

Franklin Football-Gone To The Computers



FOOTBALL SCOUTING VIA COMPUTER -- Franklin High's offensive coach, Armand Vigna (left), holds the computer IBM cards and the

By TOM DONOGHUE
Sports Editor

In this age of computer this and computer that, Franklin High's football team has come to fit the times.

Computers have been pushed into operation to tackle the challenge of scouting prep rivals at Franklin, with the man behind the machine being offensive line coach Armand Vigna.

Vigna is a counselor and two year building research director at Franklin in addition to his coaching duties. He also has learned computer programming in line with his football knowledge.

The scouting process began to take roots in '68 when George Lovich took over head coaching duties and Vigna the offense.

LOVICH and Vigna got full wind of the "print-out" system from Amherst football coach Bill Thurston.

"Once I saw it, I knew we had to fit it into our system," said Lovich.

What does this system entail? This is how it was described to me by computer-minded Vigna:

In scouting a football game, you diagram each play with the following information: down, yards to go, hash-mark, what yard line, what drive, what quarter, score, last two minutes in first half, and the last two minutes in second half.

THE DIAGRAMS are then ready to be transferred to a code sheet and IBM cards.

Meanwhile Vigna has programmed the computer to analyze football plays breaking them all down into three brackets: running, passing and field position, and then into 17 complete breakdowns such as field position by zone or hash-mark; running play by formation and which hole; and passing into which zone.

The code sheet is then transferred onto the IBM cards.

TEACHER-AID Barbara Kizer aided the Frank-

lin staff with this task. It took about 20 minutes and out would come an IBM card on every offensive play that they were scouting.

That was the procedure taken to break down a game.

Once Franklin had scouted a team three or four times, which could be done from a game film, all the IBM cards from that team could be fed into the computer and out would come a "print-out."

The "print-out" tells Lovich and Vigna anything they want to know about the opposing team in the form of plays they ran.

"A football team, the whole picture is in front of you," said Vigna. "It reveals the team's tendency; some seem so intricate and subtle, that you couldn't catch it."

EVERY PLAY breakdown will appear in the "print-out." A balanced squad will not reveal that much.

"We would build our game plan on defense and the key," said Lovich. "Everything looks great on paper after we finish analyzing, but it all boils down to how well the kids execute their assignments."

Lovich received a "print-out" from Vigna on every team a week prior to his game with that team.

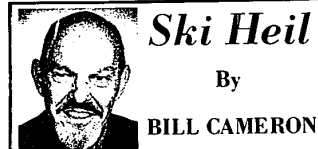
That "print-out" became Lovich's bible. "He would sleep, eat and teach with that in his grasp," said Vigna.

Since Franklin has started using the key, the Patriots have piled up a 32-8-1 mark.

"THE COMPUTER doesn't win a ball game for you," said Lovich. "No matter how much paper work we do, it all boils down to the kids and how well they execute."

"It definitely gives one team a defensive edge over the other," added Lovich.

What's the next step with computers and football? How about electronic referees? Start working, Armand.



Ski Heil

By BILL CAMERON

Ladies, your day is drawing near. If you've never tried skiing or wish to sharpen your skills, you have an opportunity to join us in our Ladies' Ski Day program, sponsored by the Livonia Family Y. Last year we had 125 women register for the program, conducted each Thursday at the Mt. Brighton Ski Area.

This year we have reserved Tuesdays and Thursdays from 10 a.m. to 3 p.m., beginning (weather permitting) Tuesday, Dec. 5. Actually you have a choice of either day or both days or whenever you can make it. It seemed like every Tuesday last year was sunny and cold while Thursdays generally were cloudy and wet. Maybe we'll have better luck this year!

You can register at the "Y" at any time, but we will conduct an orientation program on Friday, Dec. 1 at 1 p.m. at the Livonia Y. This will be mainly for you novices, explaining the procedure of checking in, explaining the

use of equipment, lesson plans and also to give you an opportunity to meet some of your neighbors. It gives you an opportunity to set up car pools.

We also will show a new ski movie to whet your appetite and will have Andy McMaster, former Canadian racer and ski specialist give us a run-down on skis, boots, and bindings.

Mt. Brighton has added a "new mountain" this year with a chair lift that should develop into the most popular slope in the area. Babysitting services for children two to five years again will be available. For inexpensive skiing and excellent instruction, you shouldn't miss this program.

And remember, you are never too old to learn. The main ingredient is motivation and a sense of humor. Join us for a cup of coffee and bring a friend and a smile. See you then.

C'mon Skiers, Start Shaping Up!

By BILL CAMERON

Will you be a statistic this year? Ski injuries stand out like a sore thumb. Who needs a cast and crutches? The percentage of ski injuries to number of skiers is very small but we always see some guy or gal sitting around the lodge with a beautifully autographed cast, getting all kinds of sympathy from a seemingly endless line of well-wishers.

How do those injuries occur? The National Ski Patrol tells us they usually happen to beginners and generally fall into three categories: skiing out of control (speed, not knowing how to stop and generally being on slopes too advanced for them), equipment failure (bindings set too loose or too tight, opening too soon or too late in a fall), and poor physical condition.

It is to the last that we want to direct our remarks. The sport of skiing demands strength, flexibility, balance, and endurance. In our everyday living we are seldom called upon for any of these attributes. Serious skiers are aware of the importance of the above and are involved in extra-curricular activities that prepare them physically

for the demanding skills involved. You can spot these people; they seem to have a spring in their step, a smile on their face, confidence in themselves, slim, and pride in their bodies.

As we get older we tend to lose the tone in our muscles and they tend to get "flabby," due to lack of use. In the sport of skiing we need not only strength of muscles but muscular endurance. Have you ever watched beginners try to get up after a fall? The overweight skiers usually have the most difficulty. But often it is just the lack of arm and shoulder strength! Much of Michigan skiing is of the rope tow. Many skiers become more tired from going uphill than they do downhill! Holding that rope requires strength and muscular endurance. In other words, the ability to repeat a movement without getting overly tired.

Needless to say the legs and abdominal muscles are the "work" muscles in skiing. With snow conditions very unpredictable, you may be called on to ski powder snow, wet snow, ice, etc. These variances place more demand on those muscles than you realize. Try sidestepping on ice sometime!

THE EXERCISES you see on this page are just a few that will help build strength in those "key" muscles. You build endurance by repeating the exercises and building up the number of repetitions over a period of time. They do very little for cardio-vascular endurance (heart and lungs). For this you need rhythmic exercise, such as jogging, swimming, cycling, skating, running in place or jump roping.

Any exercise that causes bending and stretching is good for you. The quickest way to build strength is weight lifting. The more resistance you use the more the muscles have to work. If you have young children you have "built in weights"! Try picking them up several times a day.

Don't worry about getting large muscles. This is an excuse many women use. You'd have to work extremely hard and long to build large muscles. Bonnie Prudden once said, "under every curve there's a muscle-no muscles, no curves!" The average American is overweight. The most practical exercise is pushing away from the table. The secret of weight control is diet. No machine will remove weight.

In order to lose weight and maintain it is by burning more calories than you consume. You'll burn a certain amount of calories from ordinary activities. You should do more of the type of exercises that cause you to perspire. Then you know you've had a workout.

Don't be a statistic this year. Get ready the sensible way.

In the accompanying photos, Julie Sines of the Livonia Y demonstrates some of the basic exercises. Miss Sines recommends starting out slowly and gradually increasing the tempo.

EXERCISE 1-TOE TOUCH Stand erect, feet about a foot apart, arms over your head. Bend forward and touch the floor between your feet, keeping your legs straight. Return to starting position. Repeat.

EXERCISE 2-CHEST, LEG RAISING Lie face down, legs straight and together, arms stretched sideways. Raise entire upper body and both legs from floor as high as possible. Return to starting position. Repeat.

EXERCISE 3-SIT-UPS Lie on back, legs straight and together, hands behind neck. Keeping back as straight as possible, move to sitting position, touching knee with opposite elbow. Return to starting position. Repeat, touching other knee with opposite elbow.

EXERCISE 4-PUSH-UPS Lie face down, with hands under the shoulders, legs straight and together. Push down on the palm of the hands and repeat.

OBSERVERLAND
SKI SKULE REGISTRATION

Please enroll me/us in the Livonia Ski Skule with Thursday and Friday sessions beginning Jan. 4

Name _____

Address _____

City _____ Zip _____

Skule membership is \$1 per person, per year. Send check with stamped, self-addressed envelope to: Livonia Ski Skule, Livonia Parks and Recreation, 14305 Farmington Road, Livonia 48154



Push-Ups



Chest And Leg Raising -- Bend The Back

Raiders Win 4th Contest

Despite a barrage of 57 shots on Raider goalie Craig Wojay, the Orchard Ridge cemen won their third straight game, clipping Michigan State's junior varsity, 8-6.

Raider freshman Dave Kintz led the way past Michigan State with a three goal "hat trick" as well as an assist.

ORCHARD RIDGE was outshot in the first two periods, 39-19, but was up on the scoreboard 5-3.

Each squad poured in three goals in the final stanza with the Raiders maintaining their two goal margin.

Orchard Ridge then traveled to Ohio where they upped their unbeaten streak to four by slipping past the Falcons of Bowling Green, 6-4.

This marked the first time this season that the young Raider squad had to come from behind, trailing 4-1 early in the second period.

DENNIS GAZELY replaced Wojay in the Raider net early in the second and Orchard Ridge started its offensive movement to give Gazely a win.

Bowling Green trailed by one in the closing minutes of the game and pulled their

goalie. The move backfired when Raider forward Dave Balagna slid the puck into the empty Falcon net.

WSU Captain

Sophomore Steve Danosi has been selected captain of the 1972-73 Wayne State University fencing team by his teammates. Only the third sophomore to gain the nod in the sport at WSU. Past All-American greats Richard Watson and Byron Krieger were the others.



Sit-Ups -- Touch Knees With Elbows

Who Am I?

By TOM DONOGHUE

Who am I?
I am round and full of air.
My brother is the soccer ball, a little smaller than me.

I came about when James Naismith invented the game of basketball in Springfield, Mass.

He used my little brother to play the game, but he was too small. I was thus developed, bigger and tougher than my brother.

I was born in a fast team game called basketball. I usually weigh under my regular weight of 22 ounces because I am usually surrounded by a lot of "hot air."

My waist varies from 29 to 30 inches, depending upon the amount of pressure exerted on me.

MY SKIN IS BROWN, but I don't have to worry about segregation. My bladder is airtight, but sometimes I have to be pumped up.

I am bounced around the world, in every arena, school and playground.

I AM HANDED by every type of person. They vary in color, size, shape, weight and sex.

I help children learn the ideas of sportsmanship, sometimes even grown-ups. I am kicked and thrown around, but it's all right because it's all in the game. My spirits are upped when people cheer me on to baskets.

It hurts a little when I hit the rim, but it's nothing really compared to the joy I receive in seeing people enjoying life.

I cause laughter, joy and tears throughout the world and I shall never die until all athletic competition comes to a close.

I am the basketball.