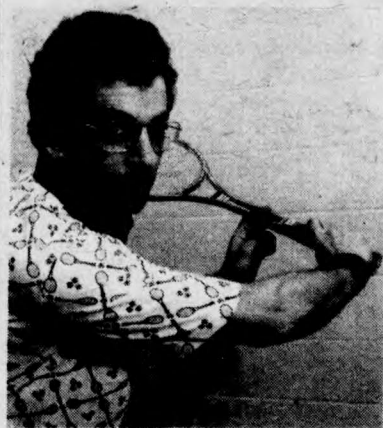


# SPORTS and RECREATION



## Dr. Labib Tennis tips

### The backhand

For most beginners, a strong, accurate backhand shot is perhaps the most difficult to execute.

Not only must you have a powerful follow-through with your forearm, but also complete control of your racquet to prevent a mis-directed shot. A hard backhand shot won't do you much good if it is hit directly into your opponent's forehand.

The backhand is executed much in the same manner as the forehand. Contrary to the game of squash however, tennis players find the shot slightly tougher to play because the racquet arm moves further away from the body.

Most of the time, the backhand is played as a finishing shot intended to score a point.

Often, it is easier to direct the ball to a certain spot on the court with the backhand shot than it is with the forehand.

#### READY POSITION

To play the shot, stand in the ready position facing the net. Hold the racquet out in front of you with your right hand on the grip and your left hand on the throat, just below the racquet-face.

When the ball approaches, turn quickly to the side-line and transfer the bulk of your weight to your left foot. With your left hand still on the throat of the racquet, take it back in a slightly upwards motion.

Just before impact with the ball, remove your left hand and start transferring your weight onto your right foot.

#### SWEEPING MOTION

Bring the racquet around in a fast, sweeping motion to meet the ball. The ball should be contacted when it is about twelve inches in front of you and you must make sure to follow through with your racquet-arm.

In this column, we have broken the backhand shot down into its various stages. However, when you play the shot, make sure it is executed in one continuous motion.

Once you have accomplished the basic stroke, you shouldn't find it too difficult to work underspin, topspin, and lob backhand shots into your repertoire.

Needless to say, the backhand, and variations on the basic backhand, add a powerful new dimension to your game.

## A trainer's work is never done

By IAN WASSERMAN

The trophies have all been awarded, the athletic banquets are all over and the university sports scene has closed up shop for another season.

At York however, one team still remains intact — the training staff. They too have put in a long, tiring year but, unlike the athletes, it's not yet time for them to hand in their equipment.

Directed by Ed Nowalkoski, a man with 12 years experience in the field, York's training team does more than just open the dressing room doors and pass along the waterbottles.

Nowalkoski explained that, "The assistants I have here at York are probably the best qualified men around when it comes to the treatment of injuries.

"Because of this, they have earned the respect of both the coaches and the athletes here and they all have a good rapport with the staffs of many hospitals in the area," he said.

Nowalkoski, in fact, trains his staff personally in his "athletic injuries and treatment" programme, a third-year course open to students at York.

He noted that many students at York have become interested in the course because it helps them to gain experience for jobs once they leave school.

Nowalkoski stressed however, that his training staff is not merely an isolated group working inside the jock community at York; the training staff and the health services employees work hand in hand in referring cases for treatment to one another.

The priority of the staff is, in fact, not only to treat athletic injuries but also those suffered in everyday mishaps.

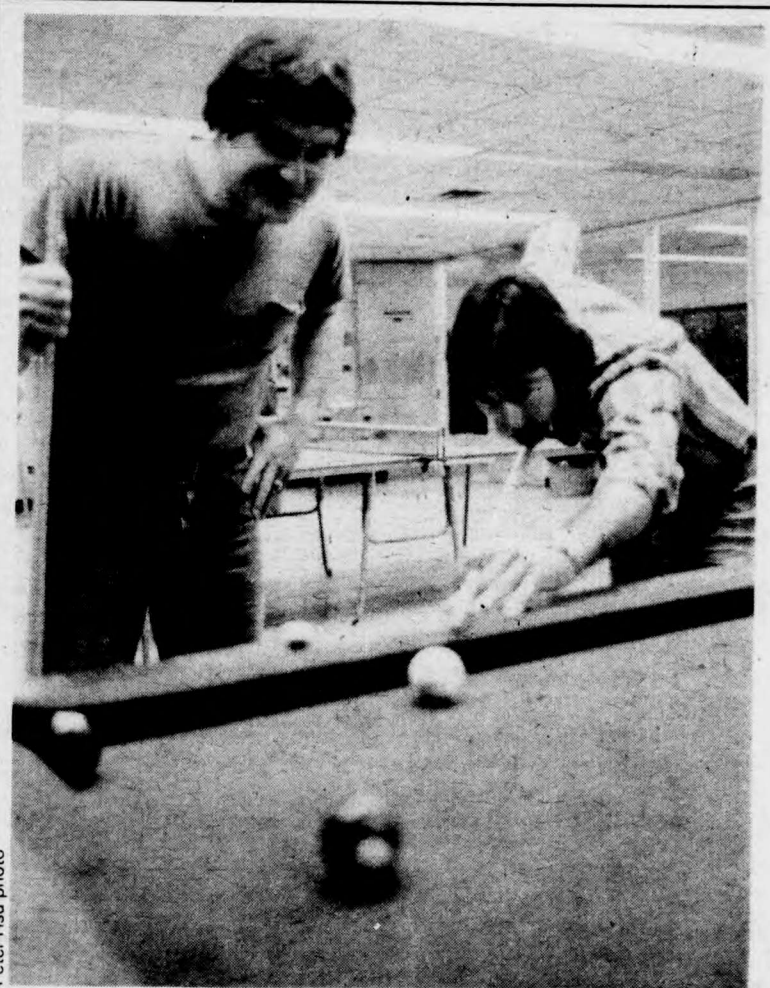
Like many other people involved with university sports, Nowalkoski has his own view on sport scholarships.

He favours awards such as the Hockey Canada scholarship programme but feels that grants handed out by the government are, in many cases, misused by the students who receive them.

Nowalkoski's view of the

training staff is his own separate peace. "I feel that they've done a hell of a job this year, and I couldn't be more proud of them," he said.

"Regardless of how time-consuming the task is, the guys are always ready to do any job which will benefit the team, even if it means washing sweaty underclothing before a game."



Peter Hsu photo

Sparring partner Greg "Sudbury Slim" Sisson smirks as the "Kingston Kidd" (Kevin Smith) practices his strokes in preparation for the Vanier Open Snooker tournament, now in progress.

## York hosts pro-am squash tournament

Next week, from Thursday April 1 to Sunday April 4, students in the Physical Education and Administrative Studies programme will be staging a squash tournament open to both amateur and professional players.

The tournament's format consists of a head-to-head elimination competition plus a consolation round.

Fred Conroy, co-ordinator of the tourney, said that each player will be guaranteed at least two games and that prizes will include money for the pros and trophies for the amateur winners.

There is a five-dollar entry fee and the schedule for the matches reads as follows:

On April 2 matches will be played between 8:30 p.m. and 11:00 p.m.

On April 3 and 4, matches will be staged between 9:00 a.m. and 3:00 p.m.

All games will be contested at the squash courts in the Tait-MacKenzie building.

Both male and female players are invited and for more information, pop into Dr. Labib's Sports and Dance centre in Central Square.

**EXCALIBUR**  
staff meeting  
today 2 p.m.

ACT NOW  
**trypak**  
Bonus Survey  
EXPIRES  
MARCH 30/76

# AGYU

ART GALLERY OF YORK UNIVERSITY

Ross N145 Mon Fri 10-4:30 Sun 2-5

## JOHN HOWLIN

Recent Paintings and Graphics

To Sunday, March 28



"Why are so many of us  
being killed in car accidents?"

It's a fact. Last year the 16 to 24 age group accounted for more than one-third of all drivers killed on Ontario roads.

And nearly 40% of all drivers involved in fatal accidents were our age.

Maybe we can't change the world but we *can* change this.

We've got to slow down.

We've got to *live*.

**Think about it.**



Ministry of  
Transportation and  
Communications