



## Soccer Club to play UNO

Sunday afternoon two teams of 11 players will meet on the artificial turf at Memorial Stadium. Each team will have halfbacks and fullbacks and the game will be played in two halves. But they won't be playing football; they'll be playing soccer.

The UNL Soccer Club will host UNO at 2:30 Sunday, weather permitting, according to Nebraska coach Franz Blaha.

"We can play on the snow, but if we get any more before Sunday, we may have to postpone the match," Blaha said.

The game will consist of two 45 minute halves. Each team has four fullbacks, two halfbacks, four forwards and one goalie.

### Indoor soccer in Austria

Blaha, an associate professor of English, has been the club's coach since 1969. He previously coached a team which played indoor soccer in Austria.

Blaha said the soccer club existed before he came to UNL, but organized practices and schedules didn't begin until 1969.

The club, which receives no funding from the athletic department, does get some financial support from student fees.

It is open to any member of the university community, including administrators, teachers, students and custodians, according to Blaha.

### Different schedule

The soccer schedule is different from most sports because it is divided into fall and spring sessions. In the fall, the competition is mainly with local colleges, but in the spring, the club is

involved in Big 8 play.

Every Big 8 school now has a team, according to Blaha. The Nebraska club will play five Big 8 schools this spring before the Big 8 tournament April 19-20 at Iowa State.

Blaha said Missouri and Kansas State are the Big 8 favorites. "Missouri has a definite advantage because soccer is an organized sport on the high school level there," he said.

Nebraska's club had a 7-2-1 record last fall and should be improved this fall, according to Blaha. He said the team will benefit from the return of two or three players who missed the fall portion of the schedule due to injuries.

### Anyone can play

"Anyone can play soccer. You don't need any physical attributes to play," Blaha said. "People can be tall or short, light or heavy and play soccer." He added that mobility and endurance are helpful, however.

Soccer is becoming more an American sport at UNL than ever before, according to Blaha. He said foreign students composed 90 per cent of the team five years ago. Now just two foreign students belong to the club.

Blaha said the future of soccer in America is linked with economics, but he said he hopes its popularity will continue to increase at UNL.

Blaha is enthusiastic about a plan he has for the club to play a match before a home football game next fall, much like the preliminary basketball contests, but in talks with athletic department officials thus far, he said he has "run into a stone wall."

## 1641 wins indoor track title

Dennis Katzer of Cather 12 won three events in the intramural indoor track meet Tuesday. His performance, however, wasn't enough to prevent 1641 from winning their fourth intramural title this year.

Katzer, a senior zoology major from Naper, won the mile in 4:41.5, then won the 880 in 2:06 and the two mile in 10:23.2 back-to-back.

"The hardest one was the 880," Katzer said. "I'm not much of a sprinter. The other two weren't quite so hard."

Katzer said he was a two-miler in high school with a best of about 10:10. He is trying to get into medical school and said he still runs about eight to 10 miles each day.

Bob Matthews led 1641 to its fourth intramural team title by winning the 60-yard dash and the 440. His 60 time was 6.5 and he ran the 440 in 53.9.

1641 won the flag football title and both the

Co-Rec and all-university basketball titles.

Seventeen teams and 185 performers entered the meet, held on UNL's indoor track.

### Team results:

1. 1641	46
2. N.U. Crew	43
3. Schramm 6	34
4. Abel 11	32
5. Cather 12	30

### Event winners:

high jump—Kelly Hornbacher, Schramm 6, 6'5"
Long jump—Jim Siemen, Tau Kappa Epsilon, 22'2 1/2"
60-yard dash—Bob Matthews, 1641, 6.5
mile—Dennis Katzer, Cather 12, 4:41.5
80-yard high hurdles—John Connor, Phi Gamma Delta, 8.3
440—Bob Matthews, 1641, 53.9
600—Pat Hossie, Cather 10, 1:20.7
60-yard low hurdles—Mike Chess, Able 11, 7.8
880—Dennis Katzer, 2:06
2-mile—Dennis Katzer, 10:23.2

## Aerobics 'to help people live longer'

The Department of Physical Education and Recreation is offering a class this semester to help people live longer and feel better.

Two sections of PE 114, Aerobic Exercise, are being taught for the first time this semester. James Crabbe, who teaches one of the sections, said the 32 women and 12 men in his section are finding that exercise isn't always unpleasant.

"To many this is the first pleasant experience they've had with physical exercise," he said.

The class meets three times a week and most of the student's time is spent on aerobic exercise and running.

Aerobic exercise, Crabbe said, is endurance exercise, which differs from all-out exercise, such as sprints, that can't be continued over a long period of time.

Jogging, distance swimming, cycling and continued dancing are examples of aerobic exercises. Because some students can't swim and bicycles are scarce, each student runs for his aerobic exercise program in PE 114, Crabbe said.

### Low key start

"What we want people to do is exercise three times a week for an entire semester in what is called an aerobic exercise," Crabbe said. "We want people to get involved in this and just experience it and hopefully, by starting at a low key, keep with it for the rest of their lives."

Crabbe said some of his students couldn't run a quarter mile when the class started, but he expects everyone will be able to run at least two miles by the end of the semester.

The final grade is determined by the student's improvement and attendance, which Crabbe said is essential.

"The secret to an aerobic program is continued exercise. You don't lay off three weeks and then run like hell for a week."

The purpose of the class is to improve efficiency of students' hearts, arteries and lungs in transporting and using oxygen, Crabbe said.

He said each student's resting heart rate or pulse rate, which averages 70 for men and 80 for women, should fall 15 beats by the end of the semester.

### Reduce heart disease

"We'd like to teach people how to reduce the possibility for the onset of heart disease," Crabbe said.

Heart disease can result from many causes, Crabbe said, including hypertension, smoking, lack of exercise, age, heredity or improper diet.

Exercise can overcome dietary deficiencies, reduce the amount of fat carried in the blood, increase the efficiency of the heart and, Crabbe said, generally reduce the effect of the above causes.

He said too much fat in the blood, such as serum cholesterol, builds up in arteries like "crud in a rusty water pipe," causing high blood pressure and excess heart strain.

In addition to Crabbe's 44 students, there are 20 students in the other section taught by graduate assistant Mike Janesch.

Although Crabbe said aerobic exercise programs in the Midwest are behind those in some parts of the country, he said, "many, many students will eventually get involved in aerobic exercises," at UNL.

"I'm sure of it, the reason being that students can progress at their own speed and the students in the class now are very enthusiastic about it and the word is going to spread."

## sports shorts

The intramural weightlifting meet will be Saturday at 10 a.m. in the north field house. Weigh-ins will be 6 to 8 p.m. Friday in the field house.

The intramural wrestling

tournament will be Tuesday, Wednesday and Thursday. Weigh-ins will be conducted from 4 to 5 p.m. Friday and Saturday in the north fieldhouse.



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