

Sports

USC assumes top spot, Texas advances to No. 3

United Press International
NEW YORK — There may have been just a trace of smugness in John Robinson's voice Monday, but it's easy to understand why the coach of the Southern California Trojans believes his team deserves their continued No. 1 ranking by the UPI Coaches' Poll.

"I assumed we'd be No. 1 again because we passed a fairly severe test this past Saturday," Robinson said. "I put some credence in the strong vote for us. I know we have to improve, but I'm very pleased with our team so far and pleased to be ranked at the top."

The Trojans, who pulled out a 28-24 victory over the Oklahoma Sooners with two seconds left to play Saturday, were a near unanimous choice for the top spot Monday, receiving 39 firstplace votes from the 42 coaches on UPI's Board of Coaches.

Southern Cal totaled 626 points to easily outdistance No. 2 Penn State, which moved up a notch following its 30-24 triumph over

Nebraska. Penn State received 565 points and two first-place votes.

Playing in front of 85,651 fans at the Los Angeles Coliseum and an estimated 10 million watching on network television, The Trojans were losing, 24-21, as less than five minutes remained on the clock. But after a 4½-minute, 75-yard drive highlighted by clutch passing and fourth-down dramatics, quarterback John Mazur hit tight end Fred Cornwell to give USC the triumph.

Texas, which defeated Miami (Fla.) 14-7, advanced to the No. 3 slot and Pittsburgh, idle last week, moved into the No. 4 position. North Carolina, fresh from a 56-14 rout of Boston College, jumped four spots to the No. 5 rating. The Tar Heels received the remaining firstplace vote.

Although Oklahoma's record dropped to 1-1, the Sooners fell only four spots to No. 6, followed by No. 7 Ohio State, No. 8 Michigan, No. 9 Mississippi State and

No. 10 Alabama. Mississippi State is making its first appearance in the Top 10 this season, moving up from the No. 14 position after a 28-7 victory over Florida.

Rounding out the Top 20 are No. 11 Brigham Young, riding the nation's longest winning streak for a major college at 16 games, No. 12 Georgia, No. 13 Washington, No. 14 Clemson and No. 15 Miami (Fla.).

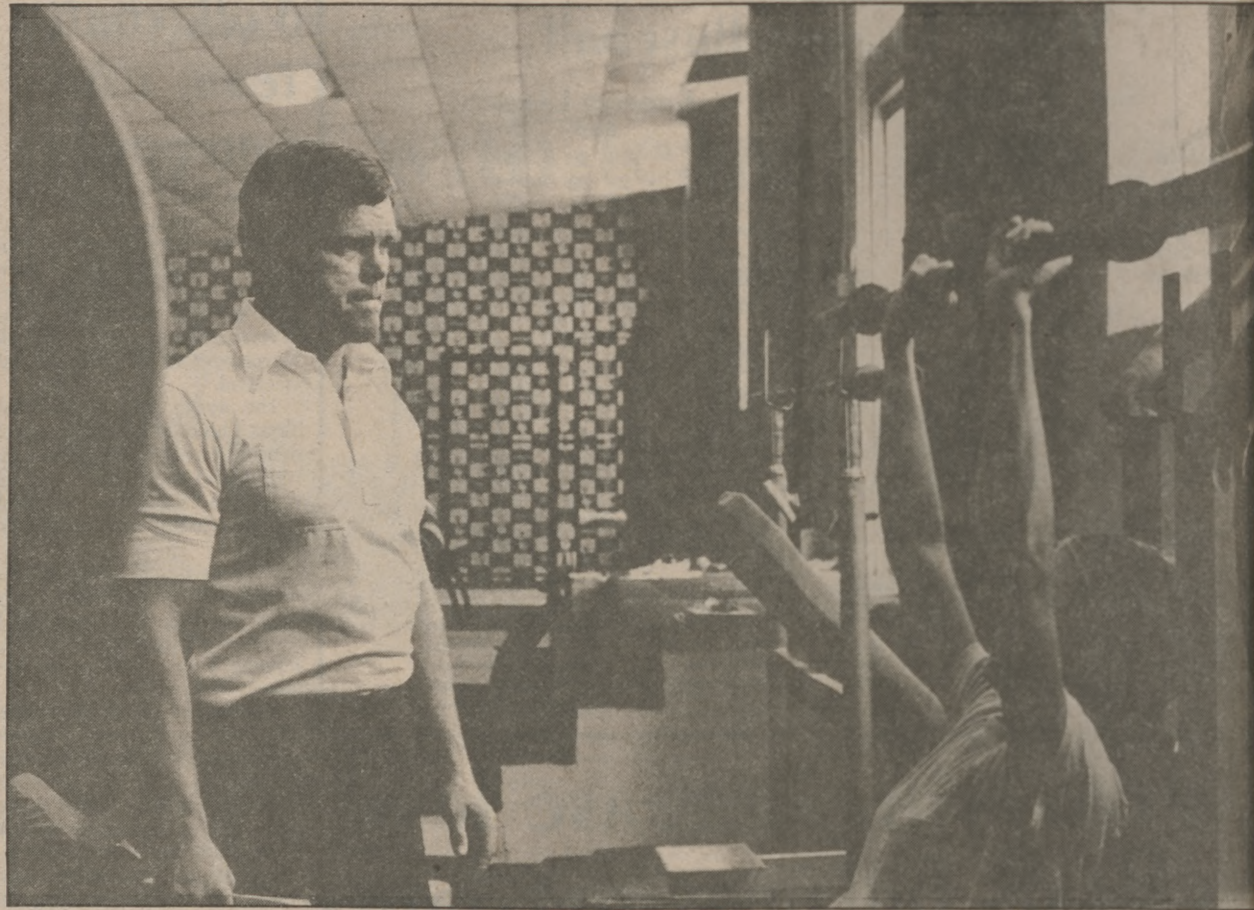
Arkansas is No. 16 followed by No. 17 Missouri, No. 18 UCLA, No. 19 Nebraska and No. 20 Iowa.

UCLA, upset by Iowa 20-7 last week, tumbled 11 spots while Nebraska, 1-2, fell seven places.

Missouri, 3-0, and Iowa, which has upset Nebraska and UCLA in the last three weeks, join the Top 20 for the first time this year. Notre Dame, a 15-14 loser to Purdue, West Virginia, despite a 49-3 victory over Colorado State, and Florida dropped out of the ratings.

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|--------------------------|-----|
| 1. Southern Ca (39)(3-0) | 626 |
| 2. Penn St. (2)(2-0) | 565 |
| 3. Texas (3-0) | 500 |
| 4. Pittsburgh (2-0) | 447 |
| 5. North Carolin(1)(3-0) | 408 |
| 6. Oklahoma (1-1) | 404 |
| 7. Ohio St. (3-0) | 357 |
| 8. Michigan (2-1) | 337 |
| 9. Mississippi St. (3-0) | 255 |
| 10. Alabama (3-1) | 241 |
| 11. Brigham Young (4-0) | 201 |
| 12. Georgia (3-1) | 169 |
| 13. Washington (3-0) | 161 |
| 14. Clemson (3-0) | 83 |
| 15. Miami (Fla.) (2-1) | 42 |
| 16. Arkansas (3-0) | 41 |
| 17. Missouri (3-0) | 36 |
| 18. UCLA (2-1) | 35 |
| 19. Nebraska (1-2) | 27 |
| 20. Iowa (2-1) | 20 |

Note: By agreement with the American Football Coaches Association, teams on probation by the NCAA are ineligible for the top 20 and national championship consideration by the UPI Board of Coaches. The only teams currently on probation are Arizona State and Southern Methodist.



Staff photo by Becky Swanson

This man watches the weight

Coach Dave Williams, Texas A&M strength and conditioning coach, helps with a women's workout recently. Williams came to Texas A&M in July from the University of Alabama where he was an assistant strength coach. Williams' goal is to

improve the flexibility, running program, power and endurance of all athletes in each sport. He said the women athletes, in particular, have shown a tremendous response to his program, evidenced by their improved conditioning.

Williams out to achieve goals as Texas A&M strength coach

By RICK STOLLE
Battalion Staff

In early May, things did not look too good for Dave Williams. He had been searching for two years for a top job in his chosen field as a strength and conditioning coach.

At Alabama, as an assistant strength coach, Williams learned all he could about the conditioning and strengthening of athletes.

"I wanted to achieve some goals of my own, though," he said. "And primary among them was becoming head strength and conditioning coach at a major university."

"A place where I could establish my own ideas and theories and help athletes succeed."

Williams went to all the clinics and conventions he could. He called, spoke and debated with "experts" in the business and

gathered immense files of information on the theories and beliefs of conditioning and strengthening athletes.

"I went to 12 conditioning clinics and visited schools for two solid years," the coach said. "I talked to dozens of professional and college coaches to gain information."

At one, the National Strength Coaches Clinic in May, he heard about a job opening at Texas A&M University. Williams said he did not even unload the car from the clinic.

"I called A&M immediately after the clinic and had my resume sent as fast as the secretaries could get it out," he said.

He was one of seven people interviewing for the job at Texas A&M. He received a recommendation from some Alabama

coaches. When the dust had cleared, he was set to begin work on July 1.

"I loved it at Alabama," said the new Aggie strength and conditioning coach. "But I wanted my own program."

He said he had a list of items going into the interview. The A&M administration also had a list and when they compared notes, Williams found out the two compared favorably.

"First, I wanted the position of strength and conditioning coach," he said. "I wanted to develop a total conditioning program for all sports."

"Secondly, I wanted to develop functional strength. If a person is strong enough to pick up a building, it's no good if he can't use it to his advantage. An athlete's not going to have all day to use his strength."

"I don't want strength oozing out of our athletes," he said. "It's just not applicable to most sports."

Williams said he wanted a program that would increase flexibility, speed and endurance. Functional strength, he said, would increase all those and thus, increase power.

Power is what most athletes want, particularly in football, he said. The quicker an athlete can hit his opponent with all the strength he can muster, the better he will do.

Foremost in Williams' strength and conditioning program is stretching. In fact, Aggie football

players have nicknamed him "Coach Stretch."

He advocates not only stretching as warm up before practice but stretching after practice in a ten fifteen minute "cool down" period.

"I have given all the athletes sheet of stretching exercises they can do in their rooms," he said. "To become really flexible, an hour or so has to be spent on stretching."

He said the more flexible athlete is, a serious injury becomes less likely. The athlete can bend and not break, he said.

His goals for all Aggie athletes are to increase the flexibility, running program, power and endurance for all sports.

Each individual athlete has series of stretches and weights designed to aid that athlete in his sport. He said he has broken down each of the lifts with all the athletes so they know how to lift correctly. By emphasizing proper technique of lifting, he said, injuries in the weight room have been reduced.

"I have gotten a remarkable response from the athletes an administration," he said. "But the best response has been from the women. They were really hungry for a program like this."

The attitude and enthusiasm among the women has been fantastic, he said. They are willing to try anything to help themselves get better and enjoying it.

Williams said he enjoys the attitude immensely. The women have never really had a program their own, he said. And so, at giving their complete cooperation.

During the season, he said, he wants the athletes to, at minimum, maintain their strength. He hopes they will come in more often and get better as each of their seasons progresses. It is one of his goals.

But, as with all Dave Williams goals, he has set them and is going after his goals ... and success.

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