# Intramurals continued

Stephen Costello and Mike Valenta Combined to win the Doubles in the Consolation Round. In the Novice Division, Gerald Pelkey defeated Andrew Hempel to capture the Singles title.

Special Thanks to all who participated, especially the Girls who bravely competed in the Men's Division.

#### WEIGHT TRAINING

The Physical Recreation Program is offering a variety of non-credit weight-training programs to serve the needs and interests of students, faculty, staff and alumni. Classes for all courses run for four weeks and begin the week of October 1. Fees are \$12.00 for students and pass holders and \$24.00 for non-Registration pass holders. takes place at the UNB Business Office. Courses are described below.

#### I. BEGINNERS

This program is designed to introduce participants to the weight room and to the basic principles of weight training. Topics to be discussed include nautilus and universal programs, circuit training, basic

anatomy and physiology, warm-ups and flexibility, and nutrition. A core set of exercises will be developed which should enable the participants to see improvements over the four week period.

### II. SENIOR STUDENT PROJECT

Do you have some familiarity with basic weight training principles? Do you lift weights on a fairly regular basis? Are you interested in knowing how you are progressing? \*Two Senior Physical Education Students are prepared to help you assess your improvement in muscular strength and hypertrophy as part of their exercise physiology course. Participants will be tested at the beginning and the end of a four week program. During the program classes will meet twice a week on Monday and Thursday evening, 9:00 - 10:00 p.m. Participants will also be asked to work out once per week on their own and to maintain activity and dietary logs. For additional information contact Jeff Cook 457-2174 or Jim Sloan.

#### III. AEROBICS WITH WEIGHTS

A new approach to "weight

training" which emphasizes endurance and cardiovascular fitness as well as toning and definition of individual muscle groups. A circuit of 15 thirty-second "stations" is performed 3 times with a goal of one repetition per second. Instruction in proper technique and supervision of the actual training will be provided.

## WOMANS INTRAMURAL VOLLEYBALL

Ladies volleyball will soon be commencing for another funfilled season. Drop into the Intramural and Recreation Office. Rm A121 at the L.B. Gym between 10:00 a.m. and 2:00 p.m. daily to sign up.

Entry deadline, Tuesday, October 2. All team and individual entries welcome. Don't just sit around - get in on the action.

#### WOMANS INTRAMURALS

Intramural Programs are under way for another year. Softbail and Touch-Football are currently running. Upcoming activities include: Volleyball - Entry deadline, Tuesday, Oct. 2. Badminton (Fall) - Entry deadline Friday, Oct 12.

#### POINT SYSTEM

Points are awarded in four categories:

- 1. Administration i.e. sport convenors, referees, committee members.
- 2. Participation awarded 2 pts. (for every activity the individual participates in).
- 3. Co-ed participation -i.e. coed tournaments -awarded 5 pts (for attendance during both days of tournament)
- Playoffs/Winning awarded 5 pts for a first place finish;
   pts for a second place finish;
   pt for a third place finish.
- If you're interested in participating drop into the Recreation Office, Rm A121, L.B. Gymbetween 10:00 a.m. and 2:00 p.m. daily. Those interested in Officiating apply at the Recreation Office as well.

#### MEN'S INTRAMURAL BASKET-BALL

Men's Intramural Basketball
League registration procedure
is available at the Intramural
Office in Lady Beaverbrook
Gymnasium. There will be a

meeting for team managers Wednesday, October 10th, 7:30 p.m., room 16 at Main Gym. Information for managers is also available at the Intramural Office. League Play starts October 14. Games are played Sunday 7:00 -11:00 p.m. and Thursday 8:30 - 11:30 p.m. up until December 6. For more information please contact Robert Berube at 454-3143.

#### OFFICIALS NEEDED

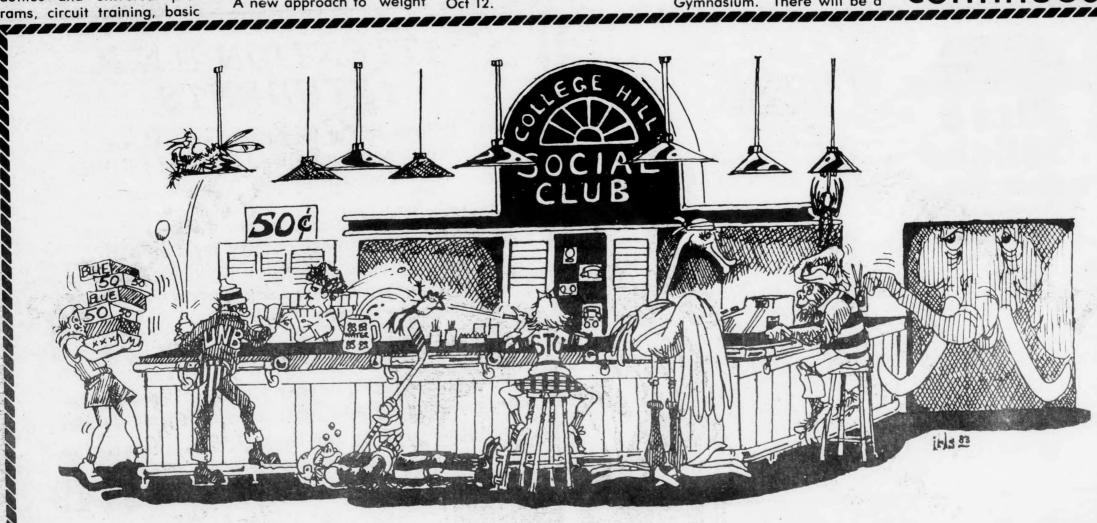
Intramural Basketball Officials are needed. Apply through Intramural Office Main Gym. No prior game or refereeing experience needed. Pays cash-money. For further information contact Robert Berube, 454-3143.

#### **BADMINTON CLUB**

For all those interested, there will be an organization meeting for the badminton club. It will be held October 1 at 8:00 p.m. in room A116.

We would like to welcome players of all levels. There will be court time available October 1 so be prepared to play.

continued



Due to popular demand Social Club Memberships will be on sale the first Wednesday of Every Month between 7 and Midnight beginning October 3