

Fourth and long Sports commentary

by Jamie Colvin

Poor Pat Lafontaine-although he is having a career year, 134 points in 72 games, he will be denied the scoring title by a man who has played 23 games less than him.

Absolutely unbelievable when you think of it Mario makes an amazing quick recovery from Hodgkins disease, eases back into the game slowly at first and then scores an incredible 18 points in 4 games to slice Lafontaine's lead in the point race to a mere 5. If the big man continues this torrid pace he could power the Penguins to their 3rd straight cup. However this year proves to hold a lot of surprises. Next week we will make playoff predictions.

Tragedy has struck baseball like a bolt of lightning. The unexpected blow came Monday evening. What started out as a harmless bass fishing trip ended in the death of 2 young men, and serious injury to a third. Relief pitchers Steve Olin and Tim Crews both died while starting pitcher Bob Ojedu received serious injuries but will recover fully.

A tragedy of this type casts the sometimes larger than life sports figures into regular people just like anyone else. Both men killed were family men with young children and wives. These are the people that will feel the loss severely. The fans and players will be able to move on, and the roster spots filled. But the families will never be able to fill this huge void.

This weekend was one of vindication for the AUAA as 2 major titles were captured by Nova Scotia schools. Acadia merced the U of T Blues 12-1 at Maple Leaf Gardens to claim the CIAU men's hockey title while in Halifax the St. F X X-men beat MacMaster to claim the men's basketball title. A clean sweep would have been St. Mary's winning the Vanier Cup in the fall, however they fell short in the final. Hopefully these accomplishments will garner the conference some long over-due credit from the rest of Canada. It seems that the AUAA always gets the snub from Ontario and the West, on a range of issues, such as ranking and wildcard berths etc...

Last weekend should send a clear message that the AUAA is as competitive as any other conference.

Exercise, sport and nutrition

(The following is part 4 of a four part series on topics dealing with nutrition. It is brought to you by Frank Denis, Sheldon Morris, Mike Brennan and Dave Hurry, UNB students currently enrolled in Edvo 3782-Applied Nutrition. Prior to publication all information has been approved by Professor Mary Breau, a professional dietitian.)

Today there is great emphasis placed on nutrition and its role in sport. Athletes may be curious as to what exactly is nutrition. Simply stated, nutrition can be thought of as a process by which food substances are taken up by the body in order to provide essential nutrients and energy needed to maintain health and life. Proper nutrition alone will not make you into an elite athlete, as other factors such as genetic endowment, training level and desire come into play, but optimal nutrition and health are needed to maintain performance.

The relationship between nutrition, sport, and exercise has become marred by confusion and controversy. One issue that has become quite popular includes the concerns of protein and its effect on increasing muscle size. Protein is an essential nutrient to the body because of its importance in body growth and maintenance. But, adequate amounts are already contained in the average daily diet which meet these needs. The money spent buying expensive protein supplements is pretty much wasted. What the body does not need is simply either excreted

or stored as fat. So why not do your shopping in the food store instead of the drug store. Protein is found in both plant and animal sources. Of these, try to emphasize leaner meats, poultry, and fish. Plant proteins such as legumes and tofu are lower fat alternatives. Nuts and seeds are also good plant proteins but higher in fat.

Another questionable issue is that of the pre-game meal. Popular belief is that steak and eggs before the meet will improve performance. Although steak and eggs are great sources of protein and fine to eat in limited quantities, they are food items that contain a high-fat, high-cholesterol content, and are usually not recommended before competition. What is needed includes food items that consist of a high carbohydrate (CHO) level, as this nutrient is the major source of energy for the working muscles. Examples include fresh fruits and vegetables, whole-grain breads, and cereals. Therefore, a light, easily digested, CHO rich meal should be eaten usually 2 to 3hrs prior to competition. This will assure the availability of energy needed for performance.

Additionally important in the area of sports and exercise is the question of water and its effect on performance. A common myth states that drinking water during an event causes cramps and upsets the stomach, eventually leading to decreased performance. This could not be further from the truth. Water is one of the most important nutrients required by the

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body and performs many vital functions, its main one being temperature regulation. During exercise, water transports heat from the cellular level to the surface of the skin, where it is evaporated. This evaporation process from the skins surface provides a cooling effect on the body. The importance of replacing lost fluids while participating in strenuous exercise is essential as even small losses of water can seriously impair performance. Athletes must ensure they are fully hydrated before onset of exercise, and replenish lost fluids during and after competition as needed.

The food you eat will have a direct impact on performance level. Following Canadas Food Guide to Healthy Eating will help to ensure proper nutritional requirements are met. [vegetables and fruit: 5-10 servings, grains: 5-12 servings, milk products: 2-3 servings, meats: 2-4 servings] So, be cautious when you hear someone preaching the wondrous benefits of this or that food, and protect yourself from falling prey to such virtues and vices. Be smart. Make the healthy choice. Remember, there are no nutritional shortcuts to athletic excellence.

Acadia claims National hockey crown

by Frank Denis

For the first time in 3 years the CIAU Hockey Championship has been won by an AUAA school.

After demonstrating in the AUAA this season the Acadia Axemen proved to the whole

country just how good they really are by trouncing the University of Toronto 12-1 in the national final to give the Nova Scotia school their first hockey championship and the first since Moncton's victory in 1990.

The Axemen made it to the

final, which was place at Maple Leaf Gardens in Toronto, by defeating the University of Alberta 9-4 in semi-final action. Toronto made it to the final following a 3-2 win over the Guelph Gryphons.

Acadia spent most of the season ranked first in the CIAU and posted an impressive 22-2-2 record. They defeated the Cape Breton Capers 2 games to 1 in the first round of the playoffs and dispatched Dalhousie and the UNB Red Devils in 2 straight games to get to Toronto.

Scoring for Acadia in the final were Sean Rowe with three, Scott Farrell two with singles from tournament MVP George Dupont, Colin Gregor, Malcolm Cameron, Kevin Knopp, Darren Burns, Paul Sutcliffe and Jeff MacLeod.

Acadia also swept most of the spots on the tournament all-star team. Acadia teammates that joined Dupont on the all tourney team were MacLeod and Knopp on defence. Dennis Sproxton in goal and Sean Rowe at forward. Todd Goodwin of the University of Alberta was the third forward picked to the team.

The final game began 20 minutes after it was discovered that several players on the Acadia team had anything but sharp skates.

With Acadia's skate sharpening machine out of order, the Axemen counted on a Toronto sports store to sharpen their skates, but the job was botched. Eventually the team used the Maple Leaf's machine.

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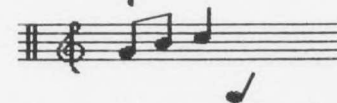


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