

SABBATICAL LEAVE REPORT

FRED BURRI

1975-1976

TABLE OF CONTENTS

	Page
Sabbatical Itinerary--September 1975-1976	1
Travel and Study Relating to Wrestling and Gymnastics	
Japan	3
American Universities	4
Community College State Finals	6
University National Finals	6
European Programs--Switzerland	7
High School Wrestling Finals	8
Utilization at Mt. San Antonio College	8
Travel and Study Relating to Skiing	
Graduated Length Method	10
Skiing Experiences	10
Community College	12
Utilization at Mt. San Antonio College	12
Travel and Study Relating to Angling	
Outdoor Education and Recreational Techniques Course	14
Fishing Experiences	14
Utilization at Mt. San Antonio College	15
Statement of Value	17
Visitation Dates	19

SABBATICAL ITINERARY

September 1975-1976

I. Travels and Study Relating to Wrestling and Gymnastics

A. August, 1975 - Japan

I have been selected to coach and travel with the Southern California Wrestling Coaches Association Cultural Exchange Wrestling Team during this month. We will be in Japan visiting high schools and university wrestling programs, learning and evaluating techniques which are controversial and questionable in our collegiate type of wrestling.

B. November - December, 1975 - Brigham Young University

I will be spending time observing the program at Brigham Young University under the direction of Fred Davis.

C. January - February, 1976 - Michigan State University, Iowa State University, and Oklahoma University

I will be traveling to Michigan where I will be observing the wrestling program under the direction of Grady Pedinger. On the way, I will also visit Oklahoma, where I have a former Mt. San Antonio College wrestler, and then I will visit Iowa State University where the NCAA National Champions meet this year.

D. March, 1976 - California

I will return to California at this time to attend the Community College State Wrestling Tournament which will be held at West Valley College near San Francisco.

E. March - June, 1976 - Europe

During these months, I will be taking advantage of the many invitations I have received from my European friends--visiting and comparing notes. I will visit and observe European athletes and athletic programs. I will spend one month in Mattlingen, Switzerland, where the sport school for higher education is located, observing the wrestling and women's gymnastics programs.

II. Travel and Study Related to Skiing

A. November - December, 1975 - Utah Ski Area

While in the Salt Lake area, I will spend some time at the ski area of Park City and Snowbird where I will enroll in the G.L.M.

(Graduated Length Method) of skiing. This is a new teaching technique which will be employed in Mt. San Antonio College ski classes.

B. March - June, 1976

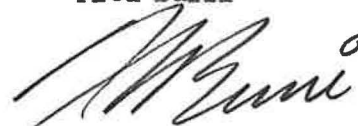
Time will be spent observing European methods of ski instruction in the Swiss ski areas.

III. Travel and Study Relating to Angling

A. September - November, 1975

These months will be spent in Oregon where I will be auditing classes in angling at Walport High School and Oregon State University.

Fred Burri

A handwritten signature in cursive script, appearing to read "Fred Burri", written in dark ink.

TRAVEL AND STUDY RELATING TO WRESTLING AND GYMNASTICS

Japan

In August of 1975, I began my sabbatical with a most rewarding experience. As a member of the Southern California Wrestling Association, I was selected to be the director of their annual cultural exchange to Japan. Accompanying me were twelve outstanding high school wrestlers from Southern California, two of which were from high schools in the Mt. San Antonio College District. This exchange involved the team in putting on exhibition matches throughout Japan which promotes the sport and fosters friendships with a country which is outstanding in this field. Our arrival in Tokyo was greeted by Mr. Shoda, President of the Japanese Wrestling Association.

Our tour took us to five cities during our month's visit. In each place we were hosted by families who shared their lifestyle with us. Our tour involved visitations of local schools and of the experience of working out with the local athletes and teams. By this experience we had the chance of utilizing the facilities and participating in different workout procedures and learning new techniques. The places visited were:

Osaka--Physical Education College

Namisho High School-workout with high school wrestlers

Tatebayashi--Tabayashi High School-workout with national high school wrestling team; workout with national open wrestling team

Kantogakuen High School

Joy House (Sports Park)

Nikko High School

Rotary Club--guest speaker

Maebashi--Maebashi Commercial High School

Ashikagi--Ashikodal Fuzoku High School

Ashikago Institute of Technology

Chiba--Yachiyo High School

Sports Center

Tokyo--Olympic Memorial Center

The exhibition matches during the exchange were performed at Osaka, Tatebayashi, Ashikaga and Chiba.

The tour ended in Tokyo and our group spent its final days staying in the Olympic Village. This was inspirational to all and gave us time to reflect upon our experiences and the knowledge which we had gained.

American Universities

My sabbatical plans included traveling throughout the United States and making visitations at those Colleges, Universities, and Community Colleges which have outstanding wrestling programs. At each place visited, I viewed the campus, its physical education facility, and its organization of athletic programs. I visited with the head coaches and some of the team members and observed workouts and matches as were scheduled. Objectives of these visitations included observing techniques used, learning new skills, and developing communication between these institutions and Mt. San Antonio College.

The following places were visited:

<u>University--College</u>	<u>Location</u>	<u>Head Coach</u>
Arizona State University	Tempee	Bobby Douglas
Brigham Young University	Provo	Fred Davis
Cal Poly Pomona	Pomona	Ray Daugherty
Cal Poly San Luis Obispo	San Luis Obispo	Vaughn Hitchcock

Cal State University	Chico	Armand Brett
	Fullerton	Don Matson
	Humboldt	Frank Cheek
	San Francisco	Allen Abraham
	San Jose	Terry Kern
Colorado School of Mines	Golden	Jack Hancock
Colorado State University	Ft. Collins	Jim Kinyon
Iowa State University	Aimes	Harold Nichols
Oregon State University	Corvallis	Dale Thomas
Portland State University	Portland	Don Conway
Southern Oregon	Ashland	Bob Riehm
University of Arizona	Tucson	Bill Nelson
University of California	Davis	Bob Brooks
	Los Angeles	Dave Hollinger
University of Michigan	East Lansing	Grady Peninger
University of New Mexico	Albuquerque	Ron Jacobsen
University of Northern Colorado	Greely	Jack LaBonde
University of Oklahoma	Norman	Stan Abel
University of Oregon	Eugene	Ron Finley
University of Utah	Salt Lake City	Marv Hess
University of Wyoming	Laramie	Joe Dowler
Western State College, Colorado	Gunnison	Tracey Borah

The Community Colleges visited within California were (:) Bakersfield, Cerritos, Chabot, Chaffey, College of the Redwoods, Cuesta, East Los Angeles, El Camino, Fresno, Fullerton, Golden West, Grossmont, Imperial Valley, Long Beach, Mesa, Modesto, Moorpark, Orange Coast, Palomar, Pierce,

Riverside, San Bernardino, San Jose, San Mateo, Santa Ana, Santa Barbara, Skyline, Southwestern, Ventura, and West Valley.

Community College State Wrestling Finals

In March my travels took me to West Valley College in Los Gatos, California to the Community College State Wrestling Finals. I arrived prior to the dates of the scheduled events to observe the planning of the state finals and the preparation of the facility. The College accomodated this event most efficiently.

Prior to the finals, the Community College Wrestling State Board met and I sat in on the meetings as the South Coast Conference Alternate League Representative. ^{It} This was very worthwhile to be participating in problems and decisions affecting the whole state with one major discussion regarding the releagueing throughout the state.

The state finals were as exciting as ever and gave me the chance to visit with the coaches and assistant coaches throughout the state. It really started to prepare me for the upcoming season by seeing the strengths that each of the colleges had developed during the year.

University and College National Wrestling Finals

This visitation was not in my original sabbatical plans but fell into my schedule during March. I attended the National Wrestling Finals in Tucson, Arizona at the University of Arizona. It pleased me very much to view two of my former wrestlers from Mt. San Antonio College now participating at the national level. These were Steve Pivac from Colorado State University and Terry Martin from the University of Oklahoma.

I also found that my attendance here gave me the chance to make acquaintance with head coaches throughout the United States and establish

myself and Mt. San Antonio College with these people so that communication might be open for recruiting purposes.

European Programs

My travels in Europe centered primarily around Switzerland. A very rewarding experience was when I met Evo Egger, Coach of the Freestyle Open Wrestling Team in Wynau, Switzerland. I spent many hours visiting with him and his team workouts, where I observed many different techniques than used here in the United States. I was very excited about his program, as he was about ours, and we discussed the possibilities of setting up a Cultural Exchange for wrestlers between Switzerland and Southern California, primarily Mt. San Antonio College District.

The rest of my travels in Europe dealt with observing women's gymnastics. I began this study by auditing a course entitled "Jugend Sports" in Magglingen. The course was attended by thirty-four people who are teachers in the Youth Sports Programs throughout Europe. The course covered teaching techniques to be used in Women's gymnastics, freestyle, uneven parallels, balance beam, and tumbling. The popularity of this program with the Swiss youth keeps the school in Magglingen quite busy training instructors.

After the class, I followed up what I had learned by going to some of the instruction centers and observing the training. I also followed some of the teams through their competition and observed women's gymnastics meets within Switzerland at Aarau, Bern, Biel, Davos, Gränichen, and Hallau. International meets were observed in Domodossola, Italy and Cap Ferrat, France.

Another interesting experience in Switzerland was participating in their Vita ParCours. There are planned exercise programs in outdoor areas

for all ages and sex. One proceeds through a series of stations following instructions on various exercises. It is part of a national health program and is well accepted by the people.

Information was sent to the school regarding this program while I was on leave. The concepts behind this have been accepted and a type of Vita ParGours program is now operable at Mt. San Antonio College.

High School Wrestling Finals

Before leaving for Europe in April, I viewed some high school wrestling matches. At Edgewood High School, the District League Finals and the Regional CIF Finals were held. This was valuable to me for recruiting purposes. The CIF State Finals were held at Harbor High School in Torrance and gave me an opportunity to view some possible competition at the Community College level next year. I followed these events up by doing recruiting.

Utilization at Mt. San Antonio College

This part of my sabbatical will prove to be very useful to me at Mt. San Antonio College. Through my visitations at various schools throughout the world I was able to watch the various techniques employed in coaching wrestling and the response of the athletes to these techniques. I observed some techniques and skill levels which were new to me and I plan to incorporate these into the program here at Mt. San Antonio College. The result of my learnings in this area, I hope, will produce a winning team.

My visitations also allowed me to view facilities and equipment. Many schools have wrestling facilities with multiple uses and some of the newer schools have extremely new designs and ideas in their facilities. If building expansion ever becomes feasible here at Mt. San Antonio College, I will have a good background for developing plans for a wrestling facility.

My observations of the new equipment used in wrestling will help me in developing future budgets. I also learned how the different schools incorporate their wrestling programs into the overall athletic program and into the school.

My knowledge gained in the above, I hope not only to share here at Mt. San Antonio College but with other colleagues and the Southern California Wrestling Association. I feel this to be most important for our area to maintain the strength of our wrestling program and to improve it.

Another benefit from this part of my sabbatical that will indirectly affect Mt. San Antonio College is the personal growth I attained by these travels. I feel the experiences I gained in dealing with people and my adapting to others lifestyles, such as in Japan, will enable me to be more sensitive to those with whom I work and to the athletes. I have seen growth in myself in this area and I hope to communicate this to students.

But the most important benefit and ultimate use of this part of my sabbatical comes from the acquaintances which I have made in the field of wrestling. Through communications with the people I have visited, I feel I have established friendships and goodwill along with establishing a reputation for Mt. San Antonio College. I have a responsibility here at Mt. San Antonio College not only to produce champion athletes, but to help a young man further his education. I now feel I can advise and direct an athlete to an institution which will give him an education and promote his wrestling abilities to his maximum. Being able to visit large and small universities gives me a great deal more confidence achieving this goal.

TRAVEL AND STUDY RELATING TO SKIING

Graduated Length Method

As part of my sabbatical plans I intended to enroll in what is termed the Graduated Length Method of learning to ski. This method of teaching skiing has been in effect for four or five years now and has made great strides among beginning skiers.

I spent four days at Squaw Valley, California taking this course. As stated, this seems to be the preferred method to teach beginners. I found this method to be very worthwhile for short term skiing. It gets a beginner out and skiing quite quickly and without a lot of the trauma that other methods have. It is a method good for all age levels and produces safe and controlled skiers. But I found the method to be worthwhile for short term skiing only as people quickly learn it and also quickly forget it. And due to the equipment necessary to teach this method, it is quite expensive to operate. Because of this expense and short term learnings, I do not feel this is the method Mt. San Antonio College should employ in teaching their ski classes.

Skiing Experiences

My other plans relating to skiing on my sabbatical were to ski many of the ski areas around California and to evaluate ski conditions and instruction methods utilized. The areas I visited were:

Timberline Lodge--Mt. Hood, Oregon. Walter Appil, qualified Swiss ski instructor, gave me lessons in parallel skiing. This area is for intermediate and advanced skiers.

Mt. Bachelor--Bend, Oregon. Gary Steiner, a former Olympic Team Member was my instructor here giving me lessons in downhill and slalom techniques. This is a very non-commercial area for beginner and intermediate skiing.

Utah ski areas--Park City and Snowbird. Both are good ski areas with Park City being a very good place for our ski club's annual trip. They have good housing, lifts and all degrees of skiing. Snowbird has excellent skiing for the intermediate and advanced skier.

Aspen, Colorado. I found Aspen to be a ski area good for all levels of skiing, but housing and expenses are a definite problem.

Sugar Bowl--Donner Summit, California. Housing here is also limited, but it is an excellent ski area for intermediate and advanced skiing. Nearby to this ski area I observed cross country ski techniques.

Mammoth--Mammoth Lakes, California. Excellent skiing for all levels and a very good recreational area. The main problem here is overpopulation on weekends. June Mountain, which is just a few miles to the north, can be less crowded and also provides good skiing for all levels.

Zermatt and Gornergrat, Switzerland. I observed a lot of parallel skiing here as this is the method taught in Europe. Also, since my visit was in the springtime, I found that the ski hours were 5 a.m. to 11 a.m. with the lifts being closed afterwards.

At these sites, I observed techniques, took some lessons, and did some skiing for enjoyment and to practice what I was learning. I also visited ski shops at these resorts as well as city located ones to compare

equipment and prices--an area with which I really was not knowledgeable. In so doing, I visited with many people regarding equipment and also the care of it.

While these experiences were fun, they were also very educational. Many of the visits were made during the week when employees were able to spend time with me and share information.

Community College

I added to this part of my sabbatical, visitations to community colleges which have reputable skiing programs as part of their physical education offerings. The programs at Citrus, Fullerton, Moorpark, Orange Coast, Pierce and West Valley Colleges involve the use of plastic hills with up to 85% simulated snow and costing \$10,000 to \$18,000. Citrus, Moorpark, Orange Coast, and West Valley furnish skis and boots directly to students at a retail cost base; where the school has possession of an inventory from a local sporting goods store. The other colleges work directly through local sporting goods stores.

Because of the equipment, these schools have successful programs. The students have good experiences on the plastic hills and are spared driving to snow sites. The programs also end up to be very low in cost to the students.

Utilization at Mt. San Antonio College

From these experiences I find that I have much more definite opinions on how ski instruction at Mt. San Antonio College should operate. We first need to have a suitable instruction site and a budget that will accommodate the equipment needed for the instruction. I think that the Graduated Length Method of instruction is valid, but if we want our students to

retain the skiing skills they learn, the traditional method of teaching skiing would be best to employ.

I also feel that as a result of these experiences, I am better able to give advice on the kinds of equipment needed for various levels of skiers and also what brands are comparable. I also have more knowledge to share with people on the proper care and storage of equipment.

The other result of my experiences is the knowledge I now have to share regarding the different ski areas around California. I can relate information to students as to what they will find at these areas, what ability or skill level is needed, the snow conditions and equipment needed. This can prove to be quite important in keeping positive attitudes toward skiing.

TRAVEL AND STUDY RELATING TO ANGLING

Outdoor Education and Recreational Techniques Course

My sabbatical plans were to start in September by my taking a course in fishing techniques at Oregon State University in Corvallis. Upon my arrival there, I found that the class would not be offered until spring and was referred to an adult education course at Waldport High School. This course, entitled Outdoor Education and Recreational Techniques was taught by James Quinn. The course was designed to instruct the student with the values of fish and game management, preservation, recreation and use of the harvest.

The course was most interesting and is currently being incorporated into the high school curriculum. Sections of the course deal with equipment for fishing, methods and techniques. Care of equipment is also stressed. But the main section of the course deals with fishing being a major sport in today's recreational lifestyle. The student is made aware of the respect he must have to properly protect our wildlife and maintain an ecological balance. By knowing these facts, this recreational sport will be available for many years to come.

I found the information presented to be very interesting and also inspiring to make one more aware of the environment and the wildlife.

Fishing Experiences

One has to put into use and practice what they have learned, so time was spent during the year fishing in various locales. To put into use fresh water techniques, I spent quite a bit of time in Oregon at the following rivers: Deschutes, Klammath, Rogue, Smith, and Umqua. Fresh water lake fishing was done at these lakes, also in Oregon: Edna, Eel,

Hall, Schuttpelz, and Ten Mile. All areas were extremely well kept which reflected in the pride found in the people of these areas.

Salt water fishing experiences were found along the Oregon coast. Fishing is still a large business and much can be learned by observing at the harbors and visiting with the commercial fishermen. I did go deep sea fishing for King Salmon and steelhead; bottom fishing for cod and bass as well as seine netting, gill netting and trolling. Much was learned in each of these areas by watching people skilled in these techniques. Coastal surf fishing for steelhead was also done in Oregon and at other times along the coasts of California, Baja California and Mexico.

Included in my experiences was a visitation to Bonneville Dam Fish Hatchery, Bonneville, Oregon. Here the visitor gains much knowledge from the displays and the tours of the hatchery. The number of fish there is astounding but is all planned around maintaining the ecological balance. The underground observation rooms to watch the migration of the fish and the fish counting is also very interesting.

Time was spent at many coastal ports from California to Canada visiting with local fishermen and touring many canneries. In Vancouver, Canada, I happened along an Indian Reservation at Capilano River where I observed Indian fishing techniques. The photographs I took of the young Indians gaffing their salmon should provide a lot of interest for my students.

Utilization at Mt. San Antonio College

As with the rest of my experiences this past year, what I have learned from my observations and visitations will benefit me in having more knowledge to share with my students. I now have a better knowledge of fishing equipment, bait and lures, their maintenance and their best time to be used. I have also learned to tie flies, which can be a great expense saver

for the serious sportsman. My knowledge on fish identification and end use has also increased. I feel that all these experiences are valid and that as I pass this information on to others, I will enable them to have success. One important concept that must be shared with my classes is the sportsman approach to fishing and the awareness to maintaining our ecological balance.

From all these experiences there is one positive fact that at this time I have to pass on to all those who are reading this report. I found that the most foolproof way to catch fish is to visit the local fish market.

STATEMENT OF VALUE

A sabbatical is a great thing. What I have accomplished this year I don't feel could have been done within the same time period in any other way. I value the personal growth which I have received through these experiences and also the friendships made. As stated previously, my exposure of Mt. San Antonio College to other schools is a benefit to our program in terms of the goodwill and communication avenues established. Recruiting, having a good team, and seeing capable athletes continue in their education and sport are most important to a coach's role. The first two are dependent upon the coach, but the latter is possible only through other schools recognizing the athletic program at a community college. I feel that through my visitations this latter area will grow.

Following these thoughts, I would propose that Mt. San Antonio College strongly consider giving their head coaches travel time to observe and participate in the national championship of his respective sport. My greatest experiences this past year were at the National Wrestling Championships in Arizona. The opportunity of personal contact with people throughout the nation is most worthwhile, and as stated, does lots for presenting Mt. San Antonio College as an outstanding academic and athletic college.

Another proposal I would like to make is that Mt. San Antonio College needs to evaluate their physical set-up of their athletic facilities. Currently we are divided into three plus physical areas. I have found through my visitations that a centralized facility for both men and women in athletics and physical education would give more unity, cooperation and communication. These things greatly contribute to the success of an overall program.

The educational concept of my sabbatical is also very important to me and I find this new knowledge of skills, techniques, equipment, and productive use of facilities becoming a part of my teaching. This information would not have been possible through classwork alone, but was greatly enhanced by my personal visitations.

At this point I would like to thank Mt. San Antonio College and the Board of Trustees for granting me a sabbatical leave. I find that the knowledge and experience gained is most beneficial. But I also found the period of absence extremely relaxing and refreshing. I had a very strong desire to return to work this fall and because of this eagerness, September seemed like it would never arrive. But it did, I am back into my schedule here and I am most gratified to have had last year's experiences.

Thank you.

VISITATION DATESAugust 1975

Japan

September 1975

Waldport, Oregon--fishing class

Oregon--fishing

College Visitations--Cal State University Humboldt

October 1975

Community College Visitations

November 1975

Skiing--Squaw Valley, California

Timberline Lodge, Mt. Hood, Oregon

Mt. Bachelor, Bend, Oregon

College Visitations--Oregon State University

Portland State University

Southern Oregon

University of Oregon

December 1975

College Visitations--California State University, Chico

California State University, Fullerton

California State University, San Francisco

California State University, San Jose

Cal Poly Pomona

Cal Poly San Luis Obispo

University of California, Davis

University of California, Los Angeles

Skiing in Utah--Snowbird

Fishing in Baja California

January 1976

College Visitations--Arizona State University

Iowa State University

University of Michigan

University of New Mexico

University of Oklahoma

February 1976

College Visitations--Brigham Young University

Colorado School of Mines

Colorado State University

University of Northern Colorado

University of Utah

University of Wyoming

Western State College, Colorado

Skiing in Utah--Park City

Skiing in Colorado--Aspen

Skiing in California--Sugar Bowl, Donner Summit

March 1976

College Visitations--University of Arizona

Community College Visitations

Community College State Wrestling Finals--Los Gatos

High School Wrestling Finals--West Covina

CIF State High School Wrestling Finals--Torrance

Recruiting

Skiing--Mammoth Mountain, Mammoth Lakes

Fishing--California coastline, San Onofre

April-June 1976

Europe

July 1976

Fishing--Oregon

Bonneville Dam Fish Hatchery

August 1976

Fishing--California Coast

Canada

C

C

C

