

TAKING THE PLUNGE: This file photo depicts someone in the act of diving, a process by which a swimmer leaves solid ground and enters the water.

Florida training camp pays out dividends for York in swim meet

By MEIYIN YAP

York's swimming team's intensive training camp in Florida has already paid dividends as York placed well in their meet against McMaster last Friday.

Although their rivals have a larger and more experienced team, York came away with some very respectable showings. For the men's team, Captain Adam Robinson placed first in the 50 metre freestyle and second in the 100 metre freestyle. His times were 25.7 and 56.1 seconds respectively.

The women's team performance was also very encouraging. Anne Bruner placed first in both the 100 metre backstroke and 100 metre freestyle. In her 100 metre Anne blew the competition away by finishing a full 7.4 seconds ahead of her closest rival. Rookie Cheryl Stickley placed first in the 50 metre freestyle and 200 metre individual medley. Her times were 28.7 seconds and 2:35.1.

With her teammates cheering her

on, rookie Joanna Blink finished third with a time of 2:36.5 seconds. Also, rookie Jennifer McCleneghan's hard training paid off as she placed an extremely close second in the 100 metre breaststroke. Her time of 1:28.4 was a mere 0.3 seconds behind the first place winner. McCleneghan also placed third in the 200 metre backstroke.

Finishing up the meet, the women's A team consisting of Anne Bruner, Nicole Macpherson, Captain Debbie Marinoff and Cheryl Stickley, won the 400 metre freestyle relay by a full five seconds.

Bruner, one of the strongest swimmers, said that the training camp gave the swimmers that extra "oomph." "You should swim a 200 like four 50's," said Bruner. "Start out easy, hold it for the second, burn for the third, and then bring home whatever you've got left. It hurts like hell but the nice thing about the camp is that you have that extra edge."

Vandonthillart leads Yeowomen past winless Queen's University

By JAMES HOGGETT

The York Yeowomen snapped out of their 'post-holiday' stupor Saturday in time to beat the Queen's Golden Gaels 3-1.

Despite being outplayed for the first two periods, the Yeowomen entered the final frame tied at one. Kelly Vandonthillart scored with 24 seconds left in the second period to tie the score Queen's had led since early in the game.

York had numerous opportunities to score in the first two periods but couldn't capitalize. The Yeowomen came up empty on three powerplay opportunities as they were outplayed and outthrust by the winless Golden Gaels.

York coach Sue Gaston was not surprised or concerned about the team's weak powerplay. "I'm not

one bit surprised," Gaston said. "After all, we've only had two practices since we've been back from the Christmas break. Once we get back into the swing of things I'm sure our powerplay will be much more effective."

The third period, however, was a different story for the Yeowomen as they dominated the Golden Gaels. Vandonthillart popped in her second goal of the game and Karen Pitrie added another for insurance midway through the third period and York hung on to win by a score of 3-1.

Vandonthillart felt very good about the win, despite the slow start. "I think all that we needed to get started was a motivator," Vandonthillart said. "Once we tied the score and regained our confidence we used that momentum to carry us through to the third period." The Yeowomen

are currently involved in a very tight divisional race, tied for first place with McMaster, only three points behind the Yeowomen and the McMaster Marauders.

How is York holding up under the pressure of such a tight divisional race? "Well, we're definitely feeling the pressure," Gaston said. "If we want to keep pace with McMaster we're going to have to win a good number of our games left this season. The problem is that if McMaster keeps winning we're pressured to do the same, or risk falling behind which is something we cannot afford to do in such a close three team race."

The Yeowomen's next home game is against Toronto this upcoming Tuesday night at 7:30 p.m., then they'll hit the road to play McMaster on Saturday.

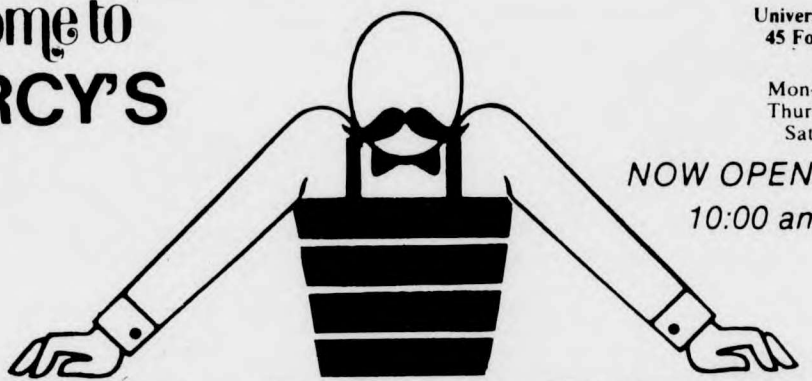


READY, AIM, FIRE: Kelly Vandonthillart drills a shot at the Queen's goaltender in action Saturday at the Ice Palace. She didn't score on this shot, but netted two goals to snap the Yeowomen out of their stupor in time for a 3-1 win.

JAMES HOGGETT

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