

Sports clubs feature variety of opportunities

By Sherry Copeland
Reporter

at playing rugby, Flinn said there are plenty of opportunities to socialize as well.

The individual sports clubs are similar to the team sports. The Handball Club is very popular with students as well as faculty members.

Todd Bryan, a junior finance major and club president, said one advantage of being a member is that courts are reserved in the Read Building seven days a week, from 5 to 7 p.m., exclusively for club members.

"This provides members who are wanting to improve their techniques with a variety of skill levels to choose from among handball club members," Bryan said.

For the better handball players, the club also has an organized handball team. Missy Sheffield, a senior physical education major, has been a member of the team for four years.

"I couldn't get into racketball because it was full, so I had to take handball as a P.E.," Sheffield said. Sheffield had never played handball until she came to A&M, but she has competed in the national competition for three years in a row.

"We are scrappers," Sheffield said about the team. "We work hard and have fun."

The team is currently ranked second in the nation. Bryan and Sheffield both agree the only problem with the club is lack of adequate facilities. When the club hosts a tournament, Bryan said, entries must be limited to a small number of teams because large audiences cannot be accommodated.

"If our facilities were equipped to do this, we might have a shot at hosting nationals," Sheffield said. But if neither of these sports is up your alley, there are 25 more to choose from.

Ultimate Frisbee is one of the lesser-known clubs. Erwin Mazariog, a senior mechanical engineering



Photo by Marie McLeod

Barbara Zeigelschmidt (with frisbee) looks to throw the Frisbee to a teammate as Bonnie Zigmund guards her in Ultimate Frisbee.

major, said he found out about the club from friends at Dudley's Draw. Ultimate Frisbee is the only self-officiated sport, he said, meaning the players decide when to substitute and call fouls on each other as they occur.

Opal, who is also the club's adviser, said Extramural Sports Clubs are recognized by the University as

student organizations and must abide by University regulations. Funding is provided for each club through the Extramural Department.

"The clubs could always use more money," Opal said, "but I kind of like it when they have to raise the money themselves. It makes them pull together."

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Study: Football injuries up in high schools

NEW YORK (AP) — Thirty-seven percent of the more than 1 million American teen-agers who played high school football last year were put out of action by injury at least once, according to a study issued Tuesday by a national organization of sports trainers.

Many suffered more than one injury during the season and a player was twice as likely to be hurt in practice as during a game, the study of the National Athletic Trainers' Association also found.

The study was based on a national sample of 6,500 varsity and junior varsity players at 105 high schools, and projected to the 15,500 schools in the country that field football teams, said John Powell of San Diego University, who conducted the survey.

The projection showed there were 636,000 injuries throughout the country, of which 62 percent occurred during practice.

"Only in professional football do we see the majority of injuries occurring in games — about 60 percent over the entire season,"

said Powell, who in addition to directing research for the trainers' association is director of the National Football League's injury surveillance program.

Powell and other speakers at a news conference kept making the point that while the study was based on schools having full-time trainers for their teams, about 90 percent of high schools have no health care professionals at practices.

"We would never think of putting a professional team out to practice without a trainer, and yet we do it all the time with kids," said Dr. Allan Levy, team physician of the Super Bowl champion New York Giants.

Levy called it imperative to have someone in a position to say no to injured youngsters who don't realize they are hurt and to coaches and aggressive parents who pressure players to get back on the field.

"In the absence of a health care professional at practice time, when the injuries occur, the biggest problem that I see is re-in-

jury," Levy said. "High school athletes all think they are supermen and nothing can happen to them."

Powell said the study was the first of high school football since a federal survey 11 years ago. The 105 schools that contributed data were atypical in that they were among the 10 percent with full-time health care professionals or trainers, and their duties included keeping records on injuries.

None of the players at those schools suffered catastrophic injury or death in 1986, so no projections could be made in that category. However, the study noted that other researchers have found that an average of 34 paralyzing or fatal injuries directly related to interscholastic sports have occurred each year since 1982.

Seventy-five percent of the 1986 football injuries were classified as minor and of less than a

week's duration, 16 percent were moderate, or lasting one to three weeks and 9 percent were major, or more than three weeks.

The overwhelming majority of injuries were classified as strains and the general trauma of contact, meaning mostly cuts and bruises, the study said.

About a third of injuries were to either the hips, thighs and ankles or the arms, wrists and hands, the study said.

Fifteen percent of the injuries were to knees, with just under 10,000 high school players suffering knee injuries severe enough to require surgery. Another 5,000 players needed surgery on other parts of the body.

In varsity games, the most dangerous position was running back. A ball carrier figured to be injured once every 11 games. Quarterbacks were hurt every 15 games and linebackers every 20.

Offensive linemen and wide receivers were least likely to suffer game injuries, the study showed.

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