

# sports and recreation

## Doubles teams make finals

Two of the Yeowomen's doubles teams made it to the finals in their flights in the Waterloo Doubles Ranking tennis tournament held at Seagram's Stadium in Waterloo on Saturday.

In the finals Dianna Dimmer and Pat Sinclair of York beat Jane Mitchell and Margot Greenberg, also of York, placing the Dimmer and Sinclair team in 'A' division in next weekend's OWIAA championships at Western.

Mitchell and Greenberg will compete in the 'B' division in the championships and doubles team Lilly Durzo and Joanne Healy will compete in 'C' division.

The OWIAA singles women's tennis championships will be held October 29 at Western.

Jeff Davis photo



## Traffic jam stalls trackers, but team performs well

York track and field sprinters Joe Parolini, George Molnar and Andy Buckstein arrived at the McMaster University Invitational meet just as their 100 metre heats were about to begin, last Saturday.

Running without the benefit of a warm-up, Buckstein was the only Yeoman to advance to the final.

A lengthy traffic jam between Toronto and Hamilton was the cause of the late arrival of the York track and field team and of Hurdler Dave Carmichael missing his 400 metre competition.

In the final, Buckstein overcame a poor start to catch the field at the 60 meter mark and went on to win in 11.1 seconds for 100 meters.

Buckstein also survived the 200 meter heats and finished second in the final in 22.7 seconds, a mere one-tenth of a second behind the winner.

Mike Housley attempted a difficult double of the 800 metre and 5000 metre races and came away with two third place performances of 1:57.6 and 15:41.8 respectively.

Taking a fifth place finish was javelin thrower Henry Czaniecki.

The 4 x 100 metre relay team of Parolini, Molnar, Carmichael and Buckstein was clocked in 44.8 seconds and the 4 x 100 metre team of Molnar, Carmichael, Devlin and Buckstein was clocked in 3:42.5, due mostly to Carmichael's speedy second leg.

Other Yeomen competitors included Derrick Jones, sixth in the 1500 metre, Danny Katz, seventh in the 5000 metre, Molnar, tenth in the long jump and tied for eighteenth in the 200 metre and Hilton Devlin, twentieth in the 400 metre.

Also competing for York were Ron Martin, Steve Karpik and Duncan MacLachlan.

For the Yeowomen, defending OWIAA (Ontario Women's Intercollegiate Athletic Association) high jump champion, Evelyn Brenhouse, won her specialty with a leap of 1.70 metres and for an encore also won the 100 meter hurdles in an exceptional time of 15.5 seconds.

Other female competitors for York included Elizabeth Rynkon who came fourth in the javelin, Elaine Weeks who was eighth in the long jump, and Mary Dean who was tenth in the 1500 meter event.

This Saturday both York track teams return to Hamilton, for the OUAA and OWIAA Championships and the prospects for both teams look promising.

The Yeomen are looking for a finish in the top six, an improvement over last year's thirteenth place position.

The Yeowomen also expect to improve on last year's fifth place finish.

## Yeopolers have mixed success

York Yeomen had mixed success at the Queen's Water Polo tournament, the first official OUAA meet of the season, last Saturday.

In their first game against Carleton they started disastrously and were down 5-2 at the end of the first quarter. Despite a sound performance and four goals from Neil Harvey, excellent defensive play from Chuck Gariller, Mike Wallace, Leon Plona and co-captains George Skeene and goalkeeper Herman Schindler, they suffered a disappointing 16-8 loss to Carleton.

Gariller, Wallace, George Skene and Mark Irwin each scored a goal each.

The Yeomen next tangled with the highly rated Queen's team, who defeated Carleton 10-8 in an earlier game. The team started well, with the forwards doing the work they failed to do in the Carleton game. The backs supplied a sound defense and George Skeene demonstrated his vast experience, leading the team with two goals.

Herman Schindler stopped the powerful Queen's side with many a great save in net.

Alas York's inexperienced team could not carry the battle into the crucial last stages and Queen's topped the Yeomen, 10-6.

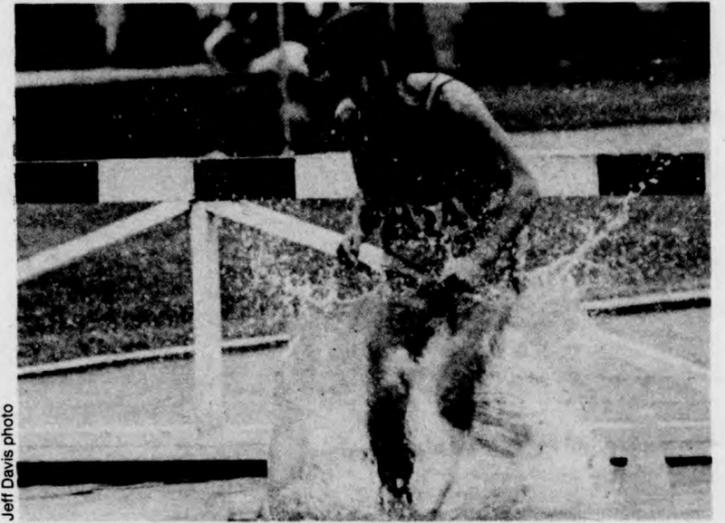
Neil Harvey, Bruce MacDougall, Gabor Mezo and Mark Irwin, netted the other four goals.

Yeomen last battled with the Royal Military College team, composed almost entirely of rookies. Yeomen's over confidence combined with a strong RMC effort, prevented the York side getting on track until the last quarter.

Neil Harvey finally came to life, finished with seven goals and the Yeomen triumphed 14-6.

Harvey racked up 12 goals during the tournament. Next came rookie Mark Irwin with five and George Skeene with four.

The next OUAA tournament is at York this Saturday. The Yeomen are looking forward to the return of Gary MacDonald and strong support from a home town crowd.



Jeff Davis photo

## Injury clinic patches up wounded warriors

By Bruce Gates

In the rough and tumble world of varsity sports, a team's success may hinge on its collective health. The fewer the injuries to key personnel, the better the team's chances are of winning.

But when injuries do occur, York players can depend on capable individuals who run the sports injury clinic located in Room 117 of the Tait McKenzie Physical Education Centre.

"We look after all the students, faculty and players," says Ed Nowalkoski, who looks after the clinic and also teaches a course concerning athletics injuries.

Although it serves varsity players, Nowalkoski stresses the clinic is for anyone who gets injured.

How, for instance, would the clinic treat someone who twisted an ankle while playing touch football?

The treatment depends on the degree of injury, Nowalkoski explains. "We would assess the ankle to tell how badly damaged it is. Then we'd bandage it if necessary and recommend any treatments or remedial exercises."

Nowalkoski says the clinic can do the initial first-aid assessment of any injury, "but we don't do any surgery."

If the injury requires further medical attention, the clinic refers to health services or takes the injured person to the hospital for proper treatment.

Varsity players frequently visit the clinic before games for tape jobs or other treatments of previous injuries. The taping helps protect the injury and prevents it from being aggravated during play.

Players requiring therapy are often put on a rehabilitation

program, where injuries are tested by making a player perform certain exercises, like running a figure-eight pattern. This helps clinicians assess the healing progress of the injury.

Eventually the staff gets to know a player's weak spots resulting from injuries.

"The thing I like about the clinic is they know the players and what types of injuries they have," says Ted Galka, who plays guard for the Yeomen varsity basketball team. He has sustained injuries during games, including two sprained ankles and a broken wrist.

Trainers look after players on the floor, but if further treatment is needed they are brought to the injury clinic where injuries such as sprains are covered with ice to reduce the swelling.

"Once they'd taken care of everything they possibly could, they took me to the hospital for further attention," says Galka of the treatment of his injuries.

The cliché, an ounce of prevention is worth a pound of cure, would be an appropriate motto for York's clinic.

"Their main job is preventing injuries by doing the necessary tape jobs before a game; and in case of injuries, to make sure they're treated correctly," says Galka.

The clinic's whirlpools, equipment for detecting contusions and bruises, and ice and heat treatments are all secondary, says Nowalkoski, who stresses that the staff is number one.

Says he: "The thing that makes our clinic go is the selfless dedication of the sports therapy team."



## Some different strokes for different folks

By Mary Desrochers

"It's a great way to keep in shape during the winter months."

"I always feel I've had a good work out at the end of class."

These are some of the comments from a Thursday night group of learn-to-swimmers taking lessons in Tait McKenzie pool.

Swimming lessons is one of the most popular instructional programs at York. Levels offered range from beginners to national lifeguard. Also available is a "stroke improvement" course for those who just want to concentrate their efforts on stroke.

"It is a good opportunity to learn

how to swim," says Michael Rende, a first year law student who professes to be a strong believer in the relationship between a healthy mind and body.

Donna Hawthorne, a second year student at McLaughlin likes the social implications of swimming. "I knew how to dog paddle, but I always felt left out during the summer."

The teaching staff is also enthusiastic about the program.

Four year swimming instructor Liz McGregor says, "It is rewarding to watch people progress and gain greater ability in the water. Teaching helps me too. It helps me

enjoy swimming more."

At the beginner level safety rescue techniques are as important as the swimming strokes themselves. By the end of a session the students fundamental knowledge of lifesaving for either themselves or others should the need arise.

The instructors employ several different techniques for teaching. The discovery method is one of the most popular. Using this method participants are encouraged to learn for themselves in order to give them a greater assurance in their own ability to swim.

Games are also used to help make the lessons more fun and people

more anxious to learn.

Demonstrations are employed so that the students can learn by example, yet as McGregor states:

"The more you stay out of the water the better it is for them because in that way they don't have to rely on you and this will build their confidence within themselves."

Courses in beginners, juniors, intermediates and stroke improvement are beginning October 25. Other courses are starting in January and in February. Most classes are 40 minutes in length.

For information call 667-2351.