

UNL swim team hopes to rise from Big 8 depths

By Jim Kay

The UNL men's swim team is planning for one more big splash, according to coach John Reta.

The Husker swimmers are preparing for the Big 8 Conference swimming and diving championships Thursday through Saturday. UNL is hosting the event at the Sports Complex. Reta said he is expecting an improvement over last year's seventh place finish for UNL.

"We certainly hope we improve," Reta said. "We have some outstanding individuals and all we really lack is depth. I'm looking for our times to drop."

"It's mostly psychological now. It's up to the individual. He can't choke and he

has to relax. Mental attitude and rest are important all week long."

Reta said UNL looks stronger in all areas this season, adding that he is looking for good individual performances from several swimmers.

"Pat DiBiase is the defending Big 8 Champ in the 100-yard breast stroke," Reta said. "He's a steady and consistent swimmer. And Bryan Moss held the 100- and 200-yard breast stroke records as a freshman."

Reta also cited good performances by Randy Crowder and John Derr in the butterfly, Paul Duxbury in the 50-yard freestyle, Rich Maack and Brian Hartford in the backstroke and middle distance swimmer Pat Murphy.

DiBiase, an Omaha senior, said he also was looking for the Huskers to improve on last year's performance.

"As a team we're looking to get out of the cellar," DiBiase said. "I'm optimistic because I think we can do it."

"We have more quality swimmers this year. Personally, I would like to hit my best times ever in my events. If I do, I should finish near the top."

DiBiase will swim the 100- and 200-yard breast stroke for UNL at the Big 8 meet.

"I'm defending champion in the 100," DiBiase said, "but the 200 is probably my best event. I've had more success with it in dual meets so I'm more confident swimming it."

Reta said he expects several Big 8

records to fall at this weekend's meet because of the new pool.

"I think we'll see new records as evidenced by the state high school meet last week," Reta said. "The waves dissipate and the water is much calmer, which leads to faster times."

Iowa State University, defending Big 8 swimming champ, and the University of Oklahoma will be the favorites to win, Reta said, but he added that UNL will play a spoiler's role.

"These kids have done everything I've asked them to do this year," he said. "They've worked real hard because they knew they had to work hard to succeed. They have been receptive to the hard work. They've really done a super job."

sports

Fitness requirement at BYU cuts into students' TV time

By Mike McCarthy

If some UNL and Brigham Young University (BYU) students had a fitness contest, chances are the Lincolmites would come in an exhausting second.

Not that BYU students are inherently more fit, but the school does require all students to take a one-semester fitness program.

A brainchild of Phillip Allsen of BYU, the program sends more than 3,000 students through the program in one semester, and about 7,000 for a year.

Allsen, whose visit to UNL is sponsored by the Physical Education and Recreation Dept., is a physical education professor at BYU and director of the "Fitness for Life" program.

Allsen said BYU students are evaluated on three areas before their fitness program is determined.

A student's flexibility and strength, weight training and oxygen intake dictates how fit the person is, he said.

The intensity and duration of exercise the person can handle is also important, he added.

TV substitute

"All I ask is that the person tears himself away from the TV from 30 to 45 minutes to exercise," he said. "The average person watches four and one-half hours of television everyday. You are as smart as you are obese for watching that much TV."

Allsen said once the student knows how much physical activity it will take to become fit, he can determine what physical activity he wants. At BYU, a student also is required to fill out a contract of their physical activity, he added.

"If a person signs a contract, they are more prone to do it," he said.

Allsen said our automated society

reduces our workload and the only way to remain fit is through physical activity.

Allsen said most persons are hard pressed for an answer to their actual fitness and they need answers, he added.

The person who goes snow skiing all the time, then moves to Miami Beach becomes lazy, he said. Some other physical activity must replace snow skiing, he said.

"Weight and height charts are not a good indicator of fitness," Allsen said. "In many cases a decrease of weight doesn't necessarily mean fitness."

Loss of lean cells

Allsen said persons who diet can lose weight but they have a decrease of lean body cells. A person who is training also can lose weight but increase lean body cells, if they have a balanced diet.

"Ninety-five per cent of persons over 50 are obese," said Allsen. "Even the old lady in a nursing home is obese, even though she doesn't weigh much. She doesn't get any exercise so what she does have is fat."

"Our program works and its cheap," Allsen added. "We try to get persons hooked on it so when they decide to stop exercising they will have withdrawal symptoms. They will then realize the need to exercise and return to their program."

Allsen also advises the Dallas Cowboys, Seattle Seahawks and BYU's football teams.

"I write strength and running programs for them to increase speed and endurance with the idea to increase strength and speed," he said.

"Fullbacks, for instance, are just like missiles. The greater velocity the better. I'll take the fullback three and one-half yards back from the line of scrimmage and with greater velocity he can hit the hole faster. He is just like a destroyer."



'Super athlete' hints future glory despite injury

By Rod Barney

Both Husker track teams were fortunate this year in capturing the two top high school athletes. However, the female athlete wasn't so lucky.

The UNL men's track team features Nebraska's 1976 Prep Boy Athlete of the Year, Scott Poehling and women's team has Nebraska's 1976 Prep Girl Athlete of the year, Sondra Obermeier.

Obermeier won the first award from both the *Lincoln Journal Star* and *Omaha World Herald*.

However, Obermeier has not been a featured performer this season.

She has been out since the Huskers first meet with pulled thigh muscles.

"The injury has just been slowly hanging on," Obermeier said. "Hopefully I'll be ready to compete at the Kearney State Invitational March 17."

Despite competing in just one meet, Obermeier put her name in the UNL record book, high jumping 5 ft. 2 in. The old record established last year was 4 ft. 10 in.

In last year's girls high school state track meet in North Platte, she won four gold medals. Competing in class B she won the 100-yard dash with a time of 11.5 seconds, the 220-yard dash in 25.6 seconds, the high jump with an effort of 5 ft. 3 in. and the long jump with a leap of 19 ft. 5 in.

The long jump effort, a state record, also was the top effort of the entire meet, winning Obermeier the overall gold medal in the event.

UNL's records in the above events are 11.3 seconds in the 100-yard dash, 25.6 seconds in the 220-yard dash and 17 ft. 6 and one-half in. in the long jump.

However, the team will count Obermeier in more events than just the long jump and high jump.

Obermeier will run in the sprints and the sprint relay for the Huskers. She also said she has been working out in the hurdle event.

"I've never tried the hurdles before, but that's an event that I have to work on because it's in the pentathlon," she said.

Obermeier competed, but lost, in the pentathlon (hurdles, long jump, high jump, shot-put and 200-meter run) last summer trying to qualify for the United States-Russian National Meet.

She said she would try to qualify again this summer. She also mentioned that the 200-meter run has been changed to the 800-meter run this year.

"Sondra's a super athlete for a freshman. We don't want her to risk reinjury, and we need her in the jumping events more than anything," Frost said.

Many Aurora athletes end up going to Kearney State. The Antelopes' women's track program won the state college title last season and beat the Huskers in a dual meet earlier this season. But, Obermeier said she had no doubts about coming to UNL.

"I came down here because I figured in the years to come Nebraska would become stronger than Kearney,"

Obermeier said.

"I think Nebraska has more to offer in the long run in schooling too."

Obermeier's main concern, she said, is her education, but she said she thinks athletics is a vital part of her education.

sports shorts

An organizational meeting for persons interested in the backpacking trip to Grand Gulch, Utah, will be at 3:30 today in the UNL Recreation Dept. office, 1740 Vine St. The trip will be March 18 through 26.

Dan Hyslop and Mark Woita will represent UNL in table soccer at the Association of College Unions International (ACU-I) Table Soccer National Championships, April 17 and 18.

The meet, which will be at the Playboy Towers in Chicago, will include 15 other ACU-I regional doubles team winners.

Both Hyslop and Woita are juniors majoring in business administration and have been playing table soccer for a combined eight and one-half years.