Hittin' the gym

Baseball player looks back to move forward

By Jeff Griesch

Staff Reporter

After a frustrating junior season, Nebraska baseball player Jed Dalton is determined to prove himself in his final season.

Dalton, who hit a disappointing .261 with just two home runs last season, said he returned to the training habits of his freshman season in an attempt to try to salvage his chances at playing professional baseball.

"When I was in high school and as a freshman here, I lifted weights all the time," Dalton said.

In his first season as a Cornhusker, Dalton was named to the Baseball America Freshman All-American second team after hitting .358 with seven home runs.

But after a strong freshman season, Dalton said he stopped lifting weights in the off-season.

I stopped lifting because I was afraid it was going to hurt me,"
Dalton said. "I was afraid I was going to get tight and lose bat speed if I lifted too much. I was scared that it would hurt me in the draft if my bat speed was too slow.'

But what hurt him most was losing weight.

By the end of last season, Dalton's weight had dropped to 165 pounds, which he said affected him both physically and mentally on the field.

'I felt tired, weak and fatigued by the end of the season, and I played terrible," Dalton said. "I had lost all of my confidence.

Because of his dismal season, Dalton said he had all but given up on getting drafted. So he concentrated on getting stronger.

"I felt tired, weak and fatigued by the end of the season, and I played terrible. I had lost all of my confidence."

JED DALTON

NU baseball player

weights at the YMCA in Beatrice while playing for the semiprofessional Beatrice Bruins.

He said he returned to Lincoln for the second five-week session of summer school and lifted almost every

He returned to Beatrice to play for the Bruins when he could and said he could tell the difference in strength right away.

"I hit about .420, and I felt like I had really regained my bat speed," Dalton said. "I was just sitting back and waiting on the ball and then turn-

ing on it. I really felt good."

At the start of fall baseball practice, Dalton said his bench press had increased 50 pounds since last spring,

and he had gained 20 pounds.

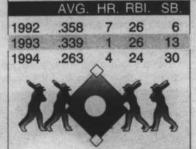
But he said he planned to put heavy lifting on hold for the fall and then hit the weights hard again until the beginning of spring practice.

"I think the biggest gain from all my work has not been in just strength, but in confidence," Dalton said. "I feel so much better about myself and my swing. I am ready to prove myself again.'

Along with proving himself at the plate, Dalton also will get a chance He started the summer lifting to prove himself at a new position.

Alming **Bounce Back**

Jed Dalton's stats the last three seasons



Dalton, who played the outfield his first three seasons, will move to third base this fall.

"I feel like I will improve my stock, because I will be a more versa-tile player," Dalton said. "I should get a longer look because I can play both infield and outfield."



NEBRASKA Women's Soccer

brass

NU vs. Teiyko Westmar University

Jed Dalton is hoping the move to third base this fall will boost his chances of being drafted by a professional team in the

FRIDAY Sept. 30 4 p.m.

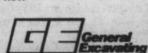
3 p.m. - Dedication ceremony and press conference with Mayor Mike Johanns and Bill Byrne.

*Dedication ceremony and match at the new Ethel S. Abbott Soccer Park Complex 1 1/2 miles north of 70th & Cornhusker

Free Admission



Jay Calderon/DN



Want Better Grades? We Have:

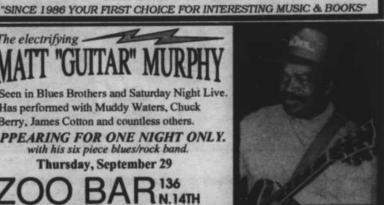
1) Tapes & CD's Clinically Tested To Help You Study & Retain Information . . .

2) Tapes, CD's, Tools & Techniques For Stress Reduction . . . So Come On In!

In the Indian Village Shopping Center Hours M-F: 10-7 Sat: 10-6 Sun:12-5 421-1701

Seen in Blues Brothers and Saturday Night Live.

·Has performed with Muddy Waters, Chuck Berry, James Cotton and countless others. APPEARING FOR ONE NIGHT ONLY. Thursday, September 29





Zwarte' in concert

Monday October 3 at

The Royal Grove

340 W. Cornhusker 474-2332

\$5 Cover + 1 Drink Minimum Doors Open at 8pm 18 + Older Admitted With I.D. 18+

IF YOU WANT TO MAKE IT IN THE REAL WORLD, SPEND A SEMESTER IN OURS.

Walt Disney World Co. representatives will be on campus to present an information session for Undergraduate Students on the WALT DISNEY WORLD Spring '95 College Program.

WHEN: THURSDAY, OCT. 6 AT 7:00PM

WHERE: UNION will be Friday, October 7. The follo er/Drama and Horticul For more information contact lent Employment & Internship Center Phone: 472-1452



SCAPINO October 6-8 & 11-15

CRIMES OF THE HEART October 27-29 & November 1-5

FALL DANCE CONCERT November 10-13

MAD FOREST February 16-18 & 21-25

> SONG & DANCE March 9-12 & 15-18

OUR COUNTRY'S GOOD April 13-15 & 18-22

FOR TICKETS CALL

402.472.2073 THEATRE ARTS & DANCE

> **BOX OFFICE** TEMPLE BUILDING 12TH & R STREETS

