

Athletes work in summer

**By Bill Bennett
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Summers for University of Nebraska-Lincoln athletes mean physical training to keep in shape for fall, winter and spring seasons.

The gymnastics team works out for three hours on four nights a week. According to coach Francis Allen, the summer workouts are a main reason the team has done well in recent years.

Last year the team placed second to Iowa State in the Big Eight gymnastics meet.

Allen said that no other Big Eight school holds organized summer workouts, which gives Nebraska a head start. During the summer Allen is assisted by Dewey Strough and Jim Jesson who he calls the "best two assistants in the nation."

Hesson called the summer workouts successful. "Just a few years ago Nebraska finished last in gymnastics. So we must be doing something right," he said.

Unger, a finalist in last year's Big Eight meet, said that regular practices are the best way to stay in shape and remember routines.

Gene Mackie, a junior from Omaha, said summer workouts are a good way to avoid injury. "It's easy to hurt yourself if you lay off gymnastics for a summer and start all over again in the fall."

14 miles a day

Long distance runner Bob Unger, Jim's brother and a senior cross country runner, said he hopes to be running 14 miles a day by the middle of July.

"Following spring track (Unger ran the three-mile run) I took five days off and I've been running since then," Unger said. "I also do some speed work and work with weights."

Unger said all cross country runners will be running hard this summer.

Bill Myles, offensive line coach for the football team,

Cipriano said the athletes who are playing all summer are the ones who will be playing when the season opens. "If they don't," he said, "the freshmen are going to give them some good competition."

"If my swimmers are not involved in a summer competitive swimming program, I recommend that they run every day," swim coach John Reta said. "they also should swim as much as possible, work with weights and do flexibility exercises."

Wrestling coach Orval Borgialli told his wrestlers to run a couple of miles a day and if they have access to a wrestling mat, to work out three times a week. And if they have access to a set of weights, they should be exercising for strength rather than bulk, he said.

3 or 4 times a week

Tony Sharpe, baseball coach, told his baseball players

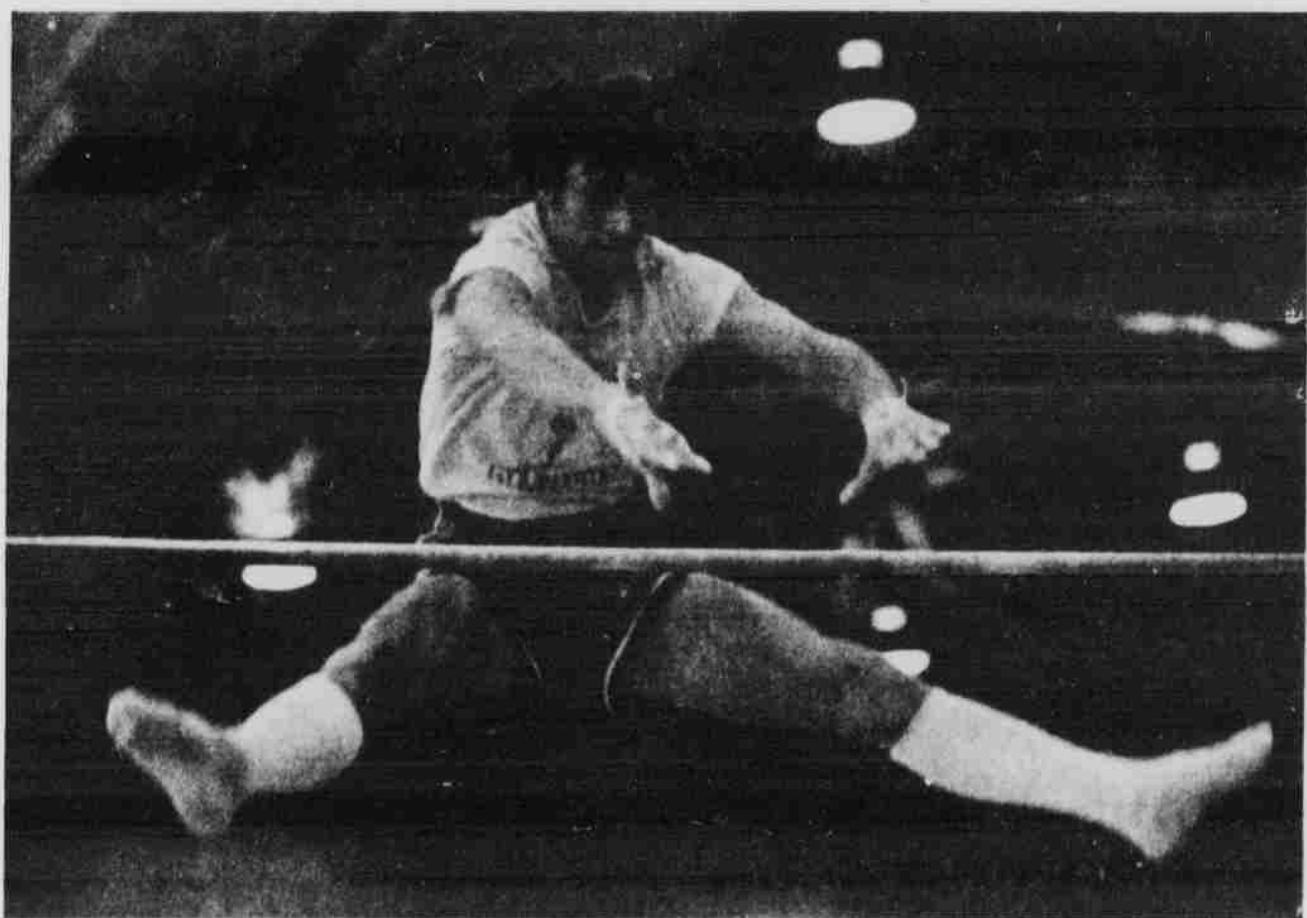
to be on a baseball team this summer. "They should play three or four times a week and practice the other days," he said.

"We practice in the fall until about November and start again in February," he said. "if we feel an athlete needs some work, we put him on a weight-lifting program supervised by a physical

therapist, trainer or weight coach. This would include calisthenics and running."

Summer months enable a tennis player to work on all phases of his game, according to Sig Garnett, senior tennis player from Lincoln.

"Summer practice consists of complete repetition. By playing all the time, your game doesn't go stale," he said.



Gene Mackie

Photo by Chris Fagot

Workouts help freshmen

Summer workouts especially help freshmen, who haven't developed the basic college skills, so by the first meet in November, they should have the techniques, Hesson said.

Many of the gymnasts are working or attending summer school. But, according to Jim Unger, a junior from Lincoln, "Practicing is no hassle at all. If I didn't enjoy it, I wouldn't be here."

said football players will start on a concentrated fitness program about six weeks before school starts.

"Football players work mainly on strength, quickness and endurance," he said. All squad members were given a 63-page manual dealing with exercises, physical condition and nutrition to prepare for fall practice which starts August 16.

Playing all summer

Basketball coach Joe

Novice tournament open to students

The Lincoln recreation department will be using the courts in front of Harper-Schramm-Smith for four of their summer tennis tournaments.

The courts are reserved on the following days:

-July 21, 9 a.m. to 6 p.m. for the Lincoln Junior Open.

-July 28, 9 a.m. to 6 p.m. for the Lincoln Adult Open.

-August 4 and 5, 9 a.m. to 6 p.m. for the Lincoln Adult Novice Tournament.

-August 11, 9 a.m. to 6 p.m. for the Lincoln Closed Tournament.

George Eisele of the Lincoln recreation department said the tournament are open to university students, faculty and

staff.

The novice tournament is a new tournament this year and is for players who haven't participated in tournaments before, Eisele said.

Eisele said tournament applications are available at the city recreation department, 2740 A St., and Woods swimming pool, 33rd and J St.

There is a registration fee of \$2.50 for singles and \$1.50 for each member of doubles for the junior and adult open and the closed tournament.

There is no entry fee for the novice tournament. Prizes at the novice tournament will be provided by Kep Harding's Sports Shop.

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