

IT'S IN... TO BE Outdoors

Pro offers tips on taking sports photos

If you want to take good sports pictures, take a tip from a pro. The key is learning to anticipate spontaneous action and then reacting quickly to record the activity on film.

Nancie Battaglia, a photojournalist and the photo coordinator for the Lake Placid Olympic Organizing Committee, says, "you have to understand a sport or athletic contest before you can anticipate a decisive moment and then capture it with your camera."

Her advice applies to Olympic class competition, a ski meet between two high school teams, or a speed skating race held during a winter carnival.

Sports pictures should illustrate and highlight an event's excitement or athlete's performance.

Stop-action photos can freeze fast-paced activity but don't always show the speed involved in the sport. However, stop-action does show the athlete's stress, strain and form.

The opposite of stop-action is the action photo that shows a blurred image streaking in front of a blurry background. It conveys motion and movement, but little else.

There are a few techniques a photographer can use to add life to stop-action pictures and increase the clarity of action photos.

When a photographer moves in close to the subject and snaps a nearly head-on shot of the winter athlete, the photo records the competitor's facial expression, flying snow and ice, even feet off the ground. These elements clearly show the viewer the intense action of the sport and the reaction of the athlete.

Panning with the camera is

another effective way to record sports action. In this instance, the skier, skater or hockey player is clearly visible against a blurred background. A pan shot spells speed and action.

To pan with a 110-format or 35 mm camera, frame the subject in the viewfinder and keep it centered there by slowly pivoting at the waist as the action passes. And remember, as you pivot, to gently and steadily squeeze the shutter release.

The camera must be moving at the same speed as the athlete to effectively freeze the action of the subject and blur the background.

Good foot care will 'support' your favorite ski activities

Weekend cross-country buffs and Olympics-bound skiers alike have one thing in common besides their sport: they need cushioning support for their feet.

Feet are the body's shock absorbers, withstanding the stress of shushing down bumpy slopes, swerving on rough terrain, striding and balancing on uneven surfaces.

On their grueling cross-country run from Los Angeles to Lake Placid, site of the Winter Olympics, the Olympic Skiathlon team members will rely on foot care preparations and advice from the Pro Comfort sports experts at Scholl, to get through the 3,300 mile trek.

Weekend skiers everywhere can reduce foot shock, fatigue and friction, by following the Skiathlon team's comfort tips:

- Boot fit is essential to foot comfort. At the store, boots should be fitted over one pair of

Ms. Battaglia also recommends you select film for the type of lighting conditions you're shooting under. She uses Ektachrome 64, 200 and Kodachrome 64 slide films or Kodachrome II film for pictures on bright, clear days when the snow throws off a strong reflection.

On overcast or cloudy days she prefers high-speed Kodachrome 400 film for prints and Kodak Ektachrome 400 film for slides.

Here are some additional sports photo tips from Eastman Kodak Company, the official

photo consultants for the 1980 Olympic Winter Games.

Carefully compose the picture in the viewfinder before you squeeze the shutter release. Include color uniforms, neutral backgrounds and a central point of interest.

Dress warmly and follow your camera dealer's advice on winterizing a camera.

Take along extra film, batteries and gear so you catch a full day of competition on film.

Take your favorite action photos to a camera dealer and order copy negatives or enlargements.

The shadow knows

Ground hog Day, February 2nd, is traditionally the day when everyone who is eagerly awaiting the end of winter and the coming of spring will find out whether they have to wait another six weeks before milder weather will set in.

Everyone knows that if the

ground hog, emerging from hibernation, sees his shadow, we're in for another month and a half of cold weather.

But did you know, that the ground hog is Punxsutawney Phil, from Punxsutawney, Pa.?

Let's hope that Phil has good news for us this year!



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