

# Tigers in good condition

by Greg Zed

With only two weeks left before Dalhousie's first exhibition hockey game, the sixty-eight hopefuls have hit the ice lanes for another year. The off-ice training camp which saw some seventy-five enthusiasts are certainly in good shape and to top it off, several participants expressed their views in favour of the camp.

Paul Delicaet, a Bathurst, N.B. native, suggested that the training camp was "a good one in that it prepared the individual for the season ahead". Delicaet played for Bathurst High School and it was his club that took the Provincial AA Division. To add to that, Paul was the league scoring king. He comes to Dalhousie looking forward "to the challenge" which will undoubtedly present itself as the club begins its on-ice training.

Ken Bickerton, a goaltender from Sydney Academy was between the pipes for the Academy last season. He comes to Dalhousie over St. Francis Xavier and Acadia in hopes "of playing often". Bickerton expects "the play to be faster than that of the Academy, however, he looks forward to the challenge. When asked about the training camp which consisted on nineteen different off-ice drills, he replied: "The land training program is great and the guys are really keen which certainly adds to its effectiveness".

Bengal Award winner Earl Theriault was quick to say that the camp "is great". "A number of guys came to camp with a new attitude... this will give the Tigers a new start. The fellows are working really hard and it reflects on how well the camp is organized". Theriault, in his second season with the black and gold brigade, sees the "league much stronger than before".

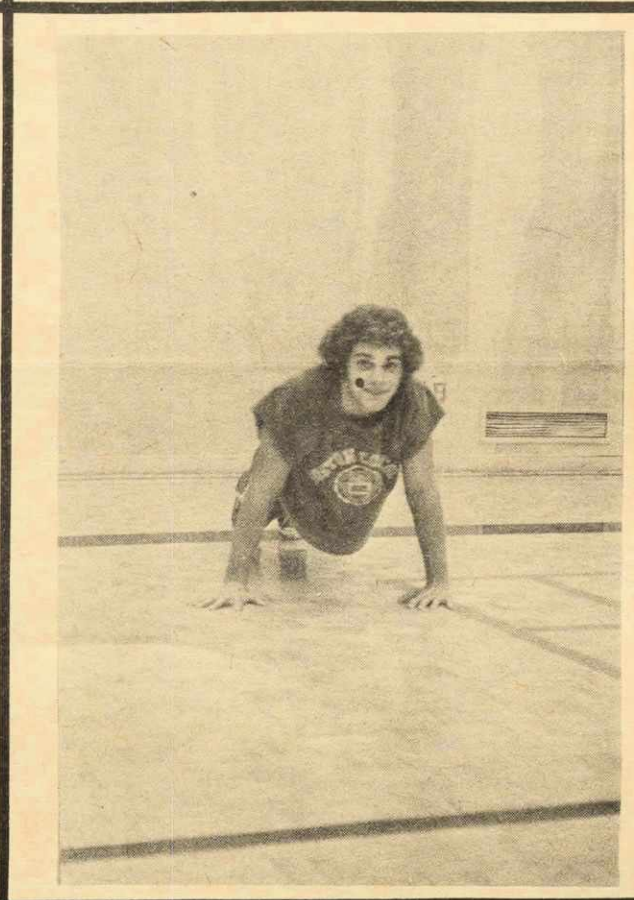
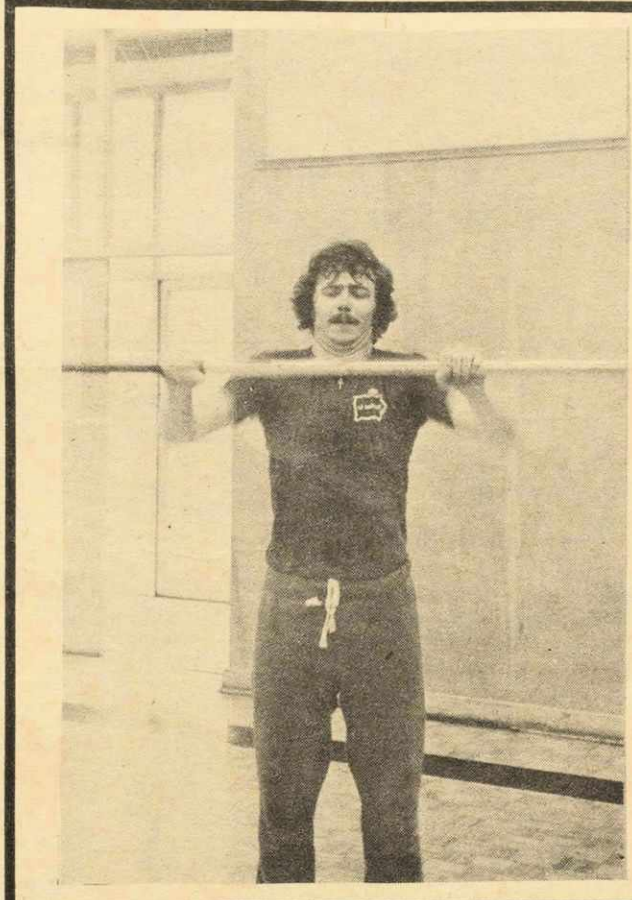
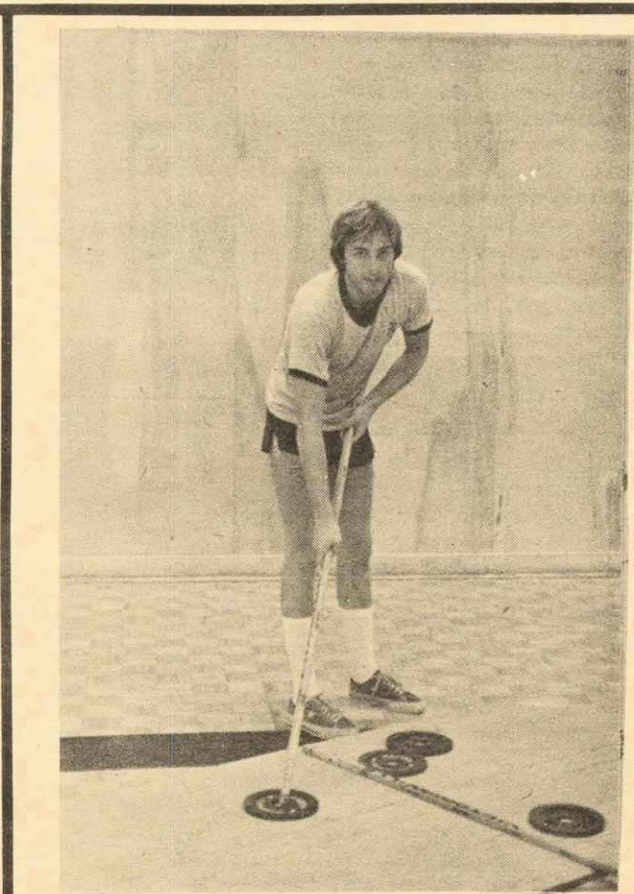
Glen O'Byrne, a centre from Amherst Juniors was eager to say that "the camp was challenging". Here, on a Hockey Canada Scholarship, O'Byrne placed second in the scoring race for his last year's squad and his playing ability should help the Dal club.

Halifax native hopefuls Gerry Beck and Robert Towner were quick to agree that "the land training camp was the best thing that happened to Dalhousie". Towner added "that it is beneficial in that it brings the boys together as well as assists in getting the guys in shape".

The land training camp which began September 20th, has ended for another year, however players are encouraged to "work out from time to time". On Tuesday, September 28th, the Tiger hopefuls hit the Dalhousie track for their 'six minute mile'. It was certainly a challenge for some, but to the majority, it was merely a method of supporting their physical condition. In speaking with Head Coach Pierre Page about the land training camp, he had a few comments to make: "The camp had four objectives: to increase flexibility; reduce injuries; increase endurance and improve muscular ability of muscles used in hockey. These short term goals were reached and the fact that the camp was compulsory worked at bringing the club closer together".

In essence it appears that as the Tigers head for the ice, they are in good physical condition and the new attitude of the rookies in the camp should provide for a fresh start, which is needed on this campus. The attitude of the camp is positive and collectively it is apparent that picking this year's squad is going to be quite a task.

On-ice practises resume this week as follows:



Thursday and Friday: 6:00 - 10:00  
Saturday and Sunday: 8:00 a.m. - 12:00 noon

These four time periods will see two groups each practising for two hours.

On Monday, October 4th, the Dal club will begin its final on ice campaign in preparation for the exhibition trail. Times for the practises are: Monday to Friday 6:00 - 8:00 in the evening, whereas the Saturday practise is from 12:30 p.m. to 2:00 p.m. and the Sunday slot time is from 1:00 p.m. - 2:00 p.m.

All in all it looks like the best start for the Tigers in a number of years. The land training camp was well attended and its organization and overall benefit was invaluable to all. The next step is to hit the ice and gear up for the exhibition trail which lies ahead. Here is a list of the trail:

October 13: Dal vs. Dartmouth Juniors ...place to be announced.

October 16 & 17: Dal vs. U.N.B. Aitken Centre, Fredericton, NB

October 23 & 24: Dalhousie Invitational Tournament, Dalhousie Rink  
October 30 & 31: U.P.E.I. Invitational tournament, P.E.I.

November 5: Dal vs. Mt. Allison, Sackville, N.B.

In essence it does, indeed look like a big test for the rookie-studded club and one test for the club on this campus will be to get the hockey enthusiasts to the rink.

## Track and field

The Dalhousie men's and women's Inter-collegiate Track and Field Teams coached by Cathy Campbell are preparing for the AUAA Track and Field Championships to be held at Beasley Field, Dartmouth, on Saturday, October 2nd from 9 a.m. to 3 p.m.

The men's team will attempt to win their ninth consecutive championship. The sprint team is very strong with provincial champ, Mel Chisholm, leading the way in the 100 m and 200 m. The 110 m hurdles team is lead by Gord Valiant and Ken Ling. Freshman Grant Pyle and Law student Robert Kennedy will attempt to finish 1-2 in the 400 meter, while provincial record holder Robert Englehutt will

attempt a triple in the 800 m, 1500 m and 5000 m with his teammate Randy Bullerwell. The field is also tough this year with devastating veteran Chris Jackson competing in the throws, freshman Paul McGee in the jumps and Brent Hoyt in the pole vault.

The women's team will also be defending their AUAA title. Veteran Lynn Slaters will be competing in the 100 and 200 meter event. This year's team consists of new raw talent. Carol Rosenthal, a sprinter by trade, will also be attempting the long jump. Volleyball star, Karin Maessin will be using her multi talents in various events during the day. High jumper, Debbie Corrigan will be the one to beat in that event.