

the sports

Victory on the border

# Scott strengthens Aggies

By SEAN PETTY  
Battalion Sports Staff  
The Texas A&M men's track team took its usual spring trip south to Laredo and a good time was had by all.

The Aggies' enjoyment was not only business-related as eighth man Tim Scott, sprinter Curtis Dickey and high jumper Jim Howard led the Ags to the team title at the Border Olympics.

The Aggies compiled 118 points to win the meet over a tough field of predominantly Southwest Conference schools. Baylor was second with 96 points while the ailing Texas Tech Longhorns could manage only 53. The leader for the Aggies was senior Tim Scott who was the meet's high point man winning both the 100-yard dash and shot put, who had the outstanding indoor season, put showed shot 58-feet-five-inches and threw the discus 186-feet-one-inch. Scott's shot put effort is already the best in the country better than his last year's best of 55-2 and his discus throw is only two feet short of his personal best of 188 feet. What's his secret?

"My strength has increased so much from last year that it's making a difference in the world," Scott said. "I guess I just wasn't dedicated enough to work hard in order to improve. But when I went to the NCAA meet last year and saw all the other throwers, I decided I better get serious or I'll never improve."

"So I hit the weights hard all summer and it's really helped," Scott is already reaping the benefits from his hard work as he has increased his bench press 110 pounds from last year and has earned a trip to the NCAA Indoor Track and Field meet.

"We knew Tim would improve because he has worked so hard on his weights," said Aggie coach Charles Thomas. "Tim is very dedicated and he is going to get better throughout the year."

Scott is planning on improving so, in fact, he has set what he thinks are some realistic goals.

"If everything goes right, I feel I can throw 205 feet in the discus and 62 feet in the shot put by the conference meet," he said. "It's going to take a toss of about 205 to win the SWC and I think I can do it."

"I haven't been able to work on the discus much at all because of the weather so I'm pretty pleased with my performance up to now. I'm really looking forward to the discus this season. I can't wait to throw it."

Although Scott has increased his strength and size, he says the changes have not affected his throwing or quickness across the ring.

"All the strength I have added has been positive," he said. "It has allowed me to do things differently. I always had the leg strength, I was just lacking strength in my upper body."

"I have had help from a couple of guys. Mark Isenmann (Scott's roommate and fellow shotputter) helped me immensely. He knows so much about lifting and helped me build up a lot of parts of my body I was neglecting."

Another of Scott's helpers is Texas Tech's resident shot put expert, Andy Matson. The former Olympic medalist in the shot put gets out to help Scott and the other shotputters when his schedule allows for the time.

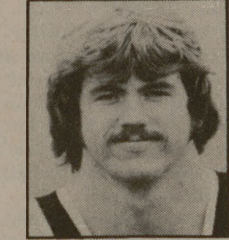
"I could have Randy out here every day I could throw the shot put," Scott said. "The little bit he helps me goes a long way."

The only thing holding me back is getting to throw. If the weather is nice, I think I'll go wild. I

just don't think I've reached my potential yet."

Scott is not the only member of the Aggie track team who has not reached his potential. Freshman high jumper Jim Howard is soaring to great heights and the season is only a few weeks old.

"Jimmy is jumping great right now," said coach Ted Nelson. "He



Tim Scott

did a great job winning the high jump in Laredo because he was jumping right into a pretty stiff wind. He almost made 7-3 but the wind was just too strong."

Howard has also had an outstanding indoor season clearing seven feet in almost every meet and setting meet records everywhere. He continued his record setting ways by

breaking the 12-year-old Border Olympics' record of seven-feet-one-inch with a jump of seven-one-and-a-half.

While Howard jumped into the wind, Dickey ran like the wind carrying his 204-pound frame to victory in the 100-yard dash finishing way ahead of second place Carlton Derritt with a time of 9.5. Dickey also brought the Aggies out of the pack in the 440-yard relay to cruise past the field and win that event.

Dickey didn't run like he weighed 212 pounds (according to what some Texas newspapers reported his weight as being) because he does not weigh 212 pounds.

"Curtis Dickey weighs 204-and-a-half pounds," assured A&M trainer Billy Pickard. "I weighed him today with nothing on and he weighed a half pound more than he did in August."

Dickey, Scott and Howard are not the only Aggies who have done well in the still young track and field season. Randy Hall vaulted his way to the NCAA Indoor Track and Field championship along with Dickey, Scott and Howard. The Aggie pole vaulters gave the Aggies the final points needed to win the meet by

placing first, second and fourth. Hall won clearing 16 feet while Pat Ruehle tied for second at 15-6 and Mike Mullins was fourth at 15 feet.

The defending SWC champions will be in Fort Worth to run in the Fort Worth Recreations and Parks meet. The team will be without Dickey, Scott, Hall and Howard who will be in Detroit at the NCAA Indoor meet.



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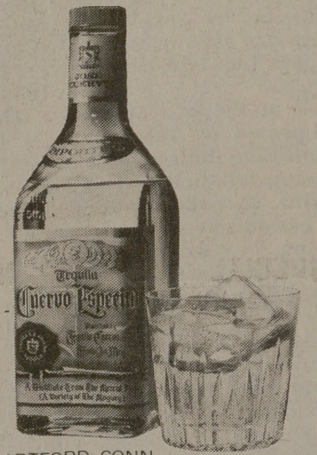
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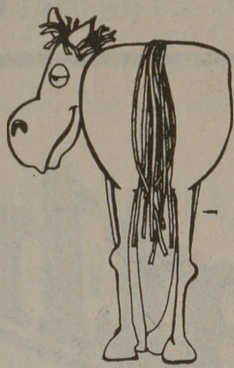


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