

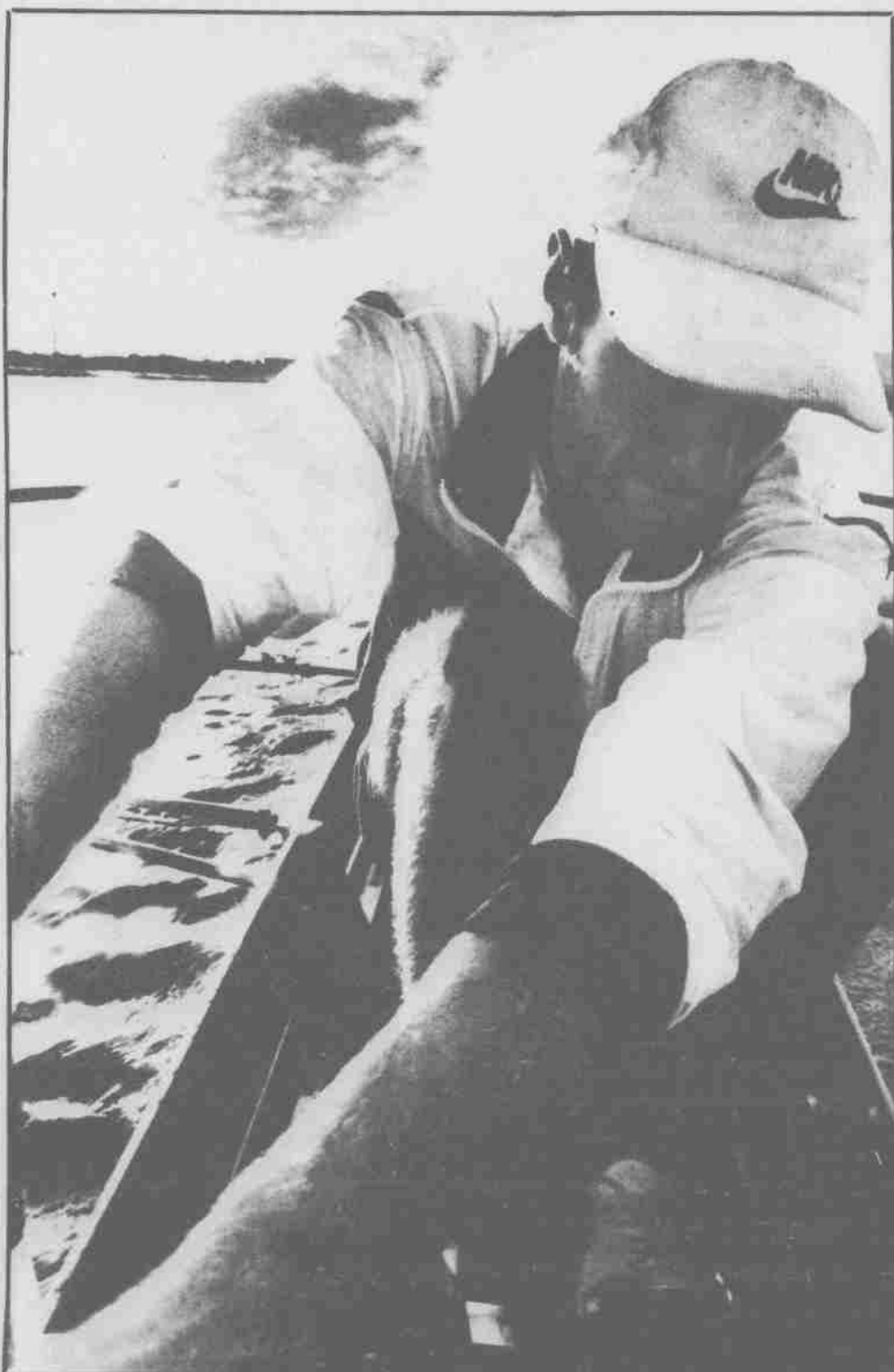
Sports

Building a UNL tradition, crew members tow the boat and the bill



Paul Vonderlage/Daily Nebraskan

Silhouetted by the early morning sun, the crew prepares for a long practice at Capitol Beach.



Paul Vonderlage/Daily Nebraskan

An early morning practice at Capitol Beach doesn't dampen the crew's spirit. Coach Steve Knapp sets the pace for the other crew members.

By Chris McCubbin
Staff Reporter

Short on publicity but long on tradition, the Nebraska crew team is carving a place for itself in Cornhusker athletics.

Modern competitive rowing began more than 150 years ago in London, when barges would race on the Thames river. Soon Oxford and Cambridge Universities had picked up the sport. Rowing moved to America in 1871 when both Yale and Harvard adopted the sport.

UNL's crew has been competing for 15 years. Crew is a club sport at UNL and the team members must sacrifice physically and financially in order to compete. In addition to club dues, the members are expected to buy their own uniforms and help with travel expenses.

Crew's long-standing association with the Ivy League may conjure images of preppie dilettantes, but in fact the crew trains as hard as any team on campus. A study done in the early '80s compared the relative fitness of all UNL sports teams. The Crew ranked number one in every category except raw strength, where they placed second after the football team.

Sarah Staples has been rowing for one year. She says their summer conditioning program consists mainly of running 3 to 4 miles a day and running drills on Memorial Stadium's stairs. This sort of intensive leg training is necessary because modern rowing boats have sliding seats which allow the rower to use their whole body to row.

Staples estimates she spends 15 to 20 hours a week in training. The team trains all year round. During the winter they concentrate more on weight training, Staples said.

Staples rows for the women's lightweight four. Rowing competition is divided into 1, 2, 4 and 8 person events. Each rower uses either 1 or 2 oars, depending on the event. For each event there are heavy and lightweight, and men's and women's divisions.

Weight restrictions are taken very seriously in rowing. Before one race in Wisconsin Staples discovered she was a few pounds over weight. That night she ran. The next morning she was still over. Before the race she ran again, then she ran stairs. Finally she made her weight and was able to compete.

Staples said in a race the first 10 or 20 strokes hurt, but after that the rower's intense concentration blanks out the pain. After the race, Staples said, the rower is totally exhausted. Rowers frequently vomit over the side of the boat after a race, she said.

Staples also serves as a coxswain from time to time. The coxswain doesn't row, in the larger team events the cox steers the boat and sets the team's cadence. Women, being lighter than men, very often cox for the men's events.

The Crew team is just finishing a total overhaul of their equipment. Team coach Steve Knapp said that previous coaches neglected the equipment in favor of intensive conditioning, so he decided to take a couple of weeks to get the equipment into top shape.

After the equipment is ready Knapp will begin preparing his 18 men and 12 women team for Lincoln's own rowing event, the Nebraska Fall Regatta, on October 26.

Games beneficial for Szarkowski

By Rob White
Staff Reporter

When Karyn Szarkowski competed in Moscow during the Goodwill Games, it may have been the first step on the road to a long international career.

Though there were only seven competitors in the javelin competition, Szarkowski said her first trip abroad was a good experience.

"When you're going against competition like that (four Soviets and the world record holder), you can't help but throw well," she said. "The adrenaline really gets going."

Szarkowski had four flat throws, in which the tip of the javelin doesn't land first, and wound up last of the seven, but remained undaunted.

"I had some PR (personal record) throws, but they didn't give me a mark because they were flat," she said.

Szarkowski qualified for the Goodwill Games after finishing second at a TAC track meet in Eugene, Ore., with a throw of 182-10.

Facing the best competition in the world wasn't the only benefit for Szarkowski. She also was impressed by the Russian culture.



Szarkowski

"It was pretty unbelievable," she said. "It was my first international trip, period, and just to see another culture first-hand, especially theirs, was something. I could go on and on and never give you the impression of what it was like. You'd just have to see it."

Szarkowski said she probably will be the third or fourth ranked javelin thrower in the country next year, but feels she'll need to increase her top throw from 185-8 to 200 or 210 feet to be able to be successful in Europe.

"It's kind of foolish to pick a distance and say that it's your goal," she said, "but if I have a goal it's the Olympics and that's somewhat of a dream. But I'd like to make it in either 1988 or 1992."

"I'd just like to travel internationally, see Germany and Switzerland, and do the best I can do within myself. That's my greatest goal."

Szarkowski came to Nebraska from Bismarck, N.D., where she won three state javelin titles and was named the 1983 North Dakota high school female athlete of the year.

She suffered a knee injury before the start of her freshman season and was forced to redshirt. She said that the knee is finally rounding into shape.

"I didn't compete until this season and the knee was at about 87 percent and I did fairly well. I'm really excited about track and field and now I realize how much work it takes to be world class."

Co-rec tournament starts tonight

By Jeff Apel
Sports Editor

Seven weeks of regular season competition will climax tonight with the beginning of the university co-ed softball tournament.

Bill Goa, assistant coordinator of intramurals at Nebraska's office of campus recreation, said all 22 teams entered in this year's summer competition were placed into the tournament according to their records.

For example, Let's Play Ball was given the No. 1 seed in the double-elimination tournament because of their perfect 7-0 record.

The remaining 21 teams in the tournament were then seeded according to how their record fared when it was compared to the record compiled by Let's Play Ball, Goa said.

Goa said campus recreation officials elected to raise this year's tournament to the double-elimination format to provide each team with more playing time in the eight-week season.

While the new format could pose potential problems, Goa said tournament officials are expecting positive results from it.

"Everyone seems really excited about it," Goa said.

Ray Koziol, the manager of the No. 5-seeded Evil Horde's, said his 5-2 squad is anxious to compete in the double-elimination tournament.

Although it is difficult for Koziol to predict how the Evil Horde will do, he said the campus recreation office decision to lengthen the tournament definitely was a step in the right direction.

"It will make us try harder," Koziol, operations manager of the East Campus Union, said.

Steve Kyle, the manager of Let's Play Ball, said his squad also was in favor of an expanded tournament.

Because of their dominance this season, Kyle said most teams entered in the tournament will be looking to knock off the top-ranked members of Let's Play Ball.

If that should happen, Kyle said all of the members of his squad will be thankful for the change in the tournament format.

"I've learned to never say anything is for sure in intramurals," Kyle said. "With the change in format, some of that uncertainty is taken away."

Goa said he would like to remind all team captains who haven't yet picked up their softball playoff schedules to please do so at the Office of Campus Recreation, 1740 Vine Street.

Night game a possibility

From Staff Reports

The Nebraska-Colorado football game on October 25 may be moved to night to accommodate the ESPN Television Network, according to the most recent issue of "Colorado Alumni," the alumni magazine of the University of Colorado.

The magazine listed the Nebraska game as one of several television possibilities for the 1986 season. Colorado Sports Information Director Dave Plati said Monday the game is under consideration by the ESPN programming selection board, but the final decision will not come until at least 12 days before the game is to be played.

"There are four or five other games

being considered for that day by ESPN," Plati said. "They (ESPN) have to wait and see how the season progresses before they can make a decision."

Plati said there is also a possibility the game may be shown on other networks, or not at all, depending upon the circumstances.

"If both teams are 5-1 or 6-0, ABC might pluck it off for one of their afternoon games," Plati said. "If either team falls flat on their faces early in the season, though, the game may not be on at all."

Plati said if the game is televised by ESPN, the kickoff time is likely to be moved back to 5:45 Mountain Standard Time, 6:45 CST.