

sports

'Intense dedication' aids McDermott tennis game

By Paul Martin

For Kerry McDermott, the battle for recognition began at a young age.

McDermott and twin brother Kevin were the last of 13 McDermott children.

Now, only six years after beginning his tennis career, the 22-year-old Grand Island native has risen to the number one singles spot on Coach James Porter's UNL tennis team.

While McDermott was a "late starter," Porter said, complete dedication has immensely helped his game.

"He has shown more improvement than any player I've ever seen," Porter said. "He has really worked hard.

Good equipment, proper preparation give runner foothold against injury

By Betsy Miller

Jogging is considered healthy for many parts of the body, but, according to a Lincoln foot doctor, the feet have it rough.

Dr. Richard Evans said the pounding a foot takes when a person jogs is tremendous.

Since jogging season has started, Evans said he has treated about five or six sore-footed joggers each week.

Evans said the main problems caused by jogging are heel bone spurs and achilles tendinitis. The problems can be corrected if joggers follow certain advice, he said.

"You need a good tennis shoe. If you're going to be a serious runner you better not mess around with a \$14 or \$15 tennis shoe," Evans said. Evans suggested that a shoe in the \$45 to \$50 range would be the best investment for a serious runner.

Another key to healthy jogging is proper stretching exercises, Evans said.

"I can't stress stretching enough. In the spring, people are just in a hurry to get out and run," he said. Over-anxiety to take off on a lengthy jog stops many people from limbering up their muscles properly, he said.

Evans said his last instruction to joggers would be to use common sense.

For example, running regularly on a banked track can be bad for the legs because one leg is continuously hitting the surface at a lower point than the other. Evans said this motion may eventually lead to hip problems.

A running schedule which can be found in running magazines also can help a serious jogger, he said.

Garland Bare, UNL Health Center medical director, said he recommends beginners start with a fourth of a mile each day, and gradually increase the distance each week.

Backpacking trips fill summer

By Lori McGinnis

Backpacking lovers will have ample opportunity to rough it in the outdoor breeze this summer.

Lincoln Parks and Recreation and the UNL Recreation Department are each sponsoring a backpacking trip this summer.

Lincoln Parks and Recreation is planning a backpacking trip to Colorado the third week of July, said Terry Genrich, program coordinator for outdoor recreation. The trip is planned for Mount Isabell, near Rocky Mountain National Park.

Three days will be spent backpacking and one day will be spent on a raft trip on the Colorado River.

Genrich said the cost of the trip hasn't been set, but it will be fairly inexpensive. The maximum of 20 persons and a minimum of 10 will be allowed to go, he said. Anybody older than 14 can go.

Also the UNL Recreation Department has scheduled a weekend backpacking trip May 23 - 26 in Badlands National Monument in South Dakota.

The trip is open to any UNL student for \$55. The cost includes transportation, trail food, campground fees, equipment, a guide and insurance, said Mark Ebel, outdoor recreation coordinator.

The minimum number allowed to go is eight and the maximum is 10, Ebel said. No backpacking experience is necessary and the deadline to sign up is May 16.

The UNL Recreation Department is also sponsoring a backpacking trip to Grand Teton National Park in Wyoming August 8 - 15. The cost is \$125 and a basic knowledge in rock and snow climbing is required.

Ebel said people planning to go should take hiking boots, wool socks, shorts, pants, a T-shirt and sweater and a sun hat. A good weight for the backpack would be about one-third the body weight, Ebel said.

Genrich recommends taking ankle-high leather shoes, wool socks, a small tent, a light weight sleeping bag and a pad for insulating the body from the ground under the

"He's probably the hardest worker on the team," Porter continued. "He's playing number-one singles where the competition is pretty tough, but he always gives it everything."

While most of his teammates began receiving coaching at much younger ages, McDermott said he's always had to be conscious of firm self-discipline.

"I've had to do most of it on my own," McDermott said. "I've had to teach myself for the most part so I've always had to work a little harder."

High school wrestler

Although he was also a wrestler in high school, McDermott said, tennis emerged as his forte.

Before starting to jog, most people should be examined by a doctor, Bare said.

"We check heart conditions and, in some women, pelvic conditions. There are some people who just should not run," Bare said.

Injuries due to running usually happen over a long period of time. Bare said the only emergency jogging problems that the Health Center receives seem to be lacerations received from a fall.

Although jogging is still popular, Evans said he thinks the number of runners who started when the sport took off a few years ago has declined.

"Everybody was running then. Now I'm not seeing the beginning runner," Evans said.

Pros draft Huskers

Six Nebraska football players were drafted in the NFL Pro draft Tuesday afternoon.

In the first round, tight end Junior Miller was drafted seventh by the Atlanta Falcons. Miller, 6-4, 222 pounds, was expected to be drafted in the first round, but many thought it would have been to the sixth team—St. Louis.

Husker I-back I.M. Hipp will also join Miller in Atlanta, after being drafted by the Falcons in the fourth round.

In the third round, Rod Horn, a defensive tackle, was drafted by Cincinnati. Bill Barnett, also a defensive tackle, was drafted in the third round by Miami, and split end Tim Smith went in the third round to Houston.

Dan Pensick was drafted by Kansas City in the fifth round.

The draft will continue Wednesday for the final four rounds.

sleeping bag. He also recommends taking pants, a shirt, a sweater, a down jacket or vest, a rain poncho and a hat.

Eating equipment, a compass, flashlight, sunglasses and insect repellent are also necessary equipment, he said.

Both Genrich and Ebel said organizational meetings are planned before departure.

Ebel said foot injuries are a common hazard for inexperienced backpackers not used to walking long distances. Also the weight of the pack puts a strain on the back.

Genrich said common hazards are altitude sickness in the mountains and overdoing it when you are not in shape.

But there also are benefits to backpacking.

"The reason to backpack is to see the country on its own terms," Ebel said. More things can be seen backpacking than diving, he said.

Genrich said some people get self-satisfaction from backpacking. It also lets people get away from city life to primitive camping.

Softballers win doubleheader

The UNL softball team swept a doubleheader 3-1 and 6-0 from Kearney State Tuesday at Ballard Field.

In the first game, De Anna Carr provided the Huskers' offensive punch with a two-run single in the fourth inning. Carr scored later in the inning on a single by Cheryl Morrow. Candy Hoffman was the winning pitcher, giving up only three hits while striking out five.

In the nightcap, Linda McCrea homered and pitched the shutout.

"I didn't do all that well in wrestling so I decided to stick with tennis in college," McDermott said. "Besides that, I've always wanted to teach or play tennis when I got out of college."

Although McDermott enjoys his top singles spot on the Husker team, he said he realizes his limitations and ideally would be further down the ladder.

"We need to recruit a nationally-ranked player or two to help our program," McDermott said. "That would shift me down to about three or four but our team would be much stronger."

McDermott said a team like Oklahoma State, where five of the six top players are highly ranked junior players from other nations, is difficult to handle with predominantly in-state players.

"I still think the United States has the best tennis in the world, but we need to get someone that is ranked in the top 25 to 30 to come here," McDermott said. "It would make everyone work harder to play better because if you didn't, you'd get 'killed' all the time in practice. One or two guys like this would make the program a lot better," he said.

Earned the spot

Porter said that while McDermott would have a "much better record" playing singles somewhere below the number one position, he's earned the spot through challenge matches.

"He's the number one player on the basis of challenge matches," Porter said, "and I don't believe in juggling the lineup."

In the upcoming Big Eight conference meet May 15-18 at Oklahoma City, McDermott said his best opportunity to do well would be in the doubles competition with partner Dale Christian.

The duo is 4-3 in conference competition, having lost to Missouri, Oklahoma and Oklahoma State.

"Most of our doubles matches have been close and I feel on any given day we can beat any of the teams we have lost to," McDermott said. "It will be important to play well the first day."

In singles competition, Porter said McDermott will have his work cut out for him.

"He's going to have a tough time playing number one singles," Porter said. "If he plays up to his capability, though, he could surprise a few people."

McDermott said coming in as the underdog in singles will help him maintain a "carefree attitude."

"There's not a lot of pressure on me in singles," McDermott said, "because most people think I can't do that well. If they (opponents) get overconfident, I could catch them off guard."

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