

Vince Snyder
Sports writer

I thought I was in good shape ...until aerobics

As a sports writer, I feel it's only fair to shine a little light on the many different aspects of sports and physical fitness, including the ever-so-popular activity of aerobics.

It all began when I registered for a class called Healthy Lifestyles. There's nothing wrong with that class at all, it's great, but one of the activities during the semester included a "field trip" up to the fourth floor of the Read Building.

No problem there, except for the heavy breathing, nausea and dizzy spells I experienced once at the top floor.

After catching my breath and regaining my composure, I ventured into the gym where awaiting my arrival was my class, an aerobics class and the dreaded aerobics instructor.

"How hard can aerobics be," I said to myself. "I'm pretty much in shape ... I think?"

At the completion of an easy stretch and warm up routine, I felt in control of the situation at hand, except for the fact that I had never done aerobics before. We were told to spread out across the gym floor and make sure we had plenty of room so we wouldn't bump into the person next to us.

"Who me," I mumbled out loud. "I'm not going to 'bump' into anyone. I'm as graceful as a cat walking the top of a fence."

The music began to play, and it was finally showtime. A time for me to prove how easy this little activity actually was. A time to show what little effort was needed to be in shape.

A big surprise

Now, those of you who have been through this seemingly never-ending torture from hell, know that I was in for a big surprise.

The beat from the music started out at a simple pace. Then out of nowhere the tempo quickly increased, sending my legs and arms every which way except in the right direction.

"And step ... one, two, three, four," shouted the instructor. "Keep those legs pumping."

"Yea, I'll keep my legs pumping," I moaned. "Pumping right on out of this place."

As we continued to jump and twist like a bunch of cheerleaders at competition, I felt the pain and fatigue slowly taking over my *not so much in shape as I thought* body.

The music played faster and faster, and I lost the beat some where between the leg kicks to the side or the one-two-three step and clap motion to the front.

As the instructor changed the music to Milli Vanilli, the hard part seemed to be over for a moment. We proceeded to do much easier routines compared to the hard bashing I just went through.

"This is more like it," I boasted. "I knew there was nothing to this aerobics thing."

Pooped out

This stage of the workout was considered to be low-impact, but it still kept us running around like a bunch of chickens with our heads cut off. Then it was time to check our pulse to see how hard we were actually working.

"Ok, everybody find your pulse and start to count when I say go," the instructor said.

"Find my pulse," I shouted.

I'm surprised everyone in the room didn't find my pulse. It was thumping like one of those boom-box mini-trucks. By the sound of my pulse it felt like I had a whole P.A. system in my body.

"Attention ... attention. Vince's heart is beating 50,000 times a second."

That was it. I had enough of this healthy stuff. I wanted out of that gym. I wanted to take me and my out of shape body back home to the couch where big bags of chips and cookies were waiting for me.

When it was finally all over, I crawled to the bathroom where I pulled myself up to the sink and dunked my head in for a quick refresher.

It didn't last long because I still had to face those four flights of stairs.

Well, there you have it. I shined my piece of "light" on the aspects of physical fitness, and I don't plan to go through hell to humor you people again. Lord knows my body can't take it.

It'll be a SWC kind of day for draft

Francis, Webb Ware lead group of NFL hopefuls

By RICHARD TIJERINA
Of The Battalion Staff

One year ago, three Southwest Conference football players were selected in the first round of the National Football League Draft. Eighteen were picked in the first five rounds.

Don't be surprised if both figures increase Sunday.

Baylor outside linebacker James Francis, Houston quarterback Andre Ware and Texas A&M tackle Richmond Webb headline the SWC Class of 1990. All three are expected to go in the first round's top half of Sunday's draft. But the list of conference players with first-round hopes go much deeper.

Houston linebacker Lamar Lathon, A&M linebacker Aaron Wallace and Texas Tech running back James Gray may also go in the bottom of the first round.

The first pick in the draft had appeared to be sewn up. Until Thursday, when the Atlanta Falcons and Indianapolis Colts reportedly agreed on a conditional deal.

The Falcons owned the top pick and had been negotiating with agent Leigh Steinberg, who is representing Illinois quarterback Jeff George.

But Thursday's trade, if agreed upon, would send George to Indianapolis for two of the Colts' top players — six-time Pro Bowl offensive tackle Chris Hinton and wide receiver Andre Rison — plus draft picks.

But the deal reportedly is contingent on whether the Colts and George can reach an agreement on a contract by an unspecified deadline — either late Friday or early Saturday.

Steinberg, who last year landed quarterback Troy Aikman \$11 million over six years from the Dallas Cowboys, is asking for \$2 million a year.

The only other trade activity Thursday involved the Cowboys and the San Francisco 49ers. The 49ers got an additional second- and third-round pick by sending running back Terrence Flagler and defensive end Danny Stubbs to the Cowboys. Dallas owned the No. 1 pick by having the NFL's worst record (1-15) last season, but forfeited it when it picked up quarterback Steve Walsh in last year's supplemental draft.

Two of the three SWC players drafted in the first round last year — Texas running back Eric Metcalf (Cleveland) and Arkansas safety Steve Atwater (Denver) — made significant contributions in 1989.

This year's crop may be better. "I think the SWC is a heavy group this year, especially at linebacker and defensive backs," Cincinnati businessman Jerry Jones, whose Drugstore List is one of the most highly respected scouting reports in the country, told the Houston Post in February. "There's no question all the probation



Battalion file photo by J. Janner

Heisman Trophy candidate Andre Ware from Houston leads a pack of talented SWC athletes into Sunday's NFL draft. Indianapolis holds the No. 1 draft pick.

problems hurt the conference the last few years. But they have more players with potential this year than they've had in a while."

The biggest question in the conference may be, "Where will Ware go?" This year's Heisman Trophy winner has drawn conflicting reviews from NFL scouts.

At Houston, Ware excelled in John Jenkins' Run-and-Shoot offense. But some scouts doubt whether he can develop into a straight drop-back passer. He's expected to be among the first 15 picks.

Webb is regarded as the best offensive lineman in the country by scouts. He was an All-Southwest Conference selection, and he's expected to be picked ahead of Brigham Young's Moe Elewonibi, this year's Outland Trophy winner.

Last year, outside linebacker John Roper was the first Aggie drafted — in the second round by the Chicago Bears. But Webb virtually assures A&M of a first-round pick because quality offensive linemen are hard to come by.

Webb was recruited out of Dallas Roosevelt as a defensive lineman, but quickly made the move to the offensive line. Another Roosevelt product from A&M may give the Aggies their second first-round player — linebacker Wallace.

Wallace teamed with Roper at A&M as "The Blitz Brothers," and the senior holds the school record for quarterback sacks. He had a strong finish to a season filled with

nagging injuries.

He is a pass rusher in the same mold as Kansas City's Derrick Thomas, but scouts are worried about his ability to play the run. They are sure, however, on Baylor's Francis — everyone's choice as the SWC defensive player of the year.

Francis probably is the best athlete in the SWC, and has great versatility. He had a superb performance in the Hula Bowl — blocking three kicks — and is considered to be the first player picked from the conference.

"... Francis is a big-play type of guy," Jones said. "He definitely solidified his first-round status in the Hula Bowl. The only rap I've heard on him is sometimes he isn't intense 'on every play.'"

Gray, who in his senior season at Tech led the conference in rushing, could sneak into the bottom of the first round. He rushed for a record 280 yards against Duke in the All-American Bowl, but some scouts point out his lack of breakaway speed.

But Gray's made a habit of overcoming bad raps. At the start of the season, he was considered a sixth-round choice at best. He wasn't even considered to be one of the SWC's premier rushers.

However, Gray overcame doubters, mountains of press clippings on A&M's Darren Lewis and opposing teams keying on him to rush for over 1,500 yards. Now scouts are touting him as a low-first round or second-round pick, and he may end up a Dallas Cowboy.

The Cowboys have the 21st pick, and need a running back to replace Paul Palmer, who left the team via free agency. If Indiana's Anthony Thompson isn't available, Coach Jimmy Johnson might take a chance on Gray.

Gray is the same type of runner as Palmer — small, tough and durable. He is an excellent receiver, but scouts are most impressed with his cut-back ability which reminds some of former Franco Harris.

The Houston Oilers also may end up with a SWC alumnus before Sunday is over. They have one pressing need after giving up the second-most amount of points in the NFL last year: defense, defense and some more defense.

That means some SWC players may find themselves being drafted by the Oilers or draft-rich Cowboys, who also are in desperate need of talented defensive players.

Safety Robert Blackmon is the latest in a

long line of great Baylor defensive backs, including the Cowboys' Ron Francis (James' older brother). Houston defensive end Craig Veasey (6-3, 275) is extremely quick for his size. Texas' 6-9, 285 defensive end Ken Hackmack has the mean spirit the Oilers like. A&M's Terry Price is the best defensive lineman the school has had since Ray Childress, but his lack of speed will keep him around until the

middle rounds. Fred Washington (6-3, 280) of Texas Christian could go as early as the third round. He bench presses more than 400 pounds, and scouts think he would make an excellent nose tackle.

Then there's the cream of the rest of the conference crop: Houston's Lamar Lathon.

Webb and Gray won't be the only defensive picks the SWC has to offer either! Webb's teammate Mike Jones is one of the top two tight ends in the nation, and would be a definite first-rounder if he only knew how to block.

But his hands are soft, and scouts like what the 6-4, 255-pound Jones does after he catches the ball. It usually takes more than one tackler to take Jones down.

Arkansas running backs James Rouse and Barry Foster also will go in the first five rounds.

Where conference players end up won't be decided until Sunday, and even Monday when the later rounds are completed.

But the SWC will have more players chosen in this year's draft than last.

For a conference that's been riddled with probation and lack of respect, it means only one thing.

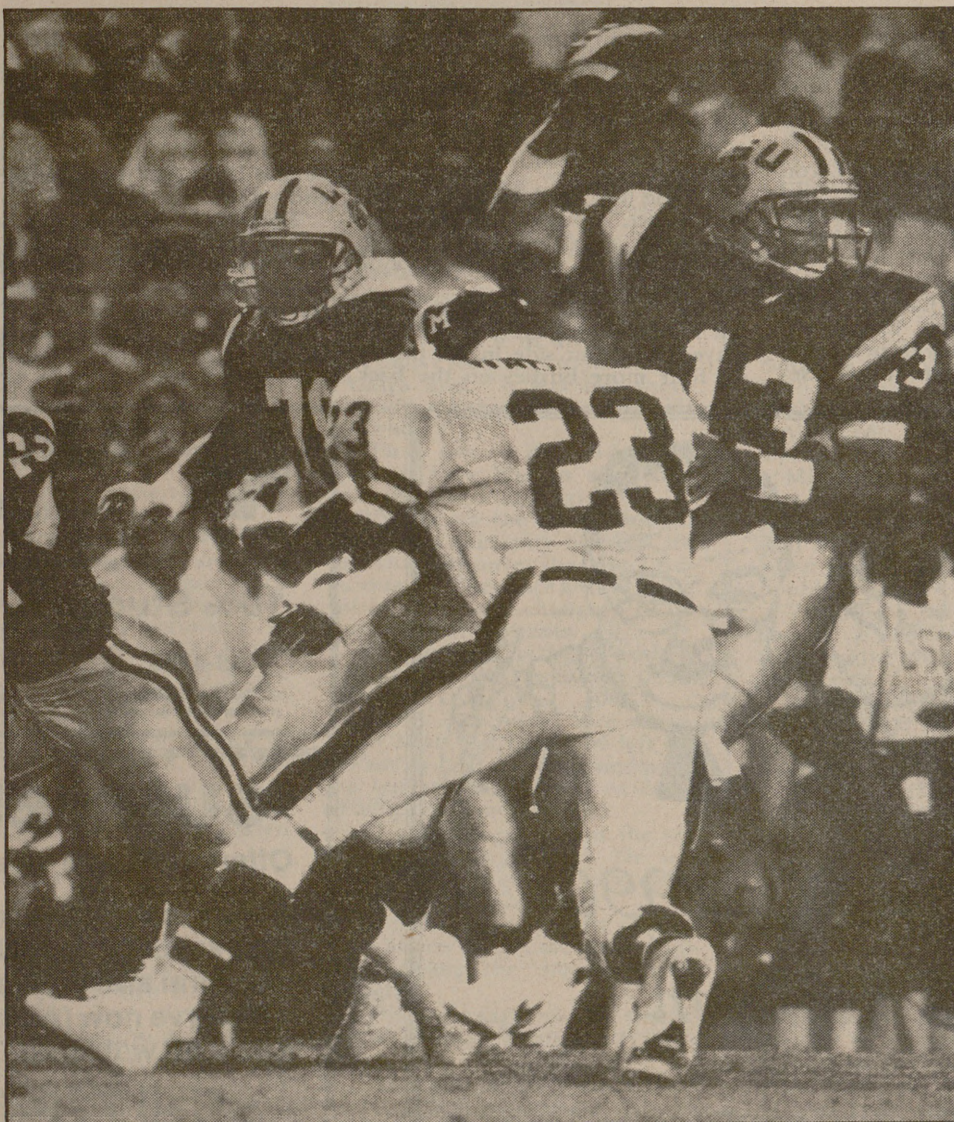
The SWC has come a long way.

NFL Draft Order

The tentative order of selection as of April 20 for the first round of the 1990 NFL draft to be held April 22-23 in New York

1. Dallas
2. Indianapolis (from Atlanta)
3. New York Jets
4. Phoenix
5. New England
6. Tampa Bay
7. San Diego
8. Chicago
9. Detroit
10. Seattle
11. Miami
12. Seattle (from Indianapolis)
13. Los Angeles Raiders
14. Cincinnati
15. Kansas City
16. New Orleans
17. Houston
18. Buffalo
19. Pittsburgh
20. Green Bay (from Cleveland)
21. Green Bay
22. Atlanta (from Washington)
23. Dallas (from Minnesota)
24. Philadelphia
25. Los Angeles Rams
26. New York Giants
27. Denver
28. San Francisco

- 1 — Forfeited pick to draft quarterback Steve Walsh in the 1989 supplemental draft
- 2 — Forfeited pick to draft quarterback Timm Rosenbach in the 1989 supplemental draft
- 3 — Forfeited pick to draft running back Bobby Humphrey in the 1989 supplemental draft



Battalion file photo

A&M's Aaron Wallace, the school's career sack leader, closes in on LSU's Tom Hodson in 1986. Both are expected to be drafted in the early rounds.



Battalion file photo



Battalion file photo by J. Janner

Baylor linebacker James Francis (left) is the SWC's best athlete, while UH's Craig Veasey and Texas' Ed Cunningham (above) may be drafted in the middle-to-late rounds.