

Book No. # One

From January To April 87

Property of Susan Steele

6"

 **DataCom**®

**Steno  
Notebook**

780

**6" x 9"**

(15.2cm x 22.9cm)

**80 SHEETS • GREEN  
GREGG RULED • 9405**

Horsham PA 1904  
Berwick, PA/Longview, T  
**MADE IN US**

Williams, A 321  
McMillan

Etter 329  
Thompson

Houston  
Williams, C. 323

Speight 333  
Ron

Gardner  
Hyde 325

Taylor 335  
Murden

Steele 327  
Armstrong

Miller 337  
Hatten

Start-up 331

Temple 339

### McDonald's Restaurants

1710 W Market 929-2291

\* 2100 N Roan 282-5663 - \*

417 E Main 929-8041

Waffle House open 24-Hrs 7 Day

2508 N Roan 282-9912

Wendy's - 2008 N Roan 282-5653

1705 W Market 928-7931

West End Oaks 243 W Market 926-9810

East-TENN. INV.

Johnson, City TN.

1000 yds

Gardner

McMillan

Williams, C.

Trial

Final

1:20.34

2<sup>nd</sup>

1:20.29

3<sup>rd</sup>

Mile Relay

Gardner

Williams

Houston

McMillan

Trial

55.76

55.21

59.12

55.72

3:44.92

3:46.34  
o.f.

TERRI

2<sup>nd</sup>  
place

Final

55.28

54.22

55.29

55.58

3:43.90  
3:43.23

Final

2 Mile Relay

Gardner 2:13.45

Houston 2:24.29

Hyde 2:29.55

McMillan 2:42.30

Trial

9:49.59

4<sup>th</sup>

300

TRIAL

FINAL

Speight

31.75 3<sup>rd</sup>

Etter

33.20 6<sup>th</sup>

Murden

33.06 6<sup>th</sup>

600

TRIAL

FINAL

Thompson

1.17<sup>30</sup> 5<sup>th</sup>

Kumrow

1.17<sup>30</sup> 6<sup>th</sup>

Mile Relay

TRIAL

FINAL

Speight

48.84

Thompson

50.90 6<sup>th</sup>  
place

Etter

(48.77)

Kumrow

51.62

3:20 <sup>45</sup>

7.61  
11.79

1.25.91

Heat 2 = 1.18.63

" 3 1.24.95

<sup>340</sup>  
Constance 1.19.79

" 4 1.20.63

" 5 1.23.87 Gardner

" 6 1.21.10 1.21.51 McMillan

→

←

boy

1.11.13

2 1.17.30 Thompson + KUMPOD 5<sup>th</sup> x 6<sup>th</sup>

3 1.09

4

5

6

Finals 600

Ste 125.

Mile Relay 1:19.05

Heat 1 <sup>3:44</sup> 3:51 48. Jackson 1:19.82

" 2

) Flor. 1:20.28

" 3

McMillan 1:21.44

" 4

Girls Mile Relay  
Heat 1 3:47 Georgia  
3:51 Howard  
Heat 2 3:43<sup>69</sup> Tennessee  
3:46<sup>34</sup> TSU  
Heat 3 3:39<sup>42</sup> Texas

Boys Mile Relay  
Heat 1 3:13  
" 2 3:15  
" 3 3:12  
" 4 3:15  
" 5

Sprint Probley

Monika

Nicole

Gina

Angela

4x200 Relay

Gina

Connie

Maxine

Angie

4x100 Relay

Terra

Monika

Nicole

Constance

55m Dash

Williams, N.

medley

speight

Kuntow

Thompson

Etter

4th relay

speight

Kuntow

Etter

Thompson





# Rooms Assignment

McMillan

~~Vanzant~~

Williams, N

11

T

~~#~~

X-1120

Williams, C

Garbner

11 A

X-1101

Houston

~~Williams, N~~

Vanzant

12 N

X-1214

Taylor

Hatten

12 R

X-1218

Steele

11 P

X-1116

Temple

11 O

X-1115

Rooms

Assignment

McMillan

Vanzant

Williams, C  
Gardner

Houston  
Williams, N.

Taylor  
Hatten

Steele

Temple

# Indoor National Championship

New York  
2/28/86

400m

Trial

Final

McMillan

54.41 <sup>2nd</sup>

55.32 <sup>4th</sup>  
55.33 <sup>official</sup>

640 Relay

W

Finals

Gardner 18.12  
Williams, C 17.32  
Williams, N 17.38  
Vanzant 18.91

1.11.73 / ~~SK~~

1.11.59 ← <sup>official</sup> \*

800yd medley

800yd Relay

Finals

1:43.09 <sup>last year</sup>

McMillan 1:54.09  
Williams, N 1:21.2  
Vanzant 1:24.45  
Gardner 2:49.5

1.43.61 / ~~SK~~

Official

Mile Relay

Finals

Houston 57.27  
Williams, C 55.64  
Williams, N 58.11  
Gardner 63.21

3:54.23 <sup>4th</sup>  
Official

# Two Mile Relay

~~Bill~~ Villano

- (1) 2:15
- (2) 2:12.34
- (3) 2:13.73
- (4) 2:11.70

Villano  
8:53.14

st

Howard

9:26.44

Kentucky State University  
Invitational 3/22/86

100m

Final

Williams, N

(12.17) 1<sup>st</sup>

200m

Final

Gardner

(25.20) 3<sup>rd</sup>

McMillan

(24.05) 1<sup>st</sup>

Vanzant

(24.80) 2<sup>nd</sup>

400m

Houston

(57.79) 1<sup>st</sup>

Hyde

(58.67) 2<sup>nd</sup>

Williams, C

(59.0) 3<sup>rd</sup>

(27.35) 2<sup>nd</sup>

800m

Final

Houston

(69)

2:33 2<sup>nd</sup>

Hyde

2:36 3<sup>rd</sup>

4x100m Relay

Gardner 12.90  
Williams, C 12.54  
Williams, N 11.16  
Vanzant 11.47

P. No

48.09

±

4x400m Relay

Gardner  
Williams, N  
Williams, C  
McMillan

Kentucky State University  
Invitational 3/22/86

200m  
Speright 22.49 3<sup>rd</sup>  
Kusow ~~23.18~~ 5<sup>th</sup>  
22.9

400m  
Etter 51.50 3<sup>rd</sup>  
Thompson 51.12 2<sup>nd</sup> (24.70) 200m  
Pigner 53.23 5<sup>th</sup>

800m  
Figuer 2:05.80 5<sup>th</sup>

4x100m Relay  
Speright 10.72  
Kusow 10.97  
Thompson 11.03  
Etter 10.25  
42.97 2<sup>nd</sup>

4x400m Relay

Speight 50.81

Kumelow 51.17

Etter 50.17

Thompson 52.53

1st  
3:24.47

women

GARDNER 56.42

Williams, N 60.56

Williams C 60.37

McMillan 58.23

1st  
3:55.55



# S.E. Motion Relay Girls

4/4-5/8/8

## 4x100 Relay

|             |                        |
|-------------|------------------------|
| Williams, N | 11.07                  |
| Vanzant     | <del>11.40</del> 11.40 |
| Williams, C | 11.35                  |
| Gardner     | 10.97                  |

3:10  
45.64  
46.0

## 4x200 Relay

|             |                        |
|-------------|------------------------|
| Williams, N | <del>23.60</del> 23.54 |
| Vanzant     | 24.73                  |
| Houston     | 24.56                  |
| Constance   | 24.26                  |

5 1/2  
1:37.51

## 4x400m Relay

|           |       |
|-----------|-------|
| Gardner   | 53.71 |
| Maxine    | 52.84 |
| Terri     | 56.86 |
| Constance | 55.57 |

3:10  
3:39.54

# S.E. Motion Relay 4/25/89

## 4x100m Relay

|          |       |
|----------|-------|
| Thompson | 10.63 |
| Ron      | 10.38 |
| Spright  | 10.46 |
| Etter    | 11.41 |

2<sup>nd</sup> Heat

42.75

## Sprint Medley Relay

|                      |         |
|----------------------|---------|
| Thompson             | 21.60   |
| <del>Ron</del> Etter | 23.01   |
| Spright              | 48.71   |
| Finger               | 2:01.16 |

4<sup>th</sup> Heat

3:34.79

## 4x400m Relay

# Rooms Assignments

4/4-5/86

Gardner > 148  
McMillan

Houston > 147  
Williams, N

Vanzant > 144  
Williams, C

Steele > 144

Speight > 141  
Taylor

Etter > 140  
Kumrow

Thompson > 137  
Finger

Miller > 135  
Hatten

TEMPLE 133

Kentucky ~~Invitational~~ Relays 4/18-19/8  
Lexington, Ky.

100m Heat TRIAL FINAL  
Williams, N (7) lane 12.27 <sup>1st</sup> 12.03 <sup>2nd</sup>

200m FINAL  
~~Williams, N 56.0~~  
~~Gardner 56.0~~ 57.6

400m Heat TRIAL FINAL  
Houston (9) lane 57.1 56.0  
Williams, C (8) lane 57.5 56.0

800 TRIAL FINAL  
Houston 2:16.58 <sup>4th</sup> Heat

Lane 4 Heat 1  
4x100m Relay TRIAL FINAL  
Williams 11.37  
Jadeire 11.91  
Connor 12.64  
Gina 11.74  
46.3 <sup>1st</sup>

# Mile Relay

|         | <del>Time</del><br>200m | Final |
|---------|-------------------------|-------|
| Gardner | 25.93                   | 54.78 |
| Houston | 26.30                   | 54.38 |
| Jackie  | 27.07                   | 57.08 |
| Connie  | 26.89                   | 55.88 |

3:42.23 1<sup>st</sup>

# 4x100m Relay

|          |       |
|----------|-------|
| Etter    | 10.92 |
| Kumrow   | 10.04 |
| Thompson | 10.11 |
| Speight  | 13.18 |

trial  
Lane (7)

TRIAL

45.23

5<sup>th</sup>

# Sprint Medley Relay

|          |         |
|----------|---------|
| Thompson | 21.54   |
| Etter    | 23.01   |
| Speight  | 48.93   |
| Finger   | 2:01.33 |

3:35.85  
3:35.35

5<sup>th</sup>

# Mile Relay

|          | 200m  |       |
|----------|-------|-------|
| Etter    | 21.66 | 49.33 |
| Thompson | 23.48 | 48.19 |
| Kumrow   | 23.03 | 49.76 |
| Speight  | 22.43 | 49.89 |

3:17.17 5<sup>th</sup>

MEN

200m

Speight

Thompson  
Stiller

Heat 2 Series  
(5)

TRIPS

22.85

400m

Kumrow

Thompson

Speight

Heat 3 Lane  
(3)

Heat 2 Lane  
(8)

Heat 1 Lane  
(3)

51.45

6<sup>th</sup> Heat

50.05

5<sup>th</sup> Heat

49.66

6<sup>th</sup> Heat

800m

Pinger

Heat 3 Lane  
(7)

1:57.59 2<sup>nd</sup> Heat

4/27/16

# Review PE 335

page 172 - Nature of the skill  
173  
175 - factors of skill components

## Type of skills

OPEN OR Closed

Environment is  
Influenced by change

Environment  
Does not change

## Skill Analysis - Chapter 8

A skill can be analyzed by using several scales

Types of movements can determine a skill.

A skill is determined by its duration of movement  
sequences.

pg 172

Movement sequences means the number  
of continuous action of the skill.

example: bike riding.

scale

continuous - (long duration)

Bicycling (Action continuous)

Running

(Discrete)

Not continuous

Tennis Serve

Dive

Bowling

## Types of skill

Self-paced — Externally Paced

↓  
Take your time

Self-Paced ————— Externally Paced

ODIF Drive → self-paced

Body is at rest

object is stable (ball)

Basketball Lay-up → self-paced

Body is in motion

object is stable (goal)

Batting a ball → Externally Paced

Body is at rest

object is moving (ball & bat)

Running a Pass → Externally Paced

Body is in motion

object is in motion



~~KODAK~~ Kodak Invitation Track Meet  
Johnson City, TN. 11/16-17/87

60 yd Dash Trials  
Williams, N <sup>3<sup>rd</sup></sup> 7.30<sup>E</sup>  
Purn <sup>6<sup>th</sup></sup> 7.68 7.44<sup>E</sup>

60 yd Hurdles Trials  
Butler 9.65 <sup>5<sup>th</sup></sup>  
~~Miller~~ 9.74<sup>E</sup>

300 yd Run Trials  
McMillan 35.04 <sup>2<sup>nd</sup></sup> 35.27<sup>E</sup>  
Smith  
Williams, C. 36.80 <sup>3<sup>rd</sup></sup> 36.85<sup>E</sup>

400 yd Run Trials  
Houston 1:27.42 <sup>4<sup>th</sup></sup> 1:27.50<sup>E</sup>  
Mentor 1:30.39 <sup>6<sup>th</sup></sup> 1:30.95<sup>E</sup>  
~~Ward~~  
~~Burton~~ 1:45.72 <sup>6<sup>th</sup></sup>

1 Mile Run Trials  
~~Ward~~

35.24 1<sup>st</sup> Nat

mile relay trials

St

Williams, C 54.53

Houston, T 56.72

Hyde, M. 58.59

McMillan, M. 56.53

3:48.37

~~2 mile relay trials~~

~~Houston, T~~

~~Hyde, M.~~

~~McMillan, M. Mentor~~

~~Williams, C.~~

mile relay Final

Williams, C - 54.17

6<sup>40</sup>

Houston - 56.89

Hyde - 57.50

McMillan - 60.50

3:51.70

KODAK Invitational Track Meet  
Johnson City, TN. 1/16-17/87

\*  
P  
13  
14  
15  
16  
17  
18  
19  
20

MEN

600 yd Dash

trials

~~Butter~~

300 yd  
Butter

trials

34.43<sup>E</sup>

~~Butter~~

Thompson

32.62

33.0<sup>E</sup>

600 yd

trials

Fingers

1:15.26

5<sup>th</sup>

1:

Harrison

1:14.08

3<sup>rd</sup>

1:14.3<sup>E</sup>

~~Butter~~

1000 yd

trial

~~Butter~~

~~Butter~~

Mile Relay

trials

Butter 51.34

Fingers 51.29

Harrison 52.19

Thompson 52.40

3:27.52

6<sup>th</sup>

4x200m

26.02 - Russel

27.69 - Davis

27.70 - Owens

27.76 - <sup>Annette</sup> Twins

1,49.17 1<sup>50</sup>

Whites  
Creek

4x400m

63.79 Stacey

66.70 Sherry

65.15 ~~Walter~~

66.08 <sup>Anita</sup> Twins

4.21.72 and

23.03

22.61

23.52

23.22

49.89

50.68

50.05

54.44

3.25.07

# Room Assignments

Va. Tech

Dunn  
Mentor > 228

Woodson  
Williams, N > 229

Hyde  
McMillan > 223

M. Rex  
Williams, C > 218

Roach > 225

Etter  
Thompson > 224

Pingers  
Harrison > 231

Taylor > 230  
~~Sevel~~  
Hodge

Abernathy > 219  
Ludde

Temple - 226

148.91 - Demiss

2 50.95

3 50.38

4 49.84

3:20.08

Heat 2

1. 48.78

2. 50.30

3. 50.12

3:18.66

3:19.2

4. 49.66

49.31

51.00

52.15

53.91

← 3:25.37



### Women Mill Relay

Heat 1 58.98

Tennessee

1st

59.22

3:56.44

58.38

60.08

Heat 2 57.44

60.90

60.30

60.20

3:58.95

2nd

Bud Light - Marriott International 1/23-24/87

Blacksburg, Va

3000m      Trials      Finals

Woodson      13:04

500 m      Trials      Finals

Hyde      2814 01:28 1:19.73

McMillian      5562 1:13.89

400 m      Trials      Finals

Miller      64.94<sup>4th</sup>

Williams C.      60.09<sup>2nd</sup>

55 m      Trials      Finals

Dunn

Williams W.

Mentzer S. <sup>6th</sup>

1000 m      Trials      Finals





Woodson

02

05

Shantel Ransom 100-200-400  
 Cinn., Ohio - Coach Mae Faggs  
 760 Ledro St.  
 Patsy Ransom Brown +

60 Meter Dash

|        |   |      |             |
|--------|---|------|-------------|
|        | + Hect 1  | 7.58 |             |
|        | +  | 2    | 7.50        |
|        | +  | 3    | 7.61        |
| Dunn   | +  | 4    | 7.83 Mentor |
| Mentor | +  | 5    | _____ Dunn  |

32 yrs old

Mile Relay

Finals



Bud Light - Marriott Invitational 1/23-24/87  
 Blacksburg, Va

MEN

| <u>500 m</u> | <u>Trials</u>                           | <u>Finals</u> |
|--------------|---|---------------|
| Harrison     | 53.7 1.08.68 <sup>2<sup>nd</sup></sup>  | —             |
| Etter        | 54.51 1.13.35 <sup>5<sup>th</sup></sup> | —             |

| <u>400 m</u> | <u>Trials</u> | <u>Finals</u> |
|--------------|---------------|---------------|
| Thompson     | 24.18 51.94   | —             |
| Finger       | 24.29 51.91   | —             |

| <u>55 m</u> | <u>Trials</u>   | <u>Finals</u> |
|-------------|---|---------------|
| Hodge       | 2 <sup>nd</sup> 6.43 / 6.5 <sup>5<sup>th</sup></sup> <u>semis</u> | —             |

Mile Relay Finals

|         |                |
|---------|----------------|
| Thomps  | 50.62          |
| Hodge   | 50.74          |
| Lingers | 51.36          |
| Hamm    | 53.55          |
|         | <u>3:26.27</u> |

800 m

|      |          |                 |
|------|----------|-----------------|
| 2:02 | Harrison | 3 <sup>rd</sup> |
| 2:05 | Fingers  | 6 <sup>th</sup> |

# Section 1

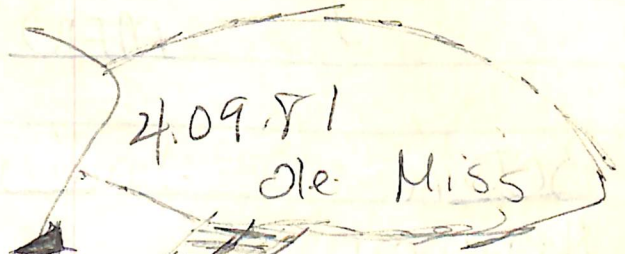
# Sprint Medley

56.97

23.05

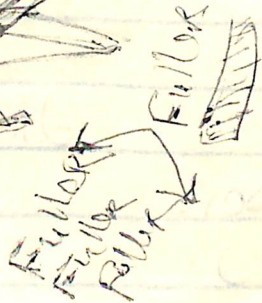
25.48

2.21.28

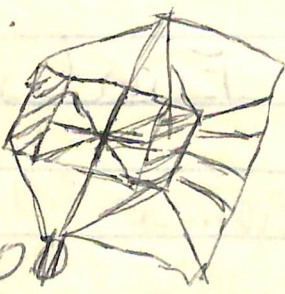


## From Men

- Heat 1 109.9
- 11 2 106.0
- " 3 107.0
- " 4 1:04.4
- " 5 1:05.7
- 6 1:05.9
- 7 1:07.2
- 8 1:04.2
- 9



- 1:07.51 <sup>4th</sup> Thompson
- 1:08.28 Harrison
- 2nd pl.



- 21:13.00
- 31:13.71
- 1:

- ### 4 GIRLS
- 1 1:19.39 - <sup>off</sup> 1:19
  - 2 1:19.10
  - 3 4 1:15.07 1:15.1
  - 4 1:20.4 1:19.7
  - 5 <sup>4th</sup> 1:15.3 1:15.3
  - 1:11.65

Mason-Dixon-College Meet, Louisville, Ky.  
1/30/87

Sprint Medley

SUSANA 58.45  
~~Denise~~ Sharon 28.42  
~~Sharon~~ Denica 24.68  
LISA 2.48.50

Heat 380

4.41.77

Drop Stop

500m

Williams, C 1:16.66  
Hyde 1:18.85

600m

SUSANA 7.83 3rd Heat  
Denica

600 Dash

SUSANA  
Denica

MEN

500m

Harrison 1:08.28 2nd  
Thompson 1:07.51 4th

Mile Relay

Thompson ~~56.98~~ 49.31  
Hodge 51.00  
Harrison 52.15  
~~Hodge~~  
Finger  
Harrison 52.01 4th

3.25.37

ROOM ASSIGNMENT 1-30-87

DUNN }  
Mentor } 309

Roach }  
Steele } 312

Mullis }  
Woodson } ~~311~~

Fingers }  
Harrison } 314

Houston }  
McMillin } 310

Hodge }  
Thompson } 316

Hyde }  
Williams } 312

EHK }  
Taylor } 317

Temple 102  
9 Doubles 1 Single

Luddie }  
Abrentathy } 319

Roach }  
Start-up } 79

9 Doubles, 3 Singles

# Rooms Assignments 1/16-17/57

McMillan } 44  
Hyde } 44

Williams, C } 48  
Houston } 48

## Receipts

Jeff

Dunn } 50  
Menton } 50

Williams N } 54  
Woodson } 54  
~~Walker~~

Burton } 52  
Bulter } 52

~~Smith~~ } 33.30  
~~Williams~~

Steele } 60  
Rach } 60

Start-up } 79

9 Doubles, 3 Singles

Etter } 62  
Thompson } 62

Fingers } 64  
Harrison } 64

~~Hedges~~  
~~Sewell~~

~~Ritzpatrick~~ }  
~~Johnson~~

Taylor } 71  
Luddie } 71

Abernathy } 75

Temple } 77

34.65    34.8    ~~31~~ 35.3

37.58

38.01

3

Heat 1

(1) 3:41.55

(2) 3:51.46

(3) 3:55.66

Heat 2

(1) 3:47.64

John-

Heat 3

Williams - 56.53

Houston - 56.72

Hyde - 58.59

McMillan - 56.53

3:45.37

~~56.57~~

~~59.17~~

~~58.05~~

~~54.71~~

~~3:50.7~~

3:46.1

AK

get off at

60 Paducah

~~Proctor~~

AT



S.E. motor  
Relays

383-0584

Joe Hampton