

• BELLE SPORTS • BELLE SPORTS • BELLE SPORTS •



Belle 1996-97 Volleyball Schedule

September

12 Winston-Salem State University/
Salem College
6pm (Home)

14 Bennett Invitational
9am (Home)

16 Barber-Scotia College
6pm (Home)

17 Piedmont Bible College
6pm (Home)

24 Peace College/Chowan College
6pm (Away)

25 Livingston College
6pm (Away)

27 Lynchburg College
6pm (Away)

30 Piedmont Bible College
4pm (Away)

October

2 Peace College
6pm (Home)

15 Chowan College
6pm (Home)

18-20 Women's College

Invitational
(Randolph Macon)

Attention Sports Enthusiasts
The Bennett Banner is seeking who are students interested in writing Belle sports stories. No experience is necessary. More information is available in the Banner office in Shell Hall C-2.

Be a step ahead of sports-related injuries when you wear the correct shoes

(NAPS)—Whether you are a weekend athlete or in training for a marathon, you might stay a step ahead of sports-related injuries if you wear the right shoes for the activity and make sure they properly fit your feet.

According to the American Orthopaedic Foot and Ankle Society (AOFAS), we can learn a lot from watching professional athletes prepare for competition. Some of the most important advice these athletes receive from orthopaedic surgeons—or medical doctors who specialize in foot care—is simple and practical enough for even the beginning athlete to follow.

Dr. Donald Baxter, a team physician for a track club, whose members included several Olympic runners, suggests the follow-

ing:

- Warm up and stretch before participating in any sport.
- Use proper athletic gear and seek competent training.
- Try to run on grass or dirt rather than concrete. Avoid prolonged running on slanted surfaces.
- Never run a major race in new shoes.
- Only wear shoes that fit.
- Make sure laces are tightly tied.
- When you begin running, always start with a slow walk progressing to a slow jog before you pick up speed. Avoid sprinting or sudden bursts of speed, which can cause violent jolts and ruptures of tendons and muscles.
- Take one or two days per week to allow your body time to re-

cover.

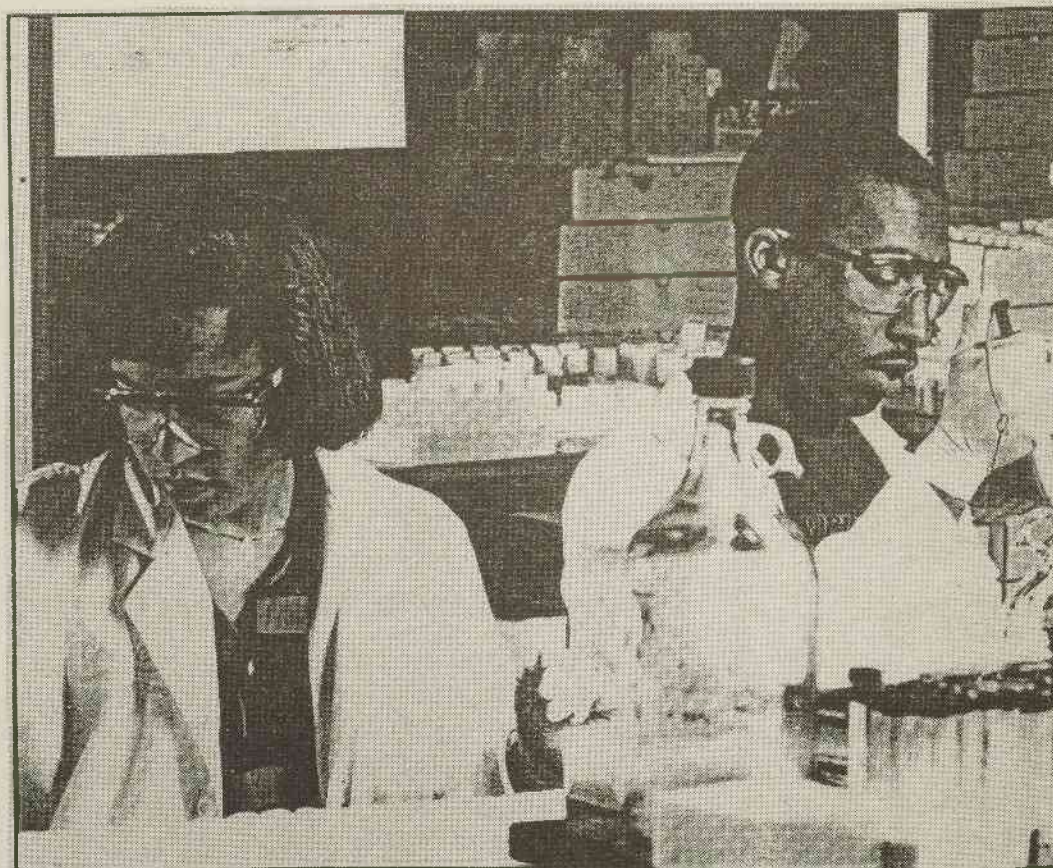
Preventing injury is an important part of the training regimen for athletes.

Studies show most injuries occur during training and when injuries such as pulled hamstrings, achilles tendonitis or tendonitis occur, it's difficult for an athlete to peak for competition.

Common problems among runners include blisters and blood under toenails from when feet slide in their shoes as a runner sprints around curbs. This causes friction and blisters as well as jamming toes and loosening toenails. For that reason, potential winners are often concerned about what we might view as minor foot problems. They can mean the difference between a world record and not even making the finals.

Pharmacy

...An Evolving Profession



For more information call or write to :

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