

One, Two, Three-Kick! One...

By JOEY LEIGH
DTH Sports Writer

Leg stretches, foot flexions and leg swings are but a few of the exercises that ballet and modern dance instructor Mrs. Bobbi Bounds Wilson taught 77 Duke football players.

Mrs. Wilson, a 23-year-old blonde beauty, was hired by trainer Otho Davis, formerly of Kent State, to teach fundamental ballet exercises. At Kent State under Davis, this same technique worked "real well" so Coach Tom Harp decided to give it a try at Duke.

"I taught one of Duke's coaches wives dancing last spring," said Mrs. Wilson, "so at a party she suggested my name. When I was contacted, I thought Coach Davis was some kind of nut. I saw that he was really serious when I saw films of the Kent State players."

Mrs. Wilson said she was "scared to death" the first day. She found that there

"wasn't anything to be afraid of." To them my lessons were "just business." The Duke football players received "coaching" from Mrs. Wilson for eight days (Sept. 1-9) for a half hour every afternoon.

"They left at quarter till three every day," she said, "so each day one player would say 'it's quarter till, good bye'. He would walk out and the others would follow him. They complained a lot because it took up a half hour of their rest period. They would have a morning practice, naps, my exercise session and then back to field."

The purpose of her exercises was to get the players' muscles in shape so they wouldn't pull explained Mrs. Wilson. "I gave them exercises used in modern dance and ballet for the whole body."

"The first day was hilarious," she continued with a laugh. "There was moaning and groaning all over the gym. They were pretty good sports, all in all. Sometimes, I had to twist them into the right position, which took some doing. I'd say that all 77 tried at least once to do very exercise."

According to Mrs. Wilson, ballet exercises would help every movement they might make on the football field (running, jumping, tackling and sudden stops). Most of the players were tight from summer weightlifting and needed to become more mobile.

"I'd like to say that they had only two pulled muscles," she said proudly.

Very pleased about Mrs. Wilson's exercise program, Coach Harp stated, "We had fewer pulled muscles in preseason than any time in my 15 years of coaching. We took quite a bit of needling, but we accomplished our aim in the program."

"Football players have bulky muscles," continued Harp, "subject in early season to muscle pulls. Although not serious, it would keep them out of practice. We used the 25-30 minutes as a calisthenics period, attempting to overstretch the muscles by using exercises of ballet dancers. Through this concentrated period, we hoped that when we started running, our muscles would be looser than they ordinarily would."

Mrs. Wilson said that she continually had to "watch what she said." They would find a different or funny meaning for everything. "The first day, I said 'everyone lie flat on their backs'. They thought that was so funny," she said.

"Some of the players did try to embarrass me," she stated. "I just pretended not to hear or notice these things. If I

had said a word, it would have been all over. Some were real gentlemen though. They were the ones who were interested and would quiet the others down. Some even asked me for exercises for particular parts of the body."

Recalling some of her experiences involving the players, Mrs. Wilson said, "They didn't know that I was married until a few days after I had been teaching. Each day I took Mike (her 5-year-old son) with me. He played outside for a while, but one day he wandered in saying, 'Mommy, Mommy'. They all looked at me in astonishment. From that time on, they stopped calling me 'Coach' and started calling me 'Mrs. Wilson'."

She said that she honestly did not learn a single name in the eight-day period, nor did she try to. She did recall a lot of familiar faces, those who were cooperative and those who were not.

"One of the players came up to me and asked what he could do for tension," said Mrs. Wilson. "He said that he couldn't see or be with a girl for two whole weeks. Another player had just gotten married a few days before. All that I could think about was those poor women."

Toward the end of the session, some could "really do the exercises, but there was no gymnast material," according to Mrs. Wilson. "After demonstrating the exercise, my main job was to make sure they weren't just sitting there watching me," she said.

"One of the coaches came in one day and asked 'How's the zoo doing today?'" Said Mrs. Wilson, "The players weren't that bad. They were real nice though and seemed to appreciate and enjoy the help that I gave them."

An avid Carolina fan, Mrs. Wilson told Coach Harp that she hoped Duke would win all

their games except one, the UNC-Duke game.

This type of program, although new to Duke and Mrs. Wilson has been used before. Kent State, Notre Dame and Michigan State are a few of the teams that have used dan-

cing calisthenics to condition in looking back over her eight day instruction of 77 football players, Mrs. Wilson said, "It was different, an experience. All in all, it was very nice. I'd like to do it for Carolina."



"But Coach, How's This Gonna Improve Our Running Game,"

Soccer Team Opens Against VPI Today

By DRUMMOND BELL
DTH Sports Writer

Coach Allen's soccer squad takes the field today against VPI, beginning what could well be Carolina's finest season in soccer history.

After a heartbreaking season last year with two overtime losses to perennially strong Navy and Maryland, the bootmen return with twelve lettermen and a strong group of sophomores.

The starting team consists primarily of the same 11 as a year ago. Newcomers to the line - up are sophomore Jim Crane at right wing, inside left Willem Polak, who saw considerable action last season and right halfback Larry Heath, who last year was used as a wing.

Carolina's scoring punch will depend on center forward Jim Johnston, insider right Jack Writer and left wing John Loud. Last season these three contributed for over half of the Tar Heels' goals.

The defensive unit should be one of the finest in the nation. Lead by co-captain Jim Hammer at center half, and

fullbacks Bronsan Van Wyck and Larry Henry, the bootmen have experience and speed to cope with any offensive unit.

The responsibility of controlling the center of the field rests on the shoulders of right half Larry Heath and left half Dan Galves. Both of these players are returning lettermen who have shown great hustle and should be excellent replacements for the academic minded Gordon Cadwgan.

In co-captain Bob Johnson the bootmen have one of the South's best goalies. Last season Johnson alternated with co-captain Tom Roberts.

This year the team is also blessed with a strong bench. Hal Minis, after a year in France returns along with sophomores Wisdom Ngambi, Jamie Canfield and John Gussenhoven.

Coach Allen is pleased with the progress of the team and feels he has a good scoring punch, good shooters and excellent speed.

With these attributes the game on Fetzer field should be a good one and there's nothing better than a good crowd to bring out the best in the players and start the season off on the right foot.

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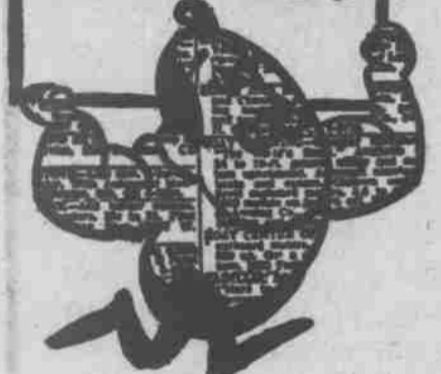
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Grid Test

Q. What Carolina coach held office longest at UNC?

A. Carl Snavely coached a total of 10 years at Carolina, eight of them in succession from 1945 to 1952. Chuck Collins, who coached eight straight years, and Jim Hickey, now beginning his eighth, are next in line.

Q. Army and Carolina have met one time on the football field. When did that occur?

A. The game was held at West Point in 1944, and Army plowed under a war-weakened UNC squad by 46-0. Big Doc Blanchard ran wild, scoring once on a run of 60 yards.

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Varsity HELD OVER

Hitchcock

ATLANTA GA. (AP) - Billy Hitchcock, who sent the Atlanta Braves on a late-season surge after he was hired as manager Aug. 9, was required yesterday for the 1967 season.

The Braves climbed from seventh place and 12 1-2 games back into fifth under Hitchcock. The club won 31 of 48 since Hitchcock was named to replace Bobby Bragan.

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