

WEISNER CONDUCTS UNIQUE B-BALL CLINIC

by JANET SINCLAIR

"Conditioning is an essential factor for any sport you're going to play," said Betty Weisner, physical education professor from Springfield, Mass. She was directing the advice to a large number of coaches, players and interested persons who turned up for a basketball clinic held in the Day gym over the last weekend. The Dalhousie 1960 basketball teams were on hand to demonstrate the routines and skills she suggested.

Sessions were held Friday night from 7:30 to 9 and Saturday morning and afternoon. The course included instructions on simple plays, fundamentals, officiating, team play and conditioning.

Miss Weisner stressed safety and endurance in conditioning and skilled ball handling in the warm-up periods. "Conditioning and warm-ups should take a fairly long time at first," she said, "but eventually should only take 10 minutes of practice time." Conditioning exercises should progress from light to heavy and should always go beyond the point of fatigue to build up endurance. Each day should get progressively stiffer.

Warm-up Drills

She put the girls through various warm-up drills, such as running backward and forward at the sound of a whistle; walking on tip toes with knees held high, and practising the two-step stop so as to land in a stable position.

Then Miss Weisner concentrated on ball handling skills. "Control of the ball at top speed is an absolute necessity," she said, "and the ball should be thrown accurately and easily." Running and cutting plays demonstrated building up of these skills. A variety of exercises was displayed including, spot running, skipping and push-ups.

"Eyes on the Ball"

Only two dribbles are allowed in the girls' basketball game but Miss Weisner stressed the importance of length dribbling in order to get the feel of the ball. Eyes should be kept off the ground. Several dribbling drills were demonstrated.

The Springfield prof emphasized the importance of respect for team players, for the coach, for officials, and for your opponents. "Remem-

ber," she said, "that the opposing players are human beings also." In order to have that satisfying feeling after a game played it is necessary to remember the element of respect. "We all play to win the game," she said "but it is not winning that counts but taking part in the game."

Saturday morning two movies that Miss Weisner had brought with her were shown to the group. They showed fundamental techniques and skills and guarding and forward strategy.

Dal—Take Note!

Saturday afternoon offensive and defensive plays were demonstrated by the Dal teams. Many new and interesting plays were shown which, if practised, should be of great use to the Dal teams.

The clinic was arranged by Miss Joanne Fryers, Dal's coach who is also in charge of basketball in the Maritimes and it was by the Maritime Board of Women's Sports Officials, the Nova Scotia Women's Basketball Association, Physical Fitness Office, The Department of Education and the Nova Scotia Headmasters Association.

D. G. A. C. — 1960

About 20 brave girls showed up in the gym on Monday for DGAC night. Their spirits undaunted by the results of examinations, they took advantage of the opportunity for some fun and exercise.

Badminton proved to be the most popular activity, with two courts in action all evening. Some very spirited games were played and the participants enjoyed themselves immensely as well as deriving the benefits of this strenuous exercise. On Tuesday, there were a few aching arms and legs around Dalhousie!

A few girls, already weary from a strenuous basketball practice, practiced their shooting. Some of them had enough energy left to play a little badminton.

Everyone thoroughly enjoyed themselves and it was wonderful to be free from all cares for awhile. DGDC needs more support; inter-class games will be organized in basketball, badminton and achery equipment will be available for those who are interested, and the trampoline will be set up during the course of the evening. Come on girls, get out and find out for yourselves how much DGAC has to offer.

Application Deadline

for

WUSC Summer Seminar

In Israel — Jan. 20

Inter-fac Sports

BASKETBALL

The 1960 Inter-Faculty Basketball schedule starts Saturday afternoon at 1:00 p.m. with five games on the opening program. A&S A team will be out to defend their league title, attained last year with a Munro Day victory over Law A. Medicine won the B loop title with a 5-0 record.

There are two additions to the league this year. Graduate Studies and Education are entertaining the loop for the first time and could prove to be threats to the league title.

HOCKEY

The new year witnessed a sensational debut in the interfac hockey league as the previously unheralded Pharmacy sextet skated to their first triumph in six years, downing Commerce 6-4 in what may be billed as the upset of the season. Dents clobbered the defensively weak Arts and Science squad 9-1 while the Law powerhouse stopped the Engineers 5-1.

The defending champs from Med school got off to an easy start this term—with a default decision over Kings. The doctors are confident of a repeat performance of last year's 9-0 trouncing they inflicted on the Dents on Munro Day '59 to win the league title.

SCHEDULE OF

UPCOMING EVENTS

BASKETBALL:

January 16

St. F.X. at Dal—Dal Gym 8:00

Inter-fac League—Sat., Jan. 16

1:00—Law B vs. A&S B
2:00—Comm. vs. Grad Stud.
3:00—Law A vs. A&S A
4:00—Dents vs. Engineering
5:00—Med A vs. Pine Hill

HOCKEY

Saturday, January 16—

1:30—A&S vs. Commerce
2:30—Meds vs. Eng.

Monday, January 18—

8:00—Meds vs. Law
9:00—A&S vs. Pharm.

MASQUERADE BALL

"Carnival in Cologne"

at the Flamingo Ballroom
Friday, January 15, 9 p.m.
Dalhousie German Society
invites all to have a ball!

Tickets:

W. Walden, V. LeQuesne,
O. Haenlein and at the door

King's Dumped By P.W.C.

By BASIL COOPER

Keen and lively competition marked the all-successful traditional Kings Sports Day held last Saturday. Prince of Wales College edged Kings in two of the three contests played at the Gorsebrook Gym and the Dal rink. Large and enthusiastic crowds watched the islanders as they took the boys basketball game and the boys hockey contest in fine style. However, the Kingswomen trounced the PWC basketball squad 34-25.

Girls' Basketball

Sharon Green paced the Kings winning attack with 17 points, while team-mates Frances Cochran scored 10 points, Barbara Townsend 6, and Judy Coates 1. Kings came from behind to win the contest with the score at half time being PWC 13, Kings 16.

High scorer in the PWC losing cause was Judy Archer who recorded 13 points. Others to score for the island team were, Captain Carol Ann Hogan 5, Jean Boyler 4, Gloria MacKinnon 2, and Shelly Huestis 1, and Marilyn Lingley guarded well, Kings captain Marian Huggard and Marilyn Lingley guarded well, while forwards Green, Cochran and Townsend picked up 18 points during the second half of the contest. Liz Hayward, Carol Hogan and Judy Archer turned in stellar performances, but could score no more than 7 points in the second-half against the Kingswomen, coached by Mrs. Pat DeMont.

Boys' Basketball

The Kings boys basketball squad, coached by Dal Law Professor Andy MacKay bowed to the PWC squad 48-42. Amidst wild cheers, the Kingsmen rallied in the final stages of the first half to finish the half with 13 points, as compared to PWC's 21 points.

Kings outplayed the island team 29-27 during the second half, but the islanders first half lead was enough to edge the Kingsmen. PWC Captain Ray MacLean, who twisted his ankle during the first half recovered to pace his team's scoring attack with 19 points. Other PWC scorers were Dave Stellar 8, Hugh MacLean 7, Stu Lavers 6, Paddy Murphy 2, Jean Cote 4, and playing coach Tom Scantlebury 2.

Kingsman Jim Golding was a stalwart for a losing cause. He scored 12 points, while team-mates John Hamm recorded 11, Jim Shortt 8, Rollie Lines 5, Garth Christie 4 and Peter Wilson 2.

Outstanding performances in the game were turned in by Ray MacLean, Sellar and Hugh MacLean of PWC and Golding, Hamm and Short of UKC.

Boys' Hockey

The UKC-PWC hockey encounter was a continuous see-saw struggle that resulted in a 4-2 victory for the Charlottetown team. But it was the combination of D. Rogers and assistant Captain G. Whitlock that was responsible for 2 of the goals for PWC.

The first period saw the Kingsmen overwhelm the Welshmen in skating, but both teams were scoreless. Within the first minute of the second period, two goals were scored. Rogers, assisted by Whitlock first penetrated the Kings net, manned by Bob Murray. Immediately afterwards Kingsman Fern Wentzell, assisted by Johnny Graham, scored the tying goal. Then Welshman A. Cutliff scored a goal unassisted, and Kingsman Deke Warren recorded a goal to tie the game again. Rogers tallied the winning goal for the UWC squad, and the second period ended UWC 3, UKC 2.

The fast and active third period resulted in PWC's A. MacFadgen scoring the insurance goal three minutes before the end of the game. Altogether the Islanders collected 4 penalties as compared to one given to the Kingsmen. The keenly contested match showed brilliant goal-tending by both goalies—D. MacDonald of PWC and Bob Murray of UKC. Turning in stellar performances for the Islanders were Rodgers, MacFadgen and Cutliff. For Kings, Wentzell, Graham, Hatton and Hamm were outstanding.

Kings and Prince of Wales will renew their age-old rivalries in early March, when the Kings squads will travel to Charlottetown to lock horns once more. Following those games, a floating trophy will be rewarded to the over-all winner.

Dalcom Sweater Dance
Friday 9-1 — Gym

Movie Before Room 21
7:15 p.m.

586 BARRINGTON STREET
HALIFAX, N. S.

3-9057

ROMAN FOODS

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