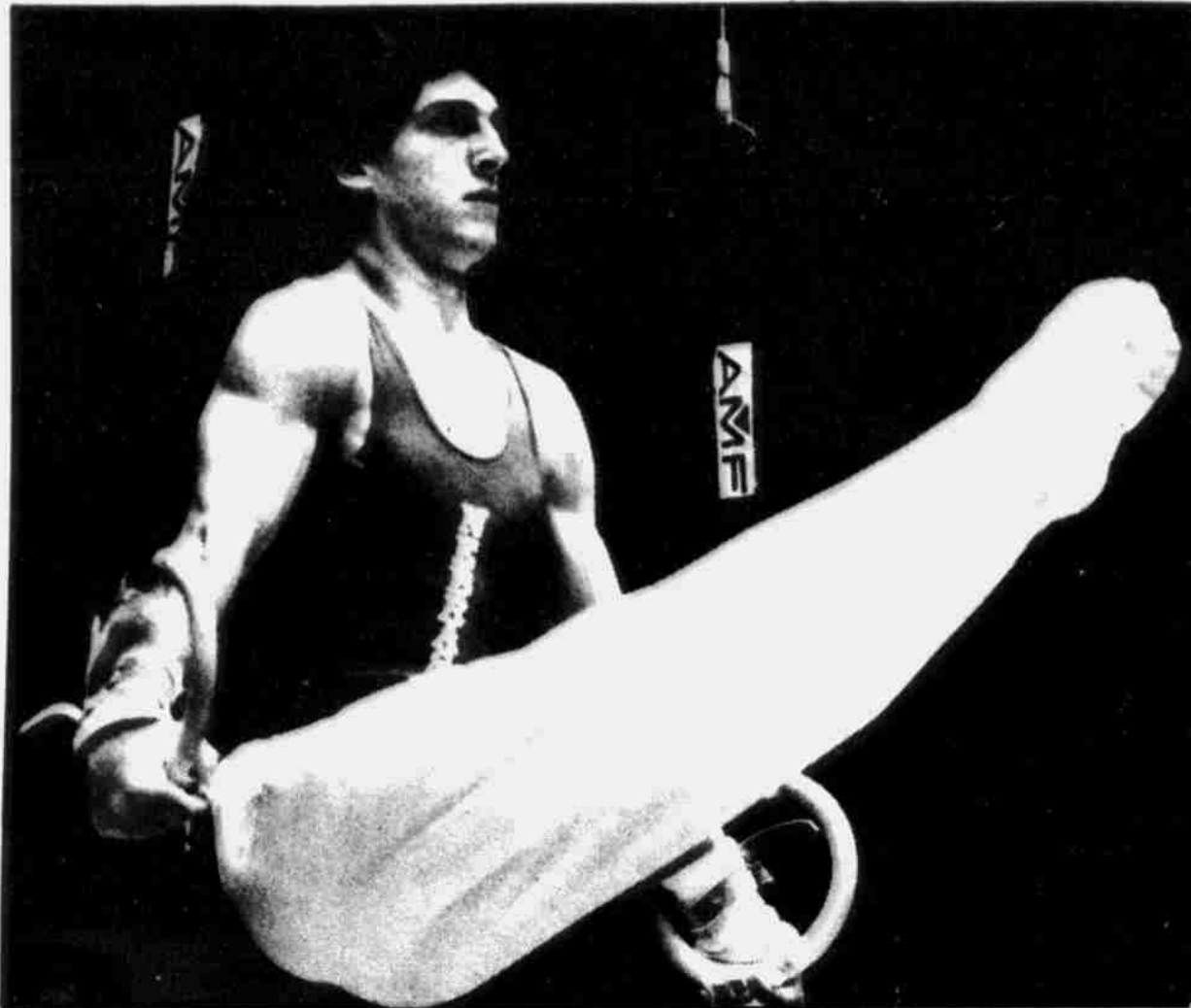


sports

World-class gymnasts tumble out of Omaha club



Nebraska gymnast Phil Cahoy competes on the rings. Cahoy's father runs Omaha Sokol, a gymnastics club where several Husker gymnasts began their careers.

By Pat Beecham

After turning out three of the top gymnasts in the nation in the last four years, Sokol Omaha is fast becoming one of the top gymnastics clubs of its kind in the nation, Nebraska gymnastics Coach Francis Allen said.

"It's the best program in the nation," Allen said. "Not necessarily the best facilities or equipment, but the best coaching and training."

One of the people responsible for that coaching and training is Phil Cahoy, Sr., father of Husker gymnast Phil Cahoy Jr.

Along with Cahoy, Jr., Jim Hartung and Mike Bowers got some of their formal training at Sokol Omaha. All three were top-rated gymnasts in their respective years and now compete for Nebraska.

Allen said that although an early start in gymnastics is not necessary, it is helpful. He also added that out of Nebraska's top five gymnasts, "four were the child prodigy type."

Cahoy Sr. agreed with Allen saying that an early start can be advantageous to a youngster.

"You can learn to do things more correctly and learn a lot of the basics when you are young," the elder Cahoy said.

Clubs like Sokol Omaha give children a chance to get started in gymnastics. Cahoy Sr. said that the club has classes that meet twice a week for toddlers all the way up to juniors (ages 17-18). He also said that the area from which the boys come is not re-

stricted.

"We have about 80 boys," Cahoy Sr. said. "They come from all over Omaha as well as from Blair and Council Bluffs."

Although Cahoy Sr. has been coaching for nearly 18 years, he hasn't lost his enthusiasm.

"I love it," he said. "Most of the boys, about 90 percent of them I'd say, go to college. That's what I look forward to and encourage."

Coaching is not the older Cahoy's full-time job. He said he's not in it for the money which might cover expenses but little else. Cahoy, Sr. works for Western Electric and spends about 12 hours a week in the gym which is not as much time as he said he would like.

"Except for the fact that we can't get into the gym as much as we would like, I think we compare about the same with other clubs," he said.

Cahoy Sr. said that Sokol Omaha receives invitations to have meets with different clubs and the juniors from the club hold a meet once a year in Omaha. He also said that they compete in the USGA championships.

Cahoy said he thinks high school gymnastics in Nebraska compares pretty well with other states.

"High school gymnastics in Nebraska are not that bad," Cahoy Sr. said. "A lot of coaches come to see the state meet and a lot know some of the boys competed in Sokol and will come talk to me," Cahoy Sr. added, referring to recruiters.

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personals

LL from L.
From Heppner 2 to ASU We made it through and had a great time too. Now Birthday wishes are sent to you
From your friend Scooter
i.e. Sue
Happy Birthday Lori!

Schramm 7, 8, 10 and Harper 6:
Thanks to all who made Friday's "Screw Your Roommate" dance a success. Fun times are ahead!
The Ladies of Schramm 9

To the 3 AGR's who gave us a tow and to Jeff and Judy for helping us get gas Friday nite.

Thanks much—
appreciate it—
Jon & Kerry

Karen,
Happy (Late) Birthday. Get Psyched!
Your "Colleague"

BOB:
Does a free t-shirt, coke, and hot dog sound good? If you and 499 friends get to Sunkist Volleyball Night on Thursday, Oct. 8 that's what you'll get.

We hate Scott; Bob's buddy; Everyone knows he's blind.
OFK

SINGE (alias John S.)
CONGRATULATIONS!
You've hurdled every birthday drunk so far. (I know it's an accomplishment.) I'll attempt to break your streak tonight (your 22nd).

Styles,
Todd

TOM,
I love margaritas and nachos, movies and pizzas, but most of all, I love you. Happy Anniversary.
Kirsten

Sheik Galen L.:
The women may be wild, wooly, and hard to catch, but you get more women than bulls have cows.
Hot Lips

Abel 9 Guys:
Way to play football! We're very proud of you!
Love,
Lesa, Camille, Teri, Kim

Deanna H. — (G-Phi)
Mommy is watching you! Smooth delivery expected Sunday.

Will someone who likes me please tell me where I am?
Scott N.

"Julie" and Mark,
You had a good line Saturday night (Pitch) Now we have one for you — want to check out our stereo?
"Tom" and Sara
P.S. We don't have a one!

CARRIE,
I couldn't ask for a NICER Big Sis! You're a very special person and a lot of fun!
Love
Traci

Dear Jelly Bean Man—
Happy 21st (Let's have 21 more together?!)
—Mark B.

NIL—
If I only could, but I can't.
If you only would, but you won't.
If we only were, but we aren't
I love you, friend
Rose Giver

ROBIN L.,
I've been watching at lunch, like what I see.
Respectfully,
Opie

Dear Martian Swimmer & Maggot:
Thanx for the fantastic evening Friday Hope you had as great a time as we did. You're both terrific.

Transexually yours,
Too Tall Jones
The Guy with 2 Left Feet

PEGGY'S DAUGHTER:
I.L.Y.,
Ted

LORI (buh);
1 year and 3 months up, 2 years and 9 months to go. Happy Anniversary 9 - 12 - 21.
Love,
Rock

To the Brunette walking hand-in-hand with Randy C., Sunday eve, near Union:
Beware!
TN

BLIND BOB. L.
I hate you and I'm glad you puked on Ron's van.
Scott N.'s seeing eye dog

HOW BOUT THOSE TRIDELTS! They're Divine, Delightful and Destined to win the Phi Psi 500. Get psyched!

Your coaches,
Dan
Bob
Dwight

Dear KD Mom Karen,
I am the happiest, "rude, obscene, and alcoholic baby ever."
Love,
Baby Cindy

P.S. — Don't let G. Edward get you down.

MOLLY S.,
"You're the most - from coast to coast!" A big thank you to a special friend!
H

ERIC,
Just wanted to say thanks for Saturday night. I had a great time, but then I always do when we're together. Thanks for everything!
Dawn

ANDY DREW
That little bird who told me so was the Pound Red-head. And I suppose she'd know!
Cari Beri

Sarah S. (Daughter)
Happy Birthday!
Mommie loves you!

Knigs & Schwart:
Thanks for the great trip up North to Boulder — It was a GAS! Do you really think Mick Jaegger had Burger King for lunch? And how come he didn't sing Endless Love?

SAM,
Have a fantastic birthday. How could you not with us around?
Sam and Spaz

P.S. . . .One more would make it perfect!!