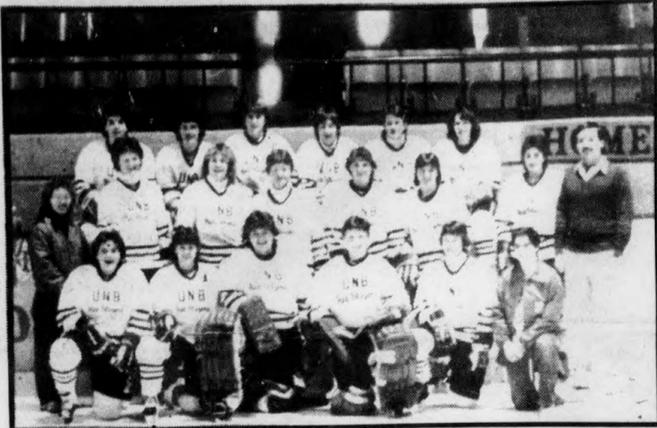


## UNB pulls off National Scale Upset



Front Row: C. Allport, D. MacLoon, W. Dickinson, S. Kierstead, C. MacLoon; Second Row: K. Cleveland (Manager), S. Ward, B.B. Cox, J.A. Gillies, A. Lee, F. Thibodeau, M. Power (coach); Third Row: C. Potts, C. Campbell, C. Cooper, D. Leblanc, C. Boushal, R. Theriault; Missing: Paula MacDonald.

By MARY SCOTT

The UNB Women's Hockey Club — the UNB Red Blazers, finished their season with what can only be called a crowning effort. After three years of frustration in play at the Shoppers Drug Mart Women's National Hockey Tournament, the Blazers made its fourth time lucky with the best show every by an Atlantic area team, UNB finished a strong fourth after three consecutive ninth place finishes.

The Blazers began play in the top rated ten team tournament Thursday as they took on the defending national champions from Alberta in a 9 a.m. contest. This was a game the team had been preparing for, and the preparation nearly paid off. After two scoreless periods, due mostly to UNB's close checking, the Blazers appeared to take the lead with 4 minutes remaining in regulation time when Sandy Ward fired a rebound under

Alberta's goalie. However, the goal was called back by referee John Gallant who ruled a Blazer had gloved the puck to Ward. A minute later the experience of the west team showed as they tried a different faceoff alignment which UNB failed to cover, the mental slip cost a goal by Sheila Landry which would prove to be the eventual winner. A minute and a half later with the blazers pulling out all stops to tie, Alberta used a quick break to ice the game with their second and final goal of the game.

Just five hours later an emotionally drained UNB team had to face the powerful Ontario representative from Hamilton. After putting their all into the first game the well had run dry, the final score of 13-0 for Hamilton was not as bad as it seemed explains UNB coach Mike Power, "I anticipated that we would not be able to come up with back to back efforts against these teams, so I rested some key players, including my top goalie through the game. They ran up the score on us for some reason, but basically we just wanted to get through this game in one piece."

In Friday's games the

Blazers opened at 9:20 a.m. with a game against the power Saskatchewan Saskies, and despite a great effort from Wendy Dickinson the Saskies scored four unanswered third period goals for a 5-0 win.

With a 0-3 record and one game to play in the round-robin part of the competition it was regrouping time. Friday afternoon the team went for a meal and relaxed away from the rink. When they returned for their 5:20 game with the host P.E.I. squad they felt ready, but they did not expect the role they were to play in the next 48 hours.

UNB set the pace in the game with the Islanders as they controlled the game, Paula Macdonald opened the scoring with a powerplay marker in the early going and with the lead in hand UNB were able to play their checking style through the contest. The girls had the game well in hand with Joanne Gillies second period marker, but an all-out effort by the Islanders in the final saw Dickinson turn away several key P.E.I. chances, the game was not locked up until France Thibodeau hit the open net with 30 seconds left. The dramatic win put UNB into the final 8 playoff round for the

first time in their history and at the same time eliminated P.E.I.

In quarter-final play Saturday the opponent was the top ranked Manitoba Police-Canadian Athletic Club, who had finished at the top of the other division. It became obvious that Manitoba, a veteran club was not ready for the young aggressive UNB team. Carol Cooper opened the scoring early with a powerplay goal and UNB could have had more as they flew around Manitoba's net, but the goalkeeping of Donna Stefen held them at bay. In the second frame CPAC tied the score and the stage was set for third period dramatics. Sandy Ward put UNB ahead with 7 minutes remaining in regulation time, only to have the score tied 27 seconds later. Both goalies made some key stops as time ran out and the contest moved to overtime. Twenty seconds into the extra period CPAC roared into the Blazers end only to be stopped by Dickinson's quick glove. The dramatic winning goal came at the 1:36 mark of the overtime. Carol Cooper led winger Alison Lee with a pass that Lee had to chase into the

continued

## Fitness for life



By STEPHEN YOUNG

What is the first thing you're supposed to do before starting any physical activity? No, it isn't lying down until the feeling goes away, it's stretching (or increasing your flexibility if you like). Proper stretching is required of all your muscles and joints, especially the ones you plan to use the most (such as your legs if jogging or shoulders and torso if playing racquet sports).

So why stretch? Well, with proper stretching you can avoid injury, increase the range of motion of a particular joint and eventually be much more efficient at whatever activity you are doing (not just sports). Stretching can also help improve your posture, minimize lower back pain and reduce tension in all your muscles.

Stretching affects much more than the muscles. The ligaments of each muscle, and the tendons of each joint involved, are also affected by stretching. All of these parts stretch much better at higher temperatures. Therefore, five or ten minutes of easy movement before stretching helps as it heats up the body. Stretching can be done all during an activity, not just at the beginning or the end.

There are three types of stretching: Static, Ballistic (Dynamic) and P.N.F. (Proprioceptive Neuromuscular Facilitation). Static is the most common and desirable as it can be done quite easily by yourself, it is slow, and can be done anywhere. Ballistic stretching involves fast bouncing or swinging motions such as fast arm circles. It can be dangerous but when preceded by static stretching can be quite effective. P.N.F. stretching requires a partner and involves a resistance (isometric contractions) as the muscles end point. This type is also quite effective but if fairly complicated and time consuming. It too can be dangerous with an over-zealous partner.

Anyone can stretch, young and old alike. For elderly people it is very important to stretch to retain their range of motion in each joint. Stretching can be done anywhere at anytime; in bed, or at work, reacting for a bear at the Social Club. In our leisurly society stretching is very important (especially when it comes to stretching a dollar). Take it easy though. If not done properly, stretching can be dangerous (I wouldn't lie but I may stretch the truth!) If, however, it is done properly, stretching is a great way to help you stay Fit for Life!

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