

Sports and Recreation

"Second most important meet"

Swimmers still improving, upset Mustangs

By DAVE FULLER

Any doubt that lingered as to the progress of the York men's swim team was dispelled convincingly last month as they upset traditional CIAU runners-up Western Mustangs in London 61-52.

In what coach Byron MacDonald called "the second most important meet of the season," the Yeomen came up with several inspired efforts to surprise the Mustangs in their home pool and make it official that they were now a power to be reckoned with.

According to MacDonald the win over Western was also brought about by a change in the lineup which was made after a "midnight revelation". The change put Arvid "Rook" Silis in the 400 metre relay in place of Graham Sutch who was then asked to swim a difficult triple combination of the 100, 200 and 500 metre free-style events.

The changes meant that both swimmers would be competing in events which followed each other closely allowing little time to rest in between.

Silis helped York to a win in the relay and then promptly mounted the block for the 1000 metre free-style where he swam a strong second place behind York's Mark Langdon.

Sutch also came through with a win in the 200 metre free-style and important second place finishes in the other two events allowing York to keep the Mustangs out of the points paying runner up positions.

Western's coach, Bob Eynon, commented on the effectiveness of coach MacDonald's lineup and attributed the win to the strategic changes which gave York the valuable second place finish points and the nine point margin in the final results.

"If we can get the seconds we can



York's Graham Sutch (left) takes the plunge in the 200 metre free-style event during an exhibition competition in Ft. Lauderdale, Florida. York swimmers trained in the sunshine state again this year and according to coach MacDonald are now in the best shape ever.

win," said MacDonald.

Niel Harvey was a winner in both the 200 metre individual medley and the 200 metre back-stroke as was Mark Langdon in the 200 metre butterfly and the 500 metre free-style.

Arvid Silis completed the day's successful meet with an unexpected win in the 200 metre breast-stroke.

York's women were not as successful as the men losing to a

powerful Western team 75-33 but outstanding individual performances were put in by Chris Lovett-Doust who captured a first place finish in both the 100 metre butterfly and the 400 metre free-style.

Candy Millar swam both the 200 metre and the 100 metre free-style placing second in each while DeDe Demers nabbed a second place in the 200 metre back-stroke and the 50 metre free-style.

Shortly after their meet at Western the swim team travelled to Fort Lauderdale to attend the College Swim Coaches Forum and get down to some serious training free from the distractions of school and family.

The trip, which is attended annually by York swimmers, is designed to bring together coaches and competitors so that they can train together and share ideas and techniques.

This year's guest experts were

Don Talbot and Mark Schubert, two of the premier coaches in the world today. Their talks and pointers were well received and Coach MacDonald said several of the ideas he has been working on were re-inforced. The only thing discussed that is not presently a part of the York schedule was a weight training programme which MacDonald says he will look into and possibly implement in the future.

The schedule in Florida consisted of twice daily practices at ten and four covering between six and nine miles per day, a pace which kept everyone sore for the first few days.

The hard pace will be maintained for another four weeks until February when the team will enter the taper phase in which the number of practices will be cut to one every afternoon and a couple of mornings each week. The nature of the work will also change from general conditioning to the specifics of technique and refinement of style. All of this will be in preparation for the CIAU finals to be held in Etobicoke's Olympic pool at the beginning of March.

MacDonald is optimistic that York will be sending about eight of the men to the nationals most of whom should make the final heats in their events.

Women's coach Carol Gluppe is also optimistic that a good number of her girls will be able to achieve qualifying times however she is also quick to point out that most of the girls will have to work extremely hard to do so. Gluppe feels that anywhere from one to seven of the girls could qualify for the March competitions.

York's next meet will be against McMaster on the 12th of January in Tait McKenzie Pool.

Sports Briefs

Bob Fukamoto scored a pair of goals Monday night including the game winner to lead the York Hockey Yeomen to a 4-3 win over the University of Quebec Patriots in Trois Rivieres.

The win gave York top honours at the tournament which saw U of T defeated by the St. Mary's Huskies in the consolation match after York edged the Maritimers 2-1.

Excalibur's Ian Wasserman travelled with the team and reports that all of the Yeomen played an exceptional game.

"They checked them into the ground and never let them get started," he said.

Jim Masin and Dave Chalk scored a goal each to give the Yeomen the win against a chippy Quebec team.

York's goal-tending duo of Steve Bosco and Peter Kostek came up with two of their best games of the year as did Chris Meloff and John Goodish, both of whom were chosen to the tournament's all-star team.

The Yeomen travel to Laurentian this weekend for a back to back series with the Voyageurs before returning home to host Queen's in the Ice Palace the following weekend.

In Basketball action over the Christmas break the Yeomen won the Brock Invitational after beating the host team 80-72. Earlier in the match the Yeomen defeated the squad from Medaille, New York 84-57.

York's Rob Pietrobon was selected to the tournament all-star team and Romeo Callegaro was chosen the tourney's most valuable player.

Three of York's top gymnasts were in Cuba training with the national team. David Steeper, Steve Maclean and Mark Epprecht went down to train with coach Tom Zivic who coaches both the national team and the Yeomen.

They will return today to prepare for the York Invitational Meet which takes place this Saturday in Tait McKenzie from 6-9 pm. Admission is free.

York's women gymnasts will host an invitational meet on January 15th featuring junior and intermediate competitors from eight Ontario universities.

On January 15th and 16th, York will again stage the annual Art and Science of Coaching Seminar, this year featuring some of the top sports psychologists and Olympic coaches in the world.

Hoop show packs 'em in

It was standing room only in Tait McKenzie gym as York played host to high school basketball teams in an invitational tournament during the Christmas break.

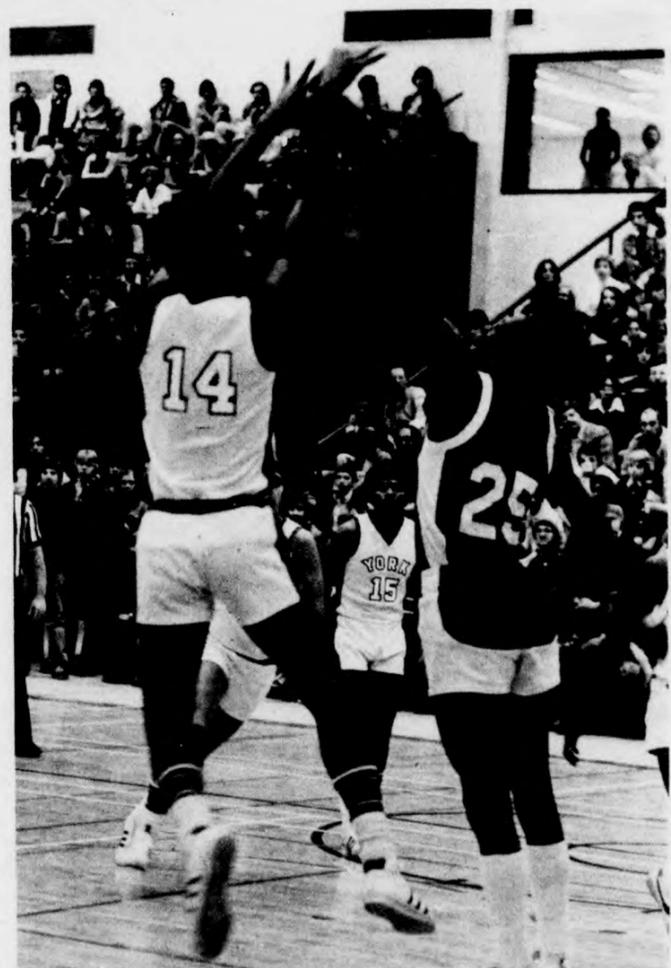
According to York Yeomen coach Bob Bain it was "possibly the best high school basketball in the country."

In the tournament final Oakwood Collegiate met Runnymede and came away winners by a narrow three point margin, scoring 53 points to Runnymede's 50.

Bob Bain said there are several of the high school players that would be welcome additions to the Yeomen, if they were to come to York. Among these are Derek Louis at 6'5" from Oakwood and Runnymede's Bo Pellack who Bain feels is the finest forward in Ontario. "He plays our style of ball he would fit into our mold of play nicely".

"It was all really good for basketball, a sell-out crowd and excellent basketball."

At the tourney's end York played an exhibition match against Detroit's Shaw College and lost a close contest 68-65.



Yeomen Chris McNielly (14) goes for the basket as Shaw College player defends, an intent Ev Spence (15) looks on. York lost the exhibition match 68-65, but provided a fine display of basketball for the fans who attended the high school invitational meet.