



Members of the University of Nebraska crew, from left, Steve Shaneyfelt, Mark Schanbacher, Joe Mahaffey and

Pete Zandbergen. The rowing team practices at Branched Oak Reservoir and Holmes Lake.

Exercise miles add up for awards

"Do you like to live?" asks Phil Sienna, University intramurals coordinator. "Well, that's why exercise is important."

And that's why the Department of Recreation and Intramurals is starting a Century Club this fall for University faculty, staff and students who run, swim or bicycle for physical fitness.

"You can't get in shape without working at it," Sienna said, "But we're trying to make it as enjoyable as possible."

Participants who register in advance will be awarded a Century Club T-Shirt when they record 100 miles of running, swimming or bicycling. A pen set will be the award for 300 miles of running, swimming or bicycling. Persons who record 500 miles of running, swimming or bicycling will receive a certificate of achievement.

Members who run, swim or bicycle 500 miles in a year will be named to the Century Club honor roll. Those who run, swim or bicycle 1,000 miles in a year will appear on the club dean's list.

Distances will be recorded on mileage cards at the Coliseum Cage, the men's and women's physical education buildings and the recreation department office.

Sienna said that the exercise can be done anywhere, but distances must be accurate. Time will not be considered only distance will be measured.

Sienna said the informal Century Club competition is designed to offer a goal to people who already work out and to stimulate others to begin an exercise program.

In addition to the Century Club, Sienna's other plans for new intramural programs include: innertube water polo; water basketball; punt, pass and kick football skills; pitch, hit and throw baseball skills.

Sienna said he also hopes to start an exercise club and schedule intramural competition for Saturday mornings before football games. A water festival at Holmes Lake will be planned for spring.

"We're trying to develop two separate kinds of intramurals," he said. "One for people who really like the competitive aspect of sports and another kind, mostly novelties, for people who participate just for fun."

Want ad became rowing team, but it's no joke

"When we first started rowing, everybody thought it was a joke," said Pete Zandbergen, a member of the University of Nebraska rowing team.

But two years later, with several victories and invitations to major rowing regattas to their credit, the University

crew clearly is no joke. It all started with a want ad in the Daily Nebraskan, Zandbergen said. "About 70 guys showed up at that first meeting to express an interest in a rowing team," he said. After tryouts, the group was cut to about 40. The crew currently has a 30-man squad.

The rowing team has been plagued with problems: lack of funds, no official standing as a University athletic event, little public support and the need for a coach for the coming season. But the crew hasn't lost heart.

"On the coasts, this is big-time stuff," Zandbergen

said. "At Harvard, if you're on the football team, you're just one of the guys who didn't make the crew."

But Zandbergen believes rowing will catch on in the Midwest, too. "K-State has had a crew for about eight years, and they're one of the top in the nation," he said.

A rowing team starts with a \$4,000 boat called a shell, designed for four or eight oarsmen. Zandbergen said shells are handmade from thin redwood and cedar. Oarsmen sit on sliding seats and row with precision strokes according to commands called out by the coxswain. The

coxswain also may row without the aid of a coxswain.

"Crews at other universities were anxious to help us get started," Zandbergen said. "But they were amazed that we could put eight farmers together and beat Notre Dame and Purdue. And once you've

beaten some highly respected teams, you just don't go back and ask for help in getting equipment, for example."

Several of the Nebraska oarsmen were invited to Olympic development training camps. "That's really a great honor for such a young team," Zandbergen said.

"Competitively, I think we surprised even ourselves," he said. The varsity four was invited to attend the New England Championships, an international competition held in Massachusetts at the end of July. But the crew won't be able to attend, "because our four with coxswain shell is in non-raceable condition," Zandbergen said.

Zandbergen said. "Last year there were about 80 teams and more than 3,000 oarsmen at the race on the Charles River."

"In a way we're kind of crazy to train three months for a six-minute race," he said. "But we have a lot of fun doing it. It's the kind of sport where you have to put out everything you have both physically and mentally."

"Timing and balance are the keys, so this really is a team sport. One weak link and the whole thing falls apart."

"But I think there really is a place for this type of sport," he said. "Everybody's got a chance to succeed. We all started out knowing hardly anything."

But that was two years ago. Zandbergen said he expects a very successful season this year, "going against the big ones" in the Ivy League.

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Slipping Away . . .

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Iba defends father's tryout rules

By Doug Hartman
NU School of Journalism

The son of the U.S. Olympic basketball coach has little sympathy for his dad's critics.

"Most of the people who complain are the ones who don't make the team," said Henry "Moe" Iba Jr., assistant basketball coach at the University of Nebraska-Lincoln (UNL).

Iba was referring to players who recently have criticized the way Iba's father, Henry, handled the Olympic basketball try-outs. One of the players, Kermit Washington of American University, blasted Iba publicly for imposing harsh restrictions on the players,

according to William Gildea of the Washington Post.

In a column appearing June 26 in the Omaha World-Herald, Gildea said that all players were awakened daily at 7 a.m. and that some were ordered to the barber shop. He also said the players were not allowed to leave the training camp at the Air Force Academy in Colorado and were forbidden to gather in their rooms in groups larger than three.

Although he said he had not talked to his father since Gildea's article appeared, UNL's Iba tried to explain his father's position.

He said his father's job was to pick the 12 best basketball players available to represent the United States at the

Olympic games. He added that the job had been made more difficult because several good, young players had become professionals, and others, like UCLA's Bill Walton, did not want to risk injury.

Most of the players invited to participate were relatively unknown youngsters, Iba said. With only two weeks to select the team, his father couldn't allow the ballplayers to run off to nearby Colorado Springs for the night, Iba said, so they were given curfew hours and told to remain at the Academy.

Iba said that under those circumstances he did not think his father's rules were too harsh. Discipline and team unity are essential, he said,

with a young, inexperienced squad. Players who could not take discipline usually were the ones who would not sacrifice for the team, he said.

"It's unfortunate, but most people believe whatever they read," Iba said, referring to Gildea's criticism.

Acknowledging that some people would believe Gildea, Iba said his father would be supported by those who knew of the Olympic coach's basketball achievements.

The crew is spending the summer training for the Head of the Charles Regatta, scheduled for Oct. 22 in Boston.

"It's one of the biggest regattas in North America,"

UNL Centerfielder named All-American

A University of Nebraska centerfielder has been named an All-American by Sporting News magazine.

Gene Stohs, a senior from Grand Island, was named to the All-American team in a poll of scouting directors of the 24 major league teams.

Stohs was the only Big Eight player to make the team and is only the third Nebraska player named to an All-American first team. In 1950, Huskers Bob Cerv and

Don Brown made All-American.

In his senior season, Stohs was Nebraska's No. 2 hitter with a .369 average. He led the 1971 team with a .339 average.

Stohs was drafted by the Chicago White Sox during the third round of the major league draft, but he decided to pass up a professional baseball career to enter the University of Nebraska College of Medicine.

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July 9	July 10	July 11	July 12	July 13	July 14	July 15
July 16	July 17	July 18	July 19	July 20	July 21	July 22
July 23	July 24	July 25	July 26	July 27	July 28	July 29
July 30	July 31	August 1	August 2	August 3	August 4	August 5
August 6	August 7	August 8	August 9	August 10	August 11	August 12
August 13	August 14	August 15	August 16	August 17	August 18	August 19
August 20	August 21	August 22	August 23	August 24	August 25	August 26
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