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Kentucky High School Athletic Association

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# The Kentucky High School Athlete, May 1970

Kentucky High School Athletic Association

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## TRINITY HIGH SCHOOL SWIMMING TEAM KENTUCKY CLASS AAA CHAMPION-1970



(Left to Right) Front Row: M. Radmacher, M. Jenne, J. Wight, M. Zoeller, T. Cotney, B. Davenport, C. Baron. Second Row: S. Sheridan, T. Pursley, J. Roberts, J. Johnson, D. Ribar, K. Kremer, M. Suell. Third Row: Coach B. Hublar, S. Smock, P. Thomas, D. Fackler, C. Zaephel, C. Smock, B. Curran, C. Young, J. Hardesty, M. Wahl, T. Callahan, K. Young, R. Klemenz, D. Wright, T. Zoeller, M. Bryant, K. Kremer.

## Official Organ of the KENTUCKY HIGH SCHOOL ATHLETIC ASSOCIATION



#### WESTPORT HIGH SCHOOL GIRLS' SWIMMING TEAM KENTUCKY CLASS AAA CHAMPION–1970



(Left to Right) Front Row: Shelia Neumann, Toni Hawkes, Jeanne Henderson. Second Row: Cathy Enright, Becky Phillips, Kathy Belanger, Susan Schafer, Sherrill Brakmeier, Susan Hamm. Third Row: Becky Cress, Betsy Rulketter, Kathy Wyatt, Marta Render, Robbin Wright, Dawn Gold, Barbara Davis, Ellie Dailey.

#### MODEL HIGH SCHOOL GIRLS' SWIMMING TEAM KENTUCKY CLASS AA CHAMPION-1970



(Left to Right) Front Row: T. Thompson, A. Moretz, M. Muncy, L. Roberts, R. Coy, A. Bladen, M. McKinney. Second Row: Coach D. Lichty, C. Combs, L. Hume, A. Brown, J. Powell, Ca. Combs, B. Cockerhan. B. Smith, Third Row: C. Smith, P. Metcalf, K. Powell, B. Kirkpatrick, C. Wiggins, M. Smith, N. Cornelison, V. Brotherton. The Kentucky High School Athlete

Official Organ of the

Kentucky High School Athletic Association

VOL. XXXII-NO. 10

MAY, 1970

\$1.00 Per Year

## Minutes Of The Annual Meeting

The fifty-third annual meeting of the Kentucky High School Athletic Association was held at the Brown Hotel, Louisville, on Thursday afternoon, April 16, 1970.

President Ralph C. Dorsey called the meeting to order at 2:30, and asked the Commissioner to call the roll. Sixty regularly elected delegates or alternates answered the roll call.

James A. Pursifull moved, seconded by O. C. Leathers, that the minutes of the 1969 meeting of the Assembly, which had been sent previously to all member schools, oe approved without being read. The motion was carried unanimously.

Commissioner Sanford then gave a report on the activities of the Association during the 1969-70 school year. (The report of the Commissioner appears elsewhere in this issue of the magazine.)

President Dorsey presented to the Assembly newly elected Board members J. C. Cantrell and Roy L. Winchester, who will represent respectively Sections 3 and 4 for a four year period, beginning July 1, 1970.

President Dorsey stated that consideration of proposals was the next order of business.

L. L. McGinnis moved, seconded by Tom Hunt, that Proposal I, substituting units of credit for studies in By-Law 3, be adopted. The motion was carried unanimously.

T. G. Florence moved, seconded by Arnold S. Oaken, that Proposal II, making it possible for units of credit, to be substituted for studies in By-Law 5-4, be adopted. The motion was carried unanimously.

Joe Ohr moved, seconded by James A. Pursifull, that Proposal III, providing that "September 1" be substituted for "October 1" in the first sentence of Article VII of the Constitution, be adopted. The motion was carried. There were three dissenting votes.

James A. Pursifull moved, seconded by J. M. Burkich, that Proposal IV, providing that a contestant becomes ineligible on his twentieth birthday, be tabled. The motion carried with no dissenting votes.

O. C. Leathers moved, seconded by Don Stephenson, that Proposal V, providing that "swimming" and "wrestling" be omitted from the last sentence of By-Law 8, be tabled. The motion carried by a vote of 33-17.

Pete Grigsby, Jr., moved, seconded by L. L. McGinnis, that he be allowed to present a proposal from the floor relative to a seeding plan to be used in district basketball tournaments. The Commissioner, in interpreting the rules of the K.H.S.A.A., explained that such a proposal could not be considered by the Delegate Assembly, which had authority only to consider changes in tournament and meet regulations may be made only by the Board of Control.

James A. Pursifull moved, seconded by J. M. Burkich, that he be allowed to present from the floor a proposal relative to the required registration of baseball officials for regular season games. The Assembly, by a vote of 34-16, gave Mr. Pursifull this permission. He moved, seconded by Mr. Burkich, hat "baseball" be deleted from By-Law 22 and By-Law 29-1. After a discussion of the proposal, the vote to adopt the proposal was taken. The proposal failed to carry by a vote of 10-39.

There being no further business, President Dorsey declared the meeting adjourned.

The dinner meeting of the Association was held in the Crystal Ballroom of the Brown Hotel at 6:00 P.M., with some 500 school administrators and coaches present.

Recipient of the Game Guy Award was Rocky Roberts of the Bath County High School. Presentation of the award was made by W. H. Crowdus. The address of the evening was given by Dr. Harold A. Meyer, Commissioner of the Ohio High School Athletic Association. Dr. Meyer spoke on current problems of schools holding membership in high school athletic associations, and challenged the school men present to use their programs of athletics in solving some of these problems. His address was well received.

#### 1969-70 ANNUAL REPORT

#### (Presented to the Delegate Assembly)

Three hundred fifty-eight schools have joined the Association during the 1969-70 school year. This number compares with 362 members last year.

Financial reports filed by the sixteen regional basketball tournament managers show total receipts of \$192,793.56. District receipts were \$278,740.16. These receipts were approximately the same as those of last year.

Attendance at the State Basketbal Tournament for the eight sessions was 129,934. This was somewhat lower than the attendance for 1969. However, receipts held up well, total ticket sales for 1970 being \$238,835.00. Profits to the Association should be the largest in history. These profits will almost completely underwrite the current K.H.S.A.A. budget. A complete record of all receipts and disbursenets will appear in a subsequent issue of the Association magazine.

Fifteen hundred fourteen basketball officials, 714 football officials, 475 baseball officials, and 23 wrestling officials have registered with the Association in 1969-70. Ten football rules clinics were held under the direction of Edgar McNabb, and 105 football officials took the National Federation examination for the higher ratings. Of this number, ten were added to the Certified list and there were fifty-seven officials on the Approved list. Assistant Commissioner Billy V. Wise conducted a school for basketball officials, the sixteen regional representatives involved later conducting clinics in their respective areas. Mr. Wise also conducted a school for baseball officials, with twenty-one men holding area clinics for umpires and coaches in the areas which they represented. One hundred sixty-four basketball officials took the examination for the higher ratings, with thirty-five being added to the Certified list and 117 receiving the Approved rating. In 1968-69, seventy baseball officials took the examination for the higher ratings. Of this number, twenty-five were certified and thirty-seven were approved.

It has been necessary to suspend only one member school from the Association this year to date. Five schools have been placed on probation. Of the six schools, violation of K.H.S.A. A. By-Law 17, Practice of Sportsmanship, was involved in five of the cases.

The number of schools maintaining sports sponsored by the Association are approximately the same as last year with the exception of girls' golf, boys' and girls' track, boys' tennis, and cross country teams, all of which show a slight in crease. The 1969-70 figures are: boys' golf, 163; girls' golf, 44; boys' track, 217; girls' track, 132; boys' tennis, 86; girls' tennis, 60; boys' swimming, 40; girls' swimmung, 31; boys' gymnastics, 21; girls' gymnastics, 23; wrestling, 45; baseball, 293; basketball, 343; football, 185; cross country, 118; rifle marksmanship, 10.

If the expanding program of the Kentucky High School Athletic Association has been successful, one of the principal factors in this success is the continued cooperation, assistance, and constructive criticism of the administrators and coaches who represent our member schools. Your continued help is solicited. Page Two

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BOARD OF CONTROL

From the Commissioner's Office

#### REPORTS PAST DUE

- 1. 1969-70 Basketball Participation List (Eligibility)
- 2. School's Report on Basketball Officials
- 3. Official's Report on School (Basketball)

#### Attention, Principals!

Approximately 100 principals of K.H.S.A.A. member schools have not as yet filed requests this school year for their insurance subsidies. If the school is underwriting all or part of insurance protection for its athletes, the Board of Control will allow a maximum credit or refund of \$60 to each school for "all sports except football," and an additional credit or refund of \$40 to each school maintaining a football team. Principals of schools which qualify for the credit or refund should write for reimbursement forms at once.

#### Attention, Officials!

The registration period for K.H.S.A.A. officials is and has been for several years the same as the Association fiscal year, namely July-June. Advance applications for registration in football and basketball are not now being accepted. Previously registered officials in these sports will receive their renewal application cards at some time during the summer months after the new National Federation publications have been received in the State Office. Previously registered officials should not send in their renewal fees until they receive these cards.

#### Minutes of Board Meeting

The Board of Control of the Kentucky High School Athletic Association met at the Kentucky Hotel, Louisville, on Thursday morning, April 16, 1970. The meeting was called to order by President Ralph C. Dorsey, with all Board members, Commissioner Theo. A. Sanford, and Assistant Commissioners J. B. Mansfield and Billy V. Wise present. The invocation was given by W. H. Crowdus.

Tom Mills moved, seconded by Richard Vincent, that the reading of the minutes of the March 19th meeting be waived since members of the Board had received copies of these minutes. The motion was carried unanimously,

The Commissioner stated that attendance at the 1970 State Basketball Tournament for the eight sessions was 129, 934, this being somewhat lower than the attendance for 1969. He reported, however, that receipts held up well, total ticket sales tor 1970 being \$238,835.00, with profits to the Association being the largest in history. Estimated tournament profits are \$186,000.00.

The Commissioner stated that, acting under Board authority, a year ago he had negotiated with the Kingden Company of Lexington, a two-year catastrophic insurance coverage for K.H.S.A.A. athletes. He presented a report written by Mr. J. E. McCreary of the Kingden Company reflecting claims paid to date during 1968-69 and 1969-70 under policy No. GAA-2022.

Don Davis moved, seconded by W. H. Crowdus, that the insurance subsidy for each school for 1970-71 be a basic amount of \$60.00 with an additional subsidy of \$40.00 for each school maintaining football. The motion was carried unanimously.

Chairman Foster J. Sanders of the Retirement Committee reported that the Association's attorney, Mr. Calvert T. Roszell, had not finalized retirement contracts for Messrs. Sanford and Mansfield, and that the committee hoped to have the contracts prepared by the June meeting of the Board.

the contracts prepared by the June meeting of the Board. Don Davis of the Swimming Committee reported that, although the 1970 state swimming meets had been successful, certain problems had arisen during the Class AA meet held in Lexington, and that a meeting of the committee should be called by its chairman prior to the beginning of the 1970-71 swimming season.

There was a discussion concerning the need of area meetings with administrators and coaches from time to time, and members of the Board were of the opinion that such meetings would be helpful in the matter of rules interpretations and Association policy.

The Commissioner reported the need for basketball redistricting in two areas. He read letters from several school administrators and coaches, giving suggestions concerning redistricting in the areas involved. After considerable discussion concerning the matter of redistricting, Morton Combs moved, seconded by James T. Dotson, that the Board for 1970-71 redistrict regions 8 and 12 as follows: Anderson County is to be moved from District 42 to District 29, Counties in Region 12 are to be re-aligned as follows: D.45-Boyle, Garrard: D.46-Casey, Lincoln: D.47-McCreary, Wane, Russell; D.48-Laurel, Pulaski, The motion was carried unanimously.

James T. Dotson moved, seconded by Richard Vincent, that Don Davis and W. H. Crowdus be named delegate and alternate respectively to the forthcoming annual meeting of the National Federation. The motion was carried unanimously.

Morton Combs moved, seconded by Tom Mills, that all bills of the Association beginning March 1, 1970, and ending March 31, 1970, be allowed. The motion was carried unanmously.

There being no further business, the meeting adjourned.

#### Approved and Certified Baseball Officials

Some seventy K.H.S.A.A. officials registered in baseball took the National Federation examination for the higher ratings on April 20, 1970. Officials who qualified for advanced ratings are as follows:

#### **Certified Officials**

Ashley, Kenneth Bosse, William V., Jr. Calvert, Eston C. Cline, Roy E. Davis, Bunny Duerson, W. R. Durbin, Roy Elliott, Carroll L. Evitts, Harold E. Eyle, Edward W., Jr. Fish, Leland Frankel, Louis S. Gaines, Curtis Giordano, Al Glass, Frank, Jr. Griffith, Edwin D. Hardin, Don G. Hubbs, Cletus Jones, Frank Jones, Joe S. Kaufman, Alvin R. Kays, Allie Kidwell, James S.

Kimmel, Jerry King, James A. Kinney, Paul C. Lamb, Paul W. Marlette, Ron Mattingly, Charles Pete Morgan, Richard Morse, Richard K. Mulligan, J. T. Pardue, Israel L. Ring, Bill Sandusky, Jerry Shaw, Earl Singleton, Jim Smith, W. Jack Smith, Willard N Strain, Richard P. Tyre, Donald Urlage, Richard Wesche, James A. Winfrey, Shelby Wingfield, Felix G. Zirnheld, Leonard

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#### Approved Officials

Anderson, Luthe S. Ballenger, Ed Burgess, Richard N. Butcher, Douglas Charles, James B. Cornwell, James Daniels, Robert Dickison, Ruddie Francis, William Hardin, William Hendrix, Jack Hord, Tracy, Jr. Mooneyhan, James Norwood, Donald V. Norwood, Thomas Peters, W. A. Reif, Harry F. Rhodes, Joseph D. Roe, Doyle "Buddy" Rogers, Eldridge Sammons, John Sellier, Ed Taylor, John O. Thornton, Bryce C. Washer, Jamie Williams, Jack Wright, John D. Wylie, Wayne T.

#### The Cavana Award

The Highlands High School of Fort Thomas won the M. J. Cavana Swimming Achievement Award for the school year 1969-70. This is the ninth year for the award to be given.

In determining the points which a school competing for the award may accumulate, the State Swimming Committee secures the following information: 1) current school enrollment (grades 9-12), 2) number of pupils who can swim 45 feet in deep water, 3) number of pupils who can swim correctly three strokes (crawl, back crawl, elementary backstroke, breaststroke, side stroke), 4) number of pupils who hold lifesaving certificates (American Red Cross or Y.M.C.A.). The percentages of the student body qualifying are applied to items 2, 3, and 4, the maximum points for each of these items respectively being 40, 40, and 20. Ten points are given to a school having a swimming team which enters a minimum of three meets, six events in each meet. Ten points are given for team participation (six entrants) in the State Swimming Meet.

#### Supplementary List of **Registered Baseball Officials** (List Compiled May 1)

- Adkins, Garry Len, Route 3, Box 13, West Liberty, 743-4523, 783-3532
- Akridge, Damon, Cloverport, 788-3388 (Bus.)
- Allie, Bert E., 712 Gilley Street, Flatwoods, 836-6538, 324-6114
- Anderson, William A., III, 405 Legion Blvd. Apt. 13, Owensboro, 684-6454
- Atchison, Terry L., 911 Beecher Street, Louisville, 366-2504, 587-1121. Ext. 309
- Back, Phillip D., 98 S. Rosemont, Providence, 667-5649, 667-2411
- Belcher, William O., LeJunior, 837-2509, 837-2817
- Bosse, William J., 3306 Roger Street, Covington, 291-8765
- Bottom, Lawrence, Georgetown High School, Georgetown, 863-3805 (Bus.) Boucher, Larry Gene, Jr., 645 Raven Avenue, Frankfort, 223-
- 5419, Richmond 622-5186
- Bunch, Charles Douglas, 1569 E. 15th. Street, Bowling Green, 842-4153, 842-4153
- Burkhart, Clark, Loyall, 573-3831
- Burton Billy J., 401 Barbour Street, Providence
- Cain, James William, 301 Wallace, Richmond, 623-7465
- Camp, Tommy P., Box 158, Barlow, 334-3356, 334-3555 Cecil, Donnie, Route 1, Rineyville, 877-5877, 624-7317
- Clardy, Barry D., Route 2, Greenville, 338-3510, 338-3036 Cochran, Ray Delano, Win, 297-3135
- Cochran, T. J., Box 50, Paintsville, 789-8618, 349-2011 Collins, William E., Jr., Millwood, 879-6261
- Cook, Raymond L., Box 81 B. Crestwood, 241-4083, 241-8458
- Crowe, Michael D., 776 Plainview, Madisonville, 821-1374

## KENTUCKY'S GAME GUY



**Rocky Roberts** 

The Kentucky High School Athletic Association gave its highest award to an individual on the evening of April 16 when Director W. H. Crowdus presented Rocky Roberts of the Bath County High School the 1970 Game Guy Award.

Weighing four pounds at birth and fighting for his life, Rocky was left with cerebral palsy. He underwent several operations, hours of therapy, and many more hours of pain and misery. He was finally able to walk with the use of braces and crutches. Before he entered school the crutches had been thrown away.

"The Rock" has been manager of the basketball team since he was a sixth grader. He is an honor student at his high school where he is also a member of the Beta Club. He participates in his physical education class at school, and he challenges his fellow classmates to a spot shooting contest on the basketball floor. He is currently pitching for his high school baseball team, which is his most recent accomplishment.

In addition to his school activities, Rocky has found time for a very unusual hobby of his own. He is quite a horseman. Having learned to ride a bicycle at a very early age, he decided that this was too simple so he turned to riding horses instead.

The K.H.S.A.A. salutes Rocky Roberts, truly a Game Guy.

- Daniel, Roger T., P. O. Box 15, Paintsville, 789-3372, 886-2311
- Davis, Bunny, 598 W. Lexington Avenue, Danville, 236-2606, 236-2606
- Davis, Harold T., Box 191, Beaver Dam, 274-4159, 232-4213 Day, William S., Route 1, Falls of Rough, 879-3348, 879-3240
- Downs, Joseph W., 829 Bartley Avenue, Bardstown, 348-5123, 348-3991

Duvall, Danny Earl, 1611 Oliver Avenue, Bowling Green, 843-2258, 842-5101

Engle, William Cyrus, P. O. Box 46, Hindman, 785-5543

- Farmer, Joseph Tyler, 803 Phillips Lane, Corbin, 528-3508, Richmond, 622-2488
- Farrell, George A., 6202 Casper Drive, Pleasure Ridge Park, 935-4676

(Continued on Page Seven)

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## THE KENTUCKY HIGH SCHOOL ATHLETE FOR MAY, 1970

# 1970 Kentucky State High School Swimming Meet Plantation Club, Louisville, Kentucky, March 24-25, 1970

		TE	EAM SC	ORIN	G – CL	ASS "A	AA" B	OYS				
TEAM	200 Yard Medley Relay	200 Yard Freestyle	200 Yard Ind. Mediey	50 Yard Freestyle	Fancy Diving	100 Yard Butterfly	100 Yard Freestyle	100 Yard Backstroke	400 Yard Freestyle	100 Yard Breaststroke	400 Yard Free- style Relay	Total Points
Trinity	10	28	23	22	3	14	11	23	17	30	24	205
Westport	26	18	17	13	28	18	13	10	7	21	32	203
Atherton	18	16	23	0	5	16	12	3	17	26	4	140
Paul G. Blazer	22	0	14	16	0	8	16	26	5	2	20	129
Tates Creek	32	10	0	9	0	10	10	16	4	3	10	104
Covington Catholic	24	0	9	0	13	2	4	9	0	0	0	61
St. Xavier	6	0	2	15	16	0	0	1	0	0	22	62
Newport Catholic	14	0	0	2	10	0	11	0	0	n	8	56
Waggener	20	0	0	5	0	4	7	5	0	0	14	55
Lafayette	0	0	5	10	0	9	0	0	0	0	26	50
Henry Clay	0	12	0	1	0	12	0	0	24	0	0	49
Franklin County	8	0	0	0	7	0	0	0	0	0	18	33
Seneca	0	9	0	0	0	0	0	0	19	0	0	28
Fern Creek	4	0	0	0	11	0	0	0	0	0	2	17
Bryan Station	0	0	0	0	0	0	3	0	0	0	6	9
Moore	0	0	0	0	0	0	5	0	0	0	0	5
Ballard	2	0	0	0	0	0	0	0	0	0	0	2
Eastern	0	0	0	0	0	0	0	0	0	0	0	0
Jeffersontown	0	0	0	0	0	0	0	0	0	0	0	0
Campbell County	0	0	0	0	0	0	0	0	0	0	0	0

	4. 50 Yard Freestyle –	7. 100 Yard Freestyle-
	1. M. Shiffler, Paul Blazer :22.8	1. M. Shiffler, Paul Blazer :50.0
1. 200 Yard Medley Relay-	2. L. Bloom, Westport :23.2	2. E. Bell, Atherton : : 50.2
1. Tates Creek 1:47.2	3. McAuliffe, St. Xavier :23.3	3. D. Dean, Westport : 50.2
2. Westport 1:49.3	4. K. Young, Trinity :23.3	4. D. Wright, Trinity :51.2
3. Covington Catholic 1:52.5	5. A. Parker, Lafayette :23.4	5. W. Roscoe, Tates Creek :51.8
4. Paul Blazer 1:54.1	6. D. Quick, Tates Creek :24.1	<ol> <li>R. Rosing, Newport Catholic :57.8</li> </ol>
5. Waggener 1:54.1	5. Fancy Diving-	8. 100 Yard Backstroke-
6. Atherton 1:54.6	1. J. Thompson	1. M. Richards, Tates Creek . :58.7
2. 200 Yard Freestyle-		2. R. Eli, Paul Blazer : 59.5
1. E. Bell, Atherton, 1:51.7		3. C. Smock, Trinity 1:00.5
2. D. Dean, Westport 1:53.2		4. J. Eaves, Paul Blazer 1:00.6
3. J. Ockerman, Henry Clay 1:53.2		5. C. Hanson, Westport 1:01.5
4. D. Wright, Trinity 1:55.6		6. J. Abeln, Covington Catholic 1:01.6
5. W. Roscoe, Tates Creek t:56.0	6, 100 Yard Butterfly-	9. 400 Yard Freestylc-
6. S. Sheridan, Trinity 1:57.1		1. J. Tingley, Atherton 3:58.0
<ol><li>200 Yard Individual Medley –</li></ol>		2. J. Ockerman, Henry Clay . 4:02.7
1. T. Pursley, Trinity 2:07.0		3. S. Sheridan, Trinity 4:09.0
2. R. Eli, Paul Blazer 2:08.1		4. D. Watkins, Henry Clay . 4:15.9
3. T. Hennessey, Atherton 2:11.3		5. H. Friedly, Seneca 4:17.8
4. M. Terry, Atherton 2:11.5	6. C. Wade, Lafayette 1:02.4	6. K. Daniels, Seneca 4:18.5
5. D. Rubenstein, Westport 2:14.5	Tingley set a new state record in this	
6. M. Grogan, Covington Cath. 2:16.3	event with his time of :54.0.	event with his time of 3:58.0.

p

10. 100 Yard Breaststroke-		5. P. Thomas, Trinity 1:0			
		6. R. Rubenstein, Westport . 1:0			
2. T. Hennessey, Atherton	1:06.6	11. 400 Yard Freestyle Relay-	5.	Paul G. Blazer	3:48.4
3. M. Terry, Atherton	1:06.9	1. Westport	32.8 6.	Franklin County	3:51.1
<ol><li>R. Hassman, Newport Cath.</li></ol>	1:07.4	2. Lafayette 3:3	36.9		

## University of Kentucky Colisium, Lexington, Kentucky, April 3-4, 1970

TEAM SCORING – CLASS "AA" BOYS												
TEAM	200 Yard Medley Relay	200 Yard Freestyle	200 Yard Ind. Medley	50 Yard Freestyle	Fancy Diving	100 Yard Butterfly	100 Yard Freestyle	100 Yard Backstroke	400 Yard Freestyle	100 Yard Breaststroke	400 Yard Free- style Relay	Total Points
Highlands	32	9	9	31	50	6	9	24	17	20	26	233
Model	14	45	21	12	11	10	19	28	34	9	20	223
Hopkinsville	26	14	16	20	10	22	23	20	18	8	32	209
Dixie Heights	22	2	27	11	14	13	10	9	9	27	14	158
Fort Knox	20	7	7	0	0	9	11	0	0	0	22	76
Shelbyville	24	0	0	8	0	0	5	4	0	0	24	65
L'ville Country Day	0	0	13	11	0	16	0	0	1	17	0	58
Simon Kenton	0	16	0	0	0	0	16	0	0	0	0	32
Woodford County	0	0	0	0	2	0	0	5	0	12	0	19
Beechwood	0	0	0	0	0	0	0	0	0	0	18	18
Bellevue	0	0	0	0	0	11	0	2	0	0	0	13
Sayre	0	0	0	0	0	2	0	0	11	0	0	13
Newport	0	0	0	0	5	4	0	0	0	0	0	9
Danville	0	0	0	0	0	0	0	0	3	0	0	3

1. 200 Yard Medley Relay-           1. Highlands         1:55           2. Hopkinsville         1:55           3. Shelbyville         2:04	2 3 t 5 t	J. Bathiany, Highlands :26.6 B. Higgins set a new meet record in he qualifications of this event with his ime of :23.7.	5.	C. Heilman, Highlands M. Cayce, Hopkinsville K. Taglaver, Dixie Heights .	1:09.5 1:09.6 1:10.2
4. Dixie Heights		5. Fancy Diving- . M. Blades, Highlands, 331.80	,	9. 400 Yard Freestyle-	
6. Beechwood Disqu	- 2	M. Megnerey, Highlands 302.45	1.	J. McKinney, Model	4:27.3
2. 200 Yard Freestyle – 1. D. Flerlage, Simon Kenton 1:57.	6 4	. M. Lukens, Highlands 295.40 B. Congleton, Model 293.90		P. Dorroh, Hopkinsville B. Clouse, Model	4:30.9 4:34.5
2. P. Watkins, Model 2:01. 3. J. McKinney, Model 2:01.		B. Russell, Highlands 281.60 R. Moher, Highlands 254.95		K. Knapp, Sayre	4:45.2 4:47.9
4. J. Pettengill, Model 2:01.	8	6. 100 Yard Butterfly-		J. Brady, Dixie Heights .	4:39.0
5. P. Dorroh, Hopkinsville 2:02. 6. B. Clouse, Model 2:10.		C. Bryant, L'ville C. Day 1:02.6 R. Taglaver, Dixie Heights . 1:03.2		10 100 1/ 10	
3. 200 Yard Individual Medley-		B. Shanklin, Hopkinsville 1:05.9 J. Cavana, Bellevue 1:06.4	1.	10. 100 Yard Breaststroke- R. Rabe, Dixie Heights	1:07.8
1. R. Rabe, Dixie Heights 2:14. 2. D. Bryant, L'ville C. Day . 2:17.	4 5	B. Cornelison, Model 1:06.8		D. Bryant, L'ville C. Day T. Ewing, Woodford Co.	1:07.9
3. B. Dorroh, Hopkinsville 2:17. 4. B. Rozen, Model 2:24.	•	<ul> <li>B. Rickman, Fort Knox 1:06.9</li> <li>7. 100 Yard Freestyle-</li> </ul>	4.	D. Crooks, Highlands	1:13.3
5. B. Cornelison, Model 2:26.	8 1	. D. Flerlage, Simon Kenton . :53.0		W. Lanham, Dixie Heights . B. Bathiany, Highlands	1:13.4 1:14.6
6. W. Lanham, Dixie Heights . 2:31. Rabe set a new state record in th	is 3	B. Dorroh, Hopkinsville :54.1 J. Pettengill, Model :55.1			
event with his time of 2:14.3. 4, 50 Yard Freestyle-		. C. Carter, Fort Knox :55.8 . S. Hersting, Dixie Heights . :57.2		11. 400 Yard Freestyle Relay- Hopkinsville	- 3:55.6
1. M. Wilson, Highlands :23.8		. T. Scott, Hopkinsville :58.9	2.	Highlands	3:59.4
2. B. Higgins, Hopkinsville :24.0 3. T. Hume, Model :24.6	1	8. 100 Yard Backstroke – . T. Hume, Model 1:02.7		Shelbyville	4:05.7 4:10.8
4. T. Brady, L'ville C. Day :25.6 5. S. Hersting, Dixie Heights . :25.8	1	D. Kiering, Highlands 1:05.1 B. Rozen, Model 1:06.0	5. 6.	Model Beechwood	4:14.2 4:35.5

## Page Five

## Page Six

IEAM SCOKING - CLASS AA GIRLS												
TEAM	200 Yard Medley Relay	200 Yard Freestyle	200 Yard Ind. Medley	50 Yard Freestyle	Fancy Diving	100 Yard Butterfly	100 Yard Freestyle	100 Yard Backstroke	400 Yard Freestyle	100 Yard Breaststroke	400 Yard Free- style Rclay	Total Points
Model	26	33	28	15	12	11	13	21	34	45	20	258
Highlands	32	13	15	23	43	17	6	16	17	24	32	238
Hopkinsville	24	13	4	14	3	12	13	12	17	3	26	141
Dixie Heights	10	13	22	0	0	25	9	12	0	5	14	110
Bourbon County	20	t1	7	9	4	3	t2	13	13	0	0	92
Shelbyville	8	7	0	22	0	0	11	11	0	4	18	81
Villa Madonna	0	3	0	1	10	14	10	4	0	10	22	74
Beechwood	22	0	0	4	11	0	0	0	0	0	10	47
Fort Knox	14	0	0	0	0	0	0	0	0	0	24	38
Sayre	0	0	16	0	3	0	16	0	0	0	0	35
Миггау	0	0	0	0	0	11	0	0	12	0	0	23
Woodford County	0	0	0	5	0	0	3	0	0	0	0	8
Good Shepherd	0	0	0	0	7	0	0	0	0	0	0	7
Margaret Hall	0	0	1	0	0	0	0	0	0	2	0	3
Frankfort	0	0	0	0	0	0	0	3	0	0	0	3
Newport	0	0	0	0	0	0	0	0	0	0	0	0
Simon Kenton	0	0	0	0	0	0	0	0	0	0	0	0
Danville	0	0	0	0	0	0	0	0	0	0	0	0
L'ville Country Day	0	0	0	0	0	0	0	0	0	0	0	0
Bellevue	0	0	0	0	0	0	0	0	0	0	0	0

## TEAM SCORING - CLASS "AA" GIRLS

1. 200 Yard Medley Relay-           1. Highlands	2:15.2 2:16.8	4.	B. Buckner, Shelbyville L. Munday, Hopkinsville . K. McCarthy, Shelbyville .	:28.5 :29.7 :30.9	3.	S. Gibson, Bourbon Co N. Spears, Dixie Heights N. Pearce, Shelbyville	1:13.6 1:17.6 1:18.9
<ol> <li>Hopkinsville</li> <li>Beechwood</li> <li>Bourbon County</li> </ol>	2:22.7 2:23.8 2:22.0	6.	L. Patrick, Bourbon Co. 5. Fancy Diving- T. Wight, Highlands	:31.0	5.	J. Thornton, Hopkinsville . L. Roberts, Model	1:19.7 1:21.1
<ol> <li>Villa Madonna</li> <li>2. 200 Yard Freestyle–</li> <li>N. Cornelison, Model</li> </ol>	Disqu. 2:22.4	2. 3.	J. Kohl, Highlands	299.60 281.05 280.75	2.	9. 400 Yard Freestyle- N. Cornelison, Model C. Gibson, Bourbon Co	5:09.8 5:17.5
<ol> <li>N. Spears, Dixie Heights</li> <li>E. Payne, Hopkinsville</li> <li>C. Gibson, Bourbon Co.</li> </ol>	2:27.5 2:28.6 2:29.9	5.	D. Battle, Villa Madonna . G. Robertson, Highlands . 6. 100 Yard Butterfly-	250.25 245.45	4. 5.	M. Battle, Murray E. Payne, Hopkinsville S. Bezold, Highlands	5:17.8 5:23.4 5:29.4
<ol> <li>B. Smith, Model</li> <li>S. Bezold, Highlands</li> <li>200 Yard Individual Medle</li> </ol>	2:31.6 2:31.9 y-	2.	T. Newport, Dixie Heights . C. Austin, Villa Madonna . S. Klausing, Highlands	1:07.6 1:10.0 1:11.6	1.	B. Smith, Model	5:31.2 1:18.7
<ol> <li>L. Ireland, Sayre</li> <li>T. Newport, Dixie Heights.</li> <li>C. Combs, Model</li> </ol>	2:26.6 2:32.7 2:39.4	4. 5.	M. Battle, Murray A. Munday, Hopkinsville M. Taglaur, Dixie Heights	1:14.7 1:17.2 1:17.3	3. 4.	D. Reed, Highlands B. Cockerham, Model L. Kappes, Highlands C. Combs, Model	1:21.0 1:22.0 t:23.4 1:23.6
<ol> <li>T. Thompson, Model</li> <li>S. Klausing, Highlands</li> <li>V. Daniels, Dixie Heights</li> </ol>	2:40.4 2:41.0 2:49.5		7. 100 Yard Freestyle- L. Ireland, Sayre A. Brown, Model	:58.8 1:02.3	6.	M. Redden, Villa Madonna 11. 400 Yard Freestyle Rela	1:23.9 y-
Ireland set a new state record event with her time of 2:26.6. 4. 50 Yard Freestyle-	in this	4. 5.	M. Gibson, Bourbon Co. B. Buckner, Shelbyville S. Walthers, Villa Madonna .	1:04.4 1:06.2 1:06.9	2. 3.	Highlands	4:42.9 5:00.3 5:00.9 5:02.0
<ol> <li>N. Jones, Highlands</li> <li>A. Brown, Model</li> </ol>	:27.4 :27.6		V. Daniels, Dixie Heights . 8. 100 Yard Backstroke- M. Klausing, Highlands	1:07.3 1:13.4	5.	Model	5:12.2 5:22.9

Plantation Club, Louisville, Kentucky, March 24-25, 1970

TEAM	200 Yard Medley Relay	200 Yard Freestyle	200 Yard Ind. Medley	50 Yard Freestyle	Fancy Diving	100 Yard Butterfly	100 Yard Freestyle	100 Yard Backstroke	400 Yard Freestyle	100 Yard Breaststroke	400 Yard Free- style Relay	Total
Westport	20	24	12	13	31	2	13	26	27	12	26	206
Sacred Heart	10	22	23	16	11	11	27	20	t 1	29	24	204
Ballard	0	11	2	16	26	4	12	7	0	24	18	120
Paul G. Blazer	24	4	9	15	0	13	13	12	7	0	22	119
Henry Clay	26	3	10	7	0	0	7	0	13	0	32	98
Atherton	8	22	0	0	0	20	0	0	15	5	t4	84
Seneca	32	5	5	5	0	0	0	0	20	11	4	82
Eastern	6	2	28	0	0	25	0	12	0	0	6	79
Waggener	14	0	0	11	23	5	0	0	0	0	10	6
Tates Creek	22	0	0	0	0	0	0	11	0	10	2	4
Notre Dame	0	0	0	0	0	1	12	5	0	2	20	4
Bryan Station	0	0	0	10	0	0	9	0	0	0	0	19
Burrett	0	0	4	0	0	12	0	0	0	0	0	10
Fern Creek	4	0	0	0	2	0	0	0	0	0	8	14

<ol> <li>200 Yard Medley Relay—</li> </ol>	5. A. Green, Bryan Station . :26.8	2. N. Campisano, Sacred Heart 1.05.2
	6. S. Neumann, Westport :27.1	3. J. Romick, Paul Blazer 1:06.7
2. Henry Clay 2:07.	Bethune set a new state record in th	s 4. S. Hoff, Tates Creek t:08.1
3. Paul Biazer 2:08.		5. J. Henderson, Westport 1:09.2
4. Tates Creek		6. J. Durham, Eastern 1:09.4
5. Westport	5. Tailey Diving	Wright set a new state record in this
Seneca set a new state record in th	1. 5. reters, weatport 572.0	avent with her time of 1.04 l
event with their time of 2:03.4	2. E. Fanic, Haggener	U
	<ol> <li>M. Bridgers, Westport 362.4</li> </ol>	
2. 200 Yard Freestyle-	4. M. Troutman, Ballard 357.7	5 9. 400 Yard Freestyle –
	5. K. Penna, Waggener 342.1	
<ol> <li>K. Handy, Atherton 2:03.</li> </ol>	6. G. Palmieri, Ballard 341.1	
3. D. Wright, Sacred Heart, 2:04.	6. 100 Yard Butterfly-	3. K. Kessinger, Henry Clay 4:40.7
4. B. Sprigg Ballard 2:10.	1. S. Shields, Eastern 1:01.	5 4. A. Daniels, Sacred Heart . 4:42.1
	2. K. Handy, Atherton 1:03.	7 5. L. Smick, Atherton 4:53.4
	3. R. Martin, Durrett 1:06.	4 6. M. Render, Westport 4:53.7
Wyatt set a new state record in th		
event with her time of 2:01.3.		99 1. M. Baker, Sacred Heart 1:13.4
		44 2. B. Sprigg, Ballard 1:13.8
3. 200 Yard Individual Medley-	Chields and a many state assessed in th	
1. S. Shields, Eastern 2:19.	mant with has time of 1.01 15	
<ol><li>M. Baker, Sacred Heart 2:19.</li></ol>		4. S. Estep, Seneca 1:16.8
<ol> <li>J. Durham, Eastern 2:24.</li> </ol>		5. K. Kessinger, Tates Creek 1:17.5
4. T. Hawkes, Westport 2:26.	1. D. Wright, Sacred Heart :56.	7 6. B. Phillips, Westport 1:20.3
5. S. Kessinger, Henry Clay . 2:26.	<ol><li>K. Watson, Paul Blazer :57.</li></ol>	3 11. 400 Yard Freestyle Relay –
6. K. Sweet, Paul Blazer 2:27.	3. L. Bethune, Ballard :57.	
4. 50 Yard Freestyle-	4. D. Epperson, Sacred Heart . :57.	<sup>3</sup> 2. Westport 4:13.3
	5. D. Amr, Notre Dame 1:00.	3. Sacred Heart 4:24.4
	6. A. Green, Bryan Station 1:01.	
2. K. Watson, Paul Blazer :26.4	8, 100 Yard Backstroke-	5. Notre Dame 4:34.9
3. D. Epperson, Sacred Heart. :26.6		
<ol> <li>M. Hoagland, Waggener :26.8</li> </ol>	1. R. Wright, Westport 1:04.	t 6. Ballard 4:39.4

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## The State Gymnastics Meet

The Bryan Station High School and the Seneca High School won respectively boys' and girls' state championships in gymnastics during the 1970 K.H.S.A.A. State Gymnastics Meet, held in Lexington on March 28, 1970. Total points scored by the Bryan Station team were 107.

The Iroquois High School was second with 81. In the girls' meet the Seneca High School scored 49 points. The Tates Creek High School was second with 37. U.K. Staff member James Nance, a member of K.H.S.A.A. Gymnastics Committee, was manager of the meet.

Five schools entered teams in the boys' division. They were: Bryan Station, Iroquois, Lafayette, Mt. Sterling, and Tates Creek. There were twelve schools represented in the girls' division. They were: Atherton, Bryan Station, Butler, Doss, Iroquois, Lafayette, Mt. Sterling, Paul G. Blazer, Plea-sure Ridge Park, Russell, Seneca, and Tates Creek.

#### Results of the Meet

#### BOYS

#### **Final Team Totals**

(1) Bryan Station, 107; (2) Iroquois, 81; (3) Tates Creek, 7; (4) Lafayette, 3.

#### KEY

BS-Bryan Station; I-Iroquois; TC-Tates Creek; L-Lafayette Individual Events

All-Around-1. Don Watkins (I); 2. Mike Gregory (I); 3. Dan Blevins (BS).

Free-Exercise-1. Gary Boston (BS); 2. Derrick Johnson (BS); 3. David Gorham (BS).

- Parallel Bars-1. Don Watkins (1); 2. Shannon Reynolds (BS); 3. Mike Ledbetter (I).
- Rings-1. Dan Blevins (BS); 2. Donald Soper (BS); 3. Mike Gregory (1).
- Side Horse-1. Phil Brown (1); 2. Don Watkins (1); 3. Clinton Edwards (BS).
- Horizontal Bar-1. Dan Blevins (BS); 2. Joe Rhea (1); 3. Cossey Cooper (BS).
- Vaulting-1. Derrick Johnson (BS); 2. Mike Gregory (I); 3. Donald Soper (BS). Trampoline-1. Derrick Johnson (BS); 2. Lamont Lawson
- (BS); 3. Mike Gregory (I)

Tumbling-1. Derrick Johnson (BS); 2. Gary Boston (BS); 3. David Gorham (BS).

#### GIRLS

#### Final Team Totals

(1) Seneca, 49; (2) Tates Creek, 37; (3) Paul Blazer, 26; (4) Bryan Station, 15; (5) Iroquois, 13; (6) Butler, 8: (7) Russell, 7.

#### KEY

S-Seneca; TC-Tates Creek; PB-Paul Blazer; BS-Bryan Station; I-Iroquois; B-Butler; R-Russell,

All-Around-1. Adele Gleaves (S); 2. Kathy Kincer (TC); 3. Becky Johnson (PB).

Trampoline-1. Adele Gleaves (S); 2. Elicia Woodall (BS); 3. Dorothy Frith (TC).

Uneven Parallel Bars-1. Adele Gleaves (S); 2. Kathy Nardoff (1); 3. Kathy Kincer (TC).

Balance Beam-1. Adele Gleaves (S); 2. Kathy Kincer (TC); 3. Elicia Woodall (BS).

Vaulting-1. Adele Gleaves (S); 2. Pam Jones (I); 3. Debbie Smith (B).

Free Exercise-1. Adele Gleaves (S); 2. Kathy Kincer (TC); 3. Becky Johnson (PB).

Tumbling-1. Adele Gleaves (S); 2. Kathy Kincer (TC); 3. Becky Johnson (PB).

## GUEST EDITORIALS

#### **KEY ROLE FOR ATHLETICS**

By Thaddeus Seymour

EDITOR'S NOTE: The following presentation regarding the role athletics can play in helping bridge the generation gap in America today was made by Thaddeus Seymour, President of Wabash College, May 27, 1969, at the Union Club, New York City.

This is a generation that is deeply concerned with values. We must continue to listen to our young people because they are asking good questions. Actually, the current generation in colleges and universities is performing the function of questioning what has gone before. Furthermore, and perhaps even more important, the current generation is testing our capacity to listen.

#### STUDENT FRUSTRATION

Student "activism" has been concerned with educational experience outside of the classroom. Students are seeking relevance. Much of their frustration results from the gap between their classroom learning and the needs of the society which they seek to serve.

It is this out-of-class experience which is, perhaps, the most crucial question in higher education today, for that is where the student develops as an individual – as a member of the society.

We must never forget that a student who spends four years at our colleges takes some forty course for a total of 2,000 hours. This boils down only to 2½ months in class.

Obviously he needs time to prepare, to sleep and eat, and usually to earn some money. Nevertheless, there is a great deal of time left outside the classroom for the educational process that goes on there, almost unrealized and little appreciated, which will shape him as an individual and as a citizen.

#### SHAPING PERSONAL VALUES

It is during these hours that the student shapes his personal values and develops the confidence to put his abilities to work. Indeed, the whole process of formal education has meaning only as it is applied to the needs of society and used as a force for good. Outside the classroom, a student learns the practical lessons of life and gains the experience which will test his capacity to function as a citizen in the society.

We all know that our students are increasingly frustrated. All of us who are committed to careers in education are equally frustrated by the gap which has developed between our institutions and our students.

Student government, for example, no longer is the cooperative effort of students and their college working together for the present and future welfare of the place.

Student government now represents the shock troops of student revolt and a college's effort to work with student government seems inevitably to produce conflict rather than cooperation. In short, most traditional forms and structures on the contemporary campus provide little opportunity for closing the "generation gap."

#### SENECA H.S. GIRLS' GYMNASTICS TEAM 1970 K.H.S.A.A. STATE CHAMPION



(Left to Right) Patty Collins, Adele Gleaves, Julia Ray. Team member Barbara Kilness not in picture.

#### KEY ROLE FOR ATHLETICS

For these reasons, it seems to me that today, more than ever before, athletics play an essential role in the educational process. Indeed, athletics may be the only way that an institution can effectively participate in the development of a student as a person.

I believe that athletics are important for three reasons. First, and most important in my judgment, is the athlete's relationship to his coach.

From experience, the one man who literally bridges the gap between the generations is – the coach. He provides the experience of another generation in his everyday dealings with the undergraduates.

Today, if you want to get a job done, it takes hard work. And to achieve a goal it requires perseverance, persistence and self-discipline – all of which can be attained through the college coach.

#### SELF-DISCIPLINE

We have learned that teamwork is the ultimate test in tolerance. On the playing field quality is achieved by the coach and his capacity to teach discipline. When measured in competition discipline is, in truth, self-discipline.

Second, athletics provide a student with an important relationship with his contemporaries. One compounding source of frustration for most students is the fact that most of their time is devoted to talk – analyzing, criticizing, lashing out at established institutions.

And third is the important education that comes from the training and competition of a sport. It is here that students learn directly that hard work brings results. They learn those classic lessons of competitiveness, sacrifice, and sportsmanship.

we are privileged to know that through athletics we can provide the undergraduates with exactly what is wanted – participation by the undergraduates at every level.

#### DESIRE TO IDENTIFY

When you study these real desires of today's undergraduates it is easy to understand if there is anything the students hunger for it is that burning desire to identify with the college or university he attends.

However, there is a general lack of discipline at all levels of authority and among the undergraduates which tends to thwart us all.

It was Lord Moultin who said, "The measure of a civilization is the degree of its obedience to the unenforceable."

No one has put it better than Edmund Burke when he wrote, "Men are qualified for civil liberties in exact proportion to their disposition to put moral chains upon their own appetites."

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#### Page Ten



HIGHLANDS HIGH SCHOOL BOYS' SWIMMING TEAM

Row: J. Miller, D. Knaebel, T. Dupont, M. Jurgens, B. Cull, S. MacMillan, T. Hamel. Third Row: J. Perry, S. Cull, D. Cottrill, M. Slaughter, D. Pendery, D. Mettens. Fourth Row: D. Long, C. Grimm, P. King, J. Simpson, D. Dierig, J. Meyer. Fifth Row: D. Farrell, K. Pryse, A. Harper, S. Miller, M. Wilson, D. Crooks, D. Houliston.

## 1970 Annual Meeting

#### Kentucky High School Coaches Association

The annual meeting of the Kentucky High School Coaches Association was held April 16, 1970, in Room 101 of the Convention Center in Louisville during the Kentucky Education Association meeting

The meeting was called to order at 10:05 a.m. by Bill Case of Bourbon County. Don Morris, Basketball coach of East Hardin, gave the invocation.

As the minutes of the Association are published in the Athlete, the official publication of the Kentucky High School Athletic Association, it was moved by Hancock, and seconded by Smith, that the reading of the minutes by dispensed with, Motion carried.

Sec.-Treas. Joe Ohr gave a financial report to the more than 100 members present. Mimeographed copies of the annual audit were given to the members and audit is to be published in the Athlete. Howard moved that the report be accepted and Davenport seconded the motion. Motion passed.

Coach Bill Harrell, Morehead State University basketball coach and former Coach of the Year in Kentucky High School athletics, was presented as the feature speaker by Case. Har-rell spoke on "The Three Keys of Life," listing Dedication, Discipline, and Desire. The first of the keys found Harrell giving praise to George Giles, former school head of Shelby County and Litten Singleton, present superintendent of Berea Community Schools. In discussing Discipline, he stated that "it is a by-product of good coaching. It snows up in tater tite by self control." Harrell said that the greatest coach was Christ and cited that "He took twelve men and changed the world that He lived in and the world we are living in today."

As a result of the meetings held in each of the eleven educational districts, the representative discussed the control of membership cards to the association. On motion by Charmoli and seconded by Miller, the members voted 48-8, that principals furnish a list of coaches to whom cards are to be issued. The Secretary is to request such list by September 1. Supplementary lists may be submitted by the principals or athletic directors at any time after the above date.

It was proposed that the annual dues be raised to \$5.00, with three dollars from each membership returning to the district. This proposal was defeated on a 24-20 vote after being offered by Howard and seconded by Miller.

Davenport moved and Hancock seconded a proposal that \$100.00 (one hundred dollars) be given to each district for the 1970-1971 school year. Application must be made by the Residents of the eleven educational districts. These funds are to be used to provide programs at the fall meetings. Davenport suggested that this plan be used for one year. Motion passed.

Vince Hancock, football coach of Elizabethtown, received a regulation size gold football as a result of being chosen by his fellow coaches as "Coach of the Year" in football for the 1969 season. The trophy was presented by Mike Murphy, Highlands football coach, who received the honor for 1968. Mote Hils, basketball coach of Covington Catholic, re-

ceived the basketball trophy from Ralph Underhill, Ohio County. Hils whose quintet was ranked number one for most of the 1969-1970 season was chosen "Coach of the Year" by his fellow coaches.

In the election of officers: Pat Dale (Danville) and Bowman Davenport (Clarkson) were nominated for Sgt.-at-Arms. Davenport was elected.

Secretary-Treasurer Joe Ohr (Irvine) was nominated by Hancock and Young seconded the nomination. Ohr was elected for 1971-1972.

Estill Branham, All-Star games Manager, called the mem-bers' attention to the All-Star game August 8 at Bowling

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BRYAN STATION BOYS' GYMNASTICS TEAM 1970 K.H.S.A.A. STATE CHAMPION

(Left to Right) Front Row: Lamont Lawson, Derrick Johnson, David Gorham, Jimmy Sharpe, Cossey Cooper, Terry Clayborne. Second Row: Gary Boston, Jeff Fuller, Glenn Price, Robert Bright, Coach Paul Woodall. Third Row: Robert Brown, Tyrone Bond, Donald Soper, Danny Blevins, Shannon Reynolds, Clinton Edwards.

Green. The games are to be played at Western Kentucky University. A coaches' clinic is to be held in conjunction with the games.

Meeting adjourned at 12 o'clock noon. Officers of the Kentucky High School Coaches Association: Bill Case, Bourbon County, Pres.: Vince Hancock, Elizabethtown, Pres. Elect; Garnis Martin, Bardstown, Vice Pres.; Joe Ohr, Irvine, Sec. Trea.; Bowman Davenport, Clarkson, Sgt.-at-Arms.

Prior to the regular meeting the officers of the Kentucky High School Coaches Association met with representatives of the educational districts to discuss pertinent questions affecting the Association.

Representatives present were: 1st district, Fred Clayton, Caldwell Co.; 3rd, Ralph Underhill, Ohio Co.; 4th, Ollie Howard, La Rue Co.; 5th, 1rv Spencer, Valley; Middle Cumberland, Bill Mauney, Pulaski Co.; Central Kentucky, Pat Dale, Danville; Eastern Kentucky, Harold Cole, Ashland; Northern Kentucky, Bob Miller, Campbell Co.

#### THE PULLED MUSCLE

The prevention of the "Pulled Muscle" which is often associated with fatigue has long been correlated with the degree of conditioning in all sports. Here, as perhaps with any other sports injuries, "an ounce of prevention is worth a full pound of cure". Management of the injury once sustained, includes early application of cole, rest of the part, and perhaps, more important that other factors, is the prevention and alleviation of edema. Tissue swelling is a factor that is seldom appreciated. It prolongs pain, limits, full movement, interferes with vascular resorption and the healing process. Heat, intermittent compression, graduated exercise after a period of 24 hours may stimulate the healing phase. Intravenous injection of certain anaesthetic agents has been used with success both during the 24 to 72 hour period after injury and during the initial weeks following injury in more severe and resistent injuries. The American Medical Association's "Standard Nomenclature of Athletic Injuries" defines a pulled muscle as "trauma to portion of musculotendinous unit from excessive forcible use or stretch". Muscle ruptures in the athlete are most commonly seen in the biceps and triceps in the upper extremity and in the quadriceps, hamstrings, adductors, anterior tibial and triceps surae in the lower extremity.

There is no evidence that anyone has developed any real prophylactic program for "muscle pulls." It is of interest that these injuries have occurred most often in the more skillful athletes, often in the great sprinters, so undoubtedly they result from the terrific force these athletes are exerting through their quick reaction times. It is of interest that type of "muscle pulls" usually seen in these athletes is in the muscle group that functions over two joints. Research work has shown that such muscles do not often exert both functions at the same time. This results in a part of the muscle remaining static and it is this area of the muscle that is most likely to rupture in the sudden push-off action such as is seen in the start of the dash man when he initiates his first thrust to extend the knee and suffers a rupture of one of the hamstring muscles near its origin. There are some people who feel that muscle fatigue plays an important role in such injuries and certainly the appearance of these muscle tears so frequently in the great athletes, who are the ones who carry on strenuous training programs, serves as emphasis for this hypothesis. In other words, the muscle has been used beyond its resistance. It goes without saying that complete coordination with all muscle groups, both those working with and against their antagonists, must be balanced. In that this type athlete works under great strain, it is likely that some injuries occur as a result of loss of coordination. Some physicians who have been working with athletes and their treatment for a period of years feel that necessary warm-ups are of benefit, but in most cases, in the well-trained athlete, they lead to additional fatigue, build up emotional tension, and may be well over-exaggerated as to their benefits.

One of the best examples of the part fatigue may play is seen in the professional baseball pitcher, many of whom require 4 days of rest and all of whom usually develop arm fatigue at the end of the season. The lack of coordination wherein these pitchers get their injuries is illustrated in the early per-season training periods with their attempt to produce top performance before developing full conditioning and timing to bring about necessary coordination.

<sup>1</sup>Prevention and management of pulled muscles, presented by Ralph W. Coonrad, M.D., at the 10th National Conference on the Medical Aspects of Sports, Miami Beach, Florida. December 1, 1968.

<sup>2</sup>Standard Nomenclature of Athletic Injuries, American Medical Association.

-National Federation and AMA

#### THE END

#### by Bill Hewgley South Pittsburgh High School, Tennessee

EDITOR'S NOTE: Almost without exception, participants can explain the value of taking part in interscholastic athletics much better than can adults. An example of this was included in the March, 1970 issue of Scholastic Coach, We are reprinting the following editorial with the magazine's permission. The item which as the magazine's editor commented, has been done so beautifully, was written by Bill Hewgley, basketball player from South Pittsburg High School, Tennessee, 1969. Who could deny that interscholastic athletics have almost unlimited possibilities for educating boys after sharing Bill Hewgley's thoughts:

-Clifford B, Fagan

An ther season is over, finished, a season which will be preset 1 only in the record books ... and in the memories of a guat bunch of fellows. Why would anyone remember such a hard grind and the physical punishment? ... running the mountain course until your lungs felt like bags of fire, the feel of sweat oozing from every pore and leaving a burning sensation in your eyes, the taste of blood from a nose or lp, getting your fingers jammed or ankle sprained... the agony of apewalks, oblique drills, sprints, and calisthenics, the throbbing lumps from elbows and fists a hundred different practice drills designed to draw upon your innermost reserve of strength and force you to decide whether or not you really love the game... the cloud of dejection and self crucification when you are jerked from the game, chewed out, and told to sit on the far end of the bench for failing to follow instructions.

All this physical and mental torture can be summed up in one word - pain, just pure and simple pain. So how can a guy tell you that he loves basketball, his

So how can a guy tell you that he loves basketball, his fellow players, his coach, and everything else related to the fame?

. . the close relationships with his teammates, of how he felt like a brother to many of them, of how they always stuck together, of everyone working together as a team and not as five heroes, of placing his hands into the pregame huddle and saying a small prayer for God to protect . . . and God did protect.

This is basketball at South Pittsburgh, the part which no one sees but the players, a world in which the players could live forever.

The little world has come to an end. How can I explain the tears, lumps, the loss of speech when you walk off the court for the last time? How it feels to turn in your equipment and look around the dressing room where you made dreams and talked of greatness, and then walk out the door - knowing that never again will you run in at 3:00 to suit up for practice? The underclassmen can look forward to next year and a new season with new dreams. But for Eddie, Don, Bob, Douglas, Wegee, and myself there will be no next year, no more living, playing, and dreaming together. We know that we had our chance for greatness and that we didn't achieve it. Still each of us can put in a little claim for greatness, because we know in our hearts that we stuck in there and we tried. That's what the fellows and I will never forget.

#### "An Athlete's Prayer"

"Help me to play the game, dear Lord, With all my might and main: Grant me the courage born of right, A heart to stand the strain. Send me a sense of humor, Lord, To laugh when victory's mine-To laugh if I should meet defeat, Without a fret or whine ... Give me the grace to follow rules. To fess up when I'm wrong. When silence or the other thing Wins plaudits from the throng .... When foes are tough and fighting fierce, And I am getting weak. Dear God, don't ever let me show A broad, bright vellow streak. And teach me, Lord, life's game to play, Just one day at a time-With Thee as coach and trainer, Lord, Real victory must be mine.

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#### TO: PRINCIPALS OF MEMBER SCHOOLS OF K.H.S.A.A.

## SUBJECT: CATASTROPHE INSURANCE POLICY

The following information about the catastrophe insurance coverage purchased by K.H.S.A.A. to cover athletes of member schools is published for your consideration. The coverage will commence July 1, 1970, for the school year 1970-71, and will be identical with the coverage for the current year.

PERSONS COVERED: Student athletes on teams of member schools of K.H.S.A.A. will be covered while practicing for or competing in K.H.S.A.A. approved inter-school athletic events or while traveling in a group directly to or from practice session or scheduled athletic event for the purpose of participating in such session or event.

ACCIDENT MEDICAL EXPENSE BENEFIT: Expenses incurred for treatment of a covered injury including necessary services of a licensed physician, hospital expenses subject to limit for daily room and board and general nursing care of normal charge for semi-private room, private duty nursing care by R.N. on order of physician and physio-therapy performed while hospital confined shall be covered within fifty-two (52) weeks following the accident causing injury provided treatment for such injury commences within thirty (30) days of the date of covered accident.

The first \$1000.00 of covered expenses, or the amount of such expenses as are covered under all other collectible insurance of the policyholder and insured, whichever figure is greatest, will be deducted from any claim paid hereunder. Subject to this provision, the Company will pay up to a maximum of \$10,000.00 except that when payment under the plan exceeds \$5000.00, further payment shall be 75% of the eligible charges.

EXCLUSIONS: No payment shall be made for hernia, appendicitis, cardiac disease, diabetes, detached retina, osteomyelitis, malignancy or Osgood-Schlatters disease, or aggravation of a pre-existing condition, or for injuries connected with fighting or brawling.

ADMINISTRATION: The plan is administered by The Kingden Company. At a later date you will be provided with information as to coverage and procedure to be followed in the event of a claim.

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