

Intramurals keep you honest



Innertube water polo is one of many sports

by Jim Watson

If you are a first year student you probably cannot wait for your initial year of university to begin.

Frat parties, hall bashes, Tequila Tuesday, and of course the seemingly endless hours of study are all part of the fun. But as the mind trains itself to cope with this new style of living (for instance, pumping out a 3500 word term paper in two nights, or condensing eight hours of sleep into a twenty minute "powersnooze"), it often forgets about the body.

Many was the graduate student who cringed at the sight of a four year old box of discarded clothing as he continued out the door on his way to a lengthy fitting session at Mister BIG and Tall.

This is the same person who four years earlier had scoffed at one of the best intramural programs in the country offered here at the U of A.

In fact, in this day of hi-tech new words and phrases, the word "intramurals" is no longer sufficient to

describe such a full program.

There is both men's and women's intramurals, co-rec intramurals, an over 35 program, something called campus recreation, and staff fitness and lifestyle because nobody wants a fat prof. with a poor lifestyle.

There is even a few more different categories for you to participate in. One ten minute chat with co-ordinator of campus recreation Hugh Hoyles and a person is left wondering whether people come to the U of A to attend classes or to stay in shape.

"Intramurals are still the backbone of the program," explains Hoyles, "but we now try to incorporate the entire university community." And as the U of A has grown, so has the program.

Apart from the regulars like hockey, football, and basketball there is still a long list to choose from. There is golf, team handball, innertube water polo, all racquet sports, broomball, orienteering, cycling, volleyball, snooker, and lots more.

After enjoying a 1984-85 in which not a single sport had to be cancelled due to lack of interest, Hoyles' program is expanding this fall.

"What we're going to try to do this year is to mix a social setting in with the participation aspect," with examples being a slow-pitch tournament and BBQ slated for early September, and a bowling and pizza night in early November.

Also, the Bears Den overlooking the Varsity Arena will be fully utilized in this area of post-participation socializing. At these gatherings there will be a variety of alcoholic as well as non-alcoholic beverages served to promote this social setting.

On the subject of innovation, the newest sport to look forward to this fall will be something called Bat-Polo. Hoyles likens this activity to "playing water polo in a stubby kayak," and expects it to become very popular among rowers because it combines the skills of the various rowing events.

So in your vast travels around the campus in this first week be sure to pick up a copy of Campus Recreation. It can be found anywhere in the Phys-ed building and at various other points around the campus and contains everything that there is to know about intramurals, activities, and sports clubs at the U of A.

For your sports clubs. There are twenty of those on campus for the more serious athletes out there.

So pick up a copy of Campus Recreation, because if you want to meet new people in a more sterile environment than the basement of some frat house, intramurals are the best way to do it.

Learn to Scuba Dive

ONLY \$149⁰⁰

(Special 2 Week Offer)
Includes: Lecture, Pool,
Open Water and Equipment



Join The Beautiful, Silent Underwater World

Learn to scuba dive on just about any night of the week, have two manuals supplied, 30 hours of training program including 18 hours lecture and 12 hours pool, have the scuba equipment supplied to you for the pool portion of the program, and upon completion of the pool part, go to open water for one weekend. Have the wet suit supplied to you, the scuba

gear and instruction for the open water training and receive a gold five-star certification card upon completion. All for only \$149!

... compare the quality of instruction, and the overall value and there is no question who offers the best program in the city ... Ocean Sports.

Scuba Training Dates and Pools

September 7 Saturdays
September 8 Sundays
Sept. 17 Tues. and Thurs.
Sept. 25 Wednesdays

YWCA Pool 6 Weeks
YWCA Pool 6 Weeks
Confed Pool 6 Weeks
Kinsmen Pool for 6 Weeks

Oct. 1 Tues. and Thurs.
October 21 Mondays
November 9 Saturdays
November 10 Sundays

O'Leary Pool for 6 Weeks
O'Leary Pool for 9 Weeks
O'Leary Pool for 6 Weeks
YWCA Pool for 6 Weeks



OCEAN SPORTS

The Water Sport Specialists

432-1904

10133 - WHYTE AVE.

OPTICAL PRESCRIPTION CO.

8217 - 112 St.
433-1645
College Plaza

- prescriptions filled
- lens duplication
- repair service
- fine frames
- quality sunglasses
- contact lenses

* Expert cosmetic & optical advice

