

## Coffee Row

### Phi Delts Defeated

By Brian Flewwelling

Following the kiss of death given to the Phi Delts by Coffee-row last week, the K Sig football squad downed their Phi Delt opponents by a score of 15-11, on Friday, Oct. 25.

Coffee-row had predicted a Phi Delt victory on the apparently sound basis of a four and one half year winning streak and a dazzling display against the Aggies earlier. It appears that the K Sigs do not have much respect for press clippings.

The flag-football finals, beginning after Nov. 11, will include only one team from each league, and will be split into two divisions, resulting in two champions. Should the K Sigs remain undefeated in league play they will automatically represent their league in the divisional finals. However, in order to remain undefeated they must again defeat the Phi Delts when they meet on Nov. 11. Failure to do so will result in a tie and all sorts of complications.

#### GOOD SPORTS

In contrast to last week, Coffee-row has been informed of two cases of exceptionally fine sportsmanship in intramurals. Referees commended the Deke A and Residence A teams on their conduct during the league A game Monday, Oct. 28. Special mention was also made of the Phi Delts in their losing role against the K Sigs. Although the aim of intramurals is a high standard of sportsmanship, these teams displayed sportsmanship of a quality which is not common in any competitive sport and stands out in glaring contrast to the actions of some groups (DUs in tennis, and Science in cycle drag) mentioned previously by Coffee-row.

We might also take this display of sportsmanship as an indication that the new watered down form of flag football is really effective.

#### LAMPARD TAKES HONORS

Tennis finally wrapped up last Friday. In the singles event Doug Lampard, last year's Motor Car Supply Trophy winner and a medicine representative, took top honors. The MCS Trophy is awarded to the individual who earns his unit the most points. In the doubles Staunton and McDonald took first place for the Phi Kappa Pi group.

Lampard also won the cross country race for medicine by completing the circuit in 14 minutes 21 seconds. Helping earn the top points for med were Churombo, finishing second, and Cassils, finishing fourth. Hnatiuk placed third in the cause of science. Residence and St. Steves were in second and third place in points following med.

Monday, Nov. 4, at 7 p.m. is the time of the finals for 3-on-3 basketball. Competitors will be PE, A and B, LDS, A and E, Res, D and H, St. Steves, and DKE. Competition will be an eight team round robin tournament.

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## Sports Feature

# Gymnastic Club Strives For Recognition

By  
Larry Duignan and  
Gary Chambers

Ever try gymnastics? Once the domain of only the extreme enthusiasts, the door to the gymnastics room is now open to the general varsity public, beginners included. This is the view of G. M. Elliot, phys ed instructor and coach of the U of A gymnastics club.

Now in its fourth unofficial year, the club, which at present has approximately

30 members, hopes to gain recognition by the Students' Union this year.

#### British Coach

Elliot is a recent arrival from England where he attended a Teachers Training College, St. Lukes. There he participated as a coach in both swimming and gymnastics. Elliot compares gymnastics in Canada favorably with that in Britain, however he confesses that both are far behind Russian and Japanese standards. Although it is gaining popularity, the majority of people fail to understand or appreciate the sport. Therefore, enlightenment is one of the major purposes of the club.

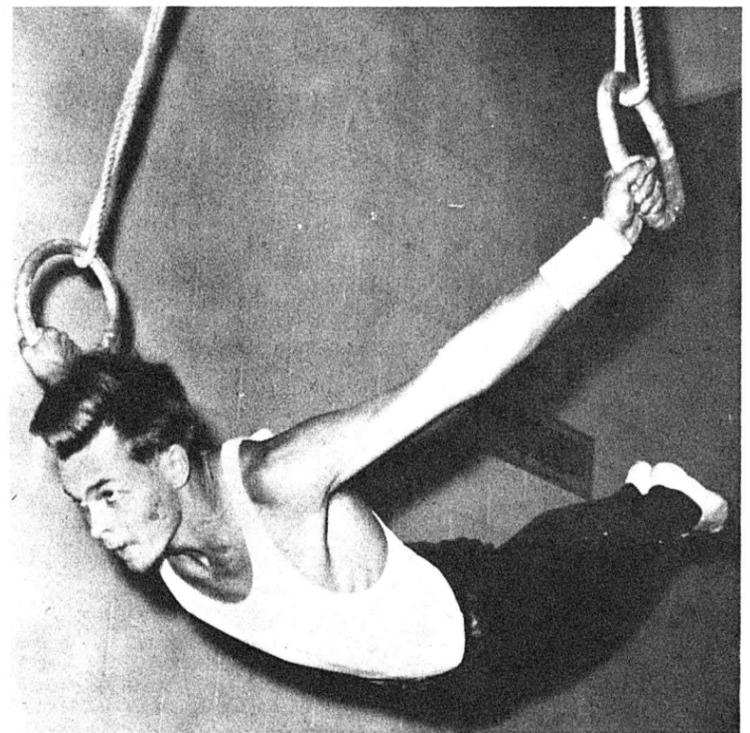
Elliot adds that the major prerequisites for a beginner other than a gym suit are raw courage, enthusiasm, and an expectancy of early disappointment. However, as one gains efficiency in the sport this sense of failure will turn into glowing pride which is, according to Elliot, difficult to describe. He or she also must be free on Tuesday and Thursday afternoons between 4 and 6 p.m., when workouts are held.

#### Past Laurels

Last year the U of A gym team participated in the Saskatchewan Open Gymnastics Championship. Doug Maley of the Alberta squad won the junior all-around award. He also placed first in rings and free exercise competitions, while Gary Horlick, sci 3 was only 5/100 of a point behind Doug. The team as a whole won the junior team trophy.



FREE EXERCISE



EXERCISE ON RINGS

Photos by Carl Nishimura

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