

Swimmers start season

By MARK ZWOLINSKI
and LEE MACFAYDEN

After a month of preparatory training, the York University swimmers are getting into high gear for the 1983 Ontario University Athletic Association (OUAA) season.

A host of changes from previous seasons, especially in the personnel department, will surface in this year's squad.

The most obvious difference is team size. For the first time both the men's and women's teams will be competing with full rosters.

A flood of rookies, many of whom showed considerable talent and potential at the October 6 intersquad meet, should add depth to the overall picture.

Neil Harvey and assistant Joe Parolini, a physical education graduate student who has worked with the team for the past four years, return to coach the York club.

The better part of the first four weeks were spent out of the water with a daily circuit of running, stair climbing, a seven-part strength and flexibility program, water polo and guest speakers lecturing on stress, injury, diet, and strength training.

"Since the swimming season is quite long, a gradual build-up into water training seems to prepare swimmers better," said Harvey. "By training and strengthening the areas which will come under stress, the athletes will be more able to handle the pressures of a long season."

Returning this year are CIAU qualifiers Sandy Arecoes, a second-year fine arts student who swims sprint, freestyles, and the breaststroke.

York intervarsity calendar has the season opening this week with the annual grudge meet between York and Guelph. The meet gets under way at 7 p.m. this Friday at the Tait pool.

SPORTS SHORTS

For the third year in a row, York will host the Tait Mackenzie Volleyball Classic this Friday and Saturday.

The tournament will feature the best that women's volleyball has to offer. Included will be last year's champions, the Winnipeg Lady Wesmen, runner-up's, Dalhousie Tigers, from Nova Scotia, and teams from Laval, Alberta, McMaster, Ottawa, York, and the Classic's first U.S. entry, Penn State.

Games will run from 11 a.m. to 7 p.m. on Friday, with the playoffs starting at 10 a.m. Saturday. The Gold Medal Match takes place 7 p.m. Saturday in Centre Gym.

□

The Yeowomen field hockey team kept their unblemished record intact last weekend coming up with a win and a tie in exhibition play. York defeated Western 3-2 on goals by Laura Branchaud (2) and Brenda Garel (1), while managing to salvage a 1-1 tie with McMaster, on a goal by Branchaud.

The Yeowomen will travel to U of T's Scarborough campus for the OWIAA Championships this weekend

Injuries cause York's fade

By MARK ZWOLINSKI

York's Soccer Yeomen, beset by a rash of late season injuries, will be watching the Ontario University Athletic Association (OUAA) playoffs from the sidelines this year.

Four starters played with ailments while injuries claimed the likes of striker George Katsuras and goaler Glen McNamara, leaving the Yeomen starting 11 with a lot of holes to fill.

Consequently, they finished 1-2-1 in the final four games of the year, all of which were must win games, and closed out the season in fourth place with a 3-5-4 record.

"We did what we set out to do—improve on our won, lost record," said coach Norman Crandles. "Last year we were 6-4 and the 3-5-4 record this year was pretty indicative of what a tough time we had."

"Hey, a few breaks in some of those ties might have changed everything around. But I'm pleased

with the effort we got from an injury ridden line-up," he said.

The Yeomen lost a grinding 1-0 match with cross-town rivals U of T last week before closing their season out with a 2-1 win over Trent this past weekend.

Frans Lippa and Danny Vukovich, with a sprained ankle, were the Yeomen marksmen in the Trent game.

"Vukovich's goal was actually quite comical," mused Crandles. "He didn't know whether to stop the ball with his bad foot and shoot with his good one, or whether to corral it with his good foot and hope for the best with his bad one."

"At any rate, we didn't generate as much scoring as we hoped for," Crandles continued. "We had a new system in effect and I think that we'll be well on our way to a good season next year with the effort we got this year."

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