## Semester break action gains wins for UNL's swimmers, wrestlers

By Jim Kay
The UNL men's swimming and wrestling teams resumed competition during semester break with victories over schools
from Missouri and Minnesata.
John Reta's swim team won in its first action since the Big 8 Conference Relays Dec. 3 and 4 by downing Southweat Minnesuta Stute Cols Complex. The Treker in the UNL Sports Complex. The Huskers won sev.
record.
Fres
Freshman Robbie Ingle set a record of 4:53.179 in the 500 -yard freestyle and Reta snid he wes pleseed
Reta said he was pleased with several of the team members' efforts against Southwest Minmere state.
"We were pleased in that most of the swimmers either improved their times or aqualed old times in the meet. Mike Crowder won the 50 - and 100 -yard freesyie events and John Dahir knocked three seconds off his 200 butterfly time." ${ }^{4}$ A good meet'
Reta also mentioned freshman Bob Hartford and diver Rick Grahn for their performanoes in the meet.
"This was a good moet in the sense that we didn't taper any prior to it," Reta said.
"The kids have been working real hard in two-d-day workouts. The workout in teriod in January and December is the period in January and December is the
most intense work of the season. Once school starts again we Ill have to cut back on our workouts."

Reta said lack of enthusiesm was not evident during the long break between.
meets because "they know that they have to work to get into condition and there is no easy wasy to do that except to go a lot of yards and do a lot of working out." The swimmers' next meet will be at
home Saturday with the University of Missouri.
"Missouri will be a contender in the Big 8 this year," Reta snid. "They may not (defending Big 8 champ), but they do have quality people in all events."

The wrestling team took a weekend swing through Missouri and came out with a $2-1$ record.
The grapplers won a triangular meet with Southwest Missouri State University, 42-6, and Central Missouri State University, 21-18, on Friday night. They then drapped a dual meet to Missouri on Saturday 354 , as freshman Agron Vasha was the only UNL winner in that meet.
The wrestiers soored five pins and lost only one match to Southwest Missouri State in a Friday afternoon moet, but needed a pin from freshman heavyweight George Rambour to nip Central Missouri State Friday night.

Double winners for the Huskers in the triangular meet were senior Pat Arthur at 134 pounds, junior Bill Karpowicz at 142 pounds, sophomore Steve Fill at 158 pounds and Rambour.

The wrestlers' dual meet record for the season now is $3-3$. The next meet will be a Criangular Saturday night at the Sports sity and the Colorado School of Mines.

## The God we worship doestitask us tohelp oneanother. He demandsit.




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