

SI honors Amos; Carolina still tops in league defense

The laurels keep rolling in for Amos Lawrence. Already named to the UPI Backfield of the Week and as AP Back of the Week, Famous Amos has been selected by editors of *Sports Illustrated* as the magazine's Offensive Player of the Week for the Nov. 21 issue. The citation will read: "Tailback Famous Amos Lawrence, a 5-9, 180-pounder, broke Tony Dorsett's NCAA record for freshmen by rushing for 286 yards and two TDs in 35 carries as North Carolina knocked off Virginia 35-14."

Lawrence is also ACC Rookie of the Week for his performance which broke the UNC single game rushing mark previously owned by Don McCauley. He also took the ACC lead in per game rushing average, moving ahead of State's Ted Brown.

Brown, who tacked 141 yards onto his total in the Wolfpack's final regular season outing at Duke, has finished with 1,251 total yards and a 113.7 per game average. Lawrence needs just 65 yards this week at Duke to finish ahead of Brown's figure. Lawrence is averaging 119.2 yards in nine games.

Lawrence will need 179 yards to better Brown's season total.

While the battle for the rushing crown is going on, there's also a real fight for the total offense honors between Duke's Mike Dunn and Clemson's Steve Fuller. Dunn, who had a 344-yard day against N.C. State last week, currently leads Fuller by 19 yards. The Blue Devil quarterback is averaging 172 yards per game to Fuller's 169.1 figure.

Mike McGlamry of Wake Forest tops the passing department, which is based on completions per game, while teammate Steve Young, a tight end, is the leading receiver. State continues to be the league's most productive offensive unit while the Tar Heels and Clemson dominate the defensive categories.

The Wolfpack's 380-yard average in total offense appears a safe bet in the quest for that crown since Maryland is well back in second at 348.8. The Wolfpack also leads in rushing, grinding out 250.4 yards a game and 4.5 per attempt. But Carolina, with 426-yards in rushing at Virginia last week, is not out of contention at 242.2.

The Tar Heels are second in scoring offense with a 21.8 average. Duke leads with 22.8 a game. Maryland is the leading passing team at 168.2 yards per contest despite a strong charge in recent weeks by Wake Forest, which is now up to 158.5.

The defensive categories practically have been carbon copies since mid-season with Carolina leading in total, rushing and scoring defense and Clemson ahead in passing defense.

The Tar Heels appear to have safe margins in the three categories they lead, but the pass defense title is still close.



Amos Lawrence

Comfort: professor of swimming

By DEDE BILES
Staff Writer

If he were to walk across campus, Frank Comfort easily could be mistaken for a college professor.

With his brown-rimmed glasses, close-cropped hair and high forehead, it would not be difficult to picture him lecturing in a classroom or helping students arrange their schedules for the upcoming semester.

Comfort is indeed a teacher of sorts. But instead of books, he uses a stopwatch and his lessons are taught not in a classroom but at Carolina's Bowman Gray Indoor Pool. His students are members of the UNC men's and women's swim teams.

Though he chose not to follow his parents in the field of education, UNC's new swim coach sees himself as a teacher.

"Coaching is all I ever wanted to do and I think of it as teaching," said Comfort, who was named head coach last May to replace Jim Wood, Carolina's swim coach for two seasons. "If all you're trying to do is make a swimmer go fast it's not being done in an educational framework. What I do is part of an educational process."

Comfort's coaching philosophy has worked well for him. As a graduate student at Carolina in 1968, he coached the freshman swimming team to a 7-0 record. During his nine years at Johns Hopkins University, the men's team steadily improved and its success culminated last year with an NCAA Division III national title.

He also started a women's team at the school.

In addition to coaching at Johns Hopkins, Comfort coached the Homewood Aquatic Club, an AAU team. The team has produced at least one world-ranked swimmer each year since Comfort began coaching the club in 1970. One of his swimmers was Wendy Weinberg, one of the three American women to win an individual medal at the 1976 Olympics.

Comfort said he hopes to be able to achieve comparable success with both the men's and women's swim programs at Carolina.



Frank Comfort

Comfort has a more solid base on which to build than he had during his first season at John Hopkins, where the swimmers finished fifth in their conference the year before his arrival. By comparison, Carolina's women's team finished seventh nationally last year, while the men placed third in the Atlantic Coast Conference.

Comfort said he wants to have a program here that will someday be in contention for the national title.

"It will be a slow process. The first step for the men will be to be successful at the conference level and I'd like the women to do better nationally."

Comfort said one of the major ways he plans to improve the Carolina program is by recruiting—the same plan he used to turn the Johns Hopkins swimming program

around. Comfort's task will be made easier because he can now offer scholarships, something he couldn't do at the Division III level.

According to Comfort, one of his main selling points will be that Carolina can offer a great education along with what he hopes will be a fine swimming program.

Comfort stressed that with his athletes, education comes first and swimming second. "Until you can sign a pro swimming contract, you're crazy to put swimming first," Comfort said. "Hey, this is an academic institution and that's what you go to school for."

In keeping with this philosophy, Comfort requires his swimmers to make three morning practices a week in addition to six afternoon work-outs. Comfort said that many other schools require five or six morning workouts.

"I don't see how I could ask a guy or girl to come in five mornings a week, there's too many other things to do besides swim all the time," Comfort said.

Besides the educational possibilities Carolina provides, the formation of an alumni club for former UNC swimmers will help in recruiting and the improvement of Carolina's swimming program. The new organization has a periodic newsletter and of the 306 persons the first issue was mailed to, 40 have contributed money. Comfort said that contributions would be used to finance things not included in the operating budget such as the teams' winter training trip.

In addition, the alumni can help with recruiting. They will be sent a list of standard swimming times and asked to notify Comfort if they find swimmers who break or equal the times.

Comfort said he realizes that a strong alumni club and good recruiting won't insure Carolina's success, and that the burden is on his shoulders to provide good coaching.

"If you don't coach well, then you're dead," Comfort said. "Good coaching and recruiting go hand in hand. Where you find a consistently winning program, you find coaches who are willing to do both."



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Point Spread

Picks:

Maryland over Virginia	17	Clemson over South Carolina	10
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