

# Pumping iron's a new high

By DAVID BOGGAN

Pumping iron is a popular synonym for a popular activity at Texas A&M — weight training. Weight training has experienced changes in technique and changes in technology over the years, and A&M's staff, students and facilities reflect these changes.

"When I was in high school weights were frowned upon because their importance wasn't understood," says Emil Mamaliga, weight training specialist for Texas A&M athletic teams. "Now training techniques have been improved and the refinement of equipment makes weight training more acceptable."

The weight room in DeWare Field House contains some of the

refined equipment Mamaliga speaks of. There are two Universal gyms and a set of Nautilus weight machines along with various types of free weights (barbells, head straps, wrist developers, etc.) in the room. Most of this equipment belongs to the athletic department but it can be used by any student through the cooperation of the athletic and intramural departments.

"We're real fortunate to be able to use this equipment," says Jim Jeter, associate director of intramurals. "There is a real good relationship between the athletic and intramural offices."

Jeter explains that the athletic department allows all students to use the equipment during specified

hours if the intramural department supplies supervisors to guard against equipment damage. Both departments share the cost of equipment repair.

While the average number of people in the weight room is between 40 and 50, sometimes "there are 100 to 125 people in here at one time," Jeter says. "Students are interested in it and they need it."

Everyone has their own preference as to what equipment to use and what workout procedure to follow.

"I'm a free weight man," says Mamaliga, who has been a weight training specialist for 31 years. He explains that all athletes are started on a free weight program and the Nautilus is used as a maintenance program for when an athlete has reached peak fitness or needs rehabilitative training.

"I prefer the Nautilus because I can workout at maximum intensity," says George Hiller, an intramural supervisor. "I've worked out regularly since last September and it's done me a lot of good." Hiller says he works out twice a week.

"For keeping the upper body in shape weights are the best thing and

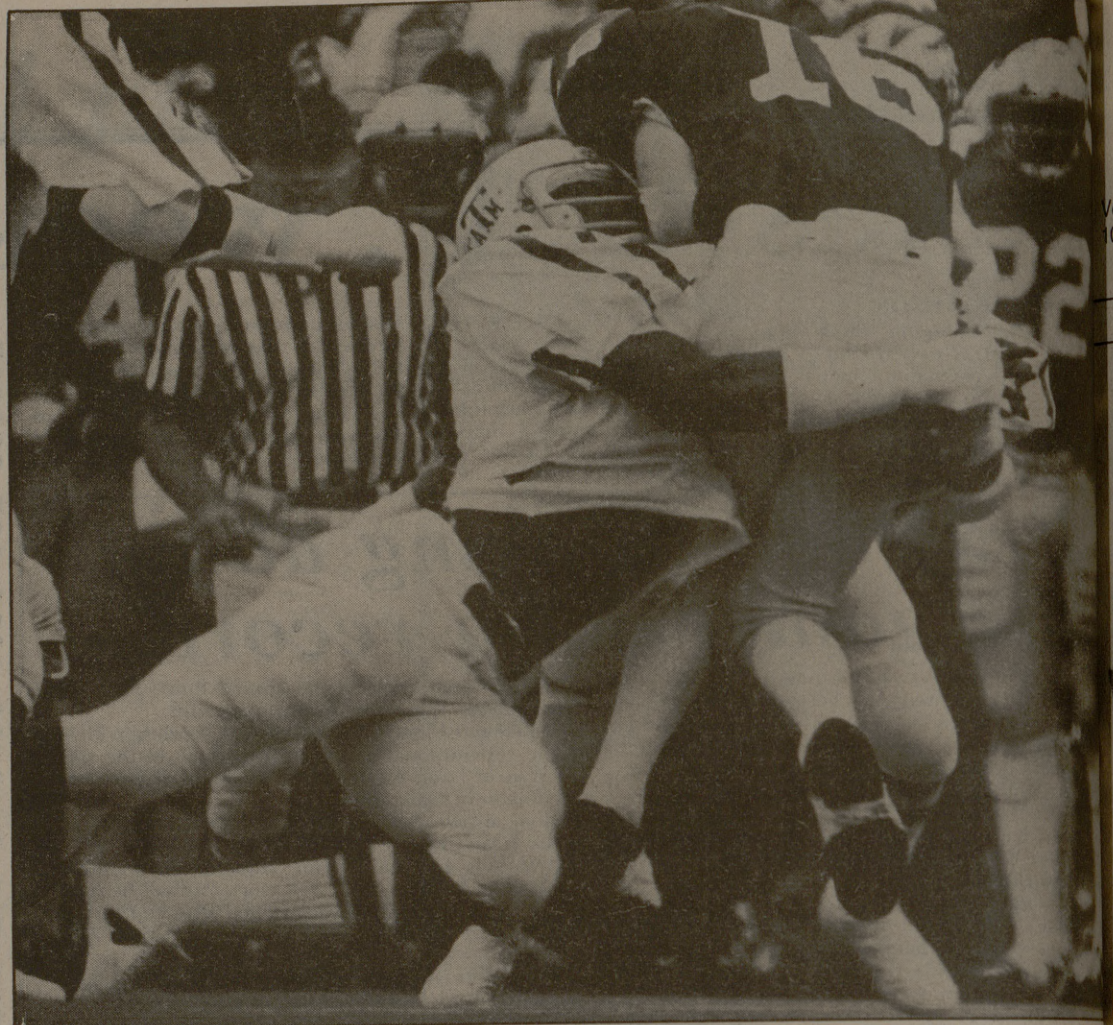
I feel that I know what to do to make a good workout on the Universal," says Charlie Allison, an economics-math science major who works out three times a week. Allison used the Universal in high school and says the Nautilus is too complicated.

"I like being able to control the weight instead of the weight controlling me," says Roger Westbrook, who prefers free weights. Westbrook, who is working on his physical education teaching certification, works out in the free weight room on the second floor of G. Rollie White Coliseum.

While there are differences of opinion as to the best method of weight training, everyone agrees on the reason for weight training, Mamaliga says.

"The attitudes of the participants are the same," he says, "they are all looking for self improvement."

The DeWare weight room is open to all students from 12-2 p.m. and from 7-10 p.m. Monday through Friday and from 2-5 p.m. Saturday and Sunday. The free weight room is open whenever G. Rollie White is open. Student ID is required.



Frankie Lemmons puts a crunching tackle on a Michigan punt returner. The punt coverage has vastly improved since the opening game

with Kansas. A&M plays Baylor in Waco weekend.

Battalion photo by Pat O'Malley

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Texas A&M golf coach Bob Ellis putting his best team on the Friday and Saturday in the City Interscholastic Tournament in Memphis, Tenn.  
"We haven't done very well this season," Ellis said. "I think the best group we've put together and I'll be anxious to see how they do."  
Playing for the Aggies will be sophomore Dave Ogden, who last week won the Hardscrabble Memphis Play Tournament in Fort Smith, Ark., freshman Mark Taylor, sophomore Tim Carlton, freshman Bill Cromwell and freshman Jay K.

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