

Sports Profiles

Busy athlete thrives on exercise, competition

By DAVE FULLER

Candy Millar is sitting still for a change, her lithe frame curled into a cosy armchair as she chats calmly about the things that make her one of the busiest athletes at York.

Her eager voice betrays an excitement that she manages to keep in check, but only just. Stopping briefly to find the right word she continues deliberately, explaining what sport means to her and why she drives herself through a hectic schedule that would have many people throwing up their hands in frustration.

Millar is a fourth year student in specialized physical education as well as a competitor on three varsity teams. A typical day will see her in Tait McKenzie pool at seven in the morning and again in the late afternoon, not to mention classes, assignments and the like.

"I'm very serious about my sports", she says cheerfully without a hint of tension.

When she came to York from Midland Collegiate four years ago, Millar was looking for a school that offered a good physical education programme, one that would allow her to take her sports seriously yet

in a relaxed atmosphere.

At the time York had one of the better courses available and Millar's enthusiasm is persuasive testimony as to the improvement she has seen since she arrived. "It's fantastic", she says, the attitude of the people, the staff and the students, is great, it's not impersonal like some schools.

GOOD COACHES

There are a lot of good coaches here and that really adds to the programme". The swim team has recently aquired one of these coaches in Byron MacDonald and, along with coach Carol Gluppe, the team is working harder than they have ever done. This suits Millar fine for she describes herself as an ascetic athlete. "That's a person who likes to punish their body with prolonged exercise".

To emphasise the fact Millar points out that during the warmer months she runs for both the track and cross-country teams, putting in at least five miles a day.

She also takes the time to serve on the Women's Athletic council as vice-president, the Faculty Council, and the Ontario Women's Inter-university Athletic Council

where she is the student chairman. Had enough?

FIX ON FUTURE

It's all coming to an end however, and as she thinks of this her sparkling gaze drifts across the room and her voice stops for a moment, then begins again regaining it's engaging rythmn as her mind fixes on the future. "I'll take a year off and then I'd like to come back and take sport administration or possibly business."

Her future as an athlete however is in doubt for she realizes the opportunities to pursue sports are more limited outside of the university environment.

"I don't think I could keep up with my swimming, I need the competition" and as she says this her thoughts move on to focus on the special problems that all women athletes face. "That's a real problem, most women don't tend to keep up their sports, most female swimmers don't continue after they are 22, they're all younger, around 13 and 14.

Your femininity is questioned, there's a conflict, but most women realize later that they could have continued

Is she a feminist then?

MORE COMPETITIVE

"No, I'm not a real feminist, I believe in androgeny. Both sexes could be a little more like the other; women could be more competitive and men a little softer."

But the more she speaks the more Candy Millar sound like a feminist, the difference is a matter of degree. "I think most women who know the issues are feminists. You have to always be beating at the barriers, but I don't believe in anything extreme".

Potentially angry words tempered by a manner that can only be explained as truly competitive show that this is a charming lady athlete who wears her aggressiveness well. And before she has said to much, she stops,



Dave Fuller photo

York's Candy Millar says she is very serious about her sports yet she still finds that things usually go pretty smoothly for her. "I take life pretty easy", she says but her schedule is hectic, including twice daily practices.

confident that she has made her feelings known yet at the same time feigning surprise at the depths of her comments.

Moving on again to topics more removed from her immediate experience, she comments on the media and sport, money and society, answering questions in a

relaxed manner that makes it easy to believe her when she says "most of the time things go pretty smoothly".

When the questions have stopped, she is soon out of her cosy armchair, smiling more than ever and ready to go right back and continue with her hectic day.

Yeowomen meet Western

York's Yeowomen Ice Hockey team travelled through the snow on Friday only to be surprised in a 5-2 loss to Western.

After a strong game against McMaster on the Wednesday, where the final score was 5-2 for Mac, it was generally assumed that the girls would waltz over Western who had lost to McMaster 15-0.

Although the girls team is much more competitive than in recent years, they have yet to see their first win of the season. Their record so far is four losses; to Queen's, U of T, McMaster, Western and one tie with Guelph. The goals against total for five games is twenty-six

with only eleven for, clearly indicative of the low number of shots the team gets away.

Coach Laura Smith has so far followed her policy of playing everyone, she feels the main problem with her team is poor conditioning resulting in several loss during the final period.

The girls now have a month's break before their next game where Smith will have the team working on cardio-vascular exercises during practices.

The girls will play U of T at Varsity Arena on January 13, game time is 7 p.m.

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