

Phys. Ed. Takes Intramural Championship

by R. W. Waldenburger

The men's intramural season has terminated with Physical Education winning top honors. The place and points of each unit participating appears below.

Physical Education	2233½
Phi Delta Theta	1786½
Delta Upsilon	1339
Delta Kappa Epsilon	1290½
Residences	1152
Education	937
Phi Kappa Pi	918
Zeta Psi	863
Agriculture	831
St. Steve's	729
Dentistry	703
Kappa Sigma	701
Lambda Chi Alpha	687
St. Joe's	679½
L.D.S.	576½
Engineering	439
Medicine	435
St. John's	426½
Science	285
Commerce	273
Pharmacy	143
Law	97
Arts	69
Obnova	17
Sigma Alpha Mu	0
AMUS Special (Hockey Only)	120

The individual scoring the greatest number of points in sports competition was D. Lampard from Medicine. He will receive an award at color night scheduled for this weekend.

Team Activity and Results

- Flag Football—1st—PDT; 2nd—Zeta Psi; 3rd—Education.
- Volleyball—1st—LDS; 2nd—PE; 3rd—DU.
- Basketball—1st—PE; 2nd—PE; 3rd—Education.
- Hockey—1st—Dents; 2nd—DU; 3rd—LCA.
- Water Polo—1st—PE; 2nd—St. Steve's.

The intramural council wishes to thank all those students who contributed time and effort in making the past intramural season a success. "Stay Active And Live!"



BETTER LATE THAN NEVER! Here are the U of A curlers who narrowly missed bringing home the WCIAA title: (top to bottom, left to right) skip, Ron Anton; third, Bob Esdale; second, Free Maxwell; and lead, Mayne McElroy.

Runners Place In 'Peg Meet

George Short and John Eccleston, two runners from the University of Alberta competed in the Winnipeg Invitational Indoor Track meet last Saturday the 16.

Best showing of the two was by George Short who tied for first place in the 30 meters in a field of 21 with a time of 36.4. He tied with Larry Dunne of South Dakota who has run the 100 yard dash in 9.3 seconds. In the 60 yard dash Short finished fifth in a field of 15. His time was 6.4 while the winning time was 6.1. John Eccleston finished fourth in

the mile with a time of 4:16:2. This was the best time for Eccleston in the mile. Jim Irons of Toronto won the event at 4:09. Third place finisher was Brian Chalmers from the University of Manitoba. His time of 4:12 is probably what Eccleston could have turned in had he not participated in a 50 mile run from Wetaskiwin.

Both George Short and John Eccleston have a chance of making the 1964 Olympic Squad if they continue intensive training. Short will concentrate on 200 and 400 meters while Eccleston's best chance is in the 1,500 meters.

Rosser Alberta's Top Female Judoist

The University of Alberta Judo Club's honor was defended by Lorraine Rosser who captured the club's lone victory by winning the ladies' division. The winners of the other divisions were:

- Yellow Belt—B. Potts Lethbridge Y
- Orange Belt—G. Goebel Jasper Place Judokwai.
- Green Belt—Ron Powell RCAF-Kodokwai, Edmonton
- Blue Belt—Henry Kieser RCAF-Kodokwai, Edmonton.
- Brown Belt—Garnet Boutet RCAF Station, Penhold.
- Black Belt—Henry de Graaf Jasper Place Judokwai.

The team challenge trophy was won for the second year in a row by the RCAF-Kodokwai Judo Club.

Following the above awards, Mr. Ray Kelly, instructor of the University Judo Club, was presented with his official promotion diploma to Second Degree Black Belt (Nidan). Mr. Kelly was promoted last spring at the Provincial Judo Championships in Lethbridge. Mr. Jack Burroughs

was presented with his First Degree Black Belt (Shodan) diploma.

The presentations were made by Mr. Y. Senda, Fourth Degree Black Belt (one of the highest ranking Judo teachers in Canada) and President of the Alberta Kodokan Black Belt Association.

Mr. Kelly, who is also secretary-registrar of the Alberta Kodokan Black Belt Association, presented Mr. Senda with a citation on behalf of the AKBBA for his efforts over the years in the propagation of

Judo throughout the province.

At the conclusion, Mr. Kelly was presented with a desk pen set from the University club in appreciation for his never-ceasing efforts to make the club a continuing success.

Fifteen-year-old Bob Potts, winner of the Yellow Belt division, was a member of Mr. Senda's Canadian National Exhibition Junior Championship team last year. Mr. Potts has attained a junior rank equivalent to the senior grade of yellow belt. The junior section is limited to fifteen years of age and under.

U Of A Bowlers Retain Trophy

On March 9 and 10, the annual bowling tournament between the Edmonton and Calgary University Bowling Clubs was held in Calgary.

Edmonton bowlers took three of the four events by decided margins to retain the aggregate trophy sponsored by the Windsor Bowling Alley.

SINGLE CHAMPIONS

The men's singles championships went to Louis Nuring (772) and Carole Waksul (601) won the women's division. Both are members of the Edmonton Varsity Bow-

ling Club.

In conjunction with this tournament, the Vancouver and Victoria campuses sent one men's team each to compete with similar teams from Edmonton and Calgary. The Vancouver bowlers won this tournament with the other three teams tying for second.

The purpose of this tourney was to get some concrete western inter-university bowling competition started. This purpose was fulfilled by the establishment of a mailograph league to start in October 1963 along with a definite annual tournament to be held in Edmonton next spring.

Cats Go Undeclared In Husky League Play

by Ken Graham

It's hats off to Alex Carre, last year Golden Bear and this year's most defeatless campus coach, who piloted the Varsity Junior Bearcats undefeated through the Edmonton Husky League.

The Husky All-Stars, the nucleus of which is composed largely of Bearcat players, is at the present time competing as Alberta's contribution in the Canadian Junior Men's basketball playoffs in Hamilton.

Success similarly haunted the Varsity Cats in exhibition games throughout the season. Although the competition was consistently more strenuous Carre's squad only lost one and it was by only a narrow margin.

SUCCESSFUL BUT . . .

If success of a season can be measured in wins and losses there can be no qualms as to the verdict. BUT . . . the Husky League, the Edmontonians' elite contribution to basketball, could field little more than ex-high school calibre. Not only was the Husky League plagued by the lack of talent but also by a lack of

coaches.

Throughout the season the Bearcats improved. Weak competition made this difficult to perceive at times, but as the season progressed it became more obvious that the Varsity Junior team would contribute the nucleus of the Alberta team to the Canadian Playoffs.

It is difficult to put any one Bearcat in the spotlight. Consistently the effort was that of the whole team. Team scoring was often evenly distributed with each member of the team scoring. However, recognition for high scoring during the season must go to Gaalen Erickson, Wayne Welsh, and Rich Bowering.

Climaxing the season was the double knock-out series with Jack Kenyon's Mount Royal College Cougars. This finale was pleasing to Coach Carre as the team came on with characteristic strength to put away the Cowboy squad.

Sports Feature II

Isometrics Help Bears

by Ray St. Arnaud

Last February, the first half of an experiment undertaken by the Physical Education Department to discover the relationship and effect of specific isometric exercises on the speed of the skating wrist and slap shot was completed.

This involved testing 18 Senior Golden Bear hockey players for muscle strength and velocity and accuracy of the two shots.

The second part of the program was the re-testing of the 18 players and comparing the changes in the nine players in the control group to the nine in the experimental group who did the isometric exercises.

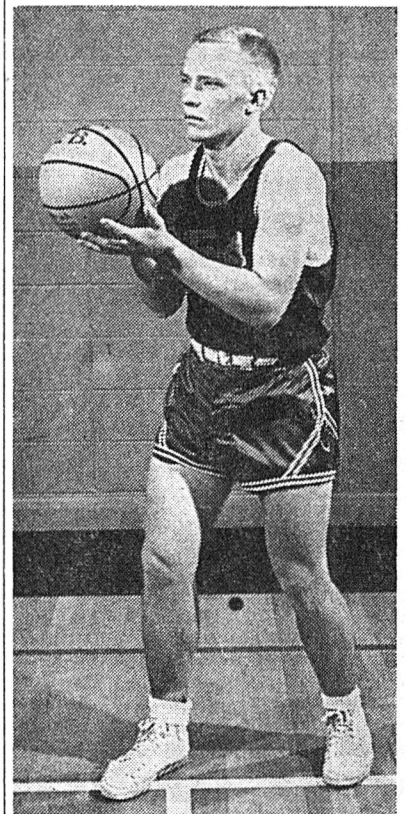
EXPERIMENT SUCCESSFUL

Although not all the data has been computed the following general conclusions can be drawn. The experimental group showed a definite increase in strength over the control group. The experimental group showed an improvement in velocity in the two shots over that of the control group.

The mean velocities for the two shots for all 18 players was 71.6 for the skating slap shot and 68.4 for the skating wrist shot. The means for the control group after a season of hockey are 68.3 for the skating slap shot and 67.5 for the skating wrist shot. The following changes: 74.0 for the skating slap shot and 70.5 for the skating wrist shot.

A simple examination of the figures shows that the control group suffered a decrease in velocity over the season while the experimental showed an increase. One member of the experimental group increased the velocity of his slap shot by 12 mph.

It seems likely that the isometric exercises will be carried on next year to be used by the whole team so that the players can keep to more consistent speed if not an actual increase.



GAALEN ERICKSON, who helped lead the Bearcat team to an undefeated season and a trip to Hamilton and the National Junior Basketball Championships.

Jr. Bears Even Series

The Junior Hockey Bears came through with their best game of the year to even the best of five series against the South Side Red Wings at two games apiece.

Wally Yates and Don Francis each scored a goal to lead the Junior Bears to the 2-1 win. Brian MacDonald, Jr. Bear Coach, thought the difference in the Bear's play which made the difference between the win and the loss was the better defensive play.

MacDonald also stated that the refereeing was better than that of previous games. The Bears outshot the Red Wings 3-2.

The results of the last and final game played last Wednesday will have to be passed on to you by word of mouth, as this is the last Gateway.