

# Top sports clinic at York

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clinic are a machine for the isokinetic strengthening of the joints, and the Shuttle, which is an advanced machine for the strengthening of the

knees and calves. The need for sports therapists has drastically increased, as varsity teams now find it necessary to carry some sort of therapist on hand to help out with minor injuries such as sprains

and twisted ankles. High school teams in the States are also starting to get team therapists for insurance and liability purposes.

York's physical education department now offers a sports injury course, which leads to a certificate for therapists and team trainers.

Aside from rehabilitation, sports medicine doctors perform drug testing on a voluntary basis, which Kelly Parr views as a "way of controlling people from cheating."

Drug testing usually takes place in major training centres such as York

University which is home to the Metropolitan Track and Field Centre, training site of Ben Johnson, The National Tennis Centre, and a major Gymnastics Facility.

"It [testing] is a good policy. I have no problems with it", Parr explained.

"But I disagree with testing the same athlete in three consecutive weeks. If they are clean one week, they should be left alone for a while."

Many athletes with injuries ask Parr about steroids, telling her "some-

body in my gym said that they will help my injuries heal faster." Steroids aren't as readily available as they were five years ago. Other than being illegal, steroids use causes severe side effects and are considered a health risk.

Sports enthusiasts are advised to consult a sports medicine doctor before taking performance enhancing drugs.

To avoid injuries take necessary precautions and stretch your muscles thoroughly, by doing warm-up exercises.

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## table tennis

The York Table Tennis Club practices on Mondays from 7:30-10:30pm at Tait McKenzie gymnasium. The office hours are Mondays, Wednesdays, and Fridays 3:15-4:15 in room 342 in the student centre. For more information call Cyril at 739-1750.

## tennis

In a major upset the Yeomen were outmatched by the McMaster Marauders 4-3 at the OUAA team championships. In the consolation final with Queen's, York won 5-2 for 3rd place.

## volleyball

The Yeomen had an excellent weekend placing first out of 10 teams at the Queen's Invitational. In round robin action the Yeomen went 4-0 defeating Laurier (15-10, 15-6), Western (15-10, 15-5), Toronto (15-4, 15-12), and Montreal (15-7, 15-7). In the semi-finals Victoria went down to York in four games (16-14, 15-11, 11-15, 15-9). In an exciting championship final against Montreal, York came out on top (3-15, 9-15, 15-3, 15-7, 15-13). Mitch Proteau was named tournament all-star and Djordje Ljubicic was named tournament MVP.

## water polo

The Yeomen lost to the Western Mustangs 11-4 and were defeated 24-1 by the McMaster Marauders.

## UPCOMING EVENTS

### field hockey

(YBOWOMEN) -OWIAA Finals @ Lamport Stadium-Friday October 30-November 1.

### volleyball

(YBOWOMEN) Mizuno Tait McKenzie Classic -Friday/Saturday, October 30-31.

### basketball

(YBOWOMEN) Lakehead Tournament- October 30-November 1.

### cross country

OUAA and OWIAA finals @ Toronto-Saturday, October 31.

### hockey

(YBOMEN) @ University of Minnesota (Duluth)-Friday/Saturday October 30-31.

### rugby

(YBOMEN)- Game A 1st place division 2-Saturday, October 31 @ McMaster.

### tennis

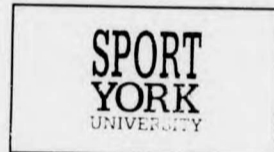
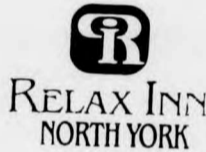
OUAA and OWIAA individual championships @ Queen's-Friday/Saturday, October 30-31.

## Mizuno. TAIT McKENZIE VOLLEYBALL CLASSIC



Friday & Saturday, October 30 & 31

Tait McKenzie Centre  
York University

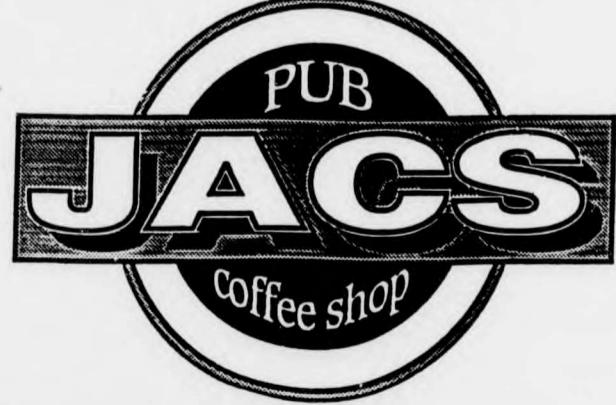


University Women's Volleyball at its best!

# PUBLIC NOTICE

**WARNING**, due to the recent trend of good times associated with going to **JACS PUB** on Thursday and Friday nights the management is asking all patrons to prepare themselves prior to entry. First, realize that there is 1000 watts of sound that will blow your mind. Secondly, if the sound doesn't blow your mind then the super light spectacular will. Patrons are also reminded that once the music starts spinning you will have an irresistible compulsion to dance. If having a good time frightens you don't even think of coming! **JACS PUB** will not be liable for those patrons found sitting at home in their underwear eating corndogs wishing they too could experience the Best Pub at York. The Staff at **JACS PUB** would also like to remind patrons that they will be treated with respect because we appreciate their business. Ain't that a peach!

Room 112 Bethune



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