

REDFORD USES CALIFORNIA'S METHOD

Weightlifting Is Paying Off—In Track

By HARVEY BARCUS

While weightlifting isn't a competitive sport in high school and is not likely to be, still there is definite proof that training with weights has proved helpful for some Detroit prep track athletes.

Redford High, winner of the Metropolitan League title Thursday, became a pioneer in this field when Coach Bruce Waha heard of a California high school coach who had been successful in using weights to

train trackmen. That was two years ago.

"I wrote for information and he sent me a complete training schedule," Waha said. "It must have worked

well for him because Chuck Coker, who sent me the data, now is assistant track coach at Stanford."

Waha showed the training program to his team.

"The kids were interested and, although we had no weights, they got their own and brought them to school," the Redford coach declared.

"We followed Coker's schedule, using different exercises for jumpers, weightmen, sprinters and distance runners, training in a corridor off from the gym so the regular classes wouldn't be disturbed."

Waha admonished his athletes not to become so absorbed in weightlifting that it could become more important than anything else.

In this, he was in agreement with two members of the American team who took on the Russian lifters at Masonic Temple two weeks ago.

CONSUMES TIME

"Weightlifting is a very consuming sport and requires year-round conditioning," said Jim George, of Kent State College, the U.S. light heavyweight champion. Tommy Kono, the Olympic and world middleweight champion, pointed out that to be a success it was necessary to set weightlifting before everything else.

Following Waha's advice, Redford athletes admit they have improved with moderate use of the weights.

Len Cranston credits lifting for the big gain made in the shot put in the last year, going from 46 feet 3 inches to 51 feet 7 3/4 for first place in the Metropolitan League this spring. "It built up my arm and leg muscles," he said.

Last year Louis Molnar ran the mile in 4:42. He won Thursday in 4:35.9.

"The weights had a lot to do with it, strengthening my arms, shoulders, chest and legs," he explained.

"Weightlifting has given me more spring in my legs and helped my running," said Don Zielinski, who broad jumped and ran on Redford's relays.

In Larry Bernard and Angelo DeLuca, Pershing has a pair of weightlifters who have turned to track as an outlet for their energies.

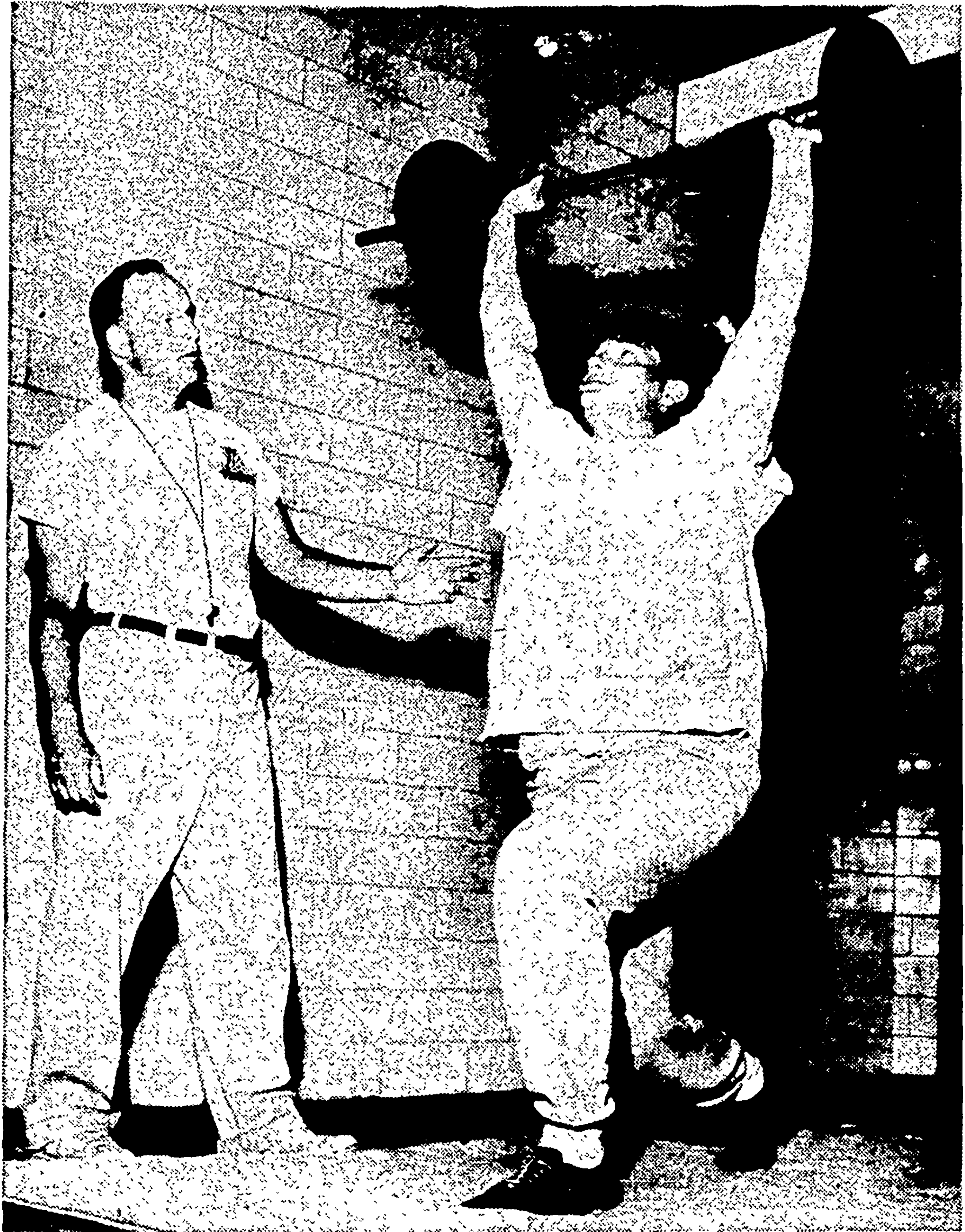
STATE CHAMP

Larry, a 210-pounder, and Angelo, 140 pounds, have been lifting in competition for two years. Larry has been the state novice light heavyweight champion, placing in the state junior and Metropolitan Detroit heavyweight events this year.

DeLuca has been more successful. He was the state junior 132-pound champion last year and now holds the Southeastern Michigan, Western Michigan, Detroit and state senior titles.

DeLuca, only a 10th grader, made his football letter as a defensive guard last fall. In track, he set a school record for the 30-yard dash and is putting the shot, despite his lack of weight.

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BRING ON SHOT PUT—Redford Coach Bruce Waha watches as his shot putter, Len Cranston, does clean and jerk with 75-pound barbell. Cranston credits weightlifting with the big improvement he has made in putting the 12-pound shot this spring.—News Photo by William L. Seiter.



Year-Round

By KEN WILLIAMS

Bill Swallender is one of the nation's foremost figure-skating coaches. He has served as an instructor for 23 seasons and there are few who top him in experience.

Swallender's prize protege in recent years was Virginia (Ginny) Baxter, who finished

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