

ACC's Lumberjacks look to sophomores for leadership

By **MIKE GUNDERSON**
STAFF WRITER

The time has come for the 1995-96 Alpena Community College Men's Basketball team to show they are a team to be reckoned with. With 10 sophomores coming back and seven freshmen coming in, along with an excellent coaching staff consisting of Head Coach Frank McCourt and Assistant Head Coach Bobby Allen leading the way, it looks to be a very successful season.

The Lumberjacks went 12-16 last year, finishing sixth in the conference with a 7-9 record. Last year's Lumberjack team was young, inexperienced, and worked really hard first semester.

"We got to a point where we were playing as a team and very competitive," McCourt says. "We had one bad game, then we forgot what got us there."

McCourt says the team relied too much on one-on-one instead of being patient and working the ball around. The Lumberjacks lost nine of their last ten league games, but regrouped and had an excellent two games in the tournament. "Hopefully we got smarter as a result of that," McCourt says.

McCourt is looking for leadership from seven returning sophomores. The freshmen have a ways to go, he says, with the exception of Antoino Robinson who McCourt feels will be able to

step up and contribute at the beginning of the season. McCourt also hopes that the freshmen might grow and mature and be able to contribute by second semester.

This year's team needs to be competitive in the Eastern Conference and finish in the top four, hopefully the top two, says McCourt. If so, then ACC will have a first round bye and play at home in the second round of the state tournament.

McCourt thinks that discipline is the most important ingredient for this year's team success. His objective for the team this year is to be competitive, work hard, and give 110% at all times.

The Lumberjacks have nine key returnees including a transfer returnee who played here three years ago. Here is a look at what to expect from the upcoming returnees.

Scott Groesser, a two-sport athlete here at the college, has a very good work ethic and is very dedicated and determined to do whatever it takes to be successful. Scott is from Sutton's Bay.

Shaun Craker, a sharpshooter who can shoot the lights out, looks to be a leader on and off the court. Shaun is from Northport.

Derrick Brooks, a defensive specialist with an explosive offensive game, he is also a two-sport athlete here at the college. Derrick is from Covert.



Lumberjack captains for this season are (Left to Right): Mike Gunderson, Nate Tuori, and Kevin Green.

Demerious Flowers, the king of the crossover with a very smooth game, he is the floor general. He calls out the plays and gets the offense started. Demerious is from Redford Bishop Borgess.

Chris Leeseberg, the heart and soul of this year's team, is the spark plug that gets us pumped. A great rebounder, ala Dennis Rodman, Chris is from Alpena.

Mike Fenlon, a very versatile swing player with a sweet outside touch, is very deadly when he is on. Mike is from St. Ignace.

Steve Menzel, a true center with great shot blocking ability and a soft touch around the basket, Steve is from Saginaw.

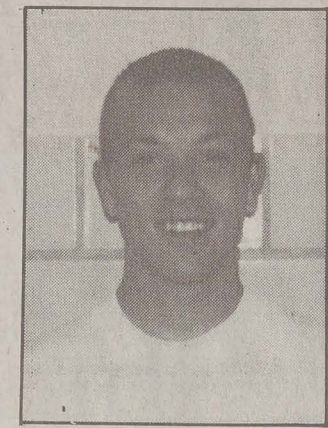
Kevin Green, one of the tri-captains for this year's team, is a very good ball handler and outside shooter.

Tremendous defensively, a true husky. Kevin is from Atlanta.

Mike "GunDawg" Gunderson, a two-year captain, second in scoring last year, loves to slash and attack the basket. Injuries sidelined him for five or six games last year. Mike is from Alcona.

Nate Tuori, a captain, was an All-Conference choice, and MVP on last year's team. He led the team in scoring and rebounding, Nate is from Brimley.

The freshmen include: Ben Croze from Grayling, Jason Brecheison from Petoskey, Tony Maino from Houghton, Maurice "Buddy" Stedman from Alpena, Antoino "T-Nasty" Robinson from Memphis, Trent "T-Dogg" Duncan from New York, and Clarence "Bud" Meadows from Detroit.



Tim Allen's The Sporting View

Debunking the "Dumb Jock" Myth

What does sports do for the student athlete? Through nine years of my own experience in organized sports, I find that it has taught me many things. Sports has taught me discipline, responsibility, and working with others as part of a team.

Sports opened a whole new world when I was younger. When I was 10 years old, I was just getting into Boy Scouts and soccer. After a few weeks of running around between the two activities, my parents finally gave me an ultimatum. They said, "It's either soccer or Boy Scouts. But you must keep your grades up no matter which one you choose." I laughed. Let's just hope I don't get caught out in the boonies with only a pocket knife. Sports were a major part of my life then and they still are.

Advancing in my favorite sport, cross country, is what helped me to run in college and will possibly help get me into a four year university later on. Participating has also prevented me from becoming overweight or getting into trouble. Most of all, sports has given me self esteem, confidence and leadership in whatever I do. Confidence not only when I'm running, but also in the classroom and at work.

Being a student athlete now means I have to hit the books to be able to continue competing in running. Being a student athlete means many different things to many different people.

Mike Gunderson, sophomore Physical Ed. major and returning ACC basketball player, has his own views about being a student athlete.

Mike says, "Playing basketball keeps me well conditioned and busy so I don't sit around." Mike is always on the go from classes to practice.

As for the mental side, Mike says, "I must concentrate and focus all the time, not only when I'm on the court but in the class. I know if my classes slip then there is no basketball."

Just like Mike Gunderson, many students that are athletes know that grades and sports go hand in hand.

I received another response from Marisa Stoppa, a freshman on the women's basketball team.

Marisa states, "Being involved in sports, especially at the college level is an extreme responsibility. Participating in basketball keeps me active, in shape, and always pushing myself to achieve higher goals."

The comment I liked most from Marisa was when she said, "Playing basketball is a privilege while being a full-time student here at ACC."

I agree 100%, Marisa and Mike. You're here to learn and get a degree. Basketball, cross country or whatever else you're involved in should be considered second to school. There are a lot of us that don't want to be considered dumb jocks.

Oh yeah, thanks to all the coaches out there for accepting our late arrival to practice because of a big test or miscalculation on a build-up of homework.

Just a reminder: Sometimes it's not the strongest, but rather the smartest. Keep cracking the books, jocks.

ACC Distance Runners go the Extra Mile

By **TIM ALLEN**
SPORTS EDITOR

Have you ever run 26.2 miles? Or should I say, have you ever run a marathon? That's one question two ACC faculty members, Monica Bushey and Dr. Richard Lessard, don't have to ask themselves. Lessard, Director of Workplace Communications, and Bushey, Student Support Services Counsellor in the Learning Center, have both run the treacherous 26.2 mile races more than once.

Just saying the word marathon makes most of us sweat.

Bushey is going to be running her second Boston Marathon next year on Patriot's Day, the 100th birthday of the great event.

Bushey qualified for Boston by running in the Women's Only Marathon, placing first in her age division.

Although Monica runs now that doesn't mean she was a runner who started in

high school, like many would suspect. She didn't start running until she was 38 years old because of health reasons and the benefits of running. Bushey started running competitively five years ago.

Bushey says she only needs about 35 miles per week to train for marathons. Thirty-five miles a week is not a lot for a person running up to 20-plus mile races. Some serious marathon runners will train up to 125 miles a week.

In the past, Bushey has also run in the Detroit Free Press Marathon, another nationally known marathon. There she placed in the top 65 women, and fourth in her age division.

Monica says she'll keep running marathons and other road races in the future. She advises beginners to get a good coach, talk to your coach, and get as much advice and support from friends as possible. But most of all, Monica said, "Enjoy running."

Richard Lessard, head coach of the Lumberjack cross

country team, has also run his share of distance road races, including the Bay Shores Marathon in Traverse City and the Pavo Nami Marathon in Hurley, Wisconsin. Lessard ran his best marathon at Bay Shores where he had a time of 2:58 and placed fourth in his age division. Lessard's time in the Pavo Nami marathon was 3:05. Lessard has a long history of running and coaching to his credit. He started running in high school, where he was a sprinter in the 100-yard dash.

He told me he didn't start running seriously until he was around 25 years old. He said he has been running now for 25 years. He has had some injuries in that span, he said, but overall he is happy with his love of the sport.

Lessard said he trains about 75 miles a week for a marathon, often running with Charlie Fairbanks, a high school cross country and track coach in Rogers City.

Lessard said that he started running because he started coaching and he thought, "If I'm going to coach it, I better play it." He also said that he had always been active in his life.

When Lessard was asked about the last 30 years of running and the way it has changed, he said that running really boomed in the late 70s and early 80s. He thinks it was a combination of the fitness craze and the overall growing interest in the sport itself. With this interest in the sport came the media and reporters

to report on running. That in turn finally started to publicize running, and word got out more. He thinks interest in the sport has kind of tapered off in recent years.

One of Lessard's many memorable moments came in a race that was only a mile long. Lessard was competing against another guy of his ability. Before the race, Lessard found out that the winner would receive a new pair of shoes. Lessard said that every time that the guy got close, he would just think to himself, "He is not going to get my shoes!" He won the race with a time of 4:37 and he won his shoes.

Lessard also remembers one time he was running a 10-kilometer race and was hitting each mile so fast that he thought he would just hit the wall and not be able to go on. But he finished the race with ease, in fact with too much left at the end.

When questioning Lessard about the Kenyan runners and how they run Marathons like it's a stroll through the park or a walk out to the mailbox, Lessard just simply shook his head and said it's almost impossible how these men can run these times.

Lessard advice to all young runners: "Don't overdo it. If you're going to be serious about running, then be serious about training. Make it a part of your life-style."

"You'll be happy with it in the long haul."

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