

Swimmers drowned 168-59

By DAVID BRADSHAW

The York swim team returned to competition last Friday after their winter training camp in Florida, squaring off against the visiting McMaster team at Tait McKenzie pool.

York coach Steve Ratz described the McMaster team as "really powerful, with a lot of strength and depth from both the women and the men." Ratz agreed with coach Carol Wilson in her conviction that the York team was much improved after training camp.

"The camp did help a lot," said Ratz after the meet. "Just about everyone's swimming improved, and especially the lower half of the team."

As the meet progressed, the improvement the York coaches spoke of was evident across the board, with team members turning in a number of sparkling performances. Douglas Garrie won the 100m breast stroke in a time of 1:13:98, a time he called his "season best and close to my personal best." Peter Darvas was just as successful, winning his three events with season highs in the 100m backstroke and the 200m butterfly.

Other top Yeoman performances included Rick Amodeo swimming his season fastest time in the 1500m



UP TO THE CHALLENGE: Yeowoman captain Anne Nicolussi won two gold medals, in the 400 and 800 metre freestyle and set two team records. All was in vain, however, as York was blown out of the water by a score of 168-59.

freestyle, and Jamie Peter turning in season bests in his events.

Improvement was also in evidence on the women's side. Cheryl Stickley turned in a winning time in the 50m freestyle and finished a very strong second in the 400m individual medley.

Other impressive performances included strong showings by Jessica Gerrus and Marilyn Boyd, and Debbie Lukasik swimming her strongest three events of the season.

The star of the night, however, was Yeowoman captain Anne Nicolussi, who, aside from winning the 400m freestyle in a strong 4:54:24,

shattered her own record in the 800m freestyle. In an effort that Ratz described as "simply awesome," Nicolussi swam a time of 9:58, a full 12 seconds faster than her previous best of 10:15.

After the meet coach Wilson was understandably pleased with the team's performance and again emphasized the positive impact of the Florida training camp on the entire team. "It's visible all over," she said, "and particularly in the new swimmers. All in all, I'm really happy with the team."

The next meet is on Friday, Jan. 22nd at 7 p.m. at Tait Mackenzie pool.

Yeowomen hooping to reach greater heights

By MARIO PIETRANGELO

The York Yeowomen basketball team is looking forward to a successful season in 1988, and have already played in a number of exhibition matches in preparation for the upcoming season.

York coach Bill Pangos indicated that the Yeowomen had played in many quality tournaments, including the Dalhousie Open and the Winnipeg Invitational, both of which provided an opportunity to compete against the top teams from across the country.

The York players are setting high standards for themselves, hoping to compile a winning record of 8 and 4, for their 12 game season. Coach Pangos feels that this is a realistic goal, but realizes that his players will have to work hard in every game if they expect to win.

"We are a blue collar team and we need a maximum effort from all of our players in order to be successful," Pangos said.

Consequently, the Yeowomen are adopting a system which emphasizes team play rather than individual effort. "I want us to exploit the other team's defence by using multiple passes which will create openings for high percentage shots," said Pangos.

"I also want our team to take the initiative and challenge the opposition by keeping constant pressure on them."

Yeowomen co-captain Michelle Sund feels that "in order to be successful as a team we have to out-hustle the competition. We have a lot of team spirit; everybody always supports each other, and we are good friends which makes the game a lot of fun to play."

"This is our second year playing for Bill [Pangos], and I think that the players are more familiar with the system he wants us to play," added Sund's co-captain Wanda Pighin.

Pighin also feels that assistant coach Al Scragg is a great help to the team, working with individual players to improve their skills.

Along with Sund and Pighin, Pangos is looking to Yeowoman Heather Reid to provide some leadership, and help generate the York attack. Reid was selected to the OWIAA all-star team last year and another strong performance from her this season could make the difference in York's playoff chances.

The Yeowomen are in the tough Eastern division, which includes the University of Toronto Lady Blues and the Laurentian Voyageurs, who are ranked fourth and seventh in the nation, respectively.

Despite the tough competition, the Yeowomen intend on making the playoffs, and could pull off an upset with a little luck.

This week should be a big test for the Yeowomen, as they play Laurentian on Saturday and then take on the Lady Blues on Tuesday.

This Week in Sports At York

Yeomen

Basketball vs. Laurentian Sat. Jan. 16, 9:00 p.m.
Fencing—York Invitat'l Sat.-Sun. Jan 16-17
Basketball vs. U of T Tues. Jan. 19, 8:00 p.m.
Hockey vs. U of T Wed. Jan. 20, 7:30 p.m.

Yeowomen

Basketball vs. Laurentian Sat. Jan. 16, 7:00 p.m.
Basketball vs. U of T Tues. Jan. 20, 6:00 p.m.

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