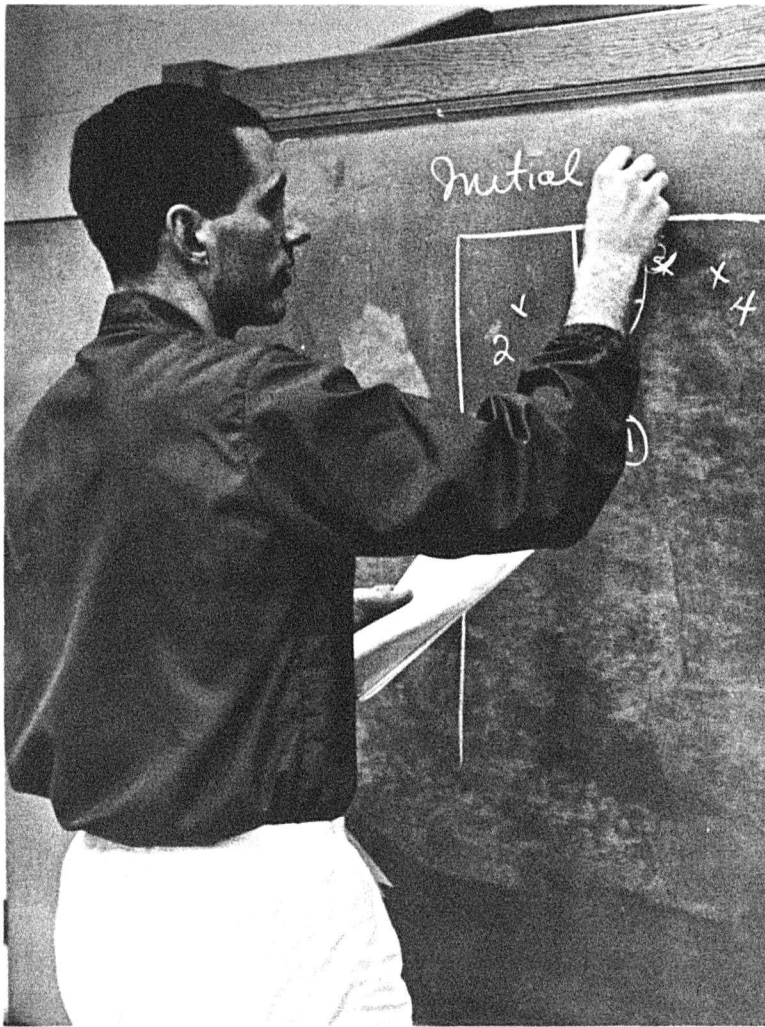


# Gateway Sports



**COACH IN ACTION**—Coach Barry Mitchelson of the basketball Golden Bears outlines offensive moves in one of the many chalk-talks which make or breaks a team.

# A intimate, personal look at the basketball Bears' coach

## He even played pro football

The door was closed so I knocked.

A moderately husky voice from within answered, "Come-in."

I entered. The man who owned the voice also owned a large stature but not one suffering any from lack of exercise. He was a touch over 200 pounds and at least 6'6" tall. His eyes were penetrating and I felt as if he was looking right through me at the door behind me.

But then I had become accustomed to this in the six months I had known him and shrugged off the feeling. I had also become accustomed to the wide grin he reserved for days that were going his way. It looked a bit awkward on a man of his size and somehow always reminded me of a Cheshire cat my sister once owned. I shrugged that off too.

Before either of us had a chance to speak the phone rang. He waved me to a seat. Somebody wanted some information so I took advantage of the distraction to glance around the office. It was amazingly orderly as usual. The only noticeable change was two stacks of examination papers lying on the desk. One was stacked so high it was in danger of sliding onto the floor, the other was composed of no more than half a dozen papers.

### CHECKING EXAMS

The big man had finished dispensing information. "As you can see, I'm in the middle of checking exams," he said as he fingered the small pile of papers. At the other he threw a contorted look.

Who is this man? A professor? A psychologist? Maybe both rolled into one? Not exactly. He's a coach and his name is Barry Mitchelson. He's the head mentor of the Golden Bear basketball team.

Most basketball fans know him only as that somewhat outspoken coach on the sidelines who frequently lets his inner feelings be known to all including on occasion the game officials. But he's also a phys ed instructor in addition to his coaching duties and a well qualified one at that.

At 26 years of age, he's in possession of three degrees, a BA in history from the University of Western Ontario, a BPE from Alberta and an MA in history also from Alberta.

Presently Mitchelson is respon-

sible for two basketball courses, one advanced and the other elementary. This gives him six hours of class time a week. He doesn't complain about that though. In the first term he had nine hours of classes teaching two football courses and an elementary basketball course.

Mitchelson came to The University of Alberta in the fall of 1966 and was appointed coach of the basketball Junior Bears. Previous to that he spent three years playing college basketball and football with the Western Ontario Mustangs where he was named top freshman athlete of the year in his first year.

## A GATEWAY SPORTS FEATURE by Joe Czajkowski

He was drafted by the Edmonton Eskimos in the fall of 1964 and played out the season with them before being traded to the Toronto Argonauts. Toronto put him on waivers in 1966 and he came back to the Eskimos. Then he got the coaching offer from the U of A.

It was a hard decision to make," said Mitchelson. "I could have got a couple more years of football but then I didn't want to give up an opportunity to coach either, so here I am."

"But what does it take to be a coach," I asked. "What kind of problems do you run into and how do you solve them." He sat back in his chair and, completely relaxed, started to talk. I sensed immediately that he was in his own element now.

"Naturally there's some strife on a team when you just throw a bunch of guys together," he said. "But solving these things is just as much challenge as trying to get the most out of an individual in a game."

"For every guy there's a different way. Some I have to discipline, criticize their mistakes. Others I can't be as harsh with or

don't need to be. They know they've made a mistake and I don't mention it to them."

"I can't solve all the problems but I try to solve as many as I can," he continued. "For example it's really tough to get a team up to play a weaker team. It's my responsibility as a coach to get them up and it's a difficult thing. When there's good opposition there's no problem. They get themselves up."

"What about your actual practice sessions?" I asked.

"Well," he said, "the first part of the practice everybody works alone. I might help a guy who's weak in one aspect of the game, say shooting. Then the guys go through a conditioning session and then work on individual skills. After that there are errors from the week before to correct and a few different formations to practice. We usually end with a scrimmage."

"What about yourself," I asked, "Do you ever get into any of the scrimmage?"

"Well," he laughed. "No, I don't pretend I'm still five years ago."

"What is your average day like?"

### GET UP EARLY

"I have an 8 o'clock class so I have to get up pretty early. I'm finished classes at noon and from then till 4:30 I try to get some of my work done. Today it happens to be checking exams. Then I go home for dinner and if it happens to be the day of a game I have to be back by 6 o'clock to help solve any problems the JV's might have. At 7:30 I take the guys (the Bears) into the dressing room to get ready for the game."

"It's hard on my wife," he volunteered. "Successful coaches have to have successful marriages because they're away a lot so I promised her if we won it (the WCIAA title) I'd take her down East to the championships—so she's going."

"How do you like road trips?" "Well, the days are an awful long time," he said. "The only reason I like road trips is that I get a chance to sleep in till noon. The afternoons I usually spend shopping or just walking around and then I call a meeting in my room about 6 o'clock to get the guys ready for the game."

"I've got great managers," he added. "They take care of everything on road trips and at home. I don't have to worry about anything but the game."

ODDS  
AND  
ENDS

# SALE

4 days Only—Wed.—Thurs.—Fri.—Sat.

### MEN'S

Slacks .....	3.99
Shirts .....	1.99
(large sizes only)	
Ties .....	.49
Sweaters 4.99 9.99 14.99	
Jackets .....	7.99
Overcoats .....	19.99
Shoes .....	4.99 9.99

### LADIES

Dresses .....	6.99
Summer Dress .....	4.99
Skirts .....	4.99
Slims .....	4.99
Blouses .....	1.99

Many items are countersoiled, have been used for display or have buttons missing. Yours for cash. All reductions are from 60% to 80% off.

NO Exchange  
or  
Refund,  
All Sales  
Cash

## Campus Squire

Free Parking  
in Parkade  
433-8183  
439-3393

11155 - 87 Avenue  
next to Bank of Montreal

### OPTOMETRISTS

*Drs. LeDrew, Rowand,  
McClung, Jones, Rooney,  
And Associates*

Southside Office: 10903 - 80th Ave. Telephone 433-7305

OFFICE HOURS BY APPOINTMENT MONDAY THRU SATURDAY

Main Office: 12318 Jasper Ave. Telephone 488-0944

## the mountain shop

Climbing and Back Packing Equipment  
Down Parkas and Sleeping Bags  
Blizzard Skis  
Kastinger Ski Boots

10922 - 88 Avenue Phone 439-3089  
Closed all day Monday

## THE OVEN

8507 - 109 Street

Fast Take Out Foods

FREE DELIVERY  
(TO THE UNIVERSITY AREA)

Phone 439-1101

Pizza—8", 12" Hamburgers  
Grinders Milk Shakes  
Hot Dogs Soft Drinks

OPEN 2 a.m. Weekdays  
3 a.m. Friday & Saturday

Student Cinema presents...

The Russians Are Coming  
The Russians Are Coming

March 6 7 p.m. SUB  
Admission 50c