

# THE STUDENT BODY

## COLUMN

### Japan tackles football



By Greg Guffey  
 ■ The Observer  
 U. of Notre Dame

The members of the Doshisha U. Hamburgers stood in awe. Their wide-open and entranced eyes confirmed this was the crowning jewel of a week to remember.

The Hamburgers, a Japanese collegiate football team, capped more than a week of American football training by watching defending national football champion U. of Notre Dame practice.

The Hamburgers spent the week at Earlham College in Richmond, Ind. They played an exhibition game against Earlham, an NCAA Division III school that went 1-8 last year, and the Hamburgers lost 27-0.

Hamburger Coach Aiko Ichise was a visiting professor at Earlham in 1982-83. He organized the week-long trip and the visit to Notre Dame. While the trip was a good learning experience, the Hamburgers — a nickname Ichise chose because he wanted it to reflect some part of American culture — aren't quite ready to play a regular season in America. The average Doshisha player weighs 158 pounds.

The Japanese — who are so competitive and successful in the business world — aren't concerned about winning on the field. Against Earlham, the Hamburgers called a time out in the closing seconds of the game as Earlham approached the goal line. They didn't care if Earlham scored; they just wanted to play longer.

In the United States, professional and collegiate sports are big businesses. In Japan, sports are for fun and recreation. The Japanese don't live or die with a basketball or football game. A business deal to buy France, maybe, but not a game.

But when talking about the seeming ineptitude of the Hamburgers, just remember the aftermath of World War II. Then down-and-out Japan has become a dominant economic power in just 45 years.

So give the Japanese time to develop the game. And if they can't produce a dominant team of their own, they just might buy Notre Dame.

## SPORTS

### Gridiron battles

The top college football rivalries in the nation selected by campus editors.

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## RECREATION

### Hockey sans ice

An Oregon State U.'s club offers students interested in hockey a great way to sweat and have fun without any time on the ice.

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## HEALTH

### Overkill

Overexercisers may cause more damage to their bodies than good.

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# New laws may boost women's sports

By Chris Grygiel

■ The Evergreen  
 Washington State U.  
 and Lisa Lindstrom  
 ■ The Daily of the U. of Washington  
 U. of Washington

Washington state's recently passed sex equity laws will most likely have a ripple effect and help women across the country achieve equality in collegiate athletics, say women's rights activists and legisla-

tors.

"This is really a landmark decision," said state Rep. Ken Jacobsen, D-Seattle. "I think they are going to be model acts for the country."

The laws allow Washington state colleges to waive tuition and fees for a limited number of athletes who may have otherwise had their tuition paid by athletic department scholarships. When implemented in 1990, the waivers will provide up to an additional 181 scholar-

ships — most of which will go to women — and cost the state treasury \$1.4 million a year.

In addition, the laws require Washington's Higher Education Coordinating Board to set guidelines to eliminate gender discrimination at state institutions.

The laws also require a sex-equity conference be held in 1990 where coaches, teachers and administrators for high

See EQUITY, Page 23

# More men join female-dominated aerobics classes

By Steve Harmon

■ Mustang Daily  
 Cal Poly State U., San Luis Obispo

Watch out Jane Fonda, here come the guys.

More and more males are suiting up in spandex and Reeboks and joining female-dominated aerobics fitness classes. Anybody who has gone through a one-hour workout will attest that aerobics is sexless — it beats the hell out of both males and females.

California Polytechnic State U. physical education senior Greg DiLeo has been doing aerobics for six years. However, he wasn't into the exercise at first. "Girls were the first thing that attracted me," DiLeo said. "Then, after a while, I realized it's a good way to stay in shape."

DiLeo remembers his first aerobics class. "I felt like an idiot," DiLeo said. "I felt completely uncoordinated. I couldn't do any of the moves and I just felt embarrassed to be in there. After a while of just constantly going, I picked it all up."

"I'd like to see a lot more men get

involved. Lifting weights builds more muscle, but as an overall means of staying fit, it's just not the same as circuit training (aerobics and moderate weight lifting) or aerobics," DiLeo believes.

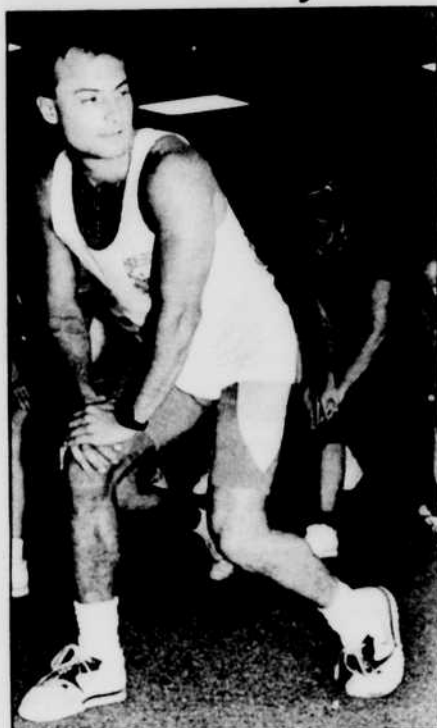
DiLeo said he finds it amusing that on one side of the gym women will be the minority as they pump weights in a mostly male crowd, and on the other side of the gym, the men will be the minority doing aerobics.

Marcy Maloney, Cal Poly Rec Sports fitness and leisure coordinator, said the number of men doing aerobics has increased.

Maloney, who has taught aerobics for 10 years and is an instructor at a local fitness club, said classes now have three to four males — up from last year. She attributes this increase to changing attitudes and less intense workouts offered by some instructors.

Men don't participate because aerobics is dance-oriented and "men don't feel comfortable in dance. They are more into calisthenics," she said.

Maloney said the women enjoy it when men get involved in aerobics classes. "They love it. A co-ed class is fun."



AMBER WILSON, MUSTANG DAILY, CALIFORNIA POLYTECHNIC STATE U., SAN LUIS OBISPO

Greg DiLeo is one of the many men who have turned to aerobic exercise.

## COLLEGE EDITORS & WRITERS PICK PRESEASON TOP 20 AND ALL-AMERICANS

U. The National College Newspaper polled sports editors and writers from 20 college newspapers representing the nation's major conferences in compiling the U. Preseason Basketball Top 20 and All-America Teams.

Each school presented U. with a Top 20 and a first and second All-America

team. Points were assigned based on the ratings — 20 points for #1, one point for #20 — and the totals represent the Top 20. For the All-America teams, three points were awarded to a player for a first-team vote, one point for a second-team vote.

Voted to the U. All-America first team were: Chris Jackson, guard, LSU;

Rumeal Robinson, guard, Michigan; Alonso Mourning, center, Georgetown; Derrick Coleman, forward, Syracuse; Lionel Simmons, forward, La Salle.

Second team: Kendall Gill, guard, Illinois; Mark Macon, guard, Temple; Brian Williams, center, Arizona; Stacey Augmon, forward, UNLV; Hank Gathers, forward, Loyola Marymount.

### College Basketball

- |                        |                          |
|------------------------|--------------------------|
| 1. UNLV (9)            | 11. UCLA                 |
| 2. Georgetown (5)      | 12. Georgia Tech         |
| 3. Syracuse (2)        | 13. Pittsburgh           |
| 4. Louisiana State (1) | 14. Louisville           |
| 5. Michigan (2)        | 15. Missouri             |
| 6. Illinois            | 16. North Carolina State |
| 7. Duke                | 17. Notre Dame           |
| 8. North Carolina      | 18. Oklahoma             |
| 9. Arizona             | 19. Seton Hall           |
| 10. Indiana (1)        | 20. Iowa                 |

U.'s Voting Panel: Reid Adair, *Kalesidoscope*, U. of Alabama, Birmingham; Brady Bingham, *The Daily Universe*, Brigham Young U.; Glen Cook, *The Arizona Daily Wildcat*, U. of Arizona; Dave Glenn, *The Daily Tar Heel*, U. of North Carolina, Chapel Hill; Darryn James, *The Daily Trojan*, U. of Southern California; Theresa Kelly, *The Observer*, U. of Notre Dame; Steve Kirk, *The Crimson White*, U. of Alabama, Tuscaloosa; Chris Lancette, *The Red and Black*, U. of Georgia; Eric Lemont, *The Michigan Daily*, U. of Michigan; Tom Nelson, *The Daily Nexus*, U. of California, Santa Barbara; Rodney Peele, *The Chronicle*, Duke U.; Jeff Ponczak, *The Daily Illini*, U. of Illinois; Andrea Reitan, *The Yellin' Rebel*, U. of Nevada, Las Vegas; Staff of *The Georgetown Hoy*, Georgetown U.; Staff of *The Indiana Daily Student*, Indiana U.; Staff of *The Daily Reveille*, Louisiana State U.; Staff of *The Daily Orange*, Syracuse U.; Staff of *The Vanderbilt Hustler*, Vanderbilt U.; Staff of *The Cavalier Daily*, U. of Virginia; Rick Taylor, *The Prospector*, U. of Texas, El Paso.



ROBERT ANDERSON, THE YELLIN' REBEL, U. OF NEVADA, LAS VEGAS

Forward Stacey Augmon leads UNLV.