

FACULTY ALL STARS DOWN CHAMPIONS

SPORTS SECTION

AGE vs ATHLETICS

The "old" athlete is the one who has worked hard during his "four year career" at his high school and then ventured forth into the world both physically and mentally fit to overcome all obstacles. He is the "hero" of his class; the champion who scored the touchdowns or made the game's winning baskets; the fence-buster named MVP by his squad; athlete of the year! What more could any athlete desire?

Where is the ex-athlete now? What became of the glory that had shown throughout his brief career? Fame and the athlete are gone — records have made them history.

He has left the athletic world because he now considers himself an "old man" at the young age of 18 or 19. Famous? A hero yes, but old, physically worn out — never!

Studies have shown that the male athlete is hardly ever considered to be at his peak performance during the teen years. In these years as well as in the early twenties, the body and mind are neither well-developed nor complete in growth to be considered "old." These are the growing ages of the human body.

At the age which most of us are now, we have a development which is incomplete. We strive through studies to improve the mind and altogether too often we neglect our physical status. Exercise at a young age is more worthwhile than later in life because of the growth cycle.

Progressive exercise that is kept on a few days per week schedule is as beneficial to the college student as the seasonal practice is to an athlete. Progression is the key word to physical success. By progressing from day to day, the body builds for a future use. Often when a person seeks to repeat his old youthful performances when not physically able to do so, the results are certain to be painful; likely to be injurious, and may even possibly be fatal.

Looking back to the ex-athlete, it can safely be said that physical defects, such as serious injury, disease, or damaged tissue, may be a cause of a weakened body but age has no barrier upon performance. Nowadays the average age of maximal proficiency in sporting events from tennis, golf or bowling to professional football or basketball, is in a range from the low age of 23 to a considered retiring age of 31 or 32.

There are exceptions to the rule of course. Herb Elliott broke the four minute mile before his 19th birthday, Floyd Patterson became the youngest man to become the Heavyweight Champion at the age of 21 while Al Kaline was the youngest American League batting champion at 21.

But then again, Archie Moore still battles gloves while nearing the fifties, Y. A. Tittle continues in pro football while many feel he deserves a wheel chair by which to watch the games, and then did not a man from Germany named Woelport break the world's weight lifting record at 44 years of age? These latter men are also progressive athletes who did not go "all out" as they could have done at one time but because of their age, but do keep fit by watching their diet, sleep, and exercise.

In living from day to day with regard to planning ahead, both the athlete of yesterday and, more so, the students of today, should keep in mind this little poem, written by Bob Hoffman, the fifty-three year old coach of the past three Olympic Weightlifting teams:

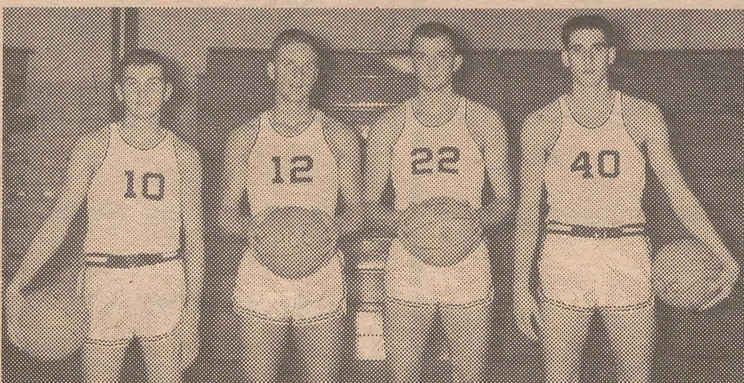
"We squander health
In search of wealth,
We scheme and toil and save,
Then squander wealth
In search of health —
And all we get's a grave,
We live and boast of what we own;
We die and only get a stone."



Winning attitude? Regardless of what this semi-candid picture may lead you to believe, these members of the present Lumberjacks basketball squad do have the winning attitude it takes to produce victories. As former members of Alpena High School teams, they have compiled a victory stretch of 37 games while losing only six. The climax of the cagers success came in the 1961-62 season when they lead Alpena High to their first undefeated schedule in over a decade. Back row (l. to r.); Jim Kurtz, Denny Lutes, Rod Marlatt, and Terry Harbison. Front row (l. to r.) Brian Mitchell and Roger Phillips.



TWO SECONDS GIVES 24 HOURS PROTECTION
ACC's right guard Dempsey Yearout displays the agility and dexterity which has made him an outstanding athlete in basketball. This picture taken during the Homecoming game last year shows the 5 foot 8 inch guard scoring a layup on one of Jackson's defensive players. Dempsey is not only a fine athlete in his own right but also an outstanding scholar who has made the Dean's List at the college.



WAYNE RECRUITS
Each year throughout the country, basketball coaches scout the potential players that he feels would be of an asset to him in the future years. Alpena College coach Jim Dutcher is no exception. After losing the nucleus of his team of two years ago through graduation, Coach Dutcher went to the berg of Wayne, Michigan, where he scouted and liked the material he found in four players. (l. to r.) Dempsey Yearout, Larry Vaughn, Bob Hays, and Steve Ditchkoff. Back for their second year after having completed a very successful first one, these boys look to an even better season than last year's.

By Den Ledsworth

The faculty proved by beating the "young blood" IMF champion Cherry Pickers, that there may be snow on their heads, but fire in their feet. It was a heads-up ball game all the way until the very last seconds when the Cherry Pickers lost all poise and team work.

Cherry Pickers, taking the opening kick-off had offensive difficulties for All Star Wally "Sweetwater" Strom, and Tom "Bulldog" Ritter applied defensive pressure to quarterback Jim Petteys. However, mid-way through the first quarter, behind the fine blocking of Deloge and Maywood, Petteys broke through the secondary line of the All Stars and scrambled 32 yards for the T.D.

In the second quarter the All Stars came to life with Hilt "The Arm" Foster connecting with a 28 yard pass to Jim "The Bod" Dutcher for the ballgame's tying score. Jarring heads, clipping penalties, and tired bodies brought the game up to half-time.

After a brief rest the teams were once again ready to make contact. The Cherry Pickers, kicking off found themselves in early trouble. Charley "The Mangler" Mayer received the ball and with hard nose blocking returned it to the Champions 35 yard line. Having gained good yardage, quarterback Foster went back to throw a pass, but found himself in trouble; he threw a long ball only to see it deflected from the shoulders of Lee "All Powerful" Hall, into the arms of Cherry Picker McDonald. The IMF champ sprinted into the end zone untouched.

With darkness falling and the fourth quarter beginning, the pressure was on the faculty to score. This they did in the closing seconds of the game. Quarterback Foster, shaking off the Cherry Pickers from his back, faded back to pass, only this time hit his end, Jim "The Bod" Dutcher in the end zone for the T.D. The game was tied with seconds to play when the whistle blew. A tie! A 12-12 tie. The flip of the coin found the faculty running the first sequence of downs in the overtime thriller.

Receiving their second wind and full of energy the determined faculty kept to the ground and swept the ends of the Cherry Pickers to pick up a somewhat insured 45 yard total. The Cherry Pickers now received the ball. They were desperate! They passed. They fumbled and they lost. What a game!

For everyone who saw the pre-game poster on the bulletin board for this game and did attend.