

# sports and recreation

## Estonian hoopers squeeze York

By Bruce Gates

The York Yeomen basketball team found themselves dancing to a tougher number Friday night at the Tait McKenzie building, losing a 76-66 exhibition game to the Etobicoke Estonians, after they had waltzed to an easy 112-66 win over Erindale earlier in the week.

"They experienced us to death," Yeomen coach Bob Bain said afterward.

The Estonians are Canadian Senior A champions and have been playing together for a long time. The Yeomen, by contrast, have really only played together since October and, according to Bain, "We still haven't put in all of our offence yet." Looking at things philosophically, he concluded: "This game was a good learning experience for us."

The Yeomen were behind 36-35 at halftime after they'd squandered a number of chances to take control of the match.

York took an eight-point lead early in the game and for a while had the Estonians off balance, but were

unable to run up a score as they had done in previous exhibition games this year. This allowed the Estonians to catch up and take over.

For a while early in the second half the Yeomen took over and built up another lead, but once again their opponents caught up because of inconsistent shooting and some defensive lapses.

York had plenty of chances to build on their score, but players had trouble all night with their shots from the foul line.

The Estonians also had their chances from the line, as the Yeomen were constantly called for fouls, although some of the calls were questionable. The Estonians took advantage of these chances to score valuable points with their free throws.

Perhaps more than anything else, these free throws determined the outcome of the game, because both teams had trouble with their outside shooting. The Estonians improved somewhat on theirs in the second half.

The Estonians kept the Yeomen

outside the key area for a good part of the game, which left York with only their surprisingly inconsistent outside shooting.

On several occasions Yeomen shots were hurried by an aggressive Estonian defence which on occasion also forced York players into making one pass too many. This upset the Yeomen attack.

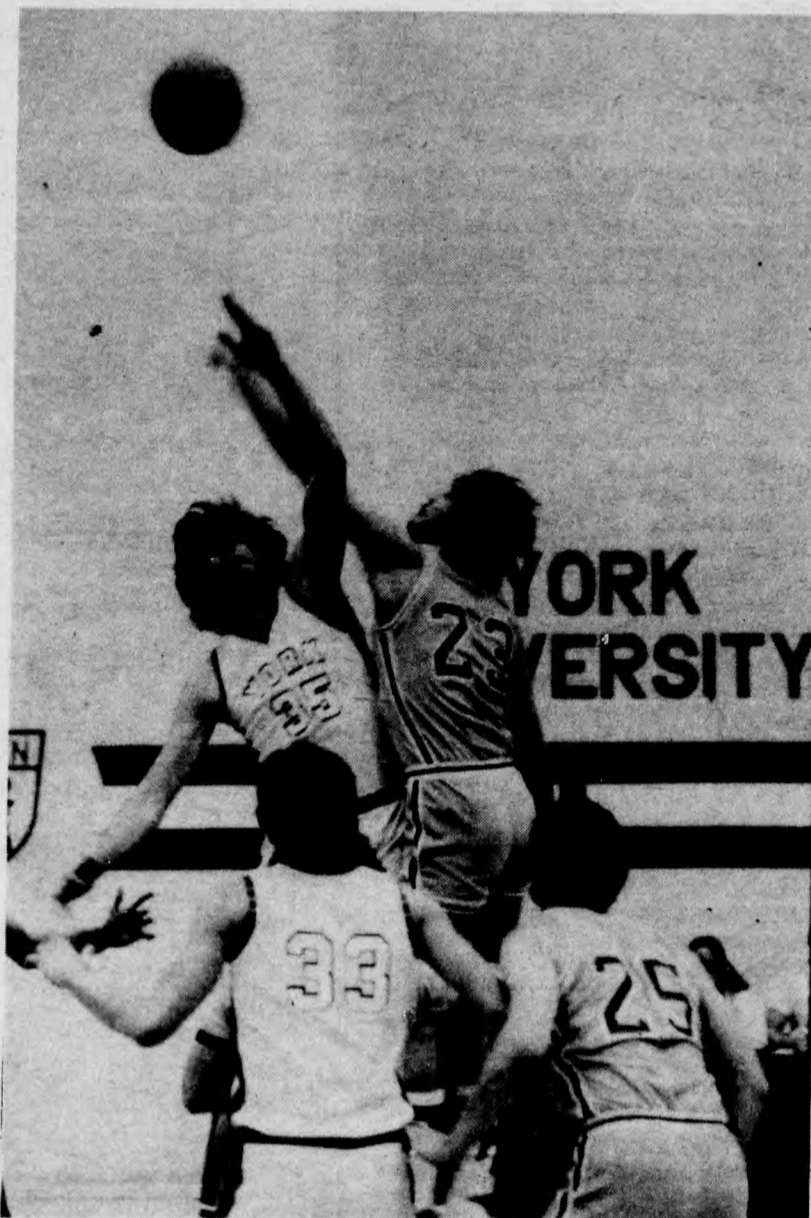
"Our offence just wasn't there tonight," Bain remarked. "They beat us on the boards and they beat us inside."

Although the Yeomen controlled the backboards early in the game, led by 6'9" Lonnie Ramati with 13 rebounds, the Estonians were able eventually to control the boards and to tip in a number of shots during scrambles inside the key area.

Despite offensive miscues and a few defensive lapses, the Yeomen played an entertaining game and showed that once the bugs are worked out, they have the potential for a winning year.

In Tuesday's game against Erindale, Lonnie Ramati led the Yeomen with 18 points and Erindale's Dave Reed had 24... Dave Coulthard led Yeomen in scoring against the Estonians with 18 points on eight field goals and two free throws. Jamie Russel paced the Estonians with 19 points and 11 rebounds against the Yeomen Friday, Yeomen's Ramati had 10 points.

Yeomen's regular season opens Saturday in Sudbury when they play the highly rated Laurentian squad. Laurentian coach Richie Spears was at Friday's game scouting the Yeomen. He said afterward: "York's got a good team. They've had good teams every year." As for his team, "We're probably a bit overrated, but we'll see."



Lonnie Ramati (35) tries to tip off ball to teammate Bob Pelech (33). Despite building up a lead several times, during the game, York lost to Estonia by 10.

### Strong women's hockey

## One win, one squeaker

By George Trenton

From the results of last weekend's Yeowomen's Invitational Hockey Tournament, where York won one and lost a squeaker, the 1977-78 edition of the Yeowomen ice hockey team promises to be one of the strongest teams ever iced.

Friday night the team defeated Seneca College by a score of 5-3 with goals by Carol Trewein, Cathy Lee, Dana Philips and two by Betty Anne Armstrong, daughter of ex-Toronto Maple Leaf captain George Armstrong.

On Saturday the team lost a heartbreaker to Queen's Golden Gals 3-2. Late in the second period

the Yeowomen were down 2-0 but capitalized on some good plays by Dana Phillips who pulled a Queen's defenceman out of play and passed the puck to Linda Berry in the clear to make it 2-1.

On the same shift Alice Vanderleug dug the puck out of the York corner, raced down the ice toward the Queen's net, and drop-passed to Linda Berry. Berry shot at the Queen's net and tied the score at 2-2.

In the dying minutes of the third period, Queen's Emily Boyles scored on a skirmish in front of the York goal ending the scoring at 3-2 for the Golden Gals.

"It's the best I've ever seen them play," said coach Laura Smith of her hockey team. "This may be the strongest York has ever been in women's ice hockey."

The Yeowomen have placed fifth in the six team league for the past two years which have been termed "rebuilding years" by defenceman Gail Johnson.

According to Dave McMaster, coach of the U of T Blues and former Yeowomen coach, York has a good chance of placing second this year in the five team circuit.

The McMaster Mauraderettes, who won the tournament with victories over U of T and Queen's, are expected to come first in the league.

## York wins relay marathon

York Yeomen and Yeowomen track and field and cross-country teams came together on the weekend to resoundingly win a 24-mile Open Relay Marathon hosted by Glendon College.

It was a team competition with up to 12 members per team each running about 2 miles. The varsity team rounded up 11 people to run and it was a varied co-ed group comprised of sprinters, field competitors, and coaches as well as cross-country runners.

Starting off for the varsity team was Ron Martin. He passed the baton to Farooq Shabbar, then Margot Wallace, Fraser MacKinnon, Sharon Clayton, Ian Moore, Brenda Reid, Dave Carmichael, Dave Smith, Henry Czaneiki, Derrick Jones, and then Shabbar, who ran a second time to finish off.

The 12 mile course, which was run twice, went through Glendon Campus, Wilket Creek Park, Serena Gundy and Sunnybrook Park.

The varsity runners crossed the finish line six minutes ahead of the second place Chiropractic College. Glendon faculty and alumni, Pro-Tem (the Glendon newspaper) and the Glendon hockey team finished third, fourth and fifth respectively. Ten teams took part in the competition.

## Rebuilding year for rugby, season ends with two wins

The Yeomen rugby team finished its 1977 season with two wins against Royal Military College in Kingston on the weekend.

York I defeated R.M.C. I 13-7, thus ending their season with four wins and four losses.

Bruce Olmstead and Brian Ferris each scored tries for the York team, with Peter Nikaboreski rounding out the scoring with a penalty kick and a conversion.

The York II team defeated RMC II 10-4 in the other game on Saturday. Walter Wyasasky and Andy Graham led the second side each scoring a try.

"After winning the championship 1975 and 1976 we had to expect a major transition in the personnel on our team," says coach Mike Din-

ning. This year we had ten players on our first team playing for the first time at York and we were still competitive with any team in the league. With the addition of one or two players I am convinced that we will be championship contenders against next year."

1977 was a very successful year for the York Rugby Club. The first team won the Ontario Senior "B" title while the second team won the Toronto and District Intermediate "B" title.

Both teams will now be promoted to the premier "A" divisions in Ontario and Toronto.

All York rugby teams will now take a short hiatus until February when they will begin to train for the 1978 season.

## Fencers place 4th.

Both the men's and women's varsity fencing teams placed fourth out of nine participating universities in the Western fencing invitational in London last Saturday.

In the women's competition the University of Toronto and Western tied for first followed by Queens who came third. U. of T., Western I and Western II placed first second and third respectively in the men's competition.

Competing for York were Sharon Boothby, Judy Goldberg, Mary Lee Serpell, Joseph Chan and Mike Stein. Rookies included Rick Wheeler, Leslie Gaskin and Luois Zitzelsberger.

"It's a great improvement over last year," said coach Richard Polatynski of the tournament. "Both team and individual results were more than satisfactory."

## Eleven years of conditioning for fun and exercise

By Mary Desrochers

York's Tait McKenzie athletic building is the location for fun and exercise with the physical conditioning course meeting Mondays, Wednesdays and Fridays in the main gym.

Starting in 1966 with ten people, the program presently has between 80 and 100 participants, most of which turn up for all three practices.

Both genders are welcome to join; the ratio is about 50:50. Says Arvo Tiidus, co-ordinator of recreation at York "the men and women don't mind mixing at all". Sessions are very social, but serious conditioning is also done.

According to Heidi Crone, one of three coaches involved in the program, "the idea is to get people who

don't do physical activity involved in fitness".

The classes were designed to get gradually yet progressively harder, so that the condition of an individual when he leaves is better than when he first joined. Jogging and free exercise is prevalent, with much being done to musical accompaniment. A hard core of enthusiasts return each year.

The program was originally York University's effort to combat Hypokinetic Disease. Quite literally, it is the underuse of the body.

The classes are from 12:15 to 12:45, but many find the time to stay later and play some volleyball. Anyone in the York Community can join. There is no fee for students. The next session is from January 2 to April 5.



Bryan Massam



Karen Dean