

S P O R T S

Athletic Department honors its outstanding Athletes

YEOMAN OF THE YEAR

Paul Hughes
Yeomen wrestling

By JOEL SCOLER

York's male athlete of the year is not a member of the famed Yeomen gymnastics team. And forget about hockey—he's too small to play the game. What Paul Hughes does, and with great success, is wrestle. For those unfamiliar with the Yeomen wrestling team, they placed fourth at the CIAU competition only one point out of second place. Hughes led the team placing first in Canada in his weight class.

While Hughes might not be a household name right now, he soon will be. At this year's world junior championships Paul won a bronze medal. But success is not new to Hughes. In 1982 he was a national juvenile champion. The following year he was a champion at Ontario Federation of Secondary School Athletics (OFSSA).

Paul first started to wrestle when he was 14 years old. An Etobicoke native, he attended Mimico High School. But it was not at high school where Paul received his coaching. John Park, the coach of the Yeomen wrestling team, was Paul's club coach at that time. John feels that Paul's greatest assets are his "dedication and commitment." He also cites Paul as "being very strong technically and mentally."

Much of Hughes' success can be attributed to the fact that he is the hardest worker on the York wrestling team. Each day consists of a minimum four hours practice. This practice is essential as Hughes does not see himself as being naturally talented. He feels that his biggest weakness is his strength. "I can bench press 'only' 200 pounds, my goal is 250 pounds," he said. Hughes weighs 134 pounds, and this is on a 5'8" frame.

Competing on an international level requires Hughes to spend much of time abroad. He just recently returned from England where the British Commonwealth trials were being held. While the trials are not yet completed Paul feels that he has a good chance of making it. But Hughes' real competition will come in October at the World Seniors in Hungary. His competing at this event is dependent on his making the Canadian national team. When asked about his chances of making the team Hughes cautiously said, "I don't like to speculate." His coach, though, is more confident. "He'll make the team," Park said.

Despite Hughes' modesty, it is very likely that he'll be on the Canadian team. Upon making the team, Paul and Coach Park will be shooting for the '88 Olympics in Seoul, Korea. Paul sees next year as being very important in his career as it is a pre-Olympic year. "I'll be satisfied

next season to repeat the success that I've had this year," Hughes explained. "As for the Olympics we'll just have to wait and see," he added.

YEOWOMAN OF THE YEAR

Paula Lockyer
Yeowomen basketball

By GARY SCHOLICH

The evening of March 20th will always be cherished by Paula Lockyer, a graduate of the York Yeowomen basketball team.

The York University Athletic Banquet was held that night in the Senator Room at the Skyline Hotel. There, Lockyer received the "Yeowoman of the Year" Award to commemorate her excellence as a participant in Yeowomen Athletics.

"I was extremely surprised," she said. "It was an amazing feeling. I put a lot of effort into my five years on the team, and this was such a nice ending."

The 5'8" forward placed high in team statistics. She achieved third-place rankings in points per game (10), rebounds per game (6.5), and field goal percentage (45 percent). She also led the team with 3.0 assists per game.

In addition, Lockyer not only led York, but also all of Ontario by hitting 24 of 26 free throw attempts for a 92 percent average. With that performance, Lockyer finished third on the all-time Ontario list for free throw efficiency.

During the pre-season, Lockyer was named to Tournament All-Star teams at U of T, Laval, and here at York. At the end of her season, Lockyer was also named to the OWIAA East second All-Star team.

A graduate of Moira Secondary School in Belleville, Lockyer's team

Hughes' future looks good outside of wrestling as well. "There are other things in my life besides wrestling," he said. "I don't consider myself one-dimensional." When not wrestling Hughes is usually tackling the books. He plans on completing his honours degree in phys-ed and then

possibly attending medical school.

But for now York's male athlete of the year will continue to concentrate on wrestling. With the guidance and coaching of Park, an Olympic medal is within Hughes' reach. So remember Paul Hughes, he'll soon be a household name.

went undefeated for three consecutive years in Bay of Quinte League play. She speaks highly of her old coach Ken Smith, not only for his coaching ability but also for his positive influence.

Lockyer was leaning towards the University of Toronto, but changed her mind. "I checked out U of T and I got the wrong feeling," she said. "It was late June and I called Frances (Flint) and I asked her if I could still come here. She was excellent because she gave me no harassment. Also, I enjoyed playing at the York tournaments."

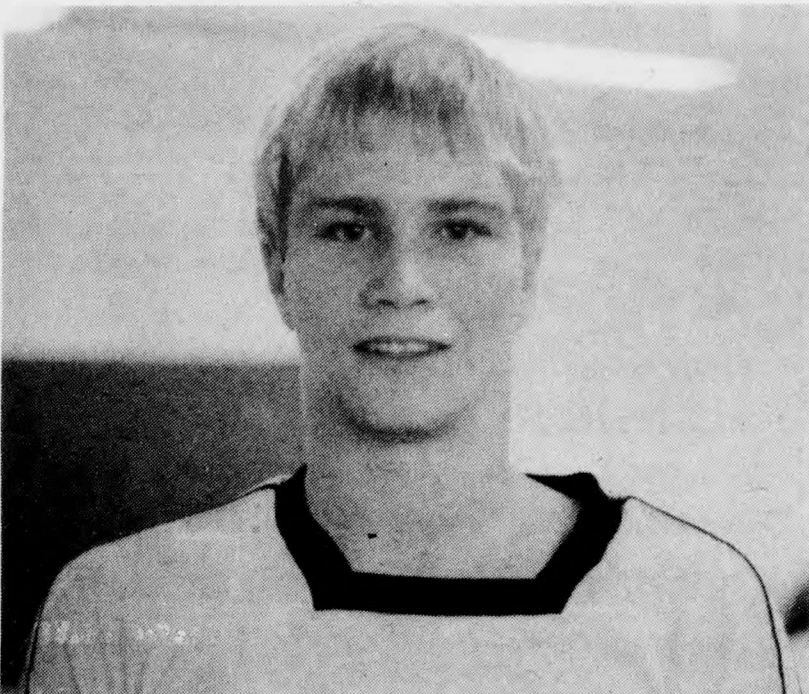
Flint describes Lockyer as one of the finest athletes she has ever had. "Paula is respected by opposing

coaches," she said. "She can hurt opponents in so many ways: perimeter shooting, speed, aggressiveness, and the ability to draw fouls.

As a leader, Lockyer gets the other players going with the example she sets, rather than by vocal means. "Paula always played hard no matter what the score was," Flint said. "Other players would pick up on this."

"One example happened at Laurentian," Flint said. "She suffered a dislocated finger, a very painful injury. But after it was taped, Paula asked to go back out of the floor, and she didn't miss any practices, after that game."

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PAUL HUGHES: OUAA and CIAU wrestling champion in his weight class.



PAULA LOCKYER (right) receives her award from acting women's coordinator Pat Murray.

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