

**Scuba-duba-doo**

**Voyage to the bottom of the pool**

As scuba (Self-Contained Underwater Breathing Apparatus) diving appears to be a sport gaining in popularity, Excalibur sent its own George Plimpton, C.T. Squassero, to investigate the phenomenon. Here is his report, found in a bottle floating out to sea...

By C.T. SQUASSERO

A few weeks ago I had a new and rewarding experience. I've always wanted to venture into the deep blue waters, and to explore an entirely new environment without being restricted by physical limitations.

Although my first dip was in a pool which was neither deep nor blue, the event was thrilling.

**IMPORTANT TIPS**

The tank and other apparatus may seem bulky, but they become relatively weightless in the pool. Once in the water I received a few important tips on breathing and signals from my instructor Joe Caputo, head of the Canadian Underwater Diver Asso. After that I was on my own to enjoy the excitement of underwater existence, at least until my air ran out.

I firmly placed the regulator in my mouth and submerged to the 4 foot level. At first I found it a little difficult to breathe with the regulator because of the pressure on my lungs, but I soon became accustomed to the equipment.

**PRESSURE INCREASING**

As I swam deeper and deeper into the pool I could feel the pressure slowly increasing. At the 9 foot level, the deepest part of the pool, I looked around me and saw other divers swimming back and forth along the bottom of the pool.

If only this were the Caribbean. I

could picture myself in the crystal clear water surrounded by thousands of plants and fish dressed in magnificent colours. It would even be a great opportunity to collect shells and coral or even gold and silver coins from a sunken Spanish galleon.

Back in the pool, I decided to test my maneuverability by swimming up and down along the sides of the pool,

executing a few rolls and somersaults. The equipment did not restrict my movements, in fact, I was able to swim much faster than I normally could because of the flippers on my feet.

The entire experience was completely worthwhile and I strongly recommend scuba diving as a summer sport.

**Colleges crushed and upset**

By RICK SPENCE

Men's intercollegiate hockey action last week saw MBA upset Bethune 15-3, Stong edge McLaughlin 5-4, Winters and Founders tie 1-1, and Calumet default to Vanier.

In women's basketball, Winters defaulted to Stong, McLaughlin defaulted to Founders, Bethune defaulted to Glendon, and Osgoode crushed Vanier 10-4. In the second last contest before the finals, Glendon annihilated Os-

goode 12-6.

In men's basketball, Bethune II beat McLaughlin 45-34, Stong stung Osgoode II 48-35, and Bethune I conquered Calumet 55-48.

In the coed volleyball tournament held earlier this month, McLaughlin and Osgoode tied for first place. A one game, 15 point tiebreaker was played, and was won by McLaughlin. Bethune, Founders, Vanier and Stong rounded out the standings.

**York student "puts" it to Games**

Jane Haist a York physical education major has won two gold medals in the tenth Commonwealth Games. Haist is the first athlete to claim double gold in the games, presently being held in Christchurch, New Zealand.

She gained the medals in the discus and the shot put. Shot put distance was 16.12 metres, a personal improvement for her.

Haist who is 25 years old, first came to the attention of coach John Hudson five years ago, when she asked him to advise her on how to get ahead in the weight events. On his

advice she moved to Toronto and began training. After making the national track and field team she became disillusioned with the dedication required and she stopped training for two years. Her return to school and sport has been a positive one as shown by the double gold.

Haist was passed over in the team selection for the Pacific and the World student games. But her decisive win over shot put favourite Valerie Young, a former commonwealth record holder, has increased her chances of gaining a spot on the Olympic team.

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**Hockey standings**

**EASTERN SECTION**

	GP	W	L	PTS
TORONTO	12	12	0	24
YORK	12	10	1	21
LAURENTIAN	12	8	3	17
QUEEN'S	9	6	3	12
OTTAWA	10	4	4	10
CARLETON	12	2	9	5
RMC	13	1	10	4
RYERSON	8	1	7	2

**WESTERN SECTION**

WESTERN	9	8	1	16
WATERLOO	8	6	0	14
LAURIER	10	5	4	11
McMASTER	10	4	6	8
GUELPH	10	3	6	7
BROCK	10	1	9	2
WINDSOR	10	0	8	2

**Basketball standings**

**EASTERN SECTION**

	GP	W	L	PTS
TORONTO	8	7	1	14
OTTAWA	7	6	1	12
LAURENTIAN	8	6	2	12
YORK	10	5	5	10
CARLETON	7	4	3	8
RYERSON	6	2	4	4
QUEEN'S	6	1	5	2
RMC	10	0	10	0

**WESTERN SECTION**

WINDSOR	6	6	0	12
WATERLOO	5	4	1	8
GUELPH	5	3	2	6
LAURIER	6	3	3	6
McMASTER	4	2	2	4
BROCK	6	1	6	2
WESTERN	6	0	6	0

**Staff meeting**

Room 111, Central Square 2 p.m.

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