

sports and recreation

Yeomen give U of T the volleyball blues

York chalked up a crucial win last Saturday as the volleyball Yeomen sent University of Toronto reeling in the fifth game of a best of five series.

Earlier in the day the Yeomen achieved an expected victory over last place Ryerson in three straight games, 15-10, 15-8, 15-9.

The second match against U. of T. was important to both teams in that another loss would severely hinder any playoff expectations.

Both teams had lost to Laurentian and Queen's the previous weekend.

To start off the play the Yeomen eked out a 15-13 victory then lost the next two games 6-15 and 10-15. The fourth game was a squeaker as York came from behind to win 16-14. The fifth and deciding game saw York annihilate U. of T. 15-2.

John Veres once again came through as the most effective hitter, scoring 22 kills followed closely by

Showkat Hussain with 20 and Lino Girardo with 15.

"Our team play was much improved in the U. of T. match," said coach Wally Dyba. "Our passing was more effective and Al Riddell, one of our setters, was able to use our combination attacks to better advantage. However we are still a little weak in attacking."

By press time the Yeomen will have played Queen's in their next league match. "If we're going to make the playoffs this year, we're going to have to beat Queen's, Laurentian and U. of T. at least twice," said Dyba. "Right now our record is 2-2. An 8-4 record should assure use of a playoff spot."

On the weekend York will be playing in the Ontario Open, the most prestigious tournament in Canada outside of the National Championship.

"Last year half a dozen Olympians participated in the tournament. This is definitely a high calibre tournament. To my recollection York will be the first OUAA team to have ever competed in this tournament which I believe is an indication of the improved calibre of play at the university level," said Dyba.

Yeowomen fencers dominate tourney

The Yeowomen fencing team dominated the Ontario Women's Inter-collegiate Athletic Association tournament held at York last weekend by defeating Ryerson 11 bouts to 5 and upsetting Western 9 bouts to 7. Trent, the fourth team in the sectional, did not compete because they did not have the required number of fencers.

Considered a stronger team because of more experienced fencers, Western proved ineffectual as the Yeowomen capitalized on the mistakes of the Western fencers.

"The outstanding performances by Pat Thomson and Judy Goldberg held the victory for us," said coach Richard Polatynski. "Pat gave her strongest and most important performance to date since joining the team last year."

"Judy pulled a muscle in her thigh in her last bout against Western but she won it anyway. That bout clinched the tournament for us."

Yeowomen Mary Lea Serpell and Sharon Boothby put in strong performances, each winning 6 out of 8 bouts to make York a strong contender for the finals to be held in February. Thomson won 5 of 8 bouts and Goldberg won 3 of 8.

"The girls won when it became crucial," said Polatynski. "The

"We were playing above our heads"

By John Brunning

Despite the absence of their top three seeds, the Yeomen badminton team did surprisingly well in the Invitational tournament held last weekend in Tait McKenzie.

Ian Johnson, the number one seed on York's squad, was away in Mexico playing in a national tournament. The number two seed, Ian Arthur, was only available for doubles play on Saturday and the number three seed was at a club meet in Montreal.

"We were playing above our heads", said Tony Dagastino, "so over all it was a good showing." Dagastino, a member of the team, won two matches before being eliminated from singles competition. However, the other three members were not as successful - all failed to win a singles match.

Arthur and Dagastino, in doubles play went as far as the semi-finals of the consolation round, only to lose in overtime to an impressive U of T team.

"Considering that the team missed our top three players, forcing us to play over our level, we were quite successful", said Dagastino.

The University of Toronto won the overall point standings, while York captured sixth spot of the twelve positions open.

winning of this tournament and also the overwhelming defeat of Western shows that the girls have the discipline both mentally and physically to achieve a good standing in the finals."

"The most outstanding and most improved player of the tournament was Pat Thompson but honourable mention has to go to Judy Goldberg."

York salvages tie with Golden Gals

By George Trenton

A tie is as good as a win as far as the Yeowomen hockey team is concerned, if it is earned the way it was last Saturday at York's Ice Palace.

Trailing by three goals at the end of the second period, the Yeowomen salvaged a 3-3 tie against the Queen's Golden Gals, the defending Ontario Women's Inter-collegiate Athletic Association champions.

The Yeowomen, who failed to get a shot on net the entire first period, were outshot in the game 27-9.

Goaltender Brenda Stewart took some time settling down as Queen's scored three quick goals within one minute and 55 seconds in the first period.

Stewart said she felt she gave up one bad goal, the third one. "I thought it was wide by the puck went in on the short side," she said.

After this the defence picked up. York's Pat Lohman and Gail Johnson played strong defensive hockey, blocking shots and clearing rebounds.

In the third period York came out looking like a different team, playing their own style of open hockey.

"We weren't dumping the puck into the corners, but tried to finesse our way across the blue line," said coach Laura Smith, of the first two periods. "So every time Queen's got



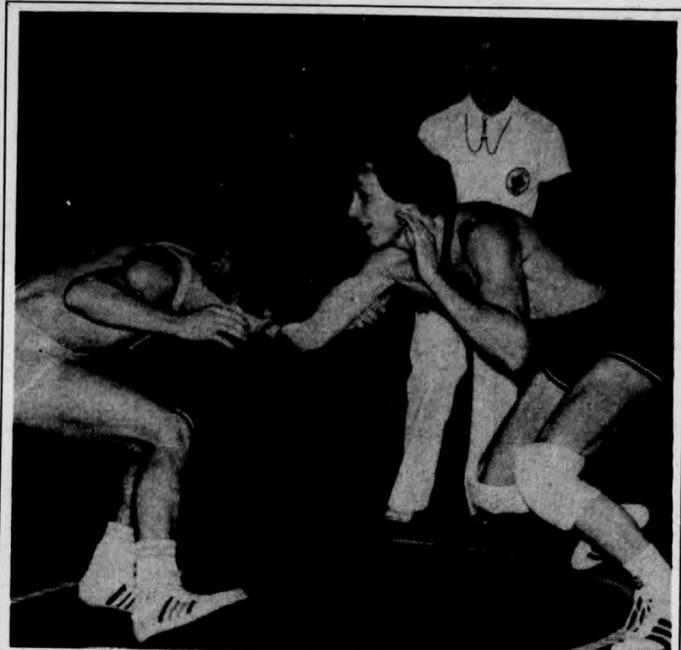
Yeowoman and Golden Gal race for the puck. York tied Queen's 3-3.

possession, they dumped it out of their zone."

A power play effort by Cindy Byrne resulted in the first Yeowomen goal. Byrne, taking a pass from Alice Vanderlay, released a wrist shot from the slot to make the goal.

On the next shift the line of Karen Muhitch, Cindy Byrne, and Kathy Lee scored again as Muhitch flicked the puck over Queen's goalie, Elaine Avery, who was sprawled on the ice after stopping one of Byrne's slapshots.

According to Lee, this was the



Yeoman Jim Stitt displays winning form in wrestling tournament over the weekend. Stitt did not lose a bout and was champion of his 118 lb. division. Story on page 14.

Bryon Johnson photo

Men basketballers annihilate Queen's

By Bruce Gates

KINGSTON — York Yeomen's offence devastated Queen's in

basketball action last Saturday night as they beat the Golden Gals 94-49.

Yeomen's starting five dominated Queen's for most of the first half, building up a 44-17 halftime lead before giving way in the second half to the substitute players, who continued to run up the score.

"Our big guys scored at will on the inside, or they passed back to the little guys who took the longer shots," coach Bob Bain said afterward.

Most Queen's players were physically smaller than the Yeomen, but they played aggressively through most of the game, and on four or five occasions, members of both teams wrestled on the floor for control of the ball.

Queen's coach Pete Smith said: "We gave a hundred per cent; what more could you ask for?" And, accepting defeat graciously, he said he was impressed by York's talent and bench strength.

Yeomen's bench, in fact, played a big part in the win as every player contributed to the scoring. And the defence prevented Queen's from getting many good inside shots. At the other end, the Yeomen were able to penetrate the Gals' key area for baskets, and when they weren't scoring from the inside, they were hitting consistently from the outside.



Although Queen's caught fire for some quick baskets in the second half, Yeomen's substitute players, who played practically the entire final 20 minutes, eventually cooled them out and outscored the Gals 50-32.

"I'm sure there will be tougher games ahead," offered Yeomen back-up centre Frank Zulys, "but at least the bench got a good run out of it."

Parting shots: Four Yeomen hit the double figures against Queens: Harry Hunter had 18 points, Dave Coulthard had 17, Lonnie Ramati netted 16, and Bo Pelech shot 10. High man for Queen's was Jody Connor with 10...Other Yeomen point getters in the game were Ted Galka with 8, Paul Jones and Chris McNeilly with 6 each, Mike Willins with 5, Frank Zulys with 4, and Ron Kaknevicus and Paul Layefsky with 2 each... Last Tuesday in that game against Laurier in Waterloo, York won 92-79.

Introducing fitness testing

By Mary Desrochers

York University is offering a fitness testing programme in the Tait MacKenzie Building supervised and conducted by Dr. Norm Gledhill and Mr. George Gluppe.

The testing involves analysis of pulmonary functions to measure maximum lung volume and check airways; endurance fitness which includes monitoring an electro-cardiogram and studying the heart rate response to a given work load; fat testing to determine an individual's ideal against his actual weight; lower back flexibility; leg power; grip strength and upper body endurance.

Each individual is given their results in a personalized fitness profile. A programme of exercise is

set up which consists of eight sessions, one hour a week, with the hope that the individual will be able to continue the workouts at home. One is made aware of personal strengths and weaknesses and the appropriate form of exercise is recommended and practised in the gym.

Janice Carere, University of Toronto student says, "I enjoy the workouts, there's a sense of community purpose because we're all there for the same purpose." The service is becoming more popular. People want to learn where they stand fitness wise.

Twelve people are needed to sign up for an eight week session. The cost is \$25 for the York community and \$35 for the general public. Those interested in participating in the programme are asked to contact Arvo Tiidus in the Tait MacKenzie Building.