

the sports

viewpoint

By SEAN PETTY
Battalion Sports Editor

Is Russia ready?

In a little less than a year, the United States will send an Olympic team to Moscow to compete in the 1980 Olympics. The Games, held every four years, are the highlight of many an athlete's career.

Athletes from all over the world train, strain, sweat and fret for four years in preparation for the honor of being called the best in the world in his or her event.

The hundreds or thousands of hours spent on the track, in the gym, on horseback, in the pool, in the boxing ring, on the road is all for one goal, the Olympic gold medal. All the days of individual sacrifice, practice, depression, happiness, pulled muscles and pain are all part of the athlete's road to Moscow.

And for some who win big such as 1976 decathlon gold medalist, American Bruce Jenner, all those hours and years of hard work pay off and, very nicely, Jenner found there was more gold in that medal than he thought when, soon after he won the gold, he was exercising his fingers by signing his name on the dotted line for endorsements, television and big bucks.

Speaking of big bucks, that's exactly what it takes to send gold-seeking American athletes and coaches to the Olympics and it's one tab Uncle Sam doesn't pick up. The American team will go to Moscow, as it has always done in the past, on donations out of our pockets.

The U.S. Olympic Committee works almost as hard as the athletes between Olympics raising money to send our Star-Spangled team to the Olympics. And the Americans have dominated the Games for many years, competing against the likes of the Soviet Union's government-trained, professional athletes. The Soviet athletes work year round on their individual specialties and get certain favors from the government for winning. Young children are put into rigorous training programs in order to compete for the Soviets in the coming years.

You would think that with as much emphasis as the Russians put on training and victory, they would do an admirable job as hosts for the 1980 Olympics.

If the recent Spartacade held in Moscow is any indication of how the Olympics will be run, a bad time should be had by all.

The Russian officials botched the whole thing up with poor information, inadequate facilities and general disorganization. And add that to the fact that, according to American athletes and coaches, there is nothing to do in Moscow, you've got one hot time in the land of the Kremlin.

It's a shame to think that after all the work athletes around the world will put in, the Games will be poorly run. The Moscow problem is so bad that American coaches are looking for training and living facilities somewhere in Europe for the duration of the Olympics. Olympic track and field coach Jimmy Carnes, said that the athletes will probably be flown into Moscow two or three days before their event to adjust then they will compete and leave.

Of course, it may take two or three days for the American athletes to find out what they are in or who they will compete against at what time and where. Carnes said the Americans didn't find out what events they were in until about an hour or so before their events and didn't know who they would run against throughout the games. To remedy that problem, Carnes said the Americans will take hoards of walkie-talkies to keep in touch with the main headquarters and the athletes on the field.

Fear just see our man in the 10,000-meter run with a C.B. strapped to his back talking to the U.S. coach, Carnes:

"Break 19 for that one Head Man, you got the Tired Man how 'bout you got the Head Man come back Tired Man."

"Appreciate the break, how's it lookin' over my shoulder?"

You got that one Russian Mad Man on yer tail, better put the hammer down."

And if you think that's ridiculous, wait until you think you are watching American Edwin Moses, the world record holder in the 400-meter hurdles, but in reality you are watching one of the U.S.'s top 400-meter dash men run the hurdles. That is exactly what happened during the Spartacade as the Russian announcer informed the crowd that Moses would be running in lane six when it was really Stan Vinson who had run the hurdles for only the second time ever.

And when Vinson ran and won his specialty, the 400-meter dash, in a time of 45.7, the Russians gave him the official certificate which said he had won in a time of 45.1.

Clein turns duds into professionals

United Press International
NEW YORK — Marvin Clein, who has had exceptional success helping good athletes become great, believes his work is important, also, to the paunchy, slogging jogger.

Or the sitz-boom skier, the tank club tennis bum, or the little kid down the block pitching a ball against a wall and dreaming of playing Major League Baseball.

He tells this story: "I took on a young girl of 14. She saw the Olympics on television and decided she wanted to be a runner. Her father called us (at the University of Denver). 'How about working with my daughter,' he said.

"She had never done any competitive running. She couldn't really run. Her legs flailed out when she tried.

"But we tested her. The tests showed she had a great nervous system, the right body build, narrow hips, some other factors.

"So all that winter she worked in the (University's Human Performance) Lab — never on a track. And we never timed her. We taught her in the lab how to run, all on a treadmill. We worked on her technique. We used analysis of her running with high speed photography. We had her work to make her physical endowment more powerful with weights and exercises.

"She went out for her junior high track team. She broke five records, school and county. She won the Rocky Mountain AAU 100- and 200-meter dash championships. She qualified for three events in the National Junior Olympics."

That was two years ago and you'll be hearing more of this girl, Leslie Covillo, he says. But she is one of many to whom the system has been applied.

"It works every time," says Clein, who heads up the lab and who took her on without fee as part of his research.

"In a two-year period, every amateur athlete we worked with either won a world championship, a national championship in one of five countries or qualified for national level competition," says Clein.

He's also worked with pros — the Philadelphia Flyers in hockey, the Denver Broncos in football, the Denver Nuggets in basketball, the Minnesota Twins and Cleveland Indians in baseball.

If, as he says, the system "works every time," albeit with those who have basic qualities contributing to possible excellence in the sport, how does it come down to your every day weightlifter, tennis buff, swimmer, what have you?

"The same principles apply," Clein says, "to the Olympic champion or recreational jogger or any motor skill.

"Your physical capacity to perform an athletic skill is predetermined when you are born. It is partly hereditary, choosing the right parents."

That may be hard to take. But there's more. "It can be modified by environment."

He feels his work is a step beyond the now booming field of sports medicine and proudly notes the University of Denver has added

"and sports science" to the site of its department of physical education.

Sports Science, he says, goes beyond the physical. "It deals with four factors."

They are, as he puts it, the variable limits of physical performance, the psychological — stress, how you feel about yourself, the sociological — influences of parentage, sex, and the like, and the bio-mechanical — how you perform.

"We break down what an individual does in tennis, for example, and come up with a list of factors: those that are power-related, oxygen use, the managing of anxieties, coordination, balance.

"Then we take factors characteristic of people who genuinely excel. There are five traits: anatomical advantage or body type, a mature oxygen capacity, powerful physical endowment, a mature sensory feedback system — you learn faster, and a psychological support system that allows you to function under stress.

"We develop tests specific to the game of tennis and for those traits.

We get an individual profile on you from which we can identify your specific strengths and weaknesses in that sport. And we look at this research relative to improving those weaknesses."

Add the story of Leslie Covillo to complete the picture.

Clein's work is already used in teaching physical education. He says its principles will not only be a

help to physical education teachers in schools but to specialists working with the handicapped, for example, where the strengthening of what can be improved may have significant effect.

For the individual adult, he points out, such teaching is inevitably carried over into use by pros teaching the various sports and into books on sports.

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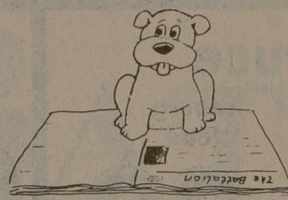
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Rangers and Astros win

United Press International
ARLINGTON — Two-run doubles by Dave Roberts and Nelson Norman highlighted Texas' 16-hit attack Tuesday night and sparked Doc Medich and the Rangers to an 11-3 victory over the Detroit Tigers.

Roberts capped a three-run fourth for Texas with his two-run blow off Detroit starter Dan Petry, 3-2. Norman doubled with two out in the fifth inning to cap a five-run outburst that gave the Rangers a 9-0 lead.

The winning continued in Houston as Joe Niekro became the first 15-game winner in the majors and Craig Reynolds drove in two runs with a double and a triple Tuesday night, lifting the Houston Astros to a 6-4 triumph over the San Francisco Giants.

Niekro, 15-6, pitched six innings and gave up three unearned runs on five hits, five walks and seven strikeouts.

Houston scored three runs in each of the first two innings off loser Ed Whitson, 4-6. Reynolds knocked in a pair of runs in the second with his triple and scored on a groundout by Terry Puhl to give the Astros a 6-0 lead.

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