

Volleyball team sweeps tournament

By MARK ALBERSTAT

The men's volleyball squad was in action at Dalplex over the weekend in the first AUSA tournament of the season. The Tigers swept the tournament, defeating all three visiting teams in the minimum amount of games.

The Tigers, although rookie-laden, showed that they do indeed have the talent to lock up the AUSA and hopefully capture their sixth consecutive AUSA title.

Dal's first match was on Friday night when they took on the team from Université de Moncton. The Tigers easily took this match 15-2, 15-5, 15-7. In the second game of the match U de M didn't put a point on the board until the 8-0 mark at which time it was too late for any substantial dent in Dal's lead.

The third game was far more interesting with U de M taking an

early lead of 2-0. Dal quickly came back and evened the score. A see-saw battle continued to the 7-7 mark. It was then that the Tigers exploded and ran up the score to the final 15 without giving U de M a chance to put points on the board for their side.

In this match Chris Lohnes had 10 kills, three blocks and three ace serves to earn Player of the Match honours. Other notables were rookie Brian Rourke and Peter Hickman with seven kills each.

The second match was played on Saturday at 12 noon against UNB, another team heavy with rookies. This one the Tigers took 15-2, 15-3, 15-9.

Again, Dal had no trouble in the first two games, in which they led at one point 11-0 in the first and 11-2 in the second. It was in the third game that Dal had troubles at the start falling fast to a 3-1 deficit. It was at this point that Jeff Bredin and his spike serve took the Tigers from 1-3 to 7-3; after this, the Tig-

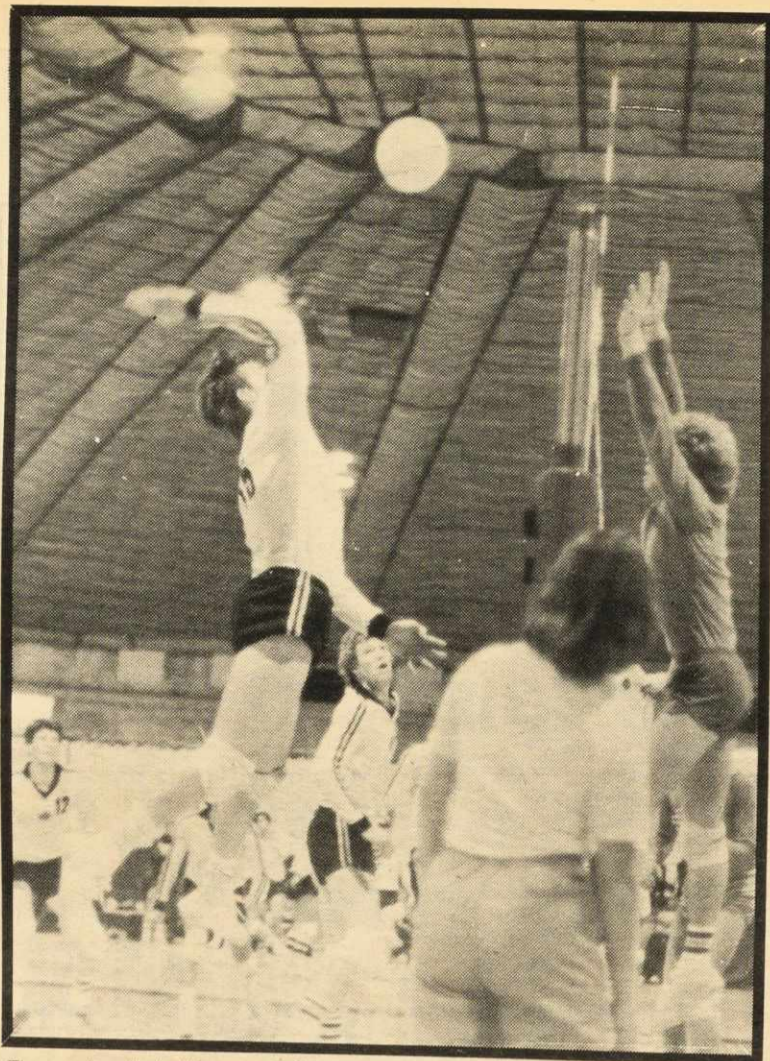
ers were well in control.

The unquestionable shining star of this match was Jeff Bredin with six kills, two blocks and a team record of six ace serves. Tigers Ried Umlah had nine kills while Brian Rourke had eight.

The last match of the weekend was against Memorial in which the Tigers had little trouble dispensing with the Beothucks 15-2, 15-3, 15-9. Brian Rourke had 12 kills and two blocks in this match, while Chris Lohnes had 12 kills and Jeff Bredin nine kills, two blocks and three aces. Peter Hickman was named Player of the Match.

In other action, UDM defeated Memorial 15-8, 15-10, 5-15, 15-10 and UNB 15-13, 15-7, 15-9 to finish the weekend 2-1. Memorial outscored UNB 15-3, 15-1, 15-8 to go 1-2 while UNB was winless in three starts.

The Tigers' next home game is Nov. 24 at 7:00 p.m. as Dal takes on Memorial. □



The men's volleyball team got off to a good start in AUSA action last weekend.

Photo: Deepak Seth, Dal Photo

Don't pick Paul's pocket

By LISA TIMPF

If you were smart, you probably wouldn't try to pick Paul Talbot's pocket.

And you'd be well advised to leave his students alone too.

Talbot offers a Personal Safety and Self Defense Course at the Dalplex. Although the course is open to both males and females, a lot of his students are women. This makes sense to Talbot, since women are often the target of violence in society, and should know how to defend themselves.

Talbot's course gives participants a new appreciation of their capabilities. "When the women first came into the course, a lot of them had a mental block. They thought they couldn't throw a man," said Talbot. "The other day, one of the girls, who is only five feet, threw me right over. They know they can do it now."

Talbot's course offers what he calls "a Canadian practical version of self defense."

"It's not tai chi, kung fu, or karate," he said.

He stresses getting into shape as part of the course. "We do situps, pushups and stretching," says Talbot. "If you're not in good shape, you can't expect to protect yourself."

Talbot also offers a karate course for kids 9-16 years old. He currently has 17 students enrolled in the course.

"I teach them the thrust front kick," he says. "It will move any object or person out of the way once you master it."

But Talbot isn't in the business to teach potential street fighters the tricks of the trade; his task is teaching defense, not offense.

"I make it very clear at the start of each session that if I hear about anyone abusing the skills, by hang-

ing around the streets and being a bully, they'll be out of the course and get their money back," he says.

Talbot is also assistant trainer in self defense skills to the Nova Scotia Oilers. "I teach them stuff like how to get away from a guy who's holding them, or how to block punches," he explains.

Talbot feels good about what he does. "Just seeing the change in the women in the course this term," he says, "I can really see how it has helped them. Some of them could only do one pushup when they came in. Now they're up to twenty. That's encouraging."

Talbot's courses are offered to Dalplex members for \$50.00 and to non-members for \$55.00.

For more information call 424-3372. □

Dalhousie Athletes of the week

WOMEN: Brenda Turner, a fifth-year Physical Education student and a member of the Women Tigers Volleyball team, is the Dalhousie Female Athlete of the Week for the week of Oct. 29-Nov. 4.

Turner, a native of Simpson's Corner, N.S., led the Tigers to three straight victories in AUSA competition last week. Turner recorded 31 kills, 11 stuffed blocks and had an excellent service return ratio in leading the Tigers to two wins over UNB and one over UDM. The 22-year-old Turner was an All-Star at three tournaments last year as well as an AUSA All-Star.

By LISA TIMPF

Exhibition play is in part intended to provide a learning experience.

The women's basketball team's trip to Maine last weekend served that function nicely, according to coach Carolyn Savoy.

"Our man-to-man defense broke down," said Savoy. "We weren't fronting our posts, and we weren't in position."

"We have to keep teams under 60 points in order to beat them," she added, pointing to the 83 and 62 points scored by the weekend's opponents in the two games as an indication that defense is one of the things the Tigers will have to work on this season.

On Friday, the University of Maine (Orono) dropped the Tigers 83-59. Peggy MacLean, who according to Savoy played consistently all weekend, led the Tigers on the scoreboard with 13 points. Rookie Connie Clark had an excellent game, combining an 11-point offensive output with a strong defensive effort.

Lisa Briggs and Shelley Slater added ten points each to the Tigers' total.

On Saturday, the Tigers lost to University of Southern Maine, 62-50. MacLean again led the way for Dal with 17 points, while Briggs netted ten points.

The Dal squad found the different US rules a bit of a barrier in the early going. On the plus side, they mustered high-percentage foul shooting (81% and 70% in the two games) and put together an effective fast break in the second matchup.

According to Savoy, the trip highlighted the need to learn "intensity, aggressiveness, and concentration on defence."

Dal will put their learning to the test when they travel to Wolfville this weekend.

The Tigers will attempt to defend the Acadia Tip-off Tournament title they won last year. □

