

# Speaking on Sports

with RICHARD VIVONE

WINNIPEG—When the Canadian National team was formed in 1963, the captain-elect was unknown in the western regions of Canada.

Henry Akervall, an All American hockey player from Michigan Tech, and a native of Port Arthur, Ontario disappeared from the national hockey scene after that season but has since reappeared as a university hockey coach.

While in Winnipeg last weekend, I attended one of the National's workouts. Akervall was at the practice talking to former teammates and your correspondent had the pleasure of an interview with the coach of the Lakehead University Nor'westers.

In organizing a relatively new team, the first problems usually involve the recruiting of players. The varsity clubs have to compete with the junior and senior teams who offer pay for play.

"We have no scholarship plan," related Henry. "We can't pay for skates or give them any other benefits. However, the boys can work in the rink on weekends and referee intramurals for additional funds. It's not much, but it helps.

"I hope the Rotary and Kiwanis clubs will help us by awarding scholarships to boys who are capable players and are sound academically. There is no reason in the world why a top athlete with decent marks shouldn't be given financial aid.

## They have no money either

"Those Molson's scholarships have a flaw in them. The boys should have to make the team first before receiving it.

In an attempt to mold a winner, Akervall plans to visit most of the communities in northern Ontario and promote Lakehead University.

"We have to acquaint the high school students with the university. They should know the academic and financial advantages.

"But we have some distinct disadvantages. Our budget is smaller than those of some high schools. We have to run athletics and the intramural program from a \$15,000 budget. It's a shoestring operation and we're literally going from hand to mouth.

"This trip to Winnipeg took 10 per cent of our total budget."

The student body of 1,500 contribute ten dollars of their activity fee towards athletics.

The game should be a whole social evening, not just the game itself. Cheerleaders can help this a lot.

"We like to stage impromptu rallies. The cheerleaders will pick a time when the cafeteria is usually full and go in and make some noise. They let them know their is a game that weekend or that night.

## Players must be in condition

"We would also like to have the girls skate on the ice. They do at North Dakota and Michigan and should do it here too.

"What is really necessary is to make these rallies student orientated. They should not be the result of some dictatorial policies.

In training his team for competition, Akervall had some novel ideas—novel in Canada anyway. Some parts of Canada would call them 'radical'.

"The players have to be in condition," says the coach. "This game is not fun if players are not in shape."

"I am instituting a pre-season training camp in which we will concentrate on strengthening muscles directly involved in hockey.

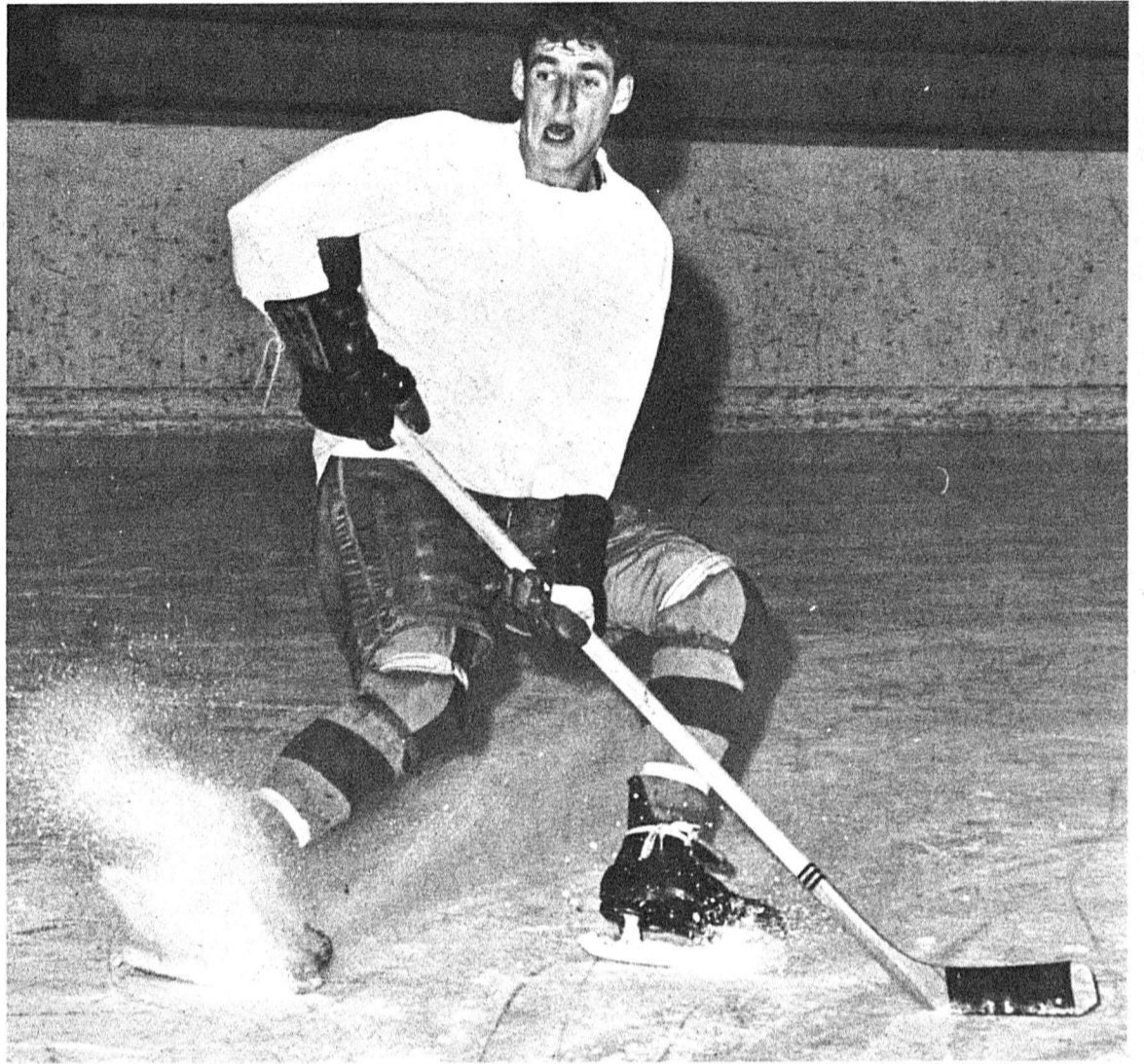
"This camp should start as soon as the players come to school. Wind sprints to help breathing, exercises to stretch groin muscles and build up the forearms and arms, all help to build up endurance.

"You can't build up muscles just skating. Players reach a peak and then level off and stay there. Maybe we can put weights on skates or something . . .

But one doesn't have to go overboard in this thing. "You're bound to find something new if you experiment. We can't say we've perfected the game and it can't improve.

"But, if you run into roadblocks, don't scrap the whole thing. It can't be done overnight. It has to be worked on.

And if it takes work, then Henry Akervall, Athletic Director of Lakehead University will succeed.



—Neil Driscoll photo

## Steve Kozicki

Look at the man.

He is a hockey player.

He is Steve Kozicki.

He was a Golden Bear last year.

He is a Saskatchewan Husky this year.

Bears play Huskies this weekend.

Bears must beat Huskies this weekend.

Bears must beat Huskies by stopping Kozicki.

Stop Kozicki.

Stop the Huskies.

Color them dead.

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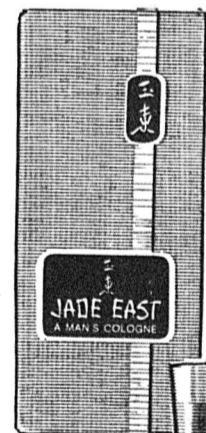
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