

## Hospital fitness

The fitness craze is continuing to spread across campus as the U of A Hospitals (UAH) have increased their participation. Through a joint effort between UAH and Campus Recreation, hospital staff now have more fitness opportunities available to them than ever before.

Originally initiated by Doug Fletcher, Assistant Vice-President of Operations, the task of facilitating recreational opportunities to hospital staff has been a challenge undertaking by Becky Hill.

Beginning last June, Becky concentrated on increasing the awareness of recreational opportunities available for the first time to all hospital staff. These opportunities include various programs within the Hospital itself, in addition to the Intramural, Special Events, Campus Fitness & Lifestyle and Non-Credit Instruction programs offered on campus.

The effects of this effort have continued to prevail as UAH staff interest and participation in recreational programs has been increasing throughout the year.

Classes include Aerobics, Yoga, Tai Chi, and Early Morning Fitness have been held in the hospital

itself, and have been structured to suit the schedules of hospital staff. Staff members have also participated in Co-Rec Intramural Volleyball, and received a 2nd place standing in the Turkey Trot Cross Country Road Race held in October.

Since the beginning of January, Becky has been bombarded with demands from staff members wishing to participate in various classes. Stretch & Tone programs have proven to be extremely popular as additional classes have been offered to accommodate those interested.

Other programs within the hospital include Drop-In Aerobics, a Relaxercise Workshop, and a Pre-Natal Exercise Class. In addition, a corridor on the second floor of the hospital has conveniently become a 307 metre track used for Noon Fitness Walking.

"Climb Mount Everest" is the latest program underway at the UAH. The number of stairs that individuals, small groups, or whole units climb will be recorded and graphed, with the aim of participants to reach 20,000 ft.

The UAH is certainly climbing its way to fitness.



Sid Cranston (left) and Rob Rice (4) exchange pleasantries in last weekend's hockey action.

## The Weekend of The Year

by **Randal Smathers**

This is The Year for the hockey Bears and this may be The Weekend of that year. The goal is to win one last CIAU hockey title for Clare Drake, and for several veterans it represents their final year of eligibility at the college level.

To be the best, however, you have to beat the rest, and that's where this weekend comes in. The Bears travel to Saskatchewan to play the Huskies in the Doghouse, at the U of S rink is known.

Drake's team is hot right now—they beat top-ranked Calgary in their last game before Christmas, and are coming off a Viking Cup title earned during the holidays. Their first weekend back they pounded out wins of 12-1 and 7-2 over the UBC T-Birds here at Varsity rink. As a result, they are ranked second nationally behind Calgary.

Their upcoming opponents are also hot right now. The Huskies, led by scoring machine Ken Morrison,

are third in the Canada West conference and fourth in the nation. Last week they took a pair of games from Regina, by scores of 8-1 and 11-2.

"It's a very key series for us," said Drake. "Saskatchewan got one point out of four when they played here, so I feel we have to get at least a split there."

Drake also noted that the U of S was a finalist at the Calgary tournament and they were the only team that beat the Bears over Christmas. "They're probably playing at the top of their game right now, so we'll have to play very well, but

we've always played quite well in Saskatoon. I'm optimistic that we'll do okay—it'll be a battle."

The Bears are healthy going into the weekend action. They will be missing Jeff Helland, who is serving a two-game suspension, but can expect forwards Jack Patrick and Bret Walter back soon, perhaps in time for the series against Saskatchewan.

If the Bears come out of Saskatoon with a couple of wins, they will be in excellent shape for the remainder of the season. They play only one more game against a top opponent, when they host Calgary on Feb. 5.

### MEN'S ICE HOCKEY

1. Calgary (2)
2. Alberta (4)
3. U.P.E.I. (3)
4. Saskatchewan (7)
5. York (1)
6. Waterloo (10)
7. U.Q.T.R. (9)
8. Dalhousie (5)
9. Acadia (8)
10. Concordia (NR)



## Top Tens

### WOMEN'S BASKETBALL

1. Calgary (1)
2. Victoria (2)
3. Manitoba (3)
4. Winnipeg (4)
5. Laurentian (8)
6. Toronto (5)
7. McGill (7)
8. U.P.E.I. (10)
9. Laval (NR)
10. Regina (NR)

### MEN'S BASKETBALL

1. Victoria (1)
2. Brandon (2)
3. Acadia (4)
4. Saskatchewan (3)
5. Toronto (5)
6. Manitoba (6)
7. Bishop's (7)
8. Western Ontario (8)
9. St. Francis Xavier (9)
10. Dalhousie

### SWIMMING - F

1. Toronto
2. Calgary
3. British Columbia
4. McGill
5. Western Ontario
6. Brock
7. Dalhousie
8. Alberta
9. Victoria
10. Laval

### SWIMMING - M

1. Calgary
2. Toronto
3. Victoria
4. British Columbia
5. Laval
6. McGill
7. Alberta
8. McMaster
9. Western Ontario
10. Dalhousie

## Bears up against backboard



Cliff Rowen and the Bears look to move up in the standings. *lie photo*

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"He (Vignal) has been their most consistent player," Horwood said of the fifth year guard.

The Dinos though have recruited some good replacements. Brian Masikewich, honorable mention CIAU player of the week, who has played two years with the SAIT Trojans and came out of St. Joe's here in Edmonton. Another Edmonton product, Chris Neureuter, who played his high school ball at M.E. Lazerte, before going down to Villa Maria Junior College in Buffalo, N.Y. At 6'9" and 66" respectively, the Dinos may give the Bears their usual fits in the paint.

Although the Bears haven't played the Dinos since they have seen them play three games while at the Dinosaur Invitational, during the Christmas holidays.

"They're about the same calibre as us," Horwood said, "they beat York University, then they lost to Bishop's and Lehighridge."

Horwood's hoping that his inconsistent team can come up with the same intensity as they did against Victoria last weekend. If they don't, the Bears will end up hibernating come playoff time.

**IN THE PAINT:** Lethbridge comes to town two weeks from now to play a pair of do-or-dies against the Golden Bears. The U of A split a pair with them earlier this year.

The U of A Mechanical Engineers  
present from Calgary

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