



photo bob christensen

Ramsey's net team faces Hastings next Tuesday , 3:45 p.m. at Ramsey .

SOME COACHES VIEWS

What is a trackman?

by Dave Black

During the first day of the track season, head coach Kent Smith passed out two sheets to the squad, both entitled "What is a Trackman?" Portions of these anonymous writings are reprinted here in hope that they may give a better idea of what goes on in the sport, not only at the meets, but during the grueling daily practice sessions.

Between the innocence of boyhood and the dignity of manhood we find an intrepid creature called the trackman. Trackmen come in assorted weights, shapes, jersey colors, and insignia, but all have the same burning drive: to compete every second of every event with every ounce of power and determination in their make-up.

"Trackmen are found everywhere: running, coasting, driving, jumping, vaulting, hurdling, putting, throwing, doing cales-thenics,, passing competitors or breasting a tape. Teammates bump them, opponents push or spike them, students ignore them, officials disqualify them, kid brothers wonder at them, coaches criticize them, girls can't see them, mothers worry over them and fathers can't understand why they aren't out for football or basketball.

"He practices harder, works longer, and is bent on bringing recognition to his school. His performance is never a relative sort of value because it's always measured and recorded in black and white. He knows how good he is or isn't, but he's always trying to be a champion. "Trackmen like days off, trips away from home, getting out of school early for a meet, running in nice weather, trophies, medals, records, and the pleasant feeling of doing something better than they've ever done before. They would rather not run lots of wind sprints, or overdistance running; they aren't much for the wind,, rain, or cold, but lying in the sun is a most pleasant experience.

"A trackman is a hard-working, untiring, determined kid do-

ing the best he can for his school all by himself without the adulation of a crowd. And when you leave a stadium, or an arena, or read in your morning paper that your team did not win, and you feel upset that your school is not top dog, he can make you feel almighty ashamed with just four sincerely spoken words- "We did our best."

Ramsey's trackmen have been working hard lately, especially since the weather turned warm, and the track became suitable for workouts. The team travels to St. Paul Park tomorrow morning for the first Cottage Grove Invitational meet, featuring many top schools and individuals from the metropolitan area.

Next week is an off week until Saturday, when the Burnsville Lions Relays will be held in Burnsville.

Ram golfers face Mounds View today

by Paul Johnson

Weather permitting, Ramsey's golf team, headed by Coach Dick Mraz will play Mounds View tonight, 4:00 p.m. at Midland Hills. Mounds View should prove to be a tough and tested team, losing only one out of five of last year's Suburban Conference championship team.

The Rams played White Bear Lake yesterday, April 16. The five starters in that meet were Morgan, Charlie Meyers, Vern Svac, Dan Carlson and Jim Stauff. The linkmen played the rank-determining qualifying rounds Monday and Tuesday at Gross golf course.

In the qualifying round, Morgan and Meyer tied with 80, Svac shot

an 82, and Carlson and Stauff tied for fourth with 85 strokes. When asked about the performances in the qualifying round Morgan commented, "Considering the weather conditions (it was raining, snowing and cold) and the fact that it was a first time out on a course for a lot of us, I think the scores were excellent. They will improve as the season progresses, too."

As for the outlook of the team this season, Mraz said, "The team looks like a possibility for the upper division. I think we will finish in the top five, but that is all I can say for now."

In high school golf, twelve holes are played and match and medal scoring is used. The player with less strokes than his opponent after the first six holes gets one point. One point is awarded for the lowest score in the back six holes and one point is given to the player with the best score for the twelve holes. There are five matches in a meet, hence, fifteen points total and the teams will either tie, 7 1/2 - 7 1/2, or one team will win.

Girls go out, have fun

GIRL'S SPORTS PROGRAM STARTING

by Jeff Johnson

Someday, go down to the gym about 1:00 and take a look inside. You might say, "Who's that hurdling in there? It sure isn't the track team."

Well, in a way you're wrong. It is the track team - the girl's track team. Just in the growing stage, the gals practice several times a week and now are just moving outdoors.

"No, I wouldn't say our program is too organized as of yet," replied Miss Willetta Brown, head of the girls athletic program at Ramsey. "We have what you probably would call an extramural arrangement working for us," she said. "This type of program is very broad in its own sense. The women are not called for to come out nor are they recruited. They come out because they want to be fit and because they would like to participate in the sports they enjoy. Maybe they would like to play

scholastic level, but not as highly competitive and stressing as that of the varsity boys sports, so they learn the basic and not so - basic fundamentals here. I'm not saying they would like to be Olympic starts or prothese sports when they are older, fessional; just knowing about the sport and how to play it."

Ramsey does not have an interscholastic girls athletic program, yet. In the next two or three years, however, it will probably expand to the inter-

Track is not the only girls sport available at Ramsey. Golf and field hockey are others as well as tennis in the fall. "The reason we have tennis in the fall is to keep out of the boys way in the spring," she said. "Especially now, with less courts available to us, we must allow the boys use of the courts at all times,"

Next year, gymnastics, volley ball, and basketball will be offered as girls sports.

"I would suppose we could get

some real stars out here if we really pushed the track team bit," stated Miss Brown. "It is strictly voluntary and hopefully it will continue to be."

But guys, judging from the talent you see down there, you just better watch out.

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Jackets to change

Soon, you may see some new innovations on the Ramsey letter jackets.

Recently, the Letterman's Club met and voted on an amendment to allow Ramsey letter winners to wear year of graduation numerals and emblems of the sports they lettered in.

"Basically, the letter jacket themselves will be the same," commented Lars Overskei, Head of the Athletic Department, "The numerals for the left sleeve and the sport emblems for the right sleeve are the only new revisions voted on by the lettermen."

"Right now, the numerals are here to be sold at cost to the athletes," said Overskei, "The only trouble may be how to get them on. They probably will have to bring them to a tailor or sew them on at home, which may prove not to be the easiest task. I was hoping to find a very strong glue to attach them but I've been unable to locate anything to serve the purpose."

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