

# Sports briefs

Associated Press

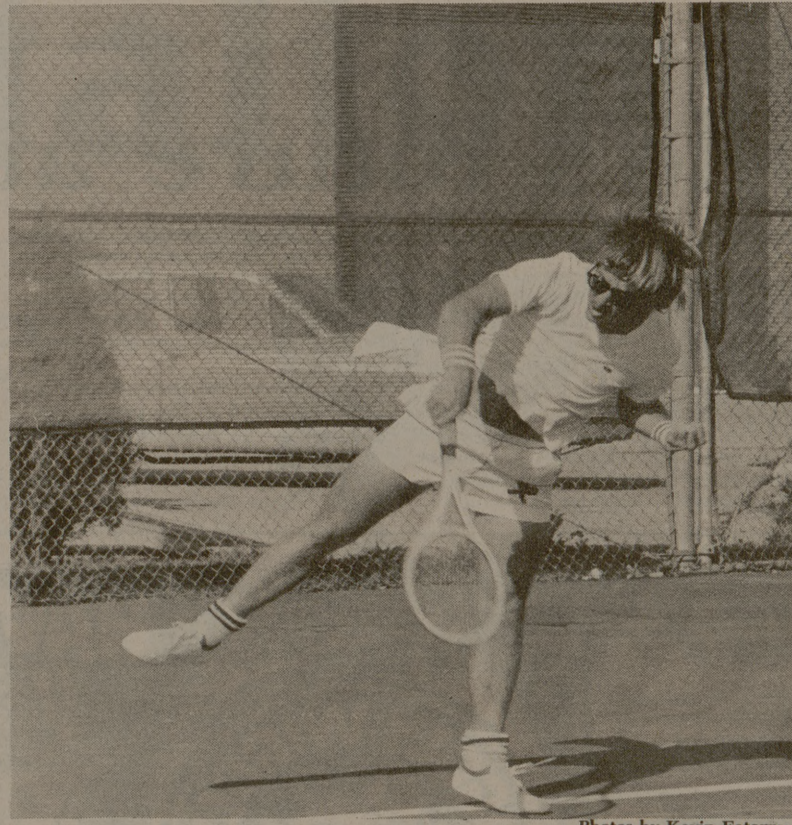
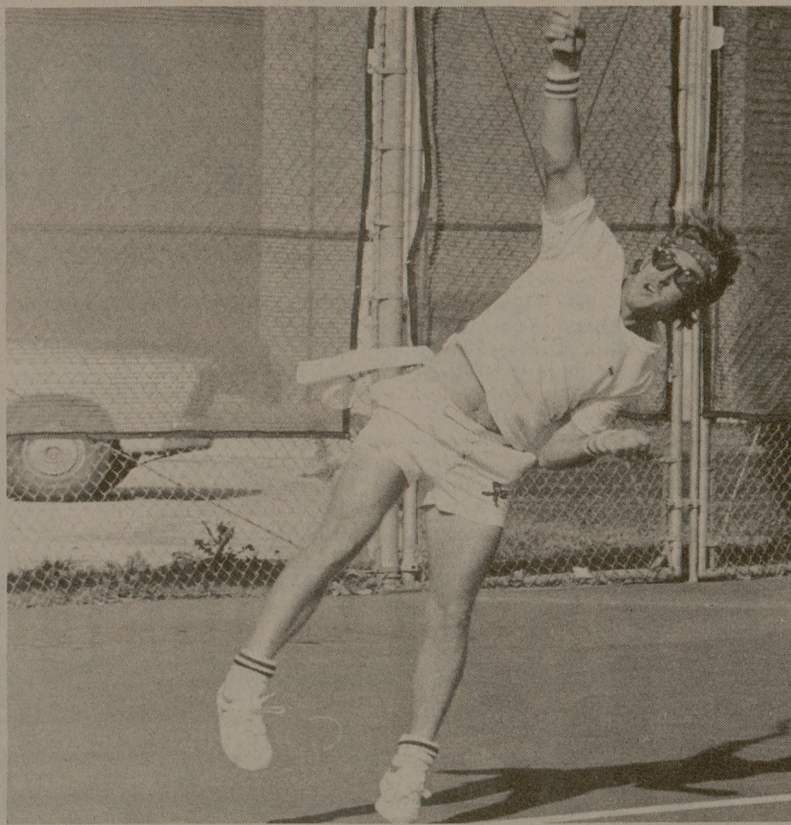
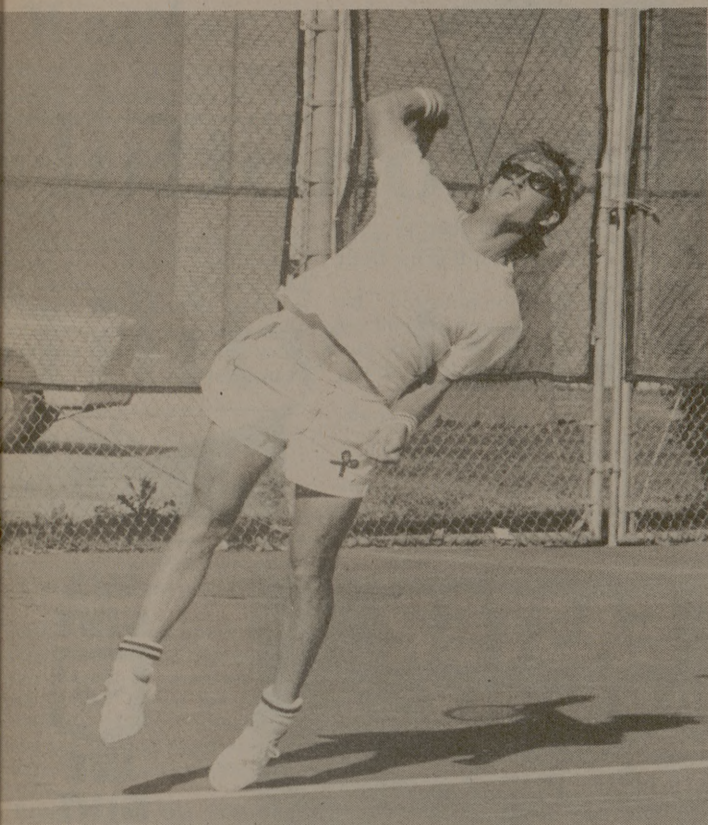
REGINA, Sask. — Calvin Miller, a 23-year-old defensive end, has been signed by the Saskatchewan Roughriders, the Canadian Football League team said today.

The 6-foot-2, 240-pounder played college football at Oklahoma State and spent last season with Birmingham of the defunct World Football League.

★★★

SAN JOSE, Calif. — Ilija Mitic, the North American Soccer League's all-time top scorer, will play out his option with the San Jose Earthquakes and seek a higher bidding soccer club next year, a team spokesman says.

John Carbray, general manager of the Earthquakes, said Mitic could not reach a salary agreement with the team for the 1977 soccer season. He said Mitic may renegotiate with the Earthquakes later or seek a higher-paying soccer team elsewhere.



Photos by Kevin Fotorny

Texas A&M's John Kerwin powers home a serve against Baylor in a recent tourney. The Aggies of Coach Richard Barker will face SMU this Saturday in Dallas.

## Roy's expertise aids N.O. Saints

By AUSTIN WILSON  
AP Sports Writer

NEW ORLEANS — The barbells in the Louisiana sun — Carnal red, Packer Green, Steeler black. But the colors don't make them weigh any less.

Ask slender New Orleans Saints wide receiver Larry Burton or defensive end Elois Grooms, whose muscles have muscles. Or ask Alvin Roy, who painted the weights and moved them out into the sunlight. Roy, 56, became the National

Football League's first full-time strength coach when the Dallas Cowboys hired him 14 years ago. Since then, he's worked with the teams in San Diego and Kansas City.

When former Kansas City Coach Hank Stram was chosen to lead the Saints to respectability, one of the first men he hired was Roy.

"It's up here," said Roy, tapping his forehead. "We want them thinking football. You work out inside, it's the YMCA or a health spa. Outside, it's football."

He didn't seem concerned that the Saints play home games indoors in the Superdome. "We painted the weights for the same reason. Coach Stram wants them thinking about the teams we play, so he had me paint the weights the colors of the NFL jerseys — or as near to them as we could get.

"Now take Burton, when he started working with the weights, he was cleaning (raising the barbell from the ground to the shoulders) 155 pounds," Roy said. "He's cleaning 255, now.

"Monday, we're going to give him what Coach Stram calls 'a chance to demonstrate the caliber of his individual achievement.' I call it showing his tail off. If anybody's been thinking Burton's lazy, he'll get a chance to show them how hard he's been working."

Grooms lay on his back and thrust upward at a pile of orange weights on the leg machine. He is built like a Mr. America candidate — thick neck, wide shoulders tapering to a

slender waist, biceps that leap and writhe with every wiggle of a finger.

"Oh, I wish I'd had him earlier. He wouldn't be built like that," said Roy, explaining that he prefers the wide "powerful" build of Green Bay Hall of Famer Jimmy Taylor, who came under Roy's tutelage at Louisiana State.

He attributes the success of Dallas to emphasis on off-season conditioning — weight training and running. "Lord, nobody works harder than

the Cowboys," Roy said. "You look at their hands, they're like peasants from gripping that iron. And they're never injured, like the New York Jets.

"The Jets aren't in any kind of condition. They're led by a quarterback, but they're not in condition. A lot of teams in the NFL aren't in condition. A lot of them don't work at it."

In addition to the weight training, Roy's routine calls for long-distance running.

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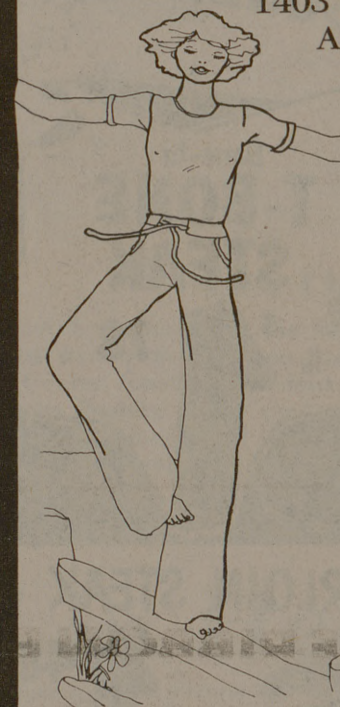
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