

TANK McNAMARA

by Jeff Millar & Bill Hinds



Mavs blast Cavs

United Press International
DALLAS — Rolando Blackman scored 22 points and Mark Aguirre added 18 as the Dallas Mavericks moved within a half game of first place in the Midwest Division with a 115-103 victory over the Cleveland Cavaliers Wednesday night.

The victory was the Mavericks' fourth in the last six games and their ninth in 14 outings. Dallas (34-29) gained a full game on first place Utah, which dropped a 117-106 decision in Boston Wednesday night. The Cavaliers (22-39) lost their sixth straight on the seven-game road trip which will conclude Sunday night in Houston.

The Mavericks entered the fourth quarter with an 84-80 lead and extended it to 105-87 while holding Cleveland to just seven points in the first seven minutes.

Blackman and Derek Harper led the spurt with four points each. Dallas reached its biggest lead at 111-92 on a jumper by Dale Ellis with less than three minutes to play.

Cleveland's leading scorer, World B. Free, was held to 24 points, his lowest output ever at Reunion Arena.

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'Doc' going strong at 80

United Press International
TAMPA, Fla. — He's nearly 81, has been officially retired for 13 years and he uses old-fashioned words like "suppling" and "stamina" instead of "flexibility" and "cardio-vascular conditioning."

But W.C. "Doc" Eberhardt, former director of physical education at St. Louis University, looks 60, acts 50 and runs circles around 40-year-olds 13 years after suffering the second of two severe heart attacks.

No wonder the Cincinnati Reds' players are so enthusiastic about the new exercise and conditioning program Eberhardt has been hired to teach them at spring training.

The trim little man with the elegantly groomed salt-and-pepper moustache is living testimony to the benefits of the regimen.

"If I hadn't been in good shape, I don't think I'd be here today," Eberhardt says.

He still exercises 12 to 15 minutes daily, albeit not so rigorously as he makes the Cincinnati players.

"As you get older, you do mostly flexibility or what I call suppling exercises," he explains.

Both Eberhardt and a formal conditioning program run by someone other than a coach are new to the Reds, but not to baseball.

Hall-of-Famer Stan Musial introduced both to the St. Louis Cardinals back in 1960.

"Stan Musial had a bad year in 1959," Eberhardt recalls. "After the season he came down to the university to see me, and he said, 'Doc, I'm either going to quit baseball or I'm going to get in shape.'"

"And he worked with me, and I said, 'Let's work at least five days a week for about seven weeks before spring training. We worked at the university, and by the end of the first week we had at least 11 different balclubs represented by 41 men.'"

At Musial's suggestion, Eberhardt says, the Cardinals hired

him to handle the team's spring-training conditioning.

It was a part-time job he held through 1980, except in 1973, when Eberhardt says he took a leave of absence to follow fitness freak Steve Carlton to the Philadelphia Phillies in order to teach the team his conditioning philosophy.

Retired from the university in 1971, Eberhardt also left baseball two years ago, though he continued to act as an adviser to the Senior Olympics program in St. Louis and to teach exercise classes for senior citizens.

"I dislike retirement immensely," Eberhardt complains.

When he heard that his old friend Vernon Rapp had been hired to manage the Reds, Eberhardt couldn't resist tacking on the following postscript to his letter of congratulations: "The old professor is available if you need any help."

Rapp got in touch.

Eberhardt's program is designed to improve what he ref-

ers to as "the three S's": strength (flexibility), stamina (cardio-vascular conditioning).

He stresses the "suppling" exercises for baseball players. "If I were handling football, I'd stress the power, or strength factor," he says.

Eberhardt's regimen includes a quick warm-up around Cincinnati's "Red" training center in Tampa, proceeds through a series of "springing exercises" (jacks), stretching movements geared to various jump muscles in the body, and "evening" exercises such as cated pushups and knees and coordination routines.

Throughout the week Eberhardt mixes his instructions with conversation as he walks through the gymnasium, checking the progress.

Colts' destiny still up in air

United Press International

BALTIMORE — Baltimore Mayor William Schaefer said Colts' owner Robert Irsay told him Wednesday there is no final deal to move the NFL team to Indianapolis — a transfer

that had been reported as imminent.

Schaefer, who talked to Irsay in a three-minute phone conversation Wednesday morning, said he also asked the team owner if he should continue various efforts to keep the Colts in Baltimore, and was told to do so.

"I asked Mr. Irsay if I should keep up my efforts, and he said, 'yes,'" Schaefer said. "I then asked him if it was all right to tell the press of the conversation, and he said, 'Sure, go ahead.' There isn't much more to say."

The mayor, who said Irsay called him from Chicago, said the owner planned to meet with him on the matter next week. But that does not mean, Schaefer said, that a deal to move the team might not be completed before then.

"I will admit that I was down (Tuesday) because I didn't get a call from Mr. Irsay," Schaefer

said. "I am a little more optimistic now that he called."

The mayor's comments came in the wake of various reports that the deal to move the team was expected to be announced Wednesday.

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Those reports followed the arrival in Indianapolis Tuesday night of several Colts' officials — coach Frank Kush, Jimmy Irsay, son of the owner and an assistant general manager, and Michael Chernoff, general counsel and vice president.

Indianapolis Mayor William

Hudnut agreed with Schaefer that a final contract to move the team had not been signed.

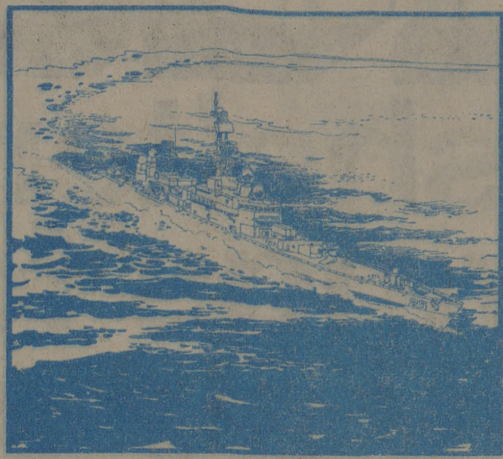
"There is nothing firm — it's still iffy," he said. "I have no agreement on my side. (The news reports) jumping to conclusions."

Officials in Indianapolis reportedly offered the "modest" rent at the \$75-million Hoosier Dome, a new stadium seat complex. Indianapolis reportedly also will build a new practice facility and, through private bank municipal funds, a \$15 million loan at 8 percent interest.

To counter the Indianapolis proposal, Baltimore is to arrange the same type of deal and change a city charter, says the Colts may not their home games before.

NFL owners, stinging the \$49 million federal contribution resulting from the Raiders' move to Los Angeles two years ago, voted Friday to block an Irsay attempt to move the Colts.

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