

# Work cut out for Cagers

by Robert Lawrie

The University of Alberta Bears and Pandas will begin their fierce competition when they travel to the coast this weekend, to do battle with the University of Victoria. The Pandas especially have their work cut out for them going against the league leading Pumas. Should the Pandas keep the series it will give them an excellent chance at finishing first, but more important a psy-

chological edge as both teams are destined for the Nationals in Calgary.

Coach Shogan is optimistic, especially considering her team's spirited performance against the tough Saskatchewan crew last weekend. Victoria however, has the advantage of home court and have already defeated the Pandas twice, by slim margins in late November.

Coach Garry Smith of the Bears expressed concern over the psychological effect of travelling to the coast. The

change in climate and the fact that teams from this side of the Rockies historically do poorly on the coast are the two major concerns.

The Bears will be competing at home in the second of three tournaments to determine the Canada West representative in the CIAU finals in Waterloo in February.

The round robin tournament will have matches on Saturday at 1:00, 3:30 and 8:00 p.m. while Sunday games will begin at 12:30 and 3:30.

## Women's Intramurals

### Completed Events:

**Snow Shoeing** was held Jan. 25, 5:00 p.m. on the U of A track. The weather was great and a good time was had by all.

**Racquetball** was held Sat. Feb. 22nd 10 a.m. on the PE courts. There was both competitive and recreational play. A great number enjoyed the instruction provided.

### Current Events:

**Keep Fit** classes are being held every Mon and Wed 12-1 in

## Skiers return to competition

Following their appearance at the Edmonton International Cross Country Race January 19, U of A Nordic skiers return to competition January 29 in the Moose Nordic Tournament February 5 in the Alberta Championships to be held in Edmonton.

Panda skiers are Cheryl Arch, Joan Osness, Claire Rolf, Charlotte Smith and Jean Watt. Representing the Bears are Tony Lambert, Paul Marklund, Roy Merritt, Jim White, and Art Whitney. Coach of this year's team is Jim Heron; assistant coach/manager is Bob Belk.

## Tough company keeps track team on toes in Pocatello

Last Saturday, January 22, twenty-four Bears from the track and field team competed in Pocatello, Idaho where they found themselves in the company of Utah, Brigham Young University, Idaho State and a few smaller college athletes who did their best to make it tough for the U of A athletes.

Nevertheless, in the fantastic Omni-Dome that seats 12,000 and has a full sized football field, the courts, as well as a banked 400m wooden track inside it, the team came up with several good performances and personal bests.

Gerry Swan, the team's international triple jumper showed the Americans how to do this event properly, winning with 15.30 m (50'1 1/2") an all time best for the U of A. Vlad Dzavik, his young teammate captured third place with a 14.59 m (47'10 3/4") jump, a personal best. Gerry finished second in the Long Jump event with a personal best of 7.14 m (23'8"). Pole vaulters Ken Wenman and Robert Foote had to jump through strange, borrowed poles because the chartered plane did not have the room necessary for them. Thus Ken, who was supposed to win, had to be content with 16' and second place. Polinski (51.5), Brame (49.5), Anderson (50.0) and Newhouse (50.0), our 4 x 440 relay team, while finishing a close fourth, ran a 3:22 which is a new U of A record. In the 4 x 400 m relay, this team converts to 3:18.0.

The trip, a most enjoyable

the Fencing gym. Excellent instruction is provided. Start any time and have fun while getting in shape.

**Jogging and Swimming** charts will go up again in the Women's locker room Feb. 1st for one month.

**3 on 3 Basketball** is being held Mon. Tues or Thurs. Jan. 17-Feb. 7, 7 p.m. West Gym. Watch for new schedules. Please notify the IM office in advance if your unit will default.

**Cross-Country Skiing** is being held Jan. 26 at 5:00 p.m. on the U of A track. There will be a waxing clinic prior to the actual skiing.

**Bowling** will be held Jan. 29 at 10 a.m. at the SUB lanes. This is a recreational event, with stunts and prizes. Shoes are provided. Come, even if you missed the deadline. Everyone is welcome.

**Novelty Swim Meet** entry deadline is Feb. 7. The event will be held Feb. 9, Wed at 7:00 p.m. in the West Pool. This is an extremely fun event. Everyone welcome. See you there.

**Archery** entry deadline is Feb. 7. The event will be held Feb. 10, 7 p.m. in the West gym. Equipment and instruction will be provided. Everyone welcome.

one, was a good experience and preparation for the Conference Championships (Feb. 18-19 here in the Field House) for the Bears.

The team's next big occasion is the Golden Bear Open Meet on the 4-5th of February in the Field House. To this classic, many athletes will come from our province, Saskatchewan, British Columbia and perhaps Idaho as well. Several U of A and provincial records are likely to be broken.

The absence of Steve Tisberger and Bill Brooks to the wrestling team's Regina tourney lineup proved to be the determining factor when team points were calculated. Final standings had the Saskatoon Huskies on top with 72 points and the Bears trailing closely behind with 65 points. The next three positions went to the University of Calgary (46), University of Regina (45) and Lakehead University (34). When asked if he was disappointed in his team's second place finish coach Barry stated that a few crucial injuries and lack of a heavyweight proved to be too much for his grapplers.

Actually the wrestlers placed in the top four in all eleven weight classes and brought home medals in 8 of 11.

**Squash** entry deadline is Feb. 7. The event will be held Feb. 12. There will be both competitive recreational play. Equipment provided. See you there.

**Badminton - Doubles** entry deadline is Feb. 9. The event will run Mon, Tues or Thurs. Feb. 14-24, 7 p.m. West Gym. Equipment is provided.

**Indoor Tennis** entry deadline is Feb. 7. The event will be held Feb. 13, 12:30-2:00 p.m. at the Mayfield Courts. Equipment provided.

**Yoga** entry deadline Feb. 4. The event will be held Feb. 8, 7:00 p.m. in the West Gym. Excellent instruction is provided. Please bring a thick towel or mat.

For further information visit the Women's IM office, in the PE Bldg. M-F 12-1, M-R 4-5. Phone 432-3565.

The Junior Olympics Weightlifting championships held in the West Gym last Saturday were literally a crashing success. According to meet director Ray Kasten "the event ran smoothly, a fine crowd showed up, and the lifters executed some very good lifts." Records were broken and rebroken, toppling before the likes of Clayton Hamula from the visiting Grierson weightlifting club, and one of the host lifters, Jim Czelenski. Both lifters broke the old Alberta marks of 57.5 kg. snatch and 75 kg. clean and jerk. (1 kg equals 2.2 lbs).

Clayton completed a record snatch of 60 kg. only to have it broken five lifts later by Czelenski, who lifted 65 kg. The same type of thing occurred in the clean and jerk, with Jim again topping Clayton with a lift of 90 kg. All told, Czelenski set six new

John Fedorus, led the way with his first wrestling trophy ever in the 109 pound weight class. Although Johnny is only a bantam rooster of a man he has a heart of gold and always gave 100%.

A second place finish also went to Foon Chu in the 118 lb. class. Foon was exceptionally sharp this weekend losing only to the two time defending CIAU Champ, Ashukian from Lakehead.

Glenn Purych easily handled all five opponents in the 126 class to repeat his victory in last weekend's University of Alberta tournament.

Dave Judge exhibited some fine moves this weekend. Although he only placed third his

# Simple case of experience too much for Bears to overcome

At Calgary, on the weekend, it was a simple case of Olympic Volleyball experience being the difference between winning or losing. The teams that had national team members on their squads were just that little bit more potent on offence to get to the magic number of 15 before their opponents. The University of Winnipeg, with Olympians Ron Michulski and Garth Pishke, ended up champions by defeating Manitoba in the men's final.

The Golden Bears fared relatively well making it into the championship pool by defeating Regina Volleyball Club and Calgary "Autumn" in the preliminary pool. Len Hudyma was the top spiker for the Bears in the tournament getting 23 "kills" in 57 attacking attempts. Captain Reg Van Drecht improved considerably in the spiking category

ending up 33 for 86. Bruce Wasylik kept up his blocking average and ended up with 20 "stuff blocks," the highest on the team.

One of the most satisfying and encouraging things for the Golden Bear Volleyball program was the invitation extended to two players to stay over in Calgary on Monday and Tuesday to train under Bill Neville, the National Team coach. Rookies Brian Newman and Kevin Speer, both have the potential to make our nation's national team and could be invited for further tryouts this summer in Winnipeg.

The team now looks forward to the big Canada West Tournament here at the U of A this coming Saturday and Sunday. All Canada West university teams are neck-in-neck in terms of ability, so exciting close matches promise to be the order for the two days.

# Records toppled

Alberta records, for junior and senior snatch, clean and jerk, and total in the 114 lb. class.

The show was not totally dominated by Czelenski and Hamula however. Lifters from Grierson put in a good showing, while U of A lifters came through competently. Eric Wilson came up with a sparkling performance in the 165 lb. class, improving his total lifts by several kilograms. Ron Hill showed a great deal of promise by lifting a total of 162.5 kg., barely missing attempts at heavier weights. Kevin Zimmerman, lifting for the university club for the first time displayed excellent style, completing a couple of good lifts in the snatch while unfortunately missing all three attempts in the clean and jerk. Lifter Art Vosburgh representing Grierson added a touch of comedy to the event by doing a back flip when he lost control of one of his lifts.

None of the Alberta weightlifters were really training toward the competition, and Czelenski had to fight off the effects of a crash diet weight loss of 9 lbs, as well as a laryngitis attack to gain his records. Czelenski felt he lifted below his potential and could have added another "7.5 to 10 kilograms" on his total. Gerald Hukulak missed weights which he has often achieved in training sessions. Very disturbed with himself, he attributed the failures to "lack of concentration," something very important to making successful attempts. He should be on the ball for the next meet, however, which will take place at M.E. Lazerte Composite High School sometime in February. Most of the U of A lifters will participate in this event, and show continued progress.

# Absentees prove costly

aggressive attacks helped him to dominate the 158 lb. class. Pierre, not only won the gold but upped his count of stitches by four.

Three other freshmen were more than respectable at their weight classes. Dennis Barrette, 167, Sheldon Post, 177, and Earl Binder 190 proved that Alberta will be strong once again in the heavier weights.

David Vos was our last competitor at 220 lbs. Although David is only a 190 lb. freshman he outclassed four other wrestlers and surprised everyone, especially himself with his silver medal.

Next weekend they are pitted against five U.S. teams at Havre, Montana.

6-6 draw match with the eventual winner was one of the best bouts of the day. This score was against the wrestler Dave had lost 14-0 to the previous weekend.

As usual, Russ Pawlyk was flawless, proving once again that he is perhaps Canada's most spectacular wrestler. In six victories his closest score was 10-0.

In the 150 lb. weight class the Bears had rookie Kim Vanderlinde. Kim "the nose" showed that he has superwrestler potential as he defeated four tough opponents and won a bronze medal.

Next came Pierre "La Foot" Pomerleau. This quiet steady performer has amazed opposing teams with his tough determined style of wrestling. Once again his