

Dal swimmer dominates meets

Angela MacAlpine leads women to victory

BY PATRICK BLACKIE
AND SCOTT SANCTON

Angela MacAlpine has been described by fellow Tigers as an "inspirational and spirited" member of the Dalhousie swim team.

The 20 year old co-captain of the women's swim team has dominated the majority of meets she's attended this year — including first place finishes in the 200m and 100m freestyle at the University of New Brunswick Dual Meet and first place finishes in the 100m fly, 50m fly, and the 400m freestyle at Dal. Also, MacAlpine was the first Tiger to qualify for this year's CIAUs, and she set a meet record in the 100m freestyle and won the 200m freestyle at the Mount Allison Dual Meet.

MacAlpine began swimming in her hometown of Digby, Nova Scotia at the age of nine. The competitive aspect didn't enter until a few years later, and Angela won rarely in her first forays in competitive waters. She then began swimming in Halifax, and better results came.

"Originally, I joined the swim team because a friend of mine was on it," said MacAlpine. "It wasn't really competitive then. You can't do a lot at nine years old."

But when she came to Dal, her skills blossomed.

MacAlpine joined the Tigers in 1996 and instantly grabbed the

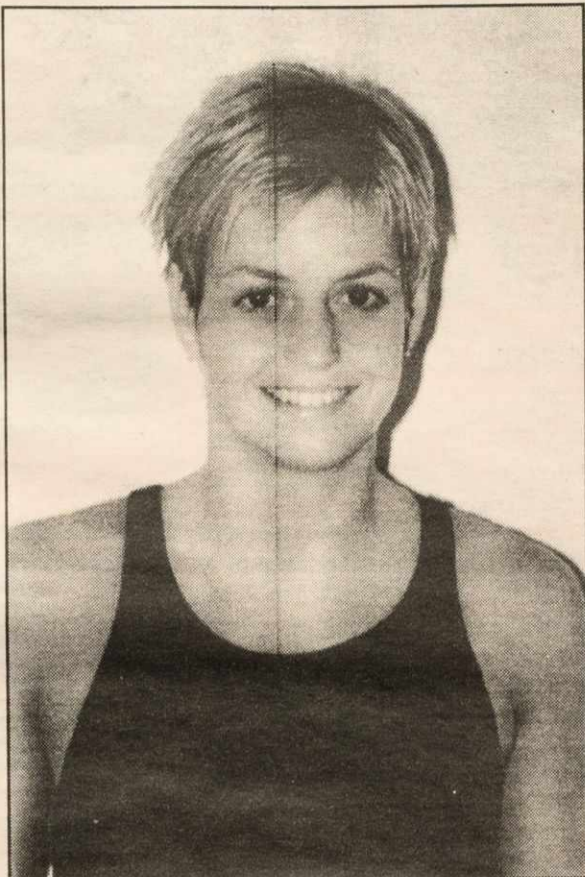
ear of the AUAA by garnering the 1996/97 Dalhousie Tigers' Rookie of the Year award. She has evolved even moreso over the years, becoming the focal point on a successful Tigers team.

"[Angela] leads the women into victory, not only with her swimming," says men's team co-captain Mike Murray, "but through her leadership as well."

Now Angela is a vital part of Dal's swim team, driving the women to victory with

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her pleasant demeanour and difficult training regimen. The 3-time CIAU qualifier has led the



Swimmer Angela MacAlpine.

women's team to a 2-0 record in dual meets so far this year, demonstrating that she is not only a powerful individual swimmer, but a leader and team motivator as well.

The swim team practices seven times a week, and does weight training twice a week. To most people this would be a stressful, but it doesn't phase the third-year Sociology student.

"It's hard work, but I don't mind it. You get used to it."

Dalhousie Tigers' Athletes of The Week

Mary-Beth Bowie
Women's Soccer
2nd year
Health Education
Dartmouth, NS




Mary-Beth Bowie is the Dalhousie Tigers' Female Athlete of the Week for the week ending Nov. 15, 1998. Mary-Beth led the Tigers to a CIAU bronze medal in a 5-0 victory over the McGill Martletts. The striker scored three goals in the match against the fourth-ranked Martletts. Bowie was last year's CIAU Rookie of the Year and this year tied for tournament scoring leader title and was named to Second Team All-Canadian Squad at the CIAU championships.

Dan Hennigar
Cross Country
5th year
BA
Maitland, Nova Scotia



Dan Hennigar is the Dalhousie Tigers' Male Athlete of the Week for the week ending Nov. 15, 1998. Dan led the Tigers to a seventh place finish in a field of 18 teams at the National Championships at the University of Waterloo. Dan was the top runner for Dalhousie, placing 19th out of 133 competitors. The Tigers earned the right to represent the Atlantic conference with Dan claiming his third individual AUAA title in four years and helping the squad win the title at the AUAA championship finals. A first team All-Canadian in 1996, Dan was named the 1998 AUAA MVP.



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TO	MON	TUES	WED	THURS	FRI	SAT	SUN
VANCOUVER	—	18:55	—	—	—	—	—
CALGARY	—	18:55	—	—	—	—	—
TORONTO	—	15:25 ^{5,11} 23:15 ¹⁰	—	23:05	—	—	—
ST. JOHN'S	—	10:25 ^{4,6} 18:20 ¹⁰	—	18:05	—	—	—

*Begins Nov 23 †Ends Nov 15 ‡Week of Nov 16 only §Week of Nov 23 only

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