

Coach or instructor? It's a difficult choice for P.E. faculty members to make

by Will Wilson
Staff Writer

The Department of Physical Education is, in large part, a training ground for coaches. It is the natural place to look when someone needs a coach, since, theoretically at least, those doing the training should make the best coaches.

The Department of Athletics in recent years has been searching for coaches almost constantly because of the proliferation of new sports on the varsity level.

What an easy task it must be for Director of Athletics Bill Cobey to walk from his Carmichael Auditorium office to adjoining Woolen Gym, where P.E. Department Chairman Dr. Carl Blyth's office is, and say, "Carl, how about loaning me a couple of coaches this season from your staff?"

What Cobey is asking for is part-time help. All of the new sports are currently nonrevenue-producing ones. Thus, they are causing the financial pie of UNC sports to be cut into thinner and thinner slices, while not causing an expansion in pie diameter at all.

"I don't think our budget can stand adding any more full-time coaches," Cobey said recently. "We're going to have to depend more and more on part-time help, since there are so many more sports."

So, in fact, Cobey, as did his predecessors, has done just that—hired several people



Staff photo by Charles Hardy
Bill Cobey: 'Our budget can't add any full-time coaches'

part-time out of the P.E. Department. The combination seems perfect, since Cobey needs them and they want to do it.

But the potential for conflict of interest

exists, simply because coaching takes time away from academic pursuits of P.E. Department personnel. Even if they are part-time helpers in the athletic department, they are still full-time instructors in the P.E. department. The coaching is a time-consuming sideline, with extra pay.

"You have to look at the other fellow," Blyth says. "He sees the guy down the hall leave after teaching class and not come back the rest of the day, while he's devoting all of his time to professional activities."

But Blyth emphasized that it is an individual matter with each instructor. "Ninety per cent of the people coordinate the two fine, but there are always two or three cases where it doesn't work," he says.

He cited Dr. Marvin Allen, who is retiring this year, as an example of the 90 per cent. Allen coached soccer and taught a full course load for more than 30 years.

"Dr. Allen never left a class not taken care of properly," Blyth says.

Allen is rare in that he never had to decide between coaching and the P.E. department. UNC is full of people who have reached or will reach a point in their lives when they have to choose. Persons like Pat Earey, Fred Mueller and Boyd Newman chose physical education. Persons like Walter Rabb chose athletics. Persons like Dr. Angela Lumpkin have not had to choose yet.

Lumpkin, as an instructor of three classes, director of the P.E. required program and coach of women's basketball, usually has quite a day lined up when she wakes up in the morning.

"What I do now I love," she says. "I'm 26 and not married. I am here (on campus) from 8 a.m. to 10:30 p.m. each day. I take one hour for lunch and no time for supper. I spend two hours working after I get home. If I were married, I couldn't do all this."

Of that 16-hour day, a varying length of time is spent on basketball.

"Practice takes two to three hours," Lumpkin says. "Sometimes I will spend eight hours a day on basketball and other times

just practice time, depending on what has to be done.

"Five years from now, this might be all different, but right now I haven't made up my mind which one I like best."

In contrast to Lumpkin is Bill Lovingood. He is 45, married, with four children. Lovingood is a baseball man. He set and still holds the Atlantic Coast Conference record for lowest earned run average while pitching at Wake Forest. For the past 19 years, he has been an assistant coach at UNC.

But this spring, for the first time, Lovingood will be spending his afternoons in his office rather than on the baseball diamond.

"It's a hell of a dilemma," Lovingood says. "Here I am at a point where I need as much money as I'll ever need, and I give up \$1,200 to \$2,200 (his coaching supplement)."

"It just came down to being told by three different department heads that if you persist in coaching, you will be holding yourself back, I guess."

But Lovingood says the money factor is not the main problem. His love for the game and helping young players are what he hates to leave.

"I've been in baseball for 26 years, and now I just walk away from it. I believe I've shown I have some competence in baseball and can contribute a lot to a university that has set a goal of excelling."

But Lovingood conceded that being off the baseball field does contribute to his P.E. department activities.

"By not coaching, I'm in the office and accessible to students and their problems. I'm free now to read more journals, too. I feel like I'm doing a better job of teaching classes. I'm half-happy."

"There is not a formalized agreement between the two departments," Cobey said. "Perhaps it would be appropriate, but there's a lot of history behind this, and I've only been athletic director for a year. Perhaps in the future an agreement can be made."

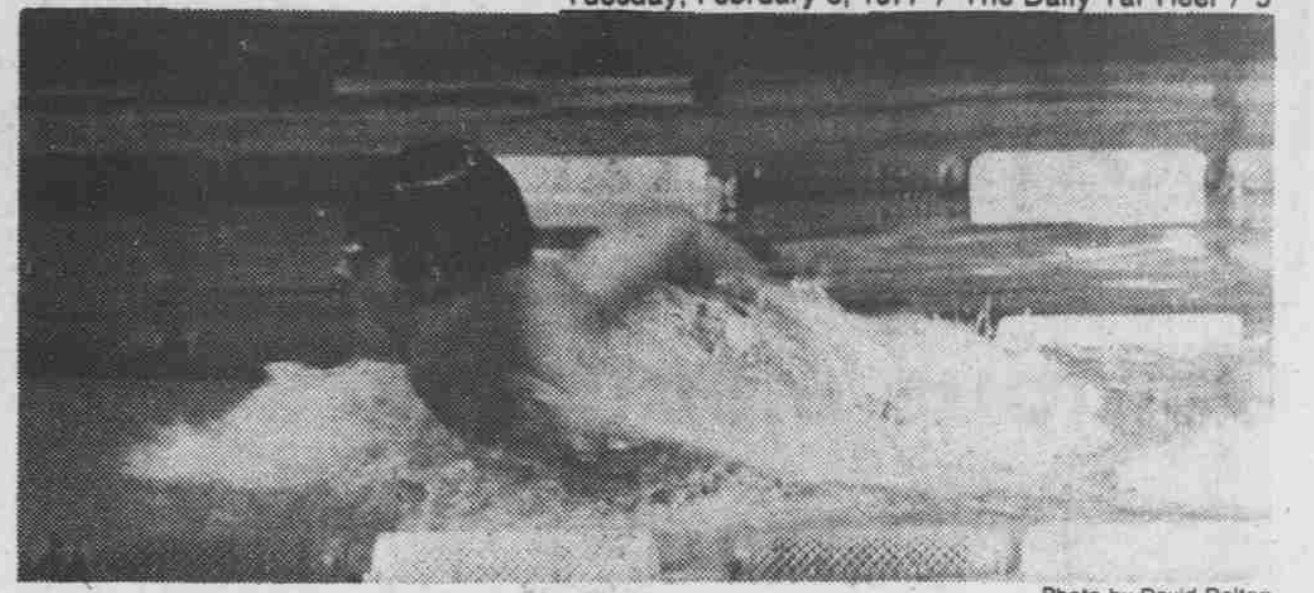


Photo by David Dalton

Shaving the seconds away

by Tod Hughes
Staff Writer

Tapering and shaving are essential elements of swimming, but if one were to ask the average student what this terminology meant, odds are a shrug and a puzzled look would be the response.

"It's what swimmers do when they peak," UNC Coach Jim Wood said. "Swimmers train very hard during the season, and before their biggest meet of the year they'll taper and shave. This means that three weeks before the meet, they'll cut back on their yardage, do some sprints and do a lot of resting."

"Instead of going 10,000 yards a day, they'll go 2000. It lets your body catch up with all the work you've done. Then they'll shave off all of their hair. It has physiological and psychological benefits. This is when you get your best times of the year."

"You can have a 200 freestyler who swims a 1:45 go 1:38, cutting six or seven seconds off a race which is only a hundred seconds long. Your times will drop that much."

UNC senior tri-captain Steve McDonald agreed that shaving and tapering has helped his performance in the past.

"In the 200 free last year, I swam a 1:45 in almost every meet. Then after tapering and shaving, I swam a 1:41 in the ACC (Atlantic Coast Conference) championships. The longer the distance, the more the drop. You could cut eight seconds off in the 500 free or

about one second in the 100.

"Shaving is mostly psychological, but tapering is physically beneficial, because you're rested and have more strength."

"We do it for our ACC championships or for nationals," Wood said, "depending on which our group is aiming for."

Wood said that those swimmers who qualify for nationals before the ACCs won't taper and shave before the nationals. Those not qualifying for nationals will taper and shave for the ACCs, hoping to make national qualifying times.

The women have made national cuts in 13 events so far, so these swimmers won't taper until nationals, while the other women will prepare for the Virginia Invitational this weekend and the final dual meet with N.C. State.

"Some teams do it (shave and taper) especially for us," Wood said, "which puts us at a distinct disadvantage. Some teams know they aren't going to finish higher than fourth in their conference, or be able to score points at nationals, so they'll gear up for one specific meet."

"Last year Virginia tapered and shaved for us, and went absolutely crazy and beat us by three points in the dual meet. But when it came to the ACC championships, they had 225 points and we had 454, so we more than doubled them. Tapering and shaving makes that much of a difference."

"We felt we could get third (in the ACC)," Virginia coach Ron Good said, "but not second. We didn't have the times Carolina did. We were certain of third, so why not go all out and try to win the dual meet?"

Two of the Cavaliers losses this season have come to Duke and Clemson, both of whom partially shaved and tapered for the meet. Good feels that if it weren't for this, his team would have definitely won both meets.

"If we had prepared the way they did, we'd have won," Good said.

Tapering and shaving is a multi-faceted weapon, which can be used during the season against one special rival, or to register one's best times in conference or national meets. The swimming coach employs whichever of these strategies he sees as being in the best interests of his team. Many the poolside mentor has mused: to shave or not to shave; that is the question.

Carolina fencers slash Cavs and Indians

by Ken Roberts
Staff Writer

The UNC men's and women's fencing teams returned to Chapel Hill Sunday after posting six victories against no defeats in meets with the University of Virginia and William and Mary.

On Saturday, the Cavaliers could win but three of the 27 bouts against the Carolina men. Neither foil nor sabre dropped a single bout, as both won 9-0. Southpaw Ken Williams and fellow foilsman Ron Pichler never felt the touch of a Virginia blade in each of their two wins. Jim Krause, also 2-0 for the day, was only touched once. Three more wins were claimed by Scott Corzine.

Also 9-0, the sabre team fended well according to UNC Coach Ron Miller. Dan Strait led the sabremen, capturing three wins in as many bouts.

Epee, which posted a 6-3 mark, fended with equipment problems.

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