



Jay Calderon/DN

Graduate student Mark Pauley, fifth-year senior Kim Heyno, Ray Boeche and Paul Brow use the super circuit at the Campus Recreation Center.

Circuit's fast, full workout has an increase of users

By Jeff Griesch
Staff Reporter

It is quick, fast and effective. And this has made super circuit weight training an increasingly popular alternative to traditional weight training. Campus Recreation Center operations manager Scott Nickless said. Nickless, designer of the super circuit room, said the use of the super circuit had been growing steadily since it opened seven months ago. Nickless said the number of people using the super circuit had increased from about 400 registered users after its first month of operation to between 2,500 and 3,000 users. Although many people are registered, Nickless said long lines had not been a problem. The renovated racquetball court that houses the super circuit is an efficiently run machine, he said. "There are no lines inside the room," Nickless said. "That is one of the reasons it is such a great alternative to working out in the big weight room downstairs. "You may have to wait in line for a few

minutes outside of the room when it is busy, but once you're inside you do the whole workout in 20 minutes." The 23 stations of super circuit combine forms of traditional weight training and aerobic training to provide an intense, structured workout. A digital sound system barks commands telling users when to start and stop each exercise. Because of the constant moving from station to station, Nickless said the super circuit allowed 150 people to get a complete workout each hour. Along with the speed of the workout, Nickless said, another advantage of the super circuit was the one-on-one help that training supervisors provided. Nickless said that before people could use any of the equipment in the room, they had to go through a 30-minute orientation session. "The orientations insure us that the users know how to use the equipment and do the exercises properly," Nickless said. "This not only makes it safer for the people to work out, it also provides personal service to the users."

CU coach says no interviews with players before big games

BOULDER, Colo. (AP) — In an effort to eliminate distractions for the upcoming Big Eight Conference games against Kansas State and Nebraska, Colorado coach Bill McCartney has decided to cut off interviews of his players. McCartney, whose team faces Kansas State on Saturday and Nebraska the following week, said he wanted his team, including such high-profile players as quarterback Kordell Stewart and running back Rashaan Salaam, to get focused. McCartney cited a poor team practice on Tuesday afternoon as the reason for his decision.

Under the rule, no more player interviews will be allowed this week until after the Kansas State game on Saturday night. Interviews will be allowed until after the practice session the following Tuesday, and then they will be cut off again as the team prepares for Nebraska, McCartney said. He said Stewart and Salaam would attend next Monday's press luncheon at the Dal Ward Center, but that would be their only availability of the week. Normal interview schedules will resume after the Nebraska game, McCartney said.

Volleyball

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Nebraska, 53-0 all-time against the Jayhawks, never trailed Wednesday night. They opened up an 8-4 lead in the first game, before Kansas scored two points to cut the Husker lead to 8-6. Nebraska didn't let the Jayhawks get any closer, scoring the final seven points of the game to win 15-6. Pettit said he wasn't surprised with the way Nebraska began the match, nor was he surprised how the Huskers reacted when Kansas cut their lead to two points. "I thought we were sluggish the first four or five points," Pettit said. "With the bus trip and being on the road, that can happen. Once we adjusted to the building and the tempo of the match, I thought we played better as the night went on."

In the second game, Nebraska never gave Kansas a chance. Nebraska led 7-0 before the Jayhawks got on the board. With Nebraska ahead 12-1, Kansas scored its second and last point of the game on a wide hit by Husker middle blocker Allison Weston, who led Nebraska with 14 kills. Pettit said he was aware of the fact that he was coaching against a former pupil, but during the match, he concentrated on the action, not the sidelines. Dahlgren was a three-time first-team All American while playing for Pettit from 1983-86. "I'm proud of how hard Karen has worked to get this position," he said. "And during a match, you don't even think about who the other coach is. The issue really isn't coaches in this situation, it's players and talent." The Huskers again were not challenged by the Jayhawks — who feature five freshmen and two sophomores on their roster — in the third and final game.

Sloan

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The Nickros know a little about baseball, holding the combined major-league record for wins by brothers. "Since Joe and Phil were professional baseball players, that gave us credibility," Sloan said. "People would come to the games and see Phil, and we were instantly accepted." Even though both Nickros were former major-league players, Sloan said they were eager to coach a team of women.

"Actually they were regular guys," she said. "Traveling with Joe and Phil was like traveling with crazy uncles; it was fun." Even though the team finished with only six wins, Sloan said the team learned a lot. But don't expect the Bullets to dramatically improve next season. "Obviously we can't take on the Braves — we are not that caliber — but we are improving, and our learning is gradual," Sloan said. The winning and losing wasn't what counted, she said. "Men take professionalism for granted," Sloan said. "It was such a thrill to play at that level."

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