INCREASING ROLE

Continued from page 25

results are correlated to actual performances in major competitions and compared with athlete is improving through training in the required physical manner. It then becomes the personal training program was due to the coach's role to "read" the athlete, adapted therefrom.

proving on technique, and the "number" showing that the athlete Michelle Cameron, may have to know the nuances of each sport is physically prepared for done so well in Seoul because while communicating with the competition.

swimming, and synchronized Games. This kept them from the Europeans, should use more swimming teams since 1981. He bad psyche involved with Canada's sports scientists to help prepare was with the speedskating squad slow start and the Ben Johnson high level prospects during the 4 while they trained in Europe for the 1984 Sarajevo Winter Olympics. In this super-intense sport, and many others as well, overtraining is a big problem. By monitoring the athlete's heartbeat during training on-ice, Dr. Smith

uld keep a quantitative eye on just how long and how hard a skater was training.

As well, Dr. Smith monitored blood waste levels (lactate produced by muscles during exercise) to check the effects of travel, illness, altitude and the pressure of competition on recovery speed. He designed an effective off-ice program, especially important for Gaetan Boucher between events in Yugoslavia. He is now doing some test at the new oval in Calgary (which he claims is a disadvantage for Canadians in competition due to "home stress") on sprinting versus endurance strategy.

In contrast to speedskating, where on-ice training is limited to about 2 hours per day, swimming is a sport where athletes may spend up to 8 hours in the pool swimming 40 km daily. Here too Dr. Smith added more rest in the training regimen and studied various areas of the training. He checked thigh muscle percentage during a weight program so that a sprinter might build muscle while maintaining technique and being rested for competition. He also emphasized his testing on individual tapering in preparation for competition so that athletes such as Sandy Goss, Victor Davis and Tom Ponting were not fatigued for races and achieved their best.

Synchronized swimming, while being just as demanding a sport, involves some different considerations as well. A synchro swimmer's hear rate, for instance, may drop 80 beats/min. in a matter of 3 seconds as they begin the underwater potion of their routine. With the synchro team Dr. Smith monitored heart rates (through a sensor under the

Dr. Smith believes the synchro

training sessions with 35 and 17 jitters involved with life in the would provide the "last 5%" to the and building up good public second underwater segments to village itself. He also has a national program which, in his relations through role models. The simulate an actual 4 minute personal theory that an athlete opinion, has the athletes and the more people involved in sport, the previous results to ensure that the program. Each individual reponded needs to just experience one training already. He also thinks more success, and with it a sense differently, with a unique Olympics, before they can do Canadian sport should sell itself of national identity. "heartbeat signature", and their really well in their second Games, incredible "gamesmanship" involved.

Dr. Smith, a native of England, sport scientist's to provide the team, with Carolyn Waldo and seems to enjoy his work, getting they stayed away from the coaches and athletes on a personal Dr. Smith has worked with the Olympic village until their level. He believes Canada, to be speedskating, competition near the end of the more competitive with the East

4. Calgary (4)

7. U. Sask. (6)

8. Brock (NR)

10. Acadia* (9)

9. McGill (5)

5. Wil. Laurier (7)

6. St. Thomas* (10)

Swimming (M)

Final

1. Calgary

2. Toronto

3. Alberta

5. McMaster

6. Manitoba

4. Laval

7. U. Vic.

8. McGill

9. U.B.C.

10.Western

Final

1. Toronto

2. Alberta

3. McGill

4. Montreal

8. Manitoba

9. Waterloo

10.Brock

5. Calgary

6. Laval

7. U.B.C

Swimming (W)

bathing cap) during special fiasco, as well as reducing the year Olympic cycle. Perhaps they more, filtering down information

THE MOVE

The New Brunswick Heart Marathon which is an annual fund raiser for the N.B. Heart and Stroke foundation is in its 11th season and will take place here at UNB Sunday May 7th, 1989.

As you runners may recall, last better running weather this year.

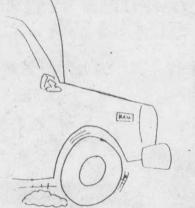
Mr. Terry Goodlad and the 4:30. executive committee know what it takes to organize a successful Marathon will appear in the marathon and it looks as though the 11th annual of this event will be a hit.

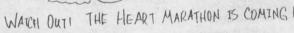
Mayor Brad Wookside is reportedly in training for the marathon at this time so keep an eye out for him on the city

We are encouraging challenges again this year and would like to years' marathon was held on a see the University get involved. rainy, cold and windy day in If you and your friends, faculty, April. Hopefully the date change, club, group or 'whatever' would to the month of May, will ensure like to innitiate a challenge - or if you would simply like to make a The organizers of the 1989 charitable donation to the NB Marathon are largely made up of Heart and Stroke Foundation, runners from the Capital Road contact Mike McKendy at 422-Runners Club. The race director, 3086 days or 357-6566 after

New information regarding the Bruns weekly!

Laura Coleman Campus Coordinator









Hockey (M) 1. U.Q.T.R. (1) 2. Moncton* (2) 3. Alberta (3)

presents This weeks C.I.A.U. Rankings

Basketball (M)

Final 1. Calgary (1) 1. Brandon (1)

Volleyball (M)

2. U. Vic (2) 2. Manitoba (2) 3. Waterloo (3) 3. U.P.E.I.* (4) 4. Western (6) 4. U.B.C. (4)

5. Toronto (3) 5. York (5) 6. Laval (6) 6. Regina (5) 7. Sherbrooke (8) 7. Acadia* (7)

8. Dalhousie* (9) 8. U.B.C. (NR) 9. U. Vic. (10) 9. Guelph (8) 10. Alberta (NR) 10. Concordia (9)

Volleyball (W)

Basketball (W) Final 1. Winnipeg (1) 1. Calgary (1)

2. U. Vic (2) 2. U. Vic (3) 3. Manitoba (3) 3. Regina (4)

4. Winnipeg (2) 4. Laval (4) 5. Calgary (5) 5. Toronto (9)

10. Regina (10) 10. **

6. U.P.E.I.* (8) 6. U.B.C. (6) 7. Alberta (7) 7. Laval (NR) 8. Laurentian (7) 8. Toronto (8) 9. York (9)

* Denotes a A.U.A.A. school ** The Bloomers were 10th last week

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March

You are program org Lung Assoc Smoking Tuesday, M

High School Many of The Lung A been helpin dealing with the smoking

Tuesday, M how we le unlearn. We with smoki smoking an positive lif There v withdrawal

group suppo We kno smoking li financial b do somethin

> refunded a Cessation March 28 maintenanc 4th, 11th a Pre-reg phoning

Association