

sports and recreation

Working out in the sunshine states

York athletes train in the South

By George Trenton

Several York varsity teams migrated south for the Christmas break to the warmer climate of Florida and California.

York's swimmers, runners and men volleyball players headed for Florida while the women's basketball team trained in California.

According to the coaches involved the warmer climate of the south promotes a superior training environment.

Swimming

The Yeomen swim team won four medals in the East - West All Star Hall of Fame swim meet in Fort Lauderdale, Florida, over the Christmas break.

Highlights for the Yeomen were Neil Harvey's gold medal performance in the 200 metre backstroke, Mark Erwin's silver medal triumph in the 50 metre freestyle and Martin Tiidus' bronze medal victory in the 200 metre breast-stroke.

The 4x100 metre medley relay team, consisting of Harvey, Cameron Rothery, and Erwin, won the final bronze medal for the Yeomen.

According to Tiidus, a top rookie swimmer, the trip has greatly improved his conditioning. "I feel like I'm in the best shape of my life and hope to win a medal in my events at the CIAU championships."

The meet was part of the annual holiday travel package that coaches Byron MacDonald and Carol



Gold medalist Neil Harvey won the 200m backstroke at Florida meet over the holidays.

Gluppe offer their swimmers over Christmas.

Just as important was the training. The team trained twice a day for a total of three and a half hours. This year the coach leniently gave the swimmers Christmas day off.

Coach Byron MacDonald feels last year's successful Yeomen season was due in a large part to the Florida training camp and is sure this year's trip will result in a repeat performance.

The Yeomen are looking forward to the big matchups in January with

the number - one - ranked Waterloo on January 7 and the biggest tri-meet every among CIAU schools on January 20 when number - three - ranked York hosts number - two - ranked University of Toronto and number - five - ranked University of Alberta.

Track

A couple of members of York's track team joined the York swimmers in Florida. Coach George Gluppe guided runners Margot Wallace and Andy Buckstein through twice a day workouts outdoors in the sunshine.

"It is very difficult for us to get training time indoors here in Toronto," said Wallace. "We went south so that we could train more intensively in the outdoors."

The next meet for the York runners will be the York university invitational track meet on January 21.

Volleyball

"We may not have the best team in Ontario but we have the best program," said Wally Dyba, coach of the Yeomen volleyball team.

Dyba bases his statement on the fact that the York team is the only university volleyball team in Ontario to go to the U.S. to participate in exhibition play.

The team went to Fort Lauderdale to play the Florida B.F.D. and the Florida Volleyball Club who are respectively the number one and two ranked club teams in Florida.

The Yeomen handled the Florida B.F.D. team quite easily in their best of three match by scores of 15-10, 15-9 and 15-8.

The match against the Florida Volleyball Club was played in an airline hangar.

In the first game the Yeomen were disoriented in the unfamiliar surroundings and were soon down 9-2. They settled down to come from behind and took the game 15-11.

In the other two games York's style of play completely awed the Florida team who lost 15-4 and 15-2.

As well as playing the two matches the Yeomen practised beach ball three to five hours a day, a very popular game on the beaches of California and Florida.

According to Dyba this type of volleyball demands a greater skill as it is difficult to get a good footing in the loose sand of the beach.

"We are in better condition since this is the middle of our season and the beginning their's," said Dyba about the teams the Yeomen played. "The international experience of playing teams outside our country is important regardless of the calibre of the opposition."

The volleyballers will travel to Sudbury to play Laurentian University on Saturday.

Basketball

The Yeowomen basketball team travelled west to the golden state of California over Christmas on the invitation of the University of California at Irvine.

The York team raised six and a half thousand dollars to subsidize its trip. The players flew to California late Christmas day and arrived back in Toronto on January 2nd, just in time for their regularly scheduled practice in Tait McKenzie.

Coach Skip Letheren thought that the trip was a good training experience. The team practised daily from 8 to 10 am on skills and came back later in the afternoon for the general conditioning component of the training program.

"The girls were able to train for a week with nothing else to concentrate on but basketball," said Letheren. "The results were better than the university situation where outside pressures like the heavy school workload take an effect on the girls' performances."

The next game for the Yeowomen is tomorrow night at 6 pm. in the Tait McKenzie gym where they will host the University of Ottawa.

Stong top college

By Kim Llewellyn

On the inter-college scene the perennially strong Stong College was on top once more with 5135 points when the mid-year York Torch point round-up was tallied.

Stong arch rivals, Osgoode and McLaughlin, came second and third respectively.

If Stong succeeds again this year to capture the coveted Torch, 1977-78 will mark the seventh consecutive year Stong has obtained top honours.

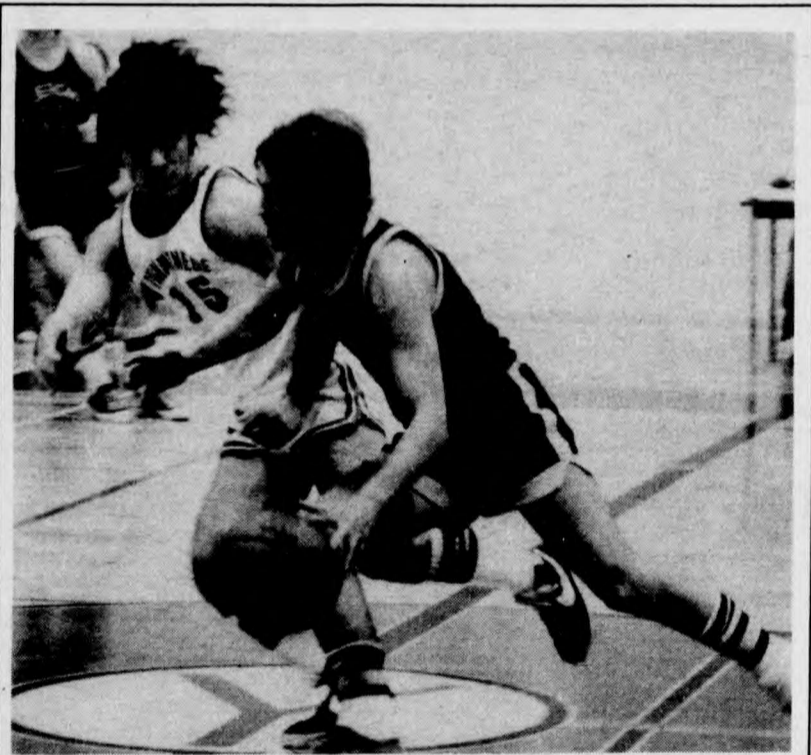
Since 1966, when the York Torch was first introduced, the award has resided in two colleges, Glendon, for five years, and Stong for six years. At present 13 units compete in the inter-college system.

Points are allotted with the emphasis on participation. Each team in a competition starts with 200 participation points. When the team defaults once it loses 100 points. If it defaults a second time it loses all participation points. A third default will put the team out of competition.

The participation points are added to the placement points which are allotted as follows: 1st place, 350 pts; 2nd place, 275 pts; 3rd place, 225 pts; 4th place 200 pts; 5th place, 175 pts; 6th place, 150 pts; 7th place, 125 pts; 8th place, 100 pts; 9th place, 75 pts; 10th place, 50 pts; 11th place, 25 pts; 12th place, 10 pts; 13th place, 5 pts.

1977-78 mid-year Torch standings

1) Stong	5135 pts.
2) Osgoode	4450 pts.
3) McLaughlin	4144 pts.
4) Founders	3524 pts.
5) Bethune	3249 pts.
6) Calumet	3201.5 pts.
7) Vanier	2872 pts.
8) Alumni	2337.5 pts.
9) Winters	1960 pts.
10) Grads	1233.5 pts.
11) M.B.A.	500 pts.
12) Glendon	409 pts.
13) Atkinson	90 pts.



Runnymede guard George Schiraldi (15) shadows unidentified St. Jerome's forward at the high school basketball tournament held at Tait McKenzie last week. Runnymede defeated St. Jerome's 53-49. In the semifinals, however, Runnymede lost to Oakwood, who went on to win the tournament. Bryon Johnson photo.

Clear the track for the new year

By Ian Wasserman

While everyone was off skiing or getting a tan in Florida it was business as usual for the hockey Yeomen as coach John Marshall kept his troops in practice for the holiday season.

With a three won and three lost record for the first part of the OUAA season, coach Marshall is hoping to get the Yeomen on the right track as they return to league play.

The team has nine road games coming up in this half of the season as well as five home matches so the Yeomen will have to adapt to the road life and make their bid at a playoff berth away from the ice palace.

The Yeomen will have two game tilts against Laurentian, Queens and Ottawa. They also have to meet U of T and Waterloo, as well as Guelph, all on the road. The road ahead for the Yeomen is a tough one.

Coach Marshall still feels that the Yeomen have some way to come before they mould into a cohesive unit. A little more work should result in good team play. Marshall has set his lines as he feels they will produce best for the team. He must now decide on the fate of several players who have been waiting in the wings to get their crack at the team.

Over the holiday the Yeomen were inactive due to circumstances beyond their control. They had accepted an invitation to play in the Union College tourney with Laurier

and Guelph. Union's coach Ned "Darkness" Harkness decided unfortunately to leave his post as coach over some administrative doings. As he walked out, so did his team behind him - leaving the Yeomen out in the cold.

Prior to the holiday, the Yeomen did travel to Bowling Green in Ohio for a shortened one game series against the Falcons. The Yeomen traveled south with only sixteen players, of which three were goalies and only three defencemen.

The Yeomen had trouble coming up with a good game, as it was tough to keep lines together and they came away on the short end of a 7-5 decision. Actually the Yeomen were right in the game, and except for a few lucky breaks and letdowns, the

team could have come home with a victory.

York now has to prepare themselves for what coach Marshall calls "one of the most important series this season." The Yeomen will travel to Sudbury on Saturday to play the Laurentian Voyageurs both Saturday and Sunday.

It is the Vees that the Yeomen will have to beat, as well as Queens, if they want a chance at the playoffs.

Playing these opponents on the road means that they are must-wins for York.

York's captain Dave Chalk will return to the lineup after a trip to Czechoslovakia and West Germany as a member of the Canadian Student National Team.