

The game of rugger

by George B. Orr

Rugger, the sport of the brave, is a fascinating study in man's ability to withstand pain. Each team has 15 players, all of whom must, in theory, be in top physical condition. Injuries seldom occur, but when they do, they are both messy and spectacular. Witness the sight of two York players running head-first into each other, simultaneously cracking each other's skulls.



**Someday
I'll be an actress**



or a writer



or a musician



**or an
international spy**

Before you take Broadway by storm, you'll have to learn to be an actress. That's common sense. It also stands to reason that becoming a mature and graceful woman will be easier if you learn certain things now, like proper posture, speech and manners. There are some other things, too, that'll make femininity easier. Like Tampax tampons. The sanitary protection that was developed by a doctor to be worn internally. Tampax tampons are made of pure surgical cotton. The silken-smooth container-applicator assures hygienic insertion and easy disposal. Your hands need never touch the tampon. And there'll be no more pins, pads and belts to limit what you can wear. Try Tampax tampons. They're one of the little things that just might make it easier to become a famous woman.

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However, unlike football, it's descent, rugger's prime purpose is not the maiming of the opponent. Rather, the aim of the game is to run around, have a hell of a good time, put on some entertainment for whatever spectators turn up, and, where possible, win.

From the kickoff, players scramble in seeming bedlam until either an infraction of the rules occurs, or one team scores. In case of infraction, the penalty can range from a scrum to a free kick.

The scrum is made up of the forward players of each team. These eight men from each side go into a huddle against each other, trying to kick at the ball as it is thrown into their midst. The free kick is just what it sounds like.

If one or the other team scores, then that is called a 'try'. They have accumulated three points, and are thus eligible to attempt a convert from 25 yards out.

The game lasts 80 minutes; two 40-minute halves, with a five-minute break. Thus the better teams are soon separated from the weaker through attrition and brute force.

This year, York has one of the best teams in its league. Given some support from the student body, there is no reason why they cannot win all their games, and become the top team in Eastern Canada.

Games are regularly scheduled on Wednesday afternoons and Saturday mornings.



Scott McMaster

York rugger in action

by George B. Orr

Where will it all stop? The rugger team is looking better and better with each ensuing practice. Apparently, the gruelling training is having its desired effect, as the players and prospects are becoming sharper in their appreciation of the intricacies of the game.

It's going to be hard for Coach Nancekivell to select 15 players for each game because the competition for spots on the team is quite intense.

The first game is being played today against the farmers down

in Guelph, and will be the first actual exposure to the game for some of the players. However, since the game is only for exhibition purposes, it will serve as a good basis for the coach to survey his better prospects in action.

Rugger is a growing sport over here in Canada, and deserves all the support you can give it. So, if you can possibly make it, come out to any of the games, home or away. It'll give the team that much-needed boost required to make York the top rugger university in Canada.

B-Ball Talk

by Dave Nimon

York Windigoes start their toughest season with an exhibition game against St. Michael's College on November 5. Some subsequent opponents will include Waterloo-Lutheran, Western, Carleton, (these schools were ranked first, third, and fifth in Canada last year) as well as McMaster, Toronto, and two American teams, Detroit Tech and Michigan Lutheran.

York is in the Ontario Intercollegiate Athletic Association (OIAA), a league including Waterloo-Lutheran, Laurentian, Ryerson, Osgoode, and Brock.

The Windigoes celebrate Christmas by entering their first tournament, the Carleton Invitational, at Ottawa. Besides the host team and York, Western and probably Loyola will compete.

Returning players include Chuck Gordon, who has captained the team for the past two

years, and Brooke Pearson, who was the high scorer last season. These two will be joined by other returning forwards and guards around which a nucleus for this year will develop. However, this still leaves five spots to be filled by rookies.

York shares the gym this year with the University of Toronto Blues who will play all their home games here. Somebody has already forced York to take the inferior time-slot of 2 p.m. for Saturday games, while the Blues take the night games. Hopefully, this will be the last sell-out that any York team has to endure.

There will be a total of 14 home games this year; seven on Tuesdays, four on Saturdays, and three on Fridays. With a seating capacity in the gym of 1100, there will be no problem for you to see any or all of the games. And admission, by the way, is free.

Speaking on sport

by David Henry

So you think you're in good physical condition, do you, Clyde? Well try this on for size. That's right, butterball, get up for a moment. Now run up a flight of stairs, stop, and check your heartbeat.

Chances are it is faster than Viceregal whipping and driving down the stretch in the seventh at Woodbine. And while you're catching your breath, consider this useful bit of information.

The normal adult heartbeat is 68-70 beats per minute. After short but strenuous exercise, it can go as high as 110 beats per minute. L.A. Dodger coach Walt Alton was recently wired for scientific purposes during a Dodger tilt.

The rate soared to 100 beats a minute when he had to decide to replace a pitcher. That was just a decision, mind you, and at that he was winning the ballgame.

Should you worry about this? Not so, Dave Smith.

Smith is the defending Ontario Intercollegiate Athletic Association cross-country champion, and the best runner on York University's defending OIAA champion cross-country team, a team that finished fourth in the national meet last year against tough competition from U of Alberta, U of T, RMC, and U of New Brunswick.

Stopped huffing and puffing yet?

Dave Smith's heartbeat after a strenuous exercise is 79 beats per minute — strenuous exercise like running 5-5½ miles a day.

"Crazy!" you mutter between gasps for air. Well maybe, but he's not the only one. There are 13, count'em, 13 members of York's 1968/69 cross-country team.

Three of them, Smith, Roger Landell, a yoga enthusiast from Weston, and Danny Ziggler were lettermen on last year's championship squad.

The rest, except for Bruce Hughes, an MBA student who was on the U of Manitoba's 1966 national champions, are fresh-faced and frenetic frosh who are trying to dethrone the one-two Smith-Landell punch.

But that won't be easy, not for them, or for any other OIAA runner. Smith had to beat Hylke VanderWaal, Canada's top steeplechase competitor, and an

Olympic and Boston Marathon veteran, to take last year's crown.

Smith ran five miles each day this summer, getting up at 6 a.m. each morning, as well as adhering to a schedule of weight-lifting, stationary bicycle riding, and cross-country skiing during the winter months, set up for him by coach Bryce Taylor.

Taylor is no slouch either. He accompanies his thirsty thirteen each evening as they run seven miles of hills and valleys of Honey Pot, Boyd Conservation Area, and the York Campus, encouraging the group and shouting advice.

The team averages 75-100 gruelling miles a week. With this training schedule, and continued good performances from frosh Dave Scuse and Lorne White, the squad hopes to take the OIAA championships again this year, as well as moving up at least one slot in the national finals.

EXTRA POINTS

Still on cross-country, the York squad hopes to psych competition this Saturday when Roger Landell, York's Number Two man stands on his head before and after the meet, all part of his yoga program. York will run against Waterloo, Guelph, RMC, and Ryerson . . .

Plans for football stadium at York are now moving through regular channels toward approval. Says here we'll have 2,000 seat stadium with reinforced concrete stands, dressing rooms, etc., and an all-weather track (CNE style) by 1970. Total cost \$426,000 . . . reason for low seating capacity (Campus Planning) is that a domed stadium available for York's use will be built in North York . . . Skeptical? More next week . . .

Coach Wirkowski has prospective games lined up with Scarborough College, Mulock winners Victoria College, Weston invictus, Oakville Black Knights of Ont. Jr. Conference, and an Ottawa junior team . . .

Wirkowski told his forces he'd prefer shirt and tie on Sudbury junket, but was tolerant on beads . . .

Q.B. Larry Iaccino and H.B. Angie Barbisan aren't missed by their Alma Mater . . . De la Salle 32 - Neil McNeil 0 . . .

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