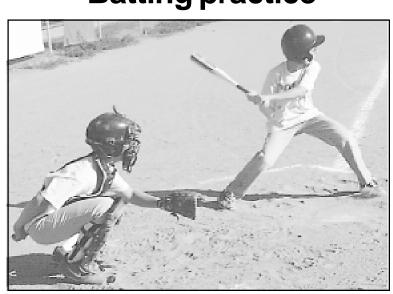


Batting practice



JAY KELLEY/Colby Free Press

Lincoln McClure was ready to belt one out to the defense with Mitchell Gatz behind the plate at a Bambino boys Rockies team practice Monday night. According to coach John Gatz, the team received a forfeit and decided to take in some batting practice. Games begin at the recreation fields again tonight at 6 p.m.

Kansas City Royals sink deeper and

ballclub, I don't think there are any."

major league club that thinks the Roy-

als might have that one key player who

"As we get further along and con-

tinue to struggle, we're going to be

more aggressive. I'm constantly talk-

"I talked with five clubs today and I

While Baird visits with rival front

executives, it'll be a somber, down-in-

the-mouth Kansas City team the St.

Colby recreation baseball and soft-

Devil Rays vs. Mariners on field 3

Orioles vs. Mets on field 3 at 8 p.m.

Orioles vs. Cubs on field 2 at 6 p.m.

Cardinals vs. Rockies on field 2 at 8

Giants vs. Pirates on field 4 at 6 n.m.

Mets vs. Devil Rays on field 4 at 8

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Area Schedule

Wednesday, June 13

Bambino boys baseball.

Rookie girls softball

oall at the rec fields.

plan to talk to a few clubs tonight."

could put them over the top.

ing with clubs," Baird said.

in uniform.

Nobody is sacred.

Research ongoing in knee injury prevention

MANHATTAN — Recent studies in males. have uncovered an alarming statistic: female athletes are four to six times as likely as male athletes to tear their an-

In fact, the National Collegiate Athjury than male players.

The system also reported that most of the injuries were noncontact related and were a mechanism of planting and cutting, straight-knee landing, pivot-

The ACL lies deep in the knee and is attached to the top of the tibia bone, runs behind the patella (knee cap) and

According to Kansas State University assistant athletic trainer Woody Graham, one reason female athletes experience more ACL tears is that the pelvic girdle in females is wider than

turn puts more stress on the ACL.

"Another reason for the increased

'The late start means that when girls reach college they haven't had as much time to develop the strength and flexibility needed to compete at a higher

grams have different strength techniques and training than men's programs, which could account for the differences in ACL injuries.

practice of training women and men differently is changing.

If the increased number of torn

Call in your sports news to the Colby Free Press at 462-3963 or e-mail colbysports@nwkansas. com. Jay Kelley is sports coordi-

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terior cruciate ligament, or ACL.

letic Association's Injury Surveillance System reported in July 1999 that female basketball players were seven times more likely to suffer an ACL in-

ing and sudden deceleration.

connects to the femur.

The extra width causes the knee to sit at a slightly wider angle, which in

number of torn ACLs in female athletes may be caused by females starting athletics at an older age than males," Graham said.

Finally, some women's sports pro-

Although, Graham said that the

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Royals owner warns nobody sacred KANSAS CITY, Mo. (AP)—As the Louis Cardinals confront Tuesday

deeper into a catastrophe of a season, the boss has a warning for everybody interleague series. They're not just getting beaten.

night at the begin-

For the right price, anybody can be They're getting clobbered. "We're open to almost anything,"

said general manager Allard Baird. three to Arizona 'As far as untouchables on this over the weekend,

Baird will be easy to find for any

ning of their

the Royals got shelled 11-4 and 12-5, complete embarrassments.

In losing two of

league's worst ERA. Up is down and down is up when it comes to the Royals this year.

A team whose owner, David Glass, said he expected an additional 10 victories over last season now stands at 22-40 — the team's worst record through 62 games in franchise history.

They lead the major leagues in home

runs allowed. Their bullpen has the

In order to meet Glass' goal of 87 victories, the Royals would need to finish the season on a 65-35 tear.

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ACLs is caused by a difference in training it would be a positive discovery, he said, because it means that adjustments to exercise and training could decrease

the number of injuries.

The good news is that an individual can lower the chance of suffering a knee injury. Self-awareness and preventative

stretching are both good measures to guard against ligament damage. According to Graham, there are sev-

eral exercises one can do at home and in the gym to decrease the chance of tearing the ACL. They include: • At home: Wall sits and squats, lunges using stairs or a box, heel digs,

leg extensions, heel raises on a step,

and straight leg raises with ankle

weights. • At the gym: squats, leg presses, hip sleds, calf raises, hamstring curls using a multi-hip machine, and the use of a slide board.

Graham added that a female athlete should have a regime that works the quad muscle and hamstring equally to provide a balance between the two

muscle groups. He also said proper technique is important and that good general conditioning can lessen the chance of a per-

son tearing the ACL. A 1999 study in the American Journal of Sports Medicine suggested that a new training regimen focusing on stretching, strength exercises, and plyometrics — explosive jumping drills - could limit injuries by as much as 80 percent.

The NCAA's Injury Surveillance System, along with private groups and universities, are still collecting data and researching the ACL injury rate for female athletes.

Graham remains optomistic, "It could be just a matter of time before the mystery of ACL injuries is solved."

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& Bowman Sales **Saturday, June 16, 2001**

10:00 a.m. CST (doors open at 8 am day of sale) Auction Location: Jaycees Building (780 E. 3rd) - Colby, KS.

The Jaycees Building will be open 6 - 8 pm, Friday June 15th for viewing of the sale items.

Furniture and Antiques

Wooden Front Room Set, Wooden Rocker, 6 Old Wooden Chairs, 3 Wooden Bar Stools, 2 Wicker Chairs, Cherry Coffee Table, End Tables w/Glass, China Cabinet, Tin Bed & Wardrobe, EZ Go Golf Cart (Electric), 2001 Yamaha Golf Cart (Gas), Golf Clubs & Bags, His and Hers Speed Bikes, Sylvania Console TV w/remote, Sanyo VCR, TV Stand, Lamps, 2 Oil Lamps, Hobnail Lamps & Glass, Etched Glassware - Excellent, Set of Green Frankoma Dishes, Lots of Antique Glass, Lots of Baskets, Lots of Jewelry, Cast Iron Skillet, China Tea Set, Lots of Kitchen Items, Carnival Glass, Lots of Avon Bottles, Old National Cash Register, Old Aluminum Ice Chest, Small Pot Belly Stove, Several Sewing Machines, 2 Antique Trunks, Old Wooden Blanket Chest - cedar lined, Treasury of David -Autographed by Jerry Farwell, Several 220/240/270 Volts Heaters (new), Bull Horns, Black Rubber Pickup Tool Box, 2 Love Seats

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