



Freestyle wrestling means groans, grunts and the occasional toss over the shoulder. Eva tells all, sec. column on right.

# A look at wrestling

Two men dressed skimpily grope about on a mat. With their bodies contorted, you hear the occasional grunt, moan, and thump. Are these people masochists?

Not quite; they are wrestlers. Yes, but aren't wrestlers massive hulks who hurl each other around in a crazed frenzy? Sure, but that is a Saturday afternoon entertainment on TV - a wrestling parody.

What you normally see at the University level is freestyle wrestling (which involves the use of arms and legs in the execution of techniques). This is a form of Olympic wrestling - whose origins date back to 5000 B.C.

Although it is entertaining, it is not a big spectator sport. Wrestling should be appreciated more than it is, and with a little understanding it could be.

Wrestling is an action-reaction sport. There are a variety of techniques which are designed to 'pin' the opponent. The whole idea behind wrestling is not to get caught flat on your back - one

**Eva  
Bears All**



second and it is all over.

Pinning the opponent is not the only way to win a match. A win by 'decision' is awarded to the wrestler who accumulates the most points at the end of a match. Points are awarded for successfully performed moves from either 'stand up' or 'groundwork' positions. A wrestler can be disqualified from a match if he receives three 'cautions' for infractions.

Wrestling requires physical fitness, psychological toughness, and

technical expertise.

With two three-minute rounds, the physical exertion is immense, and endurance is a must. Power, strength, balance, speed and flexibility also must come into play.

As the match progresses, the wrestler grows weary and the pain mounts; here is where physical condition and mental toughness become crucial factors. One round may not seem very long, but its intensity is like an hour of aerobics condensed into six minutes.

Wrestling requires quick reflexes; mental errors can lose a match. Strategy and tactics are important. The more moves a wrestler knows, the greater his advantage, as he can get his opponent to make mistakes and consequently capitalize on them.

Thinking that wrestling is only for big boys is a myth due to the wrestling circus on TV. The weight categories range from 51 kilograms. Excluding heavyweights, dieting is an obsession for wrestlers. One kilogram too much and he is up to a tougher weight class.

Under the direction of John Barry, the University of Alberta's wrestling program is one of the best in Canada.

Barry has been head coach for the wrestling Bears for ten years. Within this time, the Bears have won five Canada West Championships and have placed second four times.

He has coached many Canadian Interuniversity Athletic Union Champions including Mike Payette, Blake Dermott, and Pierre Pomerleau. Dermott now plays for the Edmonton Eskimos and Pomerleau assists in coaching the Bears wrestling.

Returning wrestlers to look for: Phil Spate, Mike Payette, Barry Anderson, Carl Soderstrom and Brad Chestnut.



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**Congratulations to Andrew Smith, a fourth year Science major at University of Manitoba in Winnipeg. He's the winner of the first of three Bronco II's.**

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3	<input type="text"/>	<input type="text"/>

Name

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I have read the contest rules and agree to abide by them.

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1. To enter, print your name, address and telephone number on an official Telecom Canada entry form or a 3" x 5" plain piece of paper. Also, print telephone numbers (including area codes) and dates of three (3) Long Distance calls\* completed between August 15, 1984 and February 20, 1985. Each group of three (3) completed Long Distance calls may be entered only once.

OR:

On an 8-1/2" x 11" piece of paper print your name, address and telephone number. Also print the numbers (including the area codes) of the three (3) Long Distance calls you would like to make and beside each, a hand written description of not less than 25 words stating why you would like to make the call. Only the original hand written copies will be acceptable. Any mechanically duplicated copies will be disqualified.

2. Enter as often as you can, however, be sure to mail your entry or entries bearing sufficient postage. NOTE: ONLY ONE ENTRY PER ENVELOPE. Entries should be mailed to: **MAKE SOMEONE HAPPY LONG DISTANCE CONTEST, BOX 1468, STATION A, TORONTO, ONTARIO M5W 2E8**

3. There will be a total of three (3) prizes awarded (see Rule 4 for prize distribution). Each prize will consist of a 1985 Ford Standard Bronco II with all standard equipment plus the following options: H.D. battery, AM radio, tinted glass, automatic, locking hubs, deluxe tu-tone paint, guage package. Approximate retail value: \$13,245 each. Local delivery, provincial and municipal taxes as applicable, are included as part of the prize at no cost to the winner. Drivers permit, insurance and vehicle license will be the responsibility of each winner. Each vehicle will be delivered to the Ford dealer nearest the winner's residence in Canada. All prizes will be awarded. Only one prize per person. Prizes must be accepted as awarded, no substitutions. Prizes will be delivered to the winners as quickly as circumstances permit. Prizes may not be exactly as illustrated.

4. Random selections will be made from all entries received by the contest judging organization on October 17, 1984, November 28, 1984 and the contest closing date, February 20, 1985. Prizes will be awarded as follows: one (1) Bronco II will be awarded from all entries received by NOON October 17, November 28, 1984 and February 20, 1985 respectively. Entries other than the winning one in the October 17 draw will automatically be entered for the November 28, 1984 draw. Entries other than the winning one in the November 28, 1984 draw will automatically be entered for the final draw, February 20, 1985. Chances of winning are dependent upon the total number of entries received as of each draw. The drawn entrants, in order to win, will be required to first correctly answer an arithmetical, skill-testing question, within a pre-determined time limit. Decisions of the contest organization shall be final. By entering, winners agree to the use of their name, address and photograph for resulting publicity in connection with this contest. The winners will also be required to sign a legal document stating compliance with the contest rules. The names of the winners may be obtained by sending a stamped, self-addressed envelope to: Telecom Canada, 410 Laurier Ave. W., Room 950, Box 240, Station D, Ottawa, Ontario, K1P 6H5.

5. This contest is open only to students of the age of majority in the province in which they reside who are registered full-time at any accredited Canadian University, College or Post-Secondary Institution. Employees of Telecom Canada, its member companies and their affiliates, their advertising and promotional agencies, the independent contest organization and their immediate families (mother, father, sisters, brothers, spouse and children) are not eligible. This contest is subject to all Federal, Provincial and Municipal laws.

6. Quebec Residents: All taxes eligible under the Loi sur les loteries, les courses, les concours publicitaires et les appareils d'amusement ont été payés. A complaint respecting the administration of this contest may be submitted to the Régie des loteries et courses du Québec.

\* A long distance call is a completed call outside the entrant's designated free calling area.



## Green vs. Gold

In last Sunday's second annual "Green vs. Gold" Intersquad Gymnastics meet, the Pandas displayed prowess worthy of their title as defending Canada West Champions. In the end it was the Green Team "tumbling" all over the Gold, taking the overall title 123.50 points to 114.45.

Janice Neil led the Green Team to victory with her score of 32.70. Despite recently recovering from a serious knee injury, Neil scored 8.20 points to capture first place in the floor exercises.

Captain Margie Drysdale (Green Team) finished 0.10 behind Neil but still performed with the same perfection that placed her seventh at last year's CIAU Nationals. A score of 8.30 gave her first place in the uneven bar event.

Larrie Nawata (Gold) enjoyed success on the beam and floor events and won the vault with a perfect score of 10.00.

A cumbersome cast on one arm prevented Gold's Heidi Ross from competing in the all around competition, but she still managed to win the beam competition (9.15 points) and again proved why she is the defending CIAU National Beam Champion.

**PANDA NOTES:** Melinda Chamberlain (Gold) was the top scoring rookie with 25.10 points... a dazzling floor exercise routine netted Green's Barbara Bull the "Pizzazz Plus" award... although they are busy training for the Nationals, the Pandas will take time off Saturday to run a Cabaret at Dinwoodie; "Parachute Club" will be performing.