

Heat Death in Football Said To Be Preventable

Heat deaths among high school and college football players could be a thing of the past if coaches and players follow recommendations made at a meeting in Chicago recently.

When football practice opens in a few weeks, the first hot days could be dangerous for players unless precautions to avoid heat illness are taken now, a panel of medical and sports authorities agreed.

Heat illness last year caused the deaths of one college football player and four, possibly five, high school players. It contributed to "close calls" and injuries of many more.

The five-man panel, appearing at a meeting sponsored by the American Medical Association's Committee on the Medical Aspects of Sports, agreed that:

- Prospective football players should get out of air-conditioned surroundings now and start getting accustomed to vigorous exercise in hot weather.

- Coaches should abandon the old practice of withholding water from athletes during practice. Failure to replenish water and salt lost through perspiration increases the chances for heat exhaustion or heat stroke.

- Athletes should be acclimated to hot weather by carefully graduated practice schedules. At least the first five days of practice should be devoted to non-contact workouts.

- Both coaches and players should be alert for signs of heat illness, such as lethargy, stupor, awkwardness, or unusual fatigue.

University of Kentucky football coach Charles Bradshaw said his squad's practice sessions were improved by regular breaks for water and rest. Overworking players in hot weather only decreases their efficiency, he said.

Said Purdue University's team physician, L. W. Combs, M.D.: "Coaches used to think that if a player lost a lot of weight on the first day or so of

practice, it was a good workout. Actually, all the player lost was body liquid — which is dangerous."

Allan J. Ryan, M.D., team physician at the University of Wisconsin, agreed with Dr. Combs. "Any player who loses more than three per cent of his body weight in a practice session is not getting enough salt and water," he said.

Excessive salt and water loss can result in heat stroke, an extremely dangerous condition, Dr. Ryan pointed out. Anyone can suffer heat stroke if he is active in hot weather and neglects to replace salt and water lost by perspiration. The result is a breakdown in the sweating mechanism and collapse.

If prompt measures aren't taken to get the heat stroke victim cooled immediately, the result can be death—sometimes within 15 minutes.

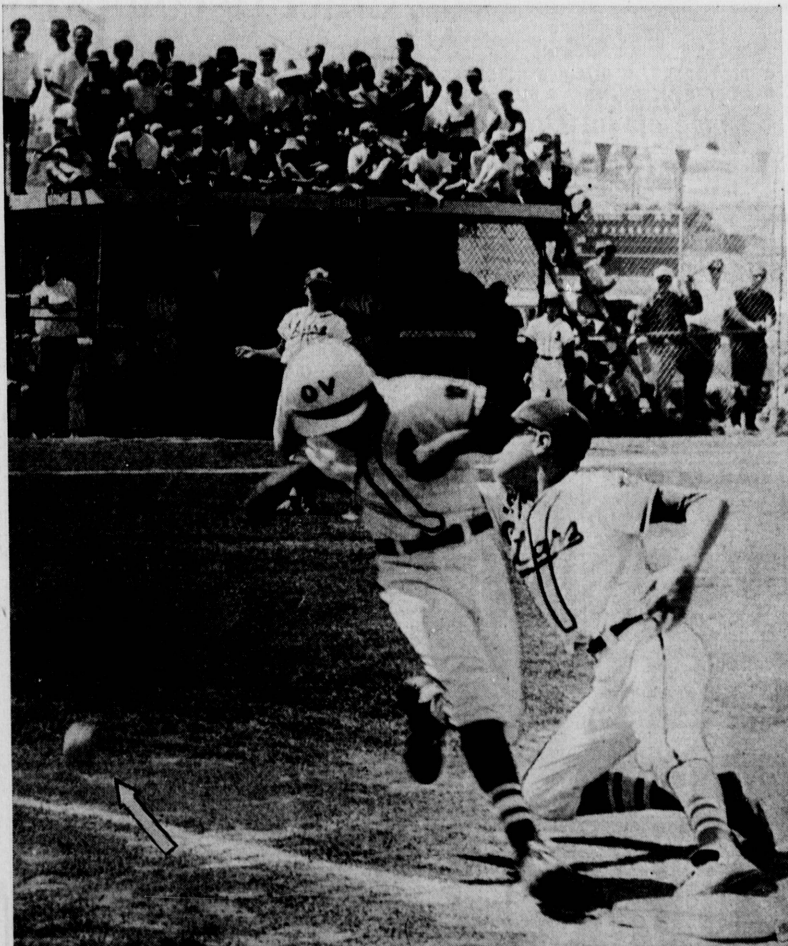
Approximately 850,000 boys in 14,500 U.S. high schools now play football, said Clifford B. Fagan, executive secretary of the National Federation of State High School Athletic Associations.

"The few deaths that occur in football can probably never be completely eliminated," Fagan said, "but we can eliminate deaths due to heat illness — they are preventable."

Coaches can avoid trouble by keeping a close watch on their players for the first signs of heat illness, said William E. Newell, athletic trainer at Purdue University and executive secretary of the National Athletic Trainers Association.

Parents can help protect their athlete-sons by watching for signs of fatigue and emotional strain, such as loss of appetite and poor sleep habits, Newell said.

Fred Hein, Ph.D., director of the AMA Department of Health Education and secretary of the AMA's Committee on the Medical Aspects of Sports, was panel moderator. Dr. Ryan is a member of the AMA Committee on Exercise and Physical Fitness, and is a past president of the American College of Sports Medicine.



OH! THAT SMARTS! . . . After the first seven batters were retired, Alvin Church of Oceanview got aboard in the third inning when Pitcher Dave Adair fielded his grounder and hit the runner on the helmet with his throw. The ball (arrow) eluded first baseman Gene Martin of Southwood. In the eighth inning Church connected for the only hit off Adair, a home run over the right centerfield fence, to give Oceanview a 1-0 victory in the Little League Section 6 playoff game at Torondo Field.

(Press-Herald photo by Mike Eggers)

Torrance Loses in Babe Ruth

Westchester defeated Torrance Babe Ruth League twice to win the double elimination tournament Sunday at Westchester.

After losing to Westchester, 1-0, in 10 innings of their first outing, Torrance won six games to get back into the finals before losing out, 8-2, Bob Fernley was the victim of both losses.

The 13-year-old team swept through its four district games, but lost two straight in the state playoffs, 1-0 to San Fernando in eight innings and 3-2 to Brawley in nine innings. This series was at Sherman Oaks.

Spike Smith and Randy Young, alternating on the mound for Torrance, beat Los Angeles, 15-0; Pacific American, 9-0; Westchester, 1-0; and Pacific American, 2-1.

Members of the junior team are Paul Adams, Richard Bongard, David Dillard, Jerry Esklund, Randy Hoag, Dave Klaesges, Bob Martin, Mike Moon, Mike Moton, Jim Mulleney, Pat O'Toole, Steve Pollock, Hal Pope, Dave Sather, Bob Salas, Spike Smith and Randy Young.

Babe Ruth tournament players are Mike Abrams, Fred Alegria, Fred Barry, John Butler, Randy Cross, Mike Davis, Steve Dominick, Bob Fernley, Bill Gilles, Gary Gazeley, Richard Martinez, Jack Peres, Al Schwaback, Stanley Snyder, Bob Thornton, Terry Waters, and Kenny Waters.

Friday Slo-Pitch

Wild Mustangs . . . 125 124-15 16
Rolling Hills . . . 210 100-4 8 6
Covenant . . . 200 031-3 4 10
Eubanks, Johnson and Giacomini
Gregerson (4); Zeig and Anderson.
HR — Reinert (WM)
Key Realty defeated Beach Buys by forfeit.

Monday Slo-Pitch

Warriors . . . 012 000-3 9 1
Engineers . . . 200 021-3 4 10
Johnson and Marshall; Shirk and C. Beckman.
Candy Glass defeated Knight Owls by forfeit.
St. Lawrence defeated K & R by forfeit.
Firefighters . . . 100 102-02-10 6
Roadrunners . . . 100 020-01-5 8 4
Oetting and D'Onofrio; Vaughn and Earley.

Church Softball

P.V. Puntasia . . . 204 103-6-16 20 4
Lutheran Good Shepherd . . . 020 010-0-11 10 3
Rohrbacher; Bares (1) and Lang; Olson, Farrell (7) and Moorman.
HR — Price (PV).
Walteria 1st . . . 440 200-1-11 11 6
Baptist . . . 000 211-2-6 7 8
Heron and Eggers; Stimac (4); Roberts, Colon (3) and Brewer.
HR — Crow (RB).
Laydall . . . 000 001-0-1 6 3
First Lutheran . . . 200 003-3-5 1
Church . . . 001 202-3-5 8 0
Johnson and Schmidt; Hamilton and Knates.
HR — Price (LCC).
Redondo Chapel . . . 000 000-0-0 1 2
Church of God . . . 001 202-3-5 8 0
Taggart and Herrington; J. Reynolds and Brooks.
Gardena Bible defeated Calvary Assembly by forfeit.

Press-Herald SPORTS

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Bowling For Better Scores

By Evelyn Teal 1964-65 All American Team



Position at the Foul Line

(Last of Seven Articles) In all sports, form plays a very important part and bowling is no exception. If you finish badly at the foul line, then you have improperly performed some basic part of the four-step delivery. If all the steps had been executed properly, you would finish with your sliding foot pointing directly toward the pins. Your shoulders will be parallel to the foul line. Your sliding knee would be bent slightly and to maintain good balance.

Slo-Pitch Teams Play At Redondo

The schedule of games for the Redondo Slo-Pitch Tournament Friday has Key Realty playing Zany Zoo at 7 p.m.; and Torrance CJ's playing Butler of Hawthorne at 10:45 p.m.
On Saturday Torrance Tappa Keggas plays the winner of Friday's late game at 12:45 p.m.
West Coast Slo-Pitch champion Gardena goes against either Key Realty or Zany Zoo at 9 a.m. Saturday.

Torrance Girl Wins In Skating

Jennie Walsh, 16, of Torrance won the senior ladies figure skating championship in the Arctic Blades' Third Annual Invitational for the third consecutive year.

Jennie was acclaimed first by all five judges for her excellence in compulsory moves and freestyle.

J. Misha Petkevich of Great Falls, Montana, won the senior men's division and the Helms Foundation special achievement award. He is the 1966 junior national champion.

Jennie, a junior at Torrance High School, is striving at a goal to compete with the United States' 1968 Olympic world team.

Arctic Blades Invitational was held in Paramount.

Sunday Softball

Aerotronics . . . 003 100-0-4 4 3
King's Men . . . 203 000-2-8 0
Winkle, Hunt (6) and Calafat
Myer (5); Pinkerton, Watson (6) and Duda.
HR — Myer (A).
Burgmaster . . . 000 002-2-4 8 1
Castle, McCaffrey (5) and Stevenson; Cannon and Williams.
HR — Caldwell (B).
Vital Construction Co. defeated Metal by forfeit.

Oceanview, 1-0

Southwood (0)	AB	R	H		
Notch, 2b	3	0	0		
Point, c	3	0	0		
Farrals, ss	2	0	0		
Adair, p	3	0	1		
Gerard, cf	3	0	0		
Jordan, 3b	3	0	0		
Martin, 1b	3	0	0		
Hustedick, rf	3	0	0		
Boydett, lf	1	0	0		
Boyer, ph	1	0	0		
McLaughlin, if	0	0	0		
Totals	26	0	1		
Oceanview (1)	AB	R	H		
Thomas, 2b	3	0	0		
Toppen, 2b	0	0	0		
Miller, 1b	3	0	0		
Goodpoet, cf	3	0	0		
Deater, lf	3	0	0		
Fulham, p	3	0	0		
Spaska, rf	3	0	0		
Ramirez, 3b	3	0	0		
Church, ss	1	1	1		
Bank, c	1	0	0		
Totals	25	1	0		
Score by Innings	R	H	E		
Southwood	000	000	0-1		
Oceanview	000	000	0-1		
HR — Church, FBI — Church (Two out in 5th when winning run scored).	IP	H	R	ERSO	BB
Adair (L) 7 1/2	1	1	1	16	0
Fulham (W) 3	0	0	0	13	0

HOME RUN IS ONLY HIT

Oceanview Tops Southwood, 1-0

By HENRY BURKE Press-Herald Sports Editor

The Little League tournament which decides a single world champion among more than 5,000 leagues has reached the halfway point on the six-week calendar. It took three weeks to eliminate some 4,550 teams and it will take just as long to reduce the final 64 American teams.

Coming up Thursday, Friday, and Saturday of this week is the Southern California playoff at Granada Hills. The regionals follow a week later at San Lorenzo and the World Series is Aug. 23-27 at Williamsport, Pa.

Pairings at Granada Hills are Section 5 winner San-Val Little League (District 14) versus Section 8 winner Compton American (District 28), and Section 6 winner Oceanview of Huntington Beach (District 55) versus Section 7 winner Ontario Western (District 23).

Oceanview won the Section 6 championship game at Torondo by blanking Southwood in eight innings, 1-0.

Section 6 is actually represented by two teams in the divisionals. Inasmuch as there are 11 districts in the section, a sub-section game between District 25 and District 28 (Compton) was played to qualify for the San Diego Section 7 tournament.

Compton defeated Oceanview, 6-3, and San Diego Lakeside, 3-0, to win the "border" title.

Oceanview's Alvin Church cleared the right centerfield fence for a game-winning home run with two away in the bottom of the eighth inning to beat Southwood, 1-0.

More than 1,000 spectators saw Southwood Pitcher David Adair handuff Oceanview without a single hit through seven and two-thirds innings.

Church, batting eighth in the order, hit a shoulder high pitch over the 190-foot mark.

The win went to Paul Fulham who allowed only an infield hit to Adair in the fourth. Adair gave up the only walk in the sixth and the base runner was left on third when Vic Jordan grabbed Derrick Miller's liner at third base.

Adair had 16 strikeouts and Fulham fanned 13.



WHAT A "JUAN-UP" . . . Giving it the "Juan Marichal," Paul Fulham of Oceanview used this type of delivery to pitch a one-hit shutout against Southwood in the Little League Section 6 championship game last Saturday.

(Press-Herald photo by Mike Eggers)

147 Youngsters Attend Laker Clinic at South

More than 2,300 Southern California youngsters participated in the 28 free basketball clinics conducted over the past six weeks by the Los Angeles Lakers.

Following conclusion of the final clinic session on Friday, Laker Coach Fred Schaus announced a total enrollment at the 28 sites was 2,353. Each participant was awarded two

free tickets to a Laker basketball game and 229 boys were winners of basketballs and Laker T-shirts.

Several clinics attracted more than 100 participants, with the two largest crowds of the series 155 at South Hills High School in Covina and 147 at South High School in Torrance.

Laker center LeRoy Ellis, one-year veteran John Fairchild, and rookie hopeful John Block from USC worked with Schaus at each session, demonstrating drills, teaching fundamentals, and offering individual instruction in all phases of the game.

Schaus praised high school coaches and recreation department personnel who assisted them at each of the three-hour sessions.

The free basketball schools were conducted at El Monte, Pomona, Lincoln, Morning-side, Compton, Glendora, San Marino, Arcadia, Redondo, South Hills, Temple City, La Habra, Westminster, Bellflower, Marshall, Artesia, Marina, Mark Keppel, Hawthorne, Lakewood, South, Foothill, Cleveland, Plus X, Monrovia, Dorsey, Rosemead and Villa Park high schools.

THIS SPACE AVAILABLE . . . For Cecil Wells of Torrance to wheel his Lotus-Ford through at Ascot Park. Wells will drive his racer during Saturday night's rear-engine and foreign stock car events at the local racetrack.