

Tigers send message: Still the team to beat in AUAA

BY MICHAEL HARTLEY

In a match that used to mean so little — until this year of course — the Dalhousie Tigers men's volleyball team let the AUAA know that they're still king of the hill in this conference. They also let it be known that teams like MUN have a long way to go before beating the 19-time champs in their own barn.

After the embarrassing flight home — that almost turned into a bus ride — a few of weeks ago from St. John's where the Tigers were upset, Dal came out with only one thing on their minds — Revenge.

The Tigers jumped out to an early lead in the Friday afternoon affair and never looked back.

"We looked good tonight," head coach Dan Ota said after the match.

He was right. The Tigers looked like their old selves as they handed MUN their heads in a 5-0 debacle - 25-18, 25-20, 25-18, 25-

14 & 25-18 - at the 'plex. The only point of concern for the Black and Gold was the high number of service errors.

The exclamation point on the victory was a nasty "six-pack" delivered by Ryan Andrews to an unsuspecting Sea Hawk in the fourth. Folks, take it from a former junior high star — ok, benchwarmer — those don't tickle. Not only was this game important in terms of the AUAA standings — which Dal now tops — but this match sent a message to their potential opponents across the net.

The win was to say that the loss the Tigers suffered in St. John's earlier in the season was a sort of "miscommunication" between the two teams.

The following day, Moncton arrived in town and was quickly shown the door. Dal swept 5-0 and the game was marked with some new faces making considerable contributions for the Tigers. That same

day in Fredericton, MUN traveled to the New Brunswick capital to face the Varsity Reds in a pivotal tilt. This game was to determine second place in the division and a date with the Tigers this coming weekend for the AUAA banner. The well-rested Reds disposed of the Sea-Hawks 4-1 ending a dream season for Newfoundland entry. Their season — which saw them gain some well-deserved respect from within the division culminating in a win against the conference powerhouse — is over. Their last game was against Moncton on Sunday and the result simply isn't important enough to print in a publication that values its precious print space (see hockey, previous page).

The stage is set for the upcoming weekend. In what has become a rite of February at this school, the AUAA championships will be hosted at the Dalplex with an invitation to the national dance on the line. As the weekend ap-

proaches, I can finally say that someone is listening to me. Since the inception of the five-set match — as opposed to the best of five — I have been calling for its banishment because of its lack of appeal and non-family viewing qualities. For the AUAA championships, my wish has been granted. Well it hasn't really but a winner must be determined in each match, so they have to play best of five. This begs the question however, what the hell were they doing playing all five during the season anyway? Some

never listen.

Tip off for the AUAA's will be Friday night at 6:00 p.m. at the Dalplex. The match on Saturday will take place at high noon. In this best two-out-of-three-matches event, the game on Sunday — 12:00 p.m. — will be marked with an asterisk, noting its possible necessity. The winner of this mini tournament will travel to Quebec City at the beginning of March to battle for the national championship at Laval University.

To abstain or not to abstain?

BY DENA VANDALFSEN

There is no absolute answer, but a recent study suggests that sex before a sporting event could benefit rather than hinder an athlete's performance.

Emmanuele Jannini of the University of L'Aquila in Italy told the International Journal of Andrology that an increase in the rise of sexual activity is accompanied by an increase in the male hormone testosterone.

It is testosterone that makes men aggressive and this high level of aggression can be advantageous in competition the next day.

The study, which is contrary to the widely held belief that men should abstain from sex before sporting events to conserve energy, only addresses male athletes who play sports in which aggressiveness is an asset.

Not all medical professionals believe in the rule of abstinence.

"Before you believe that love-making before an athletic competition will sap your energy realize that the Buffalo Bills were separated from their wives before four Super Bowl games," said Dr. Gabe Mirkin, a sports medicine specialist, in the National Post. "And you know their record: four and zero."

There are some notable athletes who ignore the rule to abstain. After getting the gold at the 1992 Albertville Olympics, Canadian downhill skier Kerrin Lee-Gartner was quoted saying: "[Max and I] made good vibrations for the race."

Another story goes back to the 1968 Olympics in Mexico City. Bob Beamon tried something new and had sex the night before a major competition.

Beamon feared he had lost his

chances for Olympic gold, but the 22-year-old American jumped 29 feet 2.5 inches beating the world record by nearly two feet.

If anyone, the late basketball star Wilt Chamberlain and his claim to have been with 20,000 women, shows that sex can accompany an athlete to the top of his game.

Some people are quick to dismiss the new findings.

"What a bunch of crap," said Ron Wilson coach of the NHL's Washington Capitals, in the National Post. "What about guys who [masturbate]? That doesn't count?"

It is believed that celibacy allows an athlete to focus energy and make it available for the game. Boxing heavyweight champion Muhammad Ali was celibate up to six weeks before a fight. The 1998 Brazilian World Cup soccer team did not allow visits from wives and girlfriends.

Dr. Elizabeth Abbot author of A History of Celibacy traced anecdotal evidence of athletes abstaining back to the Greek Olympics.

"If you're not discharging energy in sex you are somehow hoarding it in your body and releasing it into sports," said Abbott.

However there is no actual proof that abstinence has any effect positive or negative. The act of sex itself is not the problem. The average sexual encounter burns four calories a minute. Not enough to exhaust a trained athlete.

The problem lies in the pursuit of sex and it is the wild lifestyles that are not good for performance. The issue has not been resolved.

Some people believe in abstinence. Some don't. The key is moderation. A maxim to live by: sex before six.

Hey punk-ass!

If you think we're boneheads for not writing about your favorite sport, why not use your \$5000-a-year education and write something?!

A \$1000
Scholarship
from **TYLENOL**®
acetaminophen

You could
**WIN 1 of 50 \$1,000
SCHOLARSHIPS OR RESPS***

Templeton
First in Global Investing
Offered by Templeton Management Limited.

McNeil™
Multil Consumer Healthcare
Ottawa, Canada
NEW, INC.
*Contest rules available at participating
pharmacies or call 1 800 265-7323.

TYLENOL
acetaminophen
™ Trademark of Templeton Management Limited.

GALLEY & CHAUNCEY



- Tuition regulation
- Increased awareness of the Health Plan
- Accountability of DSU services
- Scholarships and bursaries tax exempt

PRESIDENT & EXEC VP