

<p><b>INTER RESIDENCE HOCKEY LEAGUE</b></p> <p>Saturday, January 20, 1979 7:00 a.m. Holy Cross vs Harrison SCRAPE 8:00 a.m. Harrington vs Aitken FLOOD</p> <p><b>OFF CAMPUS HOCKEY LEAGUE</b></p> <p>Saturday, January 20, 1979 9:15 a.m. J.F.W. vs T. 2's</p> <p>Sunday, January 21, 1979 6:30 a.m. F.C. vs Pansies SCRAPE 7:30 a.m. Gee Gees vs Prosecuters FLOOD 8:45 a.m. Sat Eab vs Bucks 8:00 p.m. C.P.'s vs Guppies SCRAPE</p> <p><b>INTER CLASS HOCKEY LEAGUE</b></p> <p>Sunday, January 21, 1979 9:00 p.m. For. I vs Bus. 8 FLOOD 10:15 p.m. E.E. 4 vs C.E. 4</p>	<p><b>Inter-class basketball</b></p> <p>Thursday, January 25, 1979 - Main Gym 8:30 p.m. Law vs Faculty Grads Ind. Educ. vs Survey Eng. 9:30 p.m. For. III vs BBA 0 For. I vs Mech. Eng. IV 10:30 p.m. Compt. Sci. vs Elect. Eng. IV</p>	<p><b>Inter-residence volleyball</b></p> <p>Tuesday, January 23, 1979 - Main Gym 9:30 p.m. Court 1 Harrison vs Harrington Court 2 Holy Cross vs Aitken Court 3 MacKenzie vs Bridges 10:30 p.m. Court 1 L.B.R. vs Neville Court 3 Jones vs Neill</p>	<p><b>WOMEN'S INTRAMURAL BROOMBALL</b></p> <p>Teams from Residence and Off-Campus</p> <p>REGISTER - Intramural Office, (A120) L.B. Gym between Monday, January 22 to Friday, January 26; 8:30 - 5:00 p.m.</p> <p>* REFEREES please apply also \$2.80 per hour) before Friday, January 26, 1979</p> <p><b>INSTRUCTIONAL PADDLEBALL</b></p> <p>— Offered to all students, faculty and staff (male and female) at NO charge. — 2 nights per week for 2 weeks of basic instruction for beginner. (3 sessions per night) — Offered 1) Monday - Wednesday - 7:00, 8:00, 9:00 p.m. 2) Tuesday - Thursday - 7:00, 8:00, 9:00 p.m. — Registration from Monday, January 22 until Friday, January 26; 8:30 a.m. - 5:00 p.m.</p> <p>* PADDLEBALL (Racquetball) Instructors needed - rate \$2.80 per hour. The basic instruction is for beginners. Apply at the Intramural Office, A120, L.G. Gym. before Friday, January 26, 1979.</p>
	<p><b>Inter-class floor hockey</b></p> <p>Monday, January 22, 1979 - West Gym 8:30 Compt. Sci vs Engineers 9:30 BBA vs For. 5 10:30 Education vs For. 3 BYE: For. Eng.</p>	<p><b>Intramural water polo</b></p> <p>Wednesday, January 24, 1979 9:00 p.m. Harrison vs Jones 9:45 p.m. Bridges vs L.B.R.</p>	
	<p><b>Inter-class volleyball</b></p> <p>Tuesday, January 23, 1979 - Main Gym 8:30 p.m. Court 1 For. III vs P.E. Fac. Grads Court 2 Sur. Eng. vs For. II B Court 3 Phys. Ed. IV vs For. II A Chem. Eng.</p>	<p><b>Inter-residence basketball</b></p> <p>Sunday, January 21, 1979 - Main Gym 1:30 p.m. MacKenzie vs Aitken Neill vs Harrington 2:30 p.m. Jones vs Neville Bridges vs Harrison 3:30 p.m. L.B.R. vs Holy Cross</p>	

## Fitness for the busy people

To start the new year the Intramural and Recreation Office, Faculty of Physical Education and Recreation is offering additional opportunities for those interested in Physical Fitness. With our Faculty and Staff noon hour Fitness Program on the go we will be turning our emphasis to the youth, to the ones who find noon hour fitness classes conflicting, and to those who choose to keep fit on their own.

### Children's Physical Fitness Program

With Saturday mornings open for recreational instruction for both aquatics and skiing enthusiasts, we have decided to further expand on a total morning fitness adventure for the young to complement our existing programs.

For any faculty, staff or student children not taking part in swimming or skiing programs, or for all those interested in taking further activity either prior to or after your morning instruction please register for the Children's Physical Fitness Program at the Intramural and Recreation Office, L.B. Gym during the week of January 15 to 19. Registration Fee - \$5.00 per person.

Sessions: Every Saturday starting January 20, 1979 to march 24, 1979 - 10 weeks of instruction (10:00-11:00am)  
Instruction both indoor and outdoor Physical Fitness Programming.

Evaluations The physical fitness classes consists of individually and group prescribed exercise. Periodic physical evaluations are planned to measure physical progress on an individual basis.

Location. West Gym, Lady Beaverbrook Gymnasium Building.

### "STUDENT/SPOUSE PHYSICAL FITNESS PROGRAM"

For those of you who cannot get to noon fitness sessions or who prefer a non co-ed fitness setting, the following opportunities will be offered:

**MEN:** Monday and Wednesday  
Starting: January 22, 1979 Monday  
Time: 5:00-6:00pm  
Place: Dance Studio, LB Gym

**Women:** Tuesday and Thursday  
Starting: January 23, 1979  
Tuesday  
Time: 4:30-5:30pm  
Place: Dance Studio, LB Gym

REGISTER: During the week of January 15-19/79 at the Intra-

mural and Recreation office fee is \$5.00 per person. Please register as early as possible. All persons who have not filed a medical form with our office please do so. Medical forms are available at Registration.

The fitness classes consists of individually and group prescribed exercise. Periodic physical evaluations are planned to measure progress on an individual basis. Prior to starting in the exercise

program each participant must undergo a physical examination by his/her personal physician, and complete a personal data form. Assessment of body composition and various exercise tests will be offered during the program.

These assessments are regularly scheduled to evaluate progress. Results will be made available to you and your physician.

### MALE ATHLETE OF THE WEEK

**LUIGI FLOREAN**  
Luigi came off the bench to hit 6 for 9 shots (66.7 percent) to spark the Red Raiders to hard fought victory over UPEI on Saturday afternoon. He is in 3rd year Science from Fredericton, N.B.

### FEMALE ATHLETE OF THE WEEK

**CLAIRE MITTON**  
She was instrumental in 2 key victories on weekend over SMU and Dalhousie (who had beaten us before). Moved us into first place with a 6-2 record. Scored 20 points vs SMU and had 10 rebounds, 7 steals. Had 16 points against Dal; 11 rebounds and 2 steals. She is in 4th year Ed from Halifax, N.S.

## Beavers and Mermaids drowned

The UNB Beavers and Mermaids started off the second half of the swimming season with a split decision over the Mount Allison swim teams. The men won their meet while the women were edged out in the final tally.

The Mount Allison won both the men's and women's 4 x 100 meter medley relay races, the first being by a mere 5 seconds. This was the first win that the Mount A squad

has ever had over UNB in a mens relay.

Following that, the UNB men came roaring back to win seven of the next eight individual events as well as the final 4 x 100 freestyle relay that win being by over 15 seconds.

The women were hampered by the fact that they had only six swimmers on the trip. As a result, there were several races in which

they had no entrants. Danielle Balla won three individual races for the Mermaids while Randy Stangroom took one.

For the men, Dave Banks had the best meet winning three events and swimming on the sinning relay. Other individual winners included Evangelista Misoulis, Iain Sinclair, Warren Saville, and Rob Davis.

The remaining team members

on the trip also put in strong performances. they included Deirdre Pretlove, Sandy Antoska, Linda MacDonald and Kathy Gaul for the women and Dave Pretlove, bill Curtis (aka Dud the Stud), and Tom Best.

This weekend, the team hosts the second annual AUAA Invitational Swim meet which will feature two days of competition. The meet starts Friday night and will conclude Saturday. A full list of events will be featured.

One and three meter diving will also be a part of the meet. Although the divers have not seen action since before Christmas

they have been practicing daily and coach Jeff Deane is confident of getting good performances from his squad.

Barry Roberts, who coaches the swimmers said that as of now there are only three meets left in the schedule and for his team, "It's right down to the wire". He said that the team had been training hard for the last few weeks and would remain doing so for the rest of the season.

The meet will have swimmers and divers from Memorial, Dalhousie Acadia, Mount A and Moncton.

PSST! Wanna see your name in print?

The Bruns is looking for material for feature articles for this year

Features can entail people places or things, you decide. Why not write something up and drop in to see us?

Ask for Mike

For those of you who prefer to work on fitness on your own and have no assessment opportunities available to you, or you would just like to consult with fitness personnel to see if what you are doing is most appropriate, call the Intramural and Recreation Office for an appointment for assessment and/or consultation. Fitness personnel will be available by appointment only at the following times:

DATES: Tuesday and Thursday mornings.

TIMES: Between 8:00 and 9:30 a.m.

PLACE: Human Performance Lab, L.B. Gymnasium building.

Assessments will take approximately 1/2 hour. Small groups (up to 4 people) could be arranged at one time.

If you are over 35 years of age please consult with your physician regarding the advisability of undergoing a submaximal test before coming for assessment.