

Angels at West's pearly gates

by Karl Wilberg

The U of A womens' cross-country team ended a successful season by winning the Canada West championship race in Victoria. The womens' team, also known as Roger's Angels, ran up a score of only 26 points and needless to say coach Roger Burrows was "Pleased with the way they ran". The mens' team, given a outside chance of winning, were led by veteran Lyle Kuchmak to a second place next to Saskatchewan's 43 point winning score.

The Angels have run well all year and have shown consistency. Mens' cross-country coach Dr. James Haddow credits Burrows with doing a good job. The womens' team included several new runners that obviously have benefitted from a successful program.

Burrows' team has depth. In fact the U of A finishers not eligible for points could have placed well as a separate team. Only the top four places are eligible for points. Burrows mentions that the key in Victoria was the way the Angels ran as a team. However, he is careful to note that the team did not have a superficial "let's go get 'em"

attitude. Instead, he stated the team was "well prepared" and "confident". It was "not an emotional thing", Burrows added.

On the whole, Burrows stated, the entire team ran well and even the "non-scorers counted" because they took scoring positions from other teams. Bev Bush and Birget Otto ran up to their potential placing third and fifth respectively. Janice Turner was seventh and Mary Burzinksi at 11th placed well.

The Victoria track was wet and somewhat slippery. However, Burrows comments the team was "not put out" with the conditions. More importantly, was the strong field the women ran against Burrows explains the convincing results as part of being well prepared it was "not as if we were competing with Dodos."

The mens team also did well, even though coach Haddow believed on a harder surface the men could have won. Haddow mentions strong competition within the west and states in the future the field will get stronger. Consequently, he Bears will have to get used to closer races than two years ago when



photo Russ Sampson

These two are no angels. They are on the men's X-C team. Left is Riyaud Karmy-Jones and right is Ken Teghtmeyer.

they swept the West conference.

Another factor in both program's success is the increasing popularity of cross-country. More people are running and realising cross-country as a major sport. One factor in this rise could be the straight forward goals and training methods involved. Haddow states "you have to get out and

run". Speed and endurance are goals that speed variation, dynamic strength and hillwork techniques help reach.

A theme that recurs is the contribution the club system has made to the U of A. Haddow says coaches train runners before and after they go to the U of A. He adds that as a coach he is more "an organizer than a

trainer. Still he suggests womens' coach Burrows has had a lot of coaching to do.

In any case, the U of A has provided top class competition and an education: no more should be expected in any program. In particular, the womens' team has shown real style and are winners in more sense than one.

QB is cameraman

by Bob Kilgannon

Ed Hammermeister is not the most widely recognized person on the Golden Bear football team.

In fact, Ed Hammermeister is probably one of the least recognized people on the football team. This is his first year on the team, he just graduated from Eastglen this past June.

Hammermeister hasn't played a down this year. Not one down. Not even on special teams. Yet he is an important cog in the Golden Bear machine. You see he is the third string quarterback for the Bears. In practice he runs the "polaroid offense" which is the offense of the opposition for the next game. This allows the defense to practise against the positions offensive plays.

He explains his role saying, "I look at the other teams'

offense (on film) and try to be as much like the opposition quarterback as possible. That way I can help our defense out."

Jim Donlevy almost didn't get Hammermeister this year. The 19 year old originally was thinking of playing as a junior with the Edmonton Wildcats. "I saw Johnny Bright (the Wildcats head coach) and went to a few meetings but I didn't really agree with his offensive philosophy. Then I heard that the Bears were short of quarterbacks this year so I decided to come here."

Hammermeister says he is happy he elected to go to the Bears and he is not at all upset with the fact that he hasn't been playing this year. "I realized that I was a rookie coming out of high school and I knew that I wouldn't play much this year. I'm really happy with the fact that I've been able to learn so much and improve so much this

year. This is my learning year. After all, I've only played one year as quarterback and that was in high school. The experience and learning from this year will help me in years to come when I'll be able to play and eventually start."

Ed Hammermeister epitomizes this year's football team at the U of A. He is unselfish and devotes himself to the team. A player who hasn't actually played in a game all year, yet is happy that he is contributing to the football team. Hammermeister isn't the only player with that kind of attitude. It's a feeling that runs throughout the whole team, from the starters to the non-starters, from the coaching staff and trainers to the equipment managers.

Maybe that's why this year's team has been successful

	Final Standings					
	W	L	T	F	A	P
Alberta	5	3	0	196	155	10
UBC	5	3	0	148	131	10
Manitoba	4	4	0	201	161	8
Calgary	4	4	0	152	188	8
Saskatchewan	2	6	0	119	181	4

regardless of whether they win or lose this Saturday.

Bear Facts

Here's one for trivia buffs. Ed Hammermeister was a wide receiver in his first two years with Eastglen. In Grade 10 his quarterback was Robin Lawrence, a defensive back with the Bears. In Grade 11 his quarterback was Peter Eshenko, a wide receiver with the Bears.

In year end national statistics five Golden Bears were among the country's leaders. Dave Brown was fifth in pass receiving.

Forrest Kennerd was second in passing. Twin brother Trevor tied for second in the country in scoring. Slotback Kerry O'Connor was fourth nationally in punt returns and safety Gord Syme tied for third in interceptions. The Bears are currently ranked number five in the country.

A final remember to all you fans. This is the most important game that the Bears have been involved with in seven years. Be sure to come out and support your Golden Bears this Saturday.

Bears are: West Champs

The coastal soccer teams will have to reassess their position in the Canada West conference. The Bears edged Victoria in a race, down to the last game, for the conference. Victoria was in the lead until they played Calgary.

However, their loss to the Dinos and the U of A's victory over the U of S gave the Bears first place. However, the season continues and the Bears must play GPAC winning Lakehead Nor'Westers.

Coach Peter Esdale credits his young squad with being mentally tough. But, he cited emotional level control problems that have resulted in erratic performances. It is known that emotional drive only within bounds can help performance. Consequently, Esdale

mentions the team will have to "control the level of arousal" and to "Get into balance".

In any case, Esdale credits the Alberta teams finishing one-two in the West with having an attitudinal advantage over the coastal squads. In spite of the coastal climate allowing U Vic and UBC teams to practise throughout the year, it seems inland teams have to develop tenaciousness. Moreover, they have been successful.

Esdale says Lakehead, is an unknown. He quotes a two goals in eight games goals against record, but qualifies that picture stating "any team will play as well as you let them". Similarly, he says GPAC is not as competitive.

The Bears have been practising well, states Esdale, and



Bears can be surprising and promise Lakehead Nor'Westers a good match.

should be ready to play Sunday at 1:00 in Clark Stadium. A new offense, using Lorenzo Antonello in a 4-3-3 line-up has proven successful. Antonello is

known for aggressive play that typifies the Bear team. Antonello, Esdale stated two weeks ago, was moved up to help the Bears in opposing territory.

The Bears, one way or the other, provide exciting soccer. Anyone who is tired of football should consider watching the soccer play-off game Sunday.