

Volleyball Tigers ready to kill

BY EUGENIA BAYADA

The Dalhousie men's volleyball team is picked and they are seeking their 18th AUA title in 19 years. The Tigers had a strong season last year as they went undefeated in AUA league play and put in their first-ever appearance in a CIAU final, only to be swept 10-15, 7-15 and 8-15 by the Alberta Golden Bears, a team they had beaten for bronze in 1994 and 1995. The silver medal, however, was Dal's best-ever finish in CIAU competition.

This year, a fairly solid core of returning veterans as well as the addition of three promising rookies should prove to be successful for head coach Al Scott who is back for his nineteenth season with the Tigers. Scott will be backed up by assistant coaches Joel D'eon, who is in his second year

with the Dal team, and former Tiger Jamie Mallon, who played out his eligibility last year.

Senior players returning to the team this season are fifth-year middle blocker John Hobin and fourth-years Jason Trepanier (leftside) and Terry Martin (middle). Setters Peter Exall, Dave Cox and Sasho MacKenzie are back for another season, as are juniors Bobby Stevens (rightside), Peter Thurlow (middle) and Matt Hartlen (leftside).

Sophomores Scott Bishop (middle) and Mike Vasseur (leftside) also return to the Tigers and will probably see more court time this season.

Rookies to watch out for this season are Chris Wolfenden, Joe Adams and Ryan Andrews. Wolfenden is from Peterborough, Ontario and will play leftside. Also playing leftside will be Adams who is a Halifax, Nova Scotia native and played for Queen Elizabeth High before joining the Tigers. Andrews hails from Midland, Ontario and will be playing rightside.

Coach Scott is satisfied with this year's team selection.

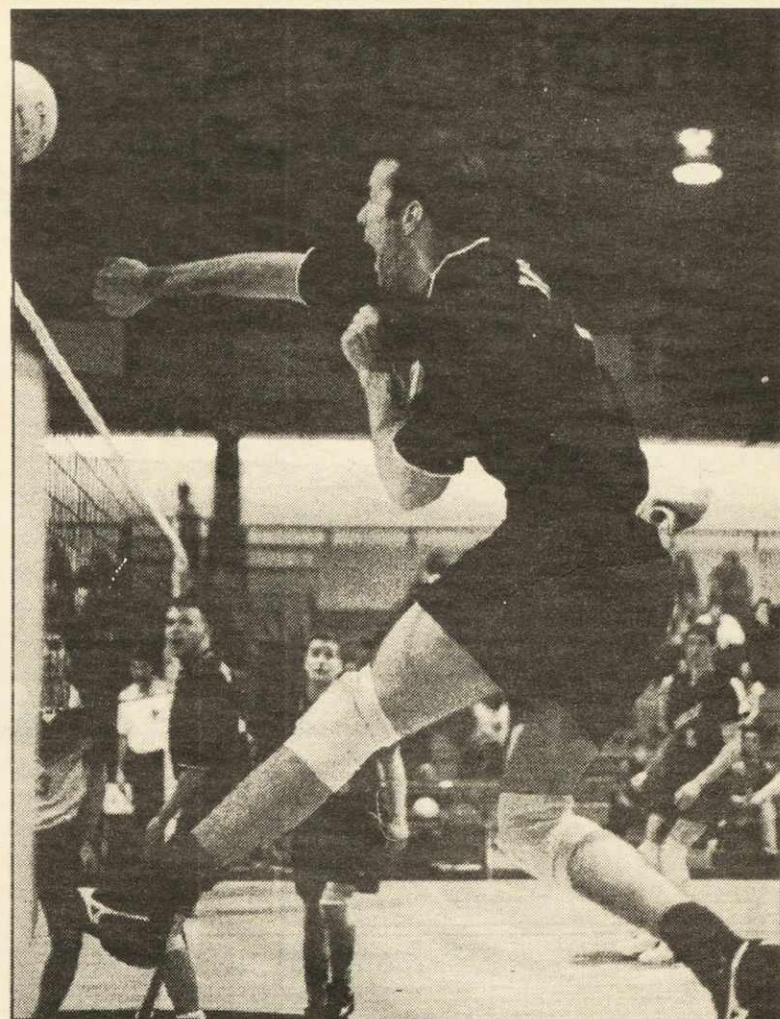
"I am pleased with the September that we've had when the players were scrimmaging and not being allowed to have formal practises — some good things happened," he notes. "Some of the players who did not see regular court

time last year have made a big challenge and some of the new players look very, very good and are going to challenge for a lot of time as well."

This year's team have high expectations of themselves following the success of last season. The Tigers have only lost two players from last season yet their leadership qualities and playing skills will certainly be missed, at least early in the season. Mallon and Eric Villeneuve, both former captains of the Dal team (Mallon led the Tigers in '95-'96, while Villeneuve was last year's captain), played out their eligibility last season.

"I think that the goals are very high," says Scott of the upcoming season. "We had our best season ever since I've been at Dal last year and we have most of the players back.

"I think that most of them have improved from last year and the big job [that] we have to do is to replace two key players that we lost — Eric Villeneuve and Jamie Mallon — and particularly their serve-receive ability. I think that in itself is going to be the thing that measures our team — if not immediately [then] certainly in the long-term — [whether] we're able to find a couple of people to serve-receive."



Upcoming events

MEN'S BASKETBALL

Oct. 25 Dal@UCCB Tournament
Oct. 26 Dal@UCCB Tournament

WOMEN'S BASKETBALL

Oct. 24 @ Moncton (Exh.)
Oct. 25 @ Moncton (Exh.)

CROSS COUNTRY

Oct. 11 @ Dal
Oct. 25 AUAs @ SFX

HOCKEY

Oct. 15 ACA @ Dal 7pm
Oct. 18 Dal @ U.Mass-Lowell 7pm
Oct. 19 Dal @ U.Mass-Amherst 2pm
Oct. 24 Dal @ UNB 7:30pm
Oct. 25 Dal @ MTA 3:30pm
Oct. 30 SMU @ Dal 7pm

MEN'S SOCCER

Oct. 16 Dal @ SFX 4pm
Oct. 23 SMU @ Dal 6pm
Oct. 25 UPEI @ Dal 3pm
Oct. 23 MTA @ Dal 3pm

WOMEN'S SOCCER

Oct. 15 Dal @ SFX 4pm
Oct. 23 SMU @ Dal 4pm
Oct. 25 UPEI @ Dal 1pm
Oct. 23 MTA @ Dal 1pm

SWIMMING

Oct. 18 UNB Invitational
Oct. 19 UNB Invitational
Oct. 25 Dal Sprint Meet 2:30pm
Oct. 26 Pepsi Relay Meet 2:15pm

MEN'S VOLLEYBALL

Oct. 17 Mizuno Collegiate Challenge (Calgary Dinosaurs @ Dal)
Oct. 18 Mizuno Challenge Calgary @ Dal
Oct. 19 Mizuno Challenge Calgary @ Dal

WOMEN'S VOLLEYBALL

Oct. 17 UNB Invitational
Oct. 18 UNB Invitational
Oct. 19 UNB Invitational



Creatine gains popularity

BY DARRYL OSBORNE AND SEAN RYAN

ST. JOHN'S, Nfld. (CUP) — A relatively new performance enhancer has become popular among university athletes but because it is not actually a 'drug', it is not a banned substance. Creatine, a pure amino acid available over-the-counter, is being used throughout the athletic community as a performance enhancer, although little is known about its potential side effects.

"It builds up your endurance and strength, [and] it also helps burn off fat," said CJ Nolan, a former Memorial University varsity soccer player and Canada Games athlete. "It doesn't build you up as fast as a steroid but it does enhance your performance."

"I was benching 155 [pounds] for sets of 10 [when I started using creatine], and, by the end of the month, I was benching 195 for sets of eight," he said. "It's pretty amazing if you ask me."

Ian Parsons, an associate professor of family medicine at MUN and former doping control officer, says there aren't a lot of adverse side effects.

Parsons says that, although nothing has been proven to suggest they cause any extraordinary effects, "over the last five or six years there has been a trend of people trying to use amino acids as performance enhancers." He explained that no specific research has been done to test creatine as a performance enhancer.

"There may be something, but you can't prove that," he said. "Unless you study each individual variable, it is really very anecdotal... [P]eople will tell you 'Oh yes, this helps me' [but it is really just a matter of the mind]," he said.

Tony Fiorentino, co-ordinator of

the drug-free Canadian Centre for Ethics in Sport, said that, while the effects of mega-dosing on creatine — if any — are still a mystery, there are a lot of athletes inquiring about its legality.

"Because of the amount of people using creatine, [it appears that the effect] is more than just placebo for many athletes," he said. "A lot of athletes claim that they do [gain] either strength or additional weight because they use creatine."

He said that, if it has harmful effects, there will be a strong movement towards regulating its use.

"Could the International Olympic Committee step in and put it on a banned list? We have heard talk about that, but there is no definite move in that direction at this point."

Frank Butler, the acting director of Memorial's Physical Education Department, says that as long as creatine is legal, the university will adhere to official regulations.

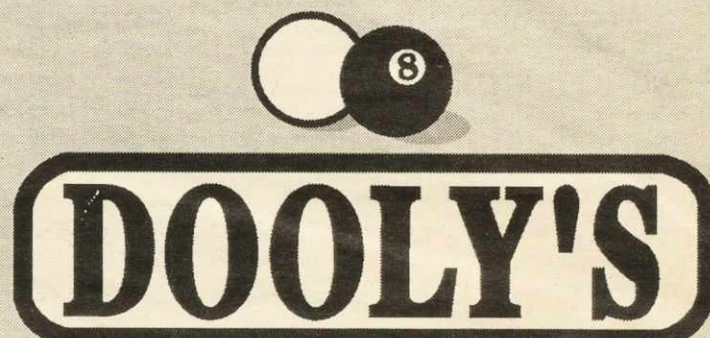
"What an athlete takes to enhance themselves, if it is within the legal system, they have every right to do that," he said. "I don't have any right to step in."

But he added, "We certainly don't advocate that any athlete take any enhancing drugs or substances at all unless it is prescribed through a physician... If they are taking something [not medically prescribed], I think they are doing it foolishly."

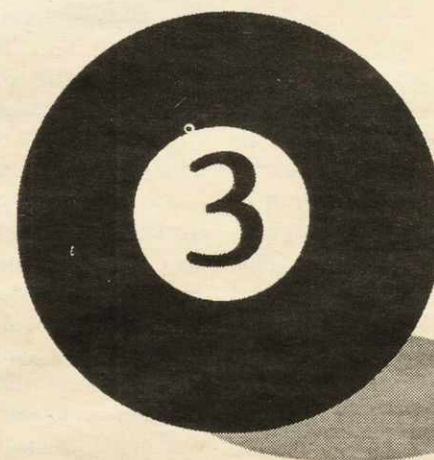
Regardless, Nolan says creatine should be regulated.

"Cough syrups make you high strung [and they're banned]," he said. "With creatine, you can't get in trouble... It is a performance enhancer; it does enhance your performance and I think you should not be able to use it."

"Cough syrups make you high strung [and they're banned]"



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