

AN INCREASING ROLE

Continued from page 25

results are correlated to actual performances in major competitions and compared with previous results to ensure that the athlete is improving through training in the required physical manner. It then becomes the coach's role to "read" the athlete, proving on technique, and the sport scientist's to provide the "number" showing that the athlete is physically prepared for competition.

Dr. Smith has worked with the Olympic speedskating, swimming, and synchronized swimming teams since 1981. He was with the speedskating squad 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 could 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 portion of their routine. With the synchro team Dr. Smith monitored heart rates (through a sensor under the

bathing cap) during special training sessions with 35 and 17 second underwater segments to simulate an actual 4 minute program. Each individual responded differently, with a unique "heartbeat signature", and their personal training program was adapted therefrom.

Dr. Smith believes the synchro team, with Carolyn Waldo and Michelle Cameron, may have done so well in Seoul because they stayed away from the Olympic village until their competition near the end of the Games. This kept them from the bad psyche involved with Canada's slow start and the Ben Johnson

fiasco, as well as reducing the jitters involved with life in the village itself. He also has a personal theory that an athlete needs to just experience one Olympics, before they can do really well in their second Games, due to the incredible "gamesmanship" involved.

Dr. Smith, a native of England, seems to enjoy his work, getting to know the nuances of each sport while communicating with the coaches and athletes on a personal level. He believes Canada, to be more competitive with the East Europeans, should use more sports scientists to help prepare high level prospects during the 4

year Olympic cycle. Perhaps they would provide the "last 5%" to the national program which, in his opinion, has the athletes and the training already. He also thinks Canadian sport should sell itself

more, filtering down information and building up good public relations through role models. The more people involved in sport, the more success, and with it a sense of national identity.

ON 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 years' marathon was held on a rainy, cold and windy day in April. Hopefully the date change, to the month of May, will ensure better running weather this year.

The organizers of the 1989 Marathon are largely made up of runners from the Capital Road Runners Club. The race director, Mr. Terry Goodlad and the executive committee know what it takes to organize a successful 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 streets!

We are encouraging challenges again this year and would like to see the University get involved. If you and your friends, faculty, club, group or 'whatever' would like to initiate a challenge - or if you would simply like to make a charitable donation to the NB Heart and Stroke Foundation, contact Mike McKendy at 422-3086 days or 357-6566 after 4:30.

New information regarding the Marathon will appear in the Bruns weekly!

Laura Coleman
Campus Coordinator

Gatorade SPORTS
THIRST QUENCHER
BOISSON DESAIFRANTE

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

Volleyball (M)	Basketball (M)	Hockey (M)
1. Calgary (1)	1. Brandon (1)	1. U.Q.T.R. (1)
2. Manitoba (2)	2. U. Vic (2)	2. Moncton* (2)
3. Waterloo (3)	3. U.P.E.I.* (4)	3. Alberta (3)
4. U.B.C. (4)	4. Western (6)	4. Calgary (4)
5. York (5)	5. Toronto (3)	5. Wil. Laurier (7)
6. Laval (6)	6. Regina (5)	6. St. Thomas* (10)
7. Sherbrooke (8)	7. Acadia* (7)	7. U. Sask. (6)
8. Dalhousie* (9)	8. U.B.C. (NR)	8. Brock (NR)
9. U. Vic. (10)	9. Guelph (8)	9. McGill (5)
10. Alberta (NR)	10. Concordia (9)	10. Acadia* (9)
Volleyball (W)	Basketball (W)	Swimming (M)
1. Winnipeg (1)	1. Calgary (1)	Final
2. U. Vic (2)	2. U. Vic (3)	1. Calgary
3. Manitoba (3)	3. Regina (4)	2. Toronto
4. Laval (4)	4. Winnipeg (2)	3. Alberta
5. Calgary (5)	5. Toronto (9)	4. Laval
6. U.B.C. (6)	6. U.P.E.I.* (8)	5. McMaster
7. Alberta (7)	7. Laval (NR)	6. Manitoba
8. Toronto (8)	8. Laurentian (7)	7. U. Vic.
9. York (9)	9. -	8. McGill
10. Regina (10)	10.** -	9. U.B.C.
		10. Western
		Swimming (W)
		Final
		1. Toronto
		2. Alberta
		3. McGill
		4. Montreal
		5. Calgary
		6. Laval
		7. U.B.C.
		8. Manitoba
		9. Waterloo
		10. Brock

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



THE TANNING WORLD
WITH 4 TANNING BEDS TO SERVE YOU!

TUESDAY IS CRAZY DAY
TAN FOR ONLY \$2.50 PER SESSION

THE TANNING WORLD
115 PROSPECT ST.
459-5260

CONTACT LENSES

David G. Harding
CONTACT LENS PRACTITIONER

- Devoted exclusively to the fitting, dispensing, and follow up care of contact lenses
- Eye examinations arranged promptly
- Personal and complete service
- Information and consultation

458-0270
Suite 504, Fredericton Medical Clinic, 1015 Regent St.

March
Dear Smoker
You are
program
Lung Assoc
Smoking
Tuesday, M
High Schoo
Many of
"weed" for
The Lung A
been helpin
dealing with
the smoking
In five se
Tuesday, M
how we lea
unleam. We
with smokin
want to sto
smoking an
situations, a
positive lif
There w
withdawal
group supp
videos.
We kno
smoking li
financial bo
do somethin
There is
refunded at
Cessation
March 28th
maintenanc
4th, 11th an
Pre-reg
shoning
Association