


YOU is coming to Kyle Field this year, Aggs

BRIAN COATS
Sportswriter



Last year, as a friend of mine and I were leaving Oklahoma University after Texas A&M ran out of time by the tune of 44-14, some upstanding students who attend that God-forsaken wasteland of a school stopped drinking their beer long enough to have some words for us:
"Just get on I-35 South, baby," they said.
At the time, I was thinking one thing:
They are coming to A&M's house next year.
Next year is now this year, and as Texas A&M prepares for their Centennial season, that game looms as possibly the highlight of the year. A&M cannot go to a bowl, cannot be on television, and are not playing the University of Texas on Thanksgiving Day.
But they do have a little score to settle come Sept. 10.

Home sweet home
A&M has won 20 straight games at Kyle Field. Since 1989, they have lost one home game while compiling a 29-1-1 record. Last year, during Ice Bowl II against Texas, we counted 26 yards the 12th man gave A&M by yelling so loud that the overgrown walrus on the Texas line could not sit still while Shea "Interception Boy" Morenz chirped his signals.
A&M has the second-longest active home winning streak in the nation. But don't take my word on how intimidating Kyle Field is.
Ask Ken Hatfield, the coach of Rice University.
"Texas A&M is the toughest place I have had to coach," he said. "...The fans are loyal, they don't leave, or sit down when their team gets behind."

Something to remember
However, even if the Aggies weren't as incredibly dominant as they are at home, they would still beat Oklahoma. If motivation is required, here's a little reminder:
Oklahoma players ("hello, I'm from Texas and I can't make a 400 on the SAT...I guess I'll go to OU") and their fans strutted around in their "SWC Conference Champions" T-shirts last December after their John Hancock Bowl victory over Texas Tech enough that every Aggie from here to Corregidor should be vowing eternal revenge.
The shirts insinuated that since OU had defeated Texas Christian University, A&M, Texas and Texas Tech they "won" the SWC crown.
There is no reason Kyle Field should not be sold out for that game. It is the Aggies' home opener, it is not on television and OU will probably be the highest ranked team to come to Kyle.
And there is no reason why it should not be loud.
For all the traditionalists out there, don't take this wrong. The Texas game is still huge, even this year. Just look at it this way—not only is there the t.u. game this year, there is also the u.o. game. And it's in A&M's house.

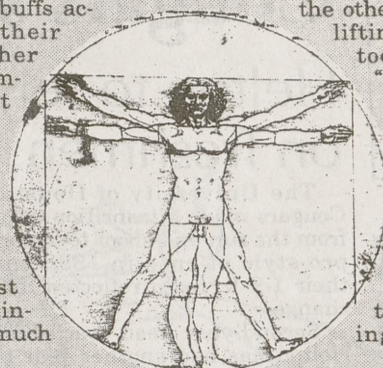
Fitness craze may lead to harmful workouts

By Constance Parten
THE BATTALION

Exercise has become a ritual for more than one-third of U.S. adults according to recent reports from the American Association for Health, Physical Education and Recreation.
These numbers are even higher among college students, where almost half of enrolled students take part in a regimented fitness program including aerobic exercise and/or weight training.
Questions have been raised about

whether these fitness buffs actually benefit from their workouts and whether they are harming themselves by working out improperly.

Terry Coker, a graduate assistant in kinesiology at A&M, said students here, especially men, work out improperly.
"Guys that are just starting a weight training program see how much



the other guys in the gym are lifting and will try to lift too much," Coker said.
"Usually soreness will keep them from doing this on a regular basis, but sometimes they really hurt themselves, severely straining or tearing muscle tissue."
Soreness is caused from the eccentric contraction that occurs during the lowering of the

weights. The muscles tighten up in retaliation causing micro-tears in the tissue.

When too much weight is attempted these micro-tears become larger. If the tears are large enough, exercise will have to be stopped until the muscle can properly heal.

"If you are able to lower the weight in a slow, controlled movement, the weight is probably not too much to work out with," Coker said. "People will have to decide what amount is best for them, but it is better to start too

Please see **Exercise**/Page 4

SWC PREVIEW

Horned Frogs looking for first bowl bid in ten years

Return of 18 starters gives TCU experience

By Mark Smith
THE BATTALION

With 18 starters returning from a team that finished 4-7 in 1993 season,

SEE RELATED STORY, PAGE 4

the Texas Christian Horned Frogs seem poised to grasp their first bowl appearance since the 1984 Bluebonnet Bowl.
The quarterback that could take them to that bowl appearance is Max Knake. Knake set several school records in 1993, his first year as a starter. Those records were total offense (2,136 yards), passing yardage (2,130), passing attempts (357) and completions (207).

Perhaps the only strike against Knake is his poor touchdown-to-interception ratio. In 1993 he threw 12 touchdowns, but threw it away 14 times.

Head coach Pat Sullivan said Knake wasn't ready to start in 1993, but he has another year of experience to work with.
"He's a year older," Sullivan said. "I've been watching his demeanor and the watching the respect that the team has for him."
At the tailback position, TCU can rely

Please see **TCU**/Page 4

TCU at a Glance

Schedule		Players to watch		Two-deep Chart		
Sept. 3	at North Carolina	RB Andre Davis: Davis amassed 867 yards in 1993 for a 4.6 yard average. In the five games where Davis rushed for more than 100 yards, TCU won four. The fifth was Davis' 138-yard game against Texas A&M. TCU lost 59-3. NG Royal West: West, a consensus All-SWC selection, set a school record with nine sacks in 1993. He also recorded 85 tackles and 36 quarterback pressures. QB Max Knake: As a sophomore, Knake set school records for attempts (357), completions (207), passing yards (2,130) and completion rate (58.7). Key Losses P Kevin Cordesman, SS Greg Evans, CB Calvin Jones, FB John Oglesby, FL Richard Woodley	Offense TE Brian Collins Ryan Tucker LT Cliff Barnes Phillip Holler LG Boyd Milby C. Wills C Barret Robbins Kevin Brewer RG Bart Epperson Mark Cortez RT Brandon Hickman Jason Kelly WR J. Washington Jimmy Oliver FB Koi Woods Marcus Sanders QB Max Knake Scott McLeod Andre Davis Derrick Cullors WR Chris Brasfield Troy Williams K B. Najarian Beau Stephens		Defense DE Aaron Burton M. Janak NT Brian Brooks Fred Johnson NG Royal West Gaylor Hyder Chris Piland Vincent Pryor OLB Lenoy Jones Tony Brown MLB Mike Moulton Tyrone Roy ILB Reggie Anderson Jay Davern CB Mikyha Martin Corey Masters C. McWilliam Godfrey White Geoff Stephens Rick LaFavers FS Marvel Hopes David King P Beau Stephens Chris Childers	
Sept. 10	at New Mexico		Returning Starters: 9 Returning Lettermen: 19	Returning Starters: 9 Returning Lettermen: 22		
Sept. 17	Kansas					
Sept. 24	Texas					
Oct. 1	Baylor					
Oct. 15	at Tulane					
Oct. 22	at Houston					
Oct. 29	Rice					
Nov. 12	at SMU					
Nov. 19	at Texas A&M					
Nov. 25	Texas Tech					
Quick Facts Coach: Pat Sullivan Nickname: Horned Frogs 1993 Record: 4-7 Home Stadium: Amon G. Carter Stadium (46,000 cap.) Site: Fort Worth Enrollment: 6,900 Colors: Purple and White Last SWC title won: 1959						

Red Raider offense needs work, defense looks strong

Loss of Morris, Hall, Hill leaves holes to fill

By Mark Smith
THE BATTALION

The Red Raiders are hurting. In the off-season Texas Tech football team lost three of its most prolific players to date.

Quarterback Robert Hall (holder of 16 school records), running back Byron "Bam" Morris (winner of the Doak Walker award, which goes to the nation's top running back) and split end Lloyd Hill (an All-SWC selection) graduated.

With the loss of his three stars, head coach Spike Dykes, Dykes was concerned with the offense. However, he said the pieces are in place to rebuild.
"We've got some good players on offense," Dykes said. "We just don't know when they're going to arrive."

The quarterback position is still up for grabs. Sophomore Sone Cavazos has the advantage over redshirt freshmen Zebbie Lethridge and Tony Darden because of his knowledge of the system.
Lethridge and Darden, however, were standout quarterbacks in high school and possess the skills to become good starters.

The loss of Morris in the backfield leaves quite a void to fill. He rushed for

Please see **Tech**/Page 4

Texas Tech at a Glance

Schedule		Players to watch		Two-deep Chart		
Sept. 3	New Mexico	LB Zack Thomas: Thomas led the Red Raiders in 1993 with 117 tackles, 64 of which were unassisted. Thomas is a candidate for All-America honors. LB Shawn Banks: Banks was the second leading tackler on the Red Raider defense with 108 tackles. He led Texas Tech with five tackles for a loss and four quarterback sacks. CB Cat Adams: Adams led the Red Raiders with four interceptions and tied for team lead with eight passes broken up. Key Losses OG Peter Allen, NT Dusty Beavers, C Brad Elam, QB Robert Hall, FB Bruce Hill, SE Lloyd Hill, DE Shawn Jackson, FL Derrell Mitchell, TB Byron "Bam" Morris, OT Stacey Petrich	Offense TE Scott Aylor Jerod Feibiger LT Ben Kaufman Lynn Scherler Casey Jones Robert Rivera Scott Fitzgerald Jay Pugh RG Ed Hendrix Shane Dunn RT Jeff Wood Chris Whitney SE Bo Adams Johnson Joseph Field Scovell Jayson Lavender Sone Cavazos Tony Darden IB Alton Crain Matt DuBuc FB Todd Walker LaShon Earnest K Jon Davis		Defense LE Jabbar Thomas Damon Wickware DT Stephen Gaines Cody McGuire Tyrone Brooks Chris Ori RE Byron Wright Tony Daniels SLB Dee Foster Anthony Armour MLB Zach Thomas Donnie Taylor WLB Shawn Banks Eric Butler R Robert Johnson Marcus Coleman Shawn Hurd Verone McKinley Cat Adams George Ramsey Dewayne Bryant Bart Thomas Brad Cade	
Sept. 10	Nebraska		Returning Starters: 4 Returning Lettermen: 10	Returning Starters: 9 Returning Lettermen: 18		
Sept. 17	at Oklahoma					
Sept. 24	SMU					
Oct. 1	at Texas A&M					
Oct. 8	at Rice					
Oct. 22	Baylor					
Oct. 29	Texas					
Nov. 12	Southwestern La.					
Nov. 19	Houston					
Nov. 25	at TCU					
Quick Facts Coach: Spike Dykes Nickname: Red Raiders 1993 Record: 6-6 Home Stadium: Jones Stadium (50,500 cap.) Site: Lubbock Enrollment: 25,000 Colors: Scarlet and Black Last SWC title won: 1976						

DOUGLAS JEWELERS



Texas A&M University Watch by SEIKO

A Seiko Quartz timepiece officially licensed by the University. Featuring a richly detailed three-dimensional recreation of the University Seal on the 14kt. gold finished dials. Electronic quartz movement guaranteed accurate to within fifteen seconds per month. Full three year Seiko warranty.

All gold \$285.00
2-tone \$265.00
with leather strap \$200.00
pocket watch \$245.00
FREE ENGRAVING

Class of '75
1667-B Texas Ave.
Culpepper Plaza
693-0677

MSC Dinner Theatre & Aggie Players present:

The Pinchpenny Phantom of the Opera

A Murder Mystery Musical

by Jack Sharkey & Dave Reiser

July 28 -- 30 and August 4 -- 6
Rudder Forum at 8:00 P.M.
Dinner in Rudder Exhibit Hall at 6:30 P.M.
Dinner Tickets must be bought 48 In Advance

Tickets Available at Rudder Box Office, 845-1234

Dinner & Play	Play Only
\$15 TAMU Students	\$5 TAMU Students
\$18 Non-TAMU Students	\$8 Non-TAMU Students

Persons with disabilities please call us at 845-1515 to inform us of your special needs. We request notification three (3) working days prior to the event to enable us to assist you to the best of our ability.

Battalion Advertising

let it work for your business

call **845-2696**