

# York student flexes his muscles

By ROBERTA DI MAIO

Muscles, muscles and more muscles.

Jeff Biasi, a first-year York student, has got all his muscles in the right place. Biasi was a contestant in the Central Ontario Novice Bodybuilding Championship which held at Chinguacousy Secondary School in Bramalea this past weekend.

The 19-year-old was among 12 in his category and was awarded second place honours.

Biasi finished only half a point behind the first place winner in the middleweight men's category, but explained that the art of body building is just a pastime for him.

"I won second place, I don't brag about it, it's a personal goal, that's all. I did it, and now it's on to something else," Biasi said.

Biasi just started his academics at York this winter. With a Physical Education degree in the front of his mind, Biasi keeps more the athletic possibilities at the back.

After playing Tier II junior "A" hockey for the Richmond Hill Dynes, Biasi will be trying out for the York hockey team next season.

"I spoke to Dave Chambers (coach of the Yeomen) early in the fall and I'll be trying out this coming September."

"I've always trained and hockey was the thing for me," Biasi said. "I used to weight train, run, skip rope and skate all summer."

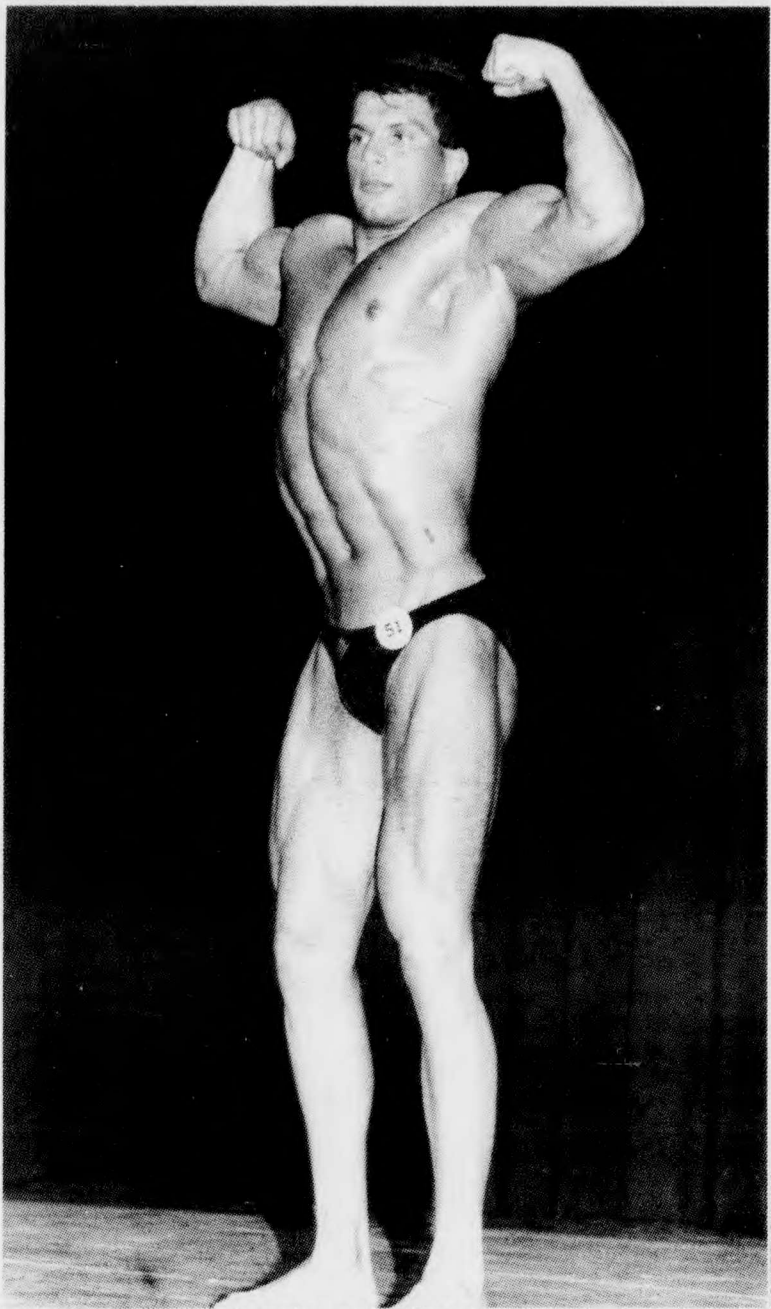
Biasi said after the bodybuilding competition, that the sport has its rewards. He explained that even though it's something he does on the side, you have to be serious about it to be good at it. He also maintained that dieting is the most important part of bodybuilding.

This determined athlete once weighed a hefty 208 pounds and dropped to a lean 164 in just nine weeks. The key element when you're a bodybuilder is reducing total body fat. Biasi explained that before a competition, he goes through a vigorous training schedule.

"The last week, you're down to just tuna and tomatoes or some kind of protein. And the last few days, you feel tempted by other foods."

Another concern for bodybuilders is level of water stored by the body. "The less water you have under the skin by competition day, the better your veins stick out."

When the competition comes the body oils pour out of the bottles, as



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**DON'T EXHALE:** York freshman Jeff Biasi is a part-time body-builder, but he takes his hobby seriously.

the competitors stand on stage for poses under hot, bright lights. With the completion of compulsory events, competitors are usually exhausted by the time posedowns are done before hundreds of screaming fans.

"I had the first-place guy beat in the morning judging, but by the night, I was tired and I couldn't get good muscle flexes for my abs (stomach muscles)," Biasi said.

With such restricted diets, bodybuilders can be extremely weak by competition time and Biasi admitted to a pre-show meal because he wasn't feeling well after the morning compulsories.

Biasi has long-term goals, and one of them is to be a physical education instructor at the high school level.

"I'd like to go to some school where they already have a good sports program and make it better."

## Sports Briefs

### TRACK RESULTS

With 14 York athletes competing at the Canadian track and field championships in Saskatchewan, the women's team placed seventh and the men fourth, out of 24 teams participating from across the nation.

"The highlight for York was Anthony Miglietta," York coach Sue Summers commented. Miglietta came into the Canadian final after winning the Ontario's with a leap of 7.11 metres.

He actually ended up tied with U of T's John Isiofas, when they both jumped 7.22 m, but was able to take home the gold medal because his second best leap was a centimetre further than his cross-town rival.

Miglietta also combined with Keith Dormand, Don MacGregor, and Louis DePaoli in the 4x200m relay for a fourth place finish.

On the women's team, York's Hester Westenburg took the bronze medal in the long jump event with a leap of 5.70m. Lesa Mayes continues to progress, taking fourth spot in the 60m hurdles in a personal best time of 8.83 seconds. France Gareau, recuperating from a slew of injuries, managed to place fourth in her 300m race.

"The bottom line is that this is a young team and will provide a good base for the up-coming years," coach Summers said. "With some recruiting we'll be an improved squad."

### FIELD HOCKEY

Once again the York Yeowomen field hockey squad has fallen victim to the tough Blues. This time the Yeowomen lost 3-2, finishing second in the Ontario Women's indoor field hockey championships.

This marks the third time York has had to settle for second place after losing to Toronto this year.

York's Catherine Timmins scored both goals for the Yeowomen in the losing cause.

### SWIMMING

Two weeks ago, four York swimmers traveled to Halifax to compete in the CIAU championships at Dalhousie University.

Toronto finished first in the women's events while Calgary placed first in the men's event. Toronto grabbed top spot overall.

Top finisher for York was Anne Bruner who placed fifth in the 100 metre back-stroke, ninth in the 50 metre freestyle and 10th in the freestyle.

The other three swimmers for York were Adam Robinson (11th in the 50 freestyle), Peter Darvas (13th in both the 100 backstroke and in the 200 butterfly), and Cheryl Stickley (10th in the 100 butterfly and 12th in the 50 freestyle).

All four swimmers will be back next year and coach Carol Wilson feels York will have a good nucleus on which to build a solid team.

## INTRAMURAL ROUND-UP

### TORCH BROOMBALL

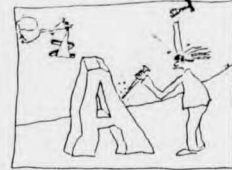
	W	L	T	PTS
BETHUNE	4	0	0	8
WINTERS	3	0	1	7
CALUMET	3	0	1	7
VANIER	1	1	2	4
FOUNDERS	2	3	0	4
MAC	1	2	0	2
STONG	0	2	2	2
YBS	0	3	0	0
OSGOODE	0	3	0	0

### WOMEN'S INDOOR SOCCER

	W	L	T	PTS
MAC	3	1	0	6
BETHUNE	2	1	1	5
CALUMET	2	1	1	5
WINTERS	2	1	1	5
FOUNDERS	1	0	3	5
OSGOODE	1	3	0	2
STONG	0	4	0	0
YBS	0	3	0	0
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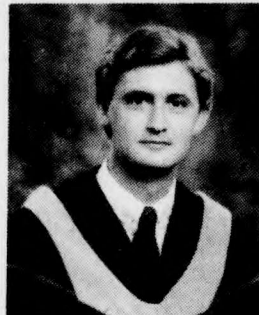
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