

All-stars ready for game

Player's union talks about labor problems

PITTSBURGH (AP) — Ken Griffey Jr. is bopping around, his hat on backwards, by the way.

Barry Bonds is laughing, hitting to the hip-hop of Madonna's "Vogue."

Fred McGriff is playfully rubbing Mike Piazza's left bicep for luck.

Doug Jones is roaming the outfield with a videocamera.

Frank Thomas is thrilling fans with 500-foot shots about the All-Star bunting and banners at Three Rivers Stadium.

There are lots of pennant races because of realignment.

There are bunches of players on record chases, perhaps because of a juiced-up ball.

So sit back, relax and enjoy the power of Matt Williams, the pitching of Greg Maddux and the panache of Ozzie Smith at the All-Star game

Tuesday night.

While the stars were frolicking and having fun Monday at the park, top members of the players' union were meeting across the Monongahela River, talking about labor problems.

No strike deadline was set, but the union's executive board announced it had the power to set a date at any time.

That could mean a shutdown next month and possibly wipe out the rest of the year, including the expanded playoffs and World Series.

"It's just kind of looming," San Francisco Giants' reliever

Rod Beck said.

"It takes away from the whole season, not just the All-Star game," he said.

"It's an ugly situation, but it's on everyone's minds," he said.

"It's the attention-getting thing about this game," Cincinnati Reds shortstop Barry Larkin admitted.

"Anytime you look at the game of baseball as a business, it brings a cloud over the whole thing," he said.

The American League flexed its muscles during batting practice and the home run derby.

Griffey won the derby, but even he was bowing down after Thomas hit a 519-foot drive, the longest ball ever measured at Three Rivers.

The AL won the power show for the fourth straight year.



Athletes

Continued from Page 3

muscular imagery and biofeedback. In progressive muscular imagery the athlete is placed in a quiet, relaxing place. Then he or she creates an image using the movie technique of the ideal form or execution in their desired sport.

Dobrovolsky said if an athlete can master the mental aspects of his sport, then he will have an edge. But, he said, there is a negative side to the mental training of athletes. The aggressiveness that many of these athletes are trained to have is hard to stop, he said.

"It is hard to turn off that aggressiveness," Dobrovolsky said. "You can't turn it off like a switch. The aggressiveness that they are taught bleeds into other parts of their lives."

Research suggests that imagery can enhance performance, but Luenes warns that sports psychology can not do the impossible.

"It seemed like people expected you to wave a wand over people and work wonders," Luenes said.

Even with all of the other scientific fields that are involved with sports medicine, an athlete's peak performance cannot be reached without a proper diet.

The human body is essentially an engine. Its efficiency is approximately 25 percent. Converting the energy contained in the food to energy the body can use releases a large portion of the energy in the form of heat. In order to fuel the higher level of exertion that athletes endure,



Raynell Brown, an administrative secretary in the biology department, works out at Neetum Steed Monday afternoon.

they must consume more food than average people.

An average American consumes between 2,000 and 4,000 calories of food per day. Athletes can take up to 8,000 per day.

Contrary to popular belief, nutritionists recommend athletes use a diet of only 12-15 percent of protein, but with as much as 70 percent or more of

carbohydrates.

Eating right and training correctly will still not erase the chances that an injury will occur.

Please see the final installment of this series on "Healing the Injured" for a look on ways to allow an injured athlete to return to action.

Stew Milne/The Battalion

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Baseball

Continued from Page 3

players to the All-Star game, more than any other team, and would not even make the playoffs if the season ended today.

With the coming of the All-Star game, it is time to evaluate the progress of our Texas teams.

Right now the Rangers would rate a C, while the Astros would rate a B. For some strange rea-

son it doesn't seem like a C-rated team should make the playoffs.

However, it is the first year of the new divisions. Certainly the level of play will begin to even out after the next few years.

Then the world might see every team in the postseason with a better than .500 record.

Maybe the world isn't ready for that kind of baseball league; a league where the best teams make the playoffs and the rest go home.

But, maybe the world already has a sport like that. When does basketball season start again, anyway?

Buon Viaggio...

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