

SPORTS and RECREATION



Dr. Labib Tennis tips

The serve

In delivering a serve, you must learn not only how to get the ball into the court, but also how to force your opponent into a difficult return by getting him off-balance.

Developing a strong, accurate serve will almost guarantee you a victory in every game in which you have the honour.

The best kind of serve to try and master is an accurate one.

Pancho Gonzales, a former world champion, put more emphasis on his serve than on any other shot. In practicing, he would take an empty can, place it at one corner of the receiver's court, and try to hit it with as many serves as possible.

This would also be a good drill for you to work at.

To be successful, you must get at least 70 per cent of your first serves in; if you don't, you'll be in trouble.

To execute the stroke, place your left foot about 18 inches in front of your right, with the bulk of your weight being on your right foot. Stretch your left arm (while holding the ball) upwards, and drop your racquet arm down beside your right leg. Then, while releasing the ball, twist your body backwards slightly to build power into the shot.

When the ball reaches its maximum height, pivot your body back around, bring your racquet arm up in an arc, and meet the ball keeping the racquet face square to the line of flight.

Make sure that when you meet the ball your arm is fully extended, but when your arm is on its way up it is slightly bent at the elbow.

When you meet the ball follow through fully and let the motion carry you onto the court.

York top three gymnasts sweep in Olympic qualification trials

By EVAN LEIBOVITCH

In Olympic qualification trials held last weekend in Mississauga, three York students took top honours. Nancy McDonnell, Teresa McDonnell and Lise Arsenault received first, second and third place standings at the meet, held at Cobblestone Courts.

The meet, the second of its kind, was sponsored by the Canadian Gymnastic Federation and local Athletic groups. The first was in Ottawa, where a preliminary field of over 35 competitors was narrowed down to 16. The meet in Mississauga further eliminated six more, and the final trial at Calgary May 22 will determine the eight Olympic contenders.

22 COMPETITORS

The meet consisted of one day of compulsory and one day of optional routines on each of vault, uneven bars, balance beam and floor exercise. There were 22 competitors last weekend, though only the 16 winners of the Ottawa meet have their costs subsidized. According to Arsenault, all of the 22 were eligible, though it would be difficult for losers of any of the trials to qualify.

NO ASSURANCE

While the trials go on, however, Canada is still not assured of one of the twelve positions at the



York gymnasts Lise Arsenault, Teresa McDonnell and Nancy McDonnell.

Olympic competition in Montreal. Qualifying rounds in Mexico and California will help determine whether or not Canada will be able to compete. Lise is confident, however.

"Canada's chances are quite good this year, as this year's entry is the best Canada has ever entered. Our chances are at least as good or better than those of the U.S.," she said.

EXCALIBUR



Staff meeting
Today at 4 p.m.

Stong wins York torch

The Stong College "Green Machine" has won the York Torch, continuing its domination of inter-collegiate sports at York. The announcement and presentation was made at banquet held Tuesday night in Winters Dining Hall, presided over by outgoing president of the Inter College Athletic Council, Bonnie Patterson.

TOP HONOURS

In other presentations made at the banquet, Stong took the individual honours in men's and coed sports, while McLaughlin (runner-up in overall standings) came first in the women's division. Special service awards were given to each college's athletic reps, as well as to Arvo Tiidus, co-ordinator of the system, and his assistants.

Tiidus pointed out that some 40 per cent of York students participated in Inter college athletics.

CARNIVAL TIME, NAPLES, 1677

THE ROVER

by Aphra Behn

A racy, outspoken Comedy of Intrigue, Masquerade & Mistaken Identity, by the first Englishwoman to earn her living by her pen

April 1 - 17th at 8.30/\$3.50

Student Special - 99c - Tues. - Thurs.

FIREHALL THEATRE

70 Berkeley St. - 364-4170

FACULTY OF FINE ARTS YORK UNIVERSITY



Auditions and Evaluations will be held on the Keele Street Campus during the week of April 19, 1976.

ALL INTERESTED YORK STUDENTS with aptitude and/or proven interest in at least one discipline are invited to contact the following for appointments and further details.

DEPARTMENT OF:

DANCE	667-3243
FILM	667-3244
MUSIC	667-3246
THEATRE	667-2247
VISUAL ARTS	667-3624
GENERAL HONOURS	667-3656

you'll be needed

when you're a professional
RIA Management Accountant.

There is a growing demand for men and women with the professional skills and insights of the RIA Management Accountant. And no wonder. Decisions are more crucial than ever in today's economy. Top management in business and government needs all the help it can get. RIA's are uniquely qualified to play a part.

Why? Because our study program goes beyond a thorough study of accounting, computers and data processing. It also includes such fields as report writing, organizational behaviour and management processes. So you will be that rarest of all people; a specialist with a broad point of view.

Because you study while working, your career will move ahead faster from the very start of your RIA program. Even if you have not graduated, your post secondary studies will probably earn course exemptions to shorten your RIA program. Mail this coupon today for more information.

23

For information write:
R. J. Mattina, RIA, Registrar
The Society of Industrial Accountants of Ontario.
Box 176, Hamilton, Ontario L8N 3C3.

Mr./Ms.

Address

City



the professional
management
accountant

**FIRST TORONTO
PERFORMANCE:
THE MOON IN THE
YELLOW RIVER**
FAMOUS IRISH PLAY
BY DENIS JOHNSTON
*"a barrel of fun with
gunpowder inside"*
STUDIO THEATRE
SENECA COLLEGE
Every night till Saturday
8.30 p.m. + Matinees Fri.
Sat. 2.30 p.m. Tickets \$4.00
Students \$1.00
Box office: 491-8877
Director: Gerald Parkes
Finch Ave East at
Woodbine / Cheers!