

VOLLEYBALL

At a recent organizational meeting it was announced that another fine athlete, Colin Chock, has joined the club. Colin has played for Central YMCA for a number of years and should be a tremendous asset to our team.

As you may well know we are out to win the AAU Championship and of course the United States Volleyball Association Championships next year. With John Lowell as our head coach and Ron Sorrell as player captain you can bet we will be right on top.

To give you an example of what the boys are doing to keep in shape, they do 50 squats a day with 80-135 lb. barbells. Then of course many trips around Kapiolani Park and lots of actual playing should put them in excellent shape for their matches. Lots of luck to our Outrigger Canoe Club team.