

# Training Pays Dividends For Girls' Track Teams

By Bill Anderson  
 (News Sports Writer)  
 Saturday, there will be state track and field meets for the two city high schools on such

widely separated fronts as Flint and Grand Rapids. Huron and Pioneer will be sending boy's contingents to Flint Northwestern for the Lower Peninsula's Final Class A Meet. The same two schools will be sending 14 girls to the Lower Peninsula's Final A-B Meet at Grand Rapids' Houseman Field. The times will be faster, the heights higher and the distances longer at Flint but the

same desire to compete, excel and win will be just as present at Grand Rapids.

This may be the only difference between the boys and girls' track and field programs at the two high schools — the differences in the final results.

John Goodridge wouldn't change his basic approach to coaching even if he were coaching the boy's team at Huron High instead of the girl's squad.

"Sure, there may be some differences in technique," he said, "but really I don't think there is any basic difference between the two programs from a coaching point of view. I treat the girls the same way as I would treat a boy. They can run the same distances but not as fast. They can do the same stress workouts."

The girls qualified for the state meet by their performances earlier this month in the regional meet at New Boston Huron.

Pioneer qualified two individuals and a relay team. The 800-yard medley relay team of Anna Vangelatos, Ann Conlin, Nancy Lindner and Sue Koebnick was third.

Roberta Zald won the shot put title and Brenda Hutton was third in the 80-yard low hurdles to meet the "third place or better finish" to qualify for the state.

Injuries could cast a shadow over Pioneer's hopes for a good showing at the state meet.

Miss Vangelatos is suffering from a leg injury while Miss Koebnick is hampered by a foot injury. If they can't run on the relay, Laura Bataskas or Laura Adamson could find themselves pressed into duty.

Worrying about injuries is nothing new for Wilson. This is something that he has had to contend with for most of the spring.

"We started out with a whole bunch of kids," the computer operator for an automotive company said. "We had 40 girls out for track at one point early in the season."

"We just ran into a stretch of bad weather, injuries and though competition early in

the season. Maybe, we just tried to do too much too soon."

There isn't any question Pioneer ran into a buzzsaw early what with competing against Lincoln Park, Walled Lake Western and Adrian. These comprise some of the best in the state.

"We ran in the Lincoln Park Invitational. They had a good AAU club program and there were two good teams from Toledo, too. We lost to Western, 61-25, and Adrian killed us on the sprints."

"We ran very well in all of these meets. We found a bunch of talented kids. But we lost some good ones through injuries. It really hurts when you lose a good one."

Huron qualified four individuals and two relay teams.

Ann Forshee, a placer in national competition, won the regional one mile run title while Carol Glysson qualified for the high jump and 800-yard run events with third place finishes.

Cindy LeClair took a third in the 220-yard dash and Leslie Laviolette was a qualifier in the 40. The relay team of Irena Eitel, Sarah Richardson, Connie Comstock and Miss LeClair put the unit in the state meet.

A second from the 800-yard medley relay of Miss LeClair, Miss Richardson, Miss Comstock and Cindy Damon also put the team in the state meet.

Goodridge and his wife, the former Francie Kraher, are in their second year of coaching the girl's track squad and they have a good nucleus back from last year.

"We had four girls go to the state a year ago," Goodridge said, "and a relay team. Three of them, Irene, Cindy and Connie are on our team this year."

"We have a small team, but we do have people who are interested. We have a 7-1 dual meet record."

All three coaches have had to do a selling job both to the girls themselves, the student body and general public. They are starting to see some breakthroughs.

"The program hasn't got similar support as the boys nor that attention the press as the boy's teams. We just got uniforms for the team two weeks ago."

He has sold the girls on the idea of competing against themselves, that is, trying to improve their jumps, throws and times.

"A person can achieve satisfaction by reaching a personal goal," Goodridge said. "Once Mrs. Goodridge loan-

ed a pair of spiked track shoes to one of the runners. These were the same shoes she wore at Mexico City in 1968."

The girl was so excited that she went out and ran her best time. The next question was when could she wear them again.

"When I started running 13 years ago," Francie said, "Ken Simmons had me training three days a week. There just weren't any studies or statistics available on training girls for track."

"Now we start girls off training every day. We know that we can train them a lot harder than when I started. It's paid off."

There isn't any question that Wilson is pretty pleased and proud with his squad this spring.

"Coaching is a lot of luck and a lot of good kids. The girls can make you look like the best coach in the world."

"I won't consider a win-loss record in determining whether this season is a success. How well did they perform up to their capabilities? That's the important question."

"When the state meet is over and the season is completed, I think I'll know the answer to that question. I'm certain that in most cases it will be a successful year."



(News photo by Jack Stubbs)

## On The Run

Seven of the eight Huron High qualifiers for the girl's state track and field are on the run getting ready for Saturday's Grand Rapids competition. They are: (left to right) Leslie Laviolette, Carol Glysson, Sarah Richardson, Connie Comstock, Cindy Damon, Ann Forshee and Cindy LeClair. Irene Eitel will also be competing for the hometown forces this weekend.

## Masters Earn Suntans

(Special to The News)  
 FT. LAUDERDALE — Dr. and Mrs. Merle Lawrence really had to earn their suntans by competing in the AAU National Master Short Course Swimming Championships here at the Hall of Fame Pool.

Dr. Lawrence placed eighth in the 50-yard freestyle and took a ninth place in the 1,650-yard freestyle. Bobbie placed second in the 1,650, 500, 200, and 100 freestyle races plus taking a fourth place in the 100-yard individual medley.

The meet drew together swimmers from all over the nation in this age group of competition that is growing by leaps and bounds each year.

**Ink Long Term Pact**  
 NEW YORK (AP) — Centers Bob Hyland and John Hill have signed long term contracts, the New York Giants of the National Football League announced Wednesday.

Hyland, a veteran of seven seasons, is being counted on as the No. 1 center.

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## Final Qualifiers

The Pioneer High contingent for the girl's state track and field meet will consist of six competitors. Shot putter Roberta Zald will be joining (left to right) Ann Conlin, Nancy Lindner, Brenda Hutton, Sue Koebnick and Anna Vangelatos for Saturday's finals at Houseman Field in Grand Rapids. Miss Zald is a regional champion. (News photo by Cecil Lockard)