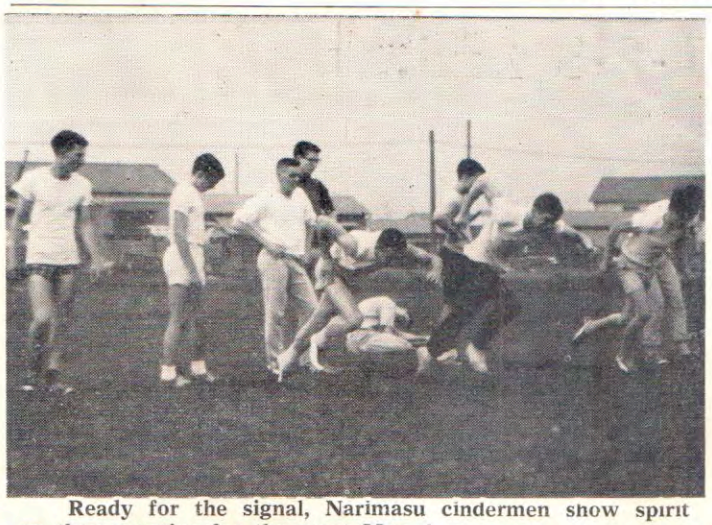

Ready for the signal, Narimasu cindermen show spirit as they practice for the meet May 4.

Bob Grantham competes in the discuss throw and shot put for the Narimasu track team.

# America: Tough

At La Sierra High School in Carmichael, California, a good system for developing physical fitness is used. Some 900 boys compete against each other to earn red, blue, purple or gold trunks. The system gives status to them and a gold winner gets as much recognition as a football hero.

When a boy enters La Sierra, his physical capacity is tested. He is then put through 15 minutes of exercises doing pull-ups, push-ups, hops, and situps daily. About 93 per cent of the beginners advance to red, which is an intermediate status. Tests from this point become extremely difficult. For example, the minimum number of pull-ups for a man entering the Naval Academy is two; for a La Sierra blue, it is 14.

This program has been adopted by more than 200 schools and, if adopted nationally, it is believed that American youths will be the toughest in the world.

# Tennis Racket

Another Kanto Plains Championship is headed for the halls of Narimasu High. Narimasu's Tennis team is well within sight of this goal, having downed the Trippin' Trojans of Zama by a score of six matches to one and later snipping the wings of the Falcons 7-0.

The Narimasu Netsters then turned their rackets of havoc towards the weak-kneed Warriors and the Knights of Christian Academy, but the Fates were kind to both clubs for the games were cancelled because of rain. The team is looking forward with anxiety to the coming all-day tournament on May 4, for they are defending doubles champions and a strong contender for singles victory.

Possible lettermen this year include Woody Grubb, Greg Murray, Jim Ogan, Edwin Jones and Jay Byrne.

# Track Men See Tokyo

Among Narimasu's tracksters, Tuesday is looked upon with mixed emotions: that day has been selected by Coach Jim Elliott "Japan Sightseeing Day." The first tour the team went on was a five-mile jaunt to Camp Drake and back via Momote. About two dozen observers in sweat pants and shirts viewed with great interest the agricultural and economic progress of the average Japanese agrarian (we ran through the paddies). Judging from the volume, the hog production seems to be going well, also.

The following week featured an excursion past Narimasu station four miles down "N" Avenue, where the team rested fifteen minutes and then started back, accompanied by Manager Mike Soehlein on his cycle.

The climax of the distance run occurred last week when the team ran thirteen miles to Washington Heights. Neither rain nor storm nor gloom of night shall change Coach's mind, so, despite the "gathering storm" we ran...and ran... and ran... Cheered on by jeering truck drivers, umbrellas poking eyes, and rain-soaked tennis shoes, the first runners entered Sangubashi gate in one hour and twenty-five minutes. The trailblazers entered at 2:15. Wash Heightsmen invited Grant Heights men invited Grant night. Coach Jim Elliott carried books and clothes in the Volkswagon.

Trackmen are looking forward to running to Green Park in the coming weeks.

# They Show Strong Front

The Dragon nine have had strong team competition for leadership in batting. Freshman Mike Weir carried the team at the plate until Larry Gagnon came on to show his hitting prowress. Gagnon broke his arm during practice via a Chuck Weir pitch but is back now. With regular shortstop Jack Stranberg absent, Gagnon was moved into the position; on Stranberg's return, Larry was delegated to alternate with Jody Petrosky in right field.

Left field seems a rough spot; Chuck Oldenberg, John Evans, Steve Norris and Allan Marcello have all had turns guarding the left sector—with apparent success, as wonloss records show.

The infield is least troublesome: Andy Bone and Evans alternate at the gateway, with Braun Jones on second, Rick Brown at the hot corner and Stranberg patrolling short. Mike Weir handles the receiving, backed up by Richard Norris. The pitching corps has right handers Steve Norris and Freddie Cowell, balanced by Chuck Weir and Jody Petrosky, with occasional hurling by Rick Brown. Rocky Williams in center completes the frontliners.

# Record Set

Narimasu's Dragons were edged out of second place 40½ to 36½ by Johnson's Falcons as Yamato took first place with 66½ points in the first 1963 Kanto Plains Track meet. Steve Fall and Al Bishop were high point men for Narimasu with 7½ and 6½ points, respectively. Fall grabbed second in the high hurdles and low hurdles. "Blisterin'" Bishop set a new Kanto Plains record with a 4:46.5 mile to beat his nearest competitor by 9½ seconds. Later in the meet Al tied Fall for second place in the high jump. Sophmore Bob Tolhurst, co-captain with Bishop, soared ten feet with his aluminum pole for second place and ran fourth in the half-mile. Tolhurst's Frosh brother, John, grabbed fourth in the pole vault.

Junior Ray Lancaster dashed to a 10.95 (sec) for the hundred yards and tied senior Dennis Holliman for fourth in the 220. Fourth place in the 440 was taken by Bill Buchenau who later teamed with Steve Hunt, John O'Brien and James Steinhoff to take second in the mile relay. Steinhoff also took third in high hurdles.

In the "Muscle" events, Junior Bob Grantham took fourth in the discus, while Steve Hunt took third in the shot-put with a throw of 39 feet. Two more points were added to Narimasu's total by the 880 relay team consisting of David Dean, Ray Lancaster, Bruce Raisor, and Paco Holliman.

# He Eliminates Competition!

Perhaps you have noticed recently some of Narimasu's cindermen limping about Narimasu halls. If so, you are probably wondering why. The answer is simply that hefty Bob Grantham, who tosses both discus and the shot is trying to eliminate all competition so that he can place higher in the upcoming meets.

Grantham has to date eliminated, for the time being, discus-man, Kevin Buey and, at last report, was well on his way toward eliminating Steve Hunt, who doubles in discus and the shot.