WIN INTERDEPENDENCE

WIN INTERDEPENDENCE **IS A PRECEDENT SETTING YEAR-ROUND PROJECT, STARTING WITH AN INTENSE LEARNING WEEK, TO PROMOTE PARTICIPATION OF CALIFORNIA'S HIGH SCHOOL YOUTH AND THEIR TEACHERS IN SPORTS AND TO EXPAND CAREER PURSUITS IN THE SPORTS INDUSTRY. AS IN ALL *PROJECT INTERDEPENDENCE* PROGRAMS, HALF OF THE YOUNG PEOPLE AND FACULTY HAVE DISABILITIES AND HALF DO NOT.**

WIN INTERDEPENDENCE **IS A PARTNERSHIP BETWEEN THE STATE DEPARTMENTS OF REHABILITATION AND EDUCATION, THE PRIVATE CORPORATE SECTOR, AND CALIFORNIA'S HIGH SCHOOL YOUTH INVOLVED IN THE WORLD OF SPORTS. IT JOINS FULL PARTICIPATION AND ACCESS IN THE SPORTS EXPERIENCE WITH FITNESS LIFE STYLES AND REAL CAREER GUIDANCE AND CAREER OPPORTUNITIES FOR YOUNG PEOPLE IN THE SPORTS INDUSTRY. IT MOTIVATES AND STRENGTHENS YOUNG PEOPLE IN THEIR HIGH SCHOOLS AND COMMUNITIES TO IDENTIFY WITH SPORTS AS A LIFE-LONG VOCATIONAL PURSUIT THROUGH INNOVATIVE CURRICULUM, LOCAL PROJECTS AND ACTIVITIES.**

THE *WIN INTERDEPENDENCE* PROGRAM WILL INVOLVE TOP-FLIGHT OLYMPIC AND PROFESSIONAL ATHLETES AND BE JAM-PACKED WITH EXUBERANT ACTION INCLUDING:

- **An individual sports medicine and fitness assessment.**
- **A personal vocational evaluation.**
- **Facilitated group sessions to raise consciousness.**
- **State-of-the-art adaptive sports and Rehab science engineering device demonstrations.**
- **Career exploration sessions (journalism, film-making, manufacturing, sales and advertising, sports medicine, coaching and managing, teaching and promotion, etc.).**
- **All star sports exhibitions with world class athletes both with and without disabilities.**

WIN INTERDEPENDENCE **IS A LONG-TERM INVESTMENT TO SHOW THE POWER OF YOUNG PEOPLE CHANGING THE WORLD AROUND THEM FOR THE BETTER.**

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*partial list

TO LAUGH IS TO RISK APPEARING THE FOOL.

TO WEEP IS TO RISK APPEARING SENTIMENTAL.

TO REACH OUT FOR ANOTHER IS TO RISK INVOLVEMENT.

TO EXPOSE FEELINGS IS TO RISK EXPOSING

YOUR TRUE SELF.

TO PLACE YOUR IDEAS, YOUR DREAMS BEFORE THE

CROWD IS TO RISK THEIR LOSS.

TO LOVE IS TO RISK NOT BEING LOVED IN RETURN.

TO LIVE IS TO RISK DYING.

TO HOPE IS TO RISK DESPAIR.

TO TRY IS TO RISK FAILURE.

BUT RISKS MUST BE TAKEN, BECAUSE THE GREATEST HAZARD TO LIFE IS TO RISK NOTHING. THE PERSON WHO RISKS NOTHING, DOES NOTHING, HAS NOTHING, AND IS NOTHING! HE MAY AVOID SUFFERING AND SORROW, BUT HE SIMPLY CANNOT LEARN, FEEL, CHANGE, GROW, LOVE — LIVE! CHAINED BY HIS CERTITUDES, HE IS SLAVE, HE HAS FORFEITED FREEDOM. ONLY A

PERSON WHO RISKS IS FREE!

— AUTHOR UNKNOWN

from Quantum Soup by C.L. Al Huang (E.P. Dutton)

Eye of Bull

In Zen archery when you shoot the arrow from the bow, your *hara-tant'ien* collects all the energy generated from the practice. The discipline is to focus on the bull's-eye—not the obvious one in the target but your own bull's-eye in the physical-psychic center of your gut.

Mystically, the arrow you let fly from the bow needs to make a complete circle through the target and back to your center, like a boomerang returning home. The true marksman keeps his eye on his own center.

One afternoon at a month-long conference on Buddhism and the Mind, a Japanese master demonstrated to us the art of Zen archery. He knelt by a picturesque rock near the edge of the sea. After a long period of meditation with about one hundred of us quietly observing, he stood up and drew an arrow from the quiver around his bare shoulder. He began aiming—out over the open sea!

Aha! He let out a thunderous shout when the arrow flew out of his bow. His small body, glowing with vibrancy, was suddenly a rainbow-colored giant, magnificent to behold!

As I slowly recovered from goose bumps, I realized that many of the onlookers, unfortunately, had missed the main event. Their eyes had followed the arrow to the sea and had bypassed the *real* bull's-eye—the person.

We must recognize fully that the real target is within ourselves—not *out there*.

"Making it" in the world seems to be something *out there*. Yet without the inward satisfaction, the inner awareness, you have missed the target. It must strike home.

You are the target!

One of my favorite cosmic jokes: All his life a man struggles to reach the top of the ladder, and, finally, he does—only to discover it's against the wrong wall!

And another, slightly yellow-humored: A tormented samurai prepares to commit the act of hara-kiri (literally "cutting out one's gut") to salvage some nobility in his life. With great fanfare he takes the dagger, aims for his hara—and misses. *Oops!*

Before you scatter your arrows everywhere, fruitlessly searching, reaching to distant horizons, chasing fleeting rainbows, find your own *center*. Aim at yourself.

Out there is really *in here!*

STRETCHING

These are examples from the book, STRETCHING by Bob Anderson and Illustrated by Jean Anderson.

These examples are not for public use or distribution.

When you begin stretching be aware of these things:

1. It is not important how flexible you are. The important thing is that you learn how to stretch your muscles and develop a liking for stretching.

2. Do not compare yourself with other people. We are all different. Stretching is not a contest.

3. There is a difference between the feeling of a stretch and pain. When you stretch you should stretch to a point where you are feeling an easy stretch-- then hold and relax by thinking about the feeling of the stretch. As you relax and the feeling of the stretch changes to a milder stretch, then stretch a little farther until you get the feeling of a good stretch again. This is stretching. If you go too far it will hurt and you won't be able to relax. It is necessary to learn how to relax and you can't relax if you are straining.

LET'S GO OVER THE BASIC TECHNIQUES OF STRETCHING:

Don't go too far at the start. Get a slight stretch and increase the stretch as you feel yourself relax.

Do not bounce. Stretch and hold it.

Of primary importance-- learn how to stretch your body. Flexibility is only one of the many by-products of stretching. Do not try to be flexible. Just learn the proper way to stretch and the flexibility will come with time.

Breathing is important. Do not stretch to a point where you can't breathe normally. Breathe naturally- exhale as you bend forward. Develop rhythmical, slow breathing.

Hold a stretch in a fairly comfortable position until you feel yourself relax.

Think about the area being stretched. Feel the stretch.

If your body is vibrating from too much of a stretch, ease up. You cannot relax if you are straining.

Stretching really helps you improve and enjoy working out. But the only way to really know this is to get involved with it for at least one month. If you become regular with these simple techniques and ideas, there will be a definite change for the better in how you look, how you feel, and in what you can do.

In that one month you will see that prevention of injuries and reduction of soreness is possible. You will see that your range of motion will increase and that working out gradually becomes more enjoyable. You will feel better going into a workout and you will feel better when the workout is over. In that month you will even look and feel younger.

Exercise, not over-eating or eating bad food, and getting good rest are very basic aspects of life, yet we seldom put them all together in action. Once the basics are put together life is full of well-being.

OTHER THINGS TO BE AWARE OF:

1. We are different everyday. Sometimes we are more tight or loose than at other times.

2. You really have control over how you feel by what you do.

3. Regularity is the most important factor of stretching. If you start stretching regularly you will naturally become more active and fit.

4. Don't compare yourself with others. Even if you are tight and inflexible at the start don't let that stop you from stretching and taking care of yourself. If you work at stretching it will help your body feel young and alive.

5. Proper stretching is an individual stretching relaxed within his own limits without comparisons.

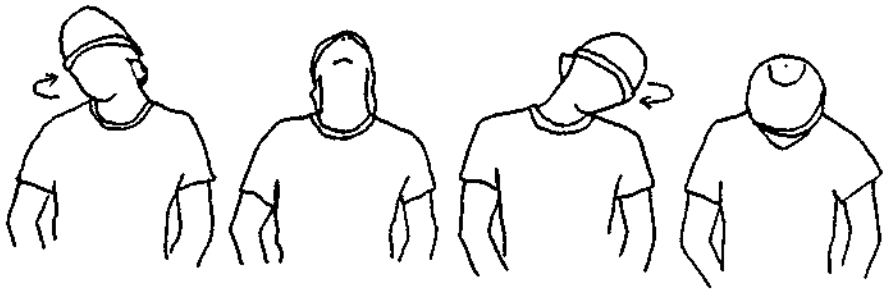
6. Stretch whenever you feel like it. It will always make you feel good.

7. Stretching changes how you feel if you learn how to stretch properly and relaxed.

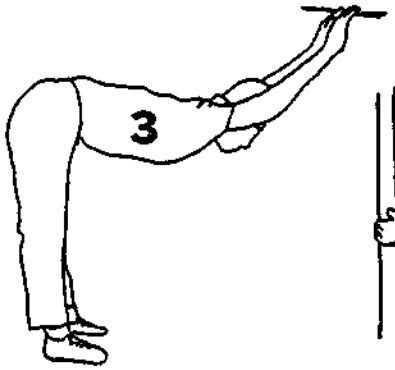
Let stretching become a part of your basic education. Understand its importance by doing it. Learning is doing.

A QUICK STRETCH ROUTINE TO DO AFTER SITTING FOR A PERIOD OF TIME:
(These stretches take approximately 5 minutes to do.)

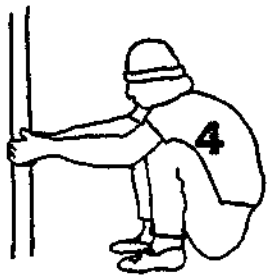
5 seconds.
Do twice.



2 Slowly roll your head around in each direction. 30-40 seconds.



30 seconds.



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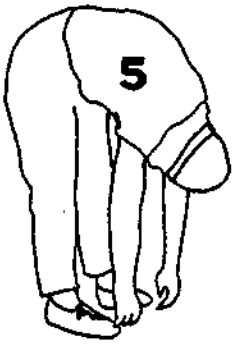
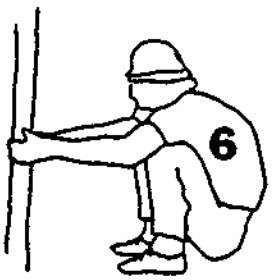
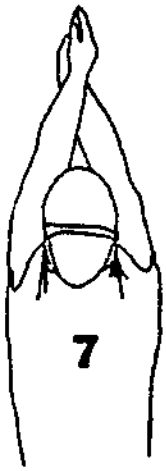


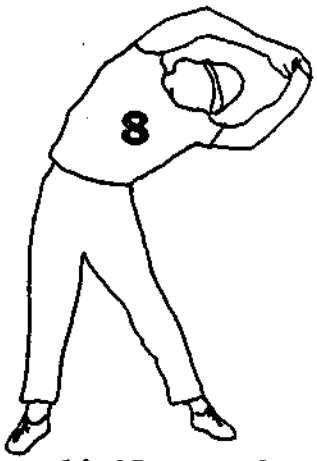
30 seconds.



30 seconds.



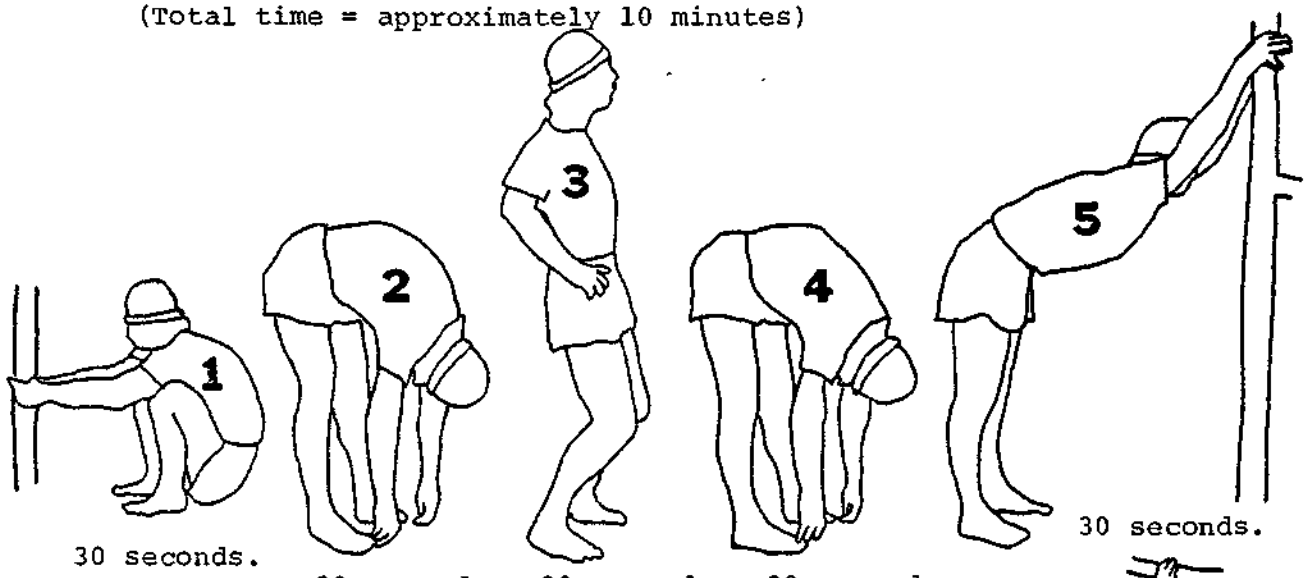
15 seconds.



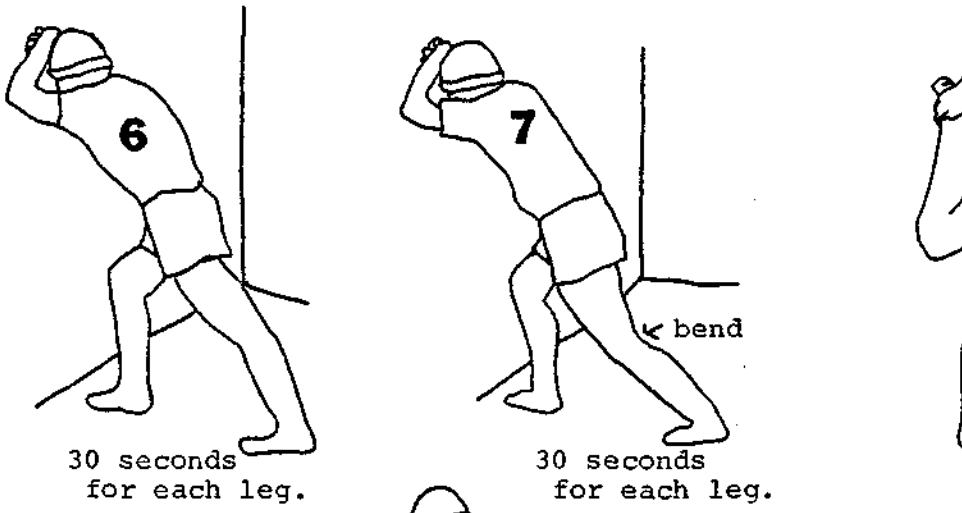
10-15 seconds
to each side.

15 seconds
for each arm.

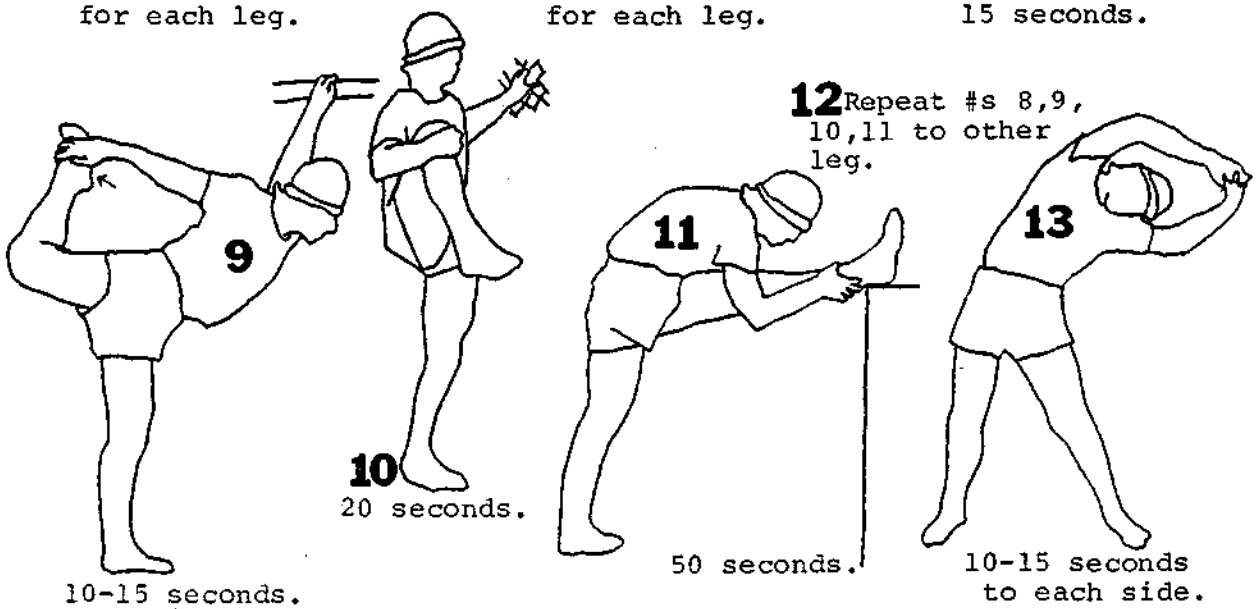
A STRETCH ROUTINE TO DO BEFORE AND AFTER RUNNING:
(Total time = approximately 10 minutes)



30 seconds. 30 seconds. 30 seconds. 30 seconds. 30 seconds.

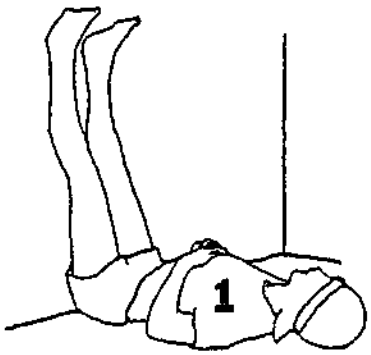


30 seconds for each leg. 30 seconds for each leg. 15 seconds.

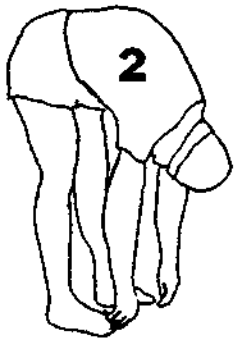


10-15 seconds. 20 seconds. 50 seconds. 10-15 seconds to each side.

A STRETCH ROUTINE TO DO BEFORE AND AFTER RUNNING:
(Total time = approximately 20 minutes)

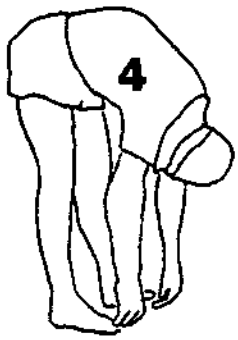


1-3 minutes.

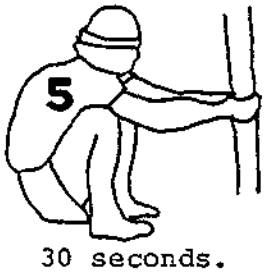


30 seconds.

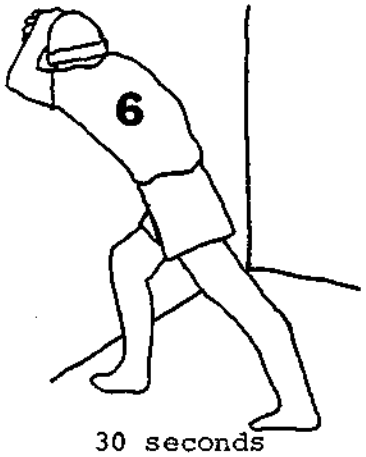
30 seconds.



30 seconds.

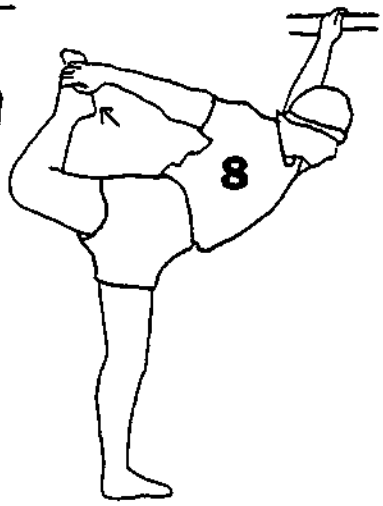


30 seconds.



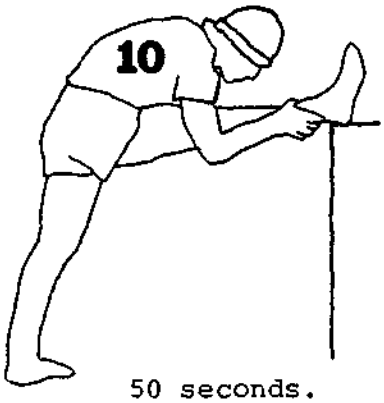
30 seconds
for each leg.

15 seconds.

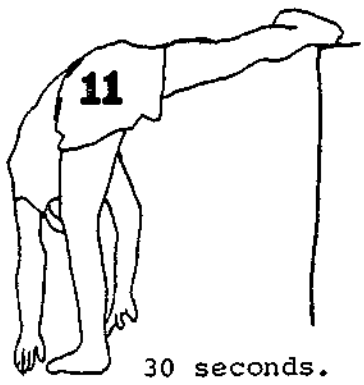


10-15 seconds.

20 seconds.



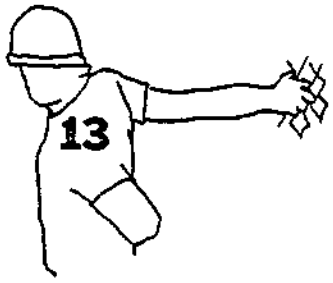
50 seconds.



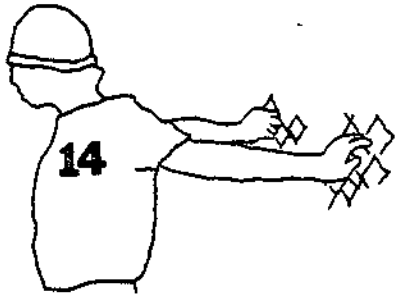
30 seconds.

12 Repeat #s 7, 8,9,10,11 to other leg.

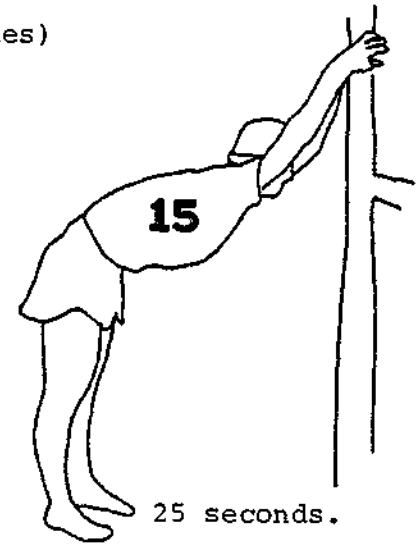
... before and after running: (approx.20 minutes)



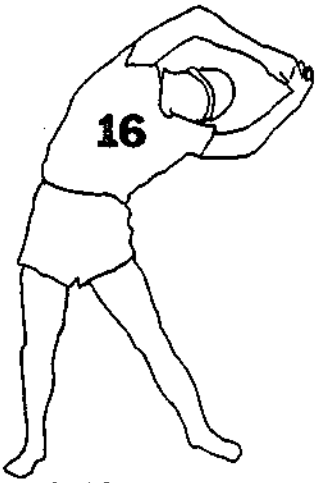
15 seconds
to each side.



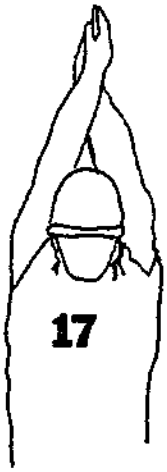
20 seconds.



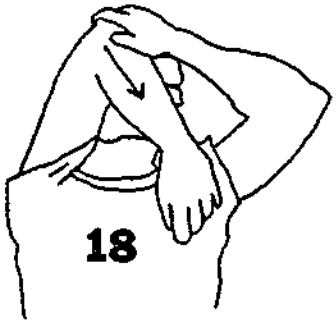
25 seconds.



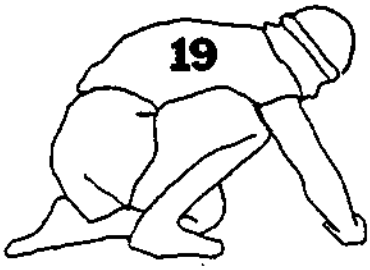
10-15 seconds
to each side.



10 seconds.



20 seconds
for each arm.



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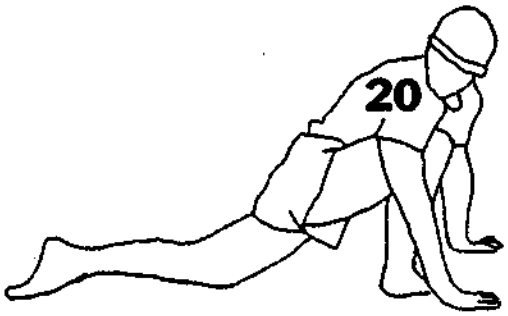
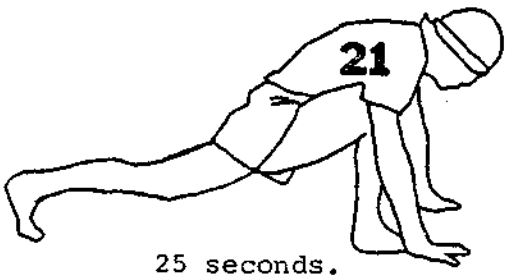


30 seconds.

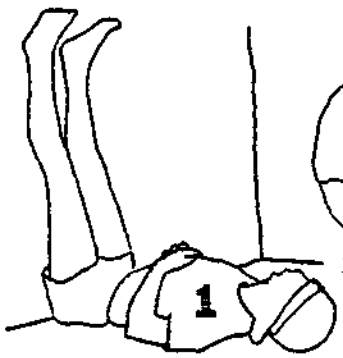


25 seconds.

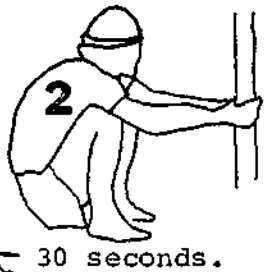
22 Repeat #s 19, 20,21 to other leg.

30 seconds.

A STRETCH ROUTINE TO DO BEFORE AND AFTER RUNNING:
(Total time = approximately 30 minutes)



One to three minutes.



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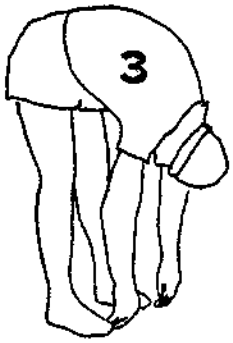
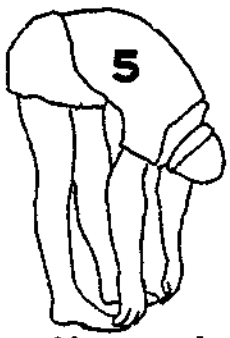


30 seconds.

30 seconds.



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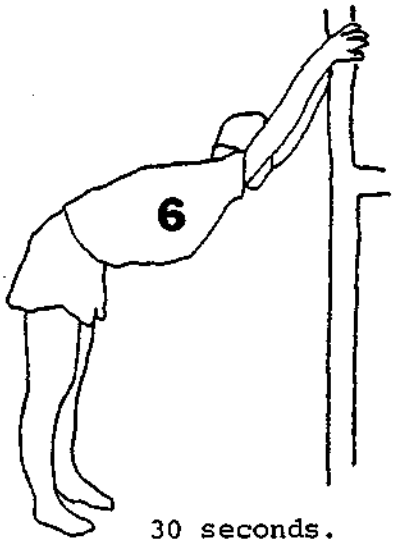
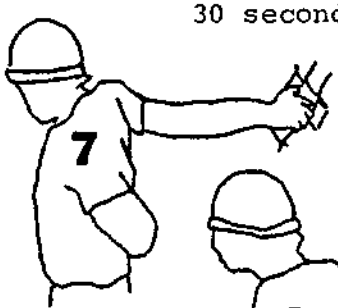
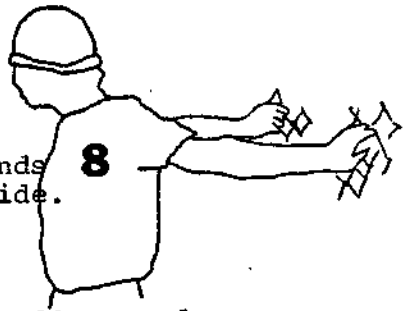


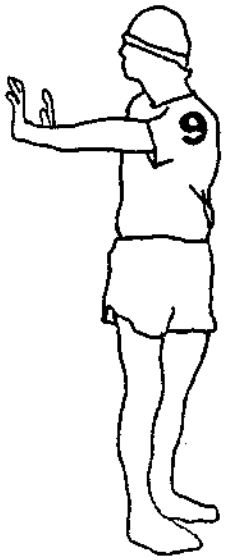
30 seconds.



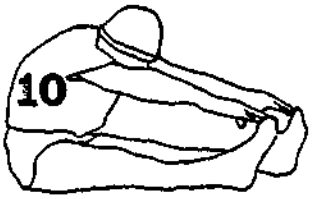
10-15 seconds to each side.



20 seconds.

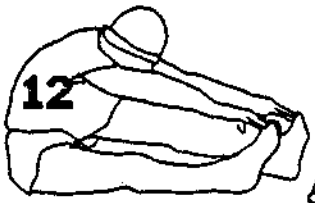


15 seconds to each side.



30 seconds.

30 seconds.



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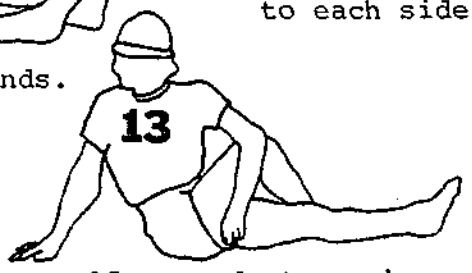
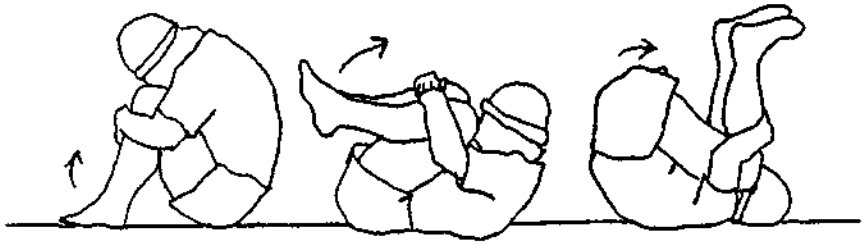
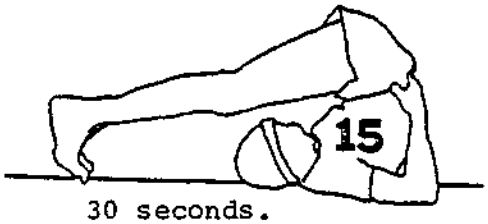


15 seconds to each side.

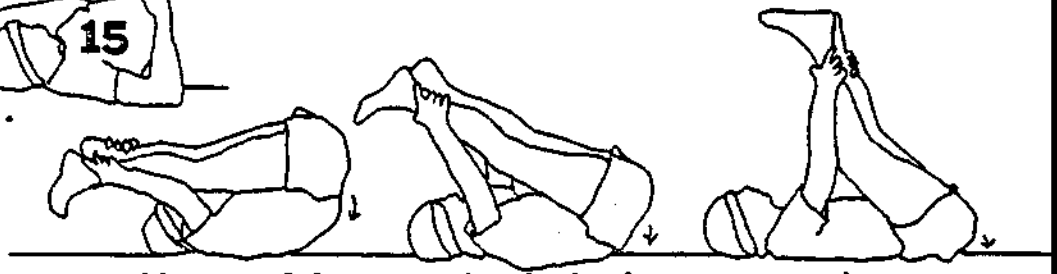


14 Roll back and forth, four to six times.
25 seconds.

... before and after running: (approx. 30 minutes)

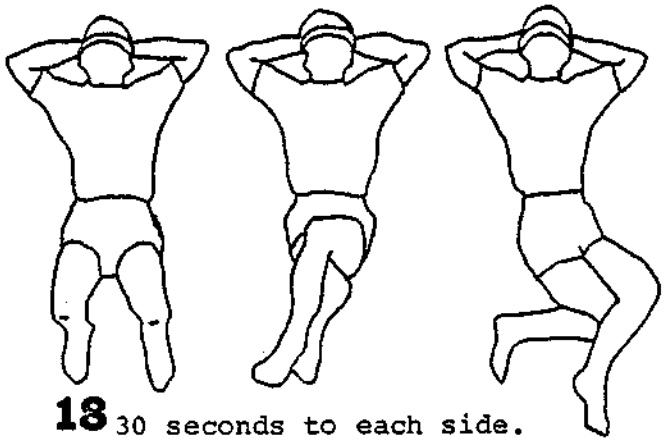


30 seconds.

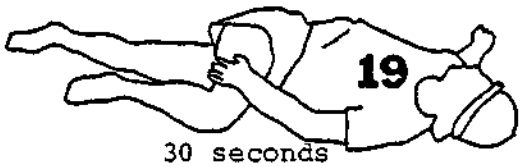


16 Roll out of legs overhead slowly, one vertebrae at a time. 30 seconds.

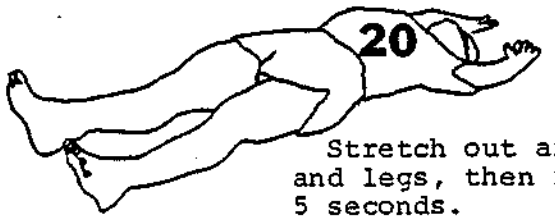
30 seconds.



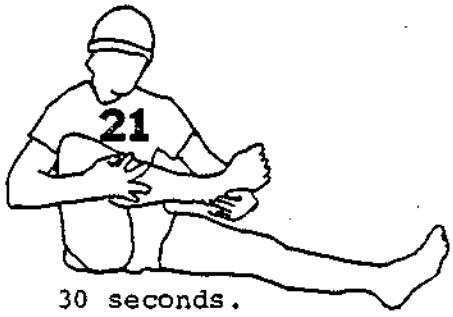
18 30 seconds to each side.



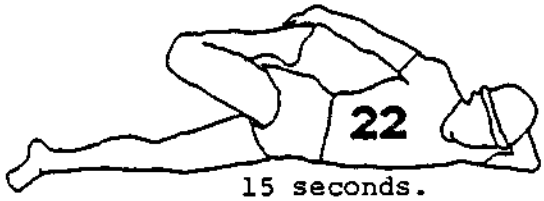
30 seconds
to each side.



Stretch out arms
and legs, then rela
5 seconds.



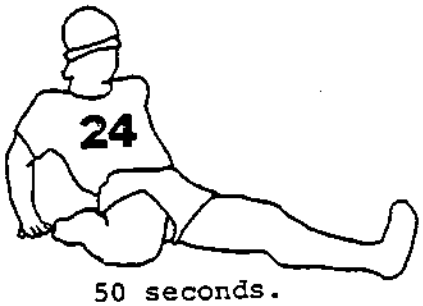
30 seconds.



15 seconds.

10-20 seconds.

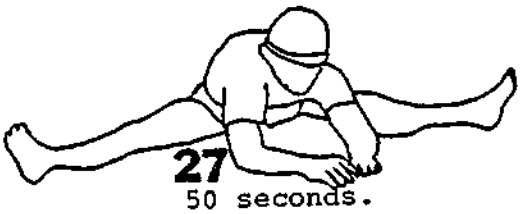
....before and after running: (approx. 30 minutes)



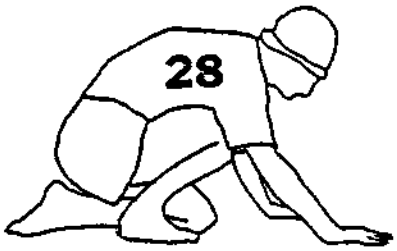
50 seconds.

60 seconds.

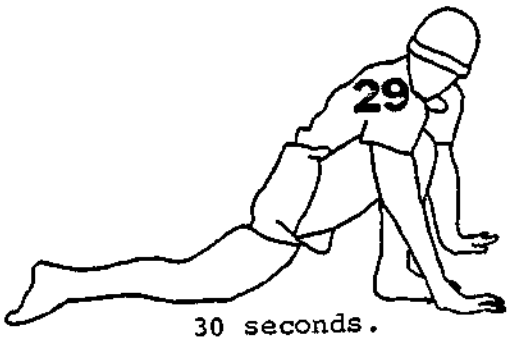
26 Repeat #s 21,22,23, 24,25 to other leg.



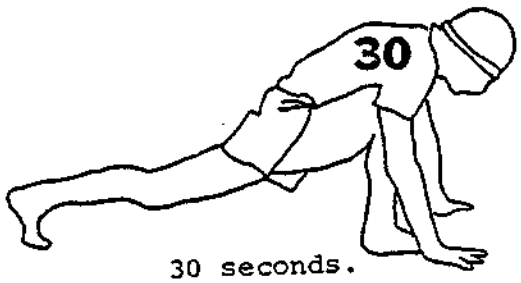
50 seconds.



30 seconds.

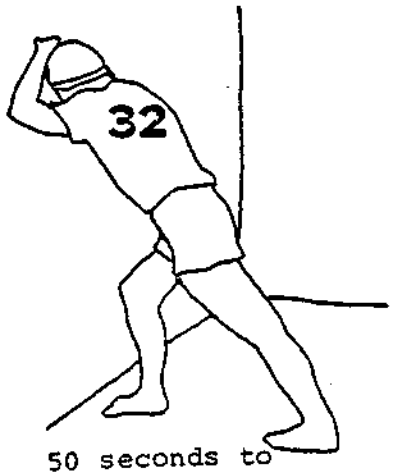


30 seconds.



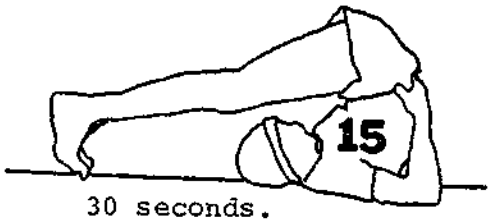
30 seconds.

31 Repeat #s 28,29,30 to other leg.

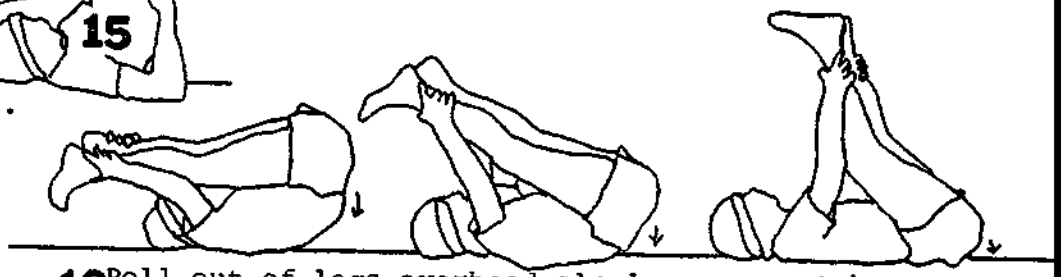


50 seconds to each leg.

... before and after running: (approx. 30 minutes)

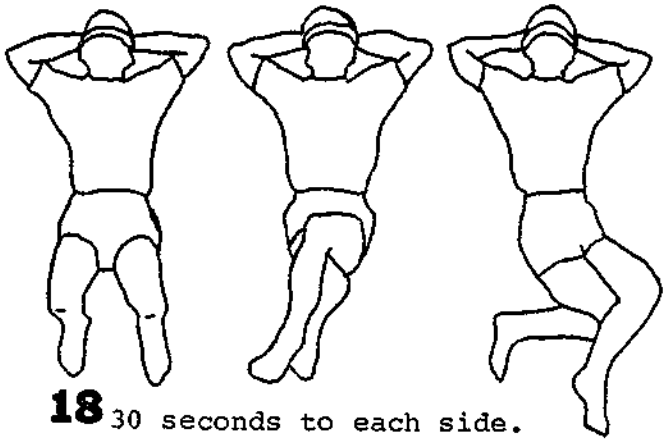


30 seconds.

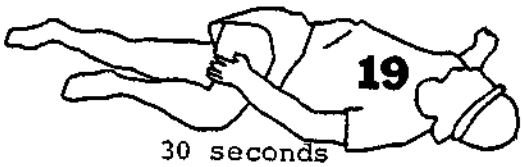


16 Roll out of legs overhead slowly, one vertebrae at a time. 30 seconds.

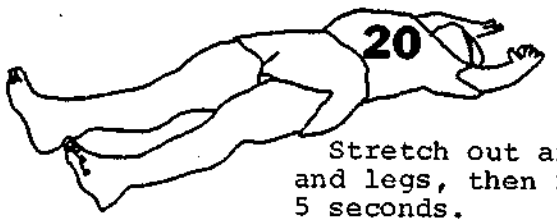
30 seconds.



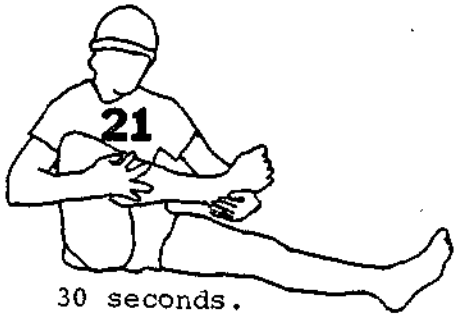
18 30 seconds to each side.



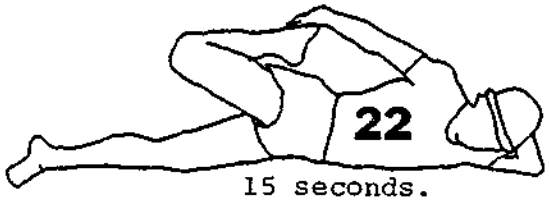
30 seconds
to each side.



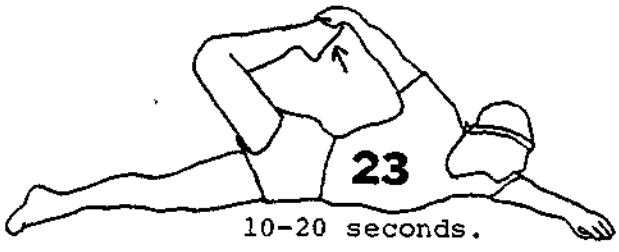
Stretch out arms
and legs, then rela
5 seconds.



30 seconds.

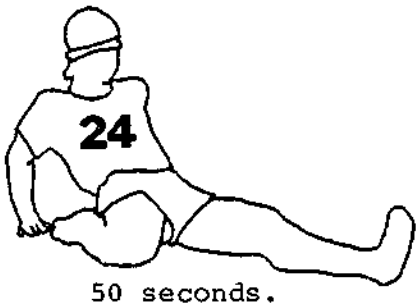


15 seconds.



10-20 seconds.

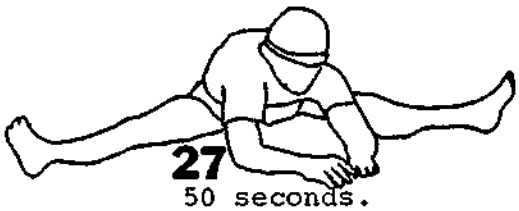
....before and after running: (approx. 30 minutes)



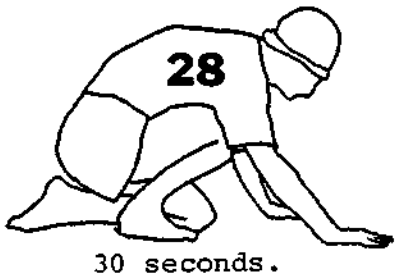
50 seconds.

60 seconds.

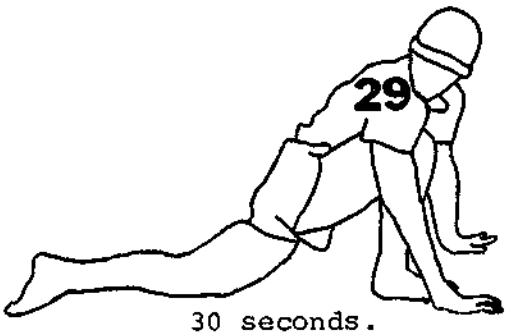
26 Repeat #s 21,22,23, 24,25 to other leg.



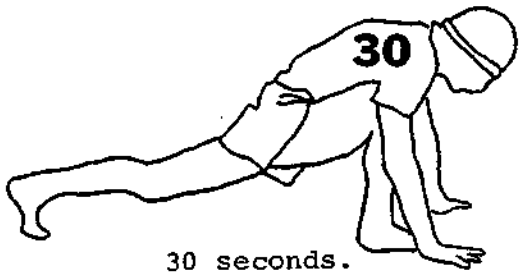
50 seconds.



30 seconds.

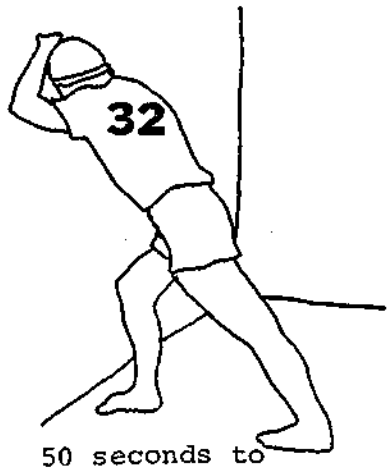


30 seconds.



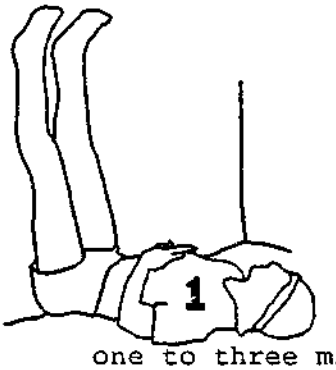
30 seconds.

31 Repeat #s 28,29,30 to other leg.

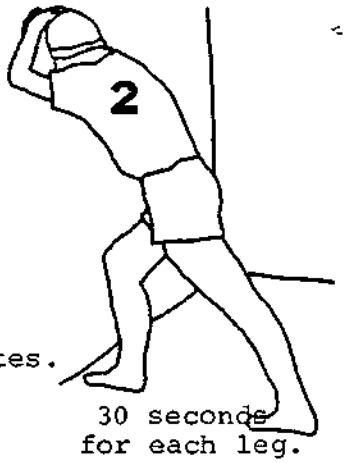


50 seconds to each leg.

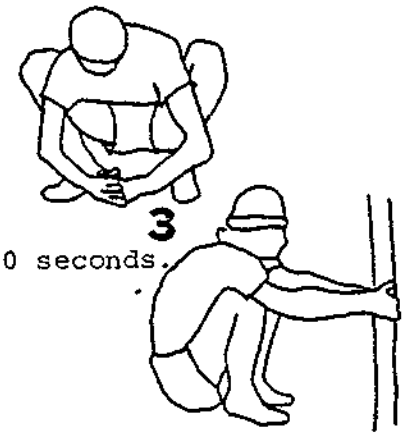
A STRETCH ROUTINE FOR BASKETBALL:
(Total time = approximately 30 minutes)



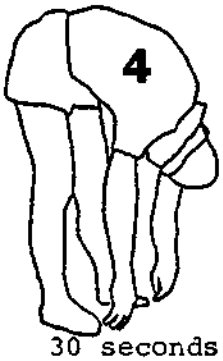
one to three minutes.



30 seconds for each leg.

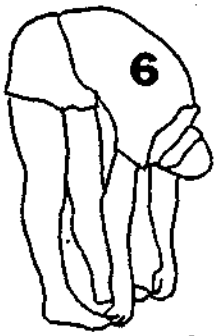


30 seconds.



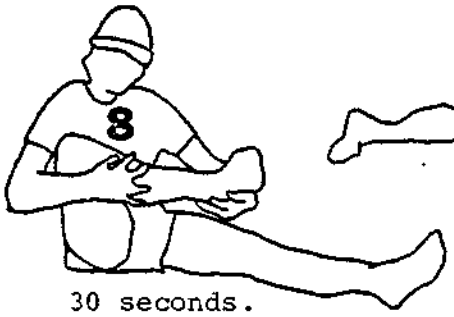
30 seconds.

30 seconds.

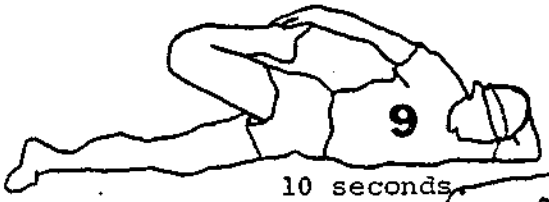


30 seconds.

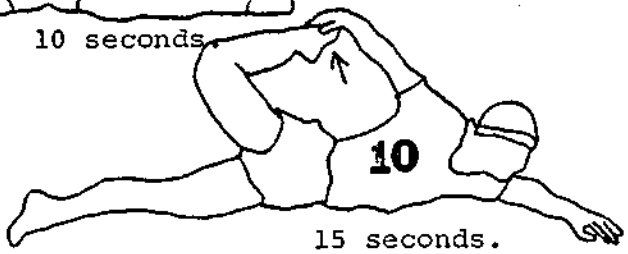
60 seconds.



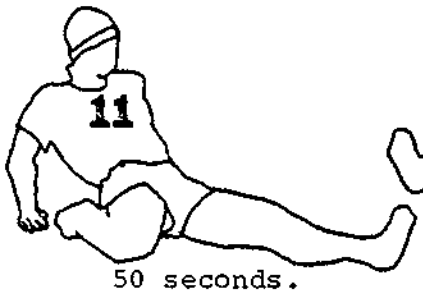
30 seconds.



10 seconds.



15 seconds.



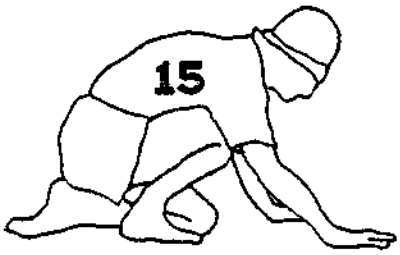
50 seconds.

60 seconds.

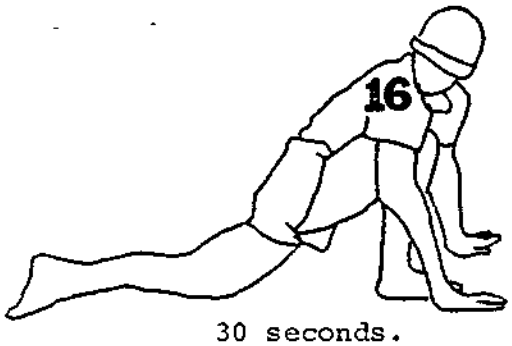
13 Repeat #s 8,9,10,11, 12 for other leg.

... for basketball: (approx. 30 minutes)

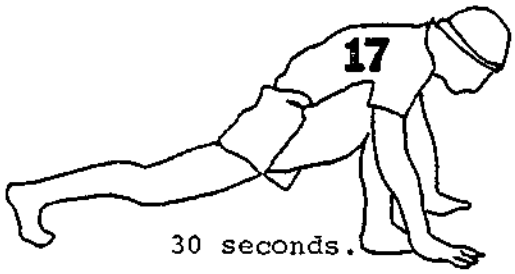
10-15 seconds.



30 seconds.



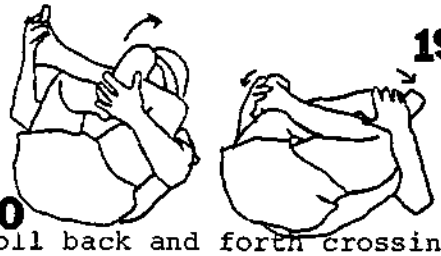
30 seconds.



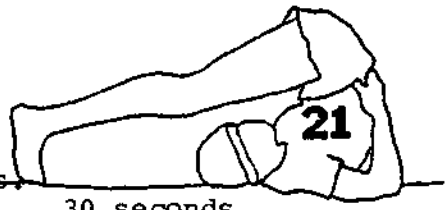
30 seconds.

18 Repeat #s 14,15,16,17 for other leg.

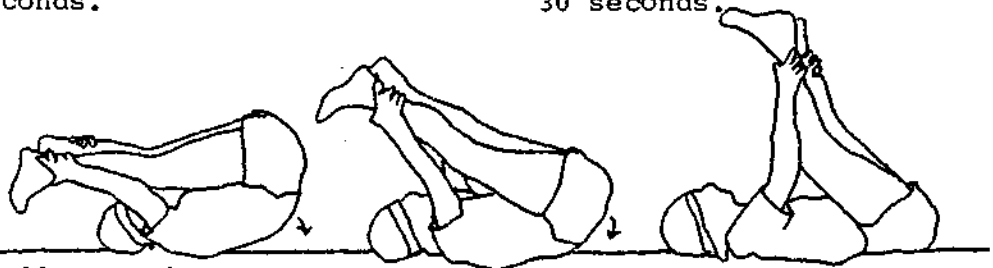
19 Roll back and forth, four to six times. 30 seconds.



20 Roll back and forth crossing legs over three times = six rolls. 30 seconds.



30 seconds.

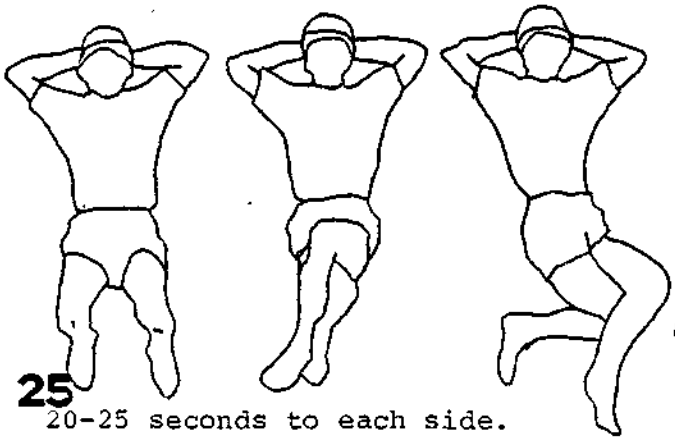


22 Roll out of legs overhead slowly, one vertebrae at a time. 30 seconds. Do at least three times.

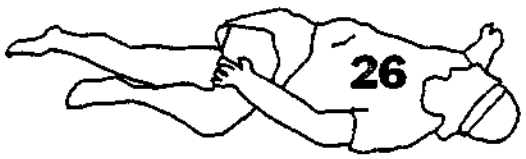
30 seconds.

5-15 seconds.

... for basketball: (approx. 30 minutes)

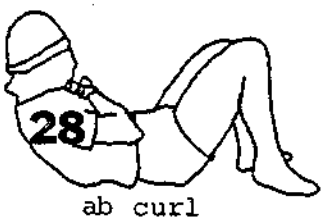


20-25 seconds to each side.



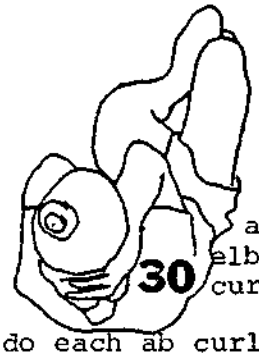
25-30 seconds to each side.

Stretch out arms and legs, then relax. 5 seconds.



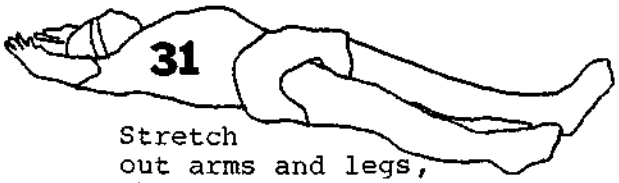
ab curl

elbow-knee ab curl



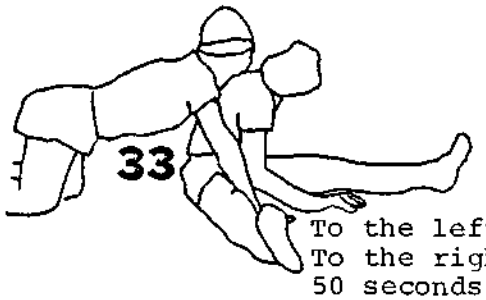
alternating elbow-knee ab curl

Stomach workout:
Do each type of ab curl for 20 seconds.
Gradually increase the amount of time you do each ab curl to at least one minute each.

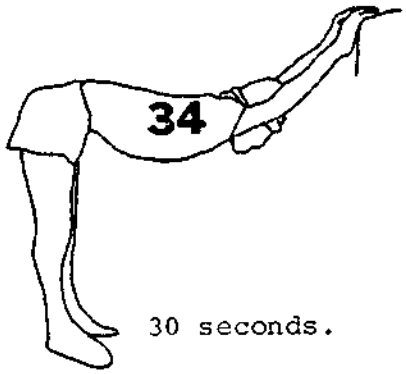


Stretch out arms and legs, then relax. 5 seconds.

50 seconds.
Do not over-stretch.

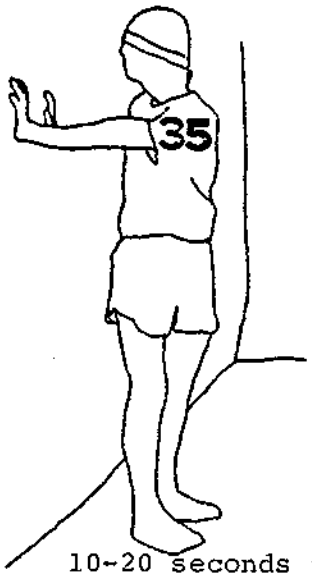


To the left.
To the right.
50 seconds each.

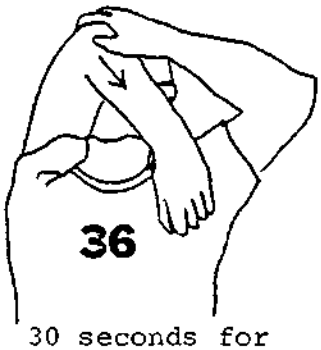


30 seconds.

... for basketball: (approx. 30 minutes)

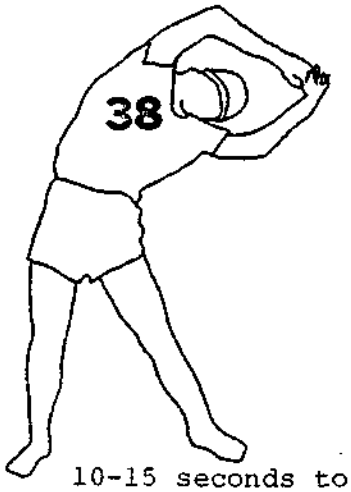


10-20 seconds to each side.

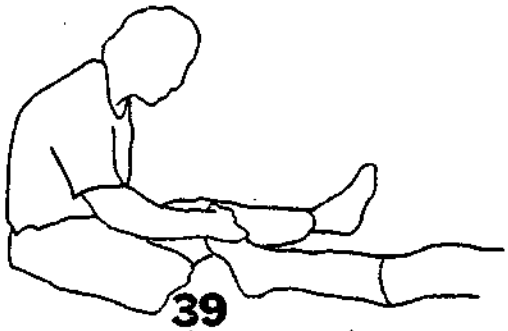


30 seconds for each arm.

20 seconds.

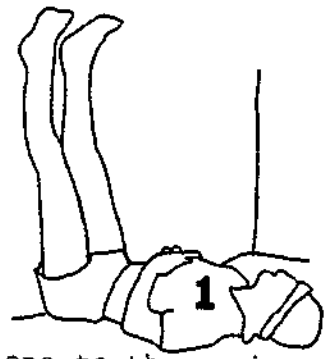


10-15 seconds to each side.



Do ankle exercises everyday.

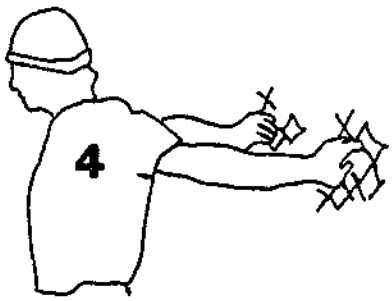
A STRETCH ROUTINE FOR TENNIS, RACKETBALL, AND HANDBALL:
(Total time = approximately 25 minutes)



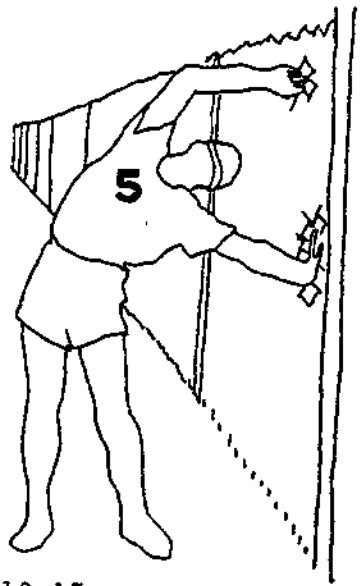
one to three minutes.

30 seconds for each arm.

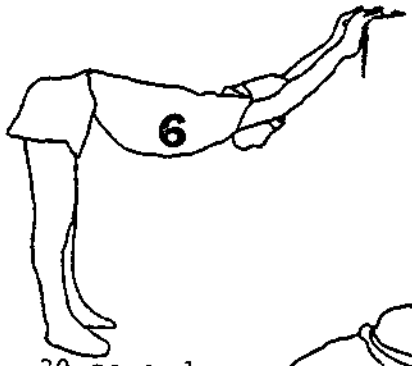
10-15 seconds for each side.



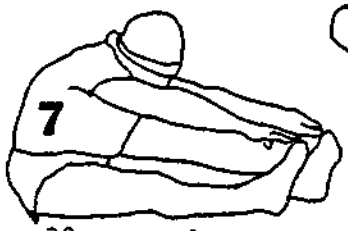
25-30 seconds.



10-15 seconds to each side.

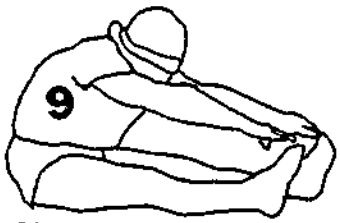


30 seconds.



30 seconds.

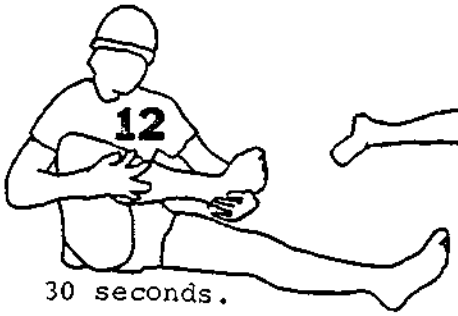
45 seconds.



60 seconds.

30 seconds.

10-15 seconds to each side.

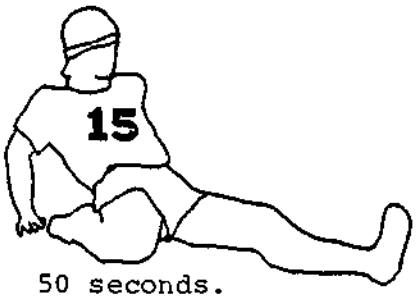


30 seconds.

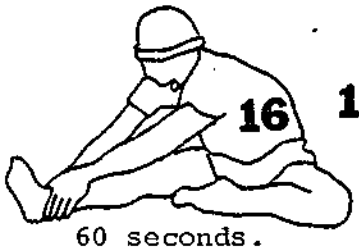
5 seconds.

10-15 seconds.

... for tennis, racketball, and handball: (approx. 25 minutes)

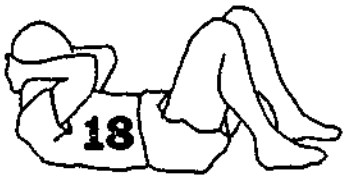


50 seconds.



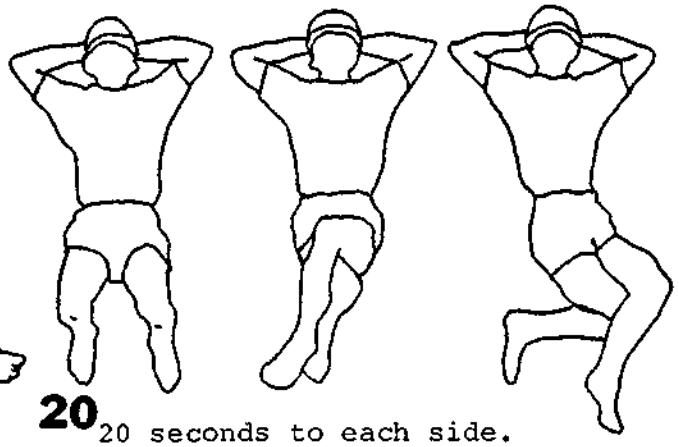
60 seconds.

17 Repeat #s 12,13,14,15, 16 for other leg.

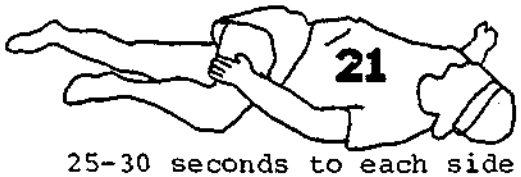


10-15 seconds.

30 seconds.



20 20 seconds to each side.

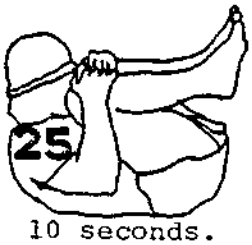


25-30 seconds to each side.

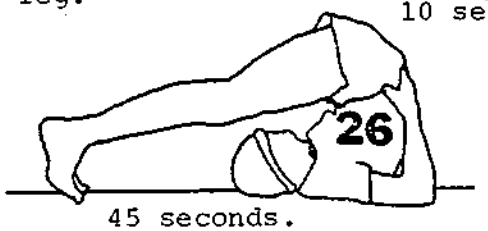
30 seconds.

20 seconds for each leg.

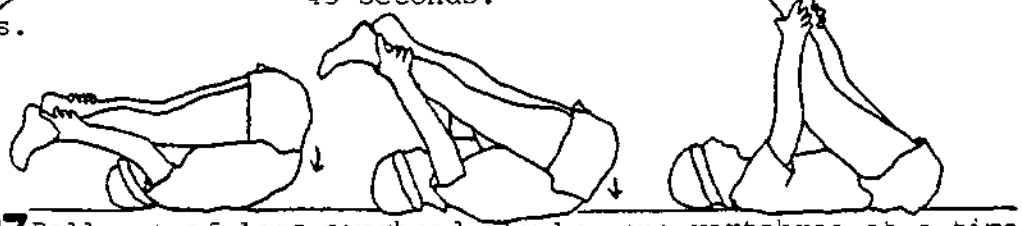
10 seconds.



10 seconds.



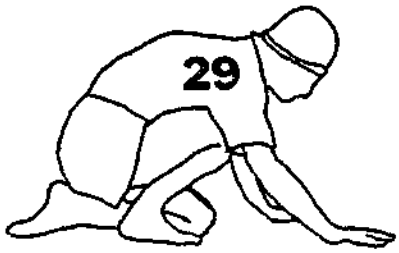
45 seconds.



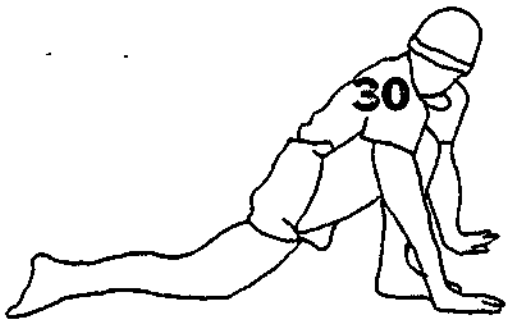
27 Roll out of legs overhead slowly, one vertebrae at a time.
40 seconds.

... for tennis, racketball, and handball: (approx. 25 minutes)

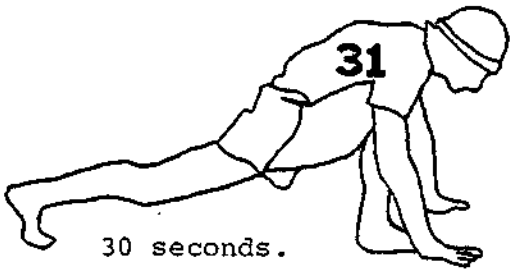
10-15 seconds.



30 seconds.



30 seconds.

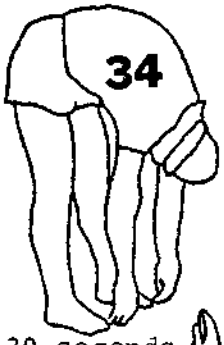


30 seconds.

32 Repeat #s 28,29, 30,31 for other leg.

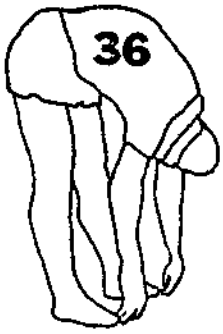
30 seconds.

10 seconds.

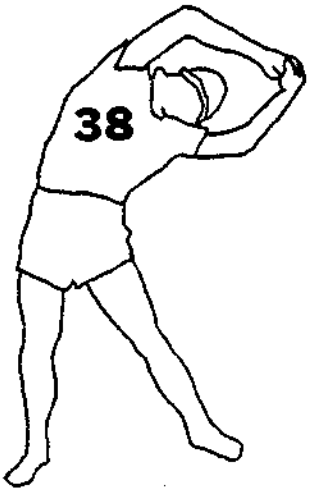


30 seconds.

30 seconds.



30 seconds.



10 seconds to each side.

10 seconds.

INTERDEPENDENCE

THE WELLNESS LIFESTYLE ASSESSMENT

Your lifestyle is made up of many different parts. The activities and habits which help define your lifestyle are often influenced by friends and social situations . Some habits you develop within this lifestyle may or may not be healthy for you. At times, you may recognize these healthy or unhealthy influences, or they may have become such a basic part of your environment, that you are no longer aware of their effect on the health of your lifestyle.

The goal of this exercise is to identify the "toxins" (poisons) in your environment that are a hazard to your ability to live a wellness lifestyle. Your environments can be defined as the people, places, and things around you such as your home, neighborhood, community, school, workplace, etc. Because we are affected by so many different environments, there are times when we could profit by knowing whether a given environment is becoming hazardous to our health. This exercise is a way to protect yourself by learning more about the kinds of environments of which you are a part, and about their effects on you.

The challenge you face is to identify the characteristics and habits of the environments in your lifestyle. The exercise is simple: each question is divided into different parts; some related to your personal lifestyle, some related to your environment (friends, family, living situation, school, etc.). After each of the questions, simply answer YES or NO on the answer sheet. Once you complete the exercise, your answers will be tallied by a facilitator, and will be returned to you later for interpretation.

THE WELLNESS LIFESTYLE ASSESSMENT

01a. At work, home or school, do you smoke or drink?

01b. At work, home or school, do persons you are close to, smoke or drink?

01c. Do you ask smokers to move to another area or put out their cigarettes if their smoke is near you?

01d. Do you let drinkers know why you don't drink, if you are not a drinker?

02a. When you ride in the front seat of an automobile, do you use your seat belt?

02b. When your friends, family ride in the front seat of a car, do they use seat belts?

02c. Do you feel comfortable asking others to use seat belts?

03a. Are you aware of the intent behind the tobacco and alcohol industries' use of themes relating to beauty, youth, sex, happiness, success, in their advertising campaign?

03b. Would you be willing to tell others about the effects of this type of advertising?

04a. Do you use drugs which may be addictive?

04b. Are you in favor of your friends, family using drugs?

05a. Have you been taught how to deal with minor medical emergencies?

05b. Have members of your family been taught how to deal with minor medical emergencies?

06a. Do you feel that you eat nutritious foods?

06b. Do you feel that your family and friends eat nutritious foods?

07a. Are you aware of the effects of fat, salt, caffeine, cholesterol, refined sugars and processed foods?

07b. Are your family and friends aware of the effects of fat, salt, caffeine, cholesterol, refined sugars and processed foods?

08a. Do you feel that your school or work cafeteria serves nutritious foods in a pleasant physical environment?

INTERDEPENDENCE

THE WELLNESS LIFESTYLE ASSESSMENT

09a. Are there restaurants in your area where you can enjoy nutritious foods in a smoke-free atmosphere?

10a. Do you look upon exercise as a pleasure, not a "grind"?

10b. Do your friends look upon exercise as a pleasure, not a "grind"?

11a. Do you look upon exercise as an important daily activity, giving it more importance than other parts of your day?

11b. Do your family and friends look upon exercise as an important daily activity, giving it more importance than other parts of their day?

12a. Do you belong to a club, group, or association where you exercise with others?

12b. Do your family or friends belong to a club, group, association where they exercise with others?

13a. Whenever possible, do you use stairs rather than elevators/ escalators, and walk or wheel rather than drive?

14a. Do you see yourself as sedentary (not very physically active)?

14b. Do you feel motivated to become a more physically active person?

15a. Are your friends, family sedentary?

15b. Are they motivated to become more physically active?

16a. When situations of stress occur at home, work or play, do you take time to quiet yourself, to get "centered" and balanced?

16b. When situations of stress occur at home, work, or play, do your friends, family, and co-workers take time to quiet themselves, and get "centered" or balanced?

17a. Are relaxation breaks a part of your daily routine?

17b. Are relaxation breaks a part of the daily routine of those close to you?

18a. Do you sometimes take on more responsibility than is reasonable for you, leading you to feel over committed?

18b. Do your friends, family, and peers usually take on more responsibility than is reasonable for them, leading them to feel over committed?

19a. Do you feel you have an adequate understanding of the effects of stress on your health, both physically and emotionally?

19b. Do you feel your friends, family and co-workers have an adequate understanding of the effects of stress on their health, both physically and emotionally?

20a. Do you discuss with others the effects of stress, and talk about the way stress works?

20b. Have you ever shown someone how to relax, such as simple breathing quieting exercise, mood calming techniques, etc?

21a. Are you open to learning what it means to be a healthy person?

21b. Among others at your home, school, work or play, is there an openness to discussing what it means to be a healthy person?

22a. Do you believe you have the right to ask people not to do unhealthy things in your home?

23a. Is it easy for you to live a wellness lifestyle, given your family and school/work environment?

24a. Do you feel that your school or work environments enhance your physical well-being?

25a. Are you aware of the dangers of everyday toxins, like those found in air fresheners, insecticides, cleaning solvents, adhesives, fire retardants, T.V., microwaves, and fluorescent lighting?

SPORTS

A TIME FOR UNITY AND CHALLENGE

Rigorous segregation; exclusion from participation, lowered or distorted expectations; inappropriate age mixing; stigmatizing, labelling and charity imagery are the common descriptors of the sports experience for athletes with disabilities in the United States.

Despite these cultural practices and barriers, a growing number of athletes, coaches, organizers and advocates in the US and throughout the world have emerged with the energy, dedication, and the skills to become equal partners in the mainstream of athletic competition, be it at the local club or world class level. A continuum of need exists beginning with increased public conciousness, opportunities and accessibility to the support systems necessary to reach excellence in sports. Historically, athletes with disabilities have had to fight for and justify their inclusion in the normal support systems or structures for the emerging athlete. Often, their non-labeled counterparts take these systems or structures for the emerging athlete. Often, their non-labeled counterparts take these systems for granted. Given the growing changes in public attitudes and the advances in Rehab sports engineering and assistive devices, a new era is upon us, an opportunity to foster the fully integrated participation of people with disabilities in sports. A prime example of these developments was the sanctioning of the World Winter and Summer Games for the Disabled in Innsbruck, Austria and Nassau, NY in 1984 by both the International and United States Olympic Committees as official Olympic competitions.

As mandated by the Amateur sports Act of 1978, an athlete with a disability is theoretically eligible for the same opportunities to develop and excel as any athlete ;desiring to compete in an Olympic sport. It is now time after 8 years, to take an affirming and definitive step to make this theoretical promise a practical reality.

Athletes with disabilities must be granted their rightful opportunity to demonstrate their ability and skills enabling them to compete and excel at the highest levels of national and international competition.

A portion of the Opening Remarks made by: Ted Fay

Nordic Coach and Team Coordinator

US Disabled Ski Team

at: Board meeting, May 3, 1985

USSA National Convention

Broadmoor Hotel, Colorado Springs, Colorado

Thursday, June 20, 1985		Faculty	Location
7:00 - 8:00	Breakfast		Tyler Center Cafeteria
8:00 - 9:00	Small Team Session - Stretching - Discussions		Field House Area
9:00 - 12:00	Sports Organization & Support Careers Workshop		Field House Area
	° Promoting and Organizing	Paul Lodi/Marty May	
	° Professional Support	Women's Sports Foundation	
	° Officialing	Andy Bakjian, Athletic Congress of U.S.A. California Interscholastic Federation	
	° Community Sports Careers		
	° Sport Careers in Education	Hal Connolly	
	° Professional Franchise Careers	LA Clippers	
12:00 - 1:00	Lunch		Field House Area
1:00 - 3:00	Team Action Planning		Field House Area

RHP116/5-85

Thursday, June 20, 1985 (Cont.)		Faculty	Location
3:00 - 5:30	Pentathlon Practice	Russ Hodge YMCA Pepperdine Easton Aluminum	Field House Area
	Events: ° Aquatic ° Archery ° Aerobic ° Anerobic ° Athletic Game & Support Services		
	Staff Meeting		
6:00 - 7:00	Dinner		Tyler Center Cafeteria
7:30 - 8:00	Small Team Session		Tyler Center Cafeteria
8:00 - 10:30	Evening Theatre - Sports Diplomacy: "A worldview"	Women's Sports Foundation Lee Evans John Smith Jim Easton	Elkins Auditorium
11:00	Evening Curfew		

Wednesday, June 19, 1985 (Cont.)		Faculty	Location
11:30 - 12:00	Small Team Sessions		Field House Area
12:00 - 1:00	Lunch		Field House Area
1:30 - 3:30	Concurrent Sessions - Track & Field Exhibition/Interaction (Groups 1-4) - Sports Products (Groups 5-8)		Field House Area
3:30 - 4:00	Small Team Session - Solos Staff meeting		Field House Area
4:00 - 6:00	Basketball Exhibition & Group & Interaction	Casa Colina Condors L.A. Clippers Harold Sylvester	Field House Area
6:00 - 7:00	Dinner		Tyler Center Cafeteria

RHPI16/5-85

Wednesday, June 19, 1985 (Cont.)		Faculty	Location
8:00 - 10:30	Evening Theatre Olympic & World Class Night II (The Winter Games)	Mike May Peter Graves Walter Malmquist John Novotny	Elkins Auditorium
11:00	Evening Curfew		

RHPII6/5-85

Wednesday, June 19, 1985		Faculty	Location
7:00 - 8:00	Breakfast		Tyler Campus Cafeteria
8:00 - 9:00	Small Team Sessions - Stretching - Discussions	Russ Hodge	Field House Area
9:00 - 11:30	Concurrent Sessions - Track & Field Exhibition Group Interaction (Groups 5-8) ° Run ° Decathlon	Track & Field Russ Hodge Candice Cable/Peter Brooks Jim Knaub Hal Connolly Bill Toomey Kate Schmidt Nyomia Tyus	Field House Area
	- Sports Products (Groups 1-4) ° Design ° Adaptive Equipment ° Facility Architecture ° Apparel	Sports Products Easton Aluminum Stanford Rehab Engineering Everest & Jennings Sports Prosthetics Russell Mfg.	

RHPI16/5-85

Tuesday, June 18, 1985 (Cont.)		Faculty	Location
8:00 - 10:30	Evening Theatre - Musign	Dr. Xavier Del Buono Alex Valdez	Elkins Auditorium
11:00	Evening Curfew		

RHPI16/5-85

Tuesday, June 18, 1985 (Cont.)		Faculty	Location
11:30 - 12:00	Small Team Session		Field House Area
12:00 - 1:00	Lunch		Field House Area
1:00 - 3:30	Concurrent Sessions - Aerobic Experience (Groups 5-8) - Sports Fitness Career Workshops (Groups 1-4)		Field House Area
3:30 - 4:00	Small Team Sessions - Solos Staff Meeting		Field House Area
4:00 - 6:00	Kayak/Canoe Slalom Exhibition & Group Interaction		Pool Area
6:00 - 7:00	Dinner		Tyler Center Cafeteria

RHPI16/5-85

Tuesday, June 18, 1985		Faculty	Location
7:00 - 8:00	Breakfast (Dining Hall)		Tyler Center Cafteria
8:00 - 9:00	Small Team Sessions - Stretching - Discussions		Field House Area
9:00 - 11:30	Concurrent Sessions		Field House Area
	- Aerobic Experience (Groups 1-4)		
	° Exercise	Exercise YMCA/Reach	
	° Cycling	Cycling Cliff Halsey Dave Kiefer	
	- Sports Fitness Career Workshop (Groups 5-8)	Jim Elliott	
	° Food	SAGA Corp. Ron Berg Candice Cable	
	° Medicine	STAAR	
	° Psychology	Tom Tutko	
	° Exercise	YMCA/CAPHERD	
11:30 - 12:00	Small Team Session		Field House Area

RHP116/5-85

Monday, June 17, 1985		Faculty	Location
7:00 - 8:00	Breakfast (Dining Hall)		Tyler Center Cafeteria
8:00 - 9:00	Small Team Sessions		Field House Area
9:00 - 11:30	Concurrent Sessions - Anaerobic Experience (Groups 5-8) ° Power and Strength	YMCA Russ Hodge Jon Brown	Field House Area
	- Sports Communications Career Workshops (Groups 1-4) ° Photography ° Cinema ° Journalism ° TV/Radio	Evan Johnson 20th Century Fox/Cappy Productions Sports Illustrated Governor's Media Office	
11:30 - 12:00	Small Team Sessions		Field House Area
12:00 - 1:00	Lunch		Field House Area
1:00 - 3:30	Concurrent Sessions - Anaerobic Experience (Groups 1-4) - Sports Communications Career Workshops (Groups 5-8)		Field House Area

RHPI16/5-85

Monday, June 17, 1985 (Cont.)		Faculty	Location
3:30 - 4:00	Small Team Sessions - Solo Staff Meeting		Field House Area
4:00 - 6:00	Volleyball Exhibition & Group Interaction		Field House Area
6:00 - 7:00	Dinner		Tyler Center Cafeteria
8:00 - 10:30	Evening Theatre - Olympic & World Class Night I ("The Summer Games")	Bud Greenspan Bill Toomey Jim Knaub Candice Cable Russ Hodge Hyomia Tyus US Olympic Committee LA Olympic Committee Evelyn Collins Willie Banks	Elkins Auditorium

RHP116/5-85

Sunday, June 16, 1985 (Cont.)		Faculty	Location
6:00 - 7:00	Dinner		Tyler Center Cafeteria
7:00 - 8:00	Free Time		
8:00 - 10:30	Evening Theatre - "Kids on the Block" (Handicappism)	Ed Roberts David Romero Mark Sedway	Elkins Auditorium

RHP116/5-85

Sunday, June 16, 1985 (Cont.)		Faculty	Location
11:30 - 12:00	Small Team Sessions		Field House
12:00 - 1:00	Lunch		Field House
1:00 - 3:00	Concurrent Sessions - Fitness Workups (Teams 5-8) - Tennis/Archery Exhibitions and Group Interaction (Teams 1-4)		Field House
3:00 - 3:30	Small Group Sessions - Solos Staff Meeting		Field House
3:30 - 5:30	Water Polo Exhibition & Team Interaction (All Teams)	Olympic Water Polo Team Marty Niskowski	Pool Area

RHP116/5-85

Sunday, June 16, 1985		Faculty	Location
7:00 - 8:00	Sunrise Session - Tai Chi - Full Group	Al Huang Living Tao	Tyler Center Courtyard
8:00 - 8:40	Breakfast		Tyler Center Cafeteria
8:45 - 9:30	Small Team Sessions - Group Contract - Discussion - Game Planning		Firestone Field House
9:30 - 11:30	Concurrent Sessions - Fitness Workups (Group 1-4)	STAAR	Field House or Adjacent Areas
	- Tennis/Archery Exhibitions and Group Interaction (Groups 5-8)	Tennis U.S. Professional Tennis Registry National Wheelchair Tennis Association Tracy Austin Al Fox, Pepperdine Archery Easton Aluminum	

RHPI16/5-85

Saturday, June 15, 1985 (Cont.)		Faculty	Location
7:00 - 8:00	Small Team Session - Preparation of Opening Ceremonies		Elkins Auditorium
8:00 - 10:30	Opening Ceremonies	Bill Bronston Bill Toomey Al Huang Mary Wilson Music: Michael Lorimer	Elkins Auditorium
11:30	Evening Curfew		

WIN INTERDEPENDENCE - PEPPERDINE UNIVERSITY

WORKING PAPER

June 15 - 22, 1985

Saturday, June 15, 1985		Faculty	Location
10:00 - 12:00	Arrival and Registration		Dorm 1
12:00 - 1:00	Lunch	SAGA Corp., Gary Wimp	Tyler Center Cafeteria
1:00 - 2:00	Full Group Orientation		Tyler Center Cafeteria
2:00 - 4:00	Small Team Sessions - Wellness Assessment - Individual Goal Setting	STAAR	Tyler Center Cafeteria
4:00 - 5:00	Access and Orienteering		Campus
6:00 - 7:00	Dinner		Tyler Center Cafeteria

RHP116/5-85

WIN INTERDEPENDENCE
WEEK SCHEDULE
June 15-22, 1985

6/15 SATURDAY	6/16 SUNDAY	6/17 MONDAY	6/18 TUESDAY	6/19 WEDNESDAY	6/20 THURSDAY	6/21 FRIDAY	6/22 SATURDAY
	BREAKFAST						
Register Facilitated Group Assignments	Individual Sports Fitness Workup Allstar Archery/Tennis Exhibitions	Anaerobic Experience Sports Communications Career Workshop	Aerobic Experience Sports Fitness Career Workshops	All Star Track & Field Exhibition Sports Products Career Workshops	Sports Organization and Performance Career Workshop	INTERDEPENDENCE PENTATHLON Stage I	Wellness Reassessment Career Reassessment Departure
LUNCH							
Wellness Lifestyle Assessment Access/ Orienteering	Individual Sports Fitness Workup Archery/Tennis Exhibitions All Star Water Polo Exhibition Career Assessment	Anaerobic Experience Sports Communications Career Workshop All Star Volleyball Exhibition and Group Interaction	Aerobic Experience Sports Fitness Career Workshops All Star Kayak/Canoe Slalom Exhibition & Group Interaction	All Star Track & Field Exhibition Sports Products Career Workshops All Star Basketball Exhibition and Group Interaction	Team Action Planning for Pentathlon Practice	INTERDEPENDENCE PENTATHLON Stage II Group Presentations "Interdependence through Sports"	
DINNER							
Opening Ceremonies Keynote	Evening Theater "Kids on the Block" Puppets	Olympic & World Class Night I (Summer Games)	Musign Dance Theater	Olympic & World Class Night II (Winter Games)	Sports as Diplomacy: A World View	Closing Ceremonies Talent Concert	

RUP127/4-85

Friday, June 21, 1985 (Cont.)		Faculty	Location
6:00 - 7:00	Dinner		Tyler Center Cafeteria
7:00 - 8:00	Free Time		
8:00 - 12:00	Closing Ceremonies ° Team Presentations ° Special Guests & Awards	Ken Haven Stevie Wonder California Sport Dance Goldie Hawn Mark Harmon, Jr. Geri Jewell	Elkins Auditorium
12:30 a.m.	Evening Curfew		

RUP[16/5-85

Friday, June 21, 1985		Faculty	Location
7:00 - 8:00	Breakfast		Tyler Center Cafeteria
8:30 - 9:30	Small Team Session		Field House Area
9:30 - 11:30	Interdependence Pentathlon - Stage I	Paul Lodi	Field House Area
12:00 - 1:00	Lunch ° Concession Booths		Field House Area
1:30 - 3:30	Interdependence Pentathlon - Stage II		Field House Area
3:30 - 5:00	Small Team Sessions - Solos Staff Meeting		Field House Area
5:30	Group Photo		Tyler Center Area

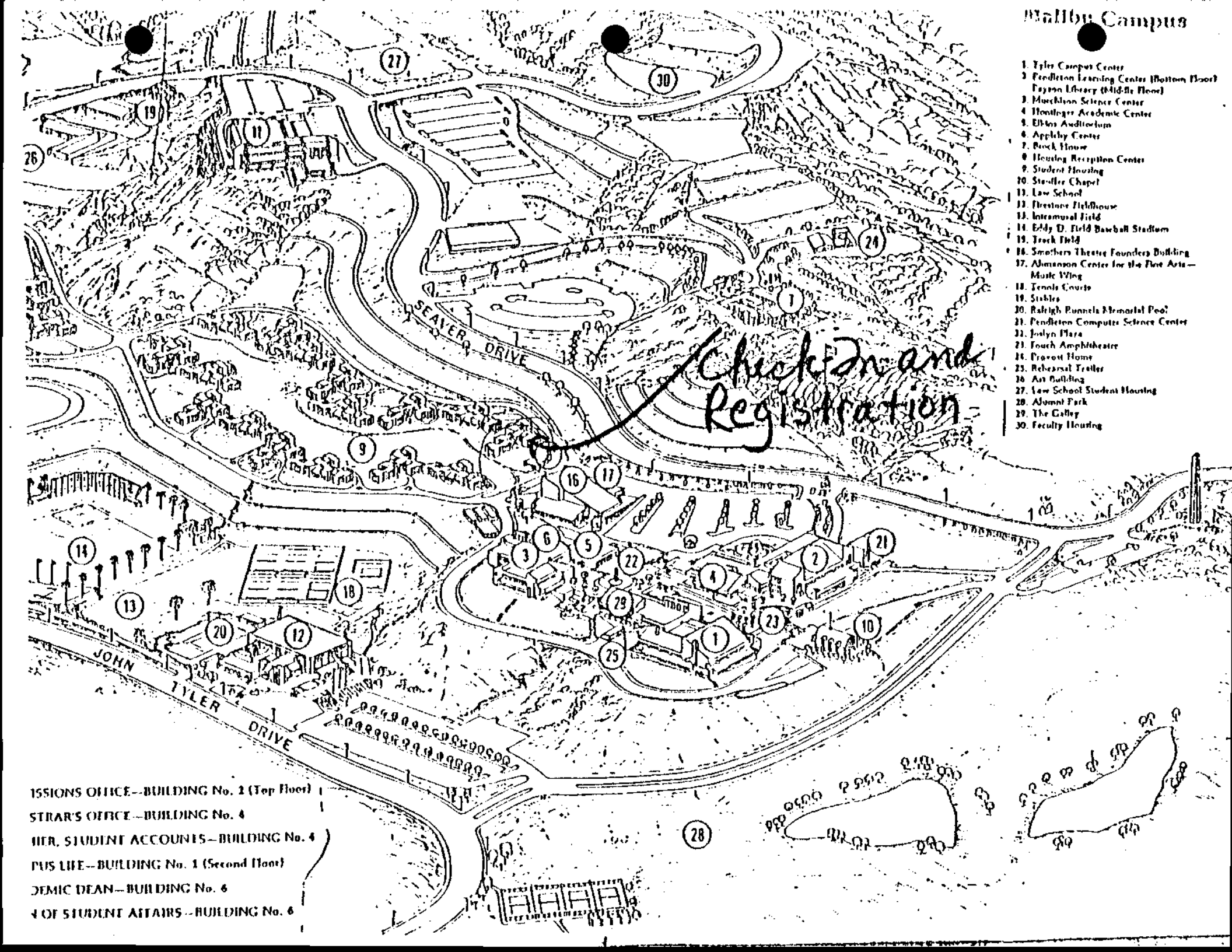
RIIPI16/5-85

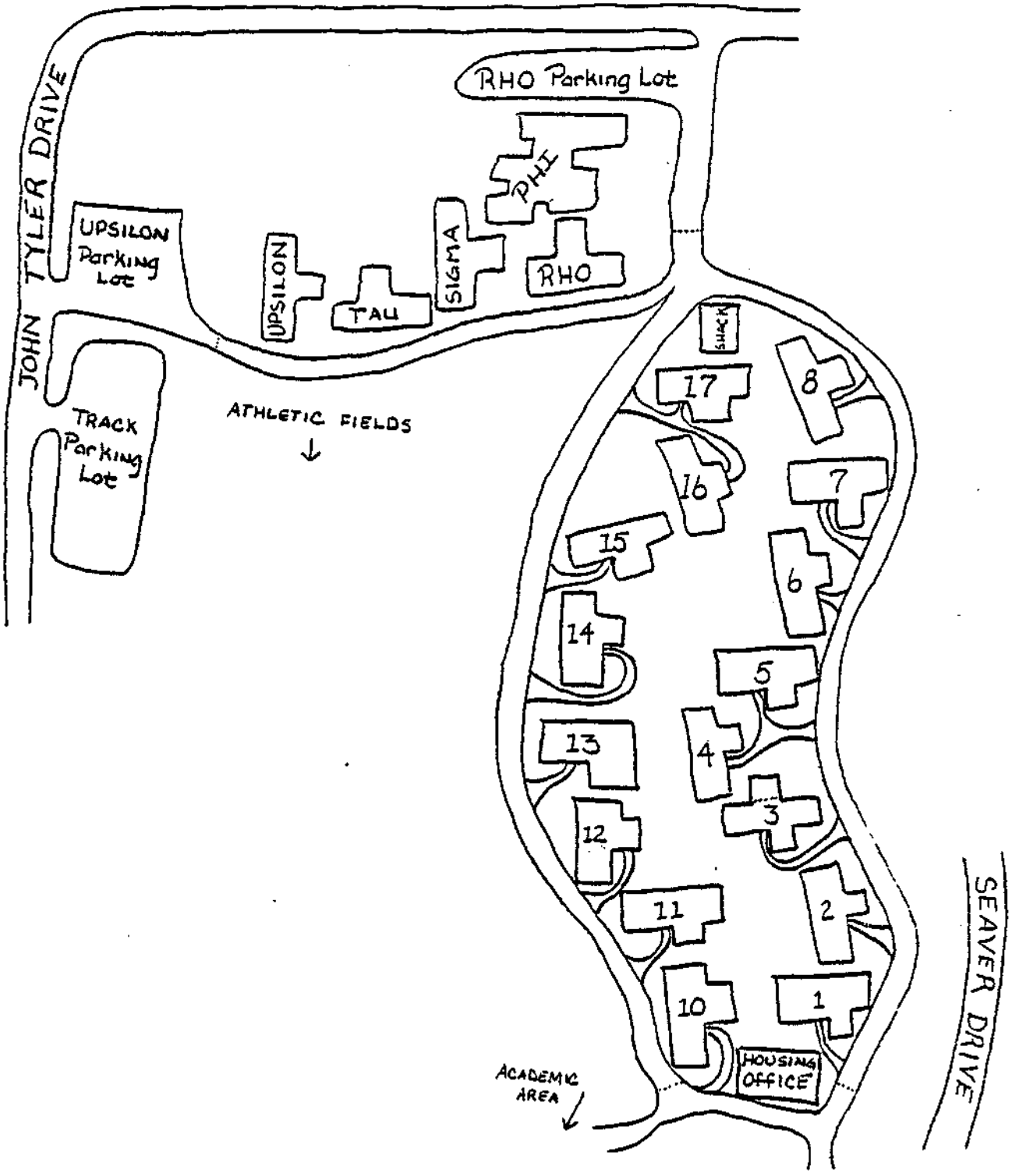
Saturday, June 22, 1985		Faculty	Location
7:00 - 8:00	Breakfast		Tyler Center Cafeteria
8:30 - 9:30	Small Team Session - Wellness Reassessment - Journals - Career Interest Reassessment		Field House Area
10:00 - 11:00	Full Team Session		Tyler Center Cafeteria
11:00 - 12:00	Departure		
12:00 - 1:00	Staff Lunch		Tyler Center Cafeteria
1:30 - 3:00	Staff Debriefing		Tyler Center Cafeteria

RHP116/5-85

General Resource Needs	Person Responsible	Resource Ideas	Contact Person
Light & Sound	Joanne La Voie	TASCO	
Media Coverage & Press Relations ° Photo ° T.V. ° Print	Bronston		
Advertising ° Banners ° Flags ° Bibs	Ted Fay	Paul Lodi	
Adaptive Equip. for ° students and faculty	Joanne La Voie		
Logistics ° faculty ° student	Joanne La Voie		
Medical Coverage	Mike Herbst, M.D. T. J. Burn		

RHPI16/5-85


Malibu Campus
1. Tyler Courpet Center
2. Pendleton Learning Center (Bottom Floor) Payson Library (Middle Floor)
3. Murchison Science Center
4. Huntington Academic Center
5. Elkins Auditorium
6. Appleby Center
7. Brock House
8. Housing Reception Center
9. Student Housing
10. Stauffer Chapel
11. Law School
12. Firestone Fieldhouse
13. Intramural Field
14. Eddy D. Field Baseball Stadium
15. Track Field
16. Smothers Theatre Founders Building
17. Altmanson Center for the Fine Arts—Music Wing
18. Tennis Courts
19. Stables
20. Raleigh Runnels Memorial Pool
21. Pendleton Computer Science Center
22. Joslyn Plaza
23. Touch Amphitheatre
24. Provost Home
25. Rehearsal Trailer
26. Art Building
27. Law School Student Housing
28. Alumni Park
29. The Galley
30. Faculty Housing
Check-in and Registration
SEAVER DRIVE
JOHN TYLER DRIVE
ISSIONS OFFICE—BUILDING No. 2 (Top Floor)
STRAR'S OFFICE—BUILDING No. 4
IER, STUDENT ACCOUNTS—BUILDING No. 4
PUS LIFE—BUILDING No. 1 (Second Floor)
DEMIC DEAN—BUILDING No. 6
N OF STUDENT AFFAIRS—BUILDING No. 6


JOHN TYLER DRIVE
RHO Parking Lot
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HOUSING OFFICE
ACADEMIC AREA
SEAVER DRIVE

PEPPERDINE UNIVERSITY
OFFICE OF SPECIAL PROGRAMS
RULES AND REGULATIONS

We hope that you enjoy your visit on our Malibu campus. Whenever people come together in groups, it is necessary to have a set of standards or rules to protect the rights of individuals, as well as the common interest. At Pepperdine University we prefer to have few rules, and we like to keep them simple and clear.

We do not attempt to cover every conceivable offense with a rule, and will, when a participant violates the general rule of conduct not in keeping with the standards of Pepperdine University, hold the participant accountable for his or her actions.

Keeping this in mind, we hope the following guidelines will help you during your stay.

1. Rock throwing is forbidden.

2. Participants should stay on walkways and sidewalks. Do not take shortcuts across grass areas or slopes.

3. There will be a $25.00 charge for each unreturned dormitory key.

4. Participants' rooms may not be used for commercial vending purposes.

5. Firearms, alcoholic beverages and illegal drugs are not permitted on the campus of Pepperdine University.

6. Hot plates, stoves or open flame implements are not allowed in the residence homes. Coffee makers or popcorn poppers must have enclosed electrical elements.

7. No pets of any kind are permitted in the residence facilities.

8. Visitors from off campus are not to be entertained in the residence homes as guests except through the approval of your Camp Director and the Director of Special Programs. When a visitor is granted permission to stay, a fee per day will be charged.

9. Residents will be billed for damages occuring to their rooms or furnishings. Residents will also be charged when additional expense is required to clean rooms that have not been kept clean by the occupants. This charge is a minimum of $20.00 per room. Screens are to remain in place at all times.

10. Members of the opposite sex are not allowed in an individuals' bedroom or suite area.

11. Smoking is allowed only in residence home bedrooms and outside on campus. While inside all academic and administrative buildings, smoking is prohibited.

12. In spite of occasional hot weather, it is expected that appropriate dress will be worn at all times. (NO swim wear, short shorts, or brief tops are permitted in the academic area on campus. This includes the cafeteria.)

13. Traditionally, dancing is not a part of the social life at Pepperdine University. Therefore it will not be permitted.

14. The University reserves the right to search a participant's room if there is a reasonable cause to believe that a participant may be using his or her room for purposes in violation of civil law or University regulations.

    All room searches, except those conducted by law enforcement officers, must be approved by the Director of Special Programs, or in his absence, the Administrative Assistant to the Director of Special Programs. All room searches will be carried out by at least two University officials, including a staff member of the office requesting the search, and a professional member of the Special Programs staff who will serve as a witness of procedures followed. Authority for such a search must be in writing from the Office of Special Programs.

    If the occupant of the room is present, he should be informed that any material found may be used in a University disciplinary hearing, or in a court of law, or both. He should be presented a copy of the authorization to search, and the reason for the search.

    If the occupant is not present, the search may be conducted. However, a copy of the authorization and a signed inventory of items taken or observed should be left on the premises.

    When a search is completed, the staff member should complete an inventory specifying the place searched, name of the occupants, name of the staff members authorized to search, and a detailed explanation of materials observed or confiscated. This inventory must be submitted to the Office of Special Programs, as well as a list of any materials taken by the Campus Safety Office.

15. Between the hours of 10:00 p.m. and 7 a.m., 7 days a week, it is expected that ALL residents WILL MAINTAIN a quiet atmosphere conducive to study and normal living.

16. FIRE: The fire fighting equipment and alarm systems were installed for the protection of the residents of their property. Tampering with this equipment in any way will result in disciplinary action by the University.

    While we hope emergencies do not occur, if they do, follow these procedures:

    a. Immediately notify the Resident Assistant or your Camp Director. If both are absent, notify University Security at extension 4441 giving the exact location of the fire.

b. Press the emergency door fire alarm and then evacuate the home as quickly as possible.
c. If the fire is a minor alarm blaze, the fire fighting equipment next to each suite entry may be utilized.

17. THEFTS: Pepperdine University is not responsible for theft or loss of valuables, money, or other personal property. Lock your door every time you leave your room.

18. PARKING: Parking in the main lot adjacent to the academic complex is forbidden. There is no parking on the fire road encircling the dorm area.

19. EMERGENCY TELEPHONE NUMBERS:

CAMPUS SECURITY (Should be first call in any emergency)... ext. 4441.

a. FIRE, AMBULANCE, SHERIFF ..... 456-6652 or "0"
b. EMERGENCY HOSPITAL 456-5551
c. DIRECTOR OF SPECIAL PROGRAMS ..... ext. 4264, 6043
d. MAINTENANCE DEPARTMENT ..... ext. 4101

DISCUSSION GUIDE

Re: Full Group Orientation

Date: Saturday, June 15

Time: 1:00 - 1:45 p.m.

Place: Elkins Auditorium

Agenda: Interdependence Trainers will introduce to whole group:

- Purpose and Expectations
- Intro of theme concepts & goals/mission
- Clarification of roles (i.e., who is here)
- Get acquainted activitiy
  (Transition to small groups)

DISCUSSION GUIDE _____

Re: Initial Small Group Session

Date: Saturday, June 15

Time: Between 2:00 - 4:00 p.m.

Place: Taylor Campus Center (Cafeteria Area)

Agenda:

1. Short get acquainted exercise - i.e.,what made them come

2. Introduce journal keeping

   A. Individual journal keeping will play an important part in this training

   B. Anyone can ask for assistance with recording

   C. Paraphrase introduction and Helpful Hints in Individual Journals

   D. Journal is yours - observe confidentiality and encourage to share the thoughts and feelings

      1) Remind group members that their passport is not a diary, that it is meant to be a chronicle of their experience and they will not always be asked to share journals - directly or indirectly

      2) Along with journals they will be asked to participate in series of activities called "solos" (which is directed, time bound, solitary activity) (i.e., individual goal setting and resume)

      Facilitator:
      1) Summaries activities
      2) Reminders:
         a) Roles of participants - participant, learner, and teacher. They will be participating both as an individual and as a member of a group

DISCUSSION GUIDE: _____

Initial Small Group Session (cont.)

Re: Labeling Exercise

Date: Saturday, June 15

Time: Between 2:00 - 4:00 p.m.

Place:

Agenda:

1. Geting acquainted as a team

   A. i.e., Initiative to facilitate team building

   B. Form a circle

   C. Labeling Activity

      Stage I
      - Each participant turns to person on right or left for partner interview.
      - Each pair takes 1 minute to interview partner silently and think of a 1 word label.
      - Each participant shares partner label with group, i.e., fat Bill or Laura the blond.

      Stage II
      - Each participant takes 3 minutes to interview partner and thinks of a 1-3 word label.
      - Each participant introduces partner to group using partner's first name and label.

      Stage III
      - Each participant introduces himself/herself by first name only.
      - Give each person 2 minutes to think of a 1-3 word label for himself based on how they think others see them.
      - Share these labels with the group.

      Stage IV
      - Each participant shares with full group their feelings and impressions of labels given them.

      - Suggested Questions:

      • How did it feel to label yourself?
      • How did it feel to be labeled by another?
      • How did it feel to label someone else?
      • How often do each of us label others every day?

2. Allow time to record in individual journals

3. • Facilitators summarizes "People First" concept and positive and negative roles of labels (descriptions) and stereotypes in relation to use of language and cultural relationships.

   • Follow outline Phase 4 for closing

4. Activities

   - Vocational Career Interest Assessment
   - Individual Wellness Lifestyle Assessment

DISCUSSION GUIDE

Re: Accessibility Survey

Time:

Place: Mid and Lower Level Campus Areas

Goal: To meet as a group and discuss the activity specifically, reactions and feelings to the activity. Focus on the participant's attitudes of the problems and problem-solving processes.

Agenda:

- Record in Individual Passport
- Follow outline for Phase 1 for introductions
- Sample Questions (Follow outline for Phase 3)
  - How did you feel about surveying the campus?
  - How did it feel to work together as a group in surveying the obstacles?
  - How many of you enjoyed being with others rather than being alone during this experience? Why?
  - What types of problems (barriers) did you encounter? Individually? As a group?

Note: **Make distinction between physical and attitudinal barrier at the appropriate time.**

- How did you solve them? Individually? As a Group?

Note: **Again a reminder we all have different experience, skill, and capability levels.**

- In what ways did you provide support for your team members?
- In what ways did you need support during these activities?
- How did it feel to both give and receive support from others?
- Given this type of challenge does this happen at your school, work, or communities? In what ways?
- What did you learn from it?
- Should all trails, sidewalks, roadways and structures be modified to the extent that anyone could navigate freely and safely alone? Why or why not?
- Is there a resolution to this issue? What?
- In what ways did you work individually or as a group to deal with this today?
- How can we apply what you learned this morning to your school, work or community?
- Would you be interested in helping get other students from your school involved?
- Who would you invite to participate?

Note: **Again we have talked about many things we learned, how we feel about them and how we act as a group.**

* How can we apply what we have learned to the themes of Interdependence? Remember they are:

  - Show The Contribution Everyone Makes To Our Lives
  - Eliminate Barriers and Stereotyping
  - Create New Pathways to Success
  - Buildup School and Community Projects
  - Cultivate Student Cooperative Learning

- Do Group Passport Evaluation and Record
- Follow outline Phase 4 for closing.
- Next Activity - _____

  _____

DISCUSSION GUIDE ____

Re: Learning Abilities/Disabilities

Time: During a Free Period

Place: Near Firestone Fieldhouse

Goals: 1. To talk about the different ways people learn
2. To talk briefly about invisible disabilities

Agenda: 1. Learning Discussion

A. Sample Questions

- When you are in school or at work, how would you feel about unclear or hard to read directions?
- How have you felt about all non-English directions you have encountered?
- In a country where you don't understand the language, would you have a disability?
- Do you feel that people with learning disabilities are treated differently than people with obvious disabilities? How and in what way?

B. Points to Make

- Everyone learns differently
- Everyone can learn - the limitations are not with the learners, but with finding and using the teaching methods that work for each person.
- Society has not put the resources into making sure that everyone learns.
- Since learning is only limited by teaching techniques, what is intelligence - no one really knows.
- No one is dumb or stupid-we all just learn differently.

3. Record thoughts and feelings on a blank page in individual Passports

4. Next Activity:

DISCUSSION GUIDE____

Re: Ability ------ Disability Paradox

Time:

Place: Near Tyler Campus Center

Goals:

1. Do Personal Resume
2. Group closure

Agenda:

1. Do second resume in passports
2. Share an Ability or Talent that you have
3. Share a limitation (disability) you have. Use examples from your own life of a physical, mental, and an emotional limitation you have to illustrate to the group that they can choose to share 1 or more limitations from any of the 3 areas.
4. Record in Individual Passport
5. Discuss the ability - disability paradox
   - What is an ability
   - What is a disability
   - Where do we draw the line when referring to people with disabilities
   - When/why do we refer to disabilities? (Awareness)
6. Group Evaluation and record
7. Small group closure - take sharing
8. Follow Outline Phase 4 for closing
9. Next Activity: _____

WIN INTERDEPENDENCE
WEEK SCHEDULE
June 15-22, 1985

6/15 SATURDAY	6/16 SUNDAY	6/17 MONDAY	6/18 TUESDAY	6/19 WEDNESDAY	6/20 THURSDAY	6/21 FRIDAY	6/22 SATURDAY
	BREAKFAST						
Register Facilitated Group Assignments	Individual Sports Fitness Workup Allstar Archery/Tennis Exhibitions	Anaerobic Experience Sports Communications Career Workshop	Aerobic Experience Sports Fitness Career Workshops	All Star Track & Field Exhibition Sports Products Career Workshops	Sports Organization and Performance Career Workshop	INTERDEPENDENCE PENTATHLON Stage I	Wellness Reassessment Career Reassessment Departure
LUNCH							
Wellness Lifestyle Assessment Access/ Orienteering	Individual Sports Fitness Workup Archery/Tennis Exhibitions All Star Water Polo Exhibition Career Assessment	Anaerobic Experience Sports Communications Career Workshop All Star Volleyball Exhibition and Group Interaction	Aerobic Experience Sports Fitness Career Workshops All Star Kayak/Canoe Slalom Exhibition & Group Interaction	All Star Track & Field Exhibition Sports Products Career Workshops All Star Basketball Exhibition and Group Interaction	Team Action Planning for Pentathlon Practice	INTERDEPENDENCE PENTATHLON Stage II Group Presentations "Interdependence through Sports"	
DINNER							
Opening Ceremonies Keynote	Evening Theater "Kids on the Block" Puppets	Olympic & World Class Night I (Summer Games)	Musign Dance Theater	Olympic & World Class Night II (Winter Games)	Sports as Diplomacy: A World View	Closing Ceremonies Talent Concert	

RHP127/4-85

WIN INTERDEPENDENCE - PEPPERDINE UNIVERSITY

WORKING PAPER

June 15 - 22, 1985

Saturday, June 15, 1985		Faculty	Location
10:00 - 12:00	Arrival and Registration		Dorm 1
12:00 - 1:00	Lunch	SAGA Corp., Gary Wimp	Tyler Center Cafeteria
1:00 - 2:00	Full Group Orientation		Tyler Center Cafeteria
2:00 - 4:00	Small Team Sessions - Wellness Assessment - Individual Goal Setting	STAAR	Tyler Center Cafeteria
4:00 - 5:00	Access and Orienteering		Campus
6:00 - 7:00	Dinner		Tyler Center Cafeteria

RWP116/5-85

Fitness (Finally) Recognized As Basic Need for the Disabled

by Doug Pringle

Historically, one of the biggest obstacles to involving disabled persons in sports and vigorous exercise has been, ironically, the medical community. Up until very recently, satisfactory rehabilitation was viewed as being able to wear an artificial limb or handle a wheelchair. This attitude dates back many centuries.

Exercise was a mainstay of health enhancement hundreds of years before the development of specific medicines. With the discovery of safe general anethesia and medicinal chemicals in the 1800s, physicians lost interest in exercise as treatment for the disabled. Instead, "rest" and "prescription" became the prevailing answer. Sports grew popular, but they were not viewed by most people, including physicians, as relating to health.

This attitude changed after World War II when it became evident that not only were severely disabled persons capable of vigorous exercise, they could reap benefits from it. Physical education and sports programs for the disabled evolved.

But, although doctors became more receptive to gradual and adapted physical education programs, they remained dubious to the concept of sports participation. They made a diagnosis, prescribed treatments and gave acute care when needed, but few dealt with the severely disabled on a daily basis. They believed in preventing the condition from getting worse, rather than stimulating these peole to realize their physical potential.

Doctors also had little knowledge of exercise physiology, orienting their treatment toward braces, supports and prosthetics. The disabled were categorized as having a "weak constitution".

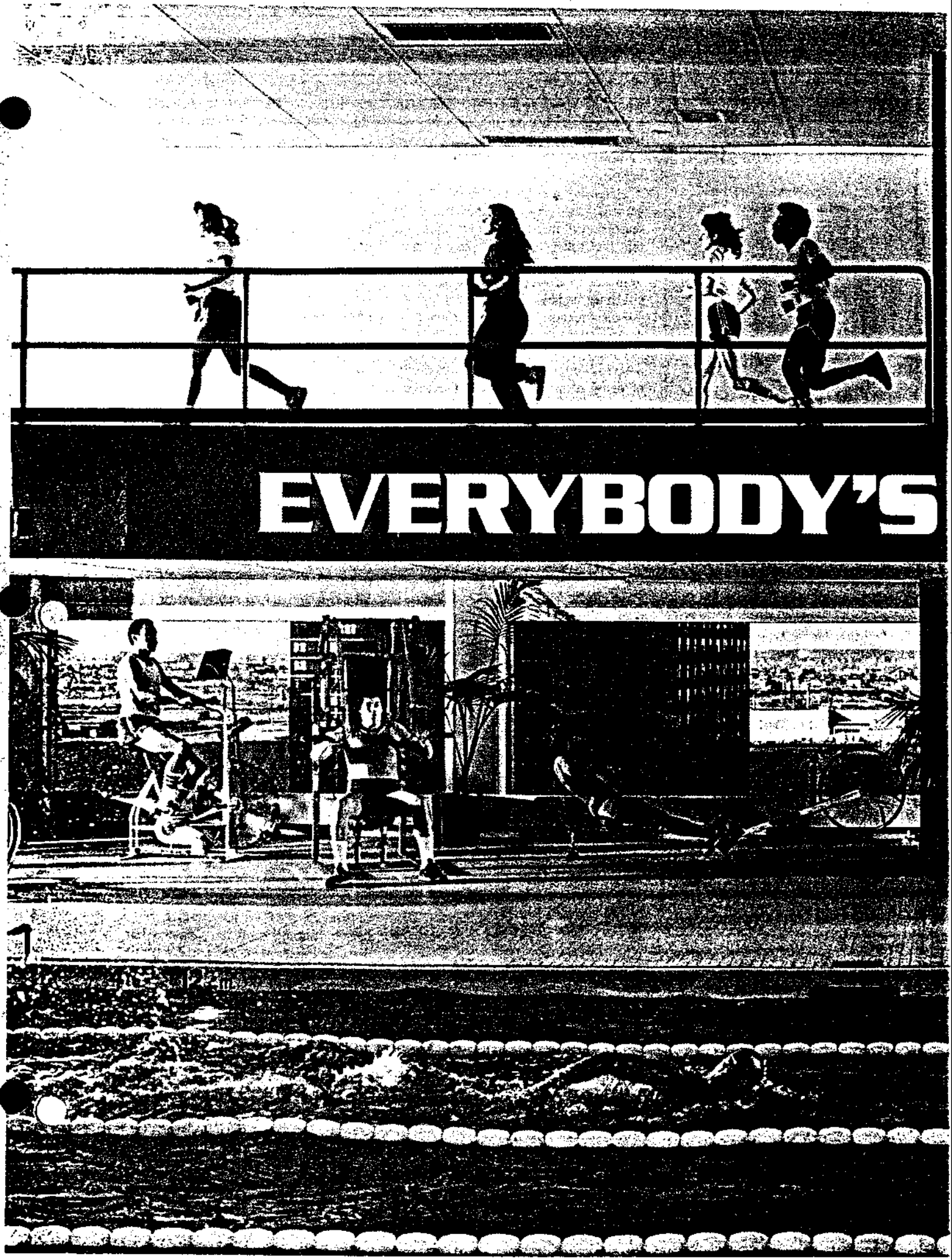
In recent years, these perceptions have been changing. Physicians are becoming more involved in sports competition for the disabled, having been stimulated by achievements of rehabilitation programs for cardiac patients.

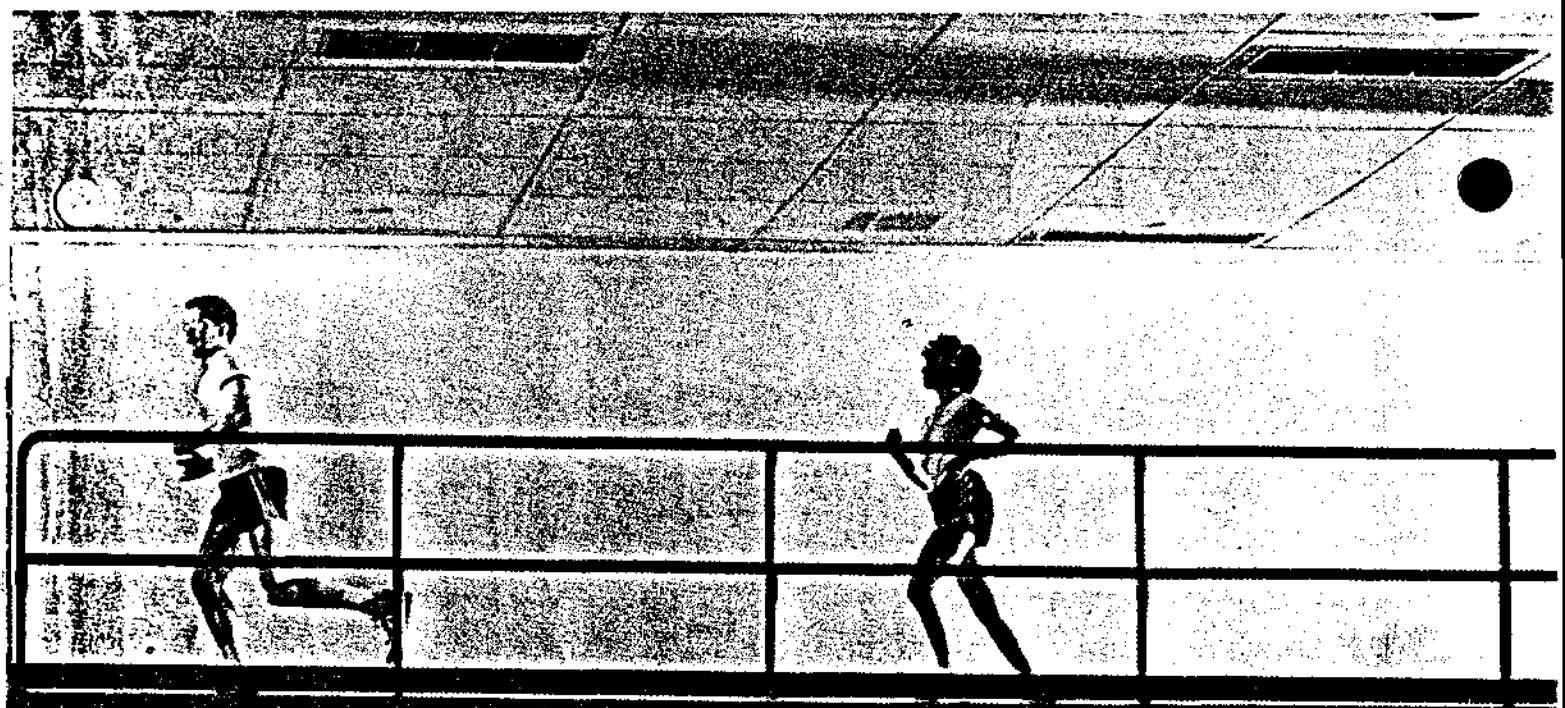
Physicians should be encouraged to view sports for the disabled as a necessity (not to mention one of their rights). Properly directed exercise can help disabled persons reach a level of conditioning enabling them to function more effectively.

Doctors can help and are helping make sports participation safer and more effective. They are becoming better at assessing disabled persons' physical capacities. Their interest is helping the disabled integrate into the mainstream of society.

Sports involvement is a pervasive element in most of today's societies and it plays powerful role in socialization. Disabled people who are unable to participate are left out of this important aspect of life. Being identified as an athlete helps transcend such restraints as social class, ethnic background, education and financial status. It reinforces the ego, promotes a positive self-image and provides self-assurance.

Editor's Note: Doug Pringle is Director of the Northern California chapter of the National Handicapped Sports and Recreation Association. The local chapter's sports participation opportunities include the Tahoe Handicapped Ski School and such summer programs as whitewater rafting and sailing. This summer the chapter also offered a three-day physical fitness clinic stressing aerobics, strength building, flexibility exercises and nutrition.


EVERYBODY'S

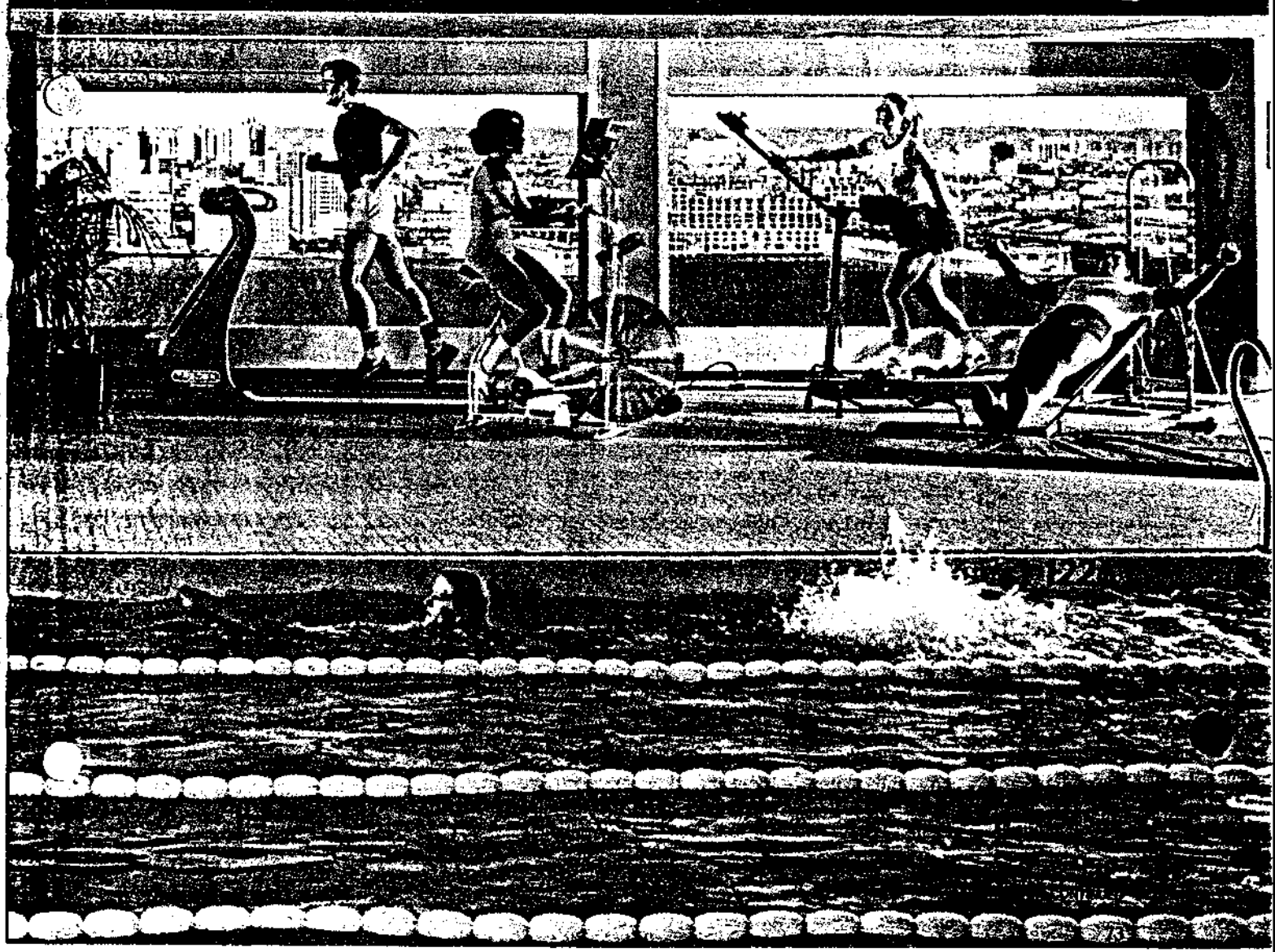


DOIN' IT

Getting into the fitness business, that is. It's a robust industry with sales that are far from flabby

by **Jack McCallum**

Special Reporting by **Armen Keteyian**



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Kathy Smith is sweating—serious, for-real, totally awesome, let's-take-a-meeting, Beverly Hills sweat. Perspiration is running off her gloriously chiseled face, down her elegant neck and onto a skintight leotard that encases, sort of, 130 of the sweetest pounds in Danskinland. Rarely has one woman done so much for saline fluid.

Smith, 32, is working out in the mezzanine of a high-rise office building on Wilshire Boulevard in Beverly Hills, the kingdom of one Bikram Choudhury, who bills himself as—ready for this?—Yogi to the Stars. There are about two dozen men and women stretching and sweating. Choudhury, the founder, president and chief instructor of the Yoga College of India, sits on blue satin cushions at the front of the room and abuses his well-heeled clientele: "You have money! You come to me for pain, you Beverly Heels people! You pay me to hurt you!"

Smith herself is a guru of sorts. She's the creator of two aerobic dance albums, one of which has sold more than 500,000 copies, a fitness book and a video. She has also endorsed a leotard line. That's all we have time for here, other than to say she's one of Chris Evert Lloyd's best friends—and she is fitness in America. Bikram Choudhury, Yogi to the Stars, is fitness in America. So is Bernie Cornfeld, former fugitive financier, late of Investors Overseas, Ltd. and now a chairman of Orthomolecular Nutrition Institute, Inc. He told *Forbes* magazine that he's on a mission to bring health and fitness to the world. Which invites the question: What's Robert Vesco up to?

Fitness in America is equipment: rowing machines; gravity boots; minitrampolines (called rebounders); indoor Nordic skiing machines; free weights, weights for the hands, ankles, neck, waist, wrist and head; and weights attached to pulleys and cables on dozens of ominous-looking strength-training machines.

Fitness in America is high technology: pulse meters; computerized blood-pressure readouts; a stationary bike called a Lifecycle that flashes info on things like maximum oxygen uptake and that retails for $1,995.

Fitness in America is aerobics. Is it ever. Aerobics in the morning, aerobics in the evening. Aerobics before pregnancy, aerobics during pregnancy, aerobics after pregnancy. Aerobics naked and aerobics during sex and even aerobics with clothes on.

Fitness in America is apparel: sexy leotards, leg warmers, head bands and workout shoes. They come in bright colors. Or maybe you like pastels. You got 'em—not to mention stripes, polka dots and circles. There are form-fitting togs to sweat in from Travolta and Baryshnikov, and a whole line of clothes to sweat in for "the fuller-figured woman" from Debbie Reynolds. How on earth did Jack La Lanne ever build all those muscles wearing just basic black?

Fitness in America is videocassettes: *Jane Fonda's Workout* and her *Workout Challenge; Raquel: The Raquel Welch Total Beauty and Fitness Program; Sandahl Bergman's Body; Thin Thighs in 30 Days; Everyday with Richard Simmons Family Fitness; Yoga Moves with Alan Finger; Marie Osmond: Exercises For Mothers-To-Be;* and *Shape Up with Arnold* [Schwarzenegger] are a few of them. And who can forget Irlene Mandrell weighing in with the song *Texercise* for fitness freaks of the country-western persuasion.

Fitness in America is home trainers, for example, the relentlessly upbeat Jake Steinfeld, 26, who hauls high-rolling clients like Steven Spielberg, Harrison Ford, Teri Garr and Morgan Fairchild out of bed for personalized workouts. Naturally, Jake bills himself as Trainer to the Stars. Trainer to the No-names is Trish Winner, a 30-year-old Baltimorean who opened a business called Home-Body that sells a 75-minute workout for $35. "I show up at your house, drag yor out of bed if I have to, and give you the motivation," says Winner.

Fitness in America is books: bestsellers

OPENING PHOTOGRAPH BY MANNY MILLAN

RICK RICKMAN

like *Jane Fonda's Workout Book* (1.25 million in hardcover and 500,000 in paperback sales for the first nine months of 1984); Victoria Principal's *The Body Principal* and *The Beauty Principal; Linda Evans Beauty & Exercise Book*; and *Christie Brinkley's Outdoor Beauty and Fitness Book.*

Fitness in America is television and happy-talk TV health ministers like Regis Philbin (*Healthstyles*), Joanie Greggains (*Morning Stretch*) and Charlene Prickett (*It Figures*). And don't forget *The Richard Simmons Show* and all those sexy girls on Orion's *Twenty Minute Workout.* Or that late, not-so-great situation comedy, *Shapin Up.* R.I.P.

Fitness in America is magazines, publications like *Shape* and *New Body* that have sprung from nowhere to cover the public's insatiable thirst for fitness information. There are some 23 such publications, according to a recent issue of *Marketing & Media Decisions.* And have we got a cover billing for you: "Herpes: Exercise May Help." From the *National Enquirer?* Nope, *Fit,* July 1983.

In short, fitness in America is a lot of stuff besides fitness. Or, as one market researcher says of the fitness industry, "This is a business with a lot of smoke."

And where a market researcher sees smoke, there's sure to be money. Smart Inc., a market research firm in Wilton, Conn., puts the fitness products indus-

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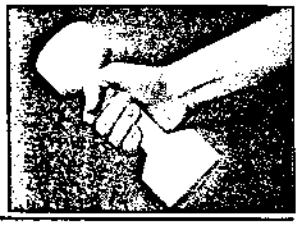
CRAIG MOLENHOUSE

Stones (left) flies off a rebounder under the eye of minitrampoline maven Sneider; Sorensen (below) is credited with initiating the aerobic dance fad.



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try's sales for 1984 at $900 million-plus, an increase of 33% over '83. That figure doesn't begin to present the whole picture, because it doesn't include sales to institutions such as schools and health clubs; sales of videos and books, which are almost impossible to gauge; and sales of fitness apparel, which according to Jim Spring, president of Smart, is the only area outdistancing product sales. Fitness apparel sales increased by 35% in 1984, to an estimated $500 million.

And the sky, it seems, could be the limit. Just as computer companies sprouted like mushrooms in Silicon Valley in the last decade, dozens of companies specializing in fitness products have suddenly appeared. Most are relatively small, privately owned and extremely secretive about their finances. One exception is Soloflex Inc. in Hillsboro, Ore., a company that sells almost all of its $565 (plus $60 for shipping) iron-pumping machines through TV and magazine ads. Inventor-founder Jerry Wilson and his wife, Marilyn, own 97% of the Soloflex stock, and Wilson is proud to say that his company had $18 million in sales for fiscal '84 and expects that figure to increase to $25 million for '85.

According to Spring, profit margins at the retail level in the various segments of the fitness industry can be as high as 45%. Michael Wolf, a Ph.D in exercise physiology and a kind of self-appointed watchdog of the industry, remembers being amused by an ad for stationary bikes. "It said something like, 'Normally $499, now $449,' " says Wolf. "Well, I know what this model bike costs wholesale and it's about $230 to $260. But for a buyer with the power of a major metropolitan department store it's probably about $200. Still, at a markup of more than 100 percent that store couldn't keep them in stock."

That tells you all you need to know about customer demographics in the fitness industry. You can scan hundreds of product catalogs, mail-order brochures, fitness magazines, books and videos and see nothing but attractive lily-white faces. The industry's promotional and advertising emphasis is heavy on sex and celebs, implying that fitness is nothing less than a lifestyle made up of equal parts workout, trendy equipment and designer clothes. It's all one sweet, sweaty, sexy package that spells fitness chic, great in Beverly Hills or Manhattan's Executive Fitness Center—a sort of high-rise gym for high-powered types—but unknown on 125th Street in Harlem.

Sex and fitness are frequent bedfellows in most of the high-class men's skin magazines, but the fitness industry is hardly ignoring female customers. "The higher-quality, more expensive equipment is being bought by women," says Dave Ellis, national sales manager for Amerec, a Bellevue, Wash. equipment manufacturer. "I am totally surprised by

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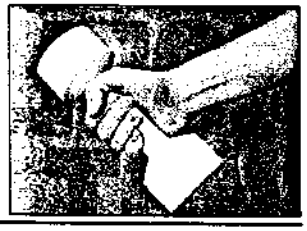
CRAIG MOLENHOUSE

Smith, who in many ways embodies (so to speak) the current fitness ideal, has two aerobic dance albums, a book, a video and a line of leotards to her credit.



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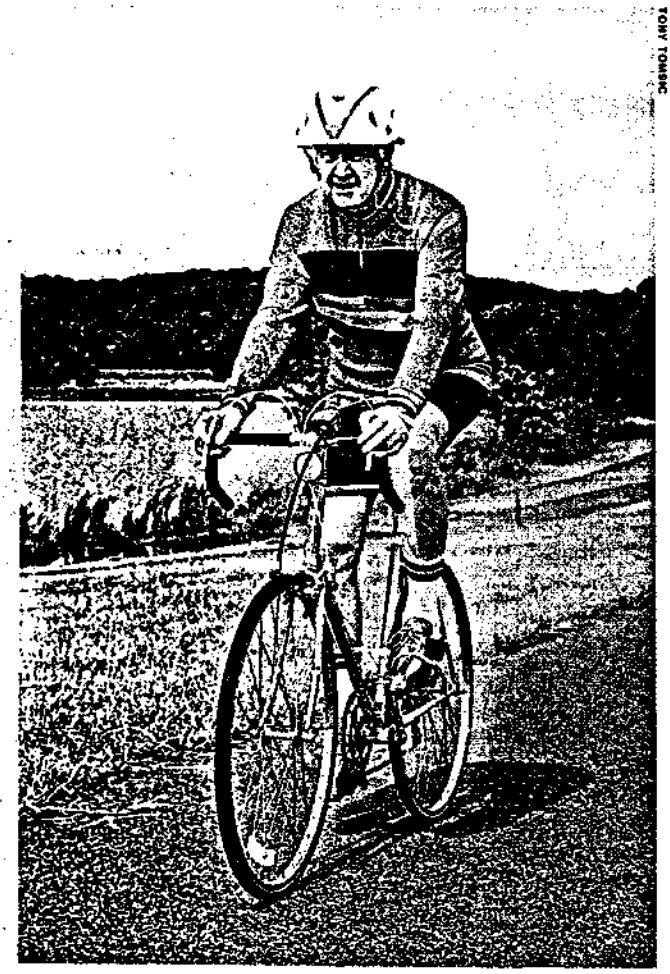
the buying power of the woman in this market," says Irwin Broh, whose Des Plaines, Ill. marketing research firm does surveys for the National Sporting Goods Association. "I always thought women didn't like to sweat. I was wrong."

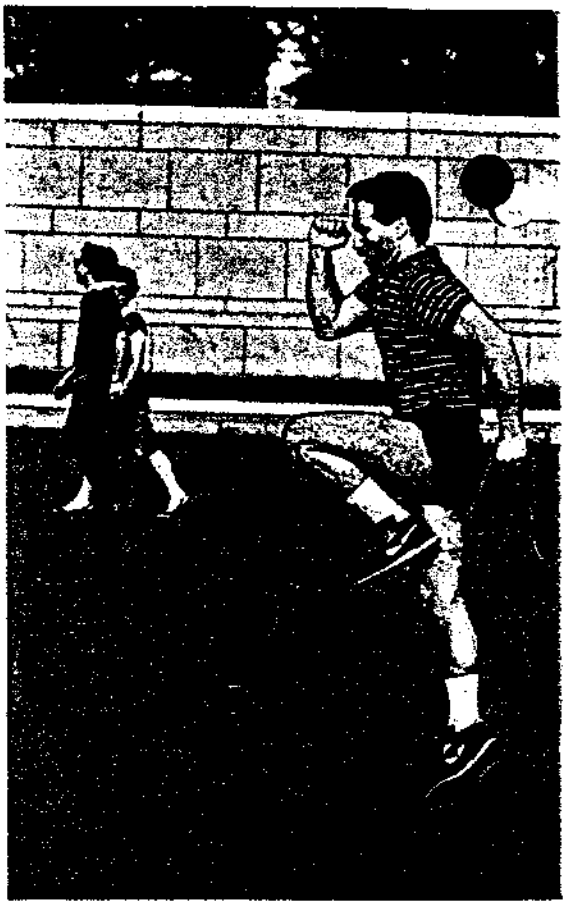


TONY TOMEO

Too much too soon is a big cause of injury, says Ryan.

And there's little sign that the market is peaking. "The industry is coming out with new products to keep people interested," says Bob Carr, editor and co-publisher of *Sporting Goods Business* magazine. "People are trading up. The fitness people are going into TV advertising." Soloflex spent $1 million to advertise on network television last December and January; recently Nautilus, which is paying $500,000 a week for TV advertising, went on the air with commercials for home machines featuring Terri Jones, wife of Nautilus founder Arthur Jones.

Fitness is moving into corporate life, too. Xerox Corp. in Rochester, N.Y., Tenneco Inc. in Houston and Kimberly-Clark in Neenah, Wis. have all opened multimillion-dollar health and fitness centers for their employees. One branch of the respected Sports Training Institute in New York services only the top 150 executives of Morgan Stanley, a leading investment banking firm. The Campbell Soup Company has acquired a fitness-related firm, poured $1.5 million into an employee fitness center on the grounds of its Camden, N.J. plant and added the "Soup Is Good Food" tagline to its commercials. It has, in essence, redefined itself in terms of fitness.



BOB SACHA

Wolf keeps expenses down, fitness up by "power jumping."

Well and good. But fitness in America, like many things in America, is often a triumph of glitter over gain, of schlock over substance and of personality over performance. There's every indication that while the business of fitness has grown by leaps and bounds, the reality of fitness has not. An article by SI's Jerry Kirshenbaum and Robert Sullivan (SI, Feb. 7, '83) concluded that, for all the noise about a fitness boom, young Americans are not as physically fit as they should be, and neither are minority citizens or the poor. The feeble condition of U.S. kids was reconfirmed by a Department of Health and Human Services study released in September.

A recent Louis Harris survey commissioned by *Prevention*, a health magazine, indicates that increased fitness consciousness even among well-to-do whites is to some degree a sham. Eighty percent of the 1,254 Americans polled said they get regular exercise, but a mere one-third exercise strenuously enough to get the aerobic benefit that's derived only when the heart rate is accelerated into a "training zone" (70% of maximum heart rate for 20 minutes or more. We need more push-ups, less panache.

As fitness and chicness go skipping down the same path, they become as one, and thus do they become confused for each other. Is it good for me to do it, or do I look good doing it? Who knows? "Cosmetics is 90 peqcent of what I'm selling," says Soloflex's Jerry Wilson, who has sold about 86,000 machines since 1979. "Why the interest in fitness?" asks Dan Green, president of Simon & Schuster's trade book division, which has published eight fitness books with hardcover sales of more than 100,000 apiece. "Narcissism. It's the focus of the entire explosion. You exercise to be beautiful."

And potentially more serious troubles than narcissism have resulted from unsupervised home fitness regimes or too-little-supervised aerobic exercise and dance programs, ills that are acknowledged even by those who are optimistic about America's fitness.

"There are no statistics on these kinds of fitness-related injuries," says Dr. Allan Ryan, editor of *The Physician and Sportsmedicine* and an expert in the sports-medicine field for 30 years. "But you hear about them at meetings and such. Everyone in the medical field is

ılking about them. The big problem is people doing too much too fast. You can see it when you take a group of kids into a weight room. Invariably they'll try right away to lift the heaviest weight possible. Adults aren't much better. These kinds of injuries vary from muscle strain to the collapsing of vertebrae."

Nude Exercise Interlude I: The variety of exercise videos is fascinating. A recent list in *Slimmer* magazine included: *The No-Effort Subliminal Weight Loss Video Tape, Muscle Motion* by Chippendale's male erotic dancers, *The Joy of Relaxation and Belly Dancing: You Can Do It, The New York Dancer's Group Nude Exercise Program*, the . . . Hmmm, *The New York Dancer's Group Nude Exercise Program*. A must to look into.

WHERE IS THE MONEY GOING?

Fitness products have been available through the mail since the first 98-pound weakling had the first grain of sand kicked into his face, back around 1928. Most of the early products were advertised in comic books and cheap magazines, and most of them were schlock. Today, fitness products are sold in first-class stores and in first-rate magazines through first-rate, expensive, high-gloss ads—and there's still a lot of schlock around, devices known in the industry as "springs-'n'-things."

You can buy, for example, a gizmo that looks for all the world like a plastic teepee and costs about $30. What you can do with this device is stretch your calves, which is something you can do anywhere, even in a plastic teepee. For $29.95 you can also buy "the state-of-the-art jump rope." It's a piece of rope with two padded handles.

One point should be foremost even in a consideration of good products: No one really *needs* any product to be truly fit. Yes, you're going to need to toss around free weights if you want a body like Arnold Schwarzenegger's, but, no, you don't need them if you aspire to be plain old Arnold Schwartz, a guy who wants only to feel good and fight off the ravages of flab, fatigue and more serious things like heart disease. Push-ups, sit-ups, pull-ups, running in place, stretching, all of those activities that generally fall under the heading of "calisthenics," can keep a man, woman or child quite fit if he or she pursues them in a steady, balanced program. The main shortcoming of such a program these days is its lack of chic.

Steinfeld, the Trainer to the Stars, is doing something about that, though. A bare-bones, blood-and-guts program is the very foundation of his Body By Jake empire. Steinfeld's modus operandi is to employ household items in his 30-minute, twice- or thrice-a-week training sessions. Thus, Steinfeld has Spielberg and Ford do military presses with buckets of oranges, arm curls with towels, stretching exercises with broomsticks and push-ups between chairs. Steinfeld even has a hotel-room exercise for the fitness-minded traveler. No, it doesn't involve doing squats with the Gideon Bible or curls with the room service menu, but it does involve push-ups off the bed and resistance exercises using the bathroom sink.

The more honest fitness industry salespeople acknowledge that their highly priced products would be unnecessary if customers followed a solid calisthenics program. "Look, you don't *need* a rowing machine," says Amerec's Ellis, whose job it is to sell as many rowing machines as possible. "You can do push-ups and get results. But what you do need is motivation. That's what the products provide." Keep that in mind the next time you plunk down a couple of hundred bucks for an exercise contraption of one kind or another. Why not use the motivation of saving all that money to start a basic workout program?

In fact, many fitness contraptions can do more physical harm than good. Most fitness apparatuses are designed for home use with no professional supervi-

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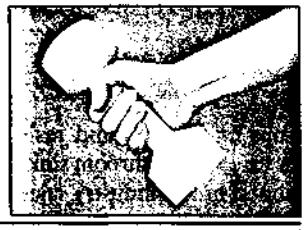
CRAIG MOLENHOUSE

Wilson's Soloflex strength-training machines will flex a well-muscled $18 million in sales for '84.



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sion, and carry cursory warnings, if any, about overuse, misuse or use only in conjunction with a doctor's advice. The devices sit there, shimmering and soundless, waiting to be conquered, and often the machine will conquer the buyer before the buyer can conquer the machine.

Nude Exercise Interlude II: We called *Slimmer* to find out more about *The New York Dancer's Group Nude Exercise Program.* Not only did the exercise program itself sound quite interesting, but so did the use of the singular noun, "Dancer's." Was it just one dancer? Or did the title refer to a New York dancer in the generic sense? Or was it a misprint? And what about floor burns?

We asked Mary Jane Horton of *Slimmer* where we could locate the video. "Oh, I must've seen it in a video store in Santa Monica. [That figures.] I'll call you back."

Some devices:

Rowing Machines—According to Spring's figures, rowing machines are the fastest-growing fitness product, having brought in more than $64 million in sales in '83, an incredible 179% increase from '82. The figures are surprising, because rowing is hardly a major American sport; indeed, the U.S. failed to win a gold medal at the '83 World Rowing Championships in Duisburg, West Germany, the last time all the big rowing powers got together.

Actually, rowing is great exercise, excellent for building the upper body and legs and cardiovascularly beneficial if done strenuously enough. Rowing doesn't shock or traumatize the body, either, and when you do it at home you don't have a coxswain hollering at you to stroke harder. One warning: Rowing is not for anyone with a bad back. Another warning: The average purchase price of a rowing machine in '83 was $148.

Stationary Bikes—There's still a little bit of a grandpa stigma attached to stationary bikes, though retail sales are solid. The 1982 figure was $275 million. One problem for the consumer is the vast disparity in the prices of different models. You can pay almost $2,000 to get a bike with a coupled oxygen readout device, and you can pick up a basic model for as little as $89.97. The latter will probably break down on you, but the former is an awful lot of money to pay for staying in one place. You can get a decent one for around $150.

Stationary bike exercise can be good, but it too often requires a high threshold of boredom. "Essentially what you're doing if you sit there, hang onto the handlebars for five minutes and pedal casually, is wasting your time," says Patrick Netter, owner of a Los Angeles fitness store. To benefit from indoor biking, you must maintain your heart rate at a "training zone" pace for at least 20 minutes. One suggestion: Put on a video of the *New York Dancer's Group Nude Exercise Program* while you pedal. Time will fly.

Publisher Green finds stars sell better than doctors.

Weight Equipment—Sales reached about $142 million last year for this group, which includes free weights and products like Heavyhands. According to some market estimates, the seemingly endless line of home strength-training machines produced another $192.5 million. Total Gym, Kong, The Lean Machine, DP-Gympac and Soloflex are but the tip of the iceberg. Talk about your different advertising approaches—Kong used a picture of a gorilla, The Lean Machine grabbed Gayle Sayers as a spokesman, and Soloflex employed a former gymnast named Scott Madsen after he answered its ad for a model. Since then, Madsen has become more famous than Sayers or the gorilla, and he has just completed a book for Simon & Schuster. "I can't imagine what he has to say," says Wilson, who gave Madsen his job.

Consumer watchdogs generally give the nod to Total Gym as the best made of the strength-training machines, but it has been nowhere near as successful as Soloflex, which, with its $18 million sales figure, is an industry phenomenon. "The common rule is, in direct mail you don't usually get good deals," says Spring. But, counters Wilson, "What I'm doing is cutting out the middleman so I can pass the savings along to my customer."

It's not surprising that there's some difference of opinion about strength-training machines, given the ruckus over the granddaddy of them all, the Nautilus. Whether he acknowledges it or not—and Wilson, for one, freely does—every weight machine inventor owes a debt to Nautilus. The Nautilus company is cloaked in mystery, from the Howard Hughes–like personality of its reclusive founder, Jones, to the hush-hush sales figures, which vary from $40 million to $400 million annually, depending on who's doing the guessing.

Rebounders—A recent issue of *Executive Fitness Newsletter*, a respected fitness industry publication, stated that rebounders may not add much to aerobic

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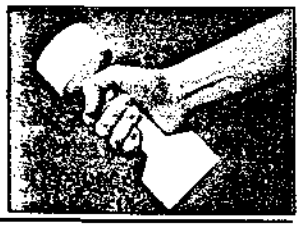

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endurance. Reporting the findings of Bryant Stamford, director of the exercise physiology lab at the University of Louisville, the newsletter said that exercising on the trampoline is generally not strenuous enough to raise the heart rate high enough for aerobic benefit. "Misleading," says Harry Sneider, one of many rebounder advocates in California. "That study made no mention of the addition of weights to the exercising." Sneider and many others insist that the addition of one-, two- and three-pound weights will toughen the exercise enough to achieve aerobic benefit, and he has the testimony of several world-class athletes, high jumper Dwight Stones among them, to back him up.

The trouble is, many cut-rate rebounders are marketed without any mention of weights or exercise techniques. Without instruction, any man, woman or child could bounce around from now to Judgment Day without achieving one blessed fitness benefit. And any user may sprain his ankle on one of the cut-rate jobs in the process. A good, solid rebounder should cost about $140, but the average American paid only about $47 in 1983.

A suggestion: Go for the rebounders with a rectangular or square surface, rather than the smaller round surface. "Anything round tends to rotate the footbones inward, which will create stress on the skeletal system," says Netter, himself an enthusiastic rebounder advocate.

Gravity Boots and Bars—Long before *Flashdance's* Jennifer Beals hot-wired the torn sweatshirt industry, Richard Gere propelled the gravity-exercise industry into the American consciousness. Can't you see him now at the beginning of *American Gigolo*, a lean, sweaty, sexy opossum hanging upside down in his apartment before heading out to meet the next divorcée.

Gravity advocates, particularly the No. 1 guru, Dr. Robert Martin of Gravity Guidance Systems in Pasadena, still extol the benefits of inversion exercise; they say that it can help to strengthen a bad

ENRICO FERORELLI

At their Florida home, inventor Jones and wife Terri even have a Nautilus in their bedroom.

back and aid circulation. Which it can. But many people in the fitness industry are more worried about the risks inherent in using this technique.

Ryan, of *The Physician and Sportsmedicine:* "The problems with these inverted devices are potentially serious ones. The exercises have the tendency to increase the blood pressure very substantially and they could precipitate a stroke. Also, we're finding out that an increase in the intraocular pressure in the internal channels of the eye can precipitate a glaucoma."

A better idea: If you want to snag Debra Winger, as Gere did at the end of *An Officer and a Gentleman*, you don't have to hang upside down. Become governor of Nebraska.

THEY'RE NOT TOO FOND OF FONDA

Whatever squabbles are going on in other aspects of the fitness industry, they're relatively minor compared to the hue and cry in the aerobic dance world. Which is no small world. There were about 22.7 million aerobic dancers in the United States in June 1984, according to a survey by *The Sporting Goods Dealer*, an industry publication. That's a lot of bending and stretching, and a lot of Caribbean vacations for doctors, chiropractors, acupuncturists, and the makers of Ace bandages.

Check out aerobics action for a few minutes and it's easy to see the essential dilemma—the instructor is generally far better than most of the students. Many average out-of-shape men and women who sign up for aerobics training soon discover that the sizzling pace is simply too difficult to follow. Too many classes take on the aspect of a one-woman Broadway dance revue.

Three things can happen in that situation. One, an aerobics student can respond to the competitive pressure, follow the teacher, derive real aerobic benefit and cop a body like Kathy Smith's. Great. Two, a student can fall behind, get embarrassed and drop out. Not so great. Three, someone can get hurt.

"It's probably the biggest area for fitness-related injuries," says Ryan. "You would not believe how many submissions [to *The Physician and Sportsmedicine*] we've had about aerobics, reports on injuries to instructors as well as students. One big problem is that a lot of these

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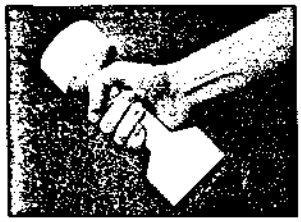

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classes take place in studios with a cement floor with only linoleum tile over it. We've seen a lot of problems with sprained ankles and stress fractures."

An even more severe critic of aerobics is Dr. Hans Kraus (SI, June 15, 1981), who at 79 is still recognized as one of the world's leading practitioners of sports medicine. "The reason most people get hurt is that most of these things, the books and tapes and everything, are done by people who don't know what they are talking about," he says. "There's no warmup, no relaxation, no cool-off. They begin very fast with multirepetition routines. And they have no reverse cycle when a person can limber down. Unless you follow a curve, you're going to expose people to injuries."

The injured have names. One is Roslyn Targ, a New York City literary agent who's in excellent physical shape for her age, which she publicly gives out as "not flaming youth." Targ was a Fonda fanatic, so devoted to the routine that she copied it on her Dictaphone and took it with her on business trips. But over the six months she did the Fonda workout she gradually developed severe pains in her back, the area that many experts say is the most vulnerable.

"I never put two and two together until I heard someone on TV talking about Fonda's video causing back pain," says Targ. "I always thought my pain was maybe job stress or something else. But I only know that when I stopped doing Fonda my back stopped hurting.

"I still work out, but now I modify an exercise to my own capabilities, and if I hurt at all I don't do it. I feel I'm much better off that way. Fonda and others talk about 'go for the burn, go for the burn,' but I now take that with a grain of salt. I really think part of the joy of exercise is lost in all this pressure to feel pain."

This isn't to imply that Fonda's program in particular or aerobic dance and exercise in general are the root of all exercise injuries. Kraus said he first began to notice the aggravated pulls and strains after the publication of the widely used *Royal Canadian Air Force Exercise Plan for Physical Fitness* in 1962. Done correctly, aerobics is a great way to get fit. But, like other aspects of the fitness boom, its message is spread by prophets with more marquee value than expertise.

The Body Principal, which in 1983 replaced Fonda's book as No. 1 on *The New York Times* bestseller list, claims to be a "revolutionary, easy program of isometric exercises." But it proves to be neither revolutionary nor terribly isometric; of the 12 exercises in the book, only three, according to experts, could be considered isometric. The photos of Victoria are great, however.

"Well, no book is perfect," said Simon & Schuster's Green, whose celebrity/fitness deluge continues this year with a book by John Travolta. Green is irritated by the criticism the medical experts aim at the celebrity books. He feels it's based on jealousy and on the fact that doctors' books are, by and large, not selling well. He says books like Principal's "show how to fit exercise into regular life. The message is you can be feminine and beautiful." Gee, wasn't that the recurring theme in the novels of Virginia Woolf?

Medical professionals aren't the only ones who see red when they read the name Jane Fonda. The question of the true origin of Fonda's workout program has engendered a tempest in the aerobics world. The most commonly heard allegation is that Fonda, as well as Richard ("Merv, you look *fab*-u-lous!") Simmons, lifted most of their routines from Gilda Marx, a well-known dance and exercise advocate in California. Fonda took Marx's classes to get in shape for the movie *California Suite*—her role required her to wear a bikini—and a year later she opened her own salon, hiring Marx's top instructor, a woman named Leni Cazden. Marx, who's nearly 50 but like most other fitness queens looks at least 10 years younger, hasn't raised a lot of fuss. After all, as vice-president and co-owner—with her husband Robert—of Flexatard, the marketer of the No. 2–selling bodywear line in the world, and the owner of 12 Body Design By Gilda salons, and with her name on a book and, in the spring, a video, she's not exactly struggling.

Fonda declined to be interviewed for

CRAIG MOLENHOUSE

Marx, here with some students and her book, was Fonda's first teacher.

HARRY LANGDON

Fonda's fevered motto, "Go for the burn," makes a lot of fitness advocates hot under the collar.

OF EXERCISE AND EVANGELISM

Several years ago the fitness industry was wide open, ready and available for all sorts of pulpiteers to bounce in and seize it by the throat. What was needed was a nimble mind or a nimble body or both, a good idea, a lot of pizzazz and a strong sense of self to help communicate a fitness fervor. Fonda had—and has—all those things. Other kings and queens of pain also are strong in the evangelism category. La Lanne, Simmons, Steinfeld, Smith, Choudhury all speak dithyrambically about what they can do for you. And consider the first sentence in the fitness book written by Irving Dardik and Denis Waitley, the former the chairman of the U.S. Olympic Committee's Sports Medicine Council: "Prepare yourself. You are about to make a quantum leap to personal excellence." Their book is entitled *Breakthrough to Excellence: Quantum Fitness.* At times it reads like a guide into another dimension.

The fervor is sometimes just good technique; after all, exercising is not easy and may require a self-described "ass kicker" like Steinfeld or a relentless get-after-it nagger like Fonda. In other cases the evangelism is the result of an "I found it" conversion, similar, perhaps, to Saint Paul's experience along the road to Damascus. Simmons, for one, loves to talk about his days as a 268-pound fat man and his discovery of the magic elixir of exercise; one of his nicknames is The Weight Saint.

So, where to go if you're looking for a cooler approach? What if the exhortations are getting too intense, and the side

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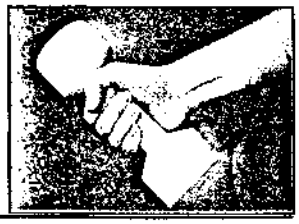

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issues, like clothes and machines, are getting too confusing?

Just remember, first of all, that some people at the very epicenter of the fitness movement know what you're going through. Unconsciously or not, they even define themselves in contrast to the fitness evangelists. "Jacki isn't an evangelist or a guru," her husband, Neil Sorensen, is quick to say. "I'm not a physical fitness preacher," says O'Shea. "I don't want to 'testify' about fitness."

BOB SACHA

To O'Shea (right), working out on a Versa-climber, the big question is "Are you happy with the way you feel?"

Next you might consider these words by O'Shea: "What's your first priority? Are you happy with the way you feel?" Maybe you feel good or your job keeps you in shape and you have no desire to use a home gym as a way of getting on the sexual scoreboard. Fine.

Out-of-shape and overweight people generally know who they are, and they should do something about it. But not by running out and buying a book, a leotard or some contraption that would have turned Torquemada green with envy. Start with a visit to a medical doctor who can home in on your specific trouble areas and limitations. If your regular physician has no interest in fitness—and many of them don't—you can go to your local sports medicine clinic. There are about 450 of them across the country, and a list of the ones in your area can be obtained from *The Physician and Sportsmedicine*, 4530 W. 77th St., Minneapolis, Minn. 55435.

If you want to read about fitness before you get started, you don't have to turn to a celebrity. There's only one reason that Fonda's book spent two years on the bestseller list while another Simon & Schuster book published in the same year, *The Wilmore Fitness Program* by Jack H. Wilmore, a Ph.D., is out of print: name appeal. Name appeal means publishers promote the book, bookstores sell it and we buy it.

If you're already keeping reasonably fit with one specific activity, like jogging or weightlifting, fine. Just keep in mind that you may not be getting fitness balance. Jogging and stationary bicycling can be excellent cardiovascular exercise but they don't do much for, say, upper-body strength, nor does weightlifting always provide much aerobic benefit. "The body adapts to certain routines," says Smith. "If you do a Fonda-type routine all the time, you're just not getting the benefit unless you increase the workload or use arm weights." Smith suggests varying workouts every month.

In any case, don't do a fitness activity that isn't enjoyable for you. "If you don't like a certain exercise, don't do it," says Jacki Sorensen. "It's like people who jog and can't wait until it's over. Maybe you should only jog two days a week and do something else the rest of the time." And, unless you're young and in outstanding shape or training for the Olympics, be skeptical of the "go for the burn" (Fonda), "no pain, no gain" (Soloflex) and "work to failure" (Nautilus) advice. "If your body's hurting," says L.A. chiropractor Leroy Perry, whose patients include Jack Nicholson and Warren Beatty, "there's reason for it."

Don't make a financial investment before you're committed to improving yourself. You can't use your fancy equipment one day and stuff it in the closet the next—and expect to stay fit. Decide what kind of program you want to embark on before you buy all the accoutrements. Or get down on the floor and do some push-ups. Or go outside and do some "power walking" or "power jumping"—moving explosively, often with hand or wrist weights—excellent cardiovascular activities. And you know what? As long as you've got a good pair of shoes, you can wear jeans and a T shirt advertising your favorite brand of beer while you exercise.

Nude Exercise Interlude IV: Morrison called back. It was no use, she couldn't find the press release. "But how about this one?" she said. "*Exercise . . . the Erotic Way to Physical Fitness.* I know that's available." Put out by Monterey Home Video, it's billed as "a program f? couples with partial nudity in the co- down period." Ah, to be partially nude and physically fit in America. END

ON RUSSIAN SOIL, KIDS START EARLY AND TRAIN HARD. AND THE SYSTEM WORKS.

THE FARMING OF SOVIET CHILDREN

The United States has built a strong farm system into our schools to feed the needs of our major sports. The professional and world-class amateur teams are supplied with the best athletes from the collegiate ranks, which in turn are supplied with the best from the high schools and junior highs. So keen is the competition to move up this ladder that some parents hold promising sons and daughters out of school so that an extra year's maturity might give them an edge over their peers.

The Soviet Union has no such structure for replacing top-level athletes. The schools don't have competition as we know it, although skills and fundamentals of sports are taught, and a relatively small number of youngsters participate in any given sport. Thus, the school system

BY MICHAEL ANTHONY, Ph.D.

and the small sports base don't provide enough athletes to fill the needs of the top teams, especially on a world-class level. So the USSR created the concept of the sports school, in which youngsters begin sports participation from the very earliest years. These schools produce the "reserves," as the Soviets call them, for the Olympic and elite teams.

Not everyone can attend these highly specialized schools. The youngster must have athletic talent and undergo a comprehensive screening procedure. This doesn't mean the Soviets look only for the genetically gifted youngster. Primarily, they look for those who possess certain physical and psychological qualities and who have good mastery of sports skills—those who have the potential to develop into elite athletes.

As the Soviets say, it's very rare to find a well-rounded, genetically gifted individual for a given sport. To have top-level athletes, then, the Soviets must develop them from the raw capabilities that they possess.

This is in direct contrast to the belief prevalent in the U.S. that the top athlete must be a natural, and "either you have it or you don't." The emphases of American coaches are psychological motivation ("this one is for the Gipper"), sociology (how to work together with your teammates) and strategy (how to work different offenses and defenses).

Very little emphasis is placed on scientifically based conditioning, training or technique. In almost any book about any of the major sports, the shortest chapters (if they even exist) are devoted to technique analysis, conditioning and specialized exercises.

This belief that top athletes are "naturals" and that athletes can't be "made" is a major reason for the fierce competition in recruiting "blue chip" athletes. Coaches believe that if you can't get (*buy* may be more appropriate) the best athletes, you won't have a good team. Because of this, million-dollar recruiting budgets aren't un-

DUOMO/JOHN SUTTON

Many of Russia's premier athletes are products of Soviet sports schools. Shown here at the 1983 World Championships in Helsinki are (counterclockwise from top) Zamira Zaitseva (falling), Anna Ambrazene, Gennadiy Adveenko and Sergei Bobka.


DUOMO/TONY DUFFY

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common in the major colleges and universities.

A completely different philosophy exists in the Soviet Union. They believe that athletic talent must be identified early and then carefully nurtured before it can fully mature. Thus the Soviet sports schools evolved and developed both in number and quality. Today they are the main source of producing athletes in all of the sports.

There is no pressure in these schools to develop top athletic talent at an early age. Progress is based on scientific research, past experience and multiyear studies of athletes, which show when they peak in relation to their training. And there's no need for recruitment as it occurs in the U.S.

Youngsters who attend the sports schools are usually discovered in the regular schools. Teachers (most often in physical education) notify the coaches of a sports school, who then come to look at the youngsters. Testing is done to determine the athlete's physical qualities, including strength, flexibility, endurance, agility and speed-strength, in addition to sports skills.

THE SOVIETS SAY IT'S RARE TO FIND A "NATURAL" ATHLETE. SO THE USSR DEVELOPS THEM FROM THE RAW.

This is the key. In essence, the Soviets test for all-around development to determine if the youngster possesses all of the physical and psychological qualities needed for a versatile athlete. Outstanding ability in a specialized sport is also recognized, but it isn't the key element at this stage. The Soviets look first for a strong general base. Intense specialization comes later.

In fact, this is the major emphasis in the early years in the sports schools. They stress the development of basic sports skills, such as running, jumping, throwing and kicking, and exercising the specialized sports skills, but not full-scale competition. In fact, coaches have been fired for pushing competition on the youngsters with full game play.

There is, however, considerable competition among the children. But it's used to determine who has the best technique and the most highly developed physical qualities—who is fastest, who can jump highest and farthest, who can throw the farthest and so on. When true specialization begins (usually at 14 to 15 years of age, or earlier in some sports), full-scale competition also begins.

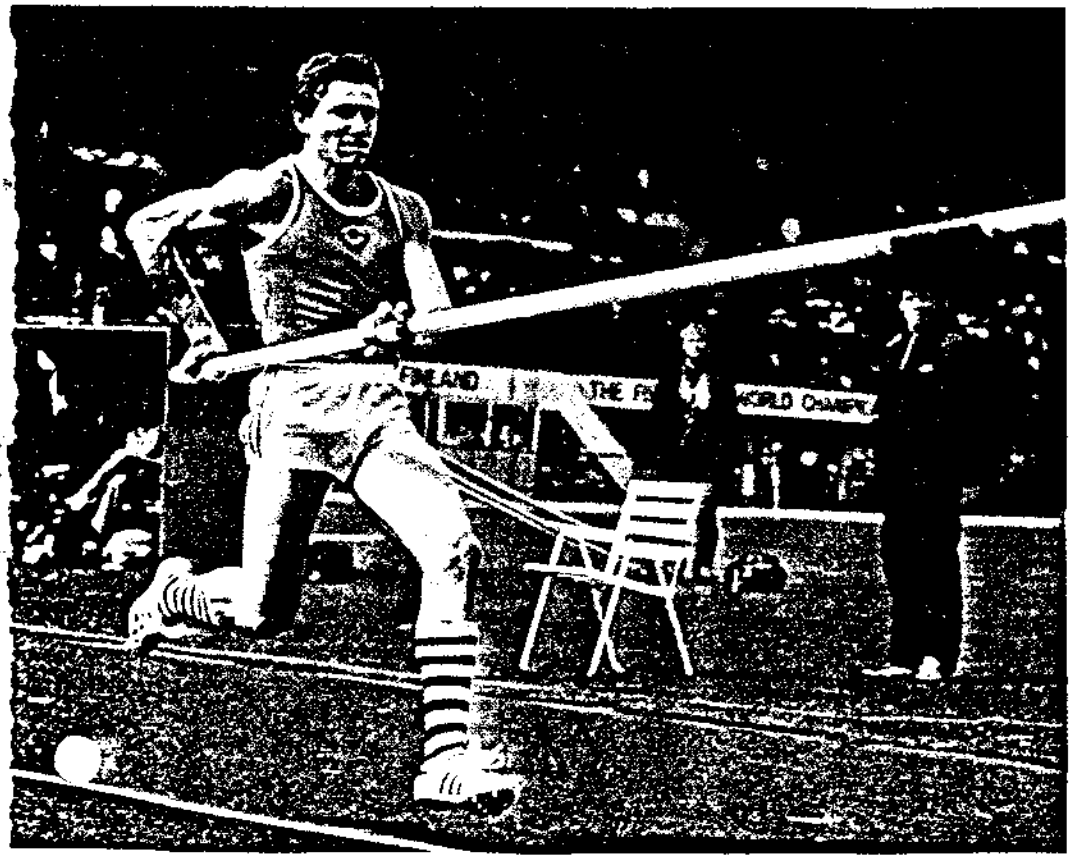
A distinguishing feature of these schools is that all of the students are potential athletes. In itself this creates an atmosphere of competition and at the same time brings out the best in each student. Because the youngsters must follow and fulfill the same academic requirements as students in the regular schools, the only essential difference between sports schools and regular schools is the type of student admitted.

It has been estimated that there are thousands of sports schools (usually off-limits to visitors and not widely publicized) throughout the USSR. Most are located in the larger cities, and youngsters live at home and commute to their schools. In the rural areas the young athletes live in boarding-houses. This is usually not a hardship, because parents and youngsters appreciate the advantages of attending these schools.

Another major feature distinguishing the Soviet sports school is the caliber of the coaches. They are the key element that makes the system work. Coaching is a very scientific, highly developed and respected profession in the Soviet Union, and competition to become a top coach is fierce. Not only must each coach have been a highly ranked athlete but he must also undergo tough scholastic requirements that are more difficult than in many other professional areas.

To work in the sports schools, the coaches must also be very well versed in child and teenage anatomy, physiology, psychology, growth patterns and so on. They must be knowledgeable in motor learning and have a detailed grasp of the basic skills and training specifics of the sport. And they must be outstanding teachers.

In essence, the youngsters who attend the sports schools get the best available teaching and training from the very earliest years. With this kind of education and training it's easy to understand why so many good athletes are produced to fill the Olympic and league teams. □



DUOMO/TONY DUFFY

SPORTS FITNESS SUPERFEATURE

COACHING KIDS

In the old days children's sports were cheerfully uncomplicated. What could be more exhilarating than a pickup softball game on a hot summer morning? But times have changed and so have children's athletics. Sports and fun are still synonymous—or at least they should be—but today kids are participating earlier, competing sooner and training harder. All of which leads to the same conclusion: Now, more than ever, children need quality coaching.

In this month's superfeature we take a comprehensive look at coaching kids: the pitfalls and dangers, as well as the benefits and rewards. Coaching young children is a serious proposition—it's essential that we do it right.

WINNING ISN'T EVERYTHING—
OR IS IT? AND WHO'S COACHING
OUR KIDS ANYWAY?

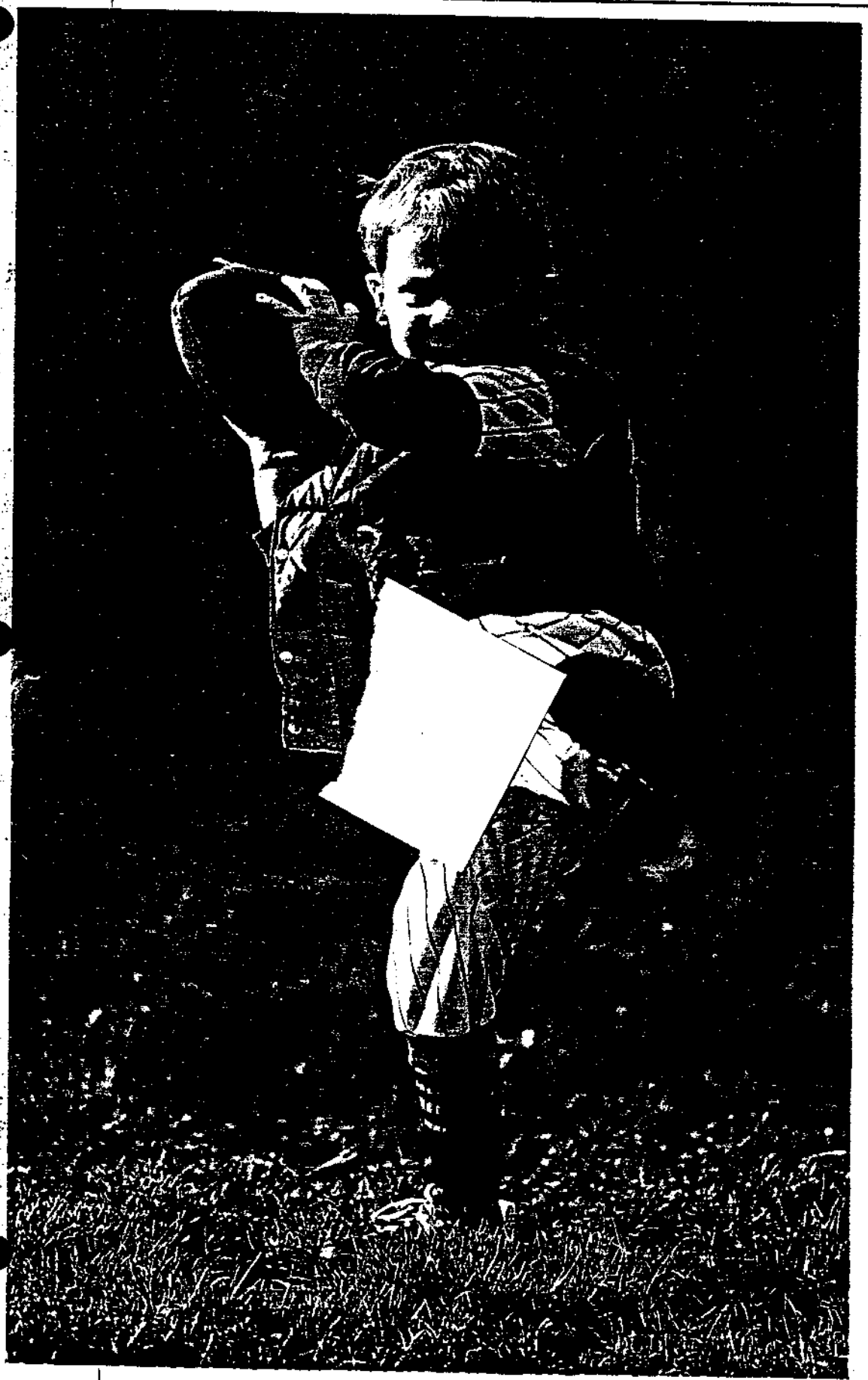
A QUESTION OF BALANCE

Millions of children participate in organized sports programs around the country. For most of them, these programs are an unforgettable rite of passage, one of their first and most important lessons in competition, sportsmanship, socializing with other children and developing a sense of self-worth. Yet the job of coaching them is usually performed by a volunteer, someone giving generously of his or her time.

Sports Fitness wanted to know just how well these people are doing their very important jobs. Are they qualified? Is there an excessive emphasis on winning? Are children pushed too hard too soon?

To find the answers, we sought out six experts who are intimately involved in youth sports. Among other findings, we discovered a widespread

BY MARTIN ZUCKER



concern for improving coaching skills, including a better understanding of the physical and psychological needs of children. Our experts also agreed that the passion for winning sometimes can be harmful to youngsters. Their comments:

Dr. Tom Tutko, *professor of psychology at San Jose State University, specializing in sports psychology, and author of "Winning Is Everything and Other American Myths"*: "I firmly believe all children should take part in a variety of sports, but I think the present organizations are far from ideal. The majority of people working with kids in sports don't know about kids. They make a gross assumption—that kids are adults. They aren't.

"Organized sports, in the main, are based on the professional model and not on the needs of kids. You force the youngsters to be preoccupied with winning and fail to take into account the physiological and psychological differences of youngsters at different ages.

"At four to five, kids are learning mastery of their motor activities and want to romp, tussle and play freely. We come along and apply the pro model based on winning and excellence. This is unnatural. It tends to inhibit them. We should be emphasizing fun instead.

"From six to 11, kids need a positive environment in which to grow gradually and receive feedback on progress. We destroy this with all the winning hype. I say minimize the need to win and maximize skill improvement, developing rapport with adults and getting along with teammates.

"From 12 to 14, kids are still getting a sense of their identities. Winning becomes a more important issue, but it is still not critical. Now is the time, perhaps, to stratify players into leagues based on ability. This would increase the fun, participation and growth values.

"The way Little League baseball is set up, for instance, I don't think it meets kids' needs. You have a large number of

youngsters who don't return to play a second year. For one thing, the game isn't active enough. Kids prefer soccer. It involves more action, and it's more in line with their needs. Moreover, some kids don't swing a bat at all because they are terrified of a fast ball or are lesser talents and aren't given the chance. Coaches usually don't attempt to deal with this. Similarly, in kids' football there is little attempt to deal with the terror of tackling and hitting, the fear of getting hurt."

Steve Keener, *director of publicity for Little League Baseball, Inc., which oversees some 2.6 million young people from ages 6 to 18 in 15,600 leagues*: "Little League was envisioned to be a leadership program for youth using baseball as the vehicle. The attempt has been to develop positive qualities like working together, leadership and striving to win in a friendly, enjoyable, competitive atmosphere.

"We do recognize a problem of overemphasis on winning among some coaches and managers. Right now we have organized a training program for these volunteers. It calls for district officials to set up workshops in which local experts, such as sports medicine professionals, psychologists and high school coaches, can address coaches and managers. The sessions will cover such subjects as teaching skills and understanding the needs of kids. We feel it's our responsibility to train adults to work with the kids.

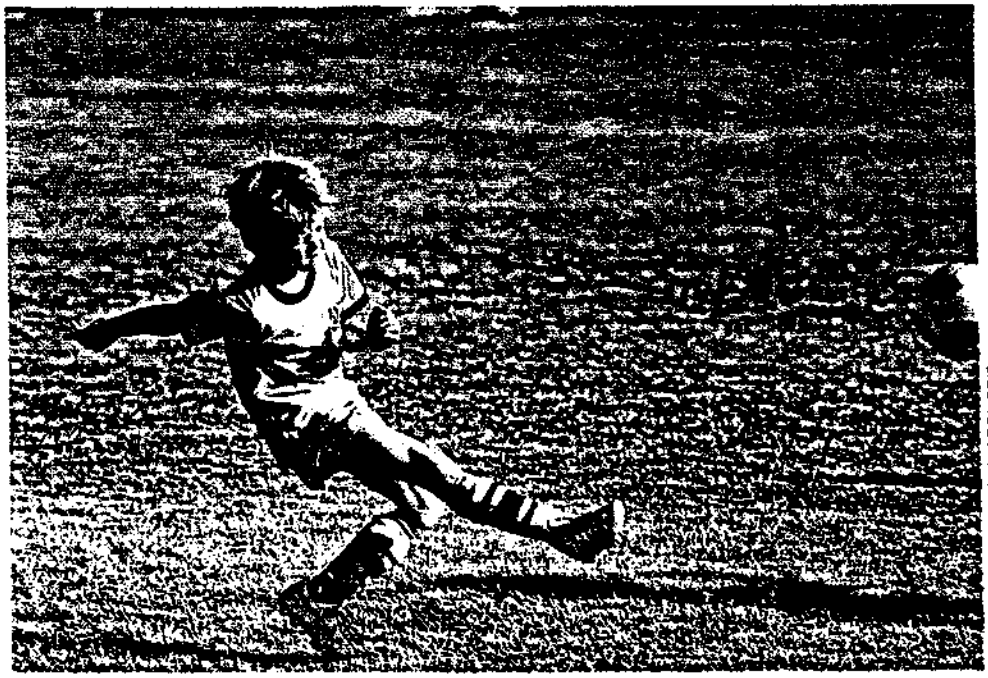
"The individual leagues within our organization are responsible for appointing coaches. We provide guidelines and hope that league officials will find the best possible citizens to coach. A good understanding of baseball shouldn't be the number-one priority. When coaches and managers make too much out of winning, we hope the local officials will see to it that the philosophy of the game is respected."

Bill Bruns, *author and former sports editor of "Life," Little League coach and father of two children playing in organized sports*: "I try to teach kids a few simple basics of baseball during a season, and yet there are coaches out there trying to teach a sophisticated double play. That's a joke to me. I just want my kids to make an out. I think there are coaches asking for too much at too young an age. And often they aren't forgiving enough. A boy drops a ball and is criticized by the coach. I feel that such intensity undermines self-confidence and takes away the fun. And, unfortunately, that kind of pressure is pretty widespread from what I've seen.

"I believe it's hard to deal with the problem of qualified coaches. In our league we're lucky if we get enough men to

(continued on page 97)

THE MAJORITY OF PEOPLE WORKING WITH KIDS IN SPORTS MAKE A GROSS ASSUMPTION—THAT KIDS ARE ADULTS.



PHOTOGRAPHY BY JOSEPH PHONOBIS

digestion tremendously, and instead of clearing the stomach in two hours, it can take five or six. Use a tomato sauce instead."

In developing an energy-building, high-carbohydrate diet, don't be caught in the wheat trap. Wheat is the most common grain found in the American diet. Wheat flour is most frequently used in cakes, cookies, bread and pasta. It is so prevalent, in fact, that many Americans overdose on it—wheat is the second most common food allergy.

Variety is the best way to avoid the problem. Rotate your diet. You can eat pasta made from spinach, corn and artichoke flour. Put more beans, sweet potatoes, raw seeds and nuts into your diet. Try steamed vegetables with cooked millet or buckwheat. If you are a fast-food lover, consider Mexican bean burritos and tostadas (without the cheese, please). They offer a good carbohydrate payload. And no wheat.

But whatever complex carbohydrates you eat, remember to chew your food well. Saliva is the first step in carbohydrate digestion. When you gulp your food, you interfere with the wonderful digestive machinery that channels food into energy and growth. Mothers, in their infinite wisdom, know what they are talking about when they tell their children to slow down when they eat. "Chew," they say. "There are no teeth in your stomach." For beans, especially, chewing is a must, because it can greatly reduce gas.

If you're worried about not getting enough protein in a high-carbohydrate diet, save the fretting for your next game. By combining complex carbohydrates—the beans and tortillas of Latin America are the classic example—you are creating protein equal in quality to that of meat. The key to combining is beans plus grain. A recipe with 1½ cups of beans and four cups of rice is equal to the protein in a 19-ounce steak. A dish with ⅔ cups of soybeans, 1¾ cups of sesame seeds and 1½ of peanuts matches the protein value of a 21½-ounce steak.

Carbohydrates are the major source of fuel for muscle contractions during most sports activity, and they should be the preferred source of energy in your diet, composing 50 to 60 percent of your daily caloric intake. If the idea of changing your eating habits to include more of them intimidates you, refer to Frances M. Lappe's *Diet for a Small Planet* and Ellen B. Ewald's *Recipes for a Small Planet*, which are both excellent books for complex-carbohydrate meal making. And Frances S. Goulart's sports-oriented books *Eating to Win* and *The Official Eating to Win Cookbook* offer entertaining and practical advice about carbohydrate power as well as some zesty recipes to inspire you. □

QUESTION OF BALANCE

(continued from page 63)

coach at all, let alone be qualified. You just hope to have coaches who are good fathers. That's really what they should be. If they played some high school ball, well, that's a bonus."

Don West, *national president of the American Youth Soccer Organization, which has 300,000 youngsters from ages 5 to 18 playing soccer in 36 states*: "We believe in keeping competition in perspective; that is, winning kids comes first, winning games is second. That's why we provide [the opportunity] for all kids, regardless of ability, to play half of every game. There are no tryouts or elite selections. Any child can sign up and play. We are concerned with child development through sports, with having a good time and with learning to do the best you can.

"There is a question of adequacy among the great number of volunteer coaches in kids' sports. We have attempted to raise the level of competency of our people through ongoing instructional training programs. This fall, for instance, we'll put into effect a $1-million program for our coaches. It's been four years in development and is based on recommendations by a panel of university experts.

"We are trying to pursue positive coaching, emphasizing those aspects of sports that build body and character rather than just emphasizing winning. Our coaches are being trained not just in how to teach soccer skills. They are being exposed to methods of child psychology and, yes, even some adult psychology, to help scale down the rabid competitive urges of some parents."

Jim Taft, *national field director of the Pop Warner football program, which has some*

Tennis and the Rush to the Net

When Pam Shriver was five years old, she fell from a 10-foot fence while retrieving an errant tennis ball. At the ripe old age of two, Chris Evert-Lloyd was practicing her "game" with a makeshift sawed-off racket. Evert-Lloyd and Shriver are exceptions, athletes who started remarkably young and somehow hung in there to make it in the pros. But for the typical young athlete, parents and coaches beware: High expectations can turn what started as fun into mere drudgery.

John Fonce, 71, was the fourth-ranked singles player in the United States in 1941. A tennis coach for the past 40 years, Fonce says, "It's simply incredible how young the kids are starting off today. I've seen parents give their children fly swatters so they can practice their swing even before they can hold a racket. You know how parents put little babies in a pool on their backs to teach them how to float? Well, that's how early they're starting them at tennis."

Arthur Ashe, former Wimbledon champ, cautions against young kids single-mindedly pursuing tennis careers and neglecting the other aspects of their lives. "The competition you have to overcome to eventually make a living as a pro is awesome," he says. "Thousands of kids are talented at 14, but it doesn't mean a thing in terms of their shot at becoming a pro. Even if you're the NCAA champ it doesn't mean anything. You're not only competing against the top players from virtually every country in the world, but there's also very little turnover at the top each year. A parent shouldn't realistically expect his child to make it as a pro."

But some parents, when they perceive a spark of talent, don't merely anticipate success; they essentially demand it. Psychologist Allen Fox, author of *If I'm the Better Player, Why Can't I Win?*, addresses the dangers of relentless parents and potentially resentful children. "There are plenty of parents who take a low-key, rational approach to their children's tennis games. But there are cases, and you see it all the time, where kids are virtually crushed by a parent who insists on jamming the sport down his or her throat. It's especially frequent in families with young boys and dominant, overachieving fathers. The boy wants to emulate his father, and when his father criticizes his performance, he may feel he's playing a losing game and give up the sport entirely."

Fonce says he has had more than his share of run-ins with parents who cling too closely to their children's tennis games. "I've seen parents who are so mean and vicious when their child loses that it makes you sick. They become absolutely paranoid about their child's capacity to play tennis. A child has the right to do anything he wants, within reason, and by forcing him to do something, you can actually destroy that part of his life. If I have parents who are pushing too hard, I tell them to back off. If that doesn't work, I just won't coach their kid."

The problem is often complicated by the severe financial needs of a truly serious young tennis player. Including plane fares, hotel lodgings, equipment, lessons and, of course, countless pairs of shoes, a so-called tennis parent can easily shell out $10,000 annually.

"There's no doubt that some parents look at all the money spent as an investment in the future," says Fox. "There's money to be made as a pro today, so some of the parents are putting out the money as much for themselves as for the child. A few may do it knowingly, but most just get mixed up and misguided when they think of the potential future benefits."

The next time you find yourself prodding your child into practice or overreacting to their defeats (or victories), relax a minute and think it over. After all, it's *their* game.

—STEVE DELSOHN

200,000 youngsters from ages seven to 16 enrolled in flag and tackle competition in 39 states: "Our program is oriented toward fun and learning. Every child has an opportunity to play, and because we categorize competition according to weight and age, there is less chance of injury. As a matter of fact, there is a much greater chance of injury when kids play football in playgrounds or on the streets. They have no equipment to protect them. In our program, kids wear $200 worth of protective gear. Furthermore, we don't have 75-pound kids going against 150 pounders. Kids are taught how to tackle and block properly to minimize the potential for injury. We were the first program to incorporate the mouthguard as standard equipment. High school, college and pro organizations followed us. So safety is paramount. And if parents don't want contact, they can put their kids in our flag football program.

"In Pop Warner, our coaches attend periodic seminars on how to teach and work with youngsters. They learn from experts about sports medicine, good eating habits and conditioning, and how to pass on this information to kids.

"Sure, we have some people who push winning at all cost, but frankly we try to weed them out and to have volunteers who are interested in developing kids as human beings, not just as football players.

"The Pop Warner program emphasizes good scholarship. All players must have passing grades in school. Teams qualify for playoffs by both their athletic and scholastic performances. We feel we are thus preparing youngsters not only for the high school coach, if they want to continue playing football, but for the high school teacher. We try to build carry-over values."

Dr. Rainer Martens, *professor of physical education at the University of Illinois and author of "Joy and Sadness in Children's Sports"*: "Under the right leadership, organized sports are wonderful for kids. Under poor leadership, they can be devastating. Sports for kids are as good as we, the adults, make them.

"With good leadership you enable youngsters to acquire appreciation for their bodies, to develop confidence by learning physical skills and to learn cooperation in a competitive context, which is so important in this society. You also have the opportunity to teach psychological skills like managing stress, concentrating intensely, setting goals and achieving them, and responsibility toward others. And perhaps most important, you provide a chance to have fun.

"Whether or not these benefits are achieved boils down to the individual coaches. Unfortunately, there is a greater possibility of having unqualified coaches down at the kids' level because the coaches tend to be volunteers. These are often people who are well-intentioned and generous with their time but who have had little or no training either as coaches, educators or leaders.

"Too often the only criterion for coaching is knowledge of the sport. The priority, however, should be knowledge of the young people being coached—and how to work with them psychologically and physiologically, and how to teach them physical skills.

"Most of the national youth organizations recognize the need for educating coaches. Some have taken very concrete steps, while others have given this issue mainly lip service.

"I am also concerned with the obsession for winning that makes victory a priority over the youngsters' [well-being]. Too many children are placed into programs in which all their energy is devoted to playing just one sport or even one position in one sport. The [adult's] objective is to make that person into a superb athlete, into a Mary Lou Retton.

"I think pushing children too rapidly in one narrow channel can lead to psychological and physiological burnout. It also deprives a youngster of the chance to obtain broader experiences from childhood. We applaud and make heroes of the few who excel. But of the many more who do not, we may produce children who regret such a commitment and the missed opportunity to enjoy other parts of their youth.

"If a child has a desire for the commitment, and enjoys it, that's fine. The commitment should be presented as an opportunity, but along with it should come an equal opportunity to drop out if the youngster so desires. The interests of kids change, and that's normal. Maybe somebody wants to switch from gymnastics to the clarinet. Forcing Olympian goals on a youngster is a mistake. If the child turns his or her mind elsewhere and wants to drop out, that's the way he or she should be allowed to go.

"I firmly believe the person should come first and the winning second. It's fine to instill a winning desire, a goal of being the best you can possibly be. But when a coach decides to play an injured youngster in the interest of winning, or leaves the weakest player on the bench for a whole season, he is putting winning ahead of the kids. Many coaches and parents have a tendency to lose perspective of what the most important values really are in the kids' programs." □

To help remedy the problem of unqualified coaching, Dr. Rainer Martens established the American Coaching Effectiveness Program, a 10-hour package of videotapes, slides and manuals about teaching methods for volunteer coaches. The emphasis is on sports medicine, physiology and psychology, and teaching skills. The program is being used by nearly 5000 local agencies across the country, including the YMCA, Boys Clubs and 10 Olympic sport-governing bodies. For information, write to program director Bob Levin, P.O. Box 5076, Champaign, IL 61820.

BATTING

(continued from page 84)

ble above the level of your shoulders, and use a pronated grip (palms of the hands facing rearward) so that the posterior deltoid will be involved—it's the key shoulder-joint muscle in forward arm movement.

Another important action is elbow-joint extension in both arms. Do the bat press: Lie down on an exercise bench in the same position as for the bench press. Grasp a dumbbell in your hands with a pronated grip in the left hand and supinated grip in the right hand (just like you hold the bat). Hold the dumbbell over your chest at approximately nipple level, extend your arms directly upward until they are completely straight, then lower to your chest and repeat.

The key action in the wrist is ulna flexion (the little-finger side of the hand breaks sideways toward the forearm.) To develop the necessary muscles, do ulna flexions. Stand with your arms hanging freely by your side. Hold a bar, weighted at one end with the weight pointing rearward, in your hands with your palms toward your body. Raise the weighted end as high as possible and then lower it as far as possible. The greater the range of motion, the greater the strength and wrist action in the swing.

Because you also roll your wrists slightly before and after contact, you should do supinations and pronations to develop this action. For a right-handed batter, the left hand supinates and the right hand pronates. Kneel in front of an exercise bench and place your forearms on the bench so that your hands hang freely over the far edge. Hold a dumbbell in each hand and rotate your hand so that your palm is up, then rotate it again so that your palm is down.

Grip strength—which is also very important for transferring the forces from your body into the bat and then into the ball—can be developed in several ways. One of the simplest is to squeeze a ball as hard as possible several times a day. Another is to do short-range wrist-joint flexions with a heavy barbell or dumbbells in your hands. Because the grip is held with static contraction of the wrist and hand flexors, you can also use isometric contractions to develop this ability.

After several months these exercises will bring about great changes in your swing. Because of this, your technique will also change somewhat. As you develop additional strength and speed, you should also work on technique, but never attempt radical alterations during the season. Therefore, do these strengthening exercises prior to the season, and as you tune up for league competition, sharpen and polish your swing pattern. Then, during the season, do maintenance work to keep up your strength and speed, going through the exercise program once a week. □

ON RUSSIAN SOIL, KIDS START EARLY AND TRAIN HARD. AND THE SYSTEM WORKS.

THE FARMING OF SOVIET CHILDREN

The United States has built a strong farm system into our schools to feed the needs of our major sports. The professional and world-class amateur teams are supplied with the best athletes from the collegiate ranks, which in turn are supplied with the best from the high schools and junior highs. So keen is the competition to move up this ladder that some parents hold promising sons and daughters out of school so that an extra year's maturity might give them an edge over their peers.

The Soviet Union has no such structure for replacing top-level athletes. The schools don't have competition as we know it, although skills and fundamentals of sports are taught, and a relatively small number of youngsters participate in any given sport. Thus, the school system

BY MICHAEL ANTHONY, Ph.D.

and the small sports base don't provide enough athletes to fill the needs of the top teams, especially on a world-class level. So the USSR created the concept of the sports school, in which youngsters begin sports participation from the very earliest years. These schools produce the "reserves," as the Soviets call them, for the Olympic and elite teams.

Not everyone can attend these highly specialized schools. The youngster must have athletic talent and undergo a comprehensive screening procedure. This doesn't mean the Soviets look only for the genetically gifted youngster. Primarily, they look for those who possess certain physical and psychological qualities and who have good mastery of sports skills—those who have the potential to develop into elite athletes.

As the Soviets say, it's very rare to find a well-rounded, genetically gifted individual for a given sport. To have top-level athletes, then, the Soviets must develop them from the raw capabilities that they possess.

This is in direct contrast to the belief prevalent in the U.S. that the top athlete must be a natural, and "either you have it or you don't." The emphases of American coaches are psychological motivation ("this one is for the Gipper"), sociology (how to work together with your teammates) and strategy (how to work different offenses and defenses).

Very little emphasis is placed on scientifically based conditioning, training or technique. In almost any book about any of the major sports, the shortest chapters (if they even exist) are devoted to technique analysis, conditioning and specialized exercises.

This belief that top athletes are "naturals" and that athletes can't be "made" is a major reason for the fierce competition in recruiting "blue chip" athletes. Coaches believe that if you can't get (*buy* may be more appropriate) the best athletes, you won't have a good team. Because of this, million-dollar recruiting budgets aren't un-

DUOMO/TONY SUTTON

Many of Russia's premier athletes are products of Soviet sports schools. Shown here at the 1983 World Championships in Helsinki are (counterclockwise from top) Zamira Zaitseva (falling), Anna Ambrazene, Gennadiy Adveenko and Sergei Bobka.


DUOMO/TONY DUFFY

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common in the major colleges and universities.

A completely different philosophy exists in the Soviet Union. They believe that athletic talent must be identified early and then carefully nurtured before it can fully mature. Thus the Soviet sports schools evolved and developed both in number and quality. Today they are the main source of producing athletes in all of the sports.

There is no pressure in these schools to develop top athletic talent at an early age. Progress is based on scientific research, past experience and multiyear studies of athletes, which show when they peak in relation to their training. And there's no need for recruitment as it occurs in the U.S.

Youngsters who attend the sports schools are usually discovered in the regular schools. Teachers (most often in physical education) notify the coaches of a sports school, who then come to look at the youngsters. Testing is done to determine the athlete's physical qualities, including strength, flexibility, endurance, agility and speed-strength, in addition to sports skills.

THE SOVIETS SAY IT'S RARE TO FIND A "NATURAL" ATHLETE. SO THE USSR DEVELOPS THEM FROM THE RAW.

This is the key. In essence, the Soviets test for all-around development to determine if the youngster possesses all of the physical and psychological qualities needed for a versatile athlete. Outstanding ability in a specialized sport is also recognized, but it isn't the key element at this stage. The Soviets look first for a strong general base. Intense specialization comes later.

In fact, this is the major emphasis in the early years in the sports schools. They stress the development of basic sports skills, such as running, jumping, throwing and kicking, and exercising the specialized sports skills, but not full-scale competition. In fact, coaches have been fired for pushing competition on the youngsters with full game play.

There is, however, considerable competition among the children. But it's used to determine who has the best technique and the most highly developed physical qualities—who is fastest, who can jump highest and farthest, who can throw the farthest and so on. When true specialization begins (usually at 14 to 15 years of age, or earlier in some sports), full-scale competition also begins.

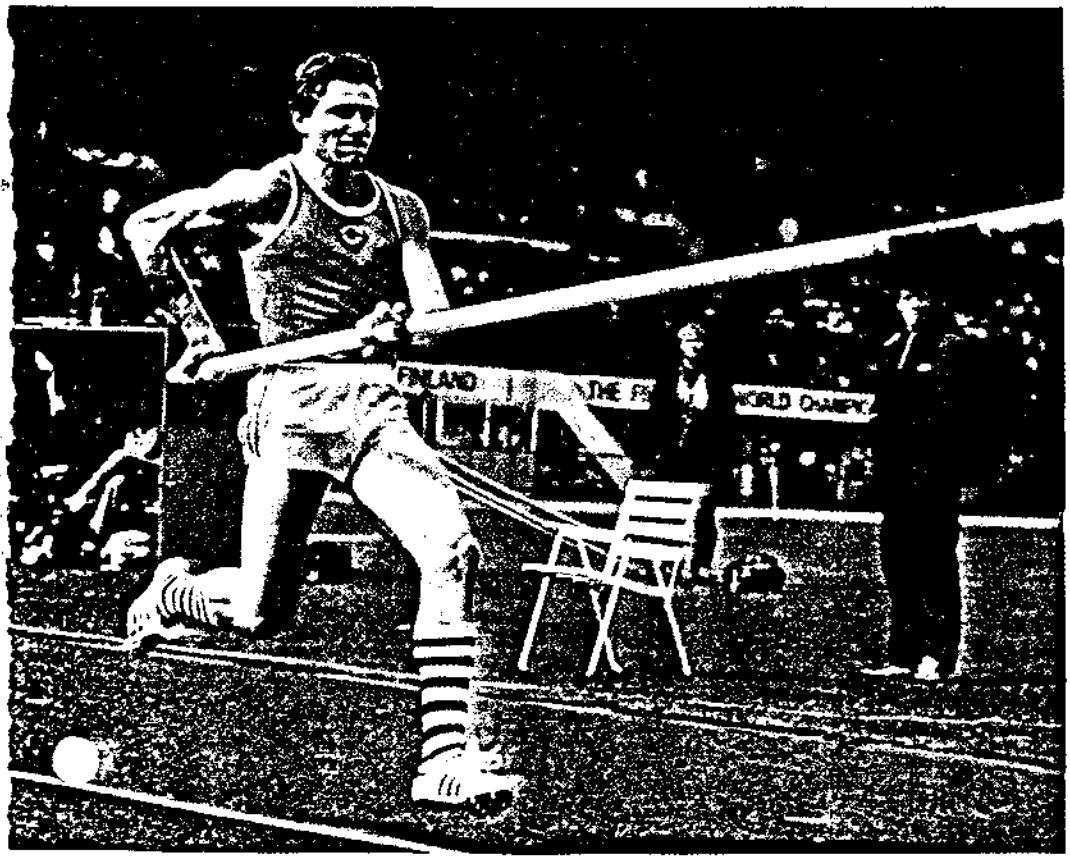
A distinguishing feature of these schools is that all of the students are potential athletes. In itself this creates an atmosphere of competition and at the same time brings out the best in each student. Because the youngsters must follow and fulfill the same academic requirements as students in the regular schools, the only essential difference between sports schools and regular schools is the type of student admitted.

It has been estimated that there are thousands of sports schools (usually off-limits to visitors and not widely publicized) throughout the USSR. Most are located in the larger cities, and youngsters live at home and commute to their schools. In the rural areas the young athletes live in boarding-houses. This is usually not a hardship, because parents and youngsters appreciate the advantages of attending these schools.

Another major feature distinguishing the Soviet sports school is the caliber of the coaches. They are the key element that makes the system work. Coaching is a very scientific, highly developed and respected profession in the Soviet Union, and competition to become a top coach is fierce. Not only must each coach have been a highly ranked athlete but he must also undergo tough scholastic requirements that are more difficult than in many other professional areas.

To work in the sports schools, the coaches must also be very well versed in child and teenage anatomy, physiology, psychology, growth patterns and so on. They must be knowledgeable in motor learning and have a detailed grasp of the basic skills and training specifics of the sport. And they must be outstanding teachers.

In essence, the youngsters who attend the sports schools get the best available teaching and training from the very earliest years. With this kind of education and training it's easy to understand why so many good athletes are produced to fill the Olympic and league teams. □



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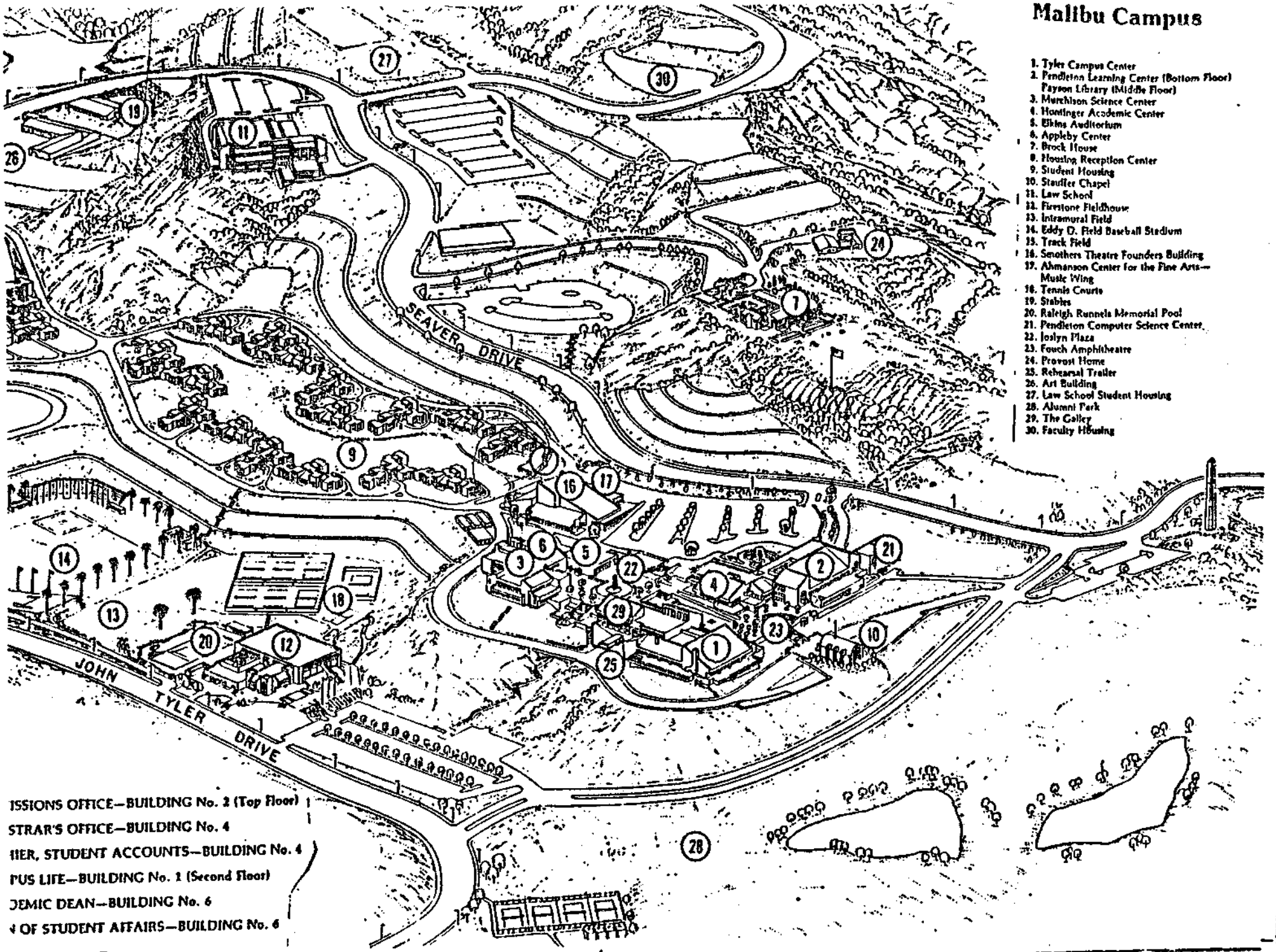


Malibu Campus

1. Tyler Campus Center
2. Pendleton Learning Center (Bottom Floor)
   Payson Library (Middle Floor)
3. Murchison Science Center
4. Huntinger Academic Center
5. Elkins Auditorium
6. Appleby Center
7. Brock House
8. Housing Reception Center
9. Student Housing
10. Stauffer Chapel
11. Law School
12. Firestone Fieldhouse
13. Intramural Field
14. Eddy D. Field Baseball Stadium
15. Track Field
16. Smothers Theatre Founders Building
17. Ahmanson Center for the Fine Arts—
    Music Wing
18. Tennis Courts
19. Stables
20. Raleigh Runnels Memorial Pool
21. Pendleton Computer Science Center
22. Joslyn Plaza
23. Fouch Amphitheatre
24. Provost Home
25. Rehearsal Trailer
26. Art Building
27. Law School Student Housing
28. Alumni Park
29. The Galley
30. Faculty Housing

ISSIONS OFFICE—BUILDING No. 2 (Top Floor)
STRAR'S OFFICE—BUILDING No. 4
IIER, STUDENT ACCOUNTS—BUILDING No. 4
PUS LIFE—BUILDING No. 1 (Second Floor)
DEMIC DEAN—BUILDING No. 6
OF STUDENT AFFAIRS—BUILDING No. 6

DO THE ENDS JUSTIFY THE MEANS FOR THE NATION'S MOST POWERFUL SWIMMING DYNASTY?

HARD LAPS AT MISSION VIEJO

The group of teen-agers seems almost playful in the poolside weight room, despite the poundage they're lifting. They're chatting, giggling, flirting, as teen-agers do. But when Mark Schubert appears at the weight-room door, their eyes turn to him in unison.

"The rules are," says Schubert in a booming voice both louder and deeper than the quiet tones he had just used in an interview, "if you aren't lifting, you shouldn't be in the weight room."

The teen-agers seem attentive but not overly intimidated. Still, they know who the boss is. "Can I go to the bathroom, Mark?" asks one fresh-faced girl. "Sure," he allows, and she dashes out for perhaps the only break she'll have for the rest of the afternoon.

This is no ordinary weight

BY MICHELE KORT

room, no ordinary pool and no ordinary group of teen-agers. This is the home of the Mission Viejo Nadadores, coached by Mark Schubert—the most successful swim team in the United States and one of the best in the world. Consider their statistics: The Nadadores have been national team champions every year since 1974, are but one team championship away from the American record of 41, have notched 124 individual national championships, have broken 88 American and 21 world records, and have produced 125 All-Americans. And perhaps their biggest claim to fame, the Nadadores have won 17 Olympic medals, including exactly one-third of the 21-gold haul from this past summer's Olympics.

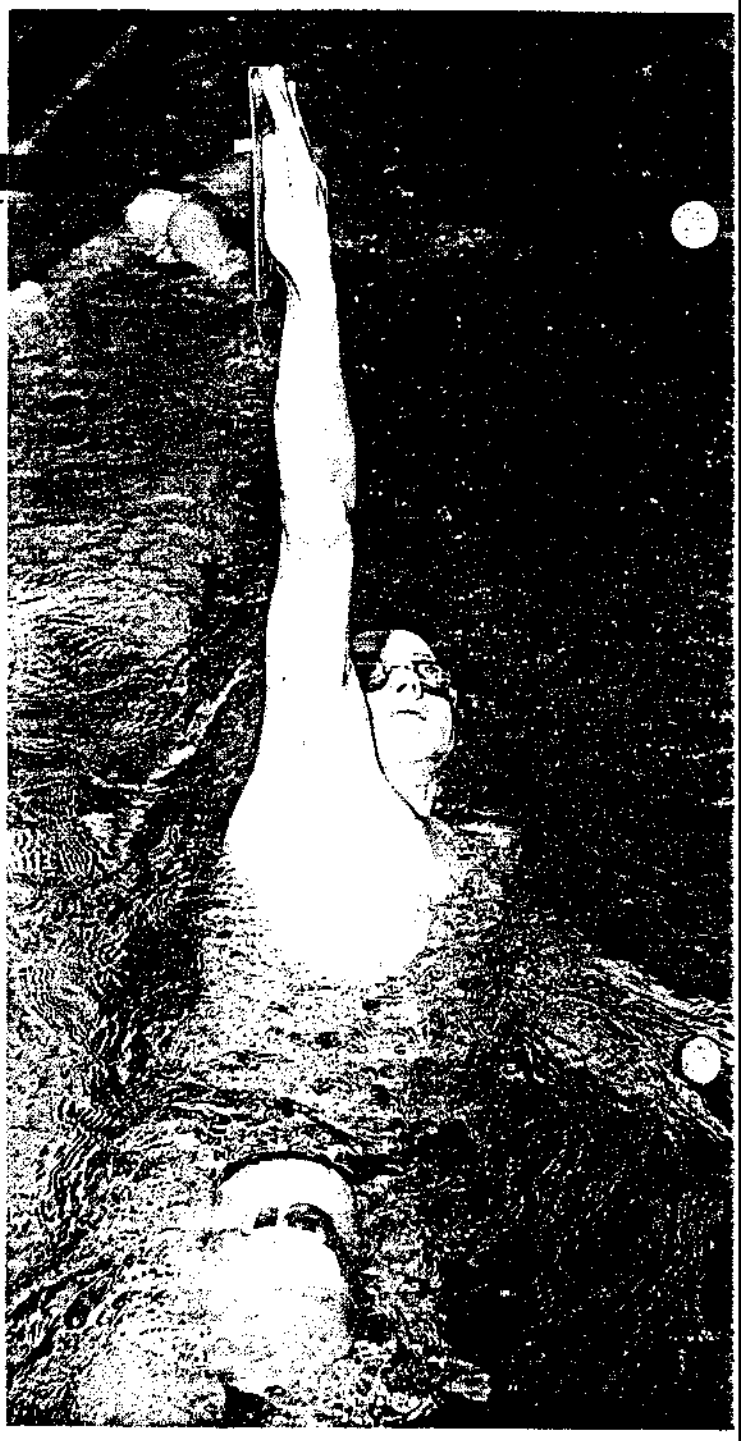
In the process, not only have they etched into swimming history such names as Brian Goodell, Shirley Babashoff, Sippy Woodhead, Jesse Vassallo and Mary T. Meagher (and through the newer diving program, Greg Louganis and others), the Nadadores have also put the Orange County community of Mission Viejo on the map.

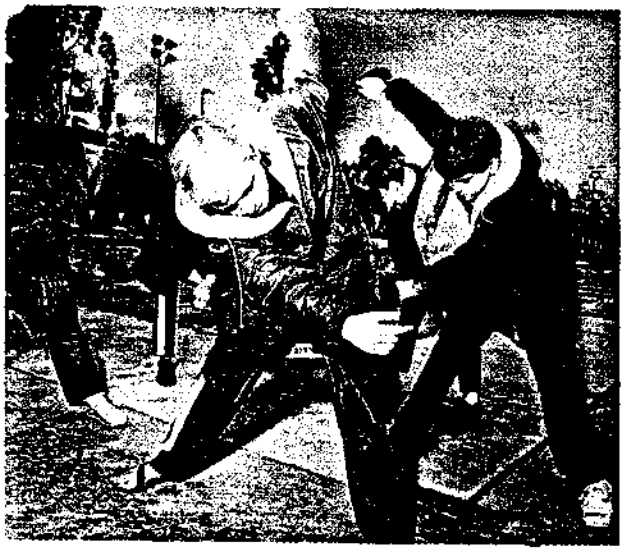
Mission Viejo is a town so fully planned—it was begun from scratch on ranchland in the early 1960s—that residents have to get permission before they can repaint the exteriors of their houses and Kentucky Fried Chicken isn't allowed to display its usual bucket in the sky. It's not surprising, then, that the Nadadores were almost as carefully planned to serve both community spirit and the advertising interests of the Mission Viejo Company, which operates the development and generously funds the swimming program.

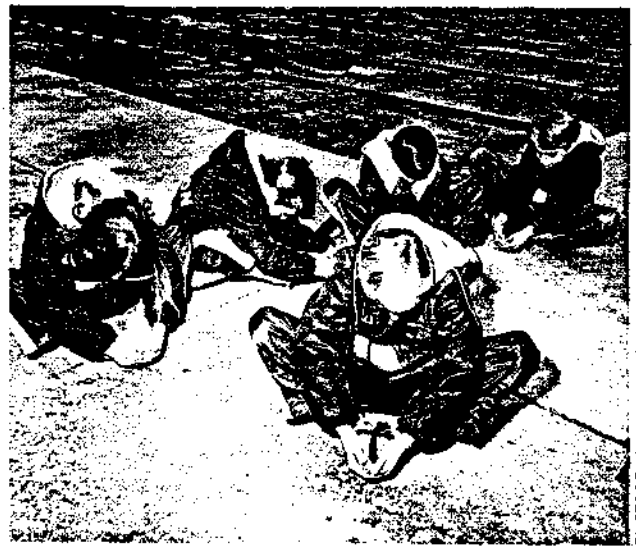
The Nadadores ("swimmers" in Spanish; although there isn't an "old mission" anywhere in sight, the whole town is built around a Spanish theme) started casually in 1968 as one more sports offering in a place brimming with athletic opportunities. It wasn't until 1972, when the company decided to build an Olympic-size swimming pool at the Marguerite Rec Center and hire an enthusiastic young coach from Ohio, that the program took off.

Just as the town had been built for instant history and community, the swim team, under the direction of Schubert, was built for quick success. Focusing initially on distance swimming (which Schubert believed had little depth in the country at the time) and on women swimmers (who develop earlier than young men), Schubert came up with a national champion women's team by 1974.

Despite its achievements, the program is not without its critics. It's the best program money can buy, some say, perhaps envious of the facilities







PHOTOGRAPHY BY UNIACK

On land and in the water, the Nadadores swimmers follow a detailed training regimen. Schubert says his younger swimmers should train four or five times a week, building an aerobic foundation while their hearts and lungs are still developing.

THE CRITICISM IS THAT THE PLACE IS A "FACTORY" OF INTENSE LABOR, AS REGIMENTED AS THE TOWN ITSELF.

and travel expenses provided by the company. Others feel it's too insular—that swimmers know only each other and the pool. The most commonly heard criticism is that the place is a "factory" of intense labor, as controlled and regimented as the town itself.

On a recent cold but sunny day at Mission Viejo's Olympic pool (it had been 31 degrees poolside for the 5:30 workout that morning), Schubert—dressed for snow, it seemed, in a parka, hiking boots, overlong pants and his ever-present Nadadores baseball-style cap—sat down to talk about how he trains young swimmers, and occasionally to dispute the naysayers.

"What we've tried to do here," says the handsome, 36-year-old Schubert, "is develop an environment, not just a program, where kids can enjoy working hard and training against each other and working toward a common team goal. We have a many-level program for kids from five years of age on up, but all the levels are based on ability groups. So as kids progress and are faster and more efficient, they move from one ability group to the next. It gives them the opportunity to go from a novice swimmer to Olympic champion."

For the youngest swimmers, the Nadadores program focuses on swimming for enjoyment, learning the strokes and experiencing low-key competition. They swim only two or three days a week, and some train only in the warm months, April through September. "I have two of my own children who swim in the program, ages seven and eight," Schubert offers, "and I don't have them swimming in the winter. Hopefully, if they like it and they ask me to swim year-round, then they'll start doing that."

Though Schubert is cautious with his own kids, fearing they'll feel pressured by Dad the Coach, he says he prefers to see children take the sport semiseriously beginning about age eight. "Although they don't have to choose swimming as their single activity, it's probably important to train four or five times a week and start laying a base [aerobically] as their heart and lungs are growing. Probably by 10 they'll show whether they have an aptitude for the sport or not."

At this stage, swimmers begin age-group training, and the most advanced 10-, 11-, and 12-year-olds work out five or six times per week, two hours per session. They'll probably swim about 6000 meters per workout, which will be 80 percent oriented to aerobic work. The younger kids also do some dry-land work three days per week—generally running, sit-ups and pushups, and flexibility exercises.

When the swimmers hit their teens, the workouts get intense. Those training for sprint races will swim 8000 to 10,000 meters per day (50 percent aerobic, 50 percent anaerobic), the middle-distance swimmers 12,000 to 14,000 meters (60 percent aerobic), and the distance swimmers from 16,000 to 20,000 meters (80 percent aerobic). The mileage is broken up into two sessions per day, six days per week. During the school year, workouts run from 5:30 to 7:30 in the morning and from 3:30 to 6:00 in the afternoon; in the summer, the morning session is a half-hour longer, but swimmers are at least allowed to sleep a little later (it doesn't start until 8 A.M.).

The athletes also are put through three days per week of weight training on Universal and Nautilus equipment and three days a week of isokinetic work using the Biokinetic system. "It allows you to do movements similar to stroke techniques," explains Schubert. "The weight training basically is for strength, and isokinetics is for speed and endurance."

Until about 1976, when Schubert's swimmers Brian Goodell and Shirley Babashoff pocketed quite a few medals in Montreal, 20,000 meters of swimming a day was considered "risqué," but nowadays, says Schubert, "the way we train is pretty

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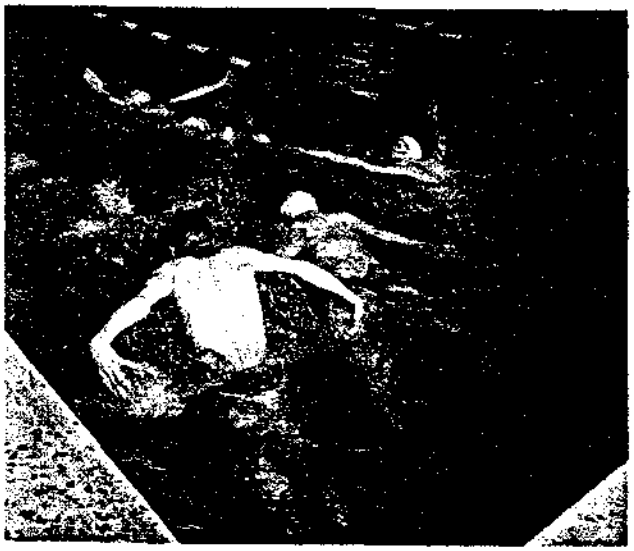


THE QUESTION OF WHEN KIDS CAN BEGIN WEIGHT TRAINING HAS SOME SURPRISING ANSWERS

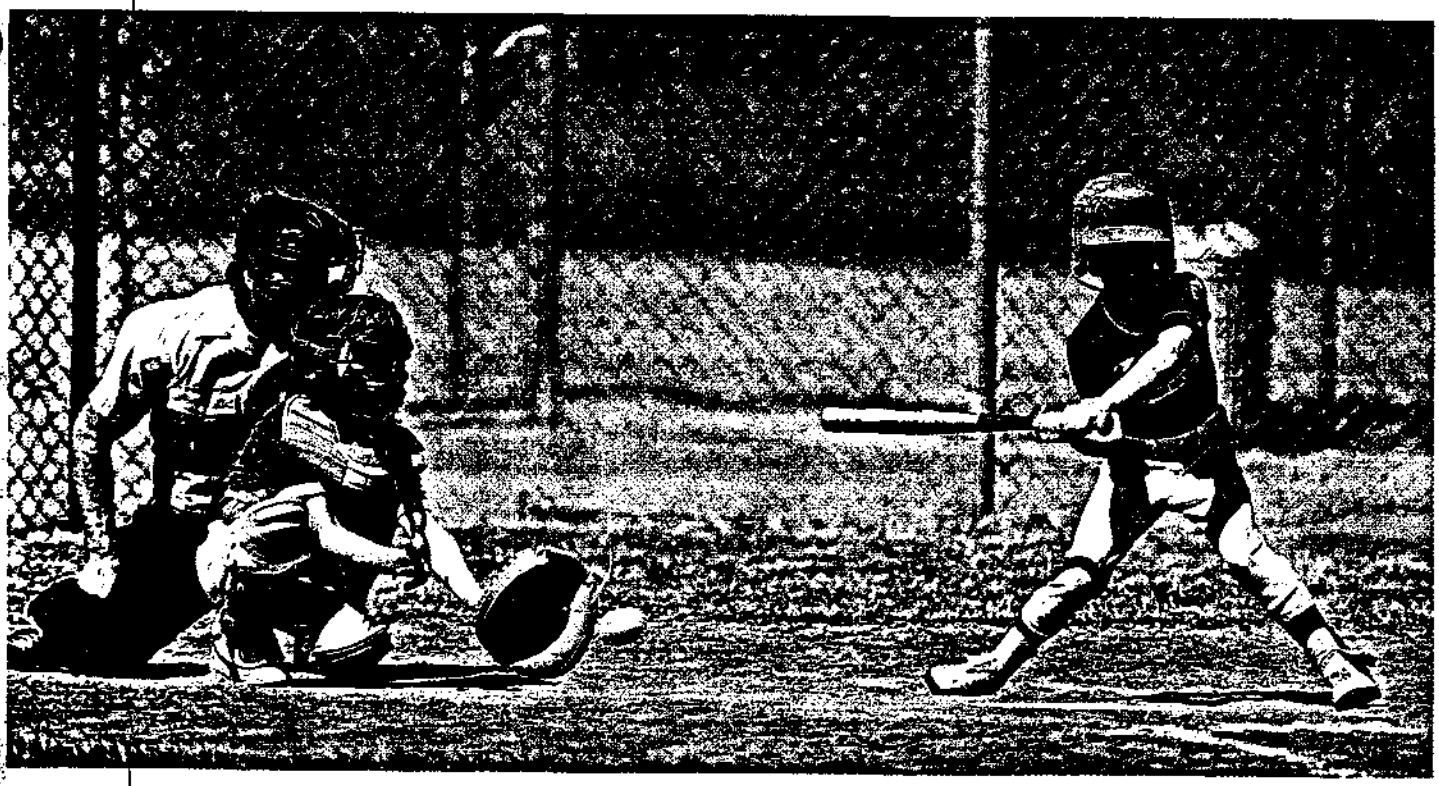
KIDS CAN BANG THOSE WEIGHTS

You're fat now, having let your set of weights gather dust in the garage. But you remember your days of glory—or how things could have been—and you kept those weights around on the chance that you would find it in yourself to coax a rebirth of sorts.

The career came along, then the kids. With no rebirth in sight, you looked at the kids with no small measure of vicarious pride. Maybe they would achieve the heights of sports glory that you either had or wished you had. Join the Little League! Pop Warner, let my kid play on the starting team! And Mom, dust off those weights. The world of sports had better look out—my kid is getting ready to turn it upside down!

Trouble is, your kid is fat, too. He can't even do a chin-up

BY FREDERICK C. HATFIELD



FOCUS WEST/KIRK SCHLEA

or a pushup, let alone bend over to snag a grounder. Should he keep trying to play? Should he keep trying to do those pushups and pull-ups? Ask yourself this: Do you enjoy watching your kid fail miserably?

The fat kid scenario isn't as unusual as you might think. For that matter, the kid involved doesn't have to be fat—even normally built kids often have trouble handling their body weight when it comes to the typical skills involved in sports, play and exercise. Just as commonly, there are many kids for whom such calisthenic or sports movements are a breeze, offering little stimulation for improved strength or conditioning.

In all cases, weight training is often part of the sensible answer. How old are the kids I'm referring to? At what age does a kid get interested in sports—seven, eight? That's when his sports and related activities should be positive, rewarding and fun. That's the age when consistent failure can turn a kid off forever to the joy of competitive sports. And that's when to begin a well-conceived fitness program, which, in my plan, will include some sensible, productive weight-training techniques.

A Note of Dissent

Dr. George Rovere is head of the sports medicine unit at the Bowman Gray School of Medicine at Wake Forest University. His opinions about when to begin weight training are also held by the American Academy of Pediatrics. According to Rovere, weight training during the prepubertal years is like "spitting into the ocean: It won't do them much good."

Back up! Wait a minute! Do you mean a kid can't get stronger by training carefully and scientifically? The AAP has published a position paper on the subject of adolescents and preadolescents using weights. It said:

"Prepubertal boys (pubic hair stage 1 or 2) do not significantly improve

FOCUS WEST

Question: Does a youngster (top) need less preparation to play the game than the pro (above)? Answer: Not on his life!

strength or increase muscle mass in a weight training program because of insufficient circulating androgens [hormones]. A recent report indicates that preadolescents have some improvement in strength of the abdominal and back muscles after weight training, but no significant change in strength of the limbs."

Curious as hell over this proclamation—it seemed to fly in the face of what I thought I knew after years of observation and working with kids in the weight room—I looked at some of the "research" that prompted the AAP's position.

Of the nine references cited in the statement, five dealt with weightlifting injuries. Now, weightlifting (the sport) is not even close to being what weight training is all about. To suggest that injuries resulting from performing maximum overhead lifts bear any relevance to the practice of weight training is inappropriate and misleading.

Weight training is the sensible alternative to calisthenics for kids who can't lift their own body weight.

KIDS ENTER SPORTS WITH VIRTUALLY NO TRAINING. THIS IS CRAZY! WOULD A PROFESSIONAL ATHLETE DO THIS?

Three of the remaining four references were books on weight training that mentioned prepubertal training only in passing, offering little in the way of solid research evidence to support the claim that testosterone (the androgen referred to in the AAP's position statement) is the factor that determines whether a prepubertal child can benefit from scientifically applied weight-training techniques. In short, the authors of the AAP's position statement present an opinion based on a single research report (the final reference of the nine cited) and on a compilation of selected opinions and medical reports regarding the inherent dangers in the sport of weightlifting.

Is Strength the Main Objective?

Even the AAP admits that *some* strength can be achieved through weight training in the prepubertal years. While coming down hard on weightlifting (as too dangerous), it concluded that "minimal benefits are obtained from weight training in the prepubertal athlete," but it's nonetheless "reasonably safe" and "when properly supervised, can be endorsed for youths."

A common misconception of preadolescent weight training is that strength and size are the only objectives. This notion appears to be prevalent among the authors of the AAP position statement as well. Yet there are several excellent—and well-documented—uses for such weight training beyond mere strength development. In fact, it's surprising that the AAP chose to disclaim significant strength improvement as within the capabilities of weight training preadolescents. Any improvement in a youngster's strength-to-weight ratio, however slight, can be highly significant to how well he or she can learn 1) simple bodily skills, 2) complex motor skills, 3) muscle endurance tasks, 4) flexibility tasks and 5) a host of sports-related fitness tasks, such as balance, coordination and agility.

The issue we must resolve is whether strength is the main objective in a weight-training program for preadolescents. While strength is important (especially for kids who are grossly deficient in their strength-to-weight ratio), several other benefits are just as important in physically, mentally and socially preparing a child for a long, productive sports career that is also fun-filled, rewarding and injury free.

The Benefits to Be Gained

Giving due respect to the AAP and what it's trying to accomplish, I believe it has treated a very complex issue with less than objective thoroughness. Strength—and the issue of testosterone levels—is not the only factor to consider in preadolescent weight training.

For example, Dr. Lyle Micheli, an expert on preadolescent fitness, professor at Harvard Medical School and head

(continued on page 103)

Wayne Skjoldal, Boy Wonder

At four years of age Wayne Skjoldal, Jr., was enrolled in the martial art of karate. Now nine years old, he holds a black belt. It isn't surprising, because Wayne has also been weight training since he was four. His coach, Ray Martin, owner of a karate school in Holmdel Township, New Jersey, calls Wayne "the strongest little boy I've ever taught."

Some might call the 4'4", 75-pound Skjoldal the "Boy Wonder" after they witness his personal bests in weight lifting. His bench press of 90 pounds is as impressive as his five repetitions of 246 pounds on the leg press machine. If these figures don't convince you that the kid is something special, try to deny his 1000 nonstop sit-ups (which earned him a spot in *Ripley's Believe It or Not!*).

At eight years old, Wayne was the AAU national karate champion, and he has won 29 of his last 30 tournaments, including seven state championships. Now an assistant instructor at the studio, Skjoldal attends karate classes four days a week.

"Wayne is good now, but he's going to be great in years to come. Mentally he is strong. He doesn't quit. He's got the competitive instinct," says Martin.

But it must take more than competitive instinct to train as hard as Wayne does.

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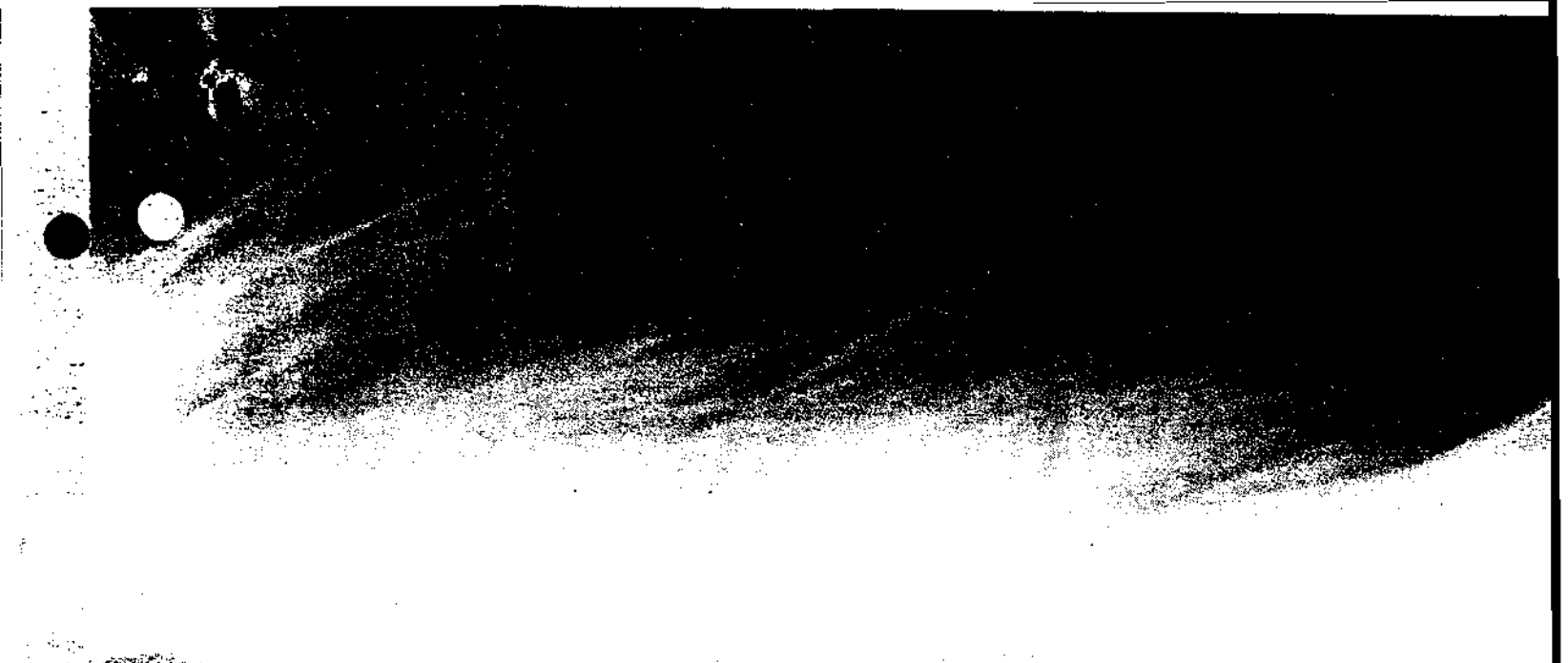


THE FLAME AND THE FORTUNE

WILL THE HUGE OLYMPIC SURPLUS TRULY HELP AMERICAN ATHLETES, OR WILL IT BURN IN A TANGLE OF BUREAUCRACY?

BY KENNETH REICH

FIRST IN A THREE-PART SERIES

YEARS before the Olympics came to Los Angeles its organizers spoke glowingly of the long-term endowment for American youth the Games' profits would provide. In those days, few outsiders believed those profits would amount to much. When the board chairman of the 1984 Games, Paul Ziffren, predicted a $100-million surplus in 1978, his figure got scant public notice, so nonsensical did it seem. After all, in 50 years no Olympics had made any money at all.

But it's been a year since the Games, and the profit, amazingly, is close to $290 million, if the U.S. Olympic Committee's share of revenues from the government's Olympic coin program are added to the Los Angeles surplus. The contract drawn up seven years ago by leaders of the Los Angeles Olympic Organizing Committee and the USOC—calling for 40 percent of that surplus to go to the USOC, 40 percent to Southern California and 20 percent to the national governing bodies of the various amateur sports—is no longer academic. Now, the vision has to be fleshed out.

Will some or much of the money be frittered away? Will it actually be spent on young athletes? And if it is, how much will go to support the elite athletes and how much will percolate down to the grassroots level to develop a better base for amateur sports?

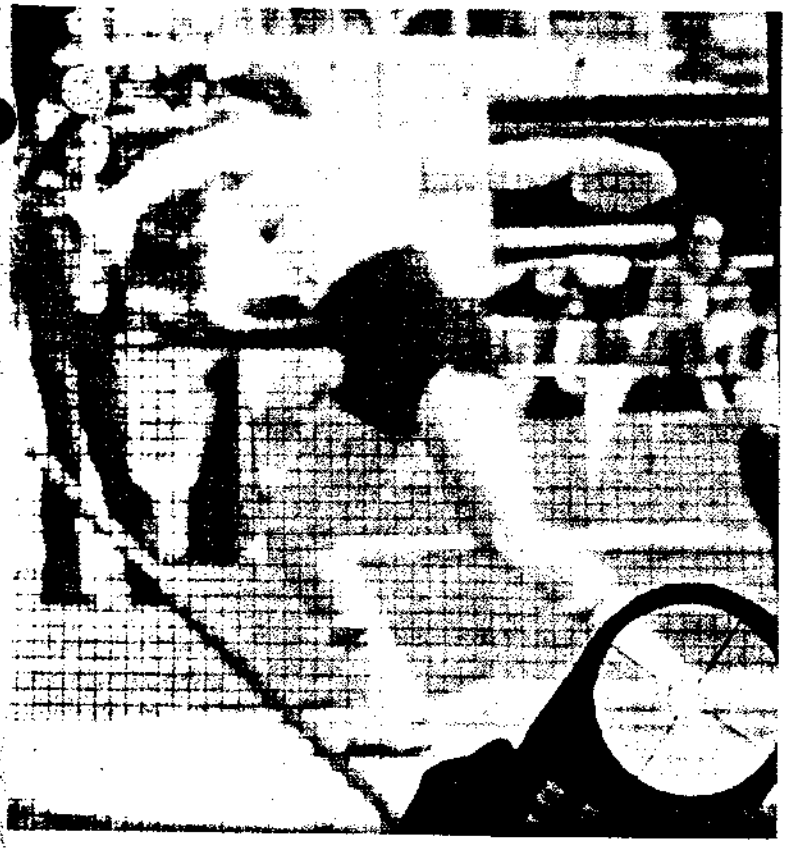
It would be pleasant to report that all is going smoothly in putting the millions to work. But, in fact, already there are danger signs.

Danger sign: Of the first $35 million to reach the USOC from the coin program, $24 million went not to the foundation created to handle it as an endowment but to the USOC's general fund. The organization's leaders explained that they had a cash-flow problem. They insisted that all but $5 million of the amount will eventually go to the foundation when regular donations for the 1985–88 quadrennial begin coming in. However, no specific date was set.

Danger sign: After meeting several times, the board of trustees of the USOC's foundation still hadn't defined its priorities. The USOC's late president, John B. Kelly, Jr., was asked what kind of balance would be struck between support of the elite athletes and support of the grassroots. "It will take a year," he responded. "Many organizations will make requests. I don't know what the priorities will be." Two days later in his inaugural speech, Kelly suggested that the foundation board agree to let nearly half of its expected annual interest income be spent on USOC administrative overhead. This, he said, would permit USOC fund raisers to "go to the American public and to corporate America and say that every dollar contributed [to the regular USOC budget will go] entirely into programs for the athletes."

Danger sign: Several of the 38 sports federations, the national governing bodies, promptly spent their first

It takes big bucks to analyze the performance levels of elite athletes. But the coaches and scientists at the U.S. Olympic Training Center in Colorado Springs are convinced that the expense pays off with record-setting, medal-winning athletes in world-class competiton.



PHOTOGRAPHS COURTESY USOC

$329,000 installment (of an eventual $1.3 million each from the Los Angeles profit) to pay off old debts. Werner Holzer, president of USA Wrestling, one of those federations, explained, "We went for broke developing our [1984] Olympic team. We sent 40 wrestlers abroad to compete, for seasoning. We spent more than we had to spend."

Danger sign: Politics threaten the foundation set up by the LAOOC to handle Southern California's 40 percent share of the Olympic profit. After weeks of debate, Los Angeles Mayor Tom Bradley was elected to the foundation's 17-member board of directors. In the past the mayor and other elected officials had been kept off Los Angeles Olympic bodies. Now the Los Angeles County Board of Supervisors wants to be represented, as does the Los Angeles City Council.

Despite these signs, out of fairness it should be noted that (a) there is a lot of money and (b) the man chosen to run the USOC's foundation, retired USOC Executive Director F. Don Miller, is not only qualified but is known as something of an empire builder. Some officials at USOC headquarters in Colorado Springs, Colorado, speculate that he will work hard to ensure that most of the money owed to the foundation gets there, and when it does he will see that it is spent on meaningful projects, not on such unimaginative items as USOC overhead.

Both the USOC and the LAOOC decided early that the Olympic surplus and coin revenues should not all be spent in haste, that foundations would be established and that the annual income rather than the principal would be spent. The aim is to maintain the funds, if not in perpetuity, at least for a long, long time.

This is not universally the case, by the way, with the national sports governing bodies. While some are establishing foundations, others simply are putting the money into bank accounts, and still others intend to spend it promptly on capital projects. The national softball federation, for example, plans to spend most of its $1.3 million to build a 7200-seat stadium and training center near its headquarters in Oklahoma City, which will serve as a home for its flourishing "junior Olympics" program for the nine- to 18-year-olds. Softball is paying attention to its grassroots—but, of course, it is not yet an Olympic sport.

Maintaining purchasing power is one very serious problem with keeping funds for the future. Even a relatively low rate of inflation can eat away at the investment with astonishing rapidity unless a sizable proportion of the annual investment or interest income is retained in the fund. An extensive study of this question for the Southern California foundation was directed by Harry L. Usher, the LAOOC's general manager, before anyone realized that the surplus would be so large and the Southern California fund would be nearer $100 million. Assuming a $75-million fund and an average annual inflation rate of 6 percent, the study found that to maintain purchasing power the fund's principal would have to grow to $431 million in 30 years, which means that only about three

IT WOULD BE PLEASANT TO REPORT THAT ALL IS GOING SMOOTHLY IN PUTTING THE

MILLIONS TO WORK. BUT, IN FACT, ALREADY THERE ARE DANGER SIGNS.

DESPITE THE WEIGHTY SOUND OF A $100 MILLION-PLUS FUND, CAREFUL EXAMINATION INDICATES THAT THE REAL IMPACT OF THE USOC'S AMATEUR SPORTS PROGRAM MAY BE SOMEWHAT LIMITED.

dollars out of every seven earned could be spent in any given year. The rest would have to be plowed back into the fund. In the first year only about $3 million would be available to aid Southern California youth sports.

The findings thoroughly alarmed some of the Southern California foundation's directors, who would like to see the money make a bigger immediate impact. At one of the organizational meetings, they were pleased when Stanton Wheeler, a Yale professor who teaches sports law and is an expert on the operation of foundations, urged them to spend more of the annual earnings and even consider a program of spending some of the principal. Although such action would exhaust the fund within 30 years, Wheeler pointed out that 30 years would be longer than most of the present directors would live.

At the USOC, initial indications are that its foundation will not maintain its purchasing power very effectively unless some new source of income can be found. Although Miller recently cautioned that an income retention policy has not yet been firmly set, he said that perhaps 10 percent of the annual earnings would be plowed back into the fund to build the principal. Unless the annual inflation rate were 1 percent or lower, the fund would lose purchasing power as the years went by—and *not* at a gradual rate.

The USOC still harbors the hope that it can augment its expected $100 million share of the Los Angeles profit and coin revenues with the proceeds of a $1 personal tax checkoff it has repeatedly asked Congress to adopt for the American Olympic movement. This, USOC officials estimate, would bring in $25 to $30 million a year, certainly enough to feed the foundation in the future. If it comes about, the foundation can't help but be a success. But the USOC has been trying for several years without success to get the tax checkoff adopted, and Baaron Pittenger, a top administrative aide, recently conceded that its chances are "50-50 at best." Several states have adopted Olympic checkoffs on state income tax forms, currently bringing the USOC a total of about $275,000 a year, but this money goes directly into the USOC general fund, not to the foundation.

In short, despite the weighty sound of a $100 million-plus fund, careful examination indicates that the real impact on the USOC's amateur sports programs may be somewhat limited. Even assuming that more than $10 million a year in earnings are available, such a figure isn't substantial when compared to the USOC's new quadrennial budget of $115 million.

And while USOC priorities are not yet set, as Kelly said, there are other indications that the USOC will continue to channel most of its expenditures to elite athletes who at least are potential members of the Olympic team rather than to grassroots sports programs. For example, Irving Dardik, director of the organization's Sports Medicine Council, favors the development of a system of 24 mobile laboratories to educate athletes throughout the country, particularly at the high school level, about the proper uses of sports science and medicine. When he spoke enthusiastically of his proposal at a recent sports ethics seminar, both Pittenger and the new USOC executive director, retired Air Force Lt. Gen. George Miller, were quick to caution that the system had not yet been approved and that it was important, as Miller said, for the USOC to not stretch its resources too far.

At a news conference during the USOC's annual meeting, the new executive director was asked just how much grassroots work the organization will be doing in the next four years. "We have an opportunity [with the Olympic surplus funds] to move the cut line down a bit," was his vague response.

With at least some of the national governing bodies, a larger percentage of the money may well go to the grassroots

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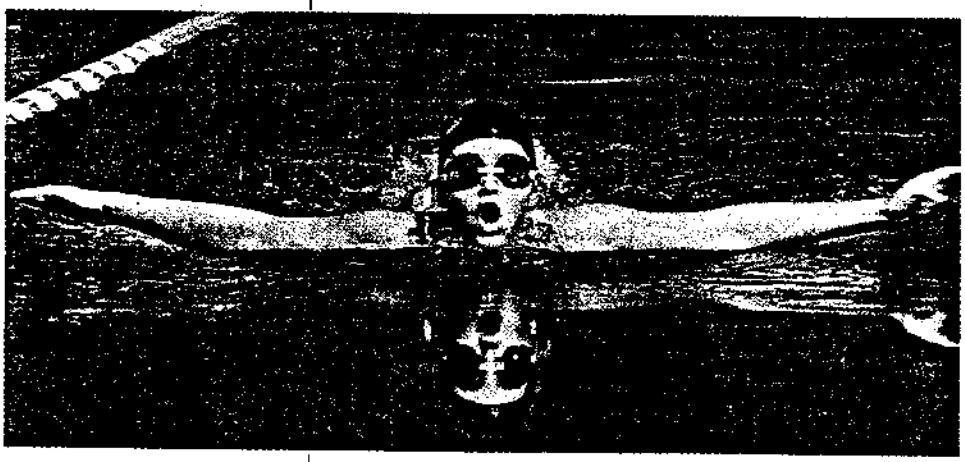


PHOTOGRAPHS COURTESY AAU/USA JUNIOR OLYMPICS

THE FLAME AND THE FORTUNE

(continued from page 16)

base, if only because some of the federations desperately need to develop such a base if they are to have any hope at all of fielding a satisfactory Olympic team. Furthermore, some of the federations are so small and spartan in their operations that $1.3 million will do much to enhance their programs.

Ed Williams of the biathlon federation points out, for example, that the federation has been surviving on about $60,000 a year. Just the interest income from its share of the Olympic profits will double that, he notes: "This is a shot in the arm for the small sports. We may make a commitment to hire a full-time executive director. Cycling and fencing did that and are no longer regional sports."

Lewis W. Siegel, president of the U.S. Fencing Association, says that fencing may immediately put some of its share into "certain publicity programs." He explains, "A lot of what our sport needs is exposure. You have to spend some money to get some money, run it like a business. We have to develop the grassroots. We need a broader base. We have to spend money on that. For now, we're cutting back on the elite."

Other federations, however, have no expansion plans at all beyond developing the next Olympic team. Hal Trumble, executive director of the ice hockey federation, says the only plans are to "put the money in the bank—a dedicated fund, not a foundation, for a rainy day." He muses that "We might not have enough in 1988. Our 1984 team cost us $1.5 million."

The pressures some of the federations feel to concentrate on developing an Olympic team were pointed up recently by Bill Wall, the outspoken executive director of the national basketball federation. Wall noted that in 1984 all American teams in the summer sports were automatically qualified for the Olympics because of the international rule allowing the host country to be represented in everything. For the U.S., this won't be the case in Seoul. "Many people fear they will not qualify for Seoul," he said. "So development money will be increased in hopes of qualifying. Boxing has got to use the Olympic money to develop Olympic athletes. The same thing is true with the water sports."

Already some of the smaller federations are wrangling over the division of funds between the elites and the grassroots. This was reportedly a factor in the blood-doping controversy in the cycling federation; those most publicly critical of the blood-doping of Olympic athletes were also not so coincidentally critical of the tendency they saw to sacrifice the grassroots in last year's headlong rush to develop a competitive Olympic cycling team.

Among sports watchers there also is considerable cynicism about whether the Olympic money will actually be put to good use rather than wasted. Wall says, "Some of the federations simply will use it to get out of debt. The USOC doesn't always provide enough Games preparation support." When Los Angeles Olympic leaders seemed to be stalling at giving the surplus funds to the national governing bodies, Bob Paul, a veteran USOC aide, remarked, "It's actually a blessing for L.A. not to be turning the surplus over, because while they have it, it's earning interest and the national governing bodies can't spend it."

A year ago at this time, of course, when LAOOC president Peter Ueberroth insisted that the Olympic surplus would be only $15 million, the USOC and national federation officials didn't think they would have the money to waste. But now that they have it, they have a duty to make sure it is put to good use.

(Next: The National Sports Governing Bodies and the Grassroots)

Kenneth Reich covers sports politics and finance for the Los Angeles Times.

SCIENCE GOES TO THE OLYMPICS

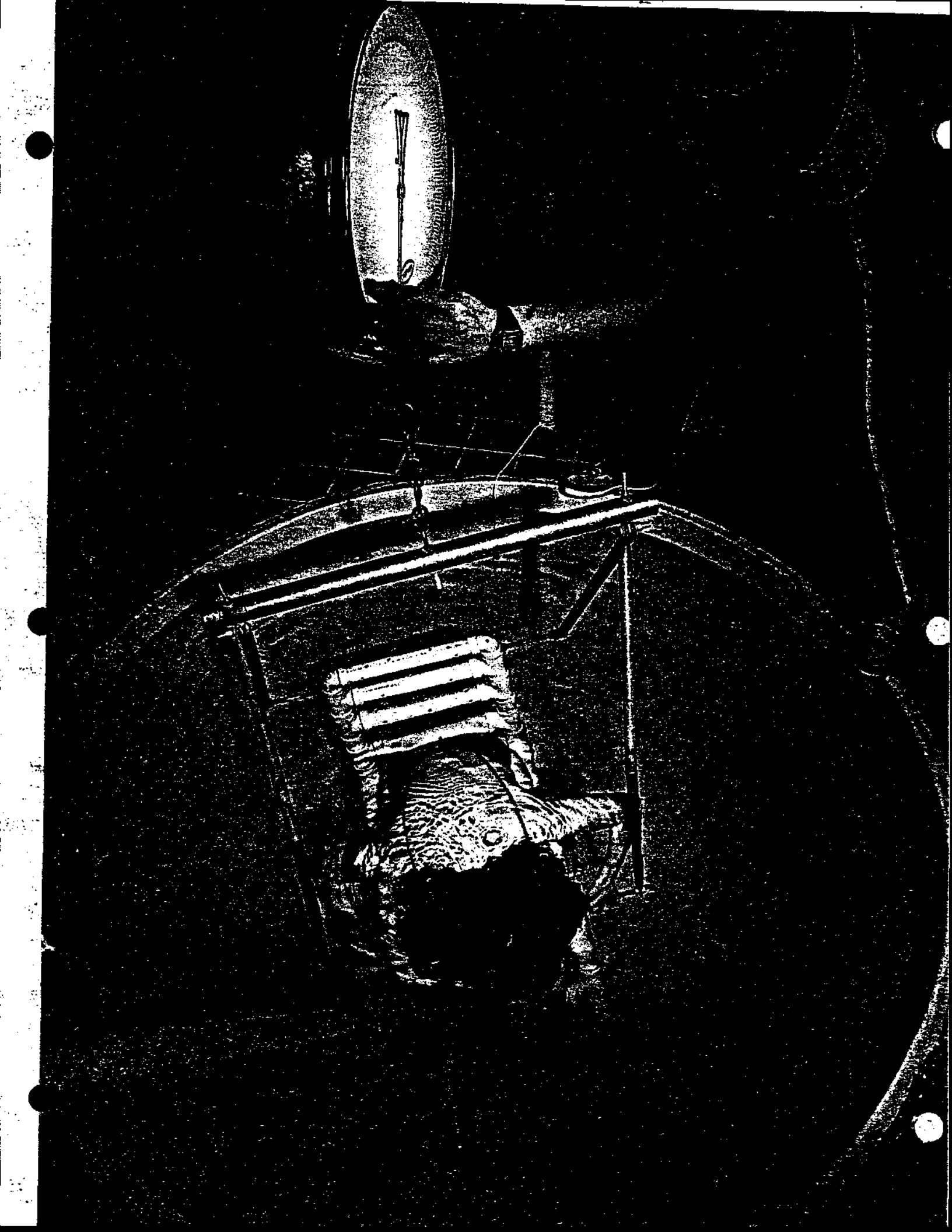
Biomechanical evaluation by computer is now routine at Colorado's Olympic Training Center.

PHOTOGRAPH BY DOUGLAS KIRKLAND/SYGMA

How Science Creates Winners

BY LEE TORREY

With his 47-pound bow drawn taut, a carbon graphite arrow held close to his cheek and electroencephalograph (EEG) wires flowing from his scalp, Rick McKinney seemed to be gazing absently at the majesty of Pikes Peak towering above the U.S. Olympic Training Center (OTC) in Colorado Springs. Suddenly, he released the arrow and hit a perfect bull's-eye that stood 98.6 yards downrange. Dr. Daniel Landers, an exercise scientist from Arizona State University, looked up from his EEG monitor, smiled and nodded with



NEVER HAS SPORTS MEDICINE BEEN APPLIED SO ASSIDUOUSLY TO AMERICAN ATHLETES.

approval—McKinney had really not been thinking during the shot; the left side of his brain had shown diminished electrical activity.

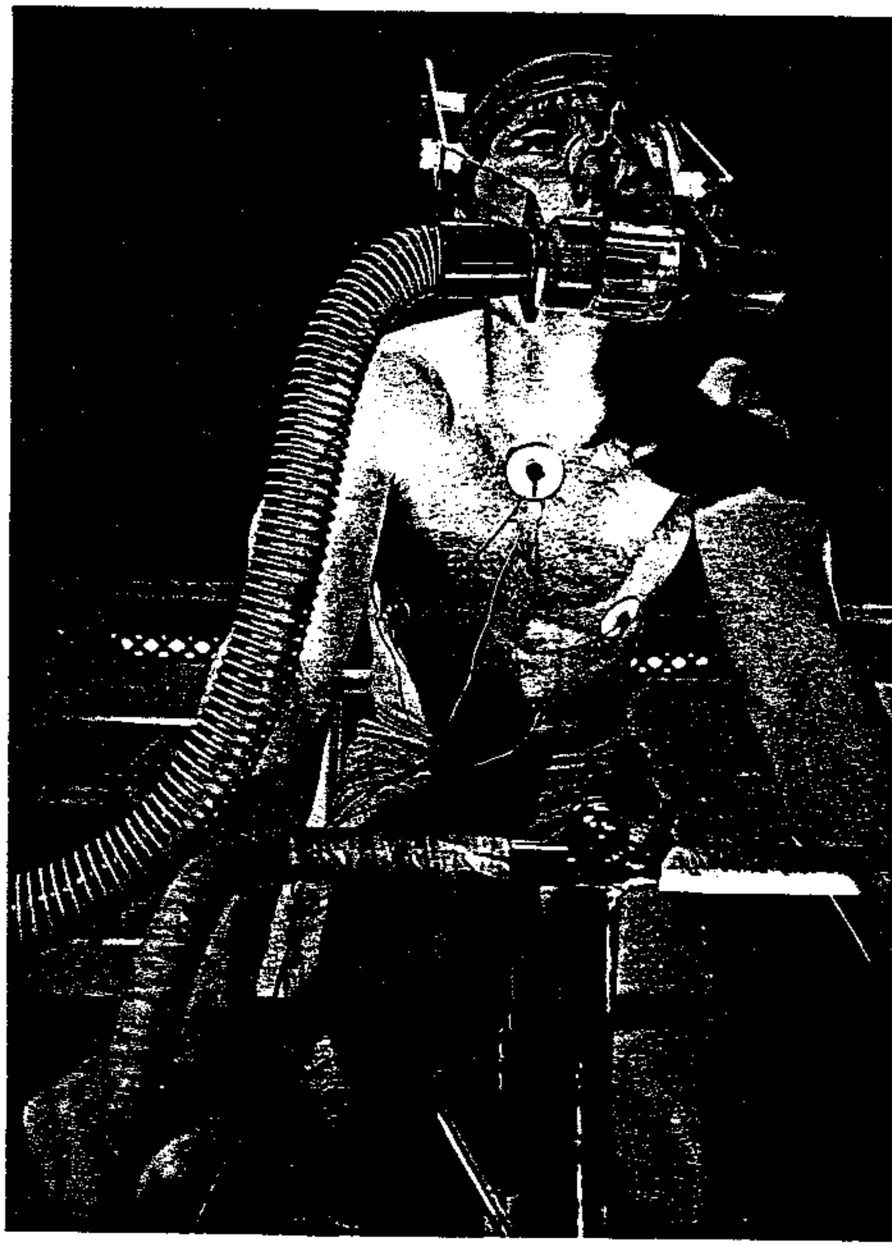
McKinney, along with thousands of other U.S. athletes who visit the two U.S. Olympic Committee (USOC)-sponsored OTCs each year (a second center is at Lake Placid), has discovered that endless push-ups and laps around the track are no longer enough to contend in world-class events. Taking advantage of work done by experts around the country in biomechanics, sports psychology, physiology and related fields, athletes are being examined, biopsied, quantified and monitored, and then trained by coaches nationwide according to the results of an impressive battery of tests. Never before in the history of the U.S. Olympic challenge has science been applied so assiduously to athletic performance. Over $1 million has been budgeted for 1984 USOC sports medicine programs. Says Dr. Casey Clarke, director of the sports medicine division of USOC, "We're making significant improvements, and we will see some surprising results this summer in Los Angeles. Even more in 1988."

Three years ago, McKinney was sent by the national governing body (NGB) of his sport—archery—to the OTC to improve his performance. Athletes who show promise of benefitting from the scientific training at OTC are sent by their various autonomous NGBs for stays generally ranging from two to eight weeks. (OTC experts also travel to the athletes' own training camps.) The OTC can accommodate up to 600 athletes at a time.

McKinney immediately started working with Dr. Charles Dillman, director of the department of biomechanics and computer systems. Dr. Dillman's job is to take the principles of mechanical engineering and apply them to the study of sport. "We look at the human body as if it were a machine," says Dillman. "For us, muscles and limbs are pulleys and levers with their own measurable moments of inertia and torque. For every motion in each sport we hope to find something close to an optimal movement of the body, whether it be the most efficient way a hockey player can accelerate on the ice or the maximum torso rotation over the high-jump bar."

Dillman examined three critical aspects of McKinney's performance: his body stability, his sighting motions and how his equipment operated. The

Lee Torrey appears in Contributors, page 12.

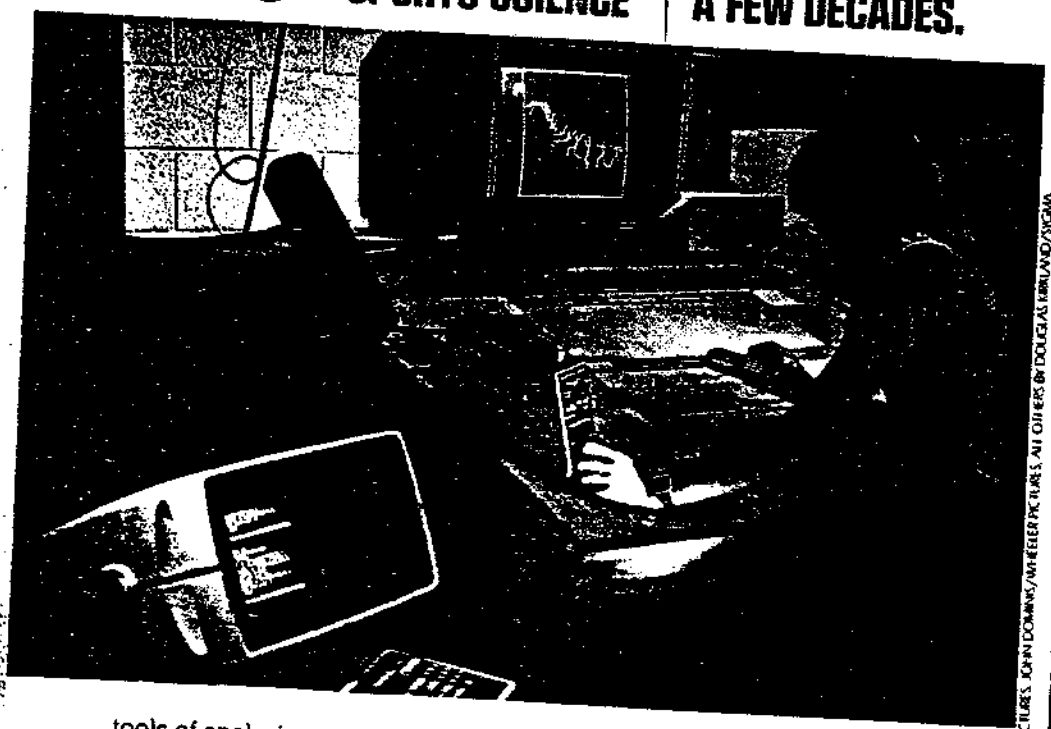


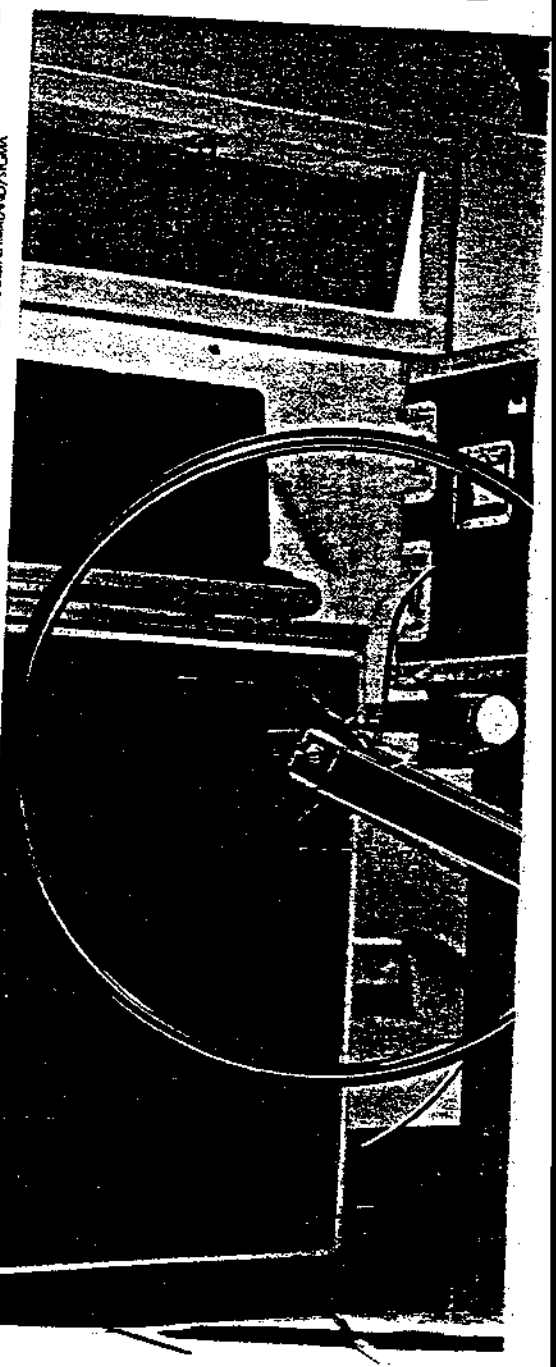
Left: Fat floats, so it doesn't register when an athlete is weighed underwater. In this way, bodily fat content—a key factor in performance—can be measured.

An athlete's exhalations are drawn off for analysis during a stress test on a stationary bicycle, revealing his body's capacity for taking in and using oxygen.

PHOTOGRAPHS LEFT & BOTTOM RIGHT BY DOUGLAS KIRKLAND/SYGMA, TOP RIGHT BY STEVE SMITH/WHEELER PICTURES

WOMEN MAY EQUAL MEN IN A FEW EVENTS, NOTABLY THE MARATHON, WITHIN A FEW DECADES.





Top: Film of a pole vaulter is projected, frame by frame, onto a special table. By touching body joints with a cursor, the vault is re-created in stick-figure form.

Bottom: If the vault is broken down into discrete segments and the body portrayed in schematic form, any subtle defects in technique can be quickly identified.

PHOTOGRAPHS (TOP ROW FROM LEFT TO RIGHT): PETER JANSSON/WOODFIN CAMP; STEVE SMITH/WHEELER PICTURES; JOHN DOMINIS/WHEELER PICTURES. ALL OTHERS BY DOUGLAS KIRKLAND/SYGMA

tools of analysis consisted of pressure platforms, which measure the shifting weight distribution under each foot, and three high-speed 16mm cameras, which capture the archer's movement in fractions of a second.

"One of Rick's problems was that his horizontal stability was weak and that he needed more strength in his arms to serve as a perfectly still platform from which to release the arrow," recalls Dillman. "We learned that a one-millimeter tremor in his arms would produce a nine-centimeter target error ninety meters downrange. One or two errors of that size can take you out of the competition at the Olympic level."

McKinney also had a more conventional problem: persistent headaches. Analysis showed they derived from tense muscles around his nonsighting eye when focusing on the target. Dr. Landers, the exercise scientist, put electrodes near that eye. When McKinney tensed, an audio feedback machine emitted a loud noise reminding him to relax. His headaches subsequently vanished.

Landers, who is a pioneer of EEG research in sports, also began to measure McKinney's brain activity while he was shooting and made the surprising discovery that when the archer performed best, his left brain showed lowered electrical activity and his right, intuitive brain took over. "I had heard of this before in recent studies of marksmen, but I was stunned to realize I was shutting down the analytic side of my brain when I was ready to shoot," says McKinney. "When I'm ready to let the arrow fly, I let go of my mind and go with the flow of the shot."

Dr. Landers believes that the practical applications of his EEG studies relate the way in which athletes use various parts of their brain at different moments during an event. He hopes to collect enough data to help new athletes acquire the natural, subjective abilities of seasoned sportsmen

like McKinney to raise and lower electrical activity of their brain to levels that are optimal for performance. "We are discovering that at certain moments, the analytic, tactical left brain is all-important in sports; but for some intuitive, spatial activities, it's best to stop the left brain and let the 'autopilot' on the right side take over," says Landers. "In the sports I have studied,

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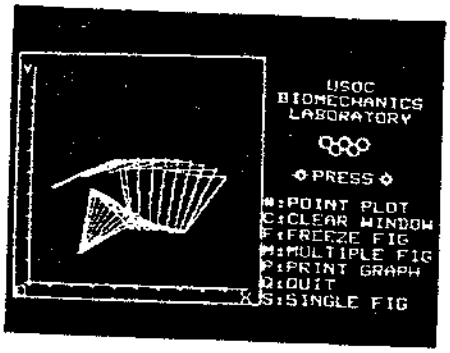

Above: Light from diodes at this rower's hand, elbow, shoulder, hip, knee and foot is picked up by a camera and analyzed by computer to generate stick-figure images.

Left: Since the system does on-the-spot motion analyses, the athlete can get instant feedback on the effectiveness of his form without leaving the laboratory.

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the right brain takes over during spatial positioning tasks—something that is too fast and too complex for the left brain to handle."

As for McKinney, he is delighted with the results. "There's no question that the high-tech analysis has improved my scores," he claims. "Before I started working with Landers and Dillman, at 98.6 yards I was shooting between 285 and 295 points out of a possible 360. Today I am shooting between 305 and 310. The world record is 322."

Traveling Psychologists

Such advances have been fermenting for nearly a decade and have been spurred on by the awareness that Eastern European competitors have long held the edge in sports science. In 1976, Dr. Richard Suinn, head of the psychology department at Colorado State University, went to the Olympic Games with the U.S. team and was shocked to discover that other teams had traveling psychologists attached to them. Today, Dr. Suinn works with the OTC in concert with others in his field, compiling a register of psychologists qualified to assist U.S. teams. They also develop both clinical and research programs.

"Sports psychology in the United States is now starting to use a variety of techniques to help athletes," says Suinn. "Biofeedback is just the tip of the iceberg; others include such things as stress management, attention control, relaxation exercises and visualization techniques."

Dr. Suinn is credited with developing a training procedure for athletes in which performance is enhanced without the athlete leaving the comfort of his home. Known as visual motor behavioral rehearsal (VMBR), it involves getting athletes into a deeply relaxed state and having them visualize their event, step by step. Not only do athletes report seeing things that they miss during actual physical performance, but Suinn (using an electromyographic instrument) has discovered that their muscles invisibly contract during VMBR.

"We found that under VMBR, low-level muscle contractions occurred identical to the activity that would occur under conditions of real competition," he says. "We are using this form of visualization to program mind and body to work together for the event."

According to Dr. Herbert Fensterheim, a sports psychologist at Cornell University Medical College, VMBR practice sessions significantly improve scores in events. In one dramatic case, saber fencer Peter Westbrook worked with Fensterheim to improve his technique for competing in international events. In the two previous

JUST LIKE TEST PILOTS, ATHLETES STRIVE TO "PUSH THE OUTSIDE OF THE ENVELOPE."

Pan-American games, Westbrook had lost the gold medal to Manuel Ortiz of Cuba. Before entering in last year's games in Caracas, Fensterheim applied his psychic arts to Westbrook.

"First we had VMBR sessions, during which Peter practiced some of his best parry-riposte moves to improve consistency. In the visual imagery, we had him make his riposte with hard, aggressive, slashing cuts. Second, we had him make a tape recording. In this he gave all the reasons why he should beat Ortiz. Peter was instructed to make himself very relaxed at home, to put all doubts from his mind and to listen to the tape once in the morning and once at night."

The results were awesome. According to observers, Westbrook toyed with Ortiz and beat him 9 to 4. "That's equivalent to winning a football game by six touchdowns," says Fensterheim.

In addition to advances in biomechanics and sports psychology, USOC scientists are employing advances in exercise physiology to help endurance athletes pace themselves optimally during training and racing. By measuring the pulse and analyzing the respiration of an individual running on a treadmill, the maximum amount of oxygen that the body can take in can be quantified. The figure, called maximal oxygen consumption, or VO_2 max, is expressed as milliliters per kilogram of body weight. For an average man, this figure is about 40 to 50 ml/kg; for a world-class male athlete, the figure can be as high as 85.

Endurance runners, for example, want to run fast enough to get as close to their VO_2 max as possible. But if they run too fast, the oxygen supply to the muscle cells becomes inadequate. Oxygen is used in the cells to "burn" glucose, releasing energy that powers the muscle contractions. When the oxygen supply becomes inadequate, additional energy is supplied through anaerobic metabolism. This, however, produces lactic acid, which causes the muscles to tire quickly. By identifying maximal oxygen consumption and the point at which the muscles begin functioning anaerobically, the treadmill test can help an athlete determine the fastest pace he or she can run without producing so much lactic acid that fatigue hinders performance. This is helpful in training and racing.

Racing the Heart

Because an athlete needs more blood and oxygen for his straining muscles, his heart works harder and pumps more blood than a sedentary person's does. As a result, it's physically larger and at rest does not have to work as hard. During a race, however, it is capable of enormous effort. While a marathon *spectator* will pump little more than 750 liters of blood through his heart while watching the race, a marathon *runner's* heart, at 130 beats per minute, delivers about 3,000 liters of blood to the body during a 26-mile race—enough to fill the gas tanks of 50 cars!

These distinctive macroscopic characteristics in the body of an athlete correspond to important microscopic adaptations deep inside the

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SPORTS SCIENCE

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cells of the strenuously worked muscles. So, at the OTC's physiology lab, scientists are taking muscle biopsies from Olympic athletes before and after workouts and subjecting them to biochemical analysis. The muscle-biopsy technique allows scientists to analyze several factors: the chemical composition of the core sample and whether or not the sample contains more slow-twitch or fast-twitch fibers (slow-twitch are more desirable for endurance events, fast-twitch for those requiring short bursts of intense activity, such as sprinting). Levels of both glycogen and lactic acid are carefully measured and compared. For a long time it was thought that athletes should eat lots of protein for endurance, but now scientists believe they should concentrate on their carbohydrates so as to maintain adequate levels of glycogen, which is converted into glucose—the body's fuel—during physical activity.

One extraordinarily significant USOC research project is under way at the newly formed neuroendocrinology lab at Harvard Medical School. At the lab, Dr. Charles Czeisler has been keeping athletes awake to observe relationships between the rhythmic, daily release of hormones and athletic performance.

> By the 1996 Olympics, events involving short bursts of energy will reach the limits of human performance.

One of the most important he is studying is cortisol. Produced by the adrenal glands, which sit atop the kidneys, cortisol, a so-called stress hormone, has a pronounced daily variation and is normally at its highest level when we wake in the morning. It promotes the removal of fat from the body's stores, thereby providing fatty acids that cells can use as fuel. And it helps liver cells convert noncarbohydrates into glucose. By charting the daily variations in an athlete's production of cortisol, it may be possible to time his workouts for periods when his body is most ready for physical activity. "Our work," says Czeisler, "is based on the idea that at certain times of the day, which may vary for each individual, there may be an optimal set of conditions for performance."

Again and again, athletes and coaches talk of "stretching their limits," a phrase akin to the test pilot's desire to "push the outside of the envelope"—making the plane perform beyond its design parameters. Are there absolute limits to human athletic performance?

According to George Brooks, a professor of exercise physiology at the University of California, Berkeley, by the time of the 1996 Olympics (if the games survive that long), events involving short bursts of energy will have reached a point close to the limits of human performance, but endurance events may continue for another decade or more. Endurance records may take longer to plateau, he says, because there are more adaptive physiological mechanisms involved; short-burst events, like the shot put or the pole vault, call upon the instantaneous output of a body's maximum strength and flexibility—to which there are limits.

The statistical extrapolation of sports records has yielded many controversial predictions, including one that says women may equal men in certain events, most notably the marathon, in the next few decades. One analysis of performances in events like swimming and running has revealed that female records are improving at a faster rate than male records.

Occasionally, however, the smooth statistical slope of athletic records is interrupted by an extraordinary performance. One of the best cases where the experts were caught unprepared for such a record was the still-standing 1968 record long jump by Bob Beamon in Mexico City. At the time, the officials had a sophisticated optical measuring device that could slide down a rail 28 feet in length (the previous gold-medal winner in 1964 hit 26'5"). Beamon wasn't a favorite for the gold. But when it was his turn, he stood still for 20 seconds, then sprinted forward and leapt 29'2.5"—a jump hailed as one of the greatest athletic feats of all time.

The jump was farther than the optical device's rail, so the officials had to rely on an old tape measure. And because the measurements were given in meters, Beamon didn't realize at first what he had done. But a fellow competitor, Ralph Boston, who understood the metric implications of Beamon's jump, turned to him and said, "You have destroyed this event." When Beamon learned how far he had gone in feet and inches, his legs gave way and he sank to the ground in a cataplectic seizure, overcome with tears and nausea.

Unprecedented Improvement

"If you follow sports records, you know the rate of improvement is fairly constant, but in Beamon's case, the magnitude of improvement had no precedent," says Dr. Ernst Jokl, a retired exercise physiologist from the University of Kentucky. "In biology, we talk about the appearance of new structures that do not have any precedent, and we call them mutations. Beamon's long jump is what I call a mutation performance. In sports, as in biology, new phenomena will arise unexpectedly, shatter our perceptions of what is normal and surprise us about the ability of the human body to adapt and excel." ■

SPORTS SCIENCE

DIVING
The Art of Aerial Mathematics

BY JOHN JEROME

Like track and field and the other classical sports, Olympic diving has the elegance of simplicity. The athlete is given a measured space—between diving board or platform and the water's surface—and asked to fill it with the best piece of physical action he or she can come up with, limited only by a few set conventions.

"Make that the best-looking piece of action," says Dennis Golden, diving coach at Southern Illinois University. "Diving is definitely a visual sport." Golden's interpretation of the fundamentals is unimpeachable. He's chairman of the Sports Science Committee of U.S. Diving, Inc., the sport's governing body in this country, and he wrote his doctoral dissertation on the physics—properly, the biomechanics—of diving. No sport gives a clearer demonstration of applied physics.

It is visual splendor that has made diving an Olympic favorite. Platform diving is purest showmanship, and the present world champion, 24-year-old Greg Louganis of Mission Viejo, California, is the master showman. Louganis off the high tower—silhouetted against the sky and twisting and spinning through 33 feet of free-fall—is one of the most breathtaking spectacles in sports. The movement in the air is more intricate than the eye can follow precisely, yet a few feet off the surface, he somehow seems to stop all that motion and slips vertically into the water. As he disappears, only a haunting ripping noise and bubbles welling up hint at the magnitude of the forces he's been working with.

At first it seems strange that this visual sport, scored subjectively on such intangibles as beauty, should be so bound by the iron laws of physics. But the criteria for beauty develop directly from physical laws. What we see as grace in human movement is simple efficiency, and efficiency is the product of careful observance of those laws. Furthermore, the athlete's job is always to surpass, to achieve more. In diving, to achieve more—within the finite space available—is to become more efficient. "The diver's job," says Olympic diving coach Ron O'Brien, "is a matter of creating forces and then controlling them. It's creating momentum and then learning how to analyze it as you're doing it—and then making the proper moves to control it at the finish of the dive."

To see a dive as more than a whirling, twisting free-fall through the air, it is necessary to understand the sport's rigorous order. There are only two satisfactory ways for the diver to go off the platform, forward and backward. There are only two satisfactory ways to rotate the body: along the transverse short axis (somersaulting) and along the long axis (twisting). (Sideways rotation, such as cartwheeling,

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John Jerome has written Staying With It, *a book about how the body works and ages.*

A DIVE'S BEAUTY IS BOUND BY PHYSICAL LAWS. WHAT WE SEE AS GRACE IS REALLY SIMPLE EFFICIENCY.

Above: Greg Louganis in pike position. NASA scientists investigating motion sickness in astronauts are interested in divers' keen sense of spatial orientation.

Right: Louganis shows his form just prior to entering the water. It takes great strength to hold a straight-line position throughout the 35-miles-per-hour impact.

PHOTOGRAPHS (LEFT BY GRAHAM PHOTOGRAPHY, RIGHT BY DAN HELMS/DUOMO)

DIVING

Continued from page 38

has been left to gymnasts and acrobats.) It is also possible to rotate about both axes at the same time.

These movements can be combined to form five families of dives: forward, backward, reverse (the diver starts forward but rotates backward), inward (the diver starts backward but rotates forward) and twisting. In competition, divers perform two dives from each family. Addition of somersaults and twists raises the difficulty, and the ultimate score, of the dive.

Choosing the Moves

Any combination of somersaults and twists should be possible, theoretically, in any family of dives. In practice, the dives that are used are the most complex ones that can be finished well. Entry into the water is the last impression left with the judges and is therefore heavily weighted—some say overweighted—in scoring a dive. Experienced divers have several small tricks to smooth their entry and reduce splash, additional moves tacked onto all those aerial gyrations.

The diver must generate all his force at takeoff, at the last moment of contact with a solid surface before he is in flight. "Once you're in the air," Golden says, "there's nothing you can do to affect the quantity of motion you have to work with." Divers and coaches spend as much time working on the subtleties of the takeoff as they do on the flight that follows.

Efficiency requires that the diver achieve as much height as possible at takeoff in order to have more space, and thus more time, in which to complete the dive. But the takeoff must go out as well as up, setting the arc of the dive so that the diver clears the takeoff platform or springboard. The takeoff also powers whatever rotation the dive requires; imparting rotation is an energy swap: Force that might be directed toward gaining more height is put to other uses. At the moment of takeoff, the diver is parceling out energy selectively among these three possibilities.

Golden's doctoral project analyzed the division of forces. Using high-speed photography and a computer, he looked at the diver's body as a succession of masses in a mechanical problem. "I stored the location of the principal joint centers, turning the diver into a stick figure to analyze body-joint angles, segment angles, the velocity through which they were moving during the takeoff, and so forth," Golden says. "I found that with each increment in somersaults, from one to one and a half and up to three and a half, there is a slight increment in lean at takeoff.

"The athlete's problem is controlling the timing and sequence of body motions to get the maximum—time in the air, rotation, whatever. To get more rotation, there has to be greater velocity and greater movement of the arms, the trunk, and so forth." That greater velocity is achieved by initiating rotation earlier, which means the diver is leaning farther into the rotation at the point of takeoff. Leaning on takeoff, however, reduces available air time. "You come to a point of diminishing returns," Golden says.

"It's a matter of exchanging energy. What you really want to optimize is not rotation but time in the air. But most divers feel they are rotating too slowly if they don't lean, and worry that they can't complete the dive." The limits? According to Golden, "Nobody knows. There are divers now who can do four and a half somersaults—not well enough for competition yet, but they can get through the dive."

It was once believed that any twisting motion had to be started while the diver was still in contact with the takeoff platform. But divers were executing two and a half forward somersaults with two twists, with the two twists not beginning until the first one and a half somersaults were completed. How were they initiating twisting rotation in midair?

They were doing so because of the law of conservation of angular momentum, or the momentum of rotation around an axis. Because it is conserved, the diver can convert a portion of somersault rotation into twisting rotation and back again. To initiate twisting, he tilts the body off its axis of rotation by a quick movement of the arms. When the twisting is finished, a countering motion of the arms puts the body's rotation back on its original somersault axis, allowing the diver to plunge vertically into the water.

> Nobody is better at aerial math than Greg Louganis. He is the most efficient athlete you'll ever see.

Moment of inertia—a body's tendency to resist changes in angular velocity—complicates the problem. The spinning figure skater demonstrates moment of inertia when he or she accelerates a spin by pulling in the mass of the arms and hands. In somersault rotation in the human body, the moment of inertia is greatest when the body is laid out in a straight line. It is reduced by about two-thirds when the body is piked (bent at the waist) for faster rotation, and by another third when the body is tucked (bent at waist and knees).

The twisting axis also has a moment of inertia, but it is smallest when the body is straight, and increasingly more ponderous for the piked and tucked positions. A body position that helps you somersault faster slows down your twists, and vice versa. What you make on the roundabouts you lose on the swings.

For the double-twisting two-and-a-half, then, the diver in effect performs the first one and a half somersaults piked or tucked, without twists, straightens out for the twisting portion of the dive, and then pikes or tucks again to complete the last somersault. Somersault rotation continues during the twisting phase, but it is materially slowed; when the twisting force is converted back into somersault rotation and the diver pikes to reduce the moment of inertia, there is a discernible acceleration of the speed of rotation.

It's a truly complex sport. In inward and reverse dives, for example, the diver must remember to rotate farther than he does for the same number of rotations done in forward or backward dives. The flight path of the dive moves in one direction while the diver spins in the other. At contact with the water, the rotation is stopped abruptly at one end of the body while the other end tries to continue in the direction of the flight path. On a headfirst entry, when the hands touch the water, there is an equal and opposite reaction at the point of contact, which creates a rotation at the feet; they try to flop over as if the dive didn't have enough rotation. "You pop out of a back two-and-a-half, slowing the rotation," says Golden. "You *squeeze* out of a reverse two-and-a-half, playing the dive a little long, carrying your rotation a little farther toward the water."

Nobody in the history of diving has been better at solving these aerial mathematics than Greg Louganis. With the possible exception of Edwin Moses in the 400-meter hurdles, Louganis is the closest thing the United States has to a shoo-in for a gold medal in this summer's Olympics. "He's the most efficient athlete you'll ever see," says Golden.

Acute Sense of Space

He is uncanny to watch, seeming to have more time, to move more slowly, to be able to look for his visual cues more clearly, than other divers. He seems always to have a straighter body line than his competitors. One talent that leads to mastery of body motion in flight is very likely a particularly acute sense of spatial orientation, about which science still has unanswered questions. It just seems to pop up in people, like perfect pitch or ambidexterity. Those are the kids who tend to grow up to be tumblers, gymnasts, dancers, divers. Some genetic chance has given them a good starting kit. An acute spatial sense seems to be part of it. For the higher realms of diving it is *only* a starting kit, but Golden and O'Brien feel it can be trained. "There's some interesting work being done by NASA," Golden told me. "I don't think the general public is aware how much motion sickness some of the astronauts are experiencing. I talked to a gymnast who had been down to Houston and had gone through their motion-sickness tests. She didn't get ill. This sparked some

interest. Is there something in the background of the gymnast or diver that helps him escape this difficulty? Is it hereditary or learned? What's the mechanism? There are good questions that can be asked.

"We expect the apparatus of the inner ear to give us information about our position in space, but in violent maneuvers, centrifugal force may overcome those readings. There may be a conflict between this information and information that's received visually, and physiological confusion between the two systems may be the mechanism that's causing motion sickness. At any rate, I like to see divers spend time on unicycles, learn figure skating—anything that can help fine-tune their sense of balance." Louganis, incidentally, has had extensive dance training.

The Explosive Leap

Competitive diving also takes great strength, particularly in the stomach muscles and hip flexors, which enable the diver to fold more tightly in pike or tuck position and to hold a solid straight-line body position through impact with the water at 35 mph or so. Dry-land training includes pure strength training, as well as a great deal of work with trampolines. In the off-season, O'Brien's Mission Viejo divers do 100 standing aerial somersaults per day —50 front, 50 back—on poolside mats. Much attention is paid to developing an explosive leap.

That explosiveness is one key to Louganis's success. "Greg has more time for his dive because he is so efficient at takeoff," Golden says. "That's his trademark." His vertical jump, according to O'Brien, is about 33 inches—which isn't a world record, but most of the athletes who can top that are six feet nine and play basketball for a living.

A great deal of dive training, however, is sheer repetition of the dives themselves, endless rehearsals of the difficult moves in an attempt to get them "grooved." The body, in diving, is a chain of masses, and all of the intricate aerial maneuvers are done by rearranging—in the proper sequence, at precisely the right instant—the relationships between the links in that chain. Get them all exactly right and they work to make the dive easier rather than harder. There's a kind of sweet-spot effect, when the mass of the moving object works for, rather than against, the intentions of the athlete. "I tell my divers there's no such thing as a difficult dive—if you get it right," says Golden.

Once you get it right, you try to freeze that precise sequence of motions and efforts in memory, to be duplicated automatically when you ask your body to perform that particular dive. And bringing it back up—translating the memory into performance—is the hardest part of all. "At the highest level of competition," says Golden, "it isn't the physical part that makes diving such a demanding sport. The athlete's ability to control the experience mentally is the key." ■

The Scientific Shape-Up

YOU DON'T HAVE TO BE AN OLYMPIC ATHLETE TO BENEFIT FROM ADVANCES IN SPORTS SCIENCE.

BY TOM YULSMAN

Clockwise from the top: The author has his flexibility checked. A climbing simulator and an upper-body ergometer condition heart and lungs. The Nautilus builds strength.

Since the very early 1960s, scientists have run people on treadmills, biopsied their muscles and analyzed their blood chemistry and breath to discover how exercise benefits the body. The most obvious result of these efforts has been the application of science to the training of Olympic-class athletes. But you don't have to be headed for Los Angeles to benefit from sports science. You can condition your cardiovascular system in as little as 30 minutes a day, 3 days a week. All it takes is perseverance.

For many, getting in shape means losing weight. For others, building muscle is the route to fitness. These are worthy goals, but they should be secondary to improving the ability of your lungs, heart and blood vessels to deliver oxygen to the cells. Among many benefits, cardiovascular fitness helps prevent heart disease, which kills more than half a million Americans a year and is the nation's number one cause of death. Two separate studies, one of 17,000 Harvard alumni and the other of 17,944 British office workers, found that men who exercised regularly had about half as many heart attacks as those who did not. The now-famous Framingham heart study, an ongoing project that has followed 5,209 residents of that Massachusetts town since 1949, has produced similar findings.

Many studies have shown that exercise can help reduce serum cholesterol, high blood pressure and obesity—three risk factors for heart disease. And although some scientists believe that the evidence is still inconclusive, the American Heart Association recommends exercise as one way of preventing coronary problems.

The heart, like any muscle, gets stronger when it is overloaded. Rhythmic muscular activity, such as jogging, cycling or swimming, forces more blood into the heart and, in turn, causes it to push out more blood when it contracts. As a result, the amount of blood pumped by an average person's heart can rise from 5 quarts to 30 quarts per minute during intense exercise. This overloads its muscle fibers, with at least two results. As the muscle cells' energy requirements increase, they need more oxygen to "burn" glucose, the body's fuel. To meet this increased demand, coronary blood vessels send out new capillaries. At the same time, the stretching and contracting of the heart's muscle fibers causes them to grow.

The overall result of these changes is a larger, stronger heart with a redundant supply of oxygenated blood. It beats more slowly at rest, yet supplies the body's needs by pumping more blood with each stroke. Because it doesn't work as hard, it may last longer.

How can the heart be overloaded safely? To find out, I visited the Institute for Sports Medicine and Athletic Trauma (ISMAT) at Lenox Hill Hospital in New York City, which has been conducting research in exercise physiology since its founding in 1973.

A stress test measured my level of fitness to determine my exercise requirements. In the parlance of sports physiologists, the test identifies "maximal oxygen consumption," or "VO_2 max"—the body's ability to take in and use oxygen.

Electrocardiograph leads pasted to my chest picked up the electrical rhythms of my heart. As I began walk-

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Tom Yulsman, Science Digest's senior writer, is now in training to compete in a triathlon.

PHOTOGRAPHS BY R...

SHAPE-UP

Continued from page 41

ing on the treadmill, little green blips quickened their dance across the ECG monitor. A hose attached to a mouthpiece diverted my exhalations to a machine that analyzed changes in the gases to check my oxygen consumption.

A technician explained that she would increase the speed and inclination of the treadmill every three minutes to get me to "max out." Walking through the first four intervals was easy. While running during the fifth, my breathing became labored. By the sixth, I felt like I was sprinting up a mountain. I knew that nobody had made it to the seventh. An interesting question arose in my mind: How much is enough?

My leg muscles signaled their answer with a growing sensation of heaviness—a sign that their oxygen supply was becoming inadequate. I was close to maxing out. But a form of energy production that doesn't require oxygen kept them going.

Energizing the Muscles

Normally, glucose is split into several components that are used within mitochondria, tiny sacs inside the cells, to produce energy-storage molecules called ATPs (adenosine triphosphate). This process transfers energy that holds glucose together into bonds that hold ATP together. When a phosphate molecule is broken off ATP, the energy is liberated for use within the cell. With oxygen present, 38 ATP molecules can be manufactured per glucose molecule. Without oxygen, only two can be made, and the muscle cells must compensate by consuming more glucose. A by-product of this inefficient, anaerobic form of energy production is lactic acid, which causes the muscles to tire and ache.

Two-thirds of the way into the sixth interval, the lactic acid buildup was overwhelming—I began slipping off the back of the treadmill. Enough was enough.

Shortly after the test, I was pleased to learn that my VO_2 max is high, meaning that my cardiovascular system is in good shape. ISMAT recommended an exercise program that kept my heart rate between 150 and 165 beats per minute. Within this "training zone," my oxygen consumption is most efficient, and my heart is pumping enough blood to ensure a conditioning effect. Below 150, exercise would take too long. Above 165, my muscles would begin to function anaerobically, making exercise uncomfortable.

ISMAT, however, didn't recommend a specific training program. For that, I went to the Sports Training Institute (STI) in Manhattan, which has provided one-on-one training for such athletes as Billie Jean King and the New Jersey Devils hockey team. STI evaluated my cardiovascular fitness by putting me on a stationary bicycle and measuring my pulse at different workloads. Based on this and on an assessment of my strength, flexibility and coordination, an exercise physiologist designed a training regimen combining free weights, Nautilus and stretching with aerobic workouts on a stationary bicycle and an upper-body ergometer (a cycling machine for the arms). For roughly half of a 40-minute workout, the physiologist made me exercise so that my heart rate stayed at the higher end of a training zone of 140 to 170 beats per minute.

What should you do if you don't have access to a facility like STI or can't justify the expense of a stress test? (Take the test if you've been sedentary for a long time, are over 40 or are at risk of heart disease.) Sports physiologists have developed several rules of thumb you can use to design your own exercise program.

To determine your training zone, first subtract your age from 220—this is your estimated maximum heart rate. Seventy percent of the resulting figure is the lower end of the zone, and 85 percent the higher end. At a minimum, you should keep your heart rate in the target zone for 15 minutes, 3 times a week. To be beneficial, a brief workout like this should be done at the high end of the zone. If you're more comfortable training less intensely, lengthen the workout to 20 or 25 minutes.

> Brief, intense workouts can significantly improve cardiovascular and muscle fitness in just two months.

If you're already in good shape and want to improve quickly, you'll need to work harder. But it still doesn't require endless hours of training.

A recent study by Stan Lindstedt, of the University of Wyoming, and Hans Hoppeler, of the University of Berne, Switzerland, showed that short, intense exercise sessions can significantly improve both cardiovascular and muscular fitness in as little as two months. Male and female subjects of varying ability rode stationary bicycles for half an hour, five days a week. The intensity was such that their heart rate stayed at 85 percent of their maximum for at least two-thirds of each exercise period. In just eight weeks, VO_2 max went up by 20 percent. Biopsies of their leg muscles revealed that the capillary network and mitochondrial content of the cells increased by 30 percent. Lindstedt, however, cautions against intense workouts if you're not already in good shape. If you have doubts, consult a doctor.

Getting the heart rate up without warming up and cooling down for 5 to 10 minutes before and after aerobic exercise can be harmful. Start warming up by jogging in place easily for a few minutes. This will prepare the muscles for stretching—an absolutely crucial part of an exercise program, since it flushes the muscles with oxygen-rich blood and prepares them to be moved through their range of motion. Build your own repertoire of stretches by taking classes at a local health club or consulting books on the subject. No matter which one you choose, however, don't bounce—this can tear muscle tissue. Hold the stretch so the muscle feels taut.

As you begin exercising, quicken the pace gradually; just as a car has trouble starting when it's cold, so does your body. After 2 minutes or so, take your pulse for 10 seconds and multiply the count by 6. The carotid artery adjacent to the voice box is the best place to check it. If you're not in the training zone, pick up the pace. When you're finished, slow down gradually. Do not stop immediately. A recent study at Harvard showed that blood pressure can plunge drastically after an abrupt halt in vigorous exercise. This can cause you to pass out. Worse, the study found that the body soon floods itself with hormones to restore the blood pressure, which can cause fatal disturbances in the heart rate. Thus, it's important to cool down at an easy pace. Finally, stretching will help rid the muscles of lactic acid and keep them from tightening up.

In addition to aerobic exercise, you may want to build muscle strength. Sit-ups are a must, since the abdominal muscles help you maintain a proper posture, which is particularly important for runners. On your back, bring your knees up so that the soles of your feet are flat on the floor. With your hands clasped behind your head and your elbows held straight out, curl upward until your shoulder blades leave the ground, hold for an instant, then lie back down. Try to work up to 3 sets of 30, 3 times a week. The traditional sit-up is not recommended by trainers at STI because it exercises buttock and lower-back muscles more than it does the abdomen and places undue strain on the spine.

Pumping Iron

If you want to work out with weights, remember that this is no substitute for cardiovascular conditioning, because it doesn't force enough blood into and out of the heart. If you're trying to lose weight, don't lift heavy loads, since this will add muscular bulk to your body. Instead, try repetition with lighter loads to tone the muscles, which will make you slimmer.

Because it is the result of years of research, an exercise program like this is anything but a fad. If you still have doubts, however, consider this: Simply by running me on a treadmill, analyzing my breath and thereby determining my anaerobic threshold, ISMAT predicted that I could run a 6.2-mile race at a pace of 6 minutes and 45 seconds per mile. Shortly before the test, I had run such a race at a 6-minute and 48-second pace. ■

Tyus brings the Olympics to teens

By Kevin Baxter
Register sports writer

The voice on the other end of the phone spoke in cold, harsh disciplinary tones. It wasn't exactly what the teary-eyed young girl had hoped to hear, but it was what she expected.

"Mama, these workouts are too hard. I wanna come home," the girl pleaded.

"You started it and now you have to finish it," the voice answered without sympathy.

So young Wyomia Tyus hung up the phone, walked back to the track at Tennessee State University, and before she asked to leave again, Tyus had put together one of the most remarkable careers in the history of track and field.

"The attitude my mother and father had was to keep going," Tyus said. "You may take one step forward and 10 back, but you keep going."

Tyus kept going all right. The only sprinter (male or female) to strike gold in the Olympic 100 twice, Tyus broke 11 world records, won five national titles outdoors and three indoors and was ranked No. 1 in the world twice before retiring from amateur competition in 1968.

Yet, for one weak moment, she was a bus ride away from giving up before she had even started.

"My first workout with Coach (Ed) Temple (at Tennessee State) I thought was outrageous," Tyus said. "I told my mother I wanted to come home."

The year was 1964 and Nashville, Tenn., seemed a long way from Tyus' home in Griffin, Ga., a dairy farming community 40 miles outside Atlanta.

"We were not a rich family," Tyus said, "but we didn't have holes in our shoes. We grew our own vegetables and everything.

"We had a lot of love."

Tyus hasn't forgotten the lesson her mother taught her long-distance that lonely night in 1964. Her persistence paid off and now Tyus is trying to deliver that same message to youngsters who may be less than a phone call away from giving up themselves.

Tyus is one of more than 40 Olympic medalists involved in a motivational program for youngsters called "The Olympic Experience." The program was developed, under contract with the U.S. Department of Labor, by Sports Direction Foundation, a Capistrano Beach-based organization headed by former Olympic decathlon champion Bill Toomey.

Aimed at disadvantaged youngsters with problems ranging from truancy to drug abuse, the program draws on Olympians to share both their athletic and non-athletic experiences in relation to setting goals and achieving them.

"We're trying to teach young people that life goes on day in and day out," Tyus said. "We, as athletes, are here because we've had success and we've had failure."

Besides Tyus and Toomey, some of the other athletes involved are Bob Beamon, Ralph Boston, Steve Riddick, Rod Milburn, Bob Mathias, Wilma Rudolph and Tommie Smith. The project director is Dr. LeRoy Walker, coach of the 1976 U.S. Olympic team.

"We certainly don't think everyone should be an athlete, but we think they're good role models," said Tom White, head track coach at Saddleback College and the trainer/motivator of the first of two Orange County sessions of the program. "They've had to fight their way through obstacles, but we don't try to push that idea (athletics) on to people.

"Many of the kids in the program are very non-athletic."

Two-time Olympic high jumper Ed Caruthers, who grew up in Santa Ana, is coordinator of the Orange County projects. The first four-week session concludes next Friday at Anaheim High before beginning a four-week run at Santa Ana College.

Participants in the program are selected from the CETA Summer Youth Employment Program and are paid for the 30 hours they spend in "The Olympic Experience." Last year, 1,700 youths were in the program at five sites across the country, and that number is expected to double this year with the addition of three sites.

The project receives $800,000 from the federal government, augmenting that with funds provided by outside sources. The Orange County Manpower Agency is helping with the two local projects.

Staff members are paid for their work, but Sports Direction Foundation remains a non-profit organization.

Mark Boster/The Register

Wyomia Tyus stretches with some teen-agers before workout

"We feel that a marked sign of success is that we have been renewed," Mary Vasquez, the foundation's administrative coordinator, said. "With so many programs being cut back, we felt it was a good sign that we have been funded for another year."

About 80 percent of the time the youths (age 15-18) spend in the program is devoted to work inside the classroom. The emphasis is on self-help with topics ranging from how to present yourself for a job interview to how to improve your confidence.

"What you have to do is make it as lively as possible," Tyus said. "When you see they're getting restless, you have them answer a question. You get them involved.

"We could sit here and talk all day, but that's not what it's all about."

Guest speakers from the working world such as nurses and employees in other non-athletic fields also visit the sessions. But part of each day is spent on the track, too, where the program's staff works to build confidence and pride in performance.

"A lot of these kids are very shy and withdrawn," Tyus said. "When I was growing up, I was very shy. But through athletics, having to compete against different people, some of that shyness went away.

"Some of these kids have never run 60 meters and at first they say, 'No, I can't do it.' But after they do it, some of that shyness goes away."

Tyus' background is typical of many of the athletes involved in the program. Although she didn't grow up on the streets of a major city like Olympian John Smith did in Watts, or spend her nights washing dishes to earn a little spending money like runner Robert Taylor did, she admits "the only reason I got into track and field was to stay off the streets."

In fact, track and field took Tyus off the streets and put her in the record books. She won her first Olympic gold medal as a Tennessee State freshman in 1964, capturing the 100 in 11.4. Four years later, she defended her title by beating college teammate Barbara Ferrell in 11.08, still one of the 20 top performances of all times.

She followed the second 100 title with a leg on the United States' winning 400-meter relay team, then left track saying she wanted "to retire as a winner."

After giving birth to her first daughter (Simone), Tyus returned to competition with the ill-fated International Track Association. At 29, she was unbeaten in 14 races, twice equaling her world indoor best over 60 yards and then tying her American record outdoors over 100 yards despite the presence of a 10-mph headwind.

The opportunities for youngsters have improved dramatically since Tyus' day, however, and athletics are not the only way a disadvantaged youth can improve his or her condition.

"I think these kids have an advantage over me," she said. "When I was growing up you were supposed to be a nurse or a teacher. These kids have so many things they can do.

"We never had people come out and talk to us like this. In many ways, I think these kids have an advantage."

And the help of someone like Wyomia Tyus is part of that advantage.

Work inspiration sought in Olympic Experience

By ERIC SUNDQUIST

A youthful job applicant sat before an interviewer, staring at the floor and muttering without enthusiasm.

It was an unimpressive showing.

The next applicant looked straight at the interviewer, smiled, answered his questions fully and put in a nice pitch for herself at the end: "I have confidence I can do the work and be the best worker you can hire."

She got the job.

Or she would have.

This was not really a personnel office; this was a basement classroom at Arsenal Technical High School filled with about 50 young people enrolled in a federally funded summer-employment program.

IT WAS A CLASS of sorts — a five-day session in self-confidence and getting ahead. The teachers were Olympic runners Wilma Rudolph, Larry James and Barbara Jones, who combined classroom work with sports coaching to get their points across.

The program is Olympic Experience, designed to inspire disadvantaged kids by involving them with former Olympic athletes who also grew up in poverty. Before the program, James said, "kids saw us as someone on TV. They didn't see that we're human, and that we had some of the same problems as them."

"A child should know he can reach out and touch a Wilma Rudolph or Larry James," said Ms. Jones, while conceding "you can't change what the kid has learned in 14 years in 5 days."

"It's like listening to a guest lecturer," said Ms. Rudolph. "If he's sincere, there's always one aspect you remember. I think we've had great impact."

ON MONDAY THE group was bashful and quiet. By Friday, five days with the Olympians had produced "a 100 percent change" in the group, said James Perkins, who, along with Ms. Rudolph, is a coordinator of the local Olympic Experience program.

One participant, Adrien Riding, started the week terrified to speak in front of a group. "It was the most embarassing thing, getting in front of the class," she said.

But after being put in the "hot seat," an exercise where one youth describes himself to the group, and then is silent while the rest of the group describes him, Miss Riding changed her view. Getting in front of the class "is not so bad," she said.

Now she plans to join the George Washington High School drama club.

But perhaps her case was atypical: some of the others seemed to mock the proceedings. Urged by Ms. Jones to particpate in the sports segment, one boy out of earshot said sarcastically, "Of course. I'm an all-American." And a girl whined, " I'm not going to run. I don't like to get beat."

BUT THAT WAS just showing off — a psyche-out, Ms. Rudolph said: the program means a lot to the youngsters. Sure enough, the girl who was afraid of being beaten ran a sprint — several times — and the self-proclaimed all-American was eager to race.

(AP photo)

Former Olympian Wilma Rudolph

Such sports participation should instill an attitude of "I can do anything I want to do. I can high jump 'cause I want to. Nothing can stop me," Perkins told the group.

But the program's "emphasis is not really on sports," Ms. Rudolph said. "Sports teaches other things, like self-discipline, integrity and being proud of what you accomplish.

"And you'd be surprised how many 15-year-olds have never jogged around a track before." It's wrong to automatically associate young people, especially blacks, with sports, she said.

Last week's group was the first of eight to go through the Indianapolis program. Ms. Rudolph will be here for the rest of the sessions, while other Olympians will come and go a week at a time.

GOLD-MEDAL-WINNING runner Vince Matthews is due in this week.

The program, begun in five cities in 1960, was expanded this year to include eight sites: Indianapolis; Albuquerque, N.M.; Birmingham, Ala.; Durham, N.C.; Los Angeles; Newark, N.J.; Orange County, Calif.; and Richmond, Va.

He's a champ despite handicap

on Brown's Courage Put Him in Olympics

S.B. man sets U.S. lift mark

NEW YORK ... Brown of S... lifted 421 po... tional ... heavywe... weightlift...

javelin and relay events, too.

Brown was brilliant in the U.S. Paralympics in Queens, N.Y., when he broke the world record in the bench press.

"I lifted 420 pounds in the nationals on June 9," Jon disclosed. "It broke the record of 405 pounds, set in 1968

... BERNARDINO — When Jon ... was 3-years-old he contacted ... and it appeared an athletic career ... would be completely out of the question. Today, Jon is preparing to depart for Heidelberg, Germany, to compete in the Wheelchair Olympic Games — and in

Wheelchair Games: 400-Pound Lift Wins

Jon Brown of the ... Watchmaker team last ... came up with a ... 400 pounds to win the ... weight class in the Fifth Annual Pennsylvania Wheelchair Games weightlifting competi...

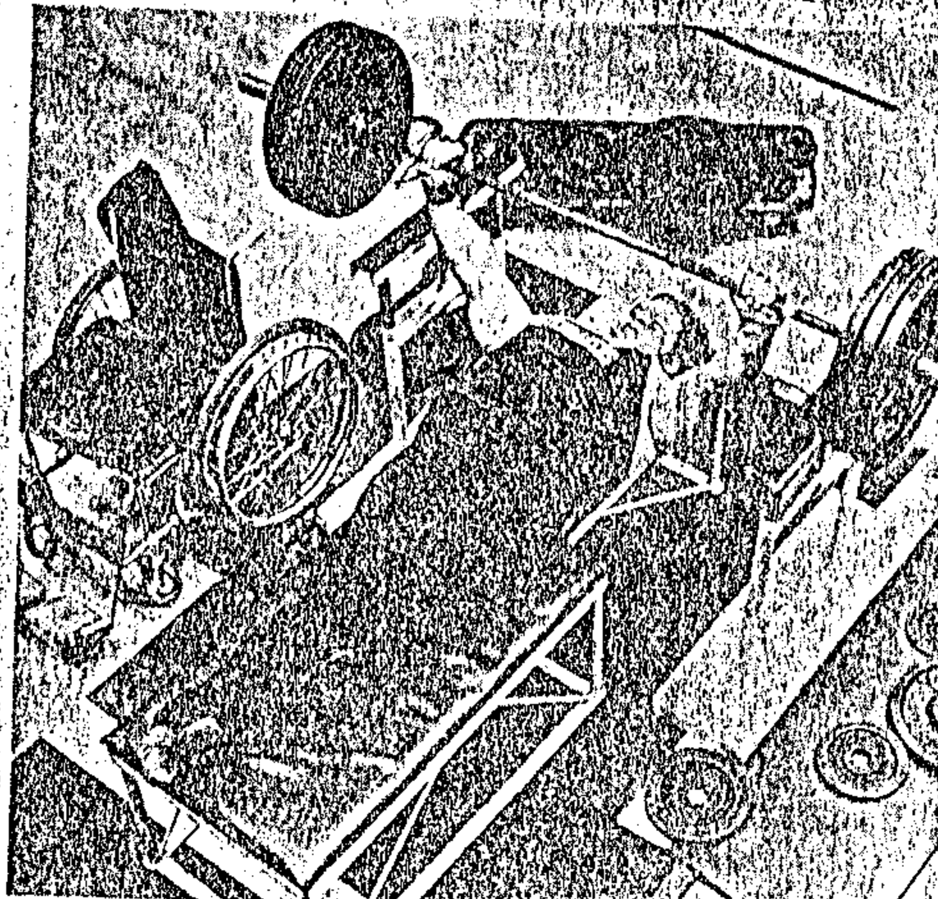
Paralympic Hero

3 Weight Records Are Set in Trials For Paralympics

By AL ...

Because ... Jon Brown has consistently broken his own heavyweight division bench-press record, headlines from around the world proclaim him a "paralympic" hero. Weighing 210 pounds,

Brown has pressed 507 pounds, only 162 pounds off the mark of super heavyweight world champ Vasili Alexeyev of Russia, an able-bodied weightlifter.



The size of Jon Brown's arms and chest tell the story of this man who does not have strength or power in his legs. A polio victim for 28 years, Brown is a world-champion weightlifter. Under the barbells, he is not handicapped. Only when he completes a lift does anyone remember that there is a wheelchair to return to. Brown was the first paraplegic in history to lift 500 pounds.

The DAILY Report
13 Sun., May 18, 1975

Despite handicap, he's a ...

World-champion weightlifter

By BOB MANNINO
Daily Report Staff Writer

When it comes to weightlifting, Jon Brown is hell on wheels.

Brown is a paraplegic, confined to a wheelchair. But he holds the world's heavyweight record in bench-press competition at 507 pounds.

Brown's record comes close to the super heavyweight world record held by the world's strongest man—Vasili Alexeyev, a Russian. Alexeyev, the holder of 67 world weightlifting records, has pressed 539 pounds, and he weighs 152 pounds more than Brown.

Alexeyev was the first man in history to lift 500 pounds. He did it in 1970. Brown was the first paraplegic in history to lift 500 pounds. He did it at the Fourth Nassau City Wheelchair Games in May, 1974.

Alexeyev is 33, weighs 371 pounds and stands 6 feet 1 1-2.

Brown is 31, weighs 219 pounds, sits 4 feet in his wheelchair and may someday threaten Alexeyev's world title.

A match seems unlikely, though, because Brown claims Alexeyev would be at a disadvantage.

The Russian, like all able bodied men, has weight in his legs, Brown said. Brown, who has very little weight or strength in his legs, has more power in his chest and arms to compensate for the absence of leg power, Brown explained.

Brown, who lives in San Bernardino, is a watch repairman in Montclair. His shop is located in the rear of the Montgomery Ward department store on Central Avenue. The store has sponsored some of Brown's wheelchair competitions.

Born in 1943 in Los Angeles, Brown, along with his younger sister both contracted polio in 1949, but his sister was not paralyzed.

As a youngster, Brown packed 113 pounds of gear on his crutches, including two full-length leg braces, a back support, a neck harness and a shoulder brace.

His muscles developed early but his attitude was sour. He couldn't understand why he was the one who was crippled by polio.

"Most paraplegics are very bitter," he said. "They are always asking 'Why me? What did I do to deserve this? Why didn't they go ahead and kill me?'" he said.

Brown was like many other discouraged polio victims. "I couldn't hold down a job, I just bumped around," he said.

Then one day he realized how unhappy he really was and set out to do something about it.

He found a job he liked. As an expert body and fender repairman, he began to believe in himself again.

Then damage to his legs became so great he was forced to return to a wheelchair.

Such an adjustment a few years earlier would not have been possible, but by this time Brown had accepted his handicap.

"I don't think there's anybody else quite like me," he said. "And I don't think I'd like to be like anybody else."

Today, there is nothing Brown won't try. He can climb a rope, go up a tree, hold down a job and date women.

"For every one thing I can't do, there are two or three things I can do," he said.

Since he was confined to a wheelchair again, Brown needed to retrain for another job.

He enrolled in the Bulova School of Watchmaking in New York in March, 1972.

Three days later, the director of the school (also director of the U.S. Wheelchair Team) told Brown that if he could lift 400 pounds, he could go to Germany with the wheelchair team.

By June, Brown had lifted 420 pounds for a new world's record. Since then, he has broken his own record repeatedly.

Brown doesn't care for a match with Alexeyev today. "He would have to lift 750 pounds to be deemed a better weight lifter than me," Brown said (based on a ratio of body weight to lift weight.

But professional weightlifter Paul Anderson once pressed 627 pounds at a body weight of 368 during a demonstration in the early 1960s. Brown is not aiming for a ratio, either. He plans to press 628 pounds.

The day Brown exceeds that record, he will quit competing and start his own athletic club for wheelchair sportsmen and women, he said.

Many clubs participate in wheelchair basketball only, he said. And there are hundreds of events in which wheelchair victims can take part.

For example, a friend of Brown's can do a 26-mile decathalon in two and one half hours. In a wheelchair. Another fellow athlete can do the 100-yard dash in a wheelchair in 16.7 seconds. The record for an able-bodied man is about 9 seconds.

Other wheelchair sports include archery, swimming, the 220-, 440-, and 880-yard dashes, the mile race, javelin, discus, slalom and shotput. Brown excels in many of these events.

On April 19, at the Rocky Mountain Wheelchair Games in Colorado, he came in second in shotput competition; first in discus; third in javelin, first in precision javelin; second in para slalom, first in weightlifting. He earned himself the sportsmanship award.

"There's nothing you can't do that you really want to do," Brown said.

Attitude is important, Brown's athletic club would include all aspects of sports and concentrate on discussions designed to discourage negative attitudes.

A large part of competition is determined by mental attitude, Brown said. "You have to get psyched up for these events and concentrate solely on the lifts," he said.

"I blew the nationals last year after I saw a guy crushed by barbells while failing a bench press attempt. It cost me a trophy I wanted.

"I couldn't get the guy who was hurt out of my mind and my concentration was off during the meet.

"Today, I would have better control over an experience like that."

Brown's friends are able-bodied men and paraplegics alike.

Too often, there is a pattern to treating people, he said.

"First, there is shock at seeing me. Second there is a flush of relief, like they are saying, 'Thank God it's you instead of me.' Then there is guilt for the relieved feeling and finally, there is obvious pity for me," he said.

There was a time when Brown might have welcomed such pity, but not today. "An understanding person doesn't approach paraplegics that way," he said.

Repairing minute watch parts all day long often creates tension in the world's strongest paraplegic. A hairspring on a watch, weighing only one-1000ths of a milligram, seems incongruous in the huge hands of the powerful athlete.

So tension accumulated during the day is relieved in the evening, when Brown puts pressure against the barbells.

"A wheelchair athlete has to practice three times as hard as an able-bodied man to achieve the same goals," Brown said.

"You have to see it to witness the rock bottom guts that some of these men display in competition."

Brown's next big tournament will be in Canada, at the Wheelchair Olympics in 1976.

His own personal goal is 600 pounds, but actually, the only records left for him to beat are his own.

When he's not competing for a world title or practicing his weightlifting, Jon Brown is a watch repairman at Montgomery Ward's in Montclair. The tiny watch parts, which wouldn't tip the end of a sensitive scale, seem incongruous in the husky hands of the world's strongest paraplegic. (Daily Report photo by Ralph Viggers)

The United States Wheelchair Team is shown in July, 1974, as its members prepare to leave New York for England. Jon Brown, who returned from the games with a new world's record, is pictured fifth from left in fourth row. It takes "rock-bottom guts" to prepare and participate in wheelchair sports, Brown says.

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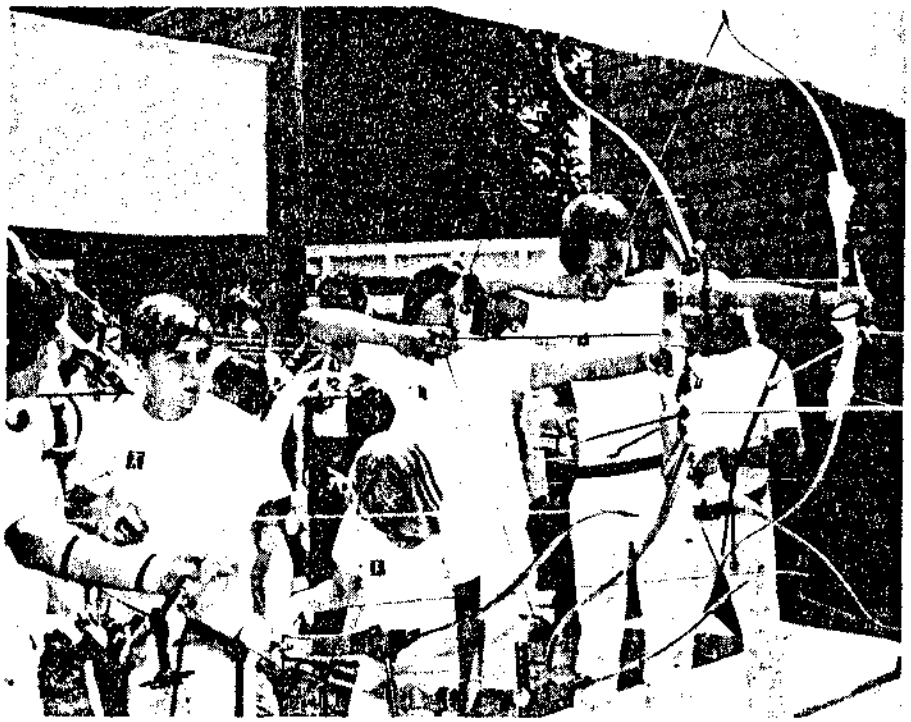


Little League-style archers — their sport is growing.

Junior Olympic programs work just like Little Leagues

By GAIL BEATON

Archery, devised as one of mankind's first efforts to harness energy, is a sport whose time has come. From the east to the west coast, this secondary sport seems to be coming into its own thanks to the efforts of companies like Easton Aluminum (California), Bear Archery (Florida) and a host of other powerful forces behind this new look at an ancient sport.

Easton's vision back in 1981 was to have a Junior Olympic Archery Program that would be run by parents and offer an archery experience for youths ranging in ages from 8 to 18. Now in '85 they are well on their way to achieving their ultimate goal. In the establishment of a non-profit corporation known as Easton Sports Development, a Junior Olympic Archery Program has been developed in the Southern California area. Two ranges have been built to date and plans for a third are now underway.

JIM EASTON: His vision has helped thousands of youngsters across America.

"The key to the program's success lies in parent involvement," stresses Jim Easton, president of Easton Aluminum and man behind the concept. These programs are made to work "little league style." "It takes one archer to manage a program who organizes the

Continued on Page 6

How to avoid a costly lawsuit

During the batting practice of a Midwest baseball league, a coach decided to do the pitching. He did not realize the children were without their batting helmets, and one of the balls hit a youngster in the head, causing a severe concussion. The parents sued the coach and league officers for $1 million.

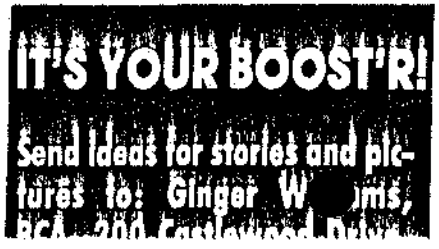
There are hundreds of sports-related lawsuits, many involving coaches and league officers, on the court dockets today and the majority of them are trying to prove negligence. The coach whose ball hit the youngster was at fault because he forgot to have his organization can become a liable party.

Fred Engh, an executive officer of the National Council of Youth Sports Directors, said, "Many beginning youth-league organizations and their members fail to remember that once they put themselves in the position of leadership and guidance they also put themselves in a liable position." He added that most established organizations are protected by liability insurance and that accident insurance is often available.

So your first step is to be sure the organization has you well-covered, if only so the insurance company will provide the expensive attorneys surance agent.

What about waivers? Most forms state something like, "The participant promises not to sue the agency for any injury he/she might sustain because of the agency's negligence." The parents sign it, so that waiver is a contract, right?

Wrong! A waiver — a release of liability, a consent form or permission slip — is the least desirable form of avoiding an adverse lawsuit. "It is generally accepted that a parent can surrender his or her future tort claim," writes Ron Kaiser, attorney and assistance professor at Texas A&M University. "However, they may not surrender the independent claim of a minor child."



A sport whose time has come

Continued from Page One

parents and kids until he can step aside when the program becomes a self-sustaining entity," explains Easton. From 1981 to 1984 in conjunction with the Los Angeles Olympic Organizing Committee (LAOOC), the program provided more than 7,000 youngsters with free instruction and equipment.

How long does it take to become proficient? Luann Ryan, 1976 Gold Medalist says it took her only three years from the first time she picked up a bow to winning the Olympics Gold Medal. In two short months, most can compete at beginners levels. Now recognized as an Olympic sport, archery is unique in that it can involve a great many youths who have been previously excluded from sports due to physical limitations. Most wheelchair archers can participate on an equal level with able body athletes. Neroli Fairhall, of New Zealand, who competed in the 1983 World Archery Championships and the 1984 Olympics as the only wheelchair archer ever to compete in an Olympic game (see cover photo), is proof that the physically challenged can not only play the game but excel as well!

Jim Easton, BCA Associate member, who also served as Archery Commissioner at the games and Mayor of the 1984 Olympic Village takes great pride in achievements such as this.

On the east coast, Bear Archery, one of the world's largest manufacturers of archery equipment, plays a similar role in promoting the sport at the grade school and youth

. . . AN IDEAL WAY TO BOOST YOUNSTERS' SELF ESTEEM

Scout organizations, the public school system, and schools for the handicapped best exemplifies this.

Charles Smith, president of Bear Archery notes a trend towards both women and entire families becoming more involved in archery. In fact, women have been competing in archery since the first tournament in 1879.

The Wildlife Conservation Fund has helped boost interest by inpublic education. They operate on the belief that a large segment of the American public is uninformed or misinformed on the facts of wildlife conservation. Focus is on animal preservation and health as opposed to bowhunting for sport. It is often overlooked that membership monies from hunting clubs such as the Fred Bear Sports Club is recycled into research and control of animal populations with the animals' welfare in mind, as typified by efforts to control the overpopulation of deer in many parts of our country. The hunting aspect has long been an issue with some environmentalists. Education with programs such as these should help remedy this problem, opening the sport up to even more people.

chery is the American Archery Council (AAC), a forum designed to promote organized archery both nationally and internationally. In operation for the past twenty years, the AAC boasts involvement in an active Olympic program and various other youth groups. Jim Schubert, who heads up the council, acting in an ambassador's role, is instrumental in promoting the sport in several countries overseas including Africa, the South Pacific and Eastern and Western Europe.

"Although the growth is much slower over there than here in the U.S. (largely due to the anti-hunting sentiment and the well-established firearms market overseas), it is nevertheless an area of great promise," says Schubert.

Grass Roots

On the homefront, the AAC holds regional meetings to introduce archery into specific areas of the U.S. Similar to Easton's "Little League" concept, this approach, known as "Regional Benchmark Meetings" has been successful in targeting unexplored areas. A local "archery mover" is employed to initiate the programs at the grass roots level. Two hundred movers can mean a lot of new clubs!

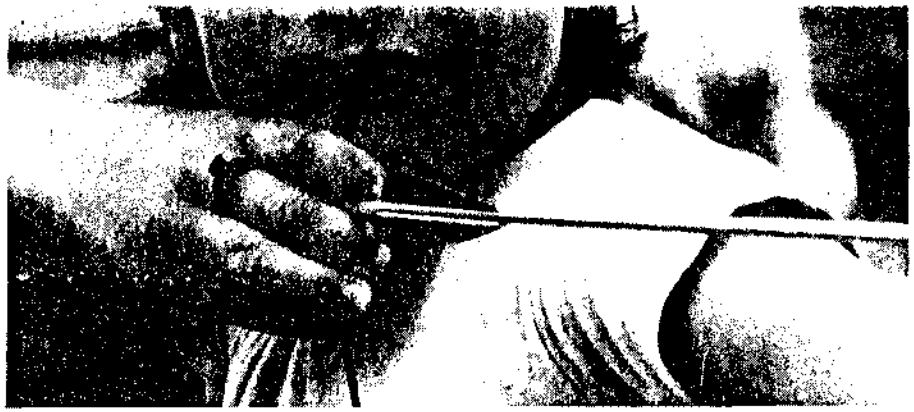
The Archery Manufacturers Organization (AMO) has also proven an invaluable tool in the promotion of the sport in being highly supportive of programs and activities that encourage youth participation. Through the use of various educational mechanisms such as publications, films and lectures, it serves as a major booster of the

more than 7,000 youngsters with ee instruction and equipment.

How long does it take to become proficient? Luann Ryan, 1976 Gold Medalist says it took her only three ears from the first time she picked ip a bow to winning the Olympics Gold Medal. In two short months, nost can compete at beginners evels. Now recognized as an Olympic sport, archery is unique in that can involve a great many youths who have been previousiy excluded from sports due to physical mitations. Most wheelchair archers can participate on an equal level with able body athletes. Neroli airhall, of New Zealand, who competed in the 1983 World Archery Championships and the 1984 Olympics as the only wheelchair archer ever to compete in an Olympic game (see cover photo), is proof that the physically challenged can not only play the game but excel as well!

Jim Easton, BCA Associate member, who also served as Archery Commissioner at the games and Mayor of the 1984 Olympic Village takes great pride in achievements such as this.

On the east coast, Bear Archery, one of the world's largest manufacturers of archery equipment, plays a similar role in promoting the sport at the grade school and youth evels. Bear's involvement with Boy



. . . AN IDEAL WAY TO BOOST YOUNSTERS' SELF ESTEEM

Scout organizations, the public school system, and schools for the handicapped best exemplifies this.

Charles Smith, president of Bear Archery notes a trend towards both women and entire families becoming more involved in archery. In fact, women have been competing in archery since the first tournament in 1879.

The Wildlife Conservation Fund has helped boost interest by initiating a grass roots program of public education. They operate on the belief that a large segment of the American public is uninformed or misinformed on the facts of wildlife conservation. Focus is on animal preservation and health as opposed to bowhunting for sport. It is often overlooked that membership monies from hunting clubs such as the Fred Bear Sports Club is recycled into research and control of animal populations with the animals' welfare in mind, as typified by efforts to control the overpopulation of deer in many parts of our country. The hunting aspect has long been an issue with some environmentalists. Education with programs such as these should help remedy this problem, opening the sport up to even more people.

Also boosting the cause of archery, acting in an ambassador's role, is instrumental in promoting the sport in several countries overseas including Africa, the South Pacific and Eastern and Western Europe.

"Although the growth is much slower over there than here in the U.S. (largely due to the anti-hunting sentiment and the well-established firearms market overseas), it is nevertheless an area of great promise," says Schubert.

Grass Roots

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As a sport, archery has much in its favor. It is an ideal way to increase one's skills, concentration and self-esteem. A sport for both the young and old, it is within everyone's reach. It is also flexible in that one can compete against oneself and with others.

Unsung Hero

Tony Kuczera, Executive Director of AMO sees a growing popularity of archery, buoyed in part by the Olympics assuring a more sustained interest in the sport. "It fits qui

BOOSTERS CLUBS OF AMERICA ASSOCIATE MEMBERS

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ATHLETIC TRAINING EQUIPMENT, Clackamas, OR, Ed Dierickx
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NOCONA, Nocona, TX, J.W. Storey
OMNI KIT AWARDS, Hawthorne, NJ, John J. Lutz
PACIFIC SPORTS INC., Santa [illegible]a, CA, Richard Volt
PENN ATHLETIC PRODUCTS, [illegible]roeville, PA, Dave Grant
PORTaPIT/CATA POLE, Anaheim, CA, Phil D. Mitchell

California Foundation on
Employment and Disability, Inc.
MEDIA OFFICE
1313 North Vine Street, Suite 163 • Hollywood, California 90028 • 213/461-8358 voice or tdd

MEDIA OFFICE

California Foundation on Employment & Disability

LIAISON BETWEEN THE ENTERTAINMENT INDUSTRY AND PEOPLE WITH DISABILITIES

★ OFFICIAL CASTING CLEARINGHOUSE
Interguild Committee of Performers with Disabilities
SAG - AFTRA - SEG - AEA - AFM LOCAL 47

★ TECHNICAL ASSISTANCE AND CONSULTATION
-for Accuracy of Disability Portrayal
in Television and Films

★ SCHOLARSHIP/INTERN PROGRAM
for Professionals with Disabilities

★ ANNUAL MEDIA AWARDS
The California Governor's Committee for Employment of the Handicapped

TARI SUSAN HARTMAN— Executive Director

(213) 461-8358 VOICE OR TDD

1313 N. VINE STREET, ROOM 161
LOS ANGELES, CA 90028

Affiliated with the California Governor's Committee for Employment of the Handicapped

MEDIA OFFICE BACKGROUND INFORMATION

Since its inception in June of 1980, the Media Office of the California Foundation on Employment and Disability, Inc. (a non-profit entity) has provided the innovative leadership required to develop the essential trust, respect and professional integrity to bring its goals toward fruition. Currently, it functions as the liaison between the disability community and the entertainment/media industry. Unfortunately, the majority of America's 36 million citizens with disabilities are recipients of society's negative attitudes, stereotypes and fears that create more of a collective HANDICAP, than one's own DISABILITY.

The goal of the Media Office is to reverse those negative attitudes and stereotypes that perpetuate the barriers that segregate us. By utilizing the Media, we can change public attitudes, by creating realistic images of people with disabilities as they truly are and can be—full and productive contributing members of our society. Our efforts are vital because people's values, attitudes and perceptions are shaped by their experiences. While most of those perceptions are firmly rooted in reality, others are based on images projected on TV and film screens, radio and print. The entertainment/media industry create the most powerful tools of communication which strongly influence our lives, attitudes and behaviors toward each other.

The Media Office has a Board of Advisors composed of nearly 100 leaders from both the disability community and all aspects of the entertainment/media industry including unions, networks and studios. This serves as a microcosm and role model to the potential cooperative and productive efforts that can be achieved within the industry and society. Traditionally, the facets of this industry are at odds with one another (management vs. unions, networks vs. studios, etc.). However, all of these entities have remarkably joined forces to support the efforts of the Media Office. This is perhaps the strongest testimony as to the effectiveness and innovative leadership of the organization. Several of the numerous accomplishments are best exemplified by the following examples:

PAST AND PRESENT ACCOMPLISHMENTS

* On behalf of all performing unions (SAG, AFTRA, Equity, SEG, AFM Local 47) function as the official casting clearinghouse for more than 300 performers with disabilities, including children. Last year, over 150 TV and film roles were portrayed by performers with disabilities as a direct result of our services.
* Produce showcases in theatres so that the talents of performers with disa-

bilities can be seen by the decision-makers of the entertainment industry.

* Provide cash scholarships for 15 performers with disabilities (for career development expenses) totalling $17,000.
* Coordinate and administer the Annual Wallis Annenberg Scholarship-- $15,000.00 for six college students with disabilities in their pursuit of of advanced academic degrees in media/entertainment.
* Consultation on numerous TV and film scripts so as to ensure accuracy of the disability portrayal.
* Assist disability organizations throughout the country in developing skills to gain access to the media.
* Work in harmony with entertainment unions to create contract language to enhance employment opportunities for their members with disabilities. For example, to ensure reasonable accomodations and accessible working conditions including wheelchair access to stages, sets, restrooms, dressing rooms and casting offices; sign language interpreters; audiotapes/Braille scripts; special education teachers for child performers with disabilities in the most cost-effective manner.
* Alleviate attitudinal barriers by creating, coordinating and conducting seminars and conferences for decision-makers in the industry.
* Coordinate, host and produce the Annual Media Awards of the California Governor's Committee for Employment of the Handicapped. Seventh Annual Media Access Awards to be held July 25, 1985 at the Century Plaza Hotel in Los Angeles.
* Provide guidance to individuals with disabilities in pursual of careers in the media industry.
* Develop and disseminate guidelines of language usage and preferred semantics of disabilities designed for the press, wirters of television and film.
* Encourage Academy Players Directory to develop index for performers with disabilities. This 'casting bible' of the industry is produced by the Academy of Motion Picture Arts and Sciences.
* Assist Academy of Television Arts and Sciences with outreach to students with disabilities in their application for their intern program.
* Develop and facilitate the impetus for the creation of the Writers Guild Committee Concerned with Issues of Disabilities.
* Work in conjunction with disabled student service centers, independent living centers, and the Department of Rehabilitation in terms of career development in the media.
* Create the establishment of NATIONAL DISABILITY IN ENTERTAINMENT WEEK (July 25 - 31, 1985). 7th Annual Media Access Awards to kick off week of nationwide activites to bring focus to our collective efforts.

introduced the following joint resolution; which was read twice and referred to the Committee on _____

JOINT RESOLUTION

To designate the week of July 25, 1985, through July 31, 1985, as "National Disability In Entertainment Week"

Resolved by the Senate and House of Representatives of the United States of America in Congress assembled,

Whereas the 36 million people with disabilities in our nation still face attitudinal barriers that prevent the full exercise of their civil liberties;

Whereas the media/entertainment industry is a powerful educational tool that has a significant impact on the images the nation perceives;

Whereas the media/entertainment industry has been making long strides in increasing both the quantity and quality of the portrayals and employment of people with disabilities in the media;

Whereas the continued involvement of the media/entertainment industry is vital to changing the stereotypes of people with disabilities;

Whereas the media/entertainment industry, the Federal government, and the rest of the nation should recognize the great potential for contribution from those with disabilities: Now, therefore, be it

Resolved by the Senate and House of Representatives of the United States of America that the week of July 25, 1985, through July 31, 1985, is designated as "National Disability In Entertainment Week" and the President is authorized and requested to issue a proclamation calling upon the people of the United States to observe the week with appropriate programs, ceremonies, and activities.

Unhandicapping Our Language

Compiled by Paul K. Longmore, Ph.D., for the Media Office on Disability
1313 N. Vine St., Room 161, Hollywood, CA- 90028 213-461-8358

Our language reflects and reinforces our perceptions of other people. Frequently our terms for people with disabilities perpetuate stereotypes and false ideas. This guide is offered as one means to "unhandicap" our language and our thinking. It is selective, not exhaustive. It is intended as suggestions, not censorship.

Objectionable		Preferable
(the) handicapped (the) disabled the mentally retarded the deaf the blind etc.	See people only in terms of their disabilities Rob us of individuality by lumping us into one undifferentiated category Humanizing nouns are preferable	people with disabilities Americans with handicaps people with mental retardation deaf citizens blind people
abnormal abnormalities defective birth defected	See people with disabilities as less human than so-called "normal" people	See above Refer to others as able-bodie or nondisable
Mrs. Kelly is an arthritis case (patient)	See people with disabilities only as objects of medical care	Mrs. Kelly has arthritis
Bill Cullen was stricken with (afflicted by, suffers from) polio	Deny other roles: parent, spouse, co-worker, leader, friend, lover, etc.	Bill Cullen had polio
sick	Connote helplessness, dependency, pitifulness Most people with disabilities do not have diseases	
victim	Connotes helplessness	
invalid	From same root as invalid	
deaf and dumb, dumb deaf-mute, dummy	Imply mental incapacitation	deaf hearing impair
sightless, blinks		blind
cripple crippled crip	No epithet is more offensive to people with physical disabilities From Old English "to creep" A second meaning of the adjective is "inferior"	FDR had a physical disability (handicap)

Objectionable		Preferable
confined to a wheelchair wheelchair-bound wheel-chaired	Wheelchairs do not confine They make people mobile Wheelchair-users transfer to sleep in beds, sit in chairs, drive cars	wheelchair-user uses a wheelchai
Handel was (an) epileptic Renoir was (an) arthritic Geri Jewell is cerebral palsied Parking spaces for handicaps (handicapped)	These usages see people as their disabilities	Handel had epilepsy Renoir had arthritis Geri Jewell has cerebral palsy See first sectio
deformed deformity misshapen maimed hunch-backed	Connote helplessness and/or repulsive oddity	has a physical handicap (disability) spinal curvature
lame, hobble paralytic gimp, gimpy withered		walks with (uses) crutches Sen. Dole has a disabled hand
monster vegetable creature freak	Rob people with severe disabilities of their humanity	The child has multiple handicaps severe disabiliti
mentally ill crazy, insane psycho, maniac former mental patient	Out-dated and stigmatizing	behavior disorde emotional disability mentally restore
retarded, retardate slow, simple simple-minded MR, EMR, TMR moron, idiot Mongoloid(ism)		People with mental retardation Down's Syndrome
fits spastic, spazz		siezures has cerebral pal

DRAMA-LOGUE JULY 5-11, 1984

Sixth Annual Media Awards Honor Disabled Industry Performers

BY VAL DeCROWL

The Century Plaza Hotel was the setting Thursday, June 28, for the sixth annual Media Awards honoring those contributions to and achievements by disabled performers, helping to enhance Americans' understanding of the world of the handicapped through the media/entertainment industry.

Following the reception, stars, producers, directors, writers and casting directors filled the Los Angeles Room for dinner and the awards presentation where celebrities, award nominees, guests and press were intermingled at tables allowing for interesting conversation and a more homogeneous atmosphere.

Billy Crystal, who acted as first time master of ceremonies, was a delight, ad-libbing his "typewritten stuff" and imitating stars. His glib introductions and facile comments were always funny, at times hilarious. Applause also goes to the two sign language interpreters who remained on stage through the entire *lengthy* presentation, conveying every word said.

Tari Susan Hartman, executive director of the Media Office who unbelievably runs that office with only the assistance of Dorit Hanover, welcomed the audience and thanked them. "Because of all you here tonight, the general public is starting to perceive people with disabilities with much deserved dignity and respect. People with disabilities are starting to perceive themselves as a community of individuals who have something to offer society. It's the dawning of awareness for the general public. They're starting to take us seriously. They consider us total people. It means a lot to the 36 million people in this country who have disabilities."

Dennis Delman, chairman of the California Governor's Committee for Employment of the Handicapped, explained the programs available through the Media Office saying, "The disabled performers provide accurate portrayals of persons with disabilities." The Media Office acts as an official clearing house, working in harmony with the unions, expanding employment opportunities for these people." The office also provides showcases and technical assistance and consultation where needed in the media/entertainment industry and disability community. Scholarship programs are available for students to pursue their media/entertainment goals.

A myriad of luminaries appeared on stage to hand out the awards as film or taped segments and slides accompanied each nominated category. The presentation lagged at times; music would have added to the tempo. And one has to note, the waiters could have been less rushed and rude.

The Media Awards is the type of event that could have become maudlin if permitted. But not these people. The whole evening was charged with a feeling of fellowship and positive attitudes. When a comment was made regarding the lack of chairs during the reception, Jynny Retzinger, a sprightly 'citizen advocate' in a wheelchair smiled and said, "I don't mind, I brought my own."

Performer Henry Holden got appreciative laughs with, "When people see my cane, they think they have to yell in my ear." At dinner, Victoria Ann-Lewis, winner of the last year's Individual Achievement award and this year's Theatre Award, commented, "We stress affirmative action; don't hire the person because they're handicapped, hire them because they're right for the part." A blind scholarship recipient, Maren Margo Cienik, thanked everyone, adding, "If you can see it in your mind you can make it happen."

Recognition and appreciation are the goals of every entertainer in the industry. The same applies to disabled talent whose capabilities are proving boundless, limited only by those who stifle their efforts.

The Media Award winners are as follows: Outstanding Corporate Contribution: Mark Taper Forum; Outstanding Individual Contribution: Ed Asner; Media Employer: 20th Century Fox Television; Feature Film: *Testament*; Movie of the Week: *Bill on His Own*; Special: *Tell Them I'm a Mermaid*; Series as a Whole: *Trauma Center*; Comedy Series Episode: *Alice (Mel Spins His Wheels); Dramatic Series Episode: Fame (Signs)* Radio: KNX (*Abilities Unlimited* show); Music Video: *Hello*, Lionel Richie; Daytime Drama: *The Young and the Restless*; Cable: *The Terry Fox Story*; Children's Program: *Smurfing in Sign Language* (which is the first time in history sign language has been used in a cartoon); Magazine Format: *Entertainment Tonight (Telethons)*; Documentary/Educational Films: *Just the Way You Are;* News: *Good Morning, America* (George Murray); Advertising: *CBS Promotions*; Print: *Wheaties Promotions* Theatre: *Love Songs and Other Remedies*; Public Affairs: *ATA Twelfth Night*; Christopher Templeton and Alan Toy tied for the Individual Achievement award.

Vicki Eaton and Maren Margo Cienik won scholarships from the Governor's Committee for Employment of the Handicapped; First Annual Wallis Annenberg Scholarship winners: Lilibeth Navavro and Pearl Swan Youth; Ce Ce Robinson Award went this year to the Media Office. Paul Waigner, the award's producer received a special service recognition.

Established in 1980, the Media Office functions as the liaison between the media/entertainment industry and the disability community. Its board of advisors is composed of leaders from both. For futher information call the Media Office at (213) 461-8358. ☆

IMAGES OF ABILITY
PEOPLE WITH DISABILITY IN THE MEDIA

by Tari Susan Hartman

During the past several years, there has been a phenomenal increase in both the quantity and quality of the portrayals and employment of people with disabilities in the media, primarily television. This comes at a most significant time in the social, political and economic movement of people with disabilities. It was with the Rehabilitation Act of 1973 that the United States began to deal with the legal, educational, occupational, architectural, transportational, communicational and attitudinal civil rights of 36 million of its citizens with disabilities.

It has been said that art reflects society; however, it is our hope that in this situation, society will reflect art. For although the government has declared numerous pieces of legislation which provide certain unalienable rights, it will require a while for our civil liberties to come to full fruition, for these are severely blocked by stereotypic attitudinal barriers. The media has the power to diminish those attitudes by providing alternative role models.

It was 100 years from the time of President Lincoln's Emancipation Proclamation until the U.S. Civil Rights Act of 1964, and people of color still face attitudinal discrimination. Since history does repeat itself, this too is the situation of people with disabilities in the U.S. and throughout the world. With the powerful educational component of the media, it is doubtful that it will require 100 years for our attitudes to catch up with our legal doctrines provided we can make a significant impact on the consciousness raising of the leaders of that industry. The media is a double-edged sword and although we are now working with the creative forces of the media industry to elicit change, the media has perpetuated significant stereotypes of people with disabilities.

Since the dawn of time, people with disabilities have been feared, loathed, isolated and abandoned. In nomadic society, folks with disabilities were left behind, so as to not slow down the movement of the group. When humankind began to settle on the land, institutions were built to protect and isolate *them*. Low expectations were always ascribed to people with disabilities so *they* were never expected to be full and contributing members of society. There has been an ongoing attempt to "cure them" and "help *them* to be like *us*." But that required money.

Regi Green in *After Mash*

Thus, our "telethon mentality" came into existence. By seduction and manipulation of our complex feelings of pity, guilt and relief, telethons have utilized the media to heavily and negatively reinforce stereotypes of people with disabilities, portraying them as eternally child-like (Jerry's kids), asexual, invalid, inadequate, draining, non-productive, and so on. With the assistance of telethons, people with disabilities are perceived on the demand end of the economic spectrum. Telethons certainly didn't create negative images of people with disabilities, but they sure do perpetuate them. Monies raised are vital to both research and services—but at a high cost to the dignity of those with disabilities. Unfortunately, telethons were television's (and the millions who watched) first organized introduction to disability issues.

It wasn't until 1983 that any significant component of the mass media approached a significant segment of the disability civil rights movement to explore and broadcast our viewpoint. *Entertainment Tonight* (an American entertainment news/magazine program) approached the Media Office of the California Foundation on Employment and Disability, Inc. to ask our opinion. The segment producer, Larry Fleece, interviewed the Board of Directors of ACCD (American Coalition of Citizens with Disabilities), their president, Phyllis Rubenfeld and actor/activist, Henry Holden (who coined the phrase "telethon mentality") to solicit honest responses. Subsequently, that segment won a Sixth Annual Media Award (Magazine Format) from the California Governor's Committee for Employment of the Handicapped and is an important milestone in the history of people with disabilities in the media.

Meanwhile, the damage is done and still continues. A great majority of folks picture people with disabilities with a contributions toteboard in the background. They are perceived to be 'sick' and, are therefore not expected to perform at a high level of functioning. The media professionals participating in the telethons are the same professionals we need to work with to change the stereotype and to increase the employment of people with disabilities in the media. Needless to say, it's an uphill battle. However, just as the media can project the image of the pitiful individual with a disability, it can project an image of the disabled as a powerful political, social and economic force. Now, in 1984, that effort

Alan Toy (R) as an anaesthesiologist in *Trauma Center*

The cast of *Tell Them I'm A Mermaid*. From left to right: Celeste White, Kathy Martinez, and Peggy Oliveri.

is well under way.

Media, primarily television, is a major educational force throughout the world. Our perceptions are shaped by our experiences. While most are firmly rooted in reality, others are molded by images projected on TV and film screens. This 'surrogate reality' influences our perceptions of ourselves and others. Currently, there is an organized effort to weave people with disabilities into the mainstream of the American television fabric. Progress is indeed slow, but it is happening with a true spirit of cooperation.

Early efforts such as *Ironsides* (policeman who used a wheelchair), *Longstreet* (detective who was blind) and the 'Chester' character on *Gunsmoke* (he walked with a limp) were not realistic projections of people with disabilities. Most other portrayals and storylines were based on a traumatic and dramatic disability theme with blatant stereotypes of victimization, isolation, asexuality, embitterment, and non-productivity. Recently, the creative forces behind television have made a concerted effort to involve the disability community in the creative process, both in terms of characterizations and employment of the disabled.

For example, it is only in the past three years that performers with disabilities are seen in recurring roles on episodic television. These exemplary instances include: Victoria Ann-Lewis as a secretary in *Knot's Landing* (CBS), Hugh Farrington as a police lieutenant in *T. J. Hooker* (ABC), Lou Ferrigno as an ambulance driver in *Trauma Center* (ABC), Regi Green as a patient in *AfterMASH* (CBS), Les Jankey as a bartender in *Tales of the Gold Monkey* (ABC), Geri Jewell as a comedian in *Facts of Life* (NBC), Jonathan Hall Kovacs as a brother and son in *Family Tree* (NBC), Christopher Templeton as a secretary in *The Young and the Restless* (CBS) and as a nurse in *Ryan's Four* (ABC) and Alan Toy as an anesthesiologist in *Trauma Center* (ABC). In all of these situations, their disabilities are incidental as the characters they play deal with life issues of work, sexuality, family, school, friendship, and so on.

As a matter of fact, most American prime time episodic television programs have either dealt with disability issues and/or utilized performers with disabilities. During the past 3 years, those episodic programs include: *A-Team, AfterMASH, Alice, Archie Bunker's Place, Boone, Cagney and Lacey, Capitol, Chips, Dallas, Diff'rent Strokes, Facts of Life, Falcon Crest, Fall Guy, Fame, Family Tree, General Hospital, Gloria, Lou Grant, Guiding Light, Happy Days, Hardcastle and McCormick, Here's Boomer, Hill St. Blues, House Calls, Matt Houston, Incredible Hulk, Jeffersons, Knight Rider, Knot's Landing, Little House, Lottery, Love Boat, Love Sidney, MASH, The Master, Night Court, Jessica Novak, One Day at a Time, One Life to Live, Quincy, Ryan's Four, Sanford and Son, Search for Tomorrow, Simon and Simon, Square Pegs, St. Elsewhere, Tales of the Gold Monkey, Taxi, T. J. Hooker, Trapper John, Trauma Center, Voyagers, Webster,* and *The Young and the Restless.*

The characters within these programs include TV news reporters, secretaries, doctors, nurses, scientists, parents, students, mechanics, stuntmen, athletes, businessmen, computer operators, public defenders, publishers, radio dispatch operators, bartenders, social workers, etc. Yes, we have made tremendous strides but feedback both positive and negative, to the creators of these programs is still vital. It certainly would help to perpet-

ree Walker, Italia Dito, Victoria Ann-Lewis, Nancy Becker-Kennedy,

Christopher Templeton from *Young and the Restless* and *Ryan's Four*

uate these occurrences if readers of *Rehabilitation World* would write to the producers of the shows that feature performers with disabilities and/or disability themes. The names of the producers appear at the beginning of the program and you can write to them at the studio that appears at the end of the program. To make a more significant impact, a carbon copy should be sent to the Vice-President of Broadcast Standards at the network on which the program appears:

Tom Kersey, V.P.
Broadcast Standards, ABC
2040 Avenue of the Stars
Century City, CA 90067

Paul Bogrow, V.P.
Broadcast Standards, CBS
7800 Beverly Blvd.
Los Angeles, CA 90036

Maurie Goodman, V.P.
Broadcast Standards, NBC
3000 W. Alameda Blvd.
Burbank, CA 91523

Additionally, please send a copy to the Media Office at:

Tari Susan Hartman, MSW
Media Office
1313 N. Vine St. #163
Hollywood, CA 90028
(213) 461-8358

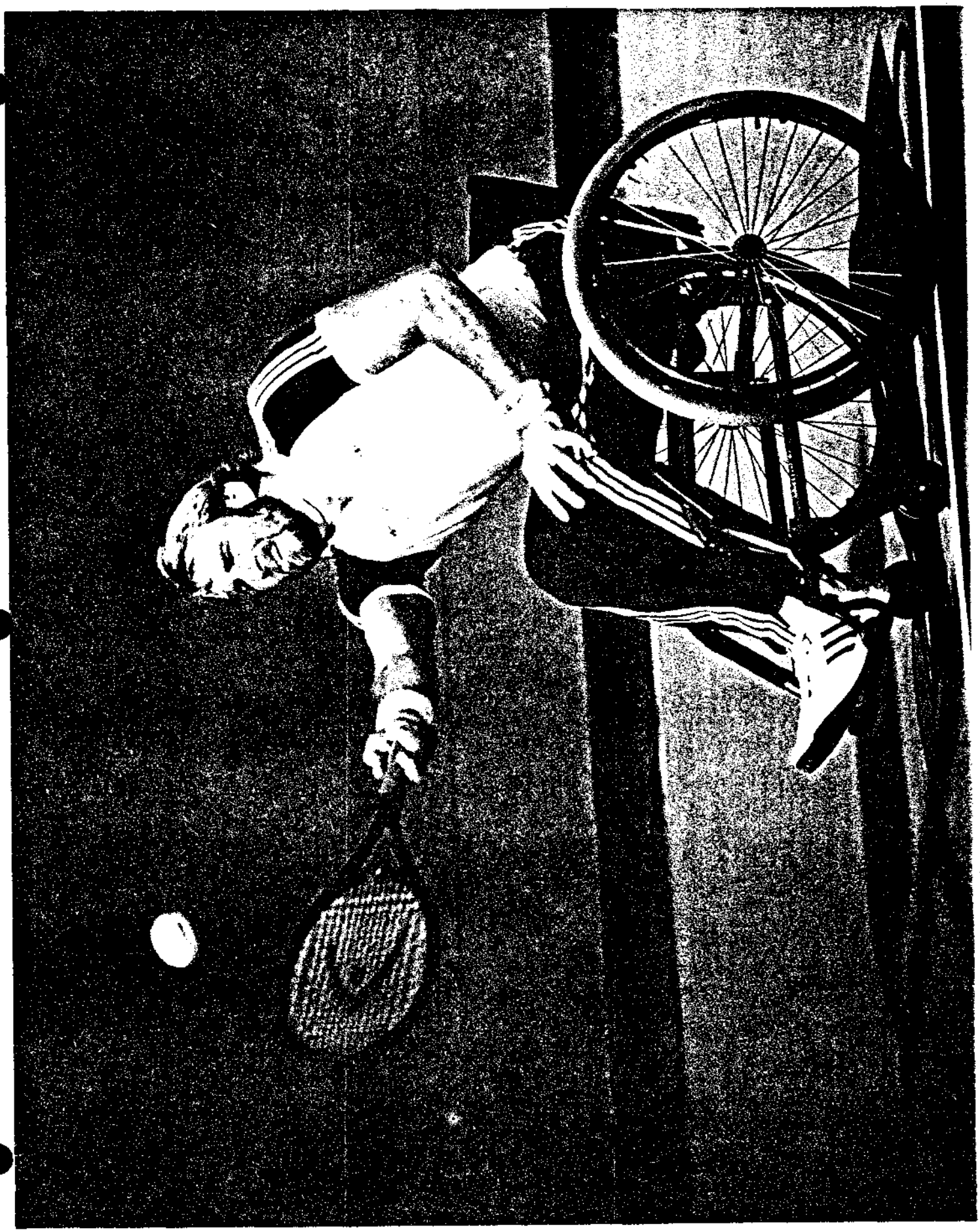
The Media Office was established in June of 1980 to function as a liaison between the media and disability communities in terms of technical assistance regarding the accuracy of disability portrayals, official casting clearinghouse for employment within the media (primarily performers), scholarships and the producers of the Annual Media Awards of the California Governor's Committee for Employment of the Handicapped.

There is, with increasing frequency, an effort to involve the disability perspective in the media. An excellent example was the TV special entitled *Tell Them I'm a Mermaid* (produced by Embassy, Mark Taper Forum and Metromedia) which was conceived, written and performed by women with physical disabilities with an introduction by Jane Fonda. Other important examples, in children's programming, include last season's *Smurfs* episode entitled *Smurfing in Sign Language* and the fabulous ongoing work by Children's Television Workshop on *Sesame Street*. Barbara Kolucki, Emily Kingsley and others have worked for years to mainstream disability, in terms of muppets, children and adults, into the format of the program.

Currently, the Writers Guild of America has established a Committee of Writers Concerned about the Issues of Disability in an effort to raise the consciousness of their colleagues as to the stereotypes and preferred semantics regarding disability. Additionally, the Community Relations Subcommittee of the Media Office is developing a set of guidelines and preferred semantics regarding disability and will be ready soon for dissemination.

Recently, we've seen tremendous breakthroughs in terms of portrayal of disability in television; however, this is just the tip of the iceberg. Hopefully, this year we can build upon the success and expand into areas of advertising, feature films and increased employment in other areas of the media industry. ■

Tari Susan Hartman, MSW, is Executive Director of the Media Office Regarding Disability in Los Angeles, California.



PHOTOGRAPH BY IRENE YOUNG

MICHAEL LORIMER

BIOGRAPHY

MICHAEL LORIMER
Dancing Cat Records Recording Artist
Debut album: Remembranza, DC-3002 and DT-3002 (cassette)
Produced by Michael Lorimer and Michael Denecke

"Michael Lorimer is one of the most talented young guitarists of these times and is the one I appreciate the most."

Andres Segovia

"Lorimer's playing is prismatic and technically right-on from start to finish ... a definite yes!"

Richard Buell – Boston Globe

"The one most exciting and musical guitarist to come around in a long time."

Marilyn Tucker – San Francisco Chronicle

"Superb technical control and sensitive spirit."

Robert Sherman – New York Times

"An aristocrat of his instrument."

Joan Chissell – The Times, London

"One of the most brilliant guitarists around is Michael Lorimer who is as fleet, fluid and downright phenomenal on his instrument as anyone could possibly wish."

High Fidelity – Musical America

"Flashing a smile which made instant friends, Lorimer has both the technique and the musical intelligence for a brilliant career"

Thomas Willis – Chicago Tribune

Michael Lorimer, a favorite protégé of Andres Segovia, caught the attention of American audiences in the early 1970s through tours arranged by the great impressario Sol Hurok. His popularity soon extended beyond the shores of America. The first American guitarist invited to perform in the USSR, he toured major cities in 1975 and was received with such enthusiasm that he was immediately re-engaged for a 1977 tour. He has appeared in Israel, throughout Europe, on most major North American recital series, and with the orchestras of Atlanta, Baltimore, Indianapolis, Louisville, New Orleans and San Francisco.

Michael Lorimer's command of an extensive repertoire is unique. His concerts reflect his enthusiasm for music of many periods and styles and often combine *traditional* classics, Americana, new music and baroque guitar music performed on an original instrument. He brings fresh inspiration to his art, thrills audiences with his playing and charms them with his personality. In addition to concerts, Michael gives master classes at universities and conservatories from coast to coast. He is an engaging spokesman in demand for experimental programs in arts presentations. For the academic years 1980-1982, Michael was Distinguished Visiting Professor of Music at the University of North Carolina, Wilmington.

In the television field, U.S. Public Broadcasting Service has presented a special program entitled, "The Artistry of Michael Lorimer". In publishing, Mel Bay distributes the "Michael Lorimer Edition," which numbers over twenty volumes and includes his own arrangements as well as a special forum for new music, the "Composers Series." Michael writes for Guitar Review and from 1976-1982, contributed a widely-praised, monthly column to Guitar Player Magazine.

Away from music, Michael reads ardently on an expanse of subjects from the Sciences to art. When not on tour, he can often be found digging in the garden of his Santa Barbara home or running with his wife on a nearby beach.

Michael Lorimer's first album for Dancing Cat Records (DC-3002) will be released nationally in October, 1984.

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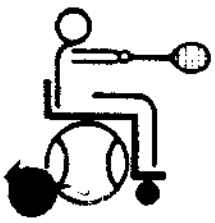

National Foundation of Wheelchair Tennis

CONTACT: Sandra Adler (714) 851-1707

FOR IMMEDIATE RELEASE

The world's #1 ranked wheelchair tennis player is Brad Parks of Southern California. Parks began playing wheelchair tennis in 1975 after a skiing accident left him paralized and unable to participate in his prior loves - surfing and competitive freestyle skiing. He felt that wheelchair tennis was one of the few sports open to the physically handicapped that can be played with able-bodied friends and family.

After mastering the sport and understanding its uniqueness, Parks founded the National Foundation of Wheelchair Tennis in 1980. The purpose of this non-profit organization is to promote wheelchair tennis enthusiasm and prove that handicaps in life and only as big as one cares to make them. Since the inception of the sport on the competitive level, Parks' proficiency has earned him the #1 ranking for four straight years.

Parks' athletic accomplishments in the wheelchair sports world are not exclusive to tennis. Included in his record of achievements are gold and silver medals at the Wheelchair Track and Field World Championships in 1979 and 1980, and the distinction of being the fastest human in a wheelchair by doing the mile in 4 minutes, 24 seconds.

Athletics is not the only area in which he has excelled. At 26 years of age, his professional attainments are extensive. Parks has acted as Executive Director of the NFWT since 1980. He is presently serving as advisor on wheelchair tennis programs for the New Jersey Tennis League,

...../

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Vic Braden's Academy of Tennis, and the United States Tennis Association. Other past recognitions included founding the Wheelchair Tennis Players Association and Junior Wheelchair Sports Camp programs.

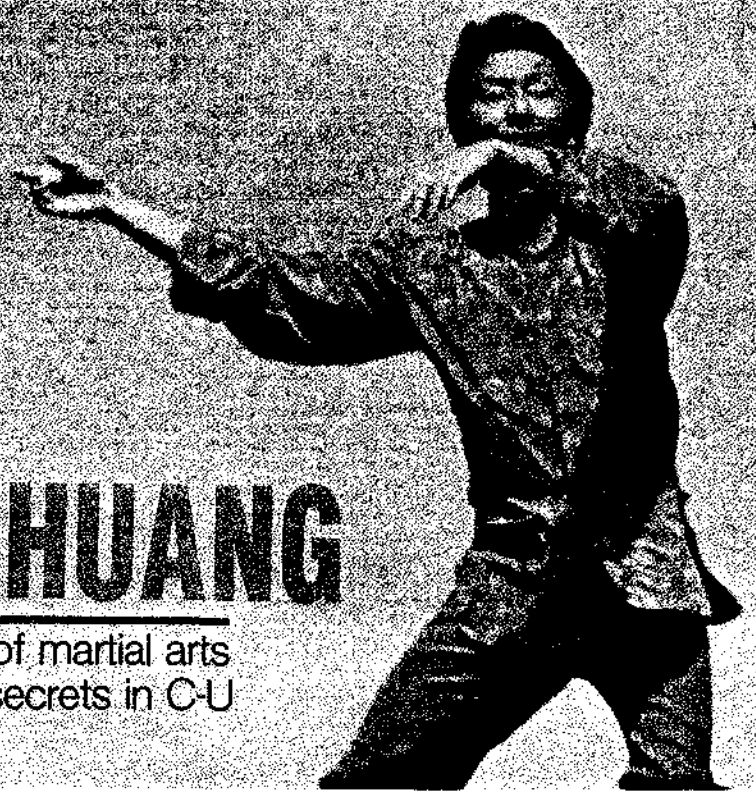
Rounding off the list, Parks has received the 1980 Outstanding Young Men of America Award, and has authored "Tennis in a Wheelchair", a manual which offers coaching, teaching, and instruction techniques on all aspects of wheelchair tennis.

# # #

FILM · CLASSICAL · ROCK · BOOKS · MORE

WEEKEND

The News-Gazette Friday, May 3, 1985



MEET AL HUANG

Dancer, musician, master of martial arts and one of the best-kept secrets in C-U

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A brand-new Neil Simon

By David Sterritt

NEW YORK — It's the new Neil Simon. Gone are the lightweight farces he used to write. In their place are more ambitious comedy-dramas with serious — even autobiographical — overtones.

Gone too are the one-set plays and straight-line stories that were his forte. In their place are restless works that try new effects and break old boundaries.

He doesn't look different. Perched on the corner of a large sofa in his neat Manhattan penthouse, he still has the candid, unassuming manner I've found in previous interviews with him. He still speaks easily and quietly, preferring gentle quips to the barbed one-liners of his plays.

But he admits to changes in his outlook. "My thinking has become more cinematic," he told me recently, summing up the trend. "Even when I write for the theater, I like stories that move back and forth, the way movies jump from one place to another. I started work on a one-set play a while ago and felt so claustrophobic I couldn't go on!"

The evidence is everywhere. "Biloxi Blues," his brand-new Broadway hit, leaps to new locations — from railroad car to dance hall — in scene after scene. "Brighton Beach Memoirs," now in its third year on Broadway, uses one setting but spreads its action into many separate nooks and crannies, all meticulously planned by the playwright.

And his new movie, "The Slugger's Wife," could have existed only on the screen. "There's no way it could be done onstage," Simon says, "except maybe as a musical, which I didn't want to do. How would you handle the baseball scenes? You'd need offstage voices yelling, 'He hit a home run!' It wouldn't work."

SO WHY WRITE for Broadway? Why not focus on Hollywood and let that "cinematic" imagination run wild?

The reason is simple: Despite his long string of major movies, Simon still considers himself a playwright, not a screenwriter. "When I sit down to start a project," he says, "I'd always prefer that it be a play."

This is partly a matter of loyalty to his oldest enthusiasm. "When I was a kid," Simon recalls, "going to the theater was the most exciting thing you could do. Going to the movies was the most exotic thing you could do, which is a little different."

And there are practical reasons. "In the theater," Simon says wistfully, "you have such wonderful control. They ask if it's OK to drop the word 'but' from the beginning of a line. I say it's important to have the 'but,' and they leave it in."

Associated Press File

Neil Simon

"In the theater you have such wonderful control. They ask if it's OK to drop the word 'but' from the beginning of a line. I say it's important to have the 'but,' and they leave it in.'

— Neil Simon

Not so in the movies, where directors and editors have a field day with the script.

"The Slugger's Wife," his new film about a baseball star in a slump, is a case in point. True, it carries Simon's name in big letters over the title. But he isn't sure that's a good idea. "I didn't ask for it," he says. "The studio just gave it to me."

WHY BE CONCERNED about it? Why not take the glory and run? Because this glitzy, rock-and-rolling film isn't quite what Simon had in mind when he handed in his screenplay. Like most movies, it reflects the director more than the author — the director being Hal Ashby, whose flashy style rings through every frame.

"The movie was made by a team," Simon says. "I was there for part of the shooting, but I didn't stick around for the editing, which took eight months. There are things in it I hardly recognize."

Does this mean he's displeased with the film that bears his name so prominently? Not really. He's just — bemused. "I'll use a dumb analogy," Simon says. "Let's say you took my picture with a camera. The next day I look at it, and it shows me with a big mustache. You added it because you thought it would look nice. You ask *me* how I like the picture, and I say I don't know. It's not a case of liking or not liking — it just isn't me!"

This sort of thing makes Simon uneasy, but he takes it in stride. Mustaches have been stuck on his movies before, and he knows it's part of the game. Not since "The Sunshine Boys" and "The Goodbye Girl" — both directed by Herbert Ross — has he felt really in tune with a film that emerged from his script.

The ability to roll with punches is part of a practical streak in Simon's personality. When discussing his work he is happy to deal with aesthetic questions, but often veers toward earthy matters like budgets and schedules — especially now, when he's just finished writing the screen version of "Brighton Beach Memoirs," a sertocomic look at his own Brooklyn adolescence.

"I opened the play up to a degree," he says, describing the adaptation, "but they told me it wasn't enough of a movie. I said I could open it up more, but did they know what it would cost to film? They said to go ahead, and we'd worry about that later. So I did — and I probably added $2 million to the picture."

HE EXPECTS MORE of the same when he adapts "Biloxi Blues," the new "Brighton Beach" sequel that follows its hero into the Army during the 1940s. "We'll need all these soldiers," Simon says, squirming at the thought of extras to pay and uniforms to rent. He's no more a cheapskate than a spendthrift, though. In money matters he sees himself in the middle bracket — not a Woody Allen, bringing in dazzlers on a shoestring, but not a flamboyant Steven Spielberg, either.

Overall, how does Simon rate the film and theater worlds just now? The movies suffer from sameness and imitation, he says, while the stage is cramped by a dearth of young writers.

Some things, on the other hand, look brighter than they used to — such as the rising sophistication of regional playgoers, before whom Simon still likes to test new shows, before Broadway. Although his review of the current scene is mixed, Simon is immersed in it as deeply as ever. He knows some observers criticize him for cranking out too many projects, but work is work, in his view. When you're a writer, you write — and when directors or editors paste a mustache on your movie, you do a quick double take and press on to the next show. ■

Christian Science Monitor

Step Right Up...

Perhaps because it retains the atmosphere of a neighborhood tavern, the Alley Cat remains at the heart of Champaign's entertainment scene while the trendy nightclubs have come and gone. The Alley Cat has little interest in fads, and prefers to feature competent entertainment. The emphasis seems to be on dancing and having a good time, rather than keeping up with Time Magazine.

On Monday nights The Alley Cat sets up its stage and turns the microphones over to anyone who wants to entertain. The affair is entirely informal, and what you'll see on stage varies wildly: from sweet ballads to vulgar comedy. The proprietor refers to Monday night as "An opportunity to experiment on live subjects" and is fond of taking a turn himself.

There's more to a nightclub than what happens on stage. The Alley Cat keeps Trivial Pursuit, backgammon, Monolopy, Risk, chess and other board games behind the bar. If you can't find another opponent, try Frisbie, who thinks he can beat anyone at any board game, a belief that is not entirely in tune with reality.

The Alley Cat has a couple of pool tables, the predictable video games, many of the bartenders juggle, and Frisbie can be talked into performing feats of magic and slight of hand. It's not hard to enjoy yourself at The Alley Cat.

DOING JUST WHAT COMES NATURALLY

Urbana's Al Huang takes the path of least resistance

Story by David Eisenman
Photos by Susan K. Johnson

Tonight Chungliang Al Huang is in Europe. Last Friday he was playing his bamboo flute and dancing at the Sunsinger in Allerton Park.

In January, Huang was in China to sign an agreement with the Chinese government which established a new cross-cultural institute with Huang as its director.

Al Huang may not be the best known of the dozen or so artists with active international careers who have chosen Champaign-Urbana as their home base, but he may well be the most adventuresome and colorful.

STONEHENGE, ENGLAND, 1979

Huang has a way of drawing people into collaboration with him. He does not use his celebrity status — his reputation is considerable but it is not yet one which makes his face or name familiar to the general public. Rather, he employs a keen instinct for how the institutional mind works.

Like any artist who declines the secure embrace of universities and other institutional havens, he has mastered the art of gentle rule-bending and poaching. Institutions control too much of the world's artistic treasures and tools to be ignored altogether.

□

"But I have come all the way from China to dance in Stonehenge!" he tells the guard charged with keeping people out of Stonehenge.

The statement is true, as far as it goes; but Huang doesn't mention either the elapsed time or the rather indirect route he has taken between Fujian Province and that particular moment on the English moors.

It has in fact been three decades since Huang fled his homeland as a little boy, on the eve of the Maoist victory. And, if in some sense the seeds of his journey to the prehistoric monument of Stonehenge were sown in China, they began growing only on American soil when Huang, an undergraduate studying architecture at UCLA, discovered the excitement of modern dance.

The guard ponders Huang's word. Then he tells Huang to go on in and dance.

"But in about three minutes I'm going to shout at you and tell you to stop, you aren't allowed to do that," the guard says. "I have to let the tourists know that they can't all go in there.

"Just ignore me and go on with your dancing," he concludes, smiling.

In fact at least five minutes elapse before the guard's shout. Huang and the guard exchange winks. Then Huang dances uninterrupted for another 10 minutes, playing his 300-year-old bamboo flute.

"It was a wonderful thing," Huang recalls, "very special. There are some places in which you can just feel great power."

For instance, the Taj Mahal.

INDIA, FEBRUARY 1982

More than a decade earlier the Al Huang Dance Company has used music from jazz flutist Paul Horn's best-selling LP, recorded in the Taj Mahal on Horn's portable tape machine.

By 1982, Huang has not only met Horn but has collaborated with him in concert. Thus he has heard Horn's story of how he talked his way into being allowed to play his flute in this most sacred monument, the world's most opulent and beautiful tomb, a dozen years earlier.

Huang indicates his interest in dancing and playing his bamboo flute inside the Taj Mahal. The attendant in charge explains that this is impossible. Huang is ready for this. He knows an argument which once solved this exact problem.

"You sing prayers inside," Huang argues. "I play my flute for God, too. It is the same."

The attendant looks closely at the American-accented Oriental gentleman standing before him. "Do you know Paul Horn?" he asks.

Not only is it the same argument, it is the same guard.

Huang and the attendant then have pleasant conversation, Huang saying that he is sure Horn will want to send him a copy of the record — now that Huang has his name and address.

"That would be very nice," replies the guard. "But please, not a record. Have him send a cassette. For my Walkman."

And then he allows Huang to play his flute, for God, in the Taj Mahal.

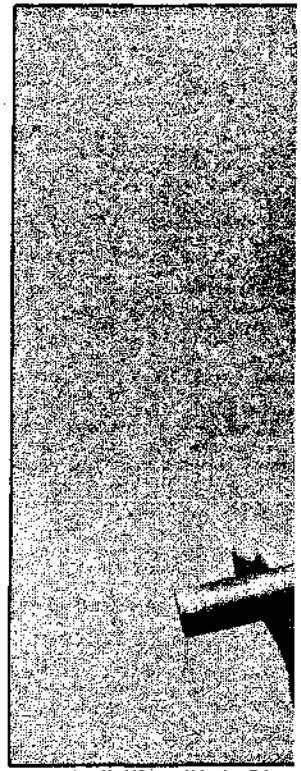
□

It is easy to see why New Age magazine would describe Huang as "probably the most playful and provocative tai chi master in the West — or anywhere" in its cover story on his artistry (October 1983).

Two qualities central to the Chinese wisdom which he seeks to share with Westerners through his Living Tao Foundation are fully exemplified in his own life — a rich sense of humor, especially that arising from the absurdities in life, and a way of living which is known in Taoist thought as "the watercourse way."

URBANA, APRIL 28, 1985

Chungliang Al Huang is seated in an armchair in the Living Tao office, a spacious set of rooms on the second floor of his large ex-apartment-house home in Urbana. Tomorrow he will leave for three weeks of workshops in Germany, Switzerland and Austria.



Al Huang plays his 300-year-old bamboo flute

Conversation is interrupted by phone calls from artistic collaborators and his Living Tao "network." There is talk of concerts, of the next Lan Ting Institute (t be held in October in Fujian, China), of h calligraphy show in Houston later this month.

"When people see my schedule," says th world-traveler, who appears completely fresh after a day filled with last-minute work on the calligraphy in addition to preparations for nearly a month away fro home, "they wonder how I can do so many different things without exhausting myse But actually it is very easy. Each of these events and projects comes up quite naturally and I do them only if they fit in the natural flow of my schedule."

Indeed, there is little apparent strain. A each of his European stops this month, fo example, there is a person or a group whc invited Huang, made all the arrangement recruited the participants in his workshops, and has taken care of all the finances.

All Huang has to do is what comes ever more naturally to him, which is to "teach beginners' classes" in Chinese arts and philosophy.

THE WATERCOURSE WAY

A central metaphor in Taoist philosoph is "the watercourse way." Water in a stres takes the path of least resistance. It may b a humble, low-lying path, but it is not a powerless one by any means. By followin it, the water collects considerable power.

"Westerners often assume that it takes great struggle to accomplish things," Hua observes. "They even think that accomplishment usually involves a

"Westerners often assume that it takes a great struggle to accomplish things. They even think that accomplishment usually involves a measure of ruthlessness, of stepping on other people. But there is another much gentler way.
— Al Huang

e of ruthlessness, of stepping on
eople.
here is another much gentler way.
en it is even more productive than
which uses force," Huang asserts.
s the central concept of tai chi, too
all energy, whether initially
y or hostile, can be captured and
ted into harmony.
*child in China, I was told by a kung
her: "It is easy to meditate quietly
at a candle flame. What is not so
to meditate on a fist coming at your
and turn it into a flower."*
*"Quantum Soup," Chungliang Al
Huang, 1983*
'aoist idea of taking the route which
s the least resistance — which, in
vords, is in greatest harmony with
nique human life — applies to much
han physical conflict with others.
st people, the greatest conflict is
l.
hi is, technically, a "martial art." But
lions of Chinese who greet the dawn
l goodbye to the setting sun doing
i chi are not preparing for muggers.
re practicing the maintenance of a
f harmony within themselves and
n themselves and nature.
e case of Al's students, applications
hi in everyday life do, occasionally,
the movies.
*chi friend was set upon outside his
n Paris. His attacker aimed a fist at
n as he tried to snatch his briefcase.
and automatically absorbed the force
blow with a spin and ended up facing
acker in a firm stance; he let out
collected roar that the would-be
led like a wounded pup.
ss astonished than my friend were
n-age children, who had previously
been embarrassed by their father's practice of 'weird,' slow-moving tai chi. So impressed were they that afterward they insisted on repeat demonstrations every time a new friend visited their home.*
— "Quantum Soup"

Huang's numerous collaborations have the quality of natural mergings of brook ("Bach" in German) with brook to form stronger streams.

ONE THING LEADS TO ANOTHER

In the late 1970s a magazine ran an article about Huang next to one about saxophonist and ecologist Paul Winter. Huang decided he would like to meet Winter. He wrote to him.

Some time later Huang was at the Esalen Institute for his annual week-long joint seminar with Joseph Campbell, the celebrated octogenarian mythologist.

"I answered the Esalen phone. The person calling asked for someone else and then identified himself as Paul Winter," Huang recalls.

It emerged that each had written to the other but neither had been at home to receive the letter; now here they were in *touch on the phone entirely by accident!*

Winter and Huang compared calendars to see when they both might be in the same place at the same time. Their first collaboration was an impromptu Huang appearance at a Paul Winter Consort concert in Santa Barbara.

Some months later both men found themselves at the wedding of two famous environmentalists. Also present was the dean of St. John the Divine in New York, the world's largest gothic cathedral. The conversation turned to the participants' mutual love of Bach — a love in Huang's case which extends to the composer's calligraphy as well as his music.

From that conversation came "The Tao of Bach: A T'ai Chi Musical Offering," performed before more than 3,000 people in late 1980 and early 1981 both in St. John's and in San Francisco's Grace Cathedral.

LEAL SCHOOL CONNECTION

Huang's collaboration with another participant in the Tao of Bach events came through a homelier connection. Flutist Alexander Murray, professor of music at the University of Illinois, and his wife Joan had a child in Leal School, Urbana, at the same time as did Al and Suzanne Huang.

Suzanne, who met and married Al when both were dancing professionally in the early 1960s, arranged for the two fathers to meet. Their first joint appearance was at a Leal School event.

Other musicians with whom Huang is actively working this season include cellist David Darling, who he met through Paul Winter; Paul Horn; and longtime Segovia student Michael Lorimer, classical guitarist and master improviser. A "Tao of Bach" event is in the works for Connecticut College this fall.

"I have always loved dancing in my studio as much as I enjoy performing in public," Huang says. "I could never understand dancers who seemed so grim in practice, as if it were just painful work, saving their smiles for performance."

His musician friends share the same attitude, with the result that, as Huang puts it, "I am blessed with collaborators to whom I have also become quite close personally."

DANCING MIND, THINKING BODY

Huang's teamwork extends beyond the performing arts to include people like

(Please turn to page 12)

Huang dances recently at Allerton Park

Huang works at calligraphy in his Urbana studio

THE PATH OF LEAST RESISTANCE

(Continued from page 11)

Campbell who share Huang's interest in the unity of human knowledge and wisdom.

"I tell my classes that the Tao is as much their heritage as it is mine," Huang says, "and that Bach is as much my heritage as it is theirs. All human wisdom is valuable; all cultures have insights which individuals from other cultures can profit from.

"No one I have ever met sees so clearly the unity of mankind as does Joseph Campbell," Huang adds.

Campbell is at work on a four-volume "Historical Atlas of World Mythology." At 81, he is still adding to his prodigious knowledge of world myths — aided lately by Huang as he attempts to expand his appreciation of Chinese myths, which he feels he has slighted in the past.

Campbell is the latest in a succession of well-known Western intellectuals with whom Huang has worked, expanding his knowledge of culture and philosophy — sometimes in exchange for teaching them how to get in touch with their (often neglected) bodies.

Alan Watts, the scholar and teacher of Zen and other Eastern philosophies, encouraged Huang in the 1960s to go back and explore more systematically his Chinese heritage.

When Watts died in 1973, Huang completed Alan's last book, "The Watercourse Way," for which Huang had been providing the calligraphy.

During our last seminar at Esalen together, at the finish of an afternoon session when the high-flying spirit had set everyone smiling, dancing and rolling up and down the grassy slopes, Alan and I started to walk back to the lodge, feeling exuberent, arms around each other, hands sliding along one another's spine. Alan turned to me and started to speak, ready to impress me with his usual eloquence about our successful week together.

I noticed a sudden breakthrough in his expression; a look of lightness and glow appeared all around him. Alan had discovered a different way to tell me of his feelings: "Yah ... Ha ... Ho ... Ha! Ho ... La Cha Om Ha ... Deg deg te te ... Ta De Da Ta Te Ta ... Ha Te Te Ha Hom ... Te Te Te ..." We gibbered and deuced all the way up the hill.

Everyone around understood what we were saying. Alan knew too that he had never — not in all his books — said it any better than that.

Al Chung-liang Huang in the foreword to "The Watercourse Way"

The key to Huang's life and collaborations is that he has carried into adulthood the determination of the child to overcome limitations. Where for most of us the "incompatibility" with someone like Bateson would cause us to flee, Huang detected in Bateson a reciprocal insecurity.

Nobody likes to admit to being inept at something important. It is somewhat easier to do, though, when the admission is not unilateral. The watercourse way is to face ineptitude rather than to dissipate energy trying to avoid it.

Huang and Bateson ended up creating a joint seminar titled "Giant Dancing Steps to an Ecology of Mindbody."

"This successful, historic, week of learning ended with a finale of Gregory leading the group, with exuberance and no little grace, in high kicks to the music from 'A Chorus Line,'" Huang writes.

Bateson's gift to Huang was a deepened appreciation of the Tao, nature's course, which Bateson called "the pattern which connects."

What pattern connects the crab to the lobster and the orchid to the primrose and all four of them to me? And me to you? And all the six of us to the amoeba in one direction and to the back-ward schizophrenic in another?

Why do schools teach almost nothing of the pattern which connects? ...

In truth, the right way to begin to think about the pattern which connects is to think of it primarily (whatever that means) as a DANCE of interacting parts and only secondarily pegged down by various sorts of physical limits and by those limits which organisms characteristically impose.

Gregory Bateson, in "Mind and Nature"

SLOW BOAT TO CHINA

If Huang's watercourse in the 1970s took him deeper into a personal synthesis of Eastern and Western art and philosophy — and into the network of Westerners interested, similarly, in embracing the full sweep of human wisdom and achievement, the land of his birth was itself beginning a remarkable journey back out into the world community from its isolation.

Still, as the 1980s opened, Huang Chung-liang remained without expectation of even visiting, much less working in, the country of his youth. His father, who had left his profession as a school principal to fight against the invading Japanese, had ended up as a general on the losing side in the civil war. Surely the general's son would not be welcome.

But a Taoist ought never to be surprised when seemingly impossible things happen. In 1982 Huang did go to China — and found at once that there were things for him to do there for which his curious path had uniquely prepared him. But that is another story.

In October, Huang will take his first group of Westerners to China under an agreement, signed in January, which creates for him an institute for intercultural interdisciplinary studies at Wu Yi Mountain, "perhaps the most beautiful and culturally rich site in China, says Huang, who has childhood memories of this spectacular spot that make it all the richer for him, personally, to be teaching there.

His group will study with artisans, poets, martial arts masters and philosophers who were preserving and practicing, even through the excesses of the Cultural Revolution, the same elements of ancient Chinese culture which Huang was cultivating in the West and sharing with others who wished to supplement their "Western best" with complementary insights from the East. "The most exciting prospect of all this," Huang says, "is that the Chinese may rediscover the value of their own ancient heritage by observing how Westerners are embracing it to complement and balance the very Western culture which right now seems so alluring to the Chinese."

Huang is poised to play a role in the rebirth of Chinese arts in China, not as a Chinese who is going "back" but as a man who has fully embraced the West, considers himself a Westerner, but is also convinced that in the end there is a single very wonderful world culture on which all men can draw as they make their ways through life.

Huang's life adventure, one senses, is once again just beginning.

For Weekend

Chung Liang Al Huang

CHUNGLIANG AL HUANG

President, Living Tao Foundation, Urbana, Illinois, USA
Director, Lan Ting Institute, Wu Yi Mountain, China

Tai Ji Master dancer
Calligrapher (brush) and musician (bamboo flute)
International keynote speaker lecturer

Author: **Embrace Tiger, Return to Mountain:** The Essence of T'ai Chi (1973)
Tao: The Watercourse Way (with Alan Watts) (1975)
Living Tao: Still Visions and Dancing Brushes (1976)
Quantum Soup: A Philosophical Entertainment (1983)

An agreement signed in January, 1985, between Mr. Huang and the government of China created the Lan Ting Institute at Wu Yi Mountain, with Huang as Director. The Institute is an international cross-cultural and interdisciplinary conference and study center.

Huang is noted in the Jan.-Feb. 1985 issue of **New Realities** as one "who has done the most to popularize Tai Ji in America". The cover story of **New Age**, Oct. 1983, described Huang as probably the most playful and provocative Tai Ji master in the West — or anywhere!" Al Huang teaches Living Tao seminars all over the world and conducts specialized training courses in his midwest center, Urbana, Illinois. He is a keynote speaker for major conferences around the world.

With the Paul Winter Consort, Huang created the TAO OF BACH cathedral concert series. He has collaborated with other musicians, scholars, and poets in concerts and seminars, including John Blofeld, Robert Bly, Joseph Campbell, Paul Horn, Fritjof Capra and others.

****

Al Chungliang Huang's childhood in Fujian gave him a rich background in the classics and fine and martial arts of old China. He came to America as a young man to study architecture (B.S., UCLA, 1960). Drawn to dance by his background in Kung Fu and Tai Chi, he advanced to a solo at Jacob's Pillow while still an undergraduate. There followed graduate study in choreography, comparative religion and philosophy, anthropology, and various interdisciplinary studies (M.A., Bennington, 1963).

While concertizing with his AL HUANG DANCE COMPANY, he taught at major art centers and universities in North America, Europe, and the Far East. He was a Ford Foundation research scholar, a visiting professor at the College of Chinese Culture, and a doctoral research fellow at the Academia Sinica. The Ministry of Education of the Republic of China awarded Huang the highly prestigious Gold Medal in 1967.

Huang has been an artist-in-residence at the Krannert Center for the Performing Arts and a post-doctoral fellow at the Center for Advanced Study, both at the University of Illinois; director of the Oriental Theatre Program, York University, Toronto; and director of the Lan Ting Institute for the Alan Watts Society for Comparative Philosophy, Suasalito, California.

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