

UNL shot putter Staub aims for Olympic trials

By Kevin Warneke

One might think that since Nebraska shot putter Joe Staub has achieved so much fame in the world of track, his purpose in life would be geared toward track. But, according to Staub, that is not the case.

"My goal for this year is to beat my shot put record that I hold here at UNL," Staub said. "But more than that my goal is glorify Jesus Christ. That's my goal in life through what I do, in all things that I do."

As for his track career, Staub knows where he is going in that area too.

"I'll probably be coaching at the university level as a graduate assistant next year," he said. "I could see myself competing in track meets for two more years."

"I would like to make it to the Olympic trials. To be able to do so you have to meet the standard, which should be around 64 feet," Staub said. "That's easily within my capability."

Making the Olympic team will be another story, he said.

"To make the Olympic team, they take the top three people and to make it you usually have to throw 70 feet," Staub said. "It's a possibility, but I just don't see myself throwing 70 feet."

Both Staub and Assistant Men's Track Coach Dick Railsback agree that weightmen don't reach their peak in track until the age of 25 to 30.

"I could still be competing at 25 even until 30, but I don't think I will be," Staub said.

Another asset that Staub brings to the team besides his leadership in the shot put circle, according to Railsback, is his role as a team leader. Staub is a co-captain on the squad.

"I try to be an example, that is the key thing," he said. "I make sure I'm giving support to the other guys."

"Team unity does not come naturally and I try to be out there encouraging the others, even when I don't feel like it," he said. "I try to be a cheerleader and be out there to pat them on the back."

Staub said track became a serious part of his life at the age of 16 when he started throwing and realized he enjoyed it.

"I did well at it so I stuck at it," he said. "I didn't like football because I was better at track and enjoyed it more."

Staub said he regrets not throwing the discus in high school, since he enjoys it now.

"I never threw in high school, but now I've always given a strong go at it," he said. "I just haven't done as well. I can't explain why."

If there is anything holding him back in his track career, Staub said it would be his lack of size. He is 6-0, 230 pounds.

"The thing that limits me is size. I'm quite small to be an Olympic thrower," Staub said. "I would have to be quite a bit stronger, but I have the potential to be stronger through weight training."

Intramurals

The UNL Recreation Department has revised the final men's team standings in the power weightlifting meet. Sigma Phi Epsilon won the meet, Alpha Tau Omega placed second and Beta Theta Pi finished third.

The Bionic Buzzards won the men's intramural outdoor track meet with 74 points, followed by Sigma Phi Epsilon with 65 points and Alpha Tau Omega with 44. SS Foxes won the women's meet with 72 points, followed by AKAK Little Sisters with 36.

Men's results:

High Jump - 1. Joe Gillett, Bionic Buzzards, 6-4.2. Tim Myers, Harper 8, 6-2.
Shot put - 1. Ted Hepperlan, Delta Tau Delta, 46-3½. 2. Michael Zierke, Abel 11, 46-3¼.
Long jump - 1. Joe Gillett, Bionic Buzzards, 22-0¼. 2. Lon Landholm, Bionic Buzzards, 20-11.
100-meter dash - 1. Fred Booker, Bionic Buzzards, :11.31.2. Doug Stuart, HSS Schramm, :11.39.
110-meter high hurdles - 1. John Mastera, Theta Xi, :16.07.2. Mark Pitner, Delta Tau Delta, :16.99.
Mile Run - 1. Eugene Kottwitz, Harper 8, 4:43.2. Matt Joeckel, independent, 4:45.
400-meter dash - 1. Tony Deane, Abel 8, :57.23.2. Mark Speer, Acacia, :57.27.
400-meter low hurdles - 1. Scott Booth, Sigma Phi Epsilon, 1:00.14. 2. Randy Harding, Bionic Buzzards, 1:01.53.
800-meter run: 1. Eugene Kottwitz, Harper 8, 2:03.2. John Carda, 7200 Selleck, 2:06.
200-meter dash - 1. Mike Yarborough, HSS Schramm, :23.26. 2. Fred Booker, Bionic Buzzards, :23.59.

2-mile run - 1. Bill Marchek, independent, 10:06.2. Fred Booker, Bionic Buzzards, :23.69.

2-mile run - 1. Bill Marchek, independent, 10:06.2. Scott Dawson, Delta Tau Delta, 10:13.12.

4 x 200-meter relay - 1. Bionic Buzzards, 1:36.2. Sigma Phi Epsilon, 1:40.

4 x 100-meter relay - 1. HSS Schramm, :45.41. 4 x 400-meter relay - 1. 7200 Selleck, 3:39.91. 2. HSS Schramm, 3:47.25.

Women's results:

High jump - 1. Kathy Fitzgerald, SS Foxes, 4-10.2. Rose McWilliams, SS Foxes, 4-8.
Shot put - 1. Leona Janda, AKAK Little Sisters, 34-6. 2. Chris Leigh, independent, 33-1¾.
Long jump - 1. Brenda Froendt, AKAK Little Sisters, 11-9¼. 2. Cathy Lind, AKAK Little Sisters, 11-6.
100-meter dash - 1. Norma Asheber, KOG, :13.08. 2. Teri Buchanan, independent, :14.58.
100-meter high hurdles - 1. Deb Williams, HSS Schramm, :23.05.
Mile Run - 1. Sue Heifer, independent, 6:44.2. Wendy Zenon, SS Foxes, :06.48.
400-meter dash - 1. Kelly Valliere, AKAK Little Sisters, 1:04.07. 2. Teri Buchanan, independent, 1:06.00.
800-meter run - 1. Tamara Jantzi, 7300 Selleck, 3:08. 2. Teri Buchanan, independent, 3:22.
200-meter dash - 1. Monica Cotton, SS Foxes, :26.59. 2. Teri Buchanan, independent, :31.09.
2-mile run - 1. Michelle Kubik, Smith 5, 14:20. 4 x 200-meter relay - 1. SS Foxes, 1:58. 2. AKAK Little Sisters, 2:12.
4 x 100 relay - 1. SS Foxes, :57.00.

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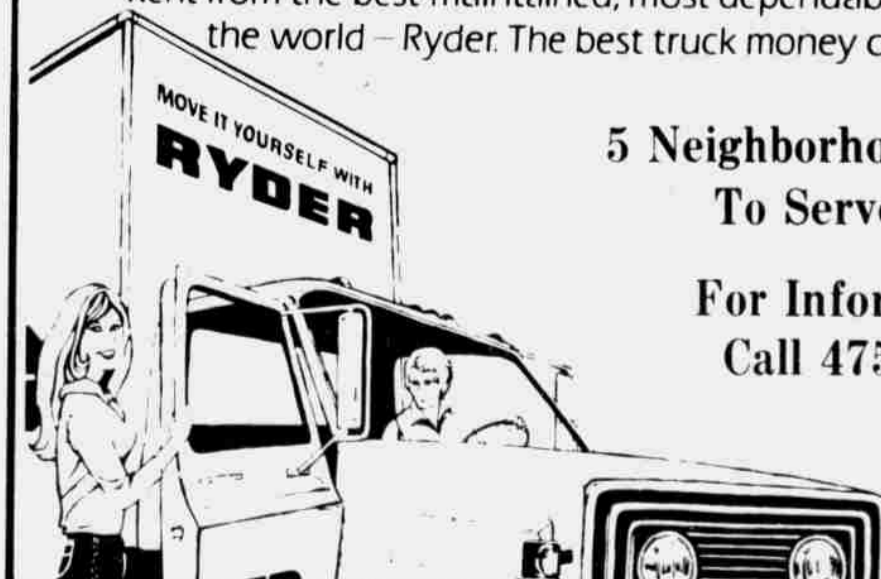
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