

# Gym Bears don't hibernate

by Karl Wilberg

This year Francis Tally is receiving some help. Tally, the men's gymnastic coach, runs the men's senior, junior, and helps with the co-rec gymnastic program. This year, he'll have more time for coaching because Ron Jeremy, Aaron Perdue, and Doug Bell, all products of the program, will be assistant coaches.

They are proof that the gymnastic program, in Tally's view, is successful. In particular, university training and competition is "about getting teachers" more than winning a specific rank within Canada.

The program that produced Jeremy, Perdue, and Bell begins training in the fall, even though competition starts after January. Tally states the lengthy training period is necessary to prevent chronic injuries. He mentions that conditioning shows up in the winter when "the guy in excellent condition can take the day after day pounding in a routine."

Also, another basis for intensive pre season work exists. An emphasis on aerobic training, that effects a body's efficiency during heavy work, is made. In simple terms this conditioning makes a body able to efficiently

use and increase the supply of oxygen to muscles.

Interestingly aerobic conditioning improves a 30 second pommel horse routine. Aerobic conditioning speeds up the elimination of waste products that linger in working muscles.

Also, aerobic conditioning reduces recovery time between routines. Consequently, a competitor in good aerobic shape can perform a greater number of routines. Tally quotes Willy's law "no one gets worse with practise" to emphasize this benefit.

During the summer many students cannot train on equipment. Consequently, they appear at the U of A with varying fitness levels. Therefore Tally maintains that individual training programs are required. Tally's assistants will help in this regard and leave him more time to concentrate on a competitor's technique.

The gymnastic and wrestling programs are unique because they do not cut anyone from their ranks. In addition no one is at first expected to be proficient in every event. Tally mentions "I attempt to accommodate everyone's interest".

Presently there are about 25

persons in the co-rec program and 12 in the junior program.

Two of the juniors may, states Tally, shift into the senior program, after a month of training. If this occurs, Dale McNeely and Dave Baker will join Charlie Mowat and Eric Ruckenthaler. James Hamilton may complete the senior mens team if he recovers from a crushed vertebrae.

The competitive schedule is 12 months long, but intercollegiate action begins in the winter. Work on specific routines will begin after pre-season training ends in October.

This year Tally mentions that the Western conference is becoming more competitive. The national gymnastics coach for the last two years is now at the U of S and will provide, in the future, top level competition. Good rivalry already exists with Calgary and UBC.

In any case the U of A program is succeeding in producing coaches and providing gymnasts with competition on a national level. With its solid coaching basis and the improvement in local competition, the gymnastic program's future, aside from financial problems, is secure.

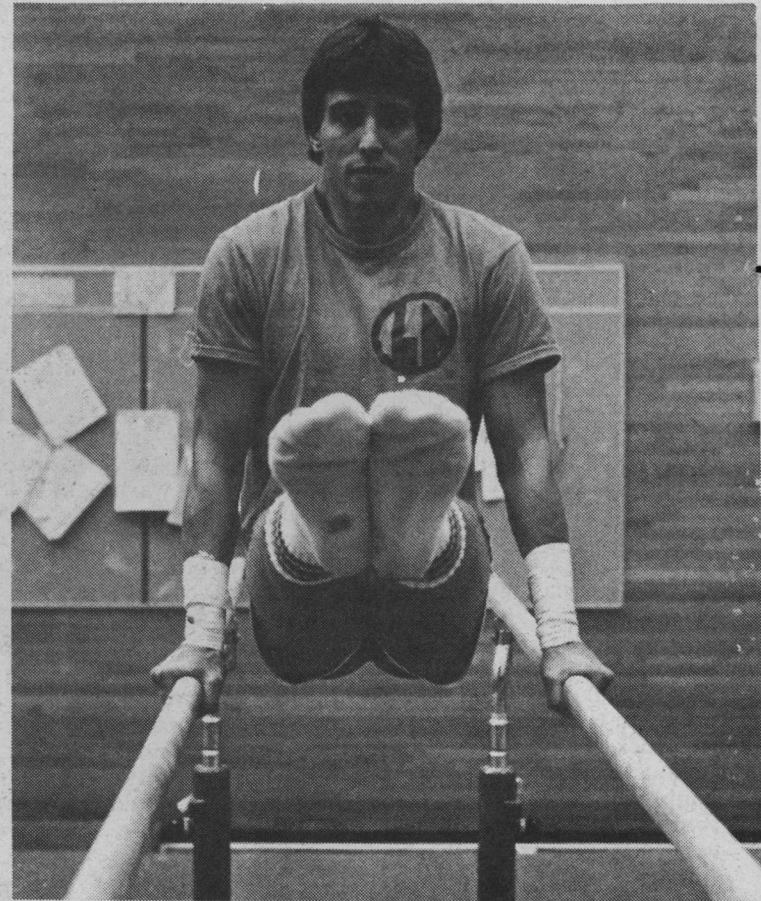


photo Russ Sampson

Bears begin pre-season training for winter meets.

## Turkey come home

by Garnet DuGray

As the month of September draws to a close and autumn is upon us, our thoughts turn to Thanksgiving and turkeys. And when we think of turkeys, we think of the annual Turkey Trot Cross-Country Road Race.

This year's Trot will operate under a new and improved format. This year the race offers the runner a choice of two courses to compete on. The shorter course (approximately 2.2 miles long) is basically the same route as in previous years, whereas the long course is approximately 5 miles long. This will enable every competitor to enter the Trot for recreation or competition.

As well, the Men's and Women's programs are encouraging participation by both sexes to bring out the spirit of a "Challenge of the Sexes" or to simply provide a liberated event for all. Sign-up for the Turkey Trot will take place from 9:00 a.m. to 10:15 a.m., Saturday, September 29 in the parking lot of the Jubilee Auditorium, with the race starting at 10:30 a.m. from there. Prizes of 12 turkeys will be awarded to the top finishers and to the top participating unit.

Now that students minds are focused on running, the intramural noon hour jogging clinic and "Stamp around Alberta" jogging programs are right around the corner. The clinic will

run Monday, October 1 from 12:00 noon to 1:00 p.m. at the outdoor track around the football field. No advance sign-up is necessary and the clinic will teach how to jog properly, the proper technique, and the use of proper footwear and clothing.

The "Stamp Around Alberta" jogging program which runs from October 1 to March 31, is being offered again to give the jogger the incentive to build up his/her jogging totals by using the designated trails around the University. Once the jogger is registered he/she keeps track of daily distances and hands them in to be recorded on the "Stamp Around Alberta" progress chart. This chart will be posted near the Men's Intramural Office and will

be kept up to date for every one to see. Sign-ups begin October 1 at all three offices and is open to both men and women, staff and students.

The Co-Rec people wish to announce that they are now accepting sign-ups for their Co-Rec Volleyball program. Both recreational and competitive leagues run from Monday to Thursday, 7:30 p.m. - 10:30 p.m., October 15 to November 8. Sign-up deadline is Wednesday, October 1 at 1:00 p.m. at the Co-Rec office. The Co-Rec people wish to remind you that this is their most popular event so sign-up early and remember that the Co-Rec program now awards participation points for their activities.

## DeGroot is out

by Bob Kilgannon

The Golden Bear football team got some bad news last Thursday when defensive captain Lorne DeGroot was forced to call it quits for the year. The 6'3", 235 lb. defensive tackle had surgery on his knee this summer after hurting it at the Saskatchewan Roughridgers training camp.

DeGroot originally had the cartilage on the outside of his knee removed and the knee seemed to be recovering nicely. When he was ready to start workouts with the team, however, his knee kept swelling up after practice. The final straw came last week. "I practiced full out on Wednesday night and on Thursday he (Team doctor David Reid) drained 65 cc's of

fluid with some blood in it." After that Dr. Reid advised Lorne to pack it in for the season so as not to further damage his knee.

The only fifth year player on the club felt badly about leaving the team. "I didn't quit because I wanted to, I quit because I had to," explained DeGroot. "Leaving the team is something I hate to do but I had to be realistic. I wasn't going to be able to play this year." He later went on to describe his feelings about this team, saying, "The team means a lot to me. When they lose, I lose. When they win, I win."

DeGroot didn't have a chance to play this year but he will be missed. He is a leader on the field but, more importantly, he is a leader off the field.

## Dad, can I have the car?

Daddy's Caddy won't fit the bill, but people with a car and driver's licence will be in Calgary for the 2nd Annual Western Canadian Intercollegiate rally this Saturday.

Schools from across Western Canada have been invited to attend this year's rally which has 65 to 75 positions available.

Six U of A teams will compete in the 130-mile rally. If U of A or NAIT teams do well,

future rallies may be held in the Edmonton area.

"Organizers want the rally to take on a provincial or regional character, unlike last year's rally, which only involved teams from Calgary," says SU president Dean Olmstead.

The event, sponsored by Mount Royal College, Labatt's Breweries, and CJAY Radio, emphasizes participation, not skill. Registration, fees are six dollars per person, and no qualifications are necessary.

Olmstead says anything from Datsuns to one-ton trucks are suitable for the rally's rough terrain; cars with low road clearance, however, are not.

There are three prizes — \$100 for first place, \$50 for second place, and \$25 for third place. A trophy will also be awarded to the school with the best three-team total score.

Rallies differ from conventional road races in several ways. Teams consist of one car with a maximum three occupants — a

driver, navigator and passenger. In addition, rally participants try to finish as closely as possible to the given course time. Accuracy, not speed, counts.

A preliminary rally class will be held Saturday morning for inexperienced teams. After the rally, there will be a dinner, trophy presentation and a dance.

Anyone interested in watching the rally can contact organizers through the Administrative Studies Society at Mount Royal College.

Back the Bears at BEAR COUNTRY

Fri., Oct. 5, 7:00 - 1:00 Kinsmen Field House

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