

ble at each station for 20 seconds. He is then allowed 10 seconds between stations to rotate and set pins or prepare station for exercise. Using this pattern it takes 15 minutes to run a 30 station circuit. At stations where there is a pin to determine weight lifted, the athlete should use 70% of his maximum in that lift.

Following is a list of stations in our circuit. They are not necessarily in order:

WRIST ADDUCTION	INCLINE FLIES & ARM CIRCLES
BENCH PRESS	LEG CURLS
LEG PRESS	HYPER-EXTENSION OF THE BACK
SIT-UPS	WRIST ROLLER
UPRIGHT ROWING	(EXCLUDE PITCHERS)
FRONT LAT PULLS	BAR DIPS
MILITARY PRESS	HACK SQUATS
HANG FROM OVERHEAD BAR	TOE RAISES
TRICEP EXTENSION	LEG LIFTS
BEHIND NECK LAT PULLS	SQUAT JUMPS
BENT ARM PULL-OVERS	HIP FLEXIBILITY STATION
WRIST ADDUCTION	TOE TOUCH
HURDLE STRETCH	ARM CIRCLES WITH 5 LBS.

At the conclusion of the workout each athlete is required to bench press his body weight or the coach's determined weight 10 times. During this program we put a great emphasis on development of the hands and forearms. We do this by spending additional time at the wrist roller and performing wrist abduction and wrist adduction exercises.

Again, weight training is very important, but it is only a supplement to skill development, and must be supervised.

## Miami-Dade CC North To Host 1977 NJCAA JUDO CHAMPIONSHIPS

Saturday, March 26, 1977

For additional information contact:

Jack Williams  
Miami-Dade CC North Campus  
11380 N. W. 27th Avenue  
Miami, Florida 33167

### New Office Hours

The office hours at the NJCAA National Headquarters have been changed from 9 a.m. - 5 p.m. to 8:30 a.m. - 4:30 p.m. Please make note of this change.

## Theresa Vaccarello Wins 1st NJCAA Individual Invitational Cross Country Championship

Allegheny CCAC Takes Team Title

Theresa Vaccarello of Bergen (New Jersey) CC, made NJCAA history by winning the individual title in the 1st NJCAA Women's Invitational Cross Country Championship held at Bethpage State Park, Farmingdale, New York. Miss Vaccarello toured the 2.5 mile course in 13:57.8, completely outdistancing the field. Sandra Roney of CC of Allegheny South (Pa.) was the runner-up with Loa Mosby of Blue Mountain (Oregon) CC third. Allegheny CCAC of Pittsburgh, Pennsylvania won the team title.



Theresa Vaccarello

### INDIVIDUAL RESULTS

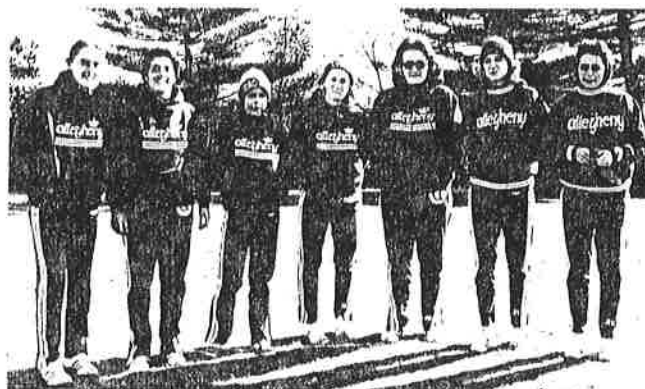
Time

1. Theresa Vaccarello, Bergen CC (N.J.) .....13:57.8
2. Sandra Roney, CC of Allegheny South (Pa.) ...15:07
3. Loa Mosby, Blue Mountain CC (Oregon) .....15:23
4. Cindy Marchese, Bergen CC (N.J.) .....15:26
5. Debbie Brothers, SUNY at Cobleskill (N.Y.) ...15:29
6. Kathy Young, Burlington CC (N.J.) .....15:43
7. Sylvia Bennett, Blue Mountain CC (Oregon) ...15:47
8. Sylvia DeLage, Schoolcraft CC (Michigan) ...15:56
9. Robin Ross, Suffolk County CC (N.Y.) .....17:33
10. Judy Sahayda, Allegheny CCAC (Pa.) .....18:26
11. Cindy Mendolia, Allegheny CCAC (Pa.) .....19:11
12. Michele Lozito, Allegheny CCAC (Pa.) .....20:26
13. Peggy Rothart, Allegheny CCAC (Pa.) .....21:54
14. Crystal Kochka, Allegheny CCAC (Pa.) .....22:03
15. Deborah Rubio, Allegheny CCAC (Pa.) .....22:10

### TEAM RESULTS

Points

1. Allegheny CCAC (Pa.) ..... 15



TEAM CHAMPIONS

Left to right: Cindy Mendolia; Anita Stalter; Michele Lozito; Peggy Rothart; Crystal Kochlea; Judy Sahayda; and Annette Giovanazzi.

# Allegheny CCAC Wins NJCAA Cross Country Championship

*Robin Holland of Allegheny CCAC Takes Individual Title*

Allegheny CCAC of Pittsburgh, Pennsylvania won the NJCAA Team Cross Country Championship at Bethpage State Park, Farmingdale, New York. In an awesome display, Allegheny, paced by the brilliant Robin Holland, finished 1-2-3-4-8 for an incredible score of 18, to far out-distance runner-up Pima College, who finished with 118



Left to right: Bret Watzka; Marty Hansen; Bill Stewart; Jim Frye; Carlos Medina; Robin Holland; John Thomas; Sam Bair; and George Killian.



Robin Holland

points. Southwestern Michigan College, defending NJCAA Champions, nipped Hutchinson CJC for third place. Holland's time for the 5 mile course was 23:26.2.

## INDIVIDUAL RESULTS

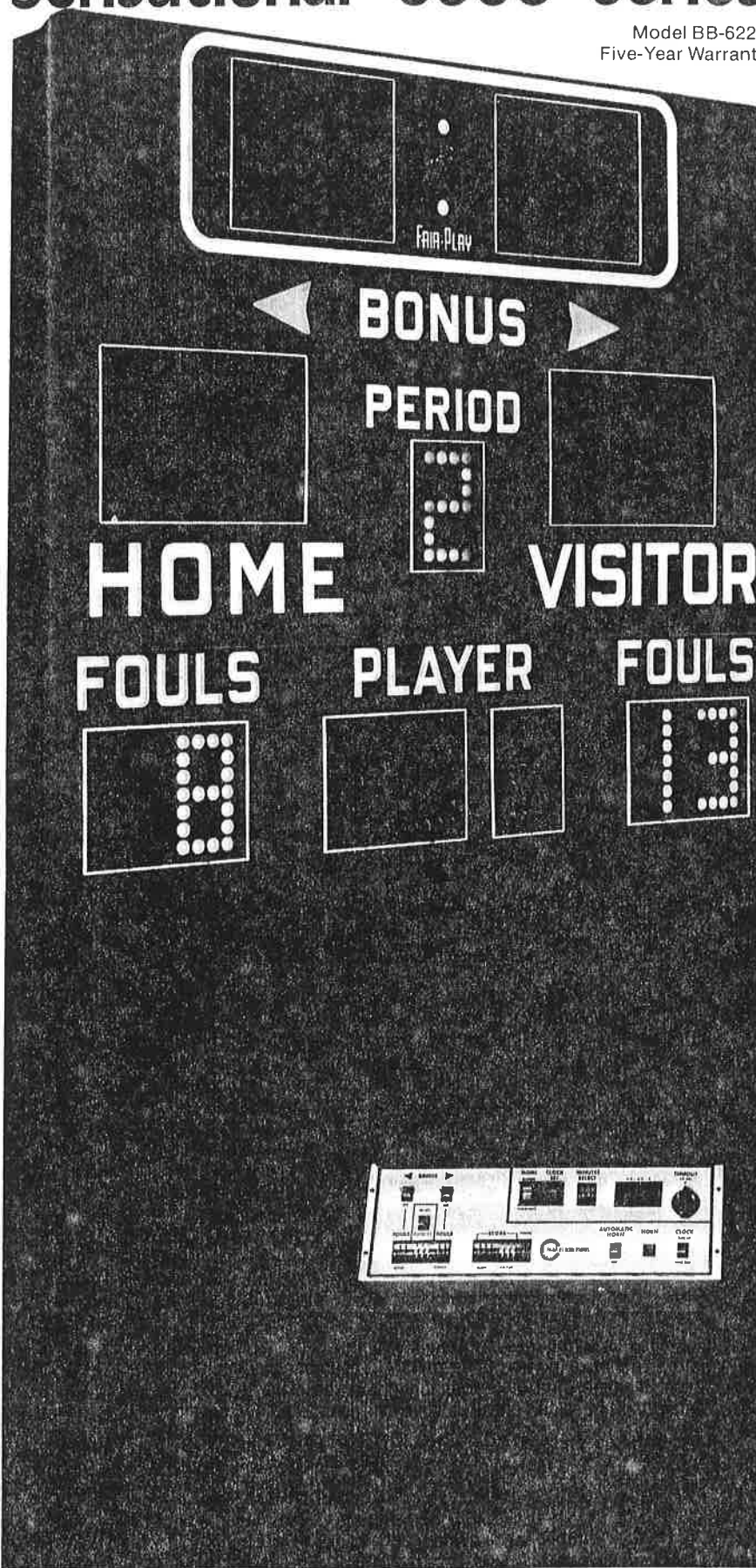
	Time
1. Robin Holland, Allegheny CCAC	23:26.2
2. Tim Frye, Allegheny CCAC	23:36
3. Carlos Medina, Allegheny CCAC	23:37
4. Bill Stewart, Allegheny CCAC	23:38
5. Mike Hairston, New Mexico JC	23:39
6. Larry Martinez, Pima College	23:42
7. Ken St. John, Lansing CC	23:42
8. Art Menchaka, Pima College	23:53
9. Wayne Coffman, Allegheny CCAC	23:55
10. Bob Malone, Jackson CC	23:55
11. Brian McCoy, Miami-Dade JC South	23:58
12. David Zuk, Hutchinson CJC	24:01
13. Tarold Lingvigsmoen, Ricks College	24:01
14. Lawrence Michael Heath, C. S. Mott CC	24:04
15. Steve Ostwinkle, Rochester CC	24:05
16. Mike Myers, Southwestern Michigan College	24:06
17. Bret Watzka, Allegheny CCAC	24:06
18. Jeff Cosgrove, Brevard College	24:07
19. David Adams, Golden Valley Lutheran Col.	24:08
20. Frank Canez, Pima College	24:09
21. Rich Harter, Lane CC	24:10
22. Pat Fitzgerald, Jackson CC	24:11
23. Paul Kassen, Meramec CC	24:11
24. Dennis Weber, Hutchinson CJC	24:12
25. Bill Mayoral, Miami-Dade JC South	24:13
26. Kelvin Little, Hagerstown JC	24:15
27. Lindon Dugan, Odessa College	24:16
28. Sam Bergstrasser, Indian River CC	24:17
29. Dennis Barker, Golden Valley Lutheran Col.	24:18
30. Calvin McQueens, S.W. Mich. Col.	24:19



Dick Coleman, right, President of the NJCAA Cross Country Coaches Association, presents the Coach of the Year award to Sam Bair of Allegheny CCAC.

# New from Fair-Play... Sensational "6000" series

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Five-Year Warranty



31. Wil Fieldhouse, Harper	24:20
32. Jerry Freyberg, SW Mich.	24:21
33. Bill Robinson, Hutch'son	24:22
34. Ken Martin, Lane CC	24:24
35. Dave Finnestad, SW Mich.	24:26
36. K. Stevens, SUNY Morrisv'le	24:30
37. Garry Gottardi, SW Mich.	24:30
38. Keny Bruno, Hagerstown	24:32
39. Jim Davis, Lincoln Land	24:33
40. David Comer, Brevard	24:34
41. Don Shrader, SUNY Coblesk'l	24:35
42. Lester Sam, Haskell	24:35
43. Ron Ruick, Jackson	24:35
44. Fred Tornado, Butler	24:36
45. Dave Martin, Lane CC	24:36
46. Riley Evans, Hagerstown	24:36
47. Marty Hansen, Allegheny	24:36
48. Steve Kaufman, Col. S. Ida.	24:36
49. Bryan Denker, Pima Col.	24:38
50. Bob Dryden, Essex CC	24:39

## TEAM RESULTS

	<i>Points</i>
1. Allegheny CCAC (Pa.)	118
2. Pima College (Ariz.)	118
3. SW Mich. Col.	133
4. Hutchinson CJC (Kan.)	152
5. Golden Val. Luth. (Minn.)	199
6. Jackson CC (Mich.)	212
7. Lane CC (Oregon)	216
8. Hagerstown JC (Md.)	218
9. Brevard College (N.C.)	238
10. Ricks College (Idaho)	286
11. SUNY at Morrisv'l (NY)	299
12. Grand Rapids JC (Mich.)	357
13. St. Louis CC Meramec (Mo.)	392
14. Miami-Dade JC S. (Fla.)	397
15. Lincoln Land CC (Ill.)	418
16. Rochester CC (Minnesota)	408
17. Seminole CC (Florida)	451
18. New Mexico JC	468
19. CC of Morris (N.J.)	472
20. Ocean County Col. (N.J.)	497
21. Faulkner State JC (Ala.)	531
22. Indian River CC (Florida)	613
23. SUNY at Farm'gdale (NY)	656
24. Danville JC (Illinois)	699
25. Suffolk CC (New York)	717
26. SUNY at Cobleskill (NY)	719
27. Milwaukee Area TC (Wis.)	755
28. Massachusetts Bay CC	765
29. Manchester CC (Conn.)	877