

TANK McNAMARA®

by Jeff Millar & Bill Hinds



Photo by GREG BAILEY

Texas A&M football players learn aerobics at Kyle Field from one of the hired instructors. Aer-

obics exercise is the latest idea in football player conditioning — even the Dallas Cowboys use it.

Aggies take new 'steps' toward player workouts

By MARY EWING
Reporter

Win or lose, members of the Texas A&M football team will be out at Kyle Field working out on Sundays. But they're not practicing plays, they're practicing dance steps.

The Aggies have joined the ranks of other teams, such as the Dallas Cowboys, in using aerobics as a form of athletic conditioning.

"Players like it and the constant movement is good for rhythm and change of balance," said Bob Ward, the conditioning coach for the Cowboys. "I recommend dance exercise for everyone."

The aerobics program was brought to A&M two years ago by Bert Hill, the strength and conditioning coach for the Aggies.

The Waist Basket, a local aerobics studio, provides the instructors for the Sunday workouts.

Hill said, "The purpose of the aerobics is to warm up and stretch the soreness out of the players the day after the game."

A&M noseguard Sammy O'Brien said, "It's a little silly and we all joke around, but it's a good way to stretch after a hard game and get ready for Monday practice."

Holly Scifres, one of the aerobics instructors, said, "The players joked around because they

were embarrassed about not getting the steps right. Some players tried really hard and others just stood around in the back, but the high point was when a few of them broke out into disco steps when they couldn't follow."

Aggie offensive lineman Randy Dausin said he considers the exercises worthwhile — not feminine.

"It's a change of pace from the pressure of the coaches," Dausin said.

The A&M coaches said they changed the Sunday workout to aerobics because the original program of running and lifting weights was not benefiting the players because they were tired and sore after Saturday's game.

A&M Head Coach Jackie Sherrill said the players that play Saturday are put through the aerobics program to increase their flexibility and help the cardiovascular system.

Hill said, "Flexibility is a tool to help prevent injuries. You can be strong and move a house, but if you get injured on the field you are not going to help anybody."

Hecklers from the group brought some added humor to Sunday's workout as they tried to follow the sequence of steps given to them by the instructors.

Hill asked the instructors to train the players using the Waist

Basket's studio exercise program. The Sunday workout consisted of 20 minutes of running and 10 minutes of abdominal and upper body exercises. Scifres brought great moans and groans from the players as they were urged to count out loud during push-ups.

"We had a hard time getting them to follow us, but we had a good time and hope they will keep it up after football season," Scifres said.

The coaches do not have any plans for an aerobics program after football season, but some players said they would like to continue it.

In Dallas, a few of the Cowboys work out at health clubs on their own time, the team conditioning coach said. Ward also said the Cowboys have a new facility to work in and hope to have an organized aerobics program next year.

O'Brien said he would not keep it up in the spring, but some of the other players probably would.

Despite the laughing and joking around, the players broke into a sweat and had a good workout.

Sherrill said, "It doesn't matter if the players think it's silly, it's part of our program and it's for the best interest of them."



AGGIE MUMS!

Don't forget to order your mum for the 1st home game

Don't forget we also have:

- Holland Flowers
- Green & Blooming Plants
- Hallmark Cards

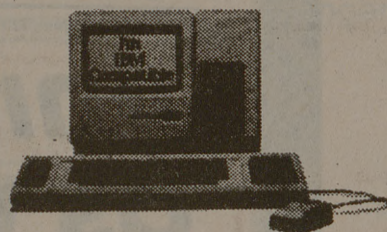
- Stuffed Animals
- Helium Balloons
- Custom Wedding Design



Check our Rose special this week!

University Flowers
696-8546
1049 Texas Ave. S.

Aggieland Flowers
846-5825
209 W. University



MacCharlie
by Dayna Communications

Macintosh or IBM?

Many people are familiar with the advanced technology of the Macintosh. Others admire the IBM PC and its software programs.

Well, now MacCharlie from Dayna Communications gives you an easy answer. Because with MacCharlie your Macintosh becomes compatible with IBM PC software - and you benefit from the best of both worlds.

Even if you have already taken the plunge into the PC world, you now have the means to advance to Macintosh and still keep your software library intact.

So with MacCharlie you can have your Macintosh and IBM PC software too, and enjoy the best of both worlds.



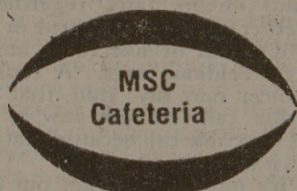
Tamu Vendor
Apple II Family



Computers

2553 Texas Ave. S.
College Station (Shiloh Place)

693-8080



Now Better Than Ever. You Will Be Pleased With These Carefully Prepared and Taste Tempting Foods.
Each Daily Special Only \$2.79 Plus Tax.
"Open Daily"

Dining: 11 A.M. to 1:30 P.M. - 4:00 P.M. to 7:00 P.M.

MONDAY EVENING SPECIAL

Salisbury Steak with Mushroom Gravy Whipped Potatoes Your Choice of One Vegetable Roll or Corn Bread & Butter Coffee or Tea

TUESDAY EVENING SPECIAL

Mexican Fiesta Dinner Two Cheese and Onion Enchiladas w/ Chili Mexican Rice Patio Style Pinto Beans Tostadas Coffee or Tea One Corn Bread and Butter

WEDNESDAY EVENING SPECIAL

Chicken Fried Steak w/ Cream Gravy Whipped Potatoes and Choice of one other Vegetable Roll of Corn Bread and Butter Coffee or Tea

THURSDAY EVENING SPECIAL

Italian Candle Light Spaghetti Dinner SERVED WITH SPICED MEAT BALLS AND SAUCE Parmesan Cheese-Tossed Green Salad Choice of Salad Dressing-Hot Garlic Bread Tea or Coffee



YOU GET MORE FOR YOUR MONEY WHEN YOU DINE ON CAMPUS

FRIDAY EVENING SPECIAL

Fried Catfish Filet w/ Tarta Sauce Cole Slaw Hush Puppies Choice of One Vegetable Tea or Coffee

SATURDAY NOON and EVENING SPECIAL

Yankee Pot Roast Texas Style (Tossed Salad) Mashed Potatoes w/ Gravy Roll or Corn Bread & Butter Tea or Coffee

SUNDAY SPECIAL NOON and EVENING

Roast Turkey Dinner Served with Cranberry Sauce Cornbread Dressing Roll or Corn Bread & Butter Coffee or Tea Giblet Gravy And Your Choice of any One Vegetable

"Quality First"

FANTASTIC SALE

Going Out Of Business

New Fall Fashions Included

Thurs. & Fri. 9 am-9 pm
Sat. 9 am-6 pm
Sun. 1 pm-5 pm

ENTIRE STOCK
DRASTICALLY
REDUCED

fine fashions
and accessories
by

Shala's

Culpepper Plaza 1667 S. Texas Ave.
College Station 696-1148

