

# Sports

## Epply expands computerized strength program

By Mike Reilley  
Daily Nebraskan Staff Reporter

Nebraska is providing that football is not the only collegiate sport where strength training plays an important role. Nebraska strength coach Boyd Epply is expanding NU's computerized strength program in an attempt to bolster training for non-gridiron athletics.

Epply uses the strength complex's computer to develop individual routines for the football players.

The expansion of the system will require two computers. One unit will be shared by volleyball, softball and baseball athletes. The second computer will cater to the sports that train at the Bob Dev-Sports Center.

Epply already has the software programs for the sports, but needs to raise the funds to cover the \$2,000 price tags on each of the computers.

Raising the funds has been a tedious process for Epply.

"It's been difficult, but we won't give up," Epply said.

Epply said Nebraska is the first university to develop a computerized training program.

"The other schools are still trying to catch up with us," Epply said.

Husker wrestling coach Bob Fehrs said the computers "would definitely be an advantage.

"In wrestling, strength training is an important phase of our

overall training. It plays an important role in all sports," Fehrs said.

Fehrs said many coaches get carried away with strength training and ignore other important aspects of their sport.

"We try to keep it in perspective," Fehrs said. "We consider it

an important part of training, but we stress work on technique and mental preparation, too."

Nebraska women's basketball coach Kelly Hill said the computer will be advantageous "if we get to use it."

Hill agreed with Fehrs that strength training plays an impor-

tant role in an athlete's development, particularly incoming freshmen.

"The freshmen benefit from it the most," Hill said. "In high school, girls never get into the weight room, so we really have to work with them once they get here."

Hill's team works on the weights during the summer and pre-season. Once basketball season begins, the team's workouts change.

"During the pre-season and summer conditioning programs, we lift for strength. It's a real deficiency when the players first arrive," Hill said. "Later in the season, we concentrate more on circuit training than strength."

Strength training and weight training are often mentioned in the same breath. According to Epply, the two have little in common.

Epply said weight training is more of general fitness which stresses muscle toning.

"Strength training takes a much more sophisticated approach," Epply said. "It improves agility, speed and power."

"Athletes are in a very serious situation," Epply said. "They use the strength training programs to improve performance."

### Game rescheduled because of injuries

The Nebraska freshman football game scheduled for Friday afternoon has been cancelled, but a second game with William Jewell College has been scheduled for Monday afternoon.

The Husker freshmen, who lost last Friday to Waldorf Junior College, were to play Kansas State Friday at 1:30 p.m. However, Wildcat coach Jim Dickey cancelled the game since varsity injuries have forced many of the freshman players onto the team that will face the varsity Huskers Saturday.



## Husker rowing team swings into winning season

By Brad Kuhn  
Daily Nebraskan Senior Reporter

Nebraska's crew is swingin' again.

For the first time in five years, the UNL rowing team is having a winning season. The Husker crews swept a dual meet with Big Eight rowing rival the University of Kansas, rowing away with three first place finishes in five events.

The varsity women's four and the men's and women's novice eights all crossed the line ahead of Kansas, while the men's varsity lightweight four and the men's novice lightweight eight lost.

Kansas has dominated the Big Eight for the last four years.

Nebraska coach Chip Purdom said he was encouraged by the results, and is looking toward next Sunday's homecoming regatta with increasing confidence.

The Husker novice men's four and varsity women's four have not been beaten in four races this fall, giving them momentum as they train for homecoming.

Wins are something Husker crews have always talked of but haven't been able to deliver for a long time.

In 1980, the crew rowed into rough water, after a decade of successes including eight Big Eight championships and a fifth-

place national ranking in 1974. Team membership flagged in 1982 from 60 to 8 members and is just beginning to rebound this year.

Separately, the men's varsity four placed 19th out of 30 boats in the men's open lightweight event at the Head-of-the-Charles Regatta in Boston. Competing against the likes of Harvard, Yale and the U.S. Olympic team, the Huskers finished the 3½-mile race in 17:30, 1:25 off the winning time of 16:05 posted by the U.S. lightweights.

Purdom said the team looked good in practice, but apparently "choked" under the pressure of the race. Varsity Captain Steve Knapp, at one point pulled deep,

trapping his oar in the water, stopping his boat as surely as an anchor would. Throughout the race, Purdom said, the team had trouble moving together, a deadly mistake in the precision sport of rowing.

Next Sunday, the Huskers will host Iowa, Kansas, Creighton, Washburn, Minnesota, Wichita State, the Waterloo Rowing Association and the Tulsa Rowing Association in Nebraska's first home regatta in five years. The event, open to the public, will be held at Capitol Beach Lake, 720 Lakeshore Drive, Oct. 28 from 10 a.m. to 4 p.m. Olympic rower Lisa Rohde, a Nebraska alum, will present awards to winning crews.

## Nebraska water polo team earns respect

By Jim Rasmussen  
Daily Nebraskan Senior Reporter

Despite a lack of money, the UNL water polo club keeps getting better, player-coach Mike Morosin said Monday.

The Cornhusker won two of three games against a team from Raytown, Mo., Saturday. Nebraska won the first two contests by scores of 11-6 and 15-6. The teams tied 7-7 in the final encounter.

"I put in less experienced players as we went along, and I think the team did very well overall," Morosin said.

A year ago, Morosin didn't have the luxury of playing less experienced players. He barely had enough players to field a team.

The water polo club, now in its third season, got a big boost last year, when Morosin scheduled a game with Air Force, the nation's sixth-ranked polo club.

"We played them with three

college and three high school players and myself," the 36-year-old Morosin said.

That just made enough for a team, and the Huskers gave it a try against the fly boys.

Air Force won the first game 14-2, but Morosin changed the Huskers' defensive strategy in the second game. Nebraska lost 7-2, but gained the respect of the Air Force players, Morosin said.

"They came up after the game and told us they had beaten many college teams a lot worse than they beat us," he said.

As a result of the Air Force game, Nebraska gained a reputation in water polo circles, Morosin said.

"Teams are calling us up and wanting to play us now," he said. "They know there's a team out here that can play."

The Huskers received an invitation to play in the Senior Indoor Nationals, scheduled for Novem-

ber in Indianapolis. Morosin said that's an honor, since only about 20 teams are invited each year. There are 245 registered polo clubs in the United States.

Morosin said his team probably won't be able to accept the invitation because of a lack of money.

"If we had the money, we would go," he said. "We have the talent to compete, and it would be a learning situation."

The team received \$250 for travel expenses for Nebraska athletic boosters this year, Morosin said, but that won't take the team very far. The coach said the team is planning to teach scuba lessons to raise money for road trips.

The Nebraska team hopes to play Minnesota, Air Force and Loyola of Chicago later this year, he said. If the fund-raising efforts succeed, the Huskers will take a summer trip to California or Hawaii, he said.

## Rec Scoreboard

### Softball Playoffs

Phi Gamma Delta 14, Triangle 0  
Delta Upsilon 8, Chi Phi 7  
Phi Kappa Psi 15, Sigma Alpha Epsilon 4 B/C  
Schramm Two 11, Abel Eight 2  
Alpha Gamma Rho (B) 10, Phi Gamma Delta 6  
Theta Chi 14, Alpha Gamma Rho (C) 3  
Bombers 9, Scum of the Earth 3  
Cather Eleven 13, Harper Seven 5  
Abel Nine 13, Abel Twelve 2  
Delta Upsilon 12, Phi Gamma Delta 9  
Wise Guys 7, Master Batters 5  
Soup Bones 12, Ghetto Stompers 2  
Kingspins 16, Swisher's Sweets 3  
Abel Eight 12, Abel Eleven 6  
Cather Nine 17, Love Two 8  
Aces 12, Mudvil Sluggers 6

### Volleyball

The Wenches def. Abel Ten  
Gators def. Selleck 6300  
Schramm Three Studettes def. Starr Street Players  
Ballerettes def. Smith Six  
Pound Hall Eight def. Fedde Hall  
Sandoz Eight def. Burr Two East  
Sluggettes def. Hot Hitters  
Netbusters def. Smith Three  
Burr Three East def. Smith Four  
Party Animals def. Smith Seven  
Schramm Seven def. Sandoz Seven

### Football

(Women's) Smith Ten 26 (3.8), Selleck Stompers 6 (4.0)  
Sweets 24 (2.0), Dead Heads 14 (2.6)  
Cather Six 14 (2.8), Burr Two West 7 (3.6)  
Bucketeers 20 (3.2), NROTC 18 (3.5)  
Sweets Two 19 (4.2), Scoring Implosion 0 (4.0)  
Abel Four 34 (3.2), Cather Four 18 (3.4)  
Schramm Ten 28 (4.0), Abel Seven 0 (4.0)  
Blue Mooses 27 (4.2), Scum of the Earth 19 (4.2)  
Schramm Six 9 (3.2), Harper Four 7 (4.2)  
Selleck 7200 13 (4.0), Burr One West 2 (4.2)  
Guzzlers 24 (3.0), Cornhunker Co-op 13 (3.0)  
Rug Burns 33 (3.0), NH93 27 (3.0)