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INSTRUCTION BY AXEL MOLEMA

Full time professional, 10 yrs. experience at U. of T., Humber College, and Seneca College.

Member, FEDERATION OF ONTARIO YOGA TEACHERS.

Vanier College, Room 202

Mondays, starting January 2

16 Lessons: \$24. Registration at 1st class.

Beginner 7:15-8:15 PM Intermediate 8:15-9:15 PM

Please wear loose attire and bring mat or blanket

NOTE: Classes also available Tuesdays, 12 Noon-1 PM, 218 Bethune College, with Howard Halpern, M.A., instructor. Other courses available at other times and locations.

For Information: 742-0878 884-2671

The rink was too small

By George Trenton

Carol Trewin scored her first goal of the regular season last Thursday in a losing cause as the Yeowomen ice hockey team were downed by the Guelph Gryphons 4-1.

York's only goal, assisted by Alice Vanderley and Linda Berry, came early in the first period, a period dominated by York's strong offence.

In the same period, however, Guelph tied up the game at 1-1.

The rink was small and therefore advantageous to the Guelph team who play a close forechecking style of hockey and wait for breaks given to them by their opposition.

"The rink was so small that we couldn't play our wide open game," said Berry.

According to many hockey Yeowomen, the Gryphons incorporate a great deal of rough play in their game, especially on their own ice where the referees are known to relax.

"It's always a joke playing in Guelph," said Yeowoman Dana Phillips. "Their refs really let the bodychecking go." Guelph Gryphon Dixie takes a different point of view. "I wish this was a bodychecking league so I could let Dana Phillips have it."

Coach Laura Smith will have her players working on the fine points of hockey over the Christmas break so they will be ready for their next game on January 11 when they will host their crosstown rivals, the U of T Blues.

The Yeowomen basketball team were outscored by Waterloo last Wednesday 66-22 in Tait McKenzie gym. The Yeowomen were 2 for 27 by the end of the first half.

According to coach Skip Letheren, the York team is inconsistent from game to game. "Waterloo lost by 15 to Queen's who we lost to by only 1 point last week," he said.

Sylvia Teluso led the Yeowomen with 10 points in the game.

Tomorrow night the team will meet Laurentian, the defending national champions, in Sudbury.

The volleyball Yeowomen ended the first half of their season on a winning note, sweeping a best of five match 3-0 over the University of Toronto last week.

"Sandra Hart and Allanna McKendry turned out their usual fine performances," said coach Sandy Silver. Silver feels that her

team was not as overpowering of the Blues as they could have been. "It's difficult to maintain a high level of play when we are so much better than the other teams in our tier."

Hart said the U of T team has a number of tall girls but are not as strong defensively as York.

"They (U of T) block well and have good hitters, and with some experience may show improvement in future," she said.

The Yeowomen are the only undefeated team in their tier II league of the Ontario Women's Inter-collegiate Athletic Association. They have a substantial margin over the second place U of T Blues.

The Yeowomen will play in an Ontario volleyball senior double 'A' league game on Saturday in Scarborough. They meet Laurier University in Waterloo in league play again next January 18.



"This will make it hard to get in the finals," said coach Wally Dyba after last Wednesday volleyball game against Queen's which the Yeomen lost 3 games to 1.

"This year the top four teams are fairly close. If the other teams knock each other off we still have a good chance."

The Yeomen won their first match 15-6 in Kingston but lost the next three games 6-15, 10-15 and 13-15.

"It looked like we outplayed them on videotape but we made too many mistakes at crucial times," said Dyba.



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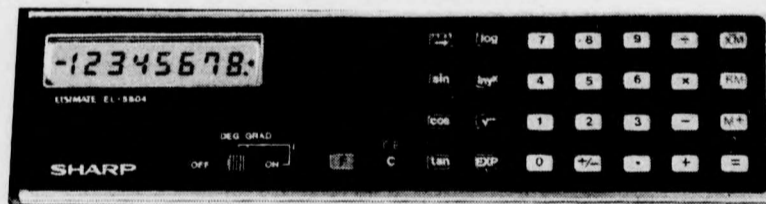
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