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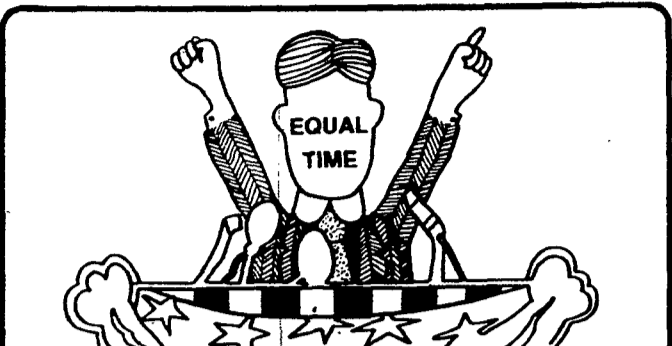


Photo by Susan McKinney

A great change is taking place in women's sports. High schools and colleges are adding more sports and money to their athletic programs for women.

High school sports for girls benefit the participants as well as the school. The opportunity to participate in sports opens up a new world for the high school girl. She is free to break away from the home-ec stereotype. Her hidden athletic skills can be developed.

The feeling that comes over a girl after completing 15 wind sprints is exhilarating. Yes, she is dying and gasping for air, but she did it. She has pushed her body to its ultimate point.

How many schools 10 years ago had soccer, volleyball, field hockey, swimming, basketball, track or gymnastic programs to offer to their women students? Not many.

In my four years at DeSales High School, I have seen the girls' athletic program change dramatically. In the 1974-75 school year, only one sport — basketball — was offered to girls. Volleyball was added in 1975-76, signalling that girls' sports were here to stay. Softball and soccer were added in 1976-77.

A jump from one sport to four in three years at a small high school is a positive change. Girls need the chance to express themselves in competition just as boys do.

This quick expansion brings problems. Where will financial support come from? Where can qualified coaches be found?

Booster clubs and student activities such as dances and car washes raise money.

Finding experienced coaches is another problem. Because widespread participation by women in athletics has not occurred until recently, there are few women who have first-hand knowledge of the sport they are coaching. The rapid expansion of women's athletics has created a shortage of qualified women coaches. But teams make the best of the situation.

Feeling her body acquiring coordination and developing endurance gives a girl an important sense of accomplishment. So, fellow sisters in sports, keep up the running — for the time will come when you will look back on your high school years and realize that sports were an important part of your development.

Do you like to read?

DESALES

Debbie Hickey, sophomore, varsity sports.

"No, because there are better things to do. If there is nothing else to do I'll read and if I hear about a good book I'll read it. Kids would rather do other things than read but we should read more than we do because it is easy remembering what you read rather than what you have heard by just listening."

Linda DeRaddo, sophomore, cheerleader.

"Yes, any kind of book I've read The Pearl which showed the significance of the pearl in a family that was once poor. I don't think kids spend enough time reading because they think it's a waste of time. Reading improves you so you can understand the other subjects. When I do read a good novel it crosses my mind just how difficult it must have been for the author to have written it."

Matthew Peters, sophomore, football.

"Yes, biographies. I read them because I learn about famous people and what they've done. I find kids are reading less than ever because they spend their time with other things like sports and they don't think reading is important. Reading is important because it increases the vocabulary and you learn about other countries and cultures."

Mary Czupalk, freshman, cheerleader.

"I sort of like to read because it's fun and I prefer mystery stories. I think kids are getting away from reading because they'd rather watch TV and things like that. Before we started high school we were given a list of certain books to read."

Tom Rickey, sophomore, basketball.

"Yes and I prefer adventure novels. Today's kids don't spend as much time reading but they spend enough. I think you should read as much as possible not only to increase your vocabulary but for enjoyment. I've read The Last of the Mohicans for extra credit and thoroughly enjoyed it."

Kathy Augustine, sophomore.

"Yes. I like to read just about anything. I don't think the young adults read as much as they should because they spend most of their time in activities. It is interesting to read and it is the best way to find out what's happening in the world. I've read Black Like Me and found it interesting and I learned that everyone should be treated equally."

Carolina Bellono, freshman.

"Yes and I like mystery stories and those about animals. Kids today don't read as much because there are more things to do. I feel it is important to read especially the newspaper so you know what is going on in the world."

Jim Colizzi, junior, year-book staff.

"Yes and I like novels about sports. The kids aren't reading as much as they should because there are more things to do. They like to read the things they want and not what they should. Reading keeps you informed as to what is happening."

ND Coach Looks to Victory

This year there is a new face in the Notre Dame High School cross-country program. Dan Hurley takes over coaching duties with the enthusiasm only a rookie can display. He is assisted by former track standout, Tim Karski.

The squad is led by Tom Curran, Mike Caso, Pete Bamford, and Dave Nickerson. Other returnees include Chris Karski, Andy Watts, Jerry Rutzke, and Chris Kozlowski. The team is looking for a bright future from this year's newcomers; Joe Curran, Mike Karski, Don Reynolds, Dan Foy, and Kevin Carges. Also, the girl's

squad consists of the ever present Barb Lewis.

The teams strength this year comes not in its numbers but in the experience and determination of the team. This year, Notre Dame's distance runners are assured of being in the fight for the Bi-State crown.

In the Campton races held in Wyalusing, Pa., varsity runners Tom Curran and Mike Caso took first and third place overall in a field of 180 runners.

"We feel we have a good chance to win our division," commented Coach Hurley.

A Call For Music

Aquinas Institute has a number of students who are serious about learning to play an instrument and becoming band members. Unfortunately the school doesn't have enough instruments to supply them all, especially trombones, clarinets, trumpets, flutes and tenor saxophones.

If you have an instrument that is going unused consider donating it to the band. To arrange a donation call the school, 254-2020. Pick up of instruments can be arranged.

Reach Out

High school students interested in developing leadership skills are invited to take part in the Reach Out program offered by the Catholic Youth Organization. The two-day training program will be given twice next month at Monroe Community College, on Oct. 15-16, with sessions running from 9 a.m. until 5 p.m. A \$12.50 fee covers materials and lunches. Details may be obtained from Pat Kennedy or Pat Larkin at the CYO, 50 Chestnut St., Rochester 14604; (716) 454-2030.

School Visit

Through a program sponsored by the Geneva DeSales Student Council, eighth graders will have an opportunity to visit the high school during the week of Oct. 20-26.

They will view at first hand the school's academic, athletic and social programs.

Mercy Fete

Saturday, Oct. 15 is the date for Our Lady of Mercy's Oktoberfest. The event will be held in the gym from 9 p.m. to 1 a.m. Tickets are \$5 per person and are available in advance by calling the school at 288-7100 or at the door. There will be a buffet meal and entertainment will be provided by The Crazy Firemen. All proceeds will be used for the school's scholarship fund.

Coffee Break

Bishop Kearney junior Rosemarie Donovan was one of the happy volunteers who served refreshments to the 900 teachers and administrators who attended the Rochester Diocesan Teachers' Conference held at the school on Sept. 16.



AQUINAS

Monday, Oct 10 — No school.

BISHOP KEARNEY

Thursday, Oct. 6 — Parents Alumni meeting.
Friday, Oct. 7 — First issue of Coronet.
Sat. Oct. 8 — ACT, Regents scholarship tests.
Sunday, Oct. 9 — Frosh skating party, gym; 5-8 p.m.
Monday, Oct. 10 — Columbus Day, no school.

DESALES

Monday, Oct. 10 — Columbus Day, no classes; Board of Trustees' meeting.

MCQUAID

Monday, Oct. 10 — Columbus Day, school holiday.
Wednesday, Oct. 12 — NEDT testing, grades 8-10.

NAZARETH

Friday, Oct. 7 — Chocolate drive holiday.
Monday, Oct. 10 — no school.
Tuesday, Oct. 11 — Adult education classes; 7:30-9:30 p.m.
Wednesday, Oct. 12 — Faculty meeting; dismissal 1:35 p.m.

OUR LADY OF MERCY

Thursday, Oct. 6 — Christian Action Movement leadership meetings.
Friday, Oct. 7 — CSMC dance.
Oct 7-9 — Senior trip to Toronto.
Monday, Oct. 10 — No school.
Tuesday, Oct. 11 — Faculty meetings, rm. 404; 3:15 p.m.

ST. AGNES

Thursday, Oct. 6 — Freshmen parents' night; 7:30-9:45 p.m.