

Height Translated Into Speed By Swimming Dive



FOUR WATER-SPRITES trying out for the Women's Swim Team take time out from training to pose for our photographer: (from left to right and top to bottom) Mary Amerongen; Pat Himmelman; Stephanie Jones; Gail Anderson.

by Mike Horrocks

The racing dive may not be the most graceful means of entering the water, but it is the most efficient way to translate height into forward motion.

This emphasis of efficiency rather than beauty is typical of competitive swimming; it does not mean that there are no attractive strokes among speed swimmers, but efficiency is the criterion.

The women's competitive swim club is coached by Miss Pat Meadus and those trying to make the team practise Monday, Wednesday, and Friday at 5:30 p.m. for more than an hour.

Practice consists of work: hard, tiring and continuous work in order to achieve that other god of all speed swimming—conditioning. Conditioning and efficiency are the foundations essential to success and they do not come easily.

Last Friday, November 23, the swimmers took part in an inter-collegiate telegraphic swim meet. Since it is early in the season, the times recorded can be expected to improve. Full results will not be available till after Christmas.

Margit Bako, returning to the team after a year's absence put up the fastest time locally in three events; Karen Kruse, in her second year and Paulette Price, in her first year, made fastest times in the other two individual events. These times will be submitted for comparison with

results from other Canadian universities.

Other swimmers in their second year are Marge Anderson and Pat Himmelman; the other newcomers are Stephanie Jones, Bonnie Millar, Lois Clark, Diane Durda, Phyllis Gitzel, Jill Sharp, Mary Amerongen and Gail Anderson.

In order to accommodate U of S swimmers, faced by exams, the Alberta Relays Meet has been re-scheduled to Saturday, December 8. Both men's and women's teams will take part. The men's Intra-squad meet has been put back to December 14, in consequence. The Relay meet should be most exciting and many variations on standard relays are scheduled.

Meet time is 2:00 p.m. in the PEB Pool.



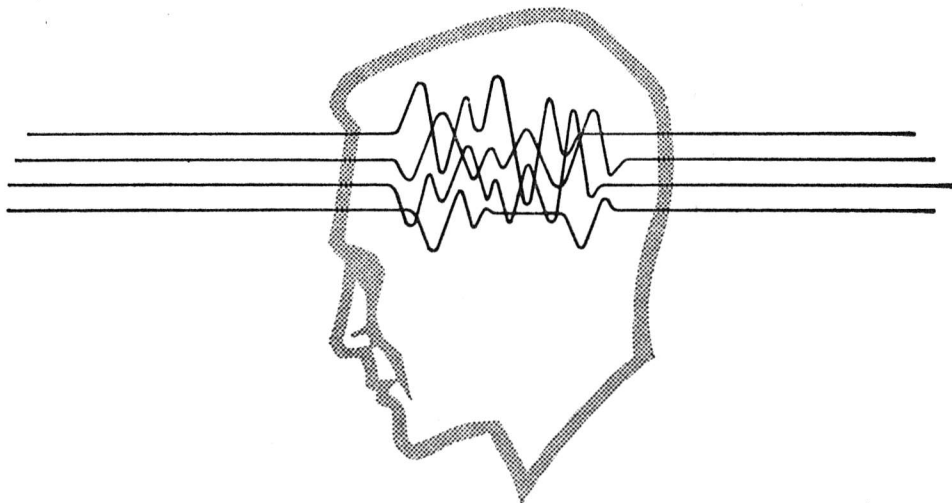
KAREN KRUSE prepares to translate height into forward motion.

Bill Winship Loused Up All The Sports Make-up

Smoothest thing on paper

If your North-Rite "98" doesn't write as long as you think it should, we will send you a new refill — FREE!

North-Rite "98" ONLY **98c**
ST. LAMBERT, QUEBEC



Scope for thinking men

We need thinking men and women at IBM. Thinkers who can sit back and look at a problem from every angle and develop a working solution . . . then see that it is carried out. There is plenty of scope for their imagination; plenty of room for professional growth. And the rewards are substantial.

These men and women receive extensive training in advanced data processing methods. They enjoy freedom of expression and have freedom to carry out their own ideas with minimum interference.

They can be engineers, mathematicians, scientists or have majored in liberal arts or business studies.

We have customers in all industries, in commerce and finance, and in scientific fields. Graduates are thus able to work in their chosen profession solving the complex data processing problems peculiar to that particular industry.

If you have a keen mind and enjoy challenge, write to the Executive named below for information on professional positions available.

717-7th Avenue S.W., Calgary, Alberta, AM. 6-2071
Western District Manager—W. Dinsdale

IBM*

*Trade Mark



ROADS TO SUCCESS

CANADA PACKERS INVITES GRADUATING STUDENTS in Agriculture, Arts, Business Administration, Chemistry, Commerce and Engineering, to discuss plans for an interesting career in a leading Canadian industry.

STUDENT INTERVIEWS

with Canada Packers' representative will be held on

DECEMBER 3, 4, 5

at times arranged by the University Placement Officer.

For more information, Canada Packers' Annual Report and brochure are available at the Placement Office.



CANADA'S LARGEST FOOD MANUFACTURER