

S 6 Sports

PLAYING FIT '85

Vital information and instruction
(For parents, coaches, athletes and others over 14 years old)

Sponsored by The Staten Island Hospital Association,
Staten Island Academy and The Advance

Saturday, March 30, 1985
Staten Island Academy, 715 Todt Hill Road
9 a.m. to 1 p.m.

For information call: S.I. Academy - 987-4100 S.I. Hospital 390-9375
S.I. Advance Sports Department - 981-1234
Registration fee: \$5.00 (includes free T-shirt and lunch)

Please sign me up for **PLAYING FIT '85**

NAME _____

ADDRESS _____

PHONE _____

AGE _____ (14 or over please)

My TWO areas of interest will be:

☐ Baseball ☐ Soccer

☐ Basketball ☐ Running

☐ Football ☐ Weight training

T-SHIRT SIZES Men's sizes (Check one)

☐ Small ☐ Medium ☐ Large ☐ X Large

Make Checks Payable To:
Staten Island Hospital Association
440 Seaview Ave.
Staten Island, NY 10305

Signup deadline set for fitness seminars

Time is running out for coaches and athletes to register for the most comprehensive sports fitness program ever offered on Staten Island.

Playing Fit '85, a series of informative sessions on proper health care, fitness and training techniques, will be held Saturday at Staten Island Academy beginning at 9 a.m.

A panel of experts specializing in six areas will be on hand to discuss proper training techniques for all athletes. A general information session and a smaller, more specific talks are scheduled.

Among those scheduled to speak is Ronnie Barnes, head trainer of the New York Football Giants. Barnes will discuss the importance of a year-round conditioning program for football players and how coaches can develop a program for their teams.

Larry Mayol, the former trainer of the New York Mets and originator of many modern training techniques used by major league baseball teams, will demonstrate some of those techniques in his session. Mayol is presently the chief physical therapist for the United States Davis Cup tennis team.

Local physical fitness instructor Joanne Navarra will team up with veteran track coach Bill Welsh to give road runners and those involved in track and field tips on getting in shape, maintaining condition and training.

The registration fee for the program is \$5 and includes a T-shirt and a lunch.

The deadline to register is Friday.

For more details, call the Academy at 987-4100, S.I. Hospital at 390-9375, or the Advance Sports desk at 981-1234, between the hours of 9 a.m. and 5 p.m.

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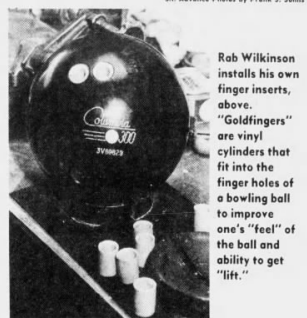
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Tenpin rap/

Wilkinsons give bowlers a lift



S.I. Advance Photos by Frank J. Johns



Rob Wilkinson installs his own finger inserts, above. "Goldfingers" are vinyl cylinders that fit into the finger holes of a bowling ball to improve one's "feel" of the ball and ability to get "lift."

By JOE LOVERDE

Advance Staff Writer
Rob and Ed Wilkinson are very proud of two recent 300 games that neither of the brothers rolled.

One of the perfect games was rolled by George Cretella, at Wallington (N.J.) Lanes, the other was bowled in Florida by former Great Kills resident Rick Moran, at the Sky Bowl in Orlando.

And, though it might only be coincidence, they were rolled with bowling balls fitted with a device invented by the Wilkinsons.

They're called "Goldfingers," small vinyl cylinders inserted into the finger holes of a bowling ball for the purpose of improving one's "feel" of the ball and, consequently, improving one's scores.

There are other similar finger inserts on the market. Contour-power, endorsed by pros Ernie Schlegel and Wayne Webb, among others, is one. Orange-aids are another. In fact, as Rob has discovered, there are 17 patents for finger inserts.

But what distinguishes the Goldfingers are the golden color (hence the name) and, most important, a patch of tiny bumps at the top inner portion of the cylinders which touch one's finger tips and create the improved "feel."

"We've been putting inserts in balls for years," Rob Wilkinson said, "but the ones everybody uses smooth out after awhile. They wear out too quick. They get slippery. We wanted to find a way to prevent that from happening."

"It was Eddie's idea to make them ourselves. It was my idea to put the lifts' (bumps) in."

The Wilkinsons, in the bowling pro shop business on Staten Island for 25 years, contacted a manufacturer of bowling products, located upstate. They came out with a few test models, sent them and passed them out. Now they're perfected, on the market and being distributed, so far, along the East Coast. They are hoping to market them nationwide.

Rob sells them in his Grant City pro shop and at least one other Staten Island shop, Scaglione's in Tompkinsville, also has them. They sell in Rob's for \$10 a pair, installed, although he's having a 25th anniversary



Joe Loverde

special all this week during which he'll put them in any ball free of charge.

"So far we've gotten a pretty good response," Rob said. "We've sent some to Earl (Anthony, pro bowling's all-time money and titles leader) and a couple of guys who work for Ebony on the pro tour. George (Cretella) has been sort of a guinea pig for us."

Cretella is thankful for the opportunity. Since he's been using the grips, his game has improved tremendously, although he also thinks the extra practice he's been doing has helped.

The 300 he rolled bowling for his college team (St. Peter's of Jersey City) and the 299 he hit while winning the St. Patrick's Day Marathon (worth over \$1,000) at Bowling on the Green last weekend have been with balls fitted with the inserts.

"I have them in all six of the bowling balls I usually use," said Cretella. "Three or four guys on my college team use them now, too."

"I think they've helped me in that I can feel the ball now, it helps me come through the ball better - get better lift. Rob's are the only ones I use now. The others are too slippery."

"There are three things they're supposed to help you with," said Wilkinson. "To help you get the ball over the line, to keep you behind the ball, and to help you get the ball farther down the lane before it starts breaking."

"And since they don't swell or shrink in different temperatures, the ball doesn't slip. And if your fingers shrink, you still are able to lift the ball because of the lifts."

Wilkinson hopes to make some money from this, naturally.

"Sure," he said, laughing. "We hope to make enough money to become independently wealthy and retire."

"But," he said, "if that doesn't happen, at least we'll know we helped a few bowlers' games."

Lite Beer Championship bowling/

Webb edges Holman for title

MILWAUKEE, Wis. (AP) — As he predicted earlier in the week, Wayne Webb captured his 13th career championship with a 198-192 decision over top-seeded Marshall Holman in the title game of the \$150,000 Lite Beer Championship Saturday afternoon.

Webb collected \$27,000 for his first title of the year, while Holman, out of Jacksonville, Ore., took home \$14,000.

Mike Aubly finished third, Mark Baker fourth and Jeff Bellinger fifth.

Webb, who lost to Holman in the title game of the U.S. Open in February, went through the field for the victory.

He stopped Bellinger of Columbia, S.C., 215-194, routed Baker of Garden Grove, Calif., 257-223, and downed fellow Indianapolis bowler Aubly, 226-186, before going against Holman.

"I just had this feeling that I was going to win this week," said Webb, 27. "I also predicted I

would win in Miami this year and I finished second."

"I predicted I would win the Showboat Invitational and the Firestone Tournament of Champions in 1980 and I won both of them."

Holman, who dropped his TV record to 7-13 from the No. 1 position, opened the door for Webb by failing to convert splits his first two frames. He suffered another open frame in the seventh with another split to give Webb an advantage going into the final three frames.

Holman struck on his final four balls to force Webb to mark for the victory. Webb left a 10-pin and converted to seal the win.

Aubly earned \$8,500 for third to take the money lead with \$87,170.

Baker collected \$7,000 for fourth and Bellinger \$6,000 for fifth.

The PBA's Winter Tour now moves to Baltimore, Md. for the \$130,000 Fair Lanes Open.

INSIDE LINES: Country Lanes will stage a junior tournament Saturday. The tournament will consist of a two-game qualifying (at a \$5 entry fee), with the top eight in each of four age divisions advancing to the single-elimination match-play finals. All 32 finalists will receive a trophy. Contact: Country for more information.

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You can go far on exercise bike

By PAT McNALLY
Question: I saw your TV show on the stationary bike and I would like to hear your workouts on the bike again and what you get out of them. — J.H., Ohio

Answer: I really do believe the stationary bike is the most underrated piece of exercise equipment around. For some reason, it is most commonly thought of as valuable only to older people and those rehabilitating themselves after surgery. Although the bike does, indeed, help those two groups tremendously, it can be a valuable part of any young, aspiring athlete's program, too.

For the past eight years, I have made the stationary bike a big part of my workouts. Besides riding for 10 minutes to warm up my legs and body before lifting weights, I also finish with interval training on the bike. Those are called 30 seconds on and off. I ride hard at a high resistance, for 30 seconds, and then I rest for 30 seconds. I repeat this 10 times, three days a week. I do my running on alternate days.

The stationary bike is great because you can strengthen your legs and work on your endurance without the pounding and mini-conditioning exercises such as running or aerobics. I definitely believe in athletes, of all ages, using the exercise bike. You'll avoid some wear and tear on your joints, back and feet, while getting a good workout, whether it's in a gym or at home. And you'll never miss a session because of inclement weather.



Pat McNally

Question: Our son is only 13 but we just found out that he has torn cartilage in his right knee and needs surgery. He thinks he won't be as good after the operation. Is this true? — C.K., N.Y.

Answer: Since knee cartilages do not have a blood supply of their own, if they're torn or ripped, they cannot heal themselves. This means they're damaged forever and can only stay the same or worsen, with no chance of natural repair.

If your son's injury has been diagnosed by at least two doctors, preferably experienced in sports medicine, and they both advise surgery, then he should go ahead and have it. If he does not, he's heading for nothing but big trouble with pain, further damage and early arthritis.

I think he'll be far better off having his operation if it's called for. After a short time, with good rehabilitation, he'll be able to return to full, normal sports activities. In fact, with the new arthroscopic surgery, I've seen athletes have cartilage removed and play within a week.

Even though his knee will never be 100 percent normal again, your son shouldn't worry that it will cost him athletic greatness. Many players in every major sport have had cartilage removed and come back to play brilliantly. Just make sure he has a good, experienced sports surgeon and that he rehabilitates with a knowledgeable physical therapist. If he works hard, he'll be able to come back as far as his ability, desire and luck will carry him.

(Pat McNally, a Harvard University graduate, plays for the Cincinnati Bengals of the NFL. His column appears each Sunday on the sports pages. If you have a question about youth-in-sports, send it to "Pat Answers," c/o The Staten Island Advance, 850 Fingerboard Road, Staten Island, N.Y., 10313.)

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