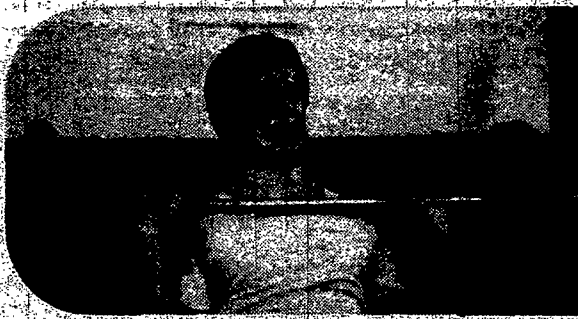


Around Rap Around Rap Around Rap Around Rap Around Rap Around Rap Around Rap



Photos by Susan McKinney

With a look of agonizing determination, Bishop Kearney's Phil Oberst tackles a military press during weight lifting exercises. While outdoors, what looks like an attempt at ballet is really some fancy foot and body moving drills to develop smooth-field maneuvers. Over on the track Mike Sassone gives football team manager John Ziemba his completion time for his warm-up mile run.

The Agony of Physical Fitness

By JOAN M. SMITH

"This camp is the best camp and it's the best thing for football," gasped Bishop Kearney student Mark Bollin. His teammate, fullback Max Schlueter, wholeheartedly agreed but could only nod as he struggled to catch his breath. Both boys had just completed a gruelling two hour endurance work-out.

The camp they referred to is BK's Physical Fitness Program which started Aug. 9 and continues for two weeks. Its aim is to combat the students' physical summer slack-off and produce a well-coordinated, physically fit body. To accomplish this, the camp program focuses on speed, agility, strength and flexibility with the participants sampling all these areas on a rotating basis.

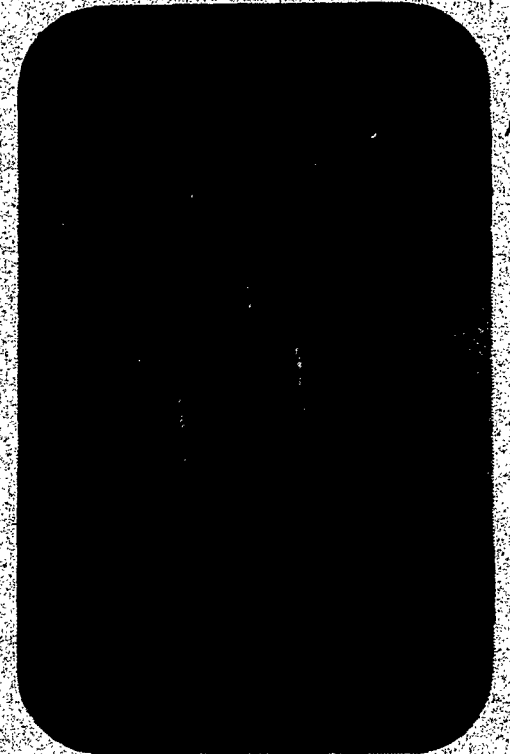
The school's gym and outdoor practice fields are filled with grunts, groans and gasps as the athletes (in soccer, basketball, tennis, and football) rigorously go through their paces in a marathon of physical conditioning.

In the weight room, under the expert eye of Don Della Vella, a Kearney coach for 11 years, the athletes "pump iron," pitting their strength against the muscle-toning military and bench presses.

In another part of the gym, coaches Terry Popovich and Mike Nally hold court where their groups struggle in a race against the clock to scale ropes, chin up climbing blocks and endure body numbing balance maneuvers on the parallel bars.

Out on the practice fields with legs stretching, chests pumping, and feet pounding, other groups run the mile, sprint, and perform foot drills along with a full complement of calisthenics. This is all done to the tempo of shouted orders and words of encouragement from the coaches.

"Come on Sassone, last lap—let's finish fast," was yelled at Mike, a Kearney sophomore as he rounded the final lap of the track.



BK coach Terry Popovich counts down as John Walsh balances himself on the parallel bars for endurance test.



Craig Cotroneo hefts military press while Alvin English checks to see if it is in correct position for lifting.

"Good job, Costello!" shouted coach Brian Chadwick at Brett, another BK sophomore who had just completed a fast sprint.

The camp means work, work, and more work for the boys who attend but they enjoy the challenge to their physical skills.

Though their coaches demand performances that seem to stretch physical limits, the young athletes relish meeting the standards set by the program.

As one student was overheard to say as he gritted his teeth for another round with a huge weight, "If you can survive these two weeks you can get by anything."

A Summer 'Following the Sun'

By JOHN DOSER

John Kircher, 16-year-old McQuaid senior, is having a great summer.

Last week he was in Reston, Va., competing in the National Insurance Youth Classic Golf Tournament after qualifying as medalist (with a 36-hole 149) in a one day test at State College, Pa., the previous week.

Prior to departing for Reston, he carded a three-under-par 69 at Locust Hill to win medalist honors in the Rochester U.S. Junior Amateur Tournament.

Kircher, who teamed with Mike Mercier, John Salamone and Joe Carisi last year to lead McQuaid to the City-Catholic League championship, plays in excellent high school company.

Mercier owns a four-handicap at Oak Hill, Salamone is Locust Hill club champion, and Carisi is a steady 70-shooter at Midvale. All but Mercier are back for the Knights next season.

Last year Kircher competed in the National Amateur

at age 15, a distinction held by only one other player in U.S. golf history — a fellow named Jack Nicklaus.

Is Kircher another Nicklaus? Monroe Golf Club pro Don Richards says it's difficult to compare the two.

"My personal feeling is that he has as much potential as anyone I have seen, to go on to college and to go out on the pro tour," he explains.

Richards has been a pro for 12 years, six at Monroe. He's watched Kircher develop a basic, natural golf knack — as he grew physically — into a mature, steady golfer.

"He couldn't swing now like he did three or four years ago, because he's about eight inches taller and 40 pounds heavier," Richards says.

Refinement on the swing, an individual thing, according to Richards, means slight adjustments here and there to try and create a better position from which to strike the ball in order to hit it farther.

Kircher, who now stands about 5-10, 155 pounds, is rated by Richardson as one of the top, if not the best, of the current crop of Rochester area high school golfers.

He's won the last three junior titles at Monroe, but this year he will be competing for the men's club championship, for the first time.

The cutoff for the junior competition is 17, but conflicts gave Kircher a choice of tournaments and Kircher in Virginia during the junior test, elected to compete in the club matches.

High school golf is good for Kircher and all other high school linksmen, Richards believes, but he suggests that any high school golfer with potential should go south to college in order to get the playing time and expanded schedules necessary to accommodate that potential.

Kircher and Mercier, incidentally, will defend their title at the John R. Williams Tournament next month at Oak Hill, an invitation open to qualifiers of all ages.

When the summer is over, Mercier will depart for Ohio State, but Kircher and the rest of his McQuaid teammates will hit the books for the last time at the Elmwood Avenue school.

Only then will he be able to look back and realize just how great summer really was.