

Sports

Defense leads way to Gridiron win

Yeomen combine strengths to clip Hawks

Mark Zwolinski
Defense, or its short form "D", is a necessary element if a team hopes to be competitive. Long hard hours of work in the "trenches" usually pays off some sunny afternoon before a cheering crowd. Saturday provided such an afternoon. The Yeomen, by no means short of defensive skill or offensive for that matter, rolled to a 19-1 victory over the Laurier Golden Hawks.

The win was the first of the year for the Yeomen, evening their record at 1-1. The Yeomen got touchdowns from Neil Delgarno and George Ganas-Sergio Copogianco converted both majors and added two single points.

Swarming tacklers

Laurier's offensive threat is centered on a strong running game, but the Yeomen continually hounded their backs. A "swarming" defense, led by Steve Ruple and Trevor Williams, held the Laurier ground game to 220 yards net rushing.

Coach Dave Pickett commented, "The defense played superbly. Laurier's offense shows nothing fancy, they just keep pounding away and forcing you to make errors--then capitalizing on them. But the best thing is we didn't make many mistakes."

Offense in gear

The first quarter saw relatively little action. A Laurier drive was

halted on the Yeomen 33-yard line. Laurier place kicker Ian Dunbar's attempted field-goal went wide to the left, conceding a single to the Hawks.

The Yeomen offense shifted into gear in the second quarter with a well executed 72-yard drive. Quarter-back Tino Iancono connected on passes of 16 yards and 17 yards to receiver Brian Gifford. Running-back Mike Joyce kept the York drive going with a bulldozer 3-yard run up the middle. Head Coach Dave Pickett then motioned for a time-out, calling Quarter-back Tino Iancono over to the side-lines for a play.

"We picked up their defense blitzing on second downs, leaving man to man coverage in the secondary. The thing was to get Neil isolated one on one with one of their guys."

"Blue" Balloon

The proof was in the pudding as they say, Iancono spotted Neil Delgarno on the next play, streaking down the sideline, and hit him with a perfect strike for a 30-yard pass and run play to the end-zone. Sergio Copobianco converted the play and added another 20-yard field goal before the half to put York on top 10-1.

Aside from a deflated Labatt's "Blue" Balloon that did not get off the ground, and some zealous

cartwheels by opposing cheerleader units, Yeomen fans had much to cheer about in the second half.

The Hawk offense was again frustrated in each of their drives by the York "D". Laurier took possession on the Yeomen 51-yard line after a draw-play set York back for a loss. On third-down and short yardage, Quarter-back Mike Wilson rolled out to his left on an option play. He handed the ball off to his trailing running-back Jeff Somerville, only to have what looked like a potential long gainer stymied by a wall of red and white.

York came back with a bit of razzle-dazzle on the next series of plays. On second down and eight yards to go, Iancono stepped back deep into the pocket, drawing Laurier's blitz past the line. Meanwhile, running-back George Ganas, who had slipped off to the right, took a short flip from Iancono and romped 75 yards for the touchdown, on a perfectly executed "screen" play.

Copobianco adds good measure

Laurier continued with their ground game, but it was to no avail--the Yeomen defense was not to be penetrated. Sergio Copobianco added insult to a 17-1 score with a 47-yard punt into the wind that found the Hawk end-zone, giving York a safety single. A later 44-yard field-goal kick was taken just wide by the

wind, salvaging another single point for the Yeomen and closing out the scoring at 19-1.

TIME OUTS... The Yeomen are on the right track again after a disappointing loss to Western in their home opener. They must now gear themselves for road trips to

Guelph and Windsor--teams they have to beat on the road to the playoffs. While Labatt's did not air its commercially famous balloon, they did provide the "Labatts Player of the Game" award. The offensive standout was Quarter-back Tino Iancono. The defensive nominee was Line-backer Mike Lollar.

Yeomen show Warriors Red and White

Chris Dodd

The York Yeomen rugby team began the 1982 season in fine form, defeating the Waterloo Warriors 9-4 at York Field Saturday afternoon.

York dominated the aggressive match from start to finish, confining most of the play to the Waterloo half of the field. The Yeomen scored two first half field goals and added a third in the second half to take a 9-0 lead. The Warriors came within inches of scoring early in the game, but settled for an unconverted try in the second half. The Warriors were unable to continue their comeback attempt, and there was no further scoring. It was the first of eight games for York who will play each club in the nine-team OUAU Rugby League. The Yeomen go on the road for their next two games, travelling to Western to play the Mustangs,

and then visiting the University of Toronto for a date with the defending champion Blues.

In an earlier game the York junior rugby team played to a 3-3 tie against Waterloo. York opened the scoring with a field goal, only to have the Warriors answer with a field goal of their own in the second half. The fans were treated to some heavy hitting action, but the Yeomen were able to hold off the Warriors for the remainder of the game.

York water polo to defend title

Chris Dodd

The defending champion York Yeomen water polo team will bring an impressive crew and plenty of optimism into the 1982 OUAU season.

Last year the Yeomen played the underdog role and stunned the Waterloo Warriors to take the provincial crown. This year, Coach Kevin Jones will field a team very capable of defending the title.

The majority of the championship team of '81 will return for another season, including Cam Gourley, Rich Bennett and Joe Skelley, heroes from last year's OUAU finals. Coach Jones' intensive summer recruiting program will bring such newcomers as Bryan Robertson who is rated among the best young goaltenders in the country. Other rookies include Osgoode student Greg Flude, Scott Fagan and the trio of Dion Burke, Steve Corbridge and Mike England, who are all from last year's North York High School championship team.

Last year's superstar Trevor Mann will continue to contribute to the team but unfortunately his return will be as an assistant coach and not as a player.

Despite the powerful line-up, Coach Jones is always searching for more talent and urges water polo players to try out for the team as there are still positions open. Practices are nightly from Monday to Friday and would-be players are asked to call 667-3478 for details.

The new season opens Saturday, September 25th with the York Early Bird Tournament. This Invitational tournament, hosted by the Yeomen, will begin at 9:00 a.m. and last the entire day.

The regular OUAU schedule begins Saturday October 2nd at Waterloo. All games are at the Tait McKenzie pool and there is no charge.

Mark Zwolinski

Some 1,500 runners from across Ontario will compete in York University's 16th Annual High School and Cross-Country meet on Saturday, September 25th.

The championship teams are awarded the Father John Redmond Trophy, named in honour of Michael Power's former principal and track coach, who died last Fall. Father Redmond helped to organize the first York meet.

JOCK TALK



Elissa Freeman
talks with
NANCY ROOKS

Nancy Rooks, a petite, fair-haired biology major, would seem to be more at home in a science laboratory, where she spends most of her time, than on the track. You would never think that she is a champion runner. But the lady can run, and she's got the credentials to prove it.

In 1978, Rooks placed second in the OWIAA Cross-Country Championships, and earned golds in the 800m and 1500m races. The next year, she won the OWIAA 3000m, and in the 1500m at the Toronto Star Indoor Games, she placed third among a world-class field. An injury-ridden autumn was followed by the successful spring of 1980, which saw her win the indoor 3000m, and last year at the OWIAA cross-country meet, she continued her winning ways, finishing first in both the 1500m and 3000m. In addition to her inter-varsity career, Rooks has competed successfully in numerous invitational meets.

A natural ability

Rooks first became aware of her talent while doing laps in a 12 minute run around the outdoor track of North York's George S. Henry Secondary School. As the rest of her class huffed and puffed away, Rooks breezed around the track. Her athletic prowess did not go unnoticed. The coaches at Henry, a high school known for its strong cross-country and track teams, were quick to pick up on Rooks' success in the 12 minute run. They encouraged her to join their running program; but, she didn't compete for the school until the next year. "I was never pushed into running, but once I started, I received lots of encouragement."

The encouragement must have helped. She won two consecutive North York Cross-Country Championships, and in her senior year, she collected a gold in the OFSAA Cross-Country competition.

Rooks, who took her running success in stride, didn't start to train seriously until her last year of high school because, "I realized I could be good at the open national level." Her persistent effort paid off. She placed third in the Nationals, and went on to become a member of the Canadian track team where she finished fifth in the 3000m at the 1978 Commonwealth Games.

A demanding sport

Although she excels in both disciplines, Nancy prefers the versatility of cross-country to the rigours of track and field. "Track and field is much more painful and then there's the stop watch. The stop watch is brutal. It puts a lot of pressure on the athlete to beat their time--it's a measure of excellence. On the other hand, cross-country is more relaxed and there is a variance in tracks to run on." But distance events also have their bad points. Rooks often has trouble running on uneven ground and because of her small size--she is 5'1" and only weighs ninety pounds--she has less stamina on muddy courses.



Photo: Mike Albu

In track and field the presence of other runners creates a competitive atmosphere, but cross country is often a lonely sport, where the miles between the runner and the finish line provide the only motive to excel. When Nancy trains for cross country, she alleviates the boredom by varying the areas in which she runs, and by running with other people: "usually high school guys", who run at the same or at a higher level.

A typical work-out for Rooks consists of running ten miles. But not just any ten miles. Her course includes six 800 metre sprints as well as a number of ski hills. "It's not the amount that matters; it's the quality," she asserts. "That's what makes cross-country so demanding and time consuming."

Rooks' running career has not progressed without some rivalry. It has been provided by Anne Marie Malone. During Malone's high school hey-days, the Queen's University athlete was one of Nancy's idols. However, Nancy beat her in several races, and today, the two women run at about the same level. As Nancy puts it, "I'm faster, but Anne Marie is stronger." That extra bit of strength may have been the edge that allowed Malone to beat Rooks in last year's OWIAA Cross-Country Championships. In the following OWIAA Track and Field Championships, Rooks came back to overtake Malone in the 3000m, and has since defeated her in several races. Two weeks ago in the Brooks 10k run, Nancy placed first, and Malone finished third.

Two things on Rooks' mind

Right now, the most important things on Rooks' mind are the CIAU Cross-Country Championships, to be held at Laurentian on November 6, and trials for spots on the Canadian national team, which will take place February in Victoria. Making the national squad would allow Rooks to again compete in the World Cross-Country Championships. At last year's world meet, held in Rome, Rooks finished thirty-eighth out of one hundred runners. Malone was thirty-ninth.

Rooks is "optimistic she can improve" in the upcoming season. With the drive and determination that she displays during her races, and the enthusiasm that emanates from her when talking about her sport, Nancy Rooks has all the qualities befitting a true champion.