an O'Meara editor/953-2139 night line: 591-2312

Top gymnasts receive accolades

VERY YEAR YOU'LL find quality gymnasts in Ob-serverland, but it seems that was never more true

serverland, but it seems that was never more true than in 1991.

With the Nos-2 and 3-teams-in-the state — Plymouth Salem and Plymouth Caston — residing in the area, the sport reached an all-time high. To have teams of that stature it. To have teams of that stature it. To have teams of that stature it. To have teams of the statu

calls selfy Jacobs were selected again, self was considered to the meat successful scason and was chosen Coach of the Var. It also was her final typer as coach. She plans a move to Washington where her husband is stationed with the U.S. Army.

The Rocks captured a second straight Western Lakes Activities Association championship, won a regional title and finished second in the state. If not for the presence of another fine team — state champ Muskegon Mona Shores — the '91 Salem team would be considered the best in state history.

ALL-AREA TEAM

ALL-AREA TEAM

Kim Millor, sophomore, Salom:
Millor placed thed in the state in attanound competition (27.15). She was second on balling beam and floor exceeded to the state in a second on the state of the state o

my flavorite gymnact in the state."

Courtney Gonyan, sophomore, Salom: Gonyan qualified for the state meet as an all-arounder and finished neith with a 300 Sine also placed fifth on the 18 state meet as an all-arounder and finished neith a state of the state of th

Alysia Sofios, freshman, Salom: Sofios made an discussive debut on the

Heather Kahn, a North Farmington senior, is a three-time member of the All-Area gymnastics team.

all-area gymnastics

Stelland Angowa Proprietational Honological Communication (Honological Edwin) (Honological Communication) (Honolog

high school scene, linishing second in the state on floor and 10th on bars. She was eighth among all-arounders with a 36.40 at the state ineet.

any manufig all-arconders with a 36.40 at the data lend.
In ingonal competition, Sohos was sooned on bast, furth of infoor-and fourth in the all-around. She is the WLAA change in bast, and the all-around and all-around and fourth on floor and all-around and fourth on floor and all-around and fourth on floor and all-around and all-around She had desponding sooned floor, All-Arterican on value, beam and all-around She had desponding soone and of So in value and 36.75 in the all-around.

"Alysia sold it," McRede said. "She psychod hervell up. When you see it in her eyes, you know she's gaing to jam."

Kim Rennolds, sophomore, Carton, Rennolds, the lone all arraytes tryin place with a 33-40 south. She says with a 35-40 south She says with south and man ental eighth on water and man ental eighth on lone than 12 men than 35 me was the regional than 12 men than an also finded that on horse and arrand and lefth on floor at that meet the VMLAR, Remodisk was faint in the arrand and on floor, seventh on that and eighth on beam. Bennotds, at XIV area study and American, had several desired at the says and the says and the says are says and the says are says and the says area of American, had several ental to the says.

was 9.30 "Kirn had another excellent year," Can-ton coach John Cunningham said. "She was our most valuable gymnast and will be even better next year."

we reare better next year.

Makthor, Khohn, Senloy, N., FarrinInglant McMortone Jines Line II But spason when Kahn, numer-sip to Miller in the all-attound last year at state, was weakneed by the flut days before the regional. She stid managed to quality for state on waith and floor, and she missed making the shark on vault by five 100ths, of a point.

the trail on vault by the 100th, of a point point.

"She had a very good year." North coach Jeff Dwyer sad, "but if dight from out the way she wanted a to. The flux har postly bad upon of pil. I have will be seen more determined in college, I don't see berg getting ad and giving upo She's a strong individual She'li put if in perspective and keep going."

Dwyer added that Kam unit scores for seen and keep going. "

Dwyer added that Kam unit scores the seen and seep going."

In the WLA she was seen on the cest in the She's, a she was seen on wall and go that the seen and seep seen and seen and seen and seen and seen and seen and seen seen and se

on bars, 9, 45 on beam and 9,35 on floor.

Kelly Jacobs, senior, Wayne;
Jacobs qualified for state as an abardondre — the first from the school to do so
the first from the school to do so
the school to do so
the first from the regional with
a season-best of 34,50.

She also was first do nivel, it this on
bars, 10th on beam and eighth on soor at
the regional meet. Jacobs had destrohigh corresp of 8,90 on vaul, 8,95 on bars,
90 on beam and 9,10 on floor.

Keiny's presentation and confidence in
the solid is provided to the solid contracks of the same than the provided to the
very position. She had the province that the
color of an anything. She's a very high
actives.

Kyna Morgan, junior, Glenn: Mor-gan was another qualifier for the state need in all-acount competion, placing fifth at the regional with in 34.65 total. She also was eight no his at the re-gional seventh on beam and floor in the WAA. Morgan fook fourth place on beam and bars, mint no vasiff and fifth in floor. She was fifth in the all-acount at flast meet and third of the Saine feed-tional.

that meet and third at the Gaine Instational and only because of 9.00 on soil 9.00 on soil 9.00 on the and 3.00 on the advanced the acceptance when 8.00 on the advanced the acceptance with 8.00 of 10 on 10.00 on the advanced through 6.00 on the advanced 6.00 on the acceptance with 8.00 of 10 or 10 o

ton: Anderson, a state qualifier on and beam, will be the Afferbale to the term of beam of fight of the fixen on is a context. Much plan at the fixen is Man, it provides the fixen of Man, it is not the fixen



Heather Kahn







Courtney Gonyea Silem

All-Area



Canton



selections









Kyna Morgan John Glenn







Social worker gives athletes an assist

His goal is to harmonize mental, physical aspects

By Brad Emona

HUCK KLEVGARD wants to make your experience as an athlete more fun and rewarding.

A licensed and trained social worker at Annapolis Biospital in Wayne for over 20 years. Rickgard applies many of the principles uses to be

"It has taken me 10 years to develop this," said Klevgard, who resides in Dearborn. "Basically I work with the mental and physical abilities and try and pair them up."

A former competitive figure skater who enjoys swimming and tennis in his spare time. Klevgard opened his Northville cilinic two months ago (where he is available for consultation on Saturdays and one evening per week).

"This is a relatively new kind of area that's been developed the last live or six years." he said. "At one time we decided to put our efforts into one area such as cancer and heart disease, and now more money has been allocated for the mental health and wellness (field) area."

At Annapolis, Klegard deals with variety of trauma patients. Some must overcome head injuries, others cutter from collise must overcome new suffer from colltis.

"ATHLETES OFTEN can relate to those type of problems," Kleygard said. "Right now I'm exploring, I don't know where this will go. My experience in the hospital area made me explore this."

Klevgard grew up in the Upper Peninsula where skating and skiing were popular before moving to Ev-anston, Ill.



Many play sports to make it big. They only see the dollar. That's why it's all the more important to balance the psychological and physical being . . . Athletes need it. coaches need it and parents of athletes need it."

striffs that the gight

He competed in college as a figure skater while attending the Universi-ty of Michigan where he holds Mas-ters degrees in Social Work and Pub-lic Health.

An unusual set of circumstances helped turn Klevgard on to his new endeavor.

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An unusual set of circumstances elped turn Klevgard on to his new indeavor.

"My wife and I are into classical."

By fusing the body and mind. Klevgard believes athletes can en-hance their performance.

"THE THINKING and feeling functions (hip back and forth, the key is to balance it up." Klevgard said

One of his first clients was a wom-en golfer, whose performance dropped off when she played against her husband and his friends

her husband and his Brends.
"Her game became worse and,
worse, she felt inferior to her hushand and his cromes, she felt attern
dated," and the sperts social work,
er. "What we discovered is that she
dropped her shuiders, so what I did
was teach her simple techniques to
be more aggressive.

"And I'm happy to say that it orked."

Another client, a competitive cy-clist, suffered from leg cramps and fatigue late in his races.

"He d always wind up in a ditch in pain." Klesgard explained "He'd put a lot of pressure on himself, so we Laught him deep breathing exercises. We also streamlined his upper body to take pressure off his legs and feet-we have to remember that each part

of the body expresses certain emo-

If you get people to think, that's the first step in creating an awareness to balance yourself. Motivation is the key if a person is serious about working. The other key is to have fun."

SPORTS HAS BECOME serious business particularly in this country. Many use it as recteation and relaxation, but many others use it as a springboard to success and status.

Many play sports to make it big." Klevgard said. "They only see the dollar. That's why it's all the more important to balance the psychologi-cal and physical being."

Klevgard, a veteran figure skating judge on the regional level, wants to make his services available to the general public

"I think it has a potential educa-tional value," he said "Athletes need it, coaches need it, and parents of athletes need it."

Kleygard, however, said his clinic is not for everybody. "They only need it if they're inter-ested," he said.