

# Carol Frederick Astounds Her Coach

By Wayne DeNeff

Michigan's first female member of the United States' Olympic track team came from Ann Arbor and it's possible the city will furnish the second, too.

The first was Francie Kraker, lithe middle distance runner who participated in last year's Olympic Games in Mexico City.

The second could be Carol Frederick, 15-year-old distance runner with bouncing ponytails who astounds her coach every time she runs.

"Carol's a natural," says Ken Simmons who also was coach for Miss Kraker. "She always does better than I expect and it's hard to say just what her limits are."

Miss Frederick qualified for the women's national AAU meet which was held at Dayton, Ohio, earlier this month.

She started dead last in the 1,500-meter race but soon started picking off some of the best runners in the nation. She passed one, two, three, four, five, and a sixth and finally finished sixth in a top-notch field of 12—not bad for a youngster just out of Slauson Junior High.

"She keeps her head and follows directions. She remembered everything I told her," says the enthusiastic Simmons.

Miss Frederick was timed in 4:44, her best ever.

The race was won by Doris Brown, who, in her mid-20s, is at the peak of her career. Miss Brown's time was 4:29.4.

Does Carol think she can win a national championship

sometime in the future?

She wrinkles her nose. "That 4:29.4 was an awfully

good time," she says.

Participation in the Olympics is just a dream for Carol



CAROL FREDERICK

## Jack Clancy Wants Top Billing Again

BOCA RATON, Fla. (UPI)—Jack Clancy, former

but she is one of a group of new, young track stars emerging in the 14-to-17 age group who will carry U.S. hopes in the Games at Munich in 1972.

And these girls explode the old vision of the female athlete as big and muscular.

These youngsters are thin and attractive. Some are tall and some are short. Most of them wear their hair in ponytails. Mostly they are extroverts — talkative, excited, happy, enthusiastic about the new opportunities they have found for self development. They were out in force in the AAU meet.

Carol is 5-3 and her normal weight is about 100 or 101 pounds. She was rejoicing the other day when the weight indicator pointed around 105 pounds.

Coach Simmons says she needs a little more leg muscle to increase her speed and she is aiming to weight between 105 and 108 pounds. Once a week she carries a two-and-a-half pound weight in each hand as she drills for

an hour or two twice daily at Ferry Field.

"Just carrying those wrights is bound to improve her leg muscles," says Simmons.

There are two significant things about the sophomore-to-be at Pioneer High.

1) She is only 15 and has been training diligently for a relatively short time.

2) Her coach is "amazed"



KEN SIMMONS

at her ability to eliminate fatigue — indicating superb respiratory and circulatory systems, inherited by only a few.

Her stamina was one of the first things which caused Simmons to single her out as a runner of much more than normal potential.

Months ago, when Carol was first starting to run with the Michigammas, Simmons noted that she could be away from practice for days at a time and still run with ease right along with the others how had been practicing regularly.

Miss Frederick runs effortlessly and her coach ranks her today at a stage of development comparable to Miss Kraker when she was about 18.

Carol and her twin sister, Linda, are the youngest of five children of Prof. and Mrs. Julian R. Frederick. Prof. Frederick is a faculty member of the mechanical engineering department. Jim and Richard are Michigan students while Connie is enrolled at Pioneer High.



## Cub Fans Are Causing All Kinds Of Excitement

CHICAGO (AP)—In the middle of the night as the saloons start closing, small groups begin huddling at certain vantage points.

By daybreak, regular lines have formed. Around 10 a

the beer sold in the park is sold in that section. All they do is drink beer, cheer and have fun."

Despite the two recent week-day series in which the Cubs and the New York Mets played

continued, "just so that you don't lose to the other team. There could be rivalries like that if the Cubs and Sox were in the same league or what do you think they would draw if Oakland and San Francisco