

Shotputter Cindy Jones

Howell Lass Eyes '68 Olympics

By HAL BATEMAN
Journal Sports Writer

HOWELL — It's supposed to be a woman's world but there is a young lady in this sports-conscious city who doesn't agree.

Cindy Jones, a 16-year-old senior at Howell High School, is a promising shot putter who

not only trains with men but has to compete against them, too.

"During the school year, I worked out with the high school junior varsity team and this summer I train with the Howell Track Club," she said.

"It's a lot of fun working out with girls for a change," she admitted.

Cindy, who captured the Michigan AAU women's shot put title last week, also is finding girl's competition scarce.

"Take the case at the recent U.S. Track and Field Federation Meet at Michigan State.

There wasn't a girl's shot put on the program so she entered the junior boys competition and placed fourth. In all fairness to the boys, however, she was throwing an eight-pound shot while the boys were tossing a 12-pound sphere.

To put it mildly, Cindy is a big girl — 5 feet, 10½ inches and 188 pounds — but it takes a big girl to throw the shot put. You won't find any excess weight on her since she undergoes a fairly tough training schedule each day and has been lifting weights since last fall.

A B-student, she would like to attend college and major in physical education. In fact, most of her goals are long range at this stage.

Most track athletes have the ultimate goal of competing in the Olympics and she is no exception. However, it's not the 1964 Games she's interested in. It's the 1968 Olympics in Mexico City she's pointing for and if she continues to show improvement she has a good chance of getting there.

ner in half-miler Donna Williams.

The only time she practices with girls is twice a week when she works out with the Ann Arbor Anns, top women's team in the state.

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"She has all the possibilities in the world," said Duane Zemper, coach of the Howell Track Club who was an outstanding distance runner while at Michigan Normal (now Eastern Michigan) about 20 year ago. "She's just learning and when she gets arm strength, she could be the best around."

This is Cindy's first year in track but she posted an impressive performance in Flint last week. She broke the Michigan AAU women's record by almost seven feet with a heave of 37 feet, 7 inches.

She's done 41 feet in practice and feels that by strengthening her hands and wrists she can add four to five feet.

The National AAU women's meet was won this year at 46 feet, 11 inches and the American record for women is

54 feet, 9 inches. That's with a four-kilogram shot (8.8 pounds) while Cindy so far has been using a regular eight-pounder. She will throw the four-kilo shot next year.

In her daily training she runs from one to three miles, puts the shot 25 to 50 times, does some isometric exercises and adds some 50-yard sprints.

Cindy probably would be good in any sport. In physical education classes at the high school she's done 300 situps, 60 pushups, run 660 yards in 2:19 and thrown a softball 160 feet. She also has shown unusual speed for a girl of her size. She's been clocked in :07.5 for the 50-yard dash.

Later, Cindy will try the discus and the javelin, but right now her immediate aim is to become the nation's best in the shot put.



CINDY JONES
Promising Shot Put Prospect

Major League Standings

AMERICAN LEAGUE				NATIONAL LEAGUE			
	Won	Lost	Pct. Behind		Won	Lost	Pct. Behind
Baltimore	69	37	.619	Philadelphia	56	38	.596
New York	57	36	.613	San Francisco	56	41	.577
Chicago	57	38	.600	Cincinnati	51	44	.546
Los Angeles	51	50	.505	Pittsburgh	49	43	.533
Minnesota	48	49	.493	Milwaukee	47	47	.500
Detroit	48	50	.490	St. Louis	48	48	.500
Boston	48	51	.485	Los Angeles	47	48	.495
Cleveland	45	52	.463	Houston	44	54	.449
Kansas City	38	39	.492	New York	30	68	.308
Washington	37	65	.363				

Saturday's Results
 Los Angeles 18, Kansas City 2
 New York 14, Detroit 7
 Boston 4, Cleveland 3
 Chicago 4, Minnesota 5, 13 Innings
 Baltimore 5, Washington 4

Sunday's Games
 New York (Downing 7-2 and Daley 2-2) at Detroit (Rakow 4-4 and Resan 4-4) at Oakland 1-2, 2
 Minnesota (Stirman 3-4 and Pascual 10-8) at Chicago (Peters 11-4 and Burhard 3-3), 2
 Washington (Sherhouse 6-4) at Baltimore (Jacknelly 7-7)
 Los Angeles (Oulinki 1-2 and Meyer 1-4) at Kansas City (Santiago 6-2 and Bowfield 5-1), 1
 Boston (Wilson 16-3 and Earley 1-1) at Cleveland (Stango 4-9 and Ramos 4-7), 2

Saturday's Results
 New York 10, Milwaukee 0
 St. Louis 10, Philadelphia 9
 Pittsburgh 6, Cincinnati 3
 San Francisco at Los Angeles, night
 Chicago at Houston, night

Sunday's Games
 San Francisco (Herbel 7-5) at Los Angeles (Koussis)
 Pittsburgh (Gibson 7-3 and Velez 11-4) at Cincinnati (Tishouris 6-4 and Jay 4-1), 2
 St. Louis (Sadecki 1-3 and Richardson 6-0) at Philadelphia (Booser 1-0 and P 4-1)
 Milwaukee (Blasioparne 2-3 and Soahn 4-11) at New York (Jackson 5-11 and Lary 1-3), 2
 Chicago (Jackson 13-7) at Houston (Johnson 6-9), night

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