWAL IS AMONG 11 Michigan high school students who qualified for the third annual MichCon/MUCC

outdoors

Scholarship Competition. The program is open to all high school juniors and seniors pursuing a career in natural resource management. Contestants must plan and design a conservation-related project and manage the project to a successful completion by Sept. 30. The completed projects will be evaluated by a staff of professionals and awards will be made. Five students will each receive a scholarship for \$1,000 while the remaining six will each receive a scholarship for \$350. The projects will be on display Feb. 24 to March 5, at the Detroit Outdoor '89 Sport and Travel Show at the Michigan State Fair Grounds.

A couple of other local students are also competing. Jonathan Chase, a senior at Southfield-Lathrup, will conduct a pond ecology study at the Birmingham Environmental Center. When his project is completed, Chase will make recommendations for restoring the ecological balance to the pond environment.

Troy resident Vinit Doshi, a senior at Warren High School, plans to develop a neighborhood "adopt a tree" program by planting and nurturing trees in his neighborhood.

KOWAL IS no rookie to the scholarship competition. Last year he received a \$350 MichCon/MUCC scholarship for producing a 12-minute video tape on the effects of acid rain on a lake. The video is being used in classes at Van Hoesen Junior High School and Rochester Adams High School.

Chris Morasky, a 1987 Livonia Stevens graduate, received one of the \$1,000 scholarships last year.

Using radio telemetry, Morasky studied the lifestyle of eastern screech owls.

Morasky used the scholarship to attend the University of Wisconsin at Stevens Point. He is studying wildlife management and holds a 4.0 grade point average.

Walleys on each body of water. Other prizes will also be awarded, including the grand prize of a 28-foot Sea Ray Ambergack boat for catching one of three specially tagged walleys.

True, anglers participating in Walleye Weekend will be the winners. But the real winners will be a special group of children.

Sponsored by the American Lung Association of Southeast Michigan and Charley's Restaurants Inc. the tournament will benefit the ALASM.

"The bottom line is that the money from Walleye Weekend will be used to support a specific program: Camp Sun Deer," said Jim Stickey, community relations director for ALASM. "Camp Sun Deer is a summer camp for children with severe asthma. The camp is totally free to the children, and it offers them an opportunity to have a normal camping experience. Usually, because of medication and special care, these kids can't go camping, but with the staff and facilities at Camp Sun Deer (including nurses, pharmacists and doctors) they have this opportunity."

Last year the tournament raised \$31,000 for ALASM. Tournament officials are shooting to raise a record \$40,000 this year.

Registration is \$15, and today is the last day to register. Interested anglers may register at the Lung Association, 18865 W. 10 Mile, Southfield. Call Stickey for details at 558-5100.

(Bill Parker is happy to answer any questions readers may have regarding the outdoors and is open to suggestions on topics to be covered in this column. Send your comments to: Outdoors, Observer and Eccentric, 1225 Bowers, Birmingham 48012.)

exercising options

Myrna Partrich

Ballet activity can affect menstrual cycle

Dear Myrna: I'm a ballet dancer. I've been dancing 14 years. The last few years I've had bad problems with stress fractures in my feet. My menstrual cycle is totally out of order. I hardly have one. I've been concerned lately. Can you give me some information?

Have you been seeing a doctor regularly? An exercise expert, I derive some of my knowledge from medical journals I read.

Ballet dancers are overworked. Aerobic instructors share similar problems (I know — sometimes I'm an overworked aerobic instructor myself).

While ballet dancers always have been admired for their spirit and form, this activity is not without problems as you are discovering. You should know that a high incidence of irregular menstrual periods has been observed in young ballet dancers. The skeletal proportions and hormonal secretions have been observed to be altered, although no permanent medical problems have been reported.

Also, a delay in menarche (first menstrual period) and prolonged intervals of absent menstrual periods may predispose dancers to stress fractures. Low estrogen levels often occur, when the menstrual cycle is disturbed.

In a recent study published by the New England Journal of Medicine, 75 professional dancers were surveyed for menstrual disorders, numbers of injuries and fractures and eating disorders.

The results show 24 percent of those dancers were found to have scoliosis of the spine, and dancers with scoliosis had a delayed menarche by an average of two years. This 24 percent also showed abnormal eating behavior. More than half of these 75 dancers suffered stress fractures — mostly in the feet.

The conclusion suggests that low levels of estrogen, which lowers calcium absorption, were a primary cause for the increased stress fractures and scoliosis. The dancers' diet also was found to be low in calcium and Vitamin D.

For you, the answer might be to monitor your diet to ensure adequate intake of calcium and Vitamin D. Be aware of overtraining which may carry a price tag that is too high.

You didn't indicate just how much you dance. Obviously, too much (or at least for now). Take it easy!

(Myrna Partrich, co-owner of The Workout Company Inc., of Bloomfield Township, is happy to answer any questions readers may have regarding exercise. Please send your letters to: Sports Department, Myrna Partrich, 1225 Bowers, Birmingham, MI 48012.)

outdoors calendar

IMPORTANT DATES AND EVENTS

- Long-Range Rifle Practice, in which shooters can sight in their guns at 300, 400, 500 and 600-yards, will be offered on the last Sunday of each month through September at the Washtenaw Sportsman Club in Ypsilanti. Call 484-6177 for details.
- June 3-5 — Fourth Annual Walleye Weekend, sponsored by the American Lung Association and Charley's Restaurants Inc., will be held on Lake Huron, Lake St. Clair, Lake Erie and the Detroit and St. Clair rivers. Entry fee is \$15. Grand

Prize is a 28-foot Sea Ray 270 Ambergack. For details and to register call the American Lung Association of Southeast Michigan at 558-5100.

• June 3-5 — Great Lakes Bow Fishing Championships will be held in Casville. Phone 755-5060 for details.

• June 11 — Family Fishing Show, featuring a fishing pond, seminars, demonstrations, equipment and more, will be held 10 a.m. to 7 p.m. at the Southfield Civic Center. Call 354-9357 for details.

• June 11 — Bass Blastoff fishing tournament on Cass Lake. Call 624-0202 for details.

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