

Pandas close season minus three

by Alan Small

The Panda volleyball team will finish off its season at home this weekend three players short.

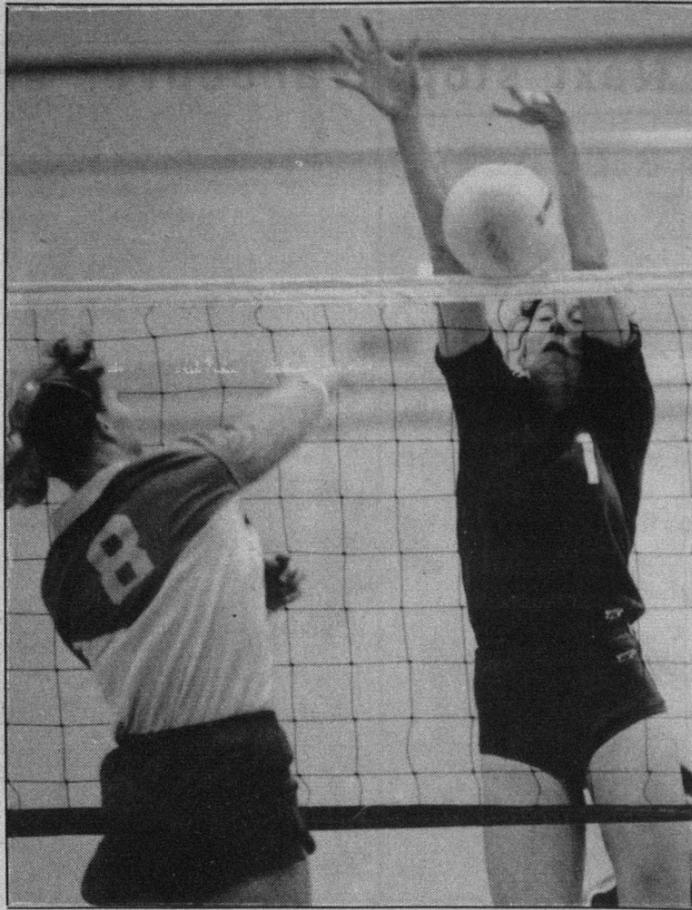
Team captain Shelley Brewster, who was the U of A's top women's athlete last year, along with Val Krook and Brenda Hesse quit the team because they disagreed with head coach Suzi Smith.

Smith believes that the loss of the three players would not have changed the team's national ranking, seventh, where they've been for most of the season.

"I don't think they would have made any difference in our last two matches," said Smith, whose teams went 0-4 against UBC and Victoria.

"People from both UBC and Victoria have said that our team was as strong as it was before."

Earlier in the season, six players had threatened to quit if Smith was to remain as coach. That



The Pandas nationals hopes hang on the balance... much like this ball.

"That rejelling has taken some time," Smith admitted. "Right now is the wrong time to jell. We're supposed to do that in October."

The Pandas will show off their newly pared unit against the University of Saskatchewan Huskiettes this weekend at Varsity Arena on the last weekend of the Canada West season.

At the beginning of the year, the Pandas were looking towards a berth in the nationals in Saskatoon later in the month. After spending two months in the seven spot not improving as was expected, Smith feels that the Pandas' chances of making the CIAU's is

next to impossible.

"Our chances are slim to almost none," said Smith. The Pandas picked the wrong year to blossom because they're opponents this weekend, the weaker Huskiettes get an automatic berth as hosts. They take away a wild card spot from Canada West. Despite that fact, Smith is looking for a top notch performance from her squad.

"The girls have a lot of pride on the line," Smith said, "especially playing at home."

Games start on Friday and Saturday at 6:30pm. The Bears-Huskies games follow immediately thereafter.

Tae Kwon Do

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and improve motor coordination as well as balance, and teaches self defense within a safe environment.

The use of the skills learned in the class for fighting is strictly prohibited, and this is well understood by all of the class participants.

Children involved in the class are exposed to all aspects of the sport including free sparring, use of equipment and instructional aids, demonstration of skills, participation for the enjoyment of the activity, and involvement in tournaments. Last November, participants from the class competed in a tournament in Whitecourt. The competition included forms, free sparring, and breaking divisions and all 11 class members who participated won at least one medal. With all of these aspects incorporated into the program, the children have the opportunity to learn, improve, and test their skills while having fun.

In addition to being involved in the Saturday Mornings are for Kids classes, Kwan and Olsen are also active members of the U of A Tae Kwon Do Club. The club provides instruction in the traditional martial art of Tae Kwon Do, offers opportunities to compete in the sport, hosts social activities during the year, and organizes an annual student exchange to Korea. The student exchange provides an opportunity for students to study Tae Kwon Do in the country of its origin, and gain insight into its role in the Korean culture.

The martial art of Tae Kwon Do teaches defensive and offensive techniques through the use of bare hands and feet. It develops flexibility, strength, stamina, and improves participants' overall fitness level. The distinguishing aspect of Tae Kwon Do is its various kicking techniques.

The Tae Kwon Do Club has 2 instructors. Master D.K. Chun founded the club in 1973, has a ninth degree black belt in the discipline, and is one of the highest ranked instructors in Canada. The club's head instructor is Phil Clark, who has a fourth degree black

belt and has coached Tae Kwon do internationally.

The club's quality instruction has contributed to the U of A's success in competitive Tae Kwon Do. Members participate in a variety of tournaments throughout the year ranging from inter-club tournaments to international championships. Eight club members represented Canada in the worldwide Intercollegiate Championships in 1983. All participants from the U of A placed in this championship and received 1 silver and 7 bronze medals. In 1986, the U of A was again successful internationally, winning 2 bronze medals at the World University Tae Kwon Do Championships. As well, two club members have participated in the World Championships of the sport.

Upcoming tournaments in which the U of A Tae Kwon Do club will be involved, include the Provincial Team Trials, to be held this Saturday, March 4, and a local inter-club tournament for all age levels, which will be held April 1. Both of these tournaments will take place at Commonwealth Stadium.



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