

# Outrigger Golden Masters Prepare to Defend National Title

It's that time of year again, where you see a handful of our great volleyball players running around the park, Colony Surf stairs, Makalei Drive, Diamond Head, the Park and all the way up to Tantalus Drive.

Golden Masters volleyball coach, Ron Sorrell in an effort to retain their national title next May in Wichita, Kansas has again prepared a challenging training program. Dr. Bob Smith of the Honolulu Medical Group has also provided some weight training routines to build the player's jump.

In an effort to help some of the players lose weight, a few of the players are being helped by Pat Cantin, R.D. the Dietitian/Nutritionist with the Honolulu Medical Group. Sorrell being one of the players working with Pat Cantin says, "Unfortunately a couple of my bigger players feel they can lose weight without professional help, and I hope they are at playing weight come

May or we may need a widebody plane to get to the Mainland."

On most Saturday mornings at the crack of dawn, you will probably find Sorrell and the team trucking off to the top of Tantalus where player Billy Baird leads the team up, through and down mountains and valleys. Most of the players agree it's a beautiful view, but the pace is so fast there's not much time to catch more than a peek of the world below.

Sorrell says, "Our last hike will again be Alani Drive from the bottom of Manoa to the top of Pacific Heights Park. Those of us that did this last year well remember the pain of going up a 60-degree hill, with areas of comfortable 45-degree angles. This will be our graduation hike just before we head to the Mainland."

Jogging up the Colony Surf stairs (20 flights), Makalei Drive and the stairs inside the Diamond Head Crater are

some of Sorrell's favorite leg/wind builders. In an effort to keep the workouts "fun," Sorrell took his players over to Kailua to play a game of T.A.G.

Sorrell feels if the team is in shape they will move into the gym for practice sometime in February. And with the above training schedule, they should be in top condition.



*TAG, the outdoor paint-gun game, was played recently by the Golden Masters Volleyball team to develop teamwork, create strategies and promote conditioning. The players battled with an all-girl modeling team.*

