Continued from Page 3

of his sport, then he will have an

edge. But, he said, there is a

negative side to the mental

training of athletes. The ag-

gressiveness 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 oth-

Research suggests that im-

agery can enhance perfor-

mance, but Luenes warns that

sports psychology can not do the impossible. "It seemed like people ex-

pected you to wave a wand over

Even with all of the other

people and work wonders,"

scientific fields that are in-

volved with sports medicine, an

athlete's peak performance

cannot be reached without a

The human body is essentially an engine. Its efficiency is

approximately 25 percent. Con-

verting 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,

er parts of their lives.

Luenes said.

proper diet.

sired sport.

# Athletes 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.

Rod Beck said.

"It takes away from the whole season, not just the All whole season whole season, not just the All wh

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 above 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 be-

cause 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 "It's just kind of looming," Smith at the All-Star game San Francisco Giants' reliever

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.

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," Cincin-

Larkin admitted. "Anytime you look at the game of baseball as a business, it brings a cloud over the whole

nati Reds shortstop Barry

thing,' he said.' The American League flexed its muscles during batting prac-

tice 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.



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

they must consume more food carbohydrates.

than average people. An average American consumes between 2,000 and 4,000 chances that an injury will oc-

calories of food per day. Athletes can take up to 8,000 per day. Contrary to popular belief, nutritionists recommend ath-

letes use a diet of only 12-15 percent of protein, but with as much as 70 percent or more of

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

Eating right and training cor-rectly will still not erase the

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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-

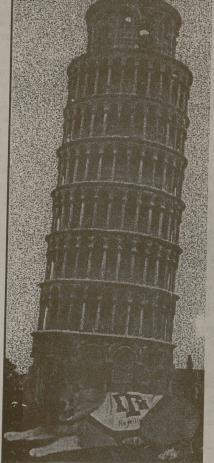
son it doesn't seem like a C-rated team should make the playoffs.

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,

Buon Viaggio...



Spend Spring 1995 at Santa Chiara!

For info. come to one of the following meetings: Wednesday, July 13 at 1:00 p.m. Thursday, July 14 at 3:30 p.m.

Meetings will be held in Rm. 251 Bizzell Hall West

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finally a 1,90 Germ

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