

Three of four new coaches have Tar Heel backgrounds

By ADAM KANDELL
DTH Staff Writer

Three former University of North Carolina athletes, as well as a current member of the U.S. National Field Hockey Team, have been selected for head coaching positions for the 1981-1982 season.

Hubert West will replace Joe Hilton as the new UNC track and field coach when Hilton officially retires in January. West is a 1973 graduate of UNC who received his masters in 1979.

Derrick Galvin, a 1977 graduate of Carolina, takes over the women's gymnastics squad, replacing Ken Urso.

Karen Shelton, a 1979 graduate of Westchester State in Pennsylvania, brings Olympic experience to the women's field hockey team. West, Galvin and Shelton all come to UNC with high credentials, said UNC athletic director John Swofford.

"Hubert was a member of the track team and has been an assistant to Joe Hilton for the past eight years," Swofford said. "He knows our program and on top of that he's an outstanding person."

West, who competed in the long jump, triple jump and sprints while at Carolina, will work in conjunction with Don Lock-berree, a former ACC 800-meter champion who takes over the school's cross country team.

"I felt the two of them would complement each other," said Swofford. "We're very pleased with that combination."

For West, coaching at Carolina is extra special. "My interest in Carolina goes back to the Charlie Scott days," West said. "It's been a dream come true to come to the school I really loved and now to turn around and coach and work for UNC."

"We've got a good crop of athletes to work with," said West, who cites senior leadership as a key aspect. Two of this year's seniors, Todd McAlister (1500 meters) and Jim Cooper (steeplechase) finished fifth in their events at the National Sports Festival this summer.

West will also head the women's track and field team in 1981-1982. "We've probably got the strongest women's squad since they've been developed six years ago," said West. "Overall, we look for continued success and improvement on both the men's and women's teams."

Galvin received his B.A. degree in psychology at UNC in 1977 and has done some graduate study in the school of education.

"Derrick was a member of the gymnastics team when we had a men's team at UNC," Swofford said. "He coached several of our current women gymnasts when they were younger."

Galvin and former UNC gymnastics coach Fred Sanders, at one time ran the Carolina School of Gymnastics in Carrboro. There he developed a women's team which represented the United States in an international symposium in Hamburg, West Germany.

Galvin also worked and coached at the Triad Gymnastics Academy in Winston-Salem before taking an administrative position in the Washington, D.C., area.

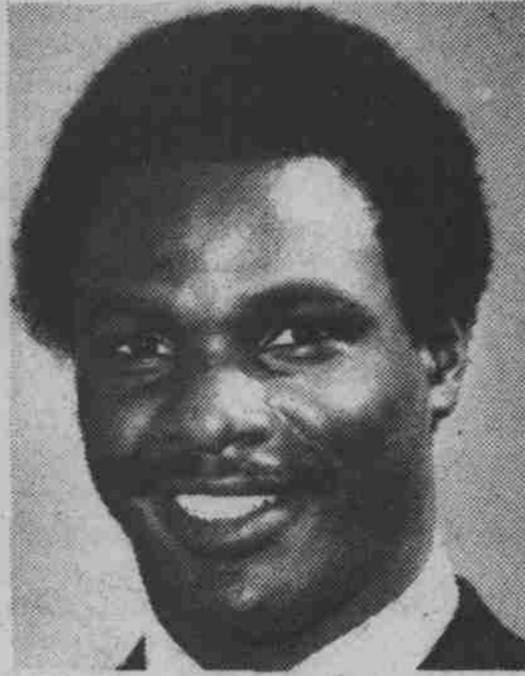
"Derrick's been very active doing clinics all over the state," said UNC women's athletic director Francis Hogan. "One thing he said he wanted to do was have more contact within the state. We're very fortunate to get such an enthusiastic supporter of gymnastics into our program."

"We're very excited about each of them," said Swofford. "In Hubert and Derrick we've got two high quality people, both in terms of coaching ability and in the type of people they are."

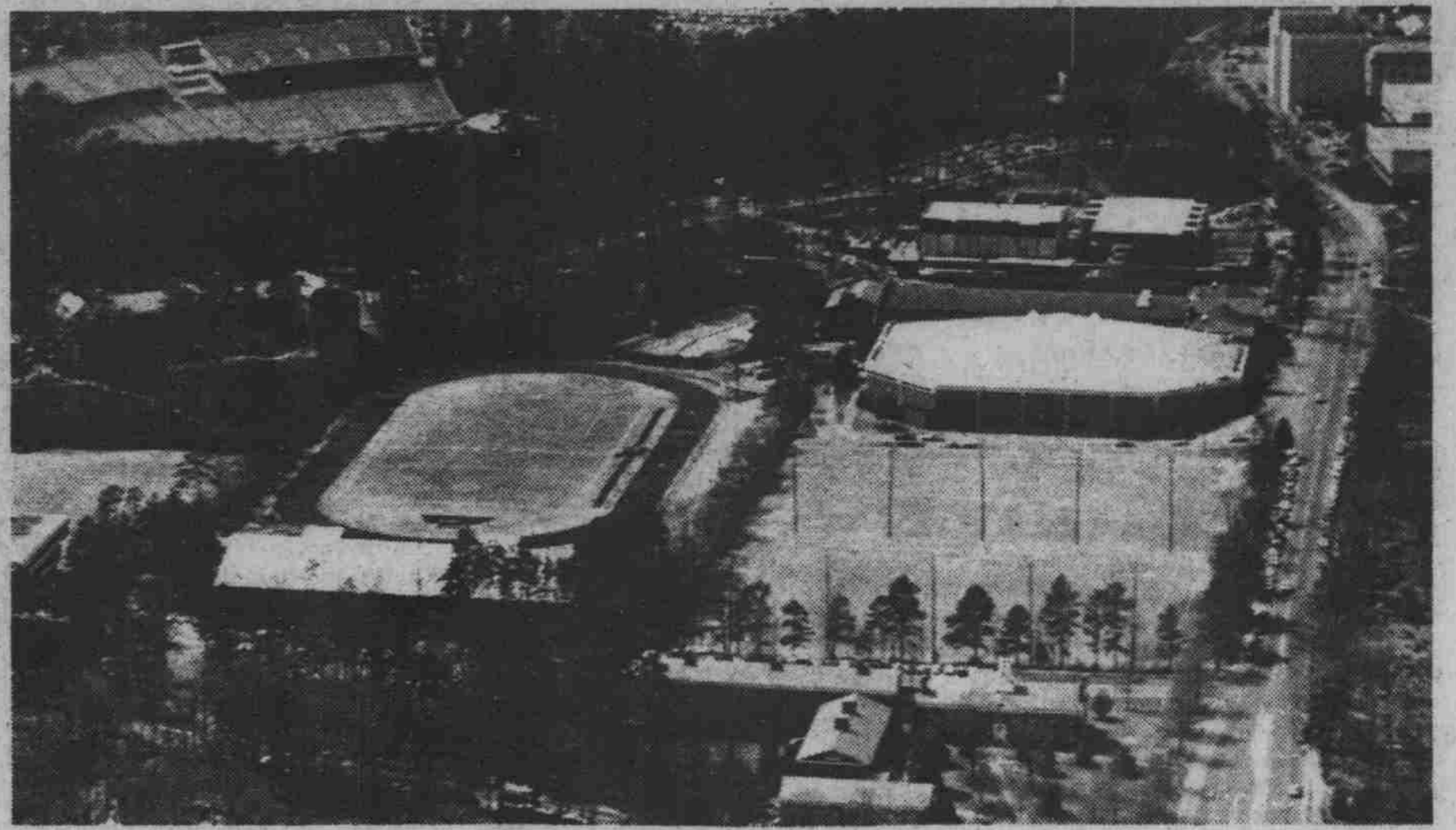
Shelton became interested in the UNC coaching position after receiving a call from former head coach Dolly Hunter.

"Dolly called and asked me if I was interested in taking her place at UNC. She said she was looking for someone with a lot of experience and asked me to come down to look at the campus," said Shelton. "When I came down I fell in love with Chapel Hill."

"I consider it a big challenge to coach at a major university like Carolina," Shelton said. "My goal is to make it to the nationals very soon."



Hubert West



Aerial view shows recreational facilities on Chapel Hill campus ... Fetzer track, Carmichael softball field and Woollen Gym

DTH file photo

Town offers recreation facilities

By STEPHANIE GRAHAM
DTH Staff Writer

While most students find the time for frequent partying and some even crack a book occasionally; all too many forget that proper exercise is essential to both mental and physical health.

No wonder many complain of a substantial weight gain their freshman year!

Fortunately, however, both UNC and Chapel Hill provide plenty of recreational facilities for those students that choose to take advantage of them.

The UNC Intramural-Recreation program offers team and individual sports in a variety of activities. This fall the department will conduct traditional group competition in football, volleyball and floor hockey, and in addition promote individual clashes in such sports as racquetball, golf, tennis and archery.

Students also have access to a number of University facilities such as 51 tennis courts, 20 handball and racquetball courts, indoor swimming pools and a number of gymnasiums.

The tennis courts are behind Cobb Dorm, behind Hinton James and in the Boshamer and Varsity Courts locations. Racquetball courts can be reserved by calling the IM-REC office. Five courts are available now in Woollen Gym and 15 more will be ready later this fall in the newly-built Fetzer Gym.

According to IM-REC Assistant Director Rob Frye, the department will also hold several special events this year such as a superstars competition and a sports trivia bowl besides organizing the popular Century Club for runners, swimmers and bicyclers.

"Students set a goal for the Century Club in their sport in September and then have the entire year to meet that goal," Frye said. "Those that meet their individual goal receive a tee shirt with the club emblem."

Sign-ups for the Century Club will be held in the IM office in 203 Woollen Gym from Aug. 24 to Sept. 25.

Last year the department introduced a series of classes called Lifetime Leisure Activities which provides one-night clinics in sports such as racquetball, jogging, archery, weight training and fly and bait casting.

"These clinics are geared toward the first and second time participants," Frye said. "We just want to give the individual a little taste in that activity which might convince him to learn more about the sport."

For more information on these clinics and individual and team competition, call 962-1006 or 962-1153 or drop by the IM-REC office.

A softball field outside Carmichael Auditorium is also avail-

able to students as is the Fetzer Field track beside Carmichael. Another popular University facility is Finley Golf Course. Student golfers can take advantage of special rates at the 18-hole public course as well as using the driving range and putting greens.

Greens fees for students with ID cards are \$4 on weekdays and \$5.50 on weekends. Passes are available for \$80 a semester.

The Chapel Hill Parks and Recreation Department offers citizens as well as students a variety of activities which are for the most part free to all.

Besides 21 lighted tennis courts and 13 parks, Chapel Hill also has hiking trails, nature trails, athletic fields and swimming facilities.

The Community Center of S. Estes Drive and the Hargrave's Recreation Center on Robeson Street offer swimming, game rooms, gymnasiums and ballparks. The city also conducts classes in sports such as canoeing.

The YMCA at 280 Airport Road caters to students as well as Chapel Hillians and boasts of additional racquetball courts, gymnasiums, weight rooms and an indoor swimming pool.

Students who join at the rate of \$44 a semester have free use of all those facilities in addition to passes to Clearwater Lake, a YMCA recreational area. The Y also provides classes in numerous sports such as scuba diving, aerobics, yoga and lifesaving. Class times are flexible and are open to non-members who pay a nominal fee.

One of the newest exercise options in Chapel Hill is the Shackelford Exercise Studio in the Kroger Plaza. For \$25 a month, participants can take unlimited classes which, beginning Sept. 1, will run 12 hours a day from 7:30 a.m. to 7:30 p.m. Each class lasts one hour.

The program, founded by UNC graduate Elizabeth Shackelford, is based on a combination of isometrics and isotonic. Isotonics are basic calisthenics while isometrics concentrate on holding a contraction in a muscle and then releasing it. Stretching is equally important.

"We try, after working a muscle, to stretch it out really well to prevent soreness," said Lynette Maxwell, a UNC senior and an instructor in the Shackelford program.

Instructors have been through extensive training with classes in anatomy, nutrition, physiology and conditioning. All of the teachers began as students in the studio, and each offers a different musical exercise routine.

"I may feel lazy and tired when I come in to teach," Maxwell said, "but I always feel good when I leave."

Intramurals and Clubs kick off another season

By MORRIS HAYWOOD
DTH Staff Writer

Athletically inclined Tar Heels who stand in awe of the University's athletic department need not despair, as the UNC intramural program and club sports will soon be in full swing.

"Any student can enter any sport we offer," said Ed Shields, director of intramural athletics. Teams are divided by residences, fraternities, graduate programs and off campus complexes.

"Practically any group of students who wants to enter as a team can do so," Shields said. But there are limitations. If you live in a residence hall, you must com-

pete with that residence hall.

"The basic philosophy behind the program is to provide sports activities that students can enjoy for recreational purposes," he said. "We offer quite a variety of activities."

Over Christmas break the intramural office will sponsor a ski trip, but details are not known yet. The co-rec sports day will be held sometime in the fall instead of the accustomed spring. Co-rec teams from Chapel Hill, UNC-G, N.C. State and UNC-C will participate in the Big Four tournament later in the year.

There will be a number of new sports and events this year. They are: Frisbee, Wimbledon volleyball, Co-Rec super

teams competition, National Jogging Day Prediction Runs, a Sports Trivia Bowl, Frisbee Golf, a Valentine's Day competition and an innovative bicycle-jogging competition.

Shields said whether you were out to win the championship or just out for fun, the program was for you.

The UNC Sports Club Council offers 22 club sports ranging from crew and football to men's and women's soccer.

Anyone desiring to participate in club sports or wishing a full list of clubs should visit the Sports Club Council offices in Suite A of the Student Union or call 962-1013.

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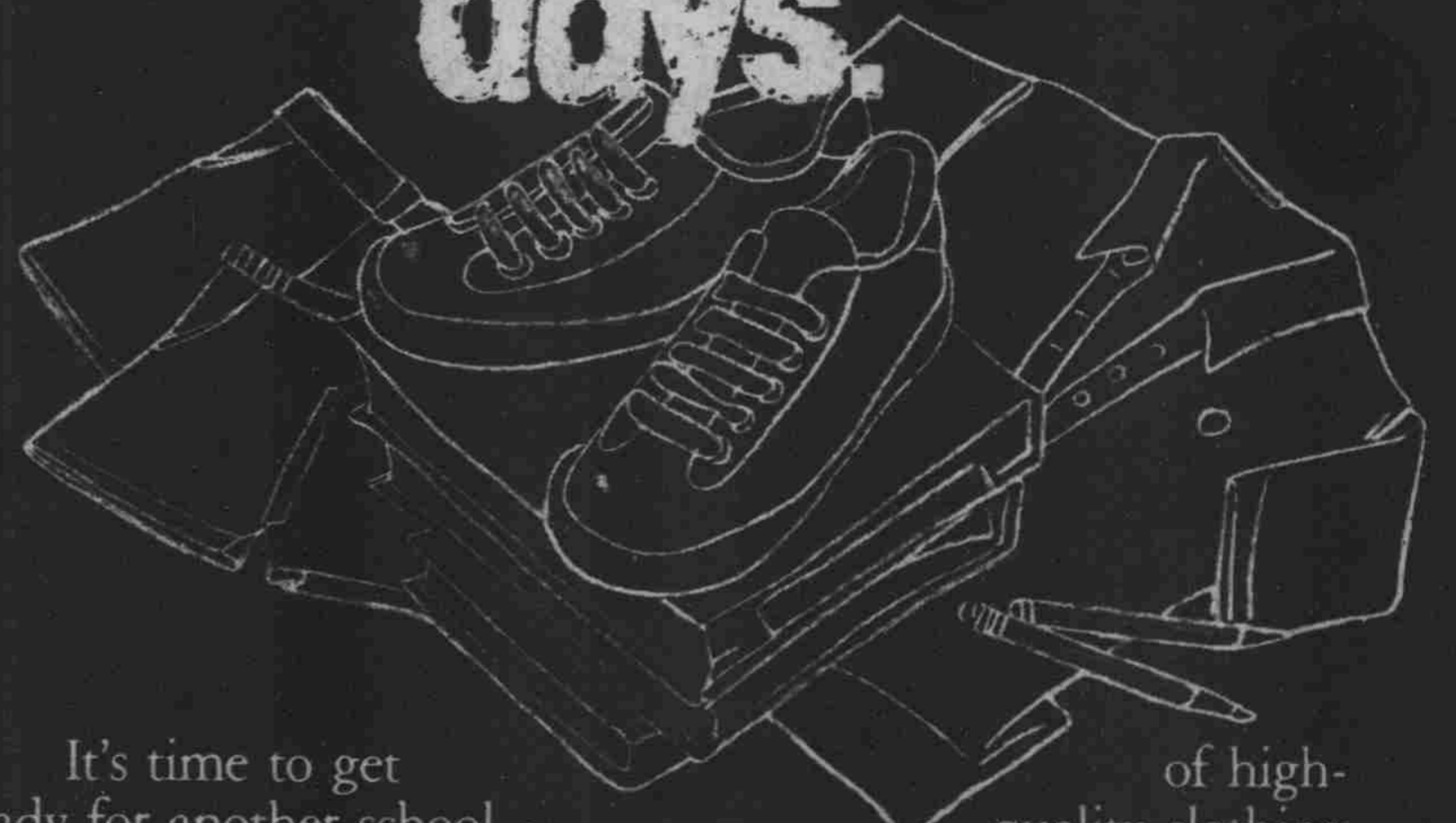
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