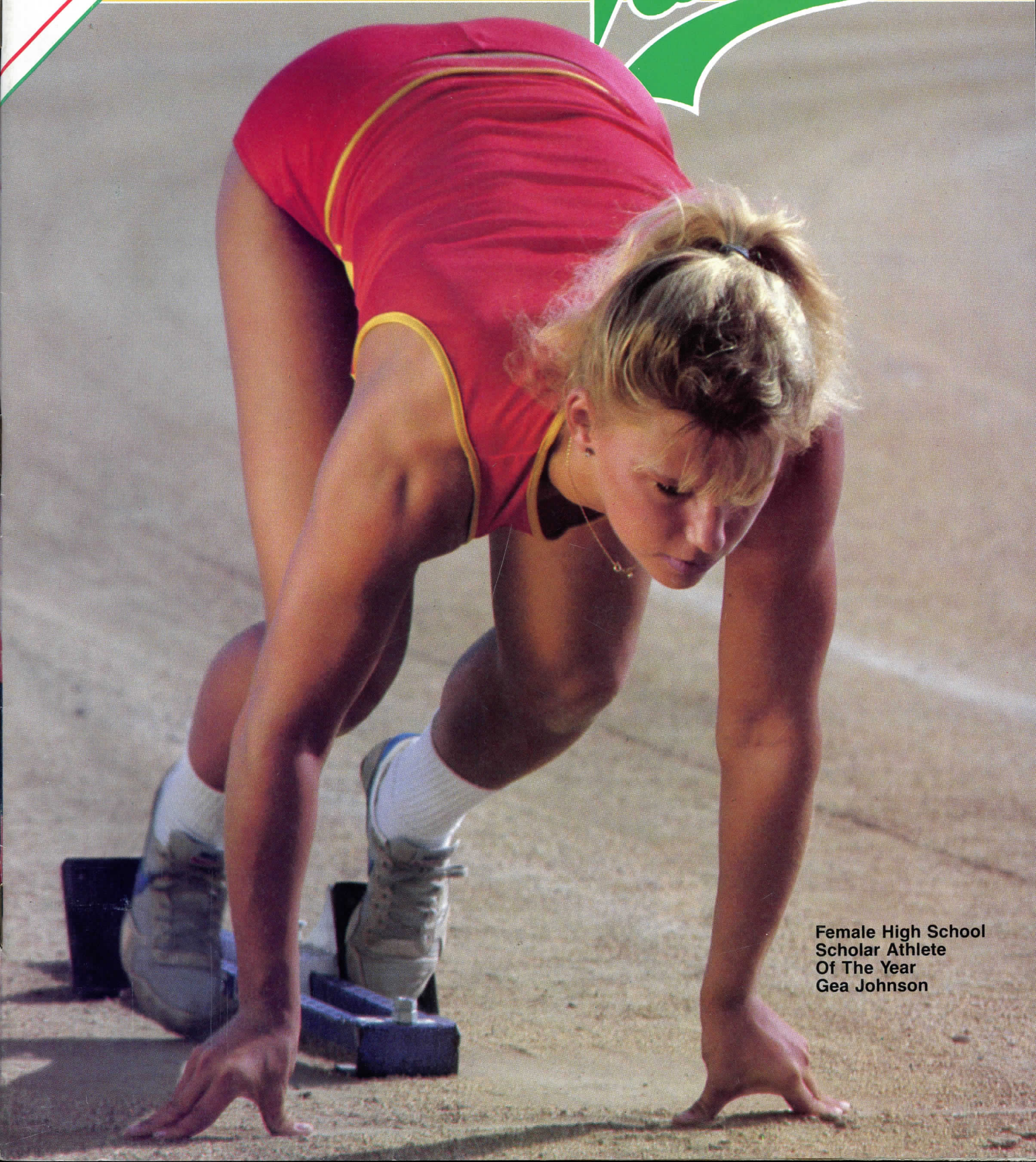


SPRING '86

Varsity



Female High School
Scholar Athlete
Of The Year
Gea Johnson

MEET DEBBIE MORINGIELLO

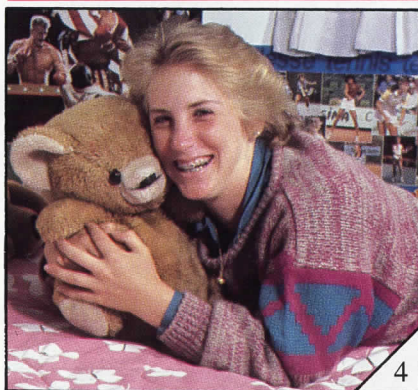
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High school freshman Debby Moringiello aspires to be the best female tennis player in the country. We profile this up and coming athlete.

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Gea is one of the 1986 Dial High School Athletes of the Year. Her academic performance equals her athletic achievements.



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FATHERS WHO COACH THEIR SONS

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Many high school athletes will continue playing sports at the collegiate level. Here is our preview of the top women's spring sports programs.

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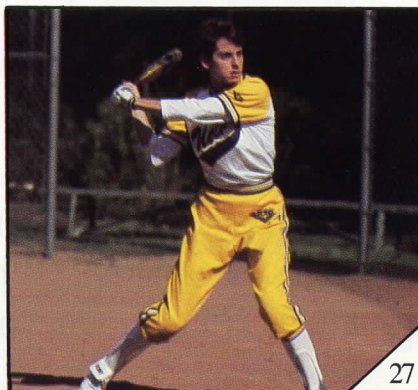


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GEA JOHNSON

High School Athlete of the Year

Gea Johnson was a high school track star and one of the best basketball players in Arizona in 1983, but the state's spring athletic schedule made participating in both sports impossible. Forced to choose, Gea picked track, and her choice led quickly to a gold medal in international competition.

In 1985, she was a member of the United States team of elite athletes who competed in the International Sports Exchange track meet in China and Hong Kong, and she returned home as a gold medal winner in the hurdles and the long jump. Excellence in those two events might satisfy most athletes, but Gea has trained to become a champion in the heptathlon, which requires mastery of seven events.

The heptathlon includes the 100-yard high hurdles, 200-yard dash, 800-meter run, javelin throw, shot put, long jump and high jump. She holds the nation's highest juniors score in the heptathlon and has been Arizona's heptathlon champion for the past two years. In 1985, she won the heptathlon championship at the prestigious track and field competition held annually on the campus of Mount San Antonio College in Walnut, Calif.

Representing Washington High School in Phoenix, Gea also holds Arizona All-State Athlete records in the 100-meter hurdles and the long jump and was runner-up in the shot put and 300-yard hurdles. Her coach, Bruce Frankie, says she's a "super athlete who combines talent and hard work to earn what she accomplishes."

Before concentrating on track events, Gea played varsity basketball at Corona del Sol High School in



Gea won the prestigious Dial Award—National High School Athlete of the Year.

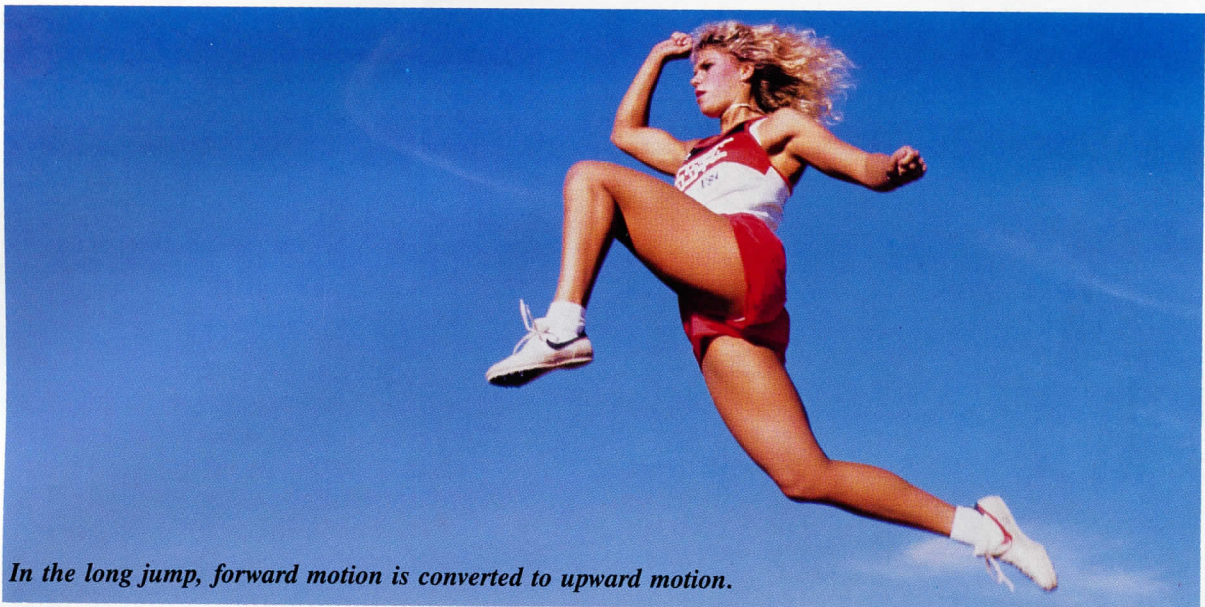
Tempe, Arizona, and on the national team of the Basketball Congress International. At the same time, she was a member of the varsity volleyball team.

Gea's academic performance equals her athletic achievement. Her scholastic record exceeds the 4.0 grade-point-average maximum because she is enrolled in the honors program at Washington High School and already has had two years of college-level French instruction. She's a member of the National Honor Society, president of the

Senior Class, and a member of the Speech Team.

One of five children, Gea has two sisters, Mya, who is 17; and Tava, 9; and two brothers, Thayne, 16, and Shay, 8. Mya is one year younger and also an outstanding athlete, and Thayne is on the rodeo circuit.

Washington High School's 1985 Homecoming Queen, she also is the current Miss National Fitness, the winner of modeling competitions and a successful commercial model. Gea is planning to enroll at Stanford University in the fall.



In the long jump, forward motion is converted to upward motion.

THE HEPTATHLETE

The seven events in the heptathlon require the athlete to utilize various techniques, power and speed. Here are some basic tips for aspiring heptathletes.

200 YARD DASH

The sprint start is used for all short dashes. At the call to your "mark" go to your starting blocks. Kneeling, place the right foot into the rear block, left foot into the forward block. Your hands should be placed behind the starting line about shoulder's width apart. The thumb and fingers form a supporting arch.

At the "set" command, the hips are raised to shoulder height. The weight is shifted over your hands. Inhale deeply. Keep your eyes approximately 10 yards down the track. Concentrate!!

As the "gun" goes off, explode from the blocks by exhaling forcefully, driving with both legs and throwing your left arm forward. Driving the right leg and left arm forward is important and sometimes overlooked by novice sprinters.

Don't stand up! Keep your body angle low for the first 10-15 yards. Run with your knees high and pump

with your arms. As you come into the upright position, your stride should elongate and a naturally relaxed running motion is achieved.

100 YARD HIGH HURDLES

The hurdle start is basically the same as a sprint start except that a high hurdler comes to a more upright position sooner.

Aside from having the speed of a sprinter, a hurdler has to concentrate on form, steps and technique.

A high hurdler takes 7-8 steps to the first hurdle, low hurdlers take 10 and intermediate hurdlers take 21 to 28 steps. It is important to start well on the first hurdle. Coming off the first hurdle, keep the knees high and exaggerate the arm motion. This causes an elongated first step leading to the next hurdle. The best hurdlers have a longer first step than their second or third. Work on elongating that first step.

As you approach each hurdle, your lead foot is kicked straight at the hurdle. Your opposite arm projects toward your lead foot, and your body bends flat over your lead leg. The trail leg lays flat, with the toe pointing out. Pull the trailing leg across quickly by snapping the lead leg down forcefully. High knee action on the trailing leg will help make that first stride toward the next barrier as long as possible. The hurdle event is a sprint in which form and technique play an important part.

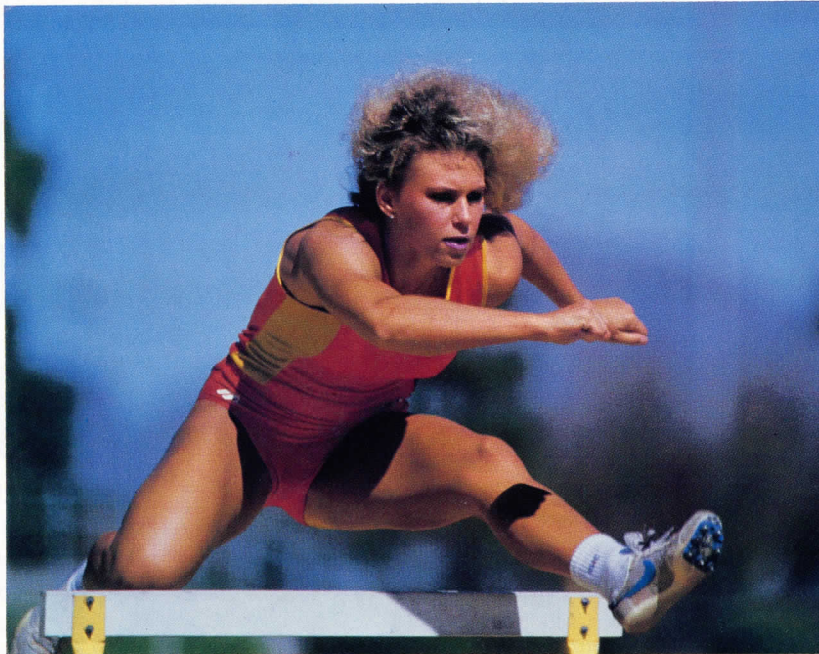
LONG JUMP

If you happen to hear a coach pleading with one of his athletes to "get up! get up!," he is probably not begging her to wake up from a nap, but wants her to get some elevation into the long jump leap. The coach knows that in order to achieve distance, forward motion must be converted to upward motion.

By marking where you start, and measuring the distance to the take-off board, you can establish the correct approach run for yourself. Some jumpers use check point markers along the way to help gauge their approach, but the beginner might be better off using just one, as to increase concentration.

Keep the knees high and the body relaxed. Increase and maintain top speed. As you approach the take-off, shorten the stride, bringing the body forward over the feet. Don't look at the board on take-off.

Upon hitting the board, drive the opposite leg and arm upward. As you leave the board, the take-off leg drives up and out. Both legs should extend forward and, as your heels hit the pit, thrust the head and shoulders forward. Tuck the chin and roll forward, being careful not to drag your hands. Practice your approach run and remember to keep the center of gravity low as you approach the board, in order to attain the important upward thrust.



A hurdler must concentrate on form and technique.

HIGH JUMP

In 1968 Dick Fosbury introduced the "Fosbury Flop" to the world of high jumping. The "Flop" has since become the style of choice among the top high jumpers. The unique aspect of this is that the jumper's back faces the bar as it is cleared.

In this event the speed of your approach must be converted from forward momentum to upward. The flop style takes full advantage of the approach speed, but you must still maintain control.

As you make your approach, be sure not to turn your back to the bar before driving the left knee and right arm forcefully upward! Remember, you are jumping off the right foot which is the outside foot. Turn the left shoulder away from the bar and, as you reach the level of the bar, your back is facing the pit. Drop your head back, arch the hips and, as you clear the bar, raise the knees and forelegs.

Practice your approach. Get the correct number of steps down pat in order to develop confidence for competition.

SHOT PUT, JAVELIN

The shot put and javelin are throwing events that depend to a great extent on the legs. Leg power provides the tremendous thrust and lift needed for these events.

Co-ordination of body strength and

momentum with the throwing action must be developed. In the shot-put, the glide across the circle should be practiced, first without the shot and then with. Squeezing a rubber and finger push-ups will help build needed hand strength.

Running should be a part of every workout. The javelin requires a running approach and practicing fast cross steps over fifty yards will help develop good form.

Speed and power are the prerequisites for the weight events. Control and coordination of that speed and power are what make a good athlete better.

800 METERS

Distance runners train for both speed and endurance. Given the fact that you are in shape, racing tactics become an important factor towards success.

Tactics vary with the weather, track conditions, personal ability, pace and other variables.

Keeping an even pace is the most economical way to run. Keeping in contact, or "striking distance," is critical. You don't have to lead a race the entire distance to win, but don't be afraid to take the lead if the pace is too slow.

While distance runners need endurance, speed workouts are imperative to improved times.

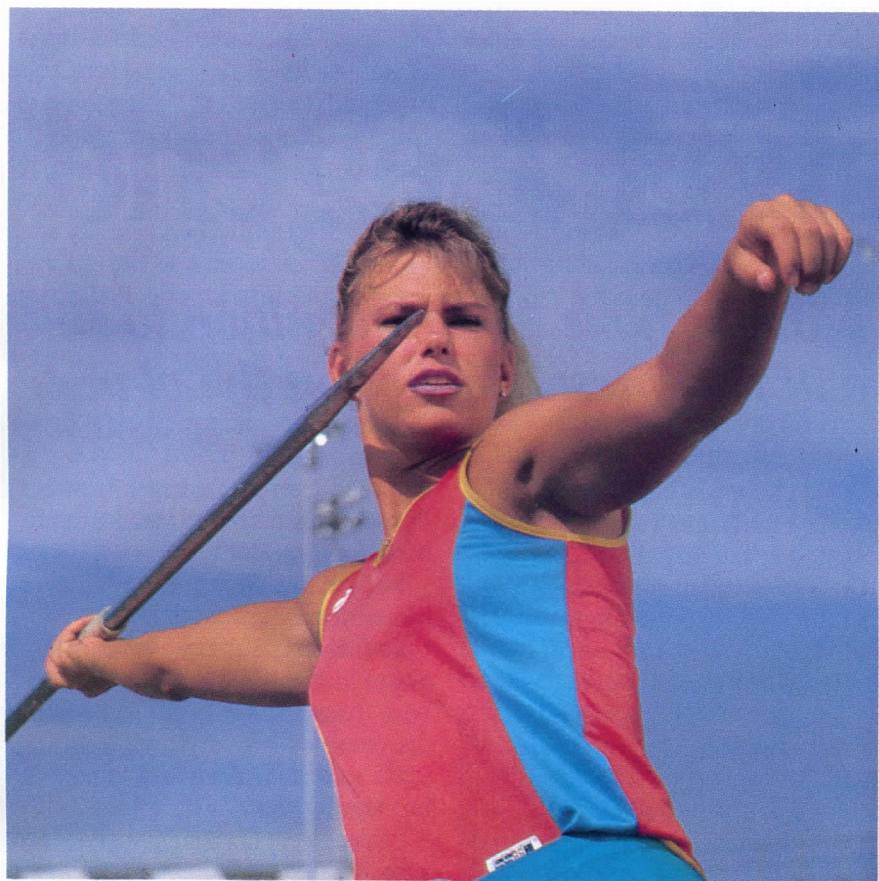
The start of a distance race may not be as critical to the outcome as in the shorter races, but it is still an important factor. The start may give you an advantage over the field as far as position goes. Later in the race this could be the difference between winning and second place.

Something that hasn't been touched on concerns all of the events we've discussed. Psychological preparation can be just as important as physical training. You have to believe you can do it before you can succeed. You develop confidence by being loyal to your training routine and thinking your event through before you step into the blocks or throwing circle.

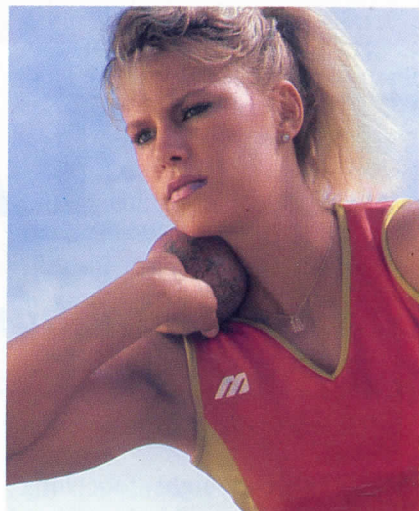
One last thing that is very impor-



The 800 meters requires speed and endurance.



The javelin



The shotput

tant for improvement and success. While all athletes must work hard and pay some physical dues, remember that you do best at what you enjoy. Don't push to the point where your sport becomes strictly work, something you find yourself dreading. Leave some time to play and your practices and races will be the better for it.



Gea Johnson builds leg power required of heptathlete.

individual honors in the 200 IM (2:09.23) and 100 free (53.50) and anchored the team's second-place 400-yard freestyle relay.

★ West Holms High of Millersburg, Ohio, won its third consecutive state Class AA high school girls basketball title—and kept its state-record winning streak alive at 84 games—by edging Tippecanoe, 46-42, in overtime.

★ Lynda Larson established a national high school girls career basketball record in assists with 857; the senior forward for Ventura High in Iowa dished out 293 assists this season, en route to eclipsing the mark of 670 set by Tami Fick of California, set from 1976-79.

SOUTH

★ Lisa Sime had a hand in all of her team's 11 goals in Ransom-Everglades (Florida) High School's 11-1 victory over Homestead High in a state District 16 quarterfinal soccer tourney match. The junior forward had nine goals and two assists in the game; on the season, she scored 52 goals for the Raiders, who were eliminated in the tournament's semifinal round.



Lynda Larson



Indiana's Jeff George and Arizona's Gea Johnson won the Dial High School Athlete of the Year Awards.

★ Wendy Scholtens hit 12-13 shots from the field and was a perfect 5-5 at the foul line, leading her Southside High girls basketball team of Fort Smith, Arkansas, to the state AAAA girls' hoop tourney championship. The 6-foot-3 junior was named the tourney's MVP for her efforts.

★ The Atlanta Journal Constitution named Miriam Walker, a senior guard on Talbotton (Georgia) Central High School girls basketball team, as the High School Girls Class AAAA Player of the Year. Walker averaged 36 points per game for Central, which has won three straight state championships.

★ Senior Scott Draud scored 69 points for his Fort Thomas Highlands High team of Kentucky in a 116-95 win over Holmes High. The 6-foot-2, two-time all state guard connected on 27 of 37 shots from the field and 15 of 17 at the foul line.

★ Fairdale won the Kentucky King of the Bluegrass high school power lifting meet, beating Trigg County, 79-60. Ritchie Carlisle (160) was the lone individual winner for Fairdale.

WEST

★ Patrick Higa recently won his 126th consecutive wrestling match in the 119-lb. class for Iolani High in Kaneohe, Hawaii. The senior is undefeated in his high school career, and has won three state wrestling crowns—two at 105-lbs., and one at 112.

★ Scot Brown tossed a 3-1 no-hitter for Chaparral High of Las Vegas, Nevada, against El-Dorado in the season opener for both squads. Brown whiffed four and walked three while earning the victory.

★ In his team's first eight games, Javier Arvizu had already smacked five home runs for Pueblo High of Arizona.

★ Tim Walker, a senior guard for Montana Class C High School boys' basketball champion Absarokee High, was named the tourney's MVP.

★ Julie Robles, a freshman at Nevada's Boulder City High, finished second in the 2-mile walk in the National AAU Track and Field Championships in Lawrence, Kansas, with a time of 19:26.