

Down but not Out

by Cathy Campbell

The Dalhousie Ladies' Basketball Team faced tough competition last weekend at Concordia University in Montreal at the National Tournament.

Friday night the Tigerettes met the Winnipeg Wesmonettes in a game which was decided in the last fifteen minutes of play. Up to that period the Tigerettes matched basket for basket with the opposition, which made for an exciting game. After half time the Tigerettes came out strong for the first five minutes but were outplayed by the Wesmonettes, resulting in a twenty point deficit which

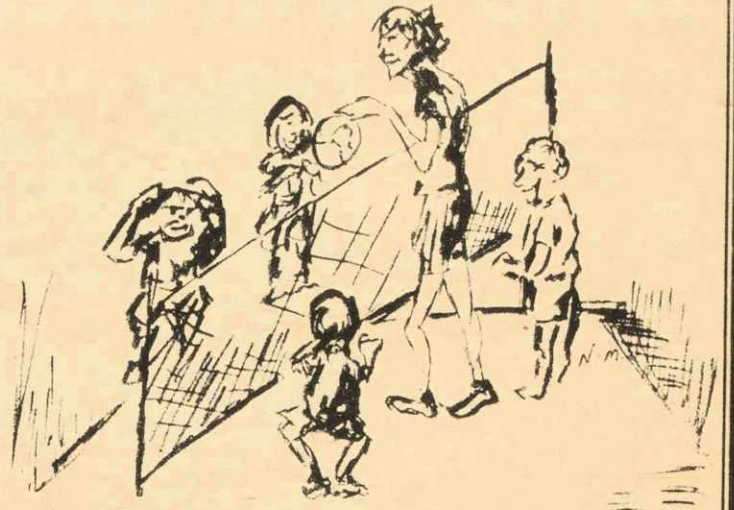
the Tigerettes could not overcome. **Helika Hudoffsky** and **Helen Castonguay** were the high scorers for Dal with twelve points a piece. This loss put Dal in the consolation semi-finals against Queens of N.Y. the next day.

This game was similar to the first one, as again the Tigerettes kept pace with Queens throughout the first half. The second half was dominated by Queens 6'4" centre who scored a devastating nineteen points, twelve of which were in the last ten minutes of play. This was the turning point for Dal as they could not overcome the lead. The result was a 77857 win for Queens. Joan

Selig was high scorer in this game with fifteen points.

Although Dal lost both games, they were at a disadvantage, not having played previously this season. The majority of teams in the tournament had already met tough competition in league play, which proved to be a great advantage.

The Dal team used this tournament to experiment with different combinations, and to determine strengths and weaknesses of the team. Coach **Nancy Buzzell** is optimistic about the future of the Tigerettes and feels confident that the team will organize itself and provide exciting Basketball.



Rowing is over

If you happen to be walking along the Arm on one of these cool Saturday mornings, you may still see a boat or two milling its way across the water. On closer inspection, you will notice that the craft is powered not by the typical sails that colour the Northwest Arm, but by oars, relentlessly pushed and pulled by four hardy people.

If the rowing season ended with little fame or glory this year, it did end with a group of spirited people, confident that next summer will be more profitable. At the end of this summer, a women's team of four was beaten twice by Northstar. However, over the fall they have

built their numbers to a fair-sized crew of thirteen, and have hopes of going to the Henley in Ontario next July. Having thus gained experience, any sprin with Northstar should be an easy win. The men's team numbers less than ten, but they made an impressive appearance at the Joseph Howe Festival early in the fall. Although much of the rowing has been done on Lake Banook in Dartmouth, the float at Jubilee may be extended next spring so that the team can establish a permanent home there.

On Dec. 9, the rowing team is sponsoring a bake sale in the SUB, and so please come support us!

Volleyball Team in First

by Cathy Campbell

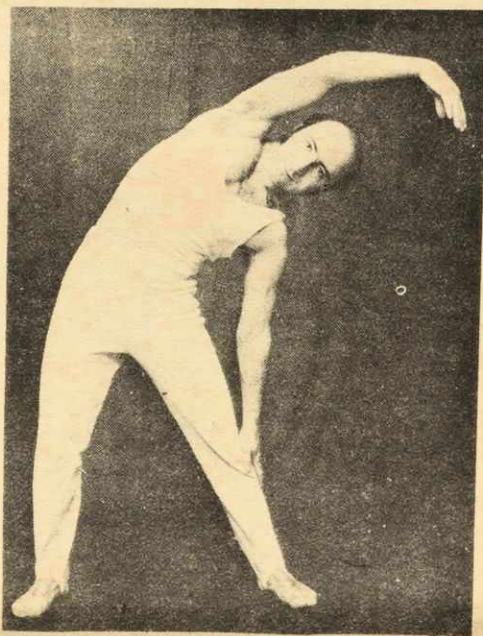
The Dalhousie Ladies' Volleyball Team displayed the consequences of their dedicated training by defeating the UNB Red Bombers (13-15, 15-6, 15-8) last weekend in New Brunswick. The Dal team is placed first in the league.

This was quite a team effort considering that captain Cindi Rice was unable to make the trip due to an injury. Coach Lorne Sawula was extremely pleased with the team's performance. Carolyn Cox's offensive spiking and defensive manoeuvres were unbeatable. Judy Reardon deserves a medal for her efforts, while filling the captain's position. Anne Gormley played strongly indeed especially in her blocking and back court defensive moves. Margot Nugent, presently the best setter in the Maritime league, played another excellent game. Aggressive Halen MacGregor again dazzled the UNB players with her lightening spikes. When the big spikes and hits were needed at the crucial moments, Bonnie Mac Namara consistently made them count. Joan Kelly, perhaps one of the more experienced members on the team, was a soother to the team with her cool and steady style of play. Peggy Kennedy played strongly, as did Feliz Erdogan, a defensive specialist. Congratulations Number One!

The Ladies' Junior Varsity Volleyball Team placed second in the exhibition tournament held in Truro last weekend.

Dal vs Truro 15-11, 15-2
Dal vs NSTC 15-13, 15-13
Dal vs East Pictou 15-13, 4-15

Dal placed first in the round robin play shown above, but lost in the finals to NSTC: 13-15, 15-10, 11-15; thus giving the tournament to NSTC.



SKI EXERCISES

by Wally Fry

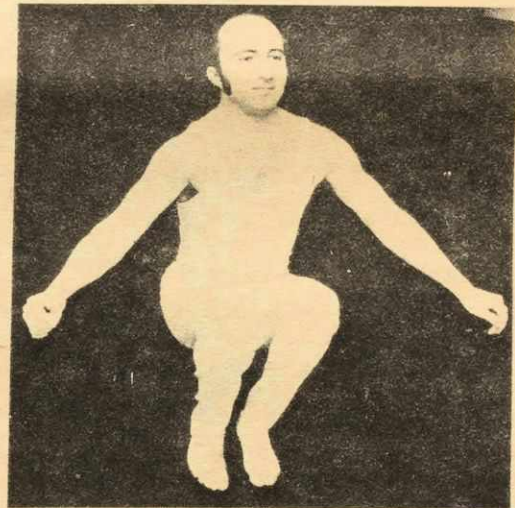
There is no doubt about it, skiing is great fun, but it can be made more enjoyable by having prepared yourself physically for a day of "bombing the trails". Basically what we are concerned with (whether you are a racer or recreational skier) is body endurance, power, flexibility and coordination. These ex-

ercises should help you achieve these goals.

(1) Side to side stretch - This is good exercise for flexibility and is a follow up to the trunk rotations discussed in last week's article. If you have ever gone up a long icy T-bar lift you will know the meaning of fatigue in your side.



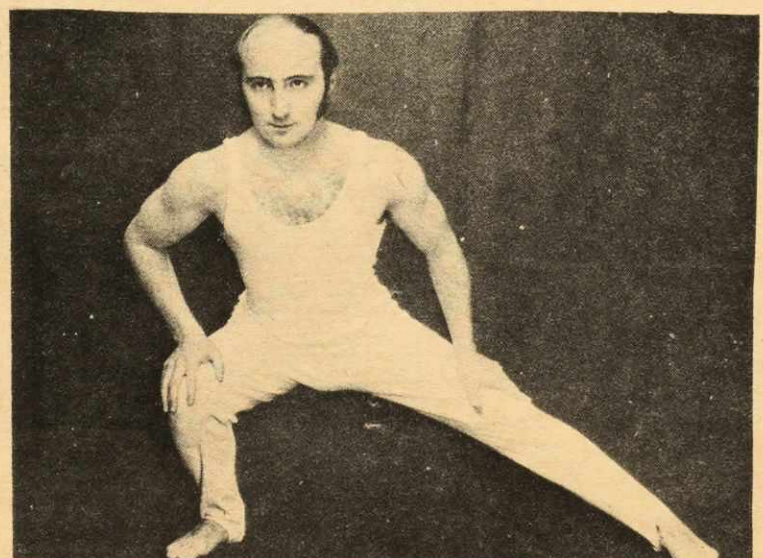
(2) Squats - This is the basic all around exercise for building strength in the legs. Bend at the knees only until your thighs are parallel to the ground, do not go below this as it tends to put a stress on the knee tendons. Try 10-15 rest and repeat the exercise again. To add an element of balance and coordination try doing single leg squats.



(3) Inside leg stretches - Another exercise for flexibility, this one works on the muscles which run along the inside of your thighs. You will no doubt recall being sore in this area after a long day of ice skating. In skiing you would use these muscles skating to pick up more speed, stepping up to

get a higher line during a GS race, or performing royal christies if you are a "hot-dogger".

(4) Power jumps - As the name suggests this exercise is for building power and endurance. Jumping up, try to touch your knees on your chest. Try 10-12 rest and repeat twice more.



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