

SUCP to offer fall gymnastics classes

Women and children with an interest in gymnastics may discover that State University College at Potsdam has just what they've been looking for.

Gymnastics classes are being offered for preschoolers, for "tiny tots" (five-, six-, and seven-year-olds), for girls aged eight to 14 years, and for women.

The gymnastics class for preschoolers (three- and four-year-olds) will begin Tuesday, September 6. Two sections will be offered the first from 10 to 11 a.m. and the second from 11 a.m. until noon on Tuesdays and Thursdays.

This program will be directed by Dancy Noble with emphasis on development of muscular coordination and strength and understanding of basic gymnastics moves. Parental involvement is welcome, according to Noble, who noted that the class will meet for 14 sessions ending November 3.

Enrollment is limited to 12 children per class.

The Tiny Tots gymnastics program will begin Saturday, September 10, and will be held Saturdays from 10 to 11:30 a.m. through October 29. Directors are Diana and Bill MacKenley with enrollment limited to 25 students.

Gymnastics for girls aged 8 to 14 will begin at 2 p.m. Saturday, September 10 under the direction of the MacKentleys. A class for beginners will be held from 2 to 4 p.m. and a class for intermediate and advanced girls will meet from 2:30 to 4:30 p.m. on Saturdays through October 29. The limit is 35 students.

The Women's Gymnastics Fitness Group is a new program offered in response to numerous requests from women interested in the basics of gymnastics and in keeping in shape through conditioning and stretching exercises.

All classes will meet in the gymnastics gym on the third floor of Maxcy Hall, at State University College at Potsdam.

Additional general information may be obtained by contacting the college's Office of Continuing Education at 268-3197. For specific information concerning the Women's Gymnastics Fitness Group call Diana MacKenley at either 268-2991 or 265-6739.

The class is open to all women over 18 years of age and will include nutrition and diet tips, muscle toning, flexibility, basic tumbling, trampolines and other apparatus and group participation activities.

Limited to 30 participants, this class will be offered from 8 to 9 p.m. on Tuesdays and Thursdays, beginning Tuesday, September 6 and concluding October 3. Diana MacKenley will direct this class.

All classes will meet in the gymnastics gym on the third floor of Maxcy Hall, at State University College at Potsdam.

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Dimensions In The Martial Arts

BY BOB LAWLOR

In the last few years the United States has witnessed a dramatic increase in the number of physical assault crimes.

In the bigger cities violence has, unfortunately become an accepted part of every day living. Muggings, assaults, rapes, and attempted rapes are happening with such frequency that men and women are beginning to concern themselves with self-defense for survival.

Self-defense is learning and practicing a series of co-ordinated movements that would allow the individual to defend himself against an attack.

Karate was developed by people who were not allowed to carry weapons to defend themselves and therefore had to rely on using their hands and feet as weapons.

It is for this reason that Karate has become the ultimate in self-defense.

While a karate student is trained to defend and counter against many different types of attacks the first rule of self-defense is to try to avoid a confrontation. He must be able to perceive his surroundings, evaluate the situation

and make a decision.

All of these factors will decide what course of action, if any, should be taken. When any action is necessary one thing must be remembered; Karate is not a sport and there are no rules in a self-defense situation.

A Karate student learns to deliver strikes or kicks to his opponents vital areas (anatomical weak points) such as the groin or solar plexus.

The following is a list of essential points that should be remembered in any self-defense situation:

— Never underestimate your opponent. Always assume he is dangerous.

— Train your body to move as a unit, not in isolated parts.

— Keep your techniques simple. Techniques that work well in the training hall under ideal conditions may be ineffective if the ground is slippery, rough or bumpy. (This is especially true when using high kicks as balance is difficult when only one foot is in contact with the ground.)

— After subduing your opponent, never lose sight of him and be constantly alert for a continuation of his attack.

— Be sure you are morally justified before using any technique which could severely hurt an assailant.

— Practice your techniques until they become automatic because you will usually not have time to think in a self-defense situation.

— Remember, the most important aspect of self-defense is the element of surprise. Your opponent cannot guard against a counter if he does not expect it.

These are some of the guidelines you should consider learning or practicing self-defense maneuvers.

The last point is probably the single most important factor in handling any situation where you are forced to defend yourself. An assailant usually has a pretty good idea of how his victim will react to his approach. To do the unexpected will surely throw him off guard long enough for you to do what is necessary to get out of the situation.

Remember, then, the key to good self-defense is to never let yourself be caught unawares, but to always have a surprise for your opponent.

We at Kang Duk Won will be happy to answer any questions regarding the martial arts. Please write, Chief Instructor, Box 151, Watertown, 13601.

Alex Bay site of hockey meeting

The annual seminars and business meetings of the New York State Amateur Hockey Association will be held at the Edgewood Resort in Alexandria Bay on Sept. 24 and 25, according to Bob Allen of Lake Placid, association president.

Among the sports administrators who will assist Allen are Hal Trumble, executive director, of the Amateur Hockey Association of the United States; Edward Doyle, executive secretary of the New York State Public High School Athletic Association; and John Bernard, insurance administrator of the NYSAHA.

The program for Saturday morning, September 24, consists of an administrator's seminar, conducted by Allen, for everyone involved in running hockey associations and leagues.

Trumble will explain new regulations and affiliate programs; Doyle will direct a discussion on the high school programs vs. AHAUS; and Bernard will present statistics and advice on youth hockey injuries.

In the afternoon a coaches clinic will be conducted by Paul Kahout and Walter Yaciuk. Several Northern New York college coaches have been invited to participate.

A cocktail party at Edgewood, compliments of the Alexandria Bay Minor Hockey Association, is scheduled for 6 p.m.

Attendees will be on their own for dinner at any of the restaurants in Alexandria Bay after which they will again be guests of the Bay Association for a boat tour of the 1000 Islands.

meeting and election of officers will be held at Edgewood on Sunday morning.

Members of the Alexandria Bay Minor Hockey Association are soliciting advertisements for a special convention folder to be given away to the attendees.

Stella Edick is in charge of local arrangements and is accepting reservations for the Saturday cocktail party.

Students receiving social security benefits on a parents account, must report their earnings to social security promptly if they expect to earn over \$2520 during the year.

Self-employed persons who net \$400 from a trade or business, must pay social security on their net earnings.

Sports

Bull's Eyes and Broadheads

BY SANDY HILDRETH

There were no perfects shot last Wednesday as the 16 weeks of regular competition at the Animal Targets came to a close. As we all know, the sun keeps sinking below the horizon a little earlier each evening, and all of the archers were caught last week having to make a few "shots in the dark." Stan Gilligan had the high scratch score, 548, because by chance his final targets were among those that got the last faint glimmers of light from the west. Or perhaps it was because they were facing a nearly full moon. Most of the scores fell dramatically as the archers finished up the course in the thickening twilight of the woods.

Rob Palmer neatly wrapped up a first place in the point standings by shooting the top handicap score, a 518-574. He finished the League with 19 points. Pete Rodger shot a 520-568 for second place and four points. Stan Gilligan won three points for his 548-557 and I was fourth with a 526-553. In fifth place was Tom Oakes, shooting a 512-547.

August 31 at 6 p.m. the final Animal Round will be shot to determine the

League champions. The point winners of the first half will be competing against the winners of the second half. For a first place Champion trophy, it will be Rob Palmer vs. Ron Murray. Since three people were tied at the end of the second half, they flipped a coin to determine which place they would shoot for. Bruce Konkoski had the best luck and will shoot against Tom Oakes for the second place Champion trophy. Joe Hildreth then got the chance to shoot for the third place trophy, competing with Jim Oakes. Harry Robar and Bob Mousaw are the challengers for the 4th place. Pete Rodger and Wayne Louey will shoot for the fifth place trophy.

Joe Hildreth wrapped up the league High Scratch trophy. He shot the top score six times out of the 16 week league and had an average of 541. His lowest score was the 516 he shot last week, due to having to finish the round in the dark. 560 is a perfect score and Joe shot above 550 four times.

Terry Louey will receive the Most Improved trophy as his score jumped 242 points during the course of the league.

As an incentive for everyone to try to make every shot, the club offered a

dozen Game Getter hunting shafts to be given away by drawing those who had perfect attendance. Only 13 people were eligible and first place contender Rob Palmer got the lucky draw.

The evening of the 31st should prove to be very exciting, with the ten point winners out to do their best. Wednesday night will continue to be the regular shooting night although there will be no scheduled activities. All archers are welcome to come down to the range behind the Norfolk Rod and Gun Club. Since the League and tournament season is now over, there are reduced rates for joining the North Woods Archery Club. \$3.00 for dues will allow use of the outdoor range at anytime and also make members eligible for the indoor leagues which usually start in January. Archers are requested to join the club if they want to use the range in order to help with the costs of constructing and maintaining the 14 target course, as well as keeping paper targets on each bale. There are also two tree stands built which provide excellent hunting practice. The only request the club makes is that members are not to shoot broadheads into the bales.

Camping season to close, camping areas stay open

The regular camping season at campsites operated by the Department of Environmental Conservation in the Adirondacks and Catskills will come to a close on Labor Day, September 5.

These camping areas will remain open without charge and without caretakers until December 5 to accommodate campers and big game hunters.

The Department campsite reservation system will not be in operation after September 5.

Water supplies will continue to be provided until cold weather threatens pipes with freezing.

The Moose River Recreation Area will also be open until December 5 without charge.

Commissioner Peter Berte also announced that the Prospect Mountain Veterans Memorial Highway will be open through the fall foliage season, and the Whiteface Mountain Memorial High-

way will remain open through Columbus Day, October 10.

The usual user fees will be collected at both highways.

The Belleayre Mountain chair lifts will operate weekends only through October 10.

Snowmaking equipment is being installed at Gore Mountain and Whiteface Mountain and lifts at these areas will not be in operation during the foliage season.

Make-up physicals

August 30 at MWCS

Make-up day for fall sports physicals for students at Madrid-Waddington Central School will be held on Tuesday, August 30 at 8:00 a.m. Any students who plan to go out for a fall sport and missed their physical on August 15 or 16 should report to the high school on August 30 for their physical.

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