

# Basketball team stronger

By JON HEIDTKE

**Battalion Staff**  
For the second straight year, A&M basketball coach Shelby Metcalf is sending his men through off-season weight lifting and conditioning program under the direction of strength coach Mike Flynt. Metcalf has nothing but praise for the program and said hiring Flynt is one of the smartest things the school has done. The program is designed to build strength and muscle endurance without developing fat.

The basketball team has been working since Sept. 2 and will continue the off-season program Thursday to the 10th. The program consists of a 35- to 40-minute weight lifting session divided into 14 stations. These stations work major muscle groups in the body.

The men have been lifting every Tuesday, Thursday and Sunday, with running and agility drills round out the program.

Flynt said he has seen a complete reversal in the attitudes of the players from last year, towards the program.

ram. "Last year was the first year we put it to use and the players were a little leery of it," he said.

But it is amazing what winning does. "The attitudes are completely different," said Flynt, "and there is no team working any harder than these guys." He said the only other unit working as hard is the football team's offensive line.

Flynt says the leadership and hard work Rynn Wright and Vernon Smith provide the new players is invaluable. "No two work any harder than they do," he said.

The new guys are working hard because they see the other guys working as hard as they can and this creates a positive atmosphere.

Wright has just been awesome in lifting. The senior co-captain has lifted almost 40,000 pounds in the program and has averaged more than 1,000 pounds a minute.

Flynt added that if the team works and dedicates themselves to the upcoming season as they have to the weight program, then they will have a great year.

Flynt said that at the moment, the athletes are cramped in the 5,700

square foot weight room. But next year, when the DeWare weight room renovation is over, A&M will have 40,000 square feet of weight room to work with, which Flynt says will be the best in the nation.

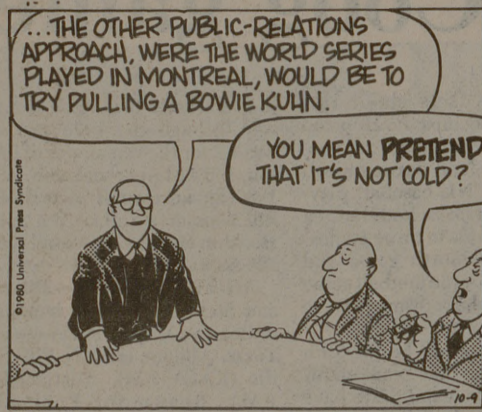
The game of basketball has changed greatly in terms of the physical element in the past 10 years, and strengthening and conditioning is now becoming a key part of the game.

"Basketball is much more of a contact sport, instead of the finesse game it used to be," Flynt said. "The finesse is still there, but strength and endurance play a key role in today's game."

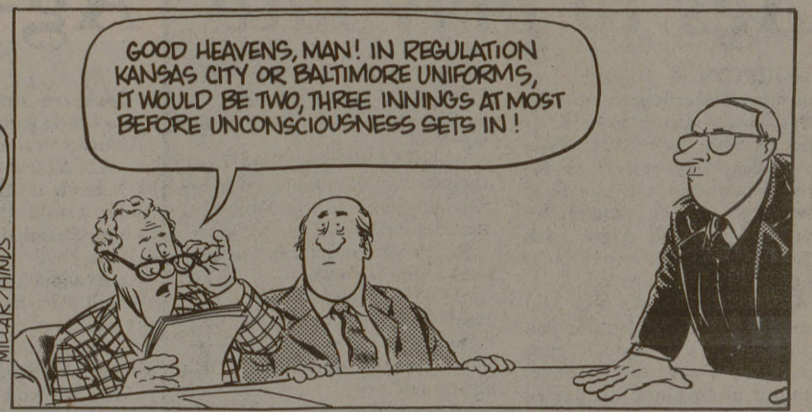
The 1980-81 Texas A&M basketball team opens play Nov. 22 when they host the Windsor Basketball Club.

The Aggies are entered in three tournaments this year; the First Union Invitational, in Charlotte, N.C. on Dec. 12th and 13th; Virginia Tech Invitational, in Blacksburg, Va. on Dec. 19th and 20th; KOA Classic in Billings, Mont. on Dec. 29th and 30th.

## TANK McNAMARA



by Jeff Millar & Bill Hinds

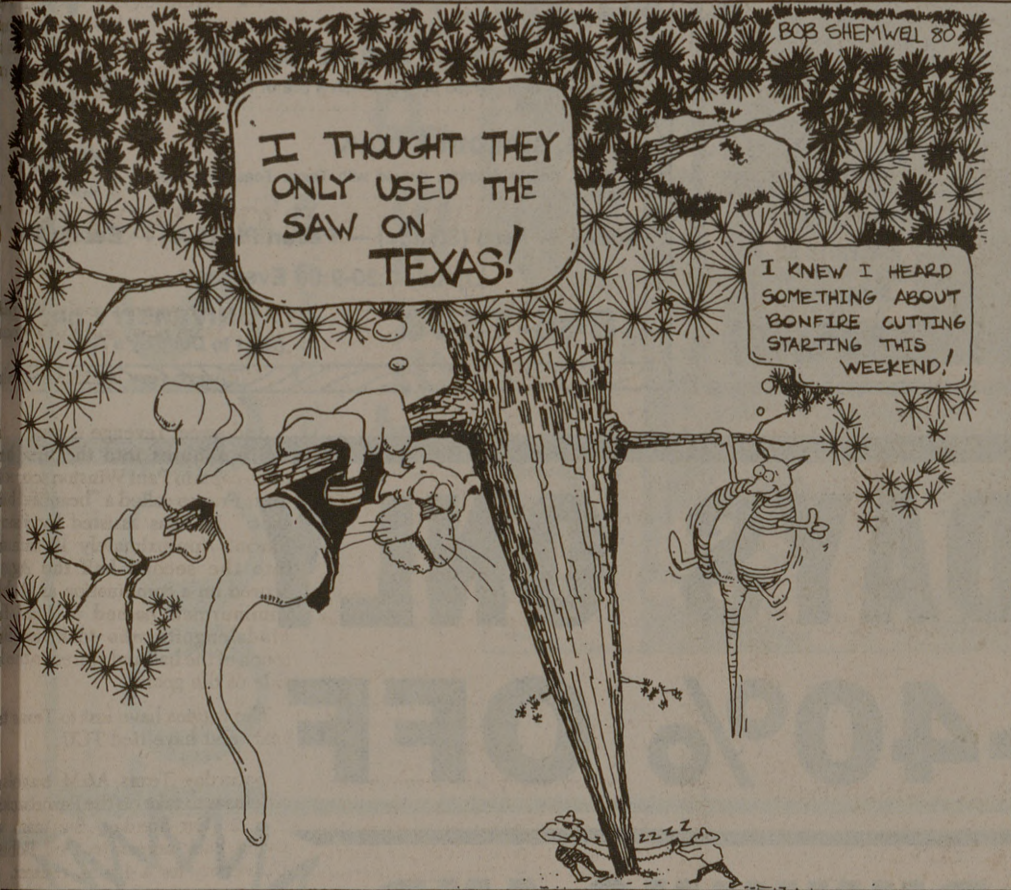


## Paine given scholarship

COLLEGE STATION — Texas A&M coach Tom Wilson Wednesday elevated walk-on Jeff Paine to scholarship status.

Paine, a 6-1, 205-pound junior

from Richardson, currently is a line-backer for the Aggies. He is the third walk-on who is now on a scholarship. The other two are wide receiver Mike Whitwell and defensive tackle Fred Caldwell.



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