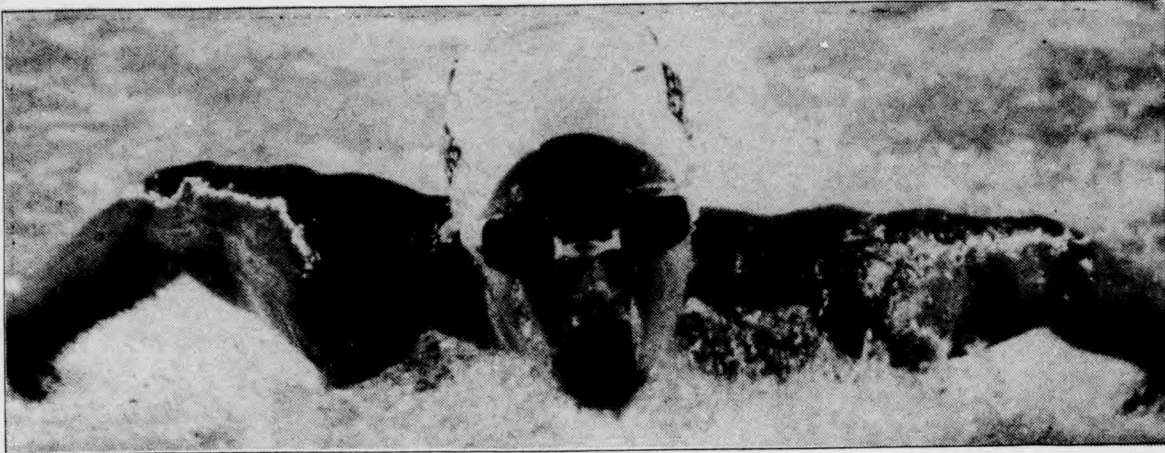


sports

MARIO SCATOLONI



Fitness guide for 'weekend hacker'

By PETER BECKER

For all the jocks and jockettes unfamiliar with the athletic programs offered at York, you've come to the right place. The labyrinth of roads that leads you to the land of physical fitness can be confusing, but I'll try to steer you clear of the major pot holes.

Basically there are two distinct categories of athlete at York, each possessing varying degrees of faithfulness to their sport. Yet the vast majority of students belong in the first category: "the weekend hackers." The hacker is an average run-of-the-mill student during the week but come the weekend, turns into "JOE ATHLETE" (or Josephine, as the case may warrant).

Hackers are usually seen in and around the Tait McKenzie Building on—you guessed it—the weekend. Tait offers facilities for squash, tennis, raquetball, swimming, two gymnastics and weight training. Hours of operation are available by phoning either the women's or the men's control room (667-3438 or 667-2243 respectively).

If the hacker is inclined towards track and field then the Metropolitan Track and Field Centre is the place to be. With an indoor and outdoor track (not to mention the indoor and outdoor high jump and long jump pits, weight training equipment, shower and change rooms) you can see why it's a hacker's haven: a home away from home.

Both of these fine buildings can be enjoyed free of charge with a merc flash of your sessional validation card.

The other major athletic address of interest to the hacker would be the Ice Rink, which is directly west of Tait. 'Pick-up' games as well as pleasure skating are offered. Dates and operating times can be obtained by phoning 667-2341.

Weekend jocks can also take part in organized games. This outlet is provided by the two major leagues operating within York: the York Flame League and York Torch League.

The Flame League is mainly a recreational confrontation where team members don't require college affiliation. The range of sports that are offered cover broomball to soccer.

The Torch League, a competitive league that demands team and team member affiliation to a particular college, makes available a greater variety of sports. For information on places, dates and times contact your Inter-College Athletic Representative.

The part-time player that has just been mentioned is at the top half of the dedication spectrum. The lower half is taken up by those that are averse to perspiration (ATP for short). For those that are ATP, York has not left you out, there are arm-chair games available in colleges. The most popular of these activities are the skill testing, and money draining, video games. Table tennis and billiards are also offered at some of the colleges when your money starts to run low.

Now we venture into the other category of athlete; the true blue, dedicated "collegiate competitor." Through skill, desire, fitness, or any combination thereof, they represent

York when playing against other universities. These athletes are known as capital 'J' jocks or jockettes. They spend most of their time at the major athletic buildings fine tuning their skills and muscles in preparation for their games.

If you think you belong in this category I suggest you get in contact with the coach of the sport you desire to pursue as soon as possible. For more information, call Tait at 667-2341.

So get out there and get sweaty.

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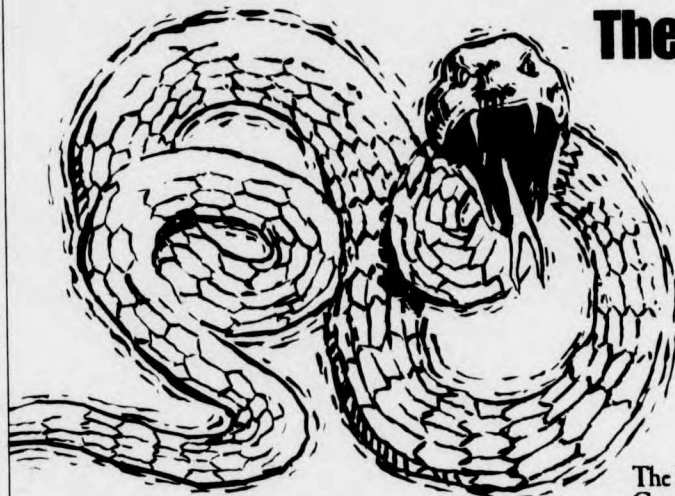
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