

Research determines wrestlers' best weight

By John Petrow

Wrestling cries of "thin is in" may be on the way out if research results from UNL personnel are adopted by the Nebraska State Activities Assoc. (NSAA).

A research program headed by Associate Professor Gerald Landwe and Assistant Professor Glen Johnson of the Men's Physical Education Dept., and Dr. Richard Hammer of the University Health Center has made it possible to determine healthy minimum weights for Nebraska high school wrestlers.

An equation developed by two doctors from the University of Iowa uses weight, height, and other body measurements to find the ideal wrestling weight.

This equation and a "skin fold" test produce an optimum weight at which the athlete would have about 50% body fat.

Although the average college male has 12% body fat, the researchers have found that, at a minimum of 5% body fat, an athlete still will have sufficient strength for wrestling.

Weights of wrestlers at this year's State tournament were recorded to see if many of the athletes were below their optimum weight.

Those who were, did poorly in the tournament, according to Landwer.

The researchers said, however, that they have had trouble calculating correct weights for athletes under 138 lbs.

"We need to do more research on the lower weights before we can present our results to the NSAA," Landwer said.

Although Kansas and Missouri have minimum weight policies for high school wrestlers, Landwer does not expect the NSAA "to jump at the idea."

"There are too many coaches opposed to the idea," he said.

"We need pressure from the American Medical Assoc. and the Nebraska Medical Society before we can realistically expect this policy to be adopted," he said.

UNL soccer team conquers close call

The UNL soccer season almost came to an abrupt end last weekend when it was thought there were not enough players left to field a team. Because of previous commitments by some players, the team barely had enough men for the Big 8 tournament in Stillwater, Okla.

It was a sour turn of events for Soccer Club President Ron Wheeler. The team posted an impressive 8-2-1 record this year and was looking forward to improving on last season's seventh place finish in the Big 8 tourney before the depletion of the team.

Wheeler, an outspoken junior from Omaha, said the squad was 100% better this year.

"Last year I was a key member of the team," he commented. "This year I'm lucky to start. I'm a has-been."

He said the biggest contributors to this season's winning effort have been John McFayden and Victor Bishop.

Though his importance as a player has diminished this year, Wheeler continues to push soccer at UNL. The team receives no financial aid from the Athletic Dept.

"The Athletic Dept. stays out of our way and we stay out of theirs. They don't even know we exist," he said.

"Let's face it, their main purpose is just plain to make money," he added.

Last fall Wheeler tried to persuade the Athletic Dept. to let the team play after UNL home football games. The answer was no.

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Student football tickets are on sale today through Friday at the Athletic Ticket Office at the south end of Memorial Stadium. The office is open from 9 a.m. to noon and from 1 p.m. to 4 p.m. Cost is \$17 for seven home games.

Only full-time students now on campus are permitted to buy tickets this week. Others must buy tickets in the fall.

The Husker 4-mile relay team broke the school record by more than five seconds Friday in the Kansas Relays at Lawrence, but had to settle for second place behind Kansas State University.

The quartet of seniors Roger Chadwick, Dan Speck, Lynn Hall and Bob Unger finished with a time of 16:27.1 to break the old Husker standard of 16:32.4 set in 1970 by Mel Campbell, Greg Carlino, Pete Brang and Mike

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Lee. The only other Husker to place in the meet was Jerry Hannan, whose toss of 180 ft. 11 in. was good enough for fourth in the discus throw.

The Husker baseball team opens a 12-game home stand with a doubleheader against the University of Nebraska at Omaha starting 1:30 p.m. Tuesday.

The Huskers' record stands at 7-18 after their first conference win of the year Saturday against the University of Missouri. Denny O'Doherty had his first pitching victory in the 7-3 verdict. Norm Giessmann, Ron Miltenberger and Jim Smith contributed home runs to the Husker attack. The Huskers dropped the first two games of the series by losing the Friday doubleheader, 12-0 and 15-3.

Husker golfers finished third in the Kansas Relays Invitational Thursday and Friday in Lawrence, Kan. Their total of 633 put them behind Kansas University and Wichita State University, each of which totaled 614.

The UNL women's tennis team suffered its first loss of the year when it was defeated by Kansas University, 6-2, Saturday. The Huskers beat Drake University, 8-2, in another Saturday match. The team's record is 8-1.

The UNL women's softball team lost a doubleheader to Kearney State College Friday, 11-9 and 6-4. Big blows for the Huskers were a triple by Jean Vrbka in the first game and a home run by Sue Hansen in the second contest. The team's record is 5-3.

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