

sports and recreation

Women netters take division first

By George Trenton

The volleyball Yeowomen, presently the hottest team in York athletics, are undefeated in regular season play and have placed first in their Ontario Women's Intercollegiate Athletic Association Tier II division final standings.

The team scored a win over Toronto last week at York and wins over Carleton, Trent, Ryerson, and Laurentian in last weekend's OWIAA Tier II tournament held at Ryerson.

In last week's game against U of T, York won the best three-of-five

game series 15-2, 15-3, 15-4.

Outstanding performances included the aggressive serving of Sandra Hart, the defensive plays of Jane Goldie and the spike-setting of Fiona MacGregor and the spiking of Ellanna McKendrey. McKendrey scored on 95 per cent of her attacks against the Blues.

Coach Sandy Silver said it was a weak match; "We used this match to work on several offensive tactics, especially the tandem. We were also working on our serving. We're hoping it pays off in the pre-finals."

Hart, who trained with the

Korean National Team this past summer, says the calibre of teams in the OWIAA Tier II are not up to York's standard; "We will be looking towards the pre-finals; That's what we've been working for all year and it's important to us."

Several of the other girls are outstanding outside of the York volleyball scene. McGregor played for the Ontario Provincial team last summer and hopes to make the Canadian National Team this summer and compete alongside Hart in the Commonwealth Games.

McKendrey, power-hitter for York, says she enjoys playing volleyball but is not as serious as MacGregor, having set her sights on making the Ontario team this summer as opposed to the national team.

Goldie feels her defense has improved this year and hopes to gain a berth on the Ontario team so she can compete in next year's Canada Winter Games.

The Yeowomen look forward to the OWIAA pre-final at Brock University a week this Friday and the OWIAA finals on February 17 and 18.

Coach Silver feels her sixth ranked team in the country is capable of beating fifth ranked Waterloo and third ranked Western in the OWIAA finals. "We've played Waterloo and beat them

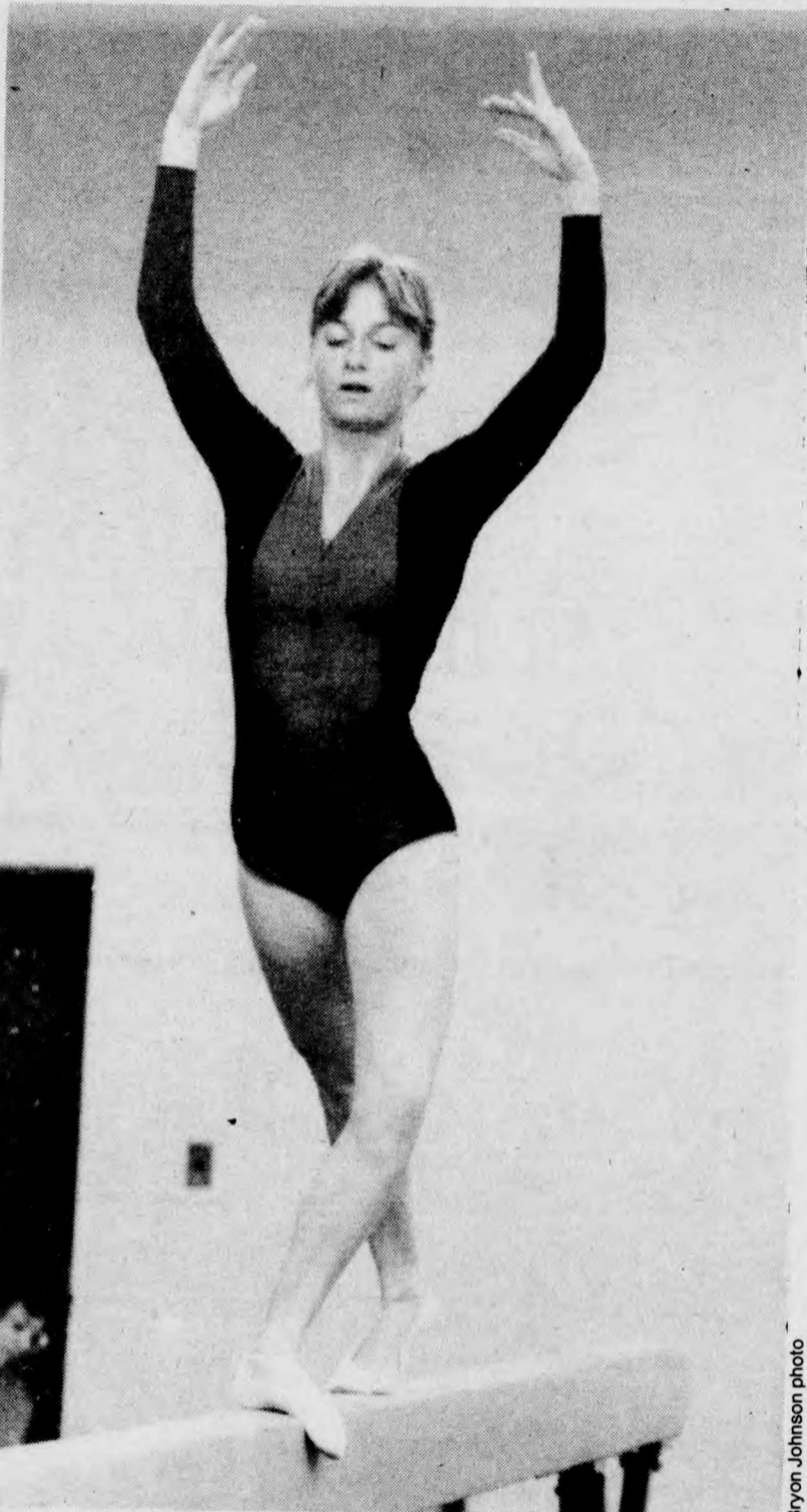


Fiona MacGregor (3) spiking a powerful drive over the head of a U of T defender. Ellanna McKendrey (15) looks on.

decisively. The game where we lost to Western were close but I think if we have a good day we can beat them. It should be a toss up between Western and York to see who will win the finals."

This year's strongest edition of

Yeowomen volleyball in history will have their work cut out for them as Western have won the OWIAA six times in the last six years and have gone on to win the Canadian Women's Intercollegiate Athletic Union title four times in that span.



York gymnast Nancy Hatch, gracefully in motion atop the balance beam.

Lady gymnasts top U of T

By Lisa Woo

York's Suzanne Baier attained best-in-all-around-performance status, accumulating a well deserved 30.8 points, as the Yeowomen gymnasts topped U of T by 1.5 points in the final invitational competition of the season last Saturday at University of Toronto.

A strong University of Western Ontario team was unable to participate in the competition.

York's Meri-Dai Honeywell gathered 24.6 points overall for fourth place and Charlene Kelly, competing in three out of four events, finished fifth with 22.9.

The team displayed superb style as they took first place in vaulting and on the bars and held second place on the beam and the floor.

Baier was first and Honeywell second in vaulting, with the team capturing fourth, fifth, and sixth places as well.

On the bars, Marlene Boyle placed first with 7.65 and two York gymnasts tied for fourth (Suzanne

Baier and Grace Tomaki).

Anne Fardy, Charlene Kelly and Suzanne Baier (one again) excelled on the beam as they secured second, third and fourth places respectively.

On the floor Baier managed a second place for York and Charlene Kelly took fourth.

Coach Natasa Bajin thought the Yeowomen performance was "pretty good" considering the team was not its strongest and consisted mostly of juniors. The two top performers, Suzanne Baier and Meri-Dai Honeywell, however, were intermediates.

The seniors and intermediates, who were scheduled to compete at Penn State over the weekend, were forced to cancel because of the snowstorm.

After the finals to be held February 11th at U of T, Coach Bajin hopes to send seniors Kathy Morris and Nancy MacDonald to Winnipeg for the national championships.

York swimmers lose at Montreal

By Kim Llewellyn

York's synchronized swimmers travelled to Montreal last weekend, spent five hours in competition at McGill University, turned around and headed for home.

Because of poor travelling conditions Friday all the Yeowomen got out of Montreal was a defeat against Queens and a setback against McGill.

Queens scored 69, McGill 61.5, and York 61.2.

"They beat us because they had an extra body in the water," says coach Pat Murray.

In synchronized swimming competition points are allotted for performance, and also, a limited number for participation. An additional participant for McGill brought the Montreal swimmers .5 extra points which enabled them to squeeze past York.

Elaine Hutton made her mark for York by placing first in senior figures and third in the solo competition, while the duet of Gayle Brockelbank and Jennifer Lloyd brought home a third. Pam Hague came fifth and Joyce English, sixth,

in the novice figures event.

York's secret weapon, Betty Anne Brennan, was ill for the meet.

The weekend of the 21st found the Yeowomen in Columbus for the Ohio State Invitational synchro-

nized swimming tournament. Upon arriving they discovered the meet was cancelled.

Synchronized swimming finals will take place in Kingston on February 10 and 11.

Yeowomen split a series

By George Trenton

The York Yeowomen hockey team split a series of four games last week. They soundly thrashed Centennial College 3-0 and Seneca College 4-2 and lost 3-1 to the defending Ontario Women's Intercollegiate Athletic Association champions Queen's University and the league leading McMaster Mauraderettes 6-2 in an exciting end to end game on Monday.

The Yeowomen were repeatedly robbed by the McMaster goalie, Thonda Anderson, and managed to score only two goals.

York's goals were scored by Carol Trewin and Betty Ann Armstrong.

According to York's coach Laura Smith, the game could have been closer if the defensemen were better on clearing rebounds from the net. "The first four goals were scored on basic defensive errors where the puck was not cleared after the initial stop by Brenda (Stewart)."

Stewart felt that the improved York team kept the strong McMaster squad under control for most of the game. "We did better than the last time we played them when we lost 13-3."

The Yeowomen will have a rematch with the McMaster team, who have some of the best women hockey players in Ontario, next Tuesday at York. Game time is 7 pm.

Women's defence course keeps to basics

By Alan Bell

More women have been able to prevent a rape from occurring by physically resisting — by knowing and applying self-defence — than by relenting in order not to provoke the rapist's anger, according to Gillean Chase of the Rape Crisis Centre.

"The problem here," says self-defence instructor Paul Johnstone, "is that the average co-ed does not have the time to spend three or four nights a week learning sophisticated techniques of self-defence."

Johnstone, a veteran instructor, provides the solution. His Women's Self-Defence Course at York throws out the "fancy stuff" and concentrates on a few basic moves aimed at "a quick way out".

The course is strictly a thumb-on-the-nerve defence. It concentrates on breaking clear of an assailant with a minimum of finesse and a maximum of efficiency.

"Anything that works is self-defence," says Johnstone. "You don't need a lot of specialized throws".

A major portion of the course deals with the

psychology of responding to an attack. Johnstone finds women unwilling to really hurt an assailant and spends much of his class time lecturing students on this attitude.

"Let's face it," he says, "this guy is trying to hurt you, and you have to deal with him on that level".

Women who have taken Johnstone's course in past semesters uniformly praise this aspect of the program. "I felt it was very valuable," said Randi Robinson; "He instilled greater confidence in me. You can forget some of the moves, but you remember the psychological part — you're better prepared; if ever I was attacked, I would know what to do".

Johnstone has designed this course after 15 years experience in the field of martial arts. He holds black belts in Judo and Jujitsu, and spent five years training the Barbados Police Force.

The course begins Feb. 9 this semester and runs for five weeks. Classes are held Tuesday and Thursday, 5-6, in Room 312 of the Fine Arts building. No uniform is required. The fee for the course is \$15. Interested women may sign up by calling 667-3561 or - 3978.