

Fitness Program Stresses Health and Fun

By DAVE PHILPO
Sports Editor

There is nothing more appealing than a happy, healthy youngster.

And an experiment in physical fitness being conducted at Groves High School this summer is making a lot of children happier and at the same time is designed to make them healthier and more physically fit.

Elated by results of a youth fitness program for 65 junior high school boys last summer, the Birmingham Board of Education has established similar programs for elementary school boys and girls this year.

THE THREE programs, which run for six weeks (June 17-July 26), are designed to provide planned activities to meet development of the youngsters.

At a meeting this objective, the curriculum for the summer fitness program is based on the following criteria:

• Use of experienced instructors whose instruction, testing and evaluation is of a personalized nature.

• Good planning of pupil time and use of facilities so that each student has an ample opportunity to practice and develop skills.

• Providing a challenging program for all students regardless of their level of performance.

• ENROLLMENT for the program was limited to boys between the ages of nine and 14 and girls between nine and 12.

For five days each week, the elementary school boys and girls meet from 9 a.m. to noon and the



MARY MCCARTHY
14 pushups now.

junior high boys work out from 1 p.m. to 4 p.m.

The structure of the program is patterned after the efforts of Dr. Paul Hunsicker whose Youth Fitness Project at the University of Michigan has gained national recognition.

The curriculum content is based upon recent research recognizing that youngsters in this age bracket have a high energy potential and that they have a neuro-muscular skill potential considerably above that generally accorded them.

INDIVIDUAL SPORTS include swimming, gymnastics, archery, tramp and field space ball (played on a trampoline), trampoline and Swedish gymnastics for the girls.

In team sports: soccer, touch football, basketball, volleyball, speedball and floor hockey. Conditioning includes wind sprints, re-

lays and dashes, grass drills, calisthenics, isometrics and weight training and circuit training.

The youngsters were tested during their first week in the program. At the end of four weeks of participation, they will be tested again to see how much they have improved.

Testing areas include endurance, flexibility, agility, speed, aquatic and survival skills.

ACCORDING to Carl Pendrack, program coordinator, the program has added something new for the boys this year.

Half of the boys will concentrate on weight training and the other half on isometrics (muscular contractions on a fixed or immovable object). The results gained by the two groups will be compared at the end of the season.

Including Pendrack, there are six instructors in the program, all of whom are physical education majors. The others are a Bonnie Sweetman, Barbara Hyde, Karen Hemphill and Geneva Bellis.

What do the children think about the program? Here are some random comments from some of them:

MARY MCCARTHY, 9, of 1079 Puritan, Birmingham, a fourth grader at Conover of the Sacred Heart in Bloomfield Hills: "I like the program because we get to swim and do calisthenics. The ladder stretch and pushups are hard to do. I could only do three pushups when the program started. Now I can do 14."

Lisa Georjian, 11, of 2192 Yorkshire, a sixth grader at Fenbroke, "The wait for two minutes is the hardest for me to do. It hurts your stomach. I can only do it for about five seconds."



ORIN SCHULTZ, an instructor in Birmingham's summer physical fitness program at Groves High School, times two boys in the elementary school group during preliminary tests of the 50-yard dash. Boys and Girls in the program will be tested again at the program's end July 26 to see how much they have improved.

SALLY SNIDER, 12, of 872 Putnam, who will be a seventh grader at Derby next year: "Swimming is the part I like best. The balance test is the most difficult. I can tell I'm doing a lot better already in running."

Another girl quipped: "What I like best is eating candy bars between the tests."

4-Team Deadlock Develops In Bloomfield Baseball

Bloomfield baseball kicked off the second half of the 1963 season with a four-way tie for first place in the American League.

The Red Sox, Tigers, Yankees and White Sox all posted triple wins last week to deadlock the standings with identical 3-0 records.

However, it was Jim Coe of the second-place Orioles who stole the thunder by blasting a grand slam home to lead his team over the Knights, 5-5.

THE KEZLERIAN brothers went on a homer spree with Jeff hitting one for the American League Red Sox in their 12-7 win over the Senators, while big brother Kim, in the Continental League, clouted a three-run homer with two out and two strikes in the last inning to account for the Red Sox 10-8 decision over the Cards.

In the National circuit, the Pirates and Red Legs streaked off to an early 3-0 lead. The Royals and Giants have 2-0-1 records and the Cubs, Senas and Cardinals remain in striking distance with 2-1 records.

Mark Homewood hit a triple with the bases loaded for the Seals in their 6-3 win-over the Mets.

Announce LL Tourney Pairings

Fenton and Southfield American teams drew first round byes in the 14-team District 4 Little League baseball tournament. Play will start on Tuesday, July 23, at sites in Farmington and Birmingham.

Seven teams are assigned to each site and the eventual winners of each section will battle at Birmingham's Eton Park on Friday, July 25, the winner advancing to regional tournament play at Harper Woods.

The district level of play is the first step in the long road to Williamsport, Pa., where a national Little League champion will be selected the last week in August.

ENTERED in the Farmington sectional are: Fenton, Novi, Walled Lake, North Farmington National, North Farmington American, Milford and South Farmington.

Teams assigned to Birmingham include Birmingham American, Birmingham National, Birmingham Federal, Birmingham Continental, Birmingham American, Southfield American, Southfield National and Lathrup.

Fenton, in the Farmington tournament, and Southfield American, in the Birmingham sectional, will not play until the second round. Complete tournament pairings, dates and times:

| AT FARMINGTON | | | |
|---|---|---|---|
| Game 1—Novi vs. Walled Lake, 8 p.m. | 3 | 0 | 0 |
| Game 2—North Farmington National vs. Milford, 8 p.m. | 3 | 0 | 0 |
| Game 3—South Farmington vs. North Farmington American, 8 p.m. | 3 | 0 | 0 |
| Game 4—Fenton (draw first round) vs. winner of game 1, 8 p.m. | 3 | 0 | 0 |
| Game 5—Winners of games 2 and 3, 8 p.m. | 3 | 0 | 0 |

Wins Tennis Letter At Ferris Institute

Steve Anderson, a Ferris Institute sophomore from Birmingham, has won his varsity "F" for his outstanding play on this year's tennis team.

Anderson played a key part in this year's competition which saw the Ferris netmen post a 6-2 season in recording the top record in the past decade. He is enrolled in the School of General Education and is the son of Mr. and Mrs. C. S. Anderson, 1251 Buckingham.

TWO QUALIFIERS in the novice division were Mike Brennan, 16, who plays at Birmingham Country Club and Dennis Campbell, 17, of Royal Oak. Brennan posted a 30-37-6 and Campbell shot a 35-41-76.

Robert Bernstein of Flint qualified as an alternite in the novice division and Ron Kenally, 18, of Lone Pine, Bloomfield Hills is the alternate in the novice division.

Some 21 young golfers participated in the tournament, sponsored by the Birmingham Jaycees.

Rec Program Records Good Start in Hills

The Bloomfield Hills recreation program, ending its first week of activity Friday, has set a healthy pace for the remaining weeks of the program to keep in step with the problems encountered in setting up day camps are nearly ironed out, as children and counselors begin to adjust to each other and to the activities in which they participate. Those participating in the classes are finding out just what they will be attempting to learn during their three-week session.

THE CLASS that has met with the most success in terms of enrollment is tennis. Divided into two classifications — children's (10-14) and adult's (15 and up), the class is taught in four one-hour sessions, five days a week.

Classes are held on the courts at Bloomfield Hills High School beginning at 10 in the morning and ending at two in the afternoon. There is also one doubles class available on Tuesdays and Thursdays, from 5 to 6 in the afternoon.

Teaching the tennis classes is Charles Robinson, math instructor and tennis coach at the high school. In past years, his high school tennis teams have finished no lower than third in the Wayne-Oakland League competition, and last year placed second, eight points out of first place.

ALTHOUGH all tennis classes for the first three-week session are filled, there still are openings available in the second three-week session running from July 16 through Aug. 2.

Those wishing to enroll in the second-session classes may do so by phoning or visiting the Bloomfield Board of Education offices between the hours of 9 and 10:30 a.m. The offices are in the high school, 4200 Andover road.

(More Sports News On G-E)

Recreation Round-Up

SWIMMING SCHEDULES

Listed below are schedules for open swimming, team swimming and family nights at Seaholm, Derby and Barnum pools:

Seaholm Pool, Opening swimming, boys and girls, 3:30-5 p.m., Monday through Saturday; team swimming, 1-3 a.m., Monday through Friday and 7:30-9:30 p.m., Friday and Saturday; family swimming, 7:30-9:30 p.m., Monday and Wednesday evenings.

Derby Pool, open swimming, 3-4:30 p.m., Monday through Saturday; girls, 3:30-5 p.m., Monday through Saturday; boys and family swimming, 7:30-9:30 p.m., Tuesday and Thursday evenings.

Barnum Pool, open swimming, boys and girls, 9:10-12:30 p.m., Monday, Wednesday and Friday.

All children must swim a minimum height requirement of 40 inches from chin to floor for Seaholm and Derby pools and 45 inches for Barnum. On family nights all children under 18 must be accompanied in the water by a parent.

The teen swim program at Seaholm each afternoon from 1 to 3 p.m. for junior and senior high school students. Season memberships may be purchased at the Recreation Office, Municipal Building, or students may pay the daily rate at the door. The pool and patio are reserved for teenagers during this time and a refreshment stand is available for cokes and snacks.

Getting ready to sell your car? Advertise it in the Classified Ads.

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Victory

(Continued from 1-E)

National and the Darts (7-0) are on top in the Continental.

MAJOR American

Tigers 9, Indians 7, Yankees 5, Red Sox 1

Results: Tigers 6, Indians 4, Yankees 5, Red Sox 1, White Sox 2, Athletics 2, Red Sox 1, Red Sox 1

National

Cardinals 11, Pirates 3, Red Legs 3, Cubs 2, White Sox 2, Athletics 2, White Sox 2, Athletics 2, White Sox 2, Athletics 2

Continental

Horns 9, Seals 8, Tigers 8, White Sox 7, Yankees 6, Yankees 6, Yankees 6, Yankees 6, Yankees 6, Yankees 6

Results

Tigers 21, Seals 11, Yankees 11, Yankees 9, Yankees 9, Yankees 9, Yankees 9, Yankees 9, Yankees 9, Yankees 9

Federal

Seals 5, Yankees 4, Yankees 4, Yankees 4, Yankees 4, Yankees 4, Yankees 4, Yankees 4, Yankees 4, Yankees 4

Federal South

Barons 4, Yankees 4, Yankees 4, Yankees 4, Yankees 4, Yankees 4, Yankees 4, Yankees 4, Yankees 4, Yankees 4

South

Yankees 10, Yankees 10, Yankees 10, Yankees 10, Yankees 10, Yankees 10, Yankees 10, Yankees 10, Yankees 10, Yankees 10

Continental-Federal

Darts

Legion Game Drama

An unfortunate incident marred the Birmingham American Legion doubleheader with Milford Sunday. Sliding into third base, a Milford player swallowed and choked on his chewing gum. The obstruction was quickly removed and after a checkup at the hospital, returned to play. Birmingham tied the visitors in the first game, 2-2, and won the second, 15-7. Birmingham leads the league with a 6-1 record, losing their only game of the season, 9-1, to Royal Oak last Wednesday.

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