SPORTS and RECREATION

York skiers lose to Yankees

The York Ski team travelled to to short, 40-second races, the Owls Head, Quebec this weekend, to compete in the Can-Am I.A.S. championships sponsored and coordinated by Molson's Breweries of Canada.

The meet, last of the winter for the York team, involved eight American and nine Canadian universities.

Due to treacherously slick ice conditions, the first event of the meet, the downhill race, was cancelled. Over the next four days however, the 17 schools enjoyed fairly moderate conditions for the slalom and giant slalom events.

In the giant slalom, mapped out down the entire length of the mountain, York placed second among the Canadians and eighth overall.

Considering the fact that York's team members were conditioned

finish came as a very pleasant surprise.

The two top York racers in this event were Paul Woodhouse, with a fifth in the Canadian sector and a 22nd overall, and Rod Farmer who finished seventh for the Canucks and 25th overall. Farmer's combined time for two runs was 189.71 seconds while Woodhouse turned in a 189.08.

There was a total of 120 racers in the event.

Two days later for the slalom races, torrential downpours dampened the team's spirits but, surprisingly, not their performances.

Racing down the very steep and difficult course, the Yeomen managed a third place finish for the Canadians and a tenth-place standing overall.

Rod Farmer again came

through for the squad with a 22ndplace finish in the field, while Glen McKay, coach Jim Wiggins, and Vesa Simanainin turned in low enough times to give the team a fourth-place standing in the event.

When the combined results of the two events had been tabulated, the Yeomen finished in third spot for the Canadians just behind second-place Toronto and Dalhousie, the top Canadian school.

To no one's surprise, the University of Maine won the overall championship.

In the regular Ontario interuniversity series, York placed third in a field of 12 schools, behind Queen's and the U. of T.

The team has enjoyed York's best ski season to date and is looking forward to next year's



Hockey stars Gail Johnson (left) and Brenda Stewart at banquet.

Women's sports banquet: soggy salad, lots of love

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As dinner-time drew nearer, the group became louder and more jovial. Casual passerbys atop the Winters ramp soon identified the congregation below as the

special "jock" elite on campus. Promptly at 7 p.m., the male and female groups divided and proceeded into the designated dining-halls for dinner.

The woman's banquet of wilting salad, fishy veal parmesan and gasoline coffee was saved by the novel, if not perfected, entertainment provided by the various teams.

The summer-camp atmosphere developed as the evening wore on. The un-mistakable affection demonstrated in the various activities on the programme reinforced it. As coaches praised athletes and athletes praised coaches, as awards were presented and accepted, the words most often used were "spirit" and "hope"; "love" was tossed about quite freely.

The awards presentations, which commenced rather late, were still the high-point of the

The Honour Level Award, presented to women who have accumulated a minimum of 65 participation points on varsity teams, was won by Cathy Brown (80) and Marilyn Payne

the highest award available to a graduating student, was also won by Marilyn Payne. Payne, a past Women's Athletic Council president and a varsity badminton, field and ice hockey player, accepted the award with mixed feelings of happiness and sadness.

Dr. Taylor, chairman of Athletics at York as presented with a miniature replica of the award in appreciation for his efforts in the promotion of women's athletics.

President Ian Macdonald presented the Athlete of the Year Award. Describing himself as "Bob Hope on Academy Awards Night", Macdonald suspensefully opened the enopened the envelope. The winner of the coveted award was Rita McMinn, a third-year physical education student boasting an impressive record in track and field. McMinn thanked the audience in a thin, shaky voice expressing special appreciation to her coach, Dave Smith.

The evening was a success and President Macdonald, eloquently praising York's women athletes for their dedication and for the growing distinction they bring to the university, drew smiles of as ne declared. "athletes of your calibre are a delight to behold. I say that 75). with presidential pride not chauvinistic cheek."

Blues take crown amid national furor

Last weekend at Varsity Arena, amid a torrent of controversy, the University of Toronto Blues won their eighth National hockey championship by defeating the Guelph Gryphons 7-2.

The controversy, initiated by various coaches and hockey men across Canada, arose when the Blues failed to win the Ontario hockey championship three weeks ago in London.

Varsity was granted a berth in the CIAU finals because of its position as host of the tournament, but when the team failed to even qualify for the Ontario finals and was still allowed to play in the Nationals, the furor began.

Most coaches in Canada felt that CIAU officials should have revoked their decision to let the

Blues play in the CIAU finals, but such an announcement was never made.

So, Toronto did participate in the tournament and, much to the chagrin of opposite factions, did end up winning.

The championships were a three-day affair with final game played on Sunday afternoon.

Friday, Concordia thumped Guelph 5-2 while the Calgary Dinosaurs nipped the Blues, 5-4.

Saturday's action saw Guelph beat Calgary 4-2 while Toronto eked out a 3-2 overtime decision against Concordia. The Stingers, led by All-Canadian goaler Jim Corsi, were the pre-tournament favourites to win the crown.

Sunday's showdown began like a full-scale war but gradually petered out into mild tussle.

No less than 26 minutes in penalties were called by referee Jim Lever in the first period with the Blues soaking up the major brunt of the bruise-inducing bodychecks.

Over half of the period went by before Paul Sawyer got Toronto on the scoresheet by tucking in a Graham Wise goal-mouth pass.

Minutes later forward John Prescious put the Blues into a 2-0 lead taking a pass from Kent Ruhnke.

For the first five minutes of the second period, it looked as though Guelph was ready to settle down to the business of scoring goals.

Lorne Jarret and Frank Staubitz put the Gryphons back into a 2-2 tie with quick, low shots that beat Blues' goalie Mark Logan.

Seconds after the second Guelph goal however, Larry Hopkins converted another Ruhnke pass to the put Varsity into the lead to stay.

From that point, the game seemed to take on a very distinct pattern: end-to-end firewagon hockey, then a period of scrambly, loose play, followed by another Blues goal.

Gryphon netminder Mike Griffin kept his team in the game for a spell, but the pesky Toronto players Bob Adoranti, Doug Herridge, Prescious with his second and Mike Hannon rounded me blues scoring.

Hopkins, Ruhnke, Adoranti, Charlie Hughes, and Guido Mazza each picked up two points while Prescious added three on two goals and one assist.



Dr. Labib Tennis tips

forehand

This is the first in a short series of tips on tennis by Dr. Nabil Labib, owner and manager of the Sports & Dance Centre in Central Square.

The basic strength of your tennis game rests with the forehand.

The forehand, like many other shots in tennis, can be played either as an offensive or a defensive stroke, but it must be executed properly. This means concentrating on getting depth, power, and accuracy into the shot.

To accomplish these three things, one must learn to put the whole body behind the stroke rather than just the power exerted by the racquet

To play the forehand, assume a ready position at the centre of the court with the feet spread comfortably and the racquet pointing straight out from the centre of the body.

When the ball approaches, turn your body towards the side line and place your left foot slightly ahead of your right. In golf, this is known as the closed

Next, let your left hand drop from the shaft of the racquet and place your weight on your right foot. Take your racquet back in a sweeping motion keeping it approximately parallel to the level of your neck.

In hitting the ball, transfer your body weight back to your left foot and bring your racquet up into the ball in an upwards

Contact the ball when it comes in line with your left foot and make sure the face of your racquet is not tilted backwards.

Follow through in an arc with your arm fully extended from your body.

Playing the topspin forehand, as many of the pros do so well, requires a fair amount of experience.

To execute the shot properly you must increase the racquet speed in the hitting area and turn the face of the racquet over slightly towards the net.

The affect of this stroke is that the ball travels further and with greater speed after it takes its first bounce on the other side of the net.

Swim coaches gaze back on the season

Despite a number of freak problems and unfortunate circumstances encountered throughout the past year, the two coaches of York's men's and women's swim teams still feel there were very definite silver linings in their respective dark clouds.

The men's team, under coach Dave Goodman, was plagued by a lack of experienced swimmers, but fought to a fifth place finish at the OUAA finals.

The women's team, coached by Carol Gluppe, was stricken by an assortment of injuries and illnesses at unfortunate times, but managed to place two swimmers, Jan Bevley and Anne Westfall, in qualifying positions for the Canadian Championships.

"I'm pleased with the team's performances this year", said Goodman. "We lost a few good veterans from last year's squad

and we could only afford to replace them with rookies, thus we lacked the number of bodies in the pool to turn in outstanding performances.

"Fortunately, the team knew what they had to do to overcome this handicap and it showed up most notably with their fine effort at the OUAA championships. Being able to have Paul Boulding qualify for the National championships was definitely a big plus for the team," he said.

He added that he expects next year's team to be comprised, basically, of the same swimmers from this year's crew.

Gluppe, the women's coach, remained a touch more refined in her appraisal of the female side.

"I felt that this year's team fared well in spite of all the injuries and illnesses we encountered," she said. "The most disheartening fact was that the actual motives for participating."

illnesses always seemed to strike just before the big meets, while the injuries we encountered tended to take the swimmers out for the balance of the season."

Gluppe seemed concerned about the position of women in the sport. "I think female university

students in swimming have always had a problem in relation to the measure of dedication they must put forth to be successful. Women tend to question themselves on whether the amount of practice and training is really worth it. Their peers, boyfriends and families don't help the situation by putting undue pressure on them either.

"Swimming is probably the toughest individual sport that exists, and it needs total dedication by the swimmer. A competitor can't possibly do well if she is constantly questioning her