

Excalibur's sports grab bag

This week's schedule

FOOTBALL	Pool I		
Here Saturday at 2 pm York vs. Waterloo Lutheran Be There!	Thurs. Oct. 9	Osgoode vs. Vanier	Football Field
	Fri. Oct. 10	Winters vs. Grads	Football Field
	Tues. Oct. 14	Osgoode vs. Grads	Football Field
	Pool II		
	Thurs. Oct. 9	College E vs. McLaughlin	Vanier Field
	Fri. Oct. 10	Founders vs. McLauhlin	Vanier Field
	Fri. Oct. 10	Glendon vs. College E	Glendon
	Tues. Oct. 14	Founders vs. College E	Vanier Field
	Wed. Oct. 15	McLaughlin vs. Glendon	Glendon

Sportsboard

(Please leave any material for this column in the EXCALIBUR office, Central Plaza, by noon Monday for insertion the following Thursday.)

VARSITY: Hockey — OIAA Season Opener will be Oct. 24. Meanwhile, Coach Bill Purcell will be in the arena every day at 5 pm.

Basketball-Freshman tryouts have started already. Varsity first practice Tuesday 8 pm in Tait McKenzie. For further information call 635-2245.

Soccer — Home games Saturday at 11 am versus Guelph, and Wednesday Oct. 15 versus Brock at 4 pm, on the field behind the arena.

Rugger — Also two home games: Saturday at 11 am against R.M.C. and Wednesday at 4 pm against Scarborough College, both on the football field behind Tait.

Cross Country — York University Invitational Meet, Saturday.

Women's Field Hockey — Wednesday, Oct. 15 at 4:30 pm against McMaster, behind Tait McKenzie.

INTERCOLLEGE: College E — women's ice hockey practices every Thursday starting Oct. 9, 4 till 5:30 in the arena, with John Wurster coaching.

— women's volleyball practice today in the upper gym 3-4 pm.

— men's hockey and volleyball teams are organizing now. Sign list in common room.

INSTRUCTIONAL AND RECREATIONAL: Body conditioning — for men and women. Monday, Wednesday and Friday, 12:15 till 12:45 pm in the upper gym (women) and in the lower gym (men). Tait McKenzie.

Student-faculty Recreational Soccer — All players, new and old, are welcome to these soccer games which are played every Saturday, Soccer Field, York Campus at 10 am.

CCIFC standings

	G	W	L	T	F	A	PT.
WEST							
Windsor	3	3	0	0	87	19	6
Wat. Luth.	3	2	0	1	102	21	15
Carleton	3	1	1	1	45	47	3
YORK	2	1	1	0	36	25	2
Ottawa	2	1	1	0	27	44	2
Guelph	2	0	2	0	19	45	0
Laurentian	3	0	3	0	12	100	0
EAST							
R.M.C.	2	2	0	0	83	19	4
Bishop's	2	2	0	0	84	27	4
Macdonald	2	2	0	0	47	22	4
Loyola	2	0	2	0	28	47	0
SGWU	2	0	2	0	33	85	0
Montreal	2	0	2	0	7	102	0

Results

Windsor 47, Laurentian 6
Waterloo Lutheran 14, Carleton 14
Ottawa 20, Guelph 7
Loyola 12, R.M.C. 30
Montreal 0, Bishops 49
S.G.W.U. 6, Macdonald 30

Strong effort wins second place

A strong effort by Dave Smith gave him second place with a time of 21:39 at the R.M.C. Invitational Cross Country Meet Saturday.

Grant McLaren from Guelph won the 4½-mile race, beating over 70 other competitors.

Following Bob Hood, thirteenth in 23:12, and Malcolm Smith in 24:34, York's team was rounded out by the efforts of Lorne White in 24:56 and Dave Scrutton in 28:15.

The day's efforts proved that York is quite capable of defending its OIAA title of last year. The only regrettable feature is that as yet, this team lacks the assistance of more runners, runners who could help the team ensure victory this year.

York racketettes post two wins

By LANA McMAHON

York's women's tennis team defeated McMaster in the first tournament of the season Sept. 30 by an enormous score.

Nancy Green, Fran Stone, Sharon Hornsby, Eva Hill, Val Timmins and Ruth Ann Whipp won doubles and singles matches.

It was a tough battle against six of McMaster's best, with a southeasterly headwind to make it harder, but nothing could stop York's girls from running off with a victory.

On the strength of this win Nancy, Fran, Sharon and Eva hit the road to Montreal Friday, coming back with an even bigger victory over l'Universite de Montreal.

Again the weather seemed to be against them as the fierce wind of the McMaster game was replaced by Montreal's bitter cold. Nancy won the first singles, Fran won the second and Sharon won the doubles.

These wins put the girls in the lead, well ahead of McGill, Montreal, Carleton, Toronto and McMaster.

No scores are available for the two games, since the fierce wind blew away the scorecard in the first game against McMaster, and the bitter cold froze the ink in the scorekeeper's pen at Montreal.

WAC Night was well worth effort

By MARGIE WOLFE

"WAC Night" last week seemed well worth the effort for the Women's Athletic Council when 125 girls showed up to find out what the women's athletic program is this year.

Demonstrations by outstanding athletes made up a great part of the evening's entertainment.

Natasha Bajin, an Olympic competitor and Canada's national gymnast showed what top rate gymnastics should be like. The karate instructor, a student at York, and his assistant, a girl who could break a wooden block with her bare foot, showed the fundamentals of that sport.

The synchronized swimming team gave an outstanding performance too, showing why they have been their conference champions for the past two years.

Aside from the demonstrations, the women participated in games of squash, volleyball and badminton.

The highlights of the evening were a balloon bursting spree, where the girls had to imitate animal sounds to recognize their own team members, and a balancing competition, with a book, a ball and a field hockey stick.

EFFECTIVE STUDY TECHNIQUES

Want to obtain higher examination grades? Learn the techniques of effective study in your spare time.

Enrol in the **STUDY SKILLS COURSE** given by the Psychological Services Department. The course consists of eight video-taped lectures given by Dr. Frank Vattano, a specialist in study techniques at Colorado State University.

Topics covered include:

- "EFFICIENCY IN STUDY"
- "HOW TO TAKE EXAMINATIONS"
- "HOW TO TAKE NOTES"
- "HOW TO READ A TEXTBOOK"
- "SCHEDULING YOUR TIME"

Studies in the U.S. have indicated that students who took this course obtained higher final examination grades than students who had not taken it.

Dr. I. Kusyszyn of the Psychological Services Department recommends this course to students ranging from freshmen to graduates.

FREE: The course is being offered FREE of charge.

REGISTRATION: Register in Room 145 of the Behavioural Sciences Building with Mrs. Kleiman, Monday-Friday: 9:30 A.M. — 4:30 P.M.: Allow approximately 30 minutes for registration. Ask for "Study Skills". The deadline for registration is 4:30 P.M. **FRIDAY, OCTOBER 10.**

The course will span a period of 4 weeks. Two lectures will be shown each week. Thus, you will be required to attend 2 hours a week.

REGISTER NOW !!!