

# Tough schedule ahead

by Keith Johnston

This week, Coach Yarr's basketball Tigers head into their first, and what could be the toughest schedule of games all season long. Still savouring their sweet victory over Sir George Williams, the Tigers will face perennially tough Lakehead University at home on Friday night, grab some sleep, and then head out by bus to Oland Centre, in Antigonish, for a Saturday night game against St. F.X. That however, accounts for only half the fun, as they face Acadia the following Tuesday night, and then St. Mary's that Thursday. That, my friends, is a "tough" schedule!

In Lakehead, the Tigers can expect a tough contest. Although not in the C.I.A.U. Tournament last year, the Voyageurs were finalists in 1973, losing out to SMU in a close finish. Last season they ended up second in their conference both defensively and offensively averaging 68.4 and 78.8 respectively, and this year they are being picked to finish high in the GPAC and are also expected to be C.I.A.U. contenders.

St. F.X., although highly touted this season, proved to be about as disorganized and lack lustre as ever, in the leagues' debut at Saint Mary's, a week ago. The X-men, who have added a lot of new talent this season,

particularly in Ed Bialek, from Windsor, Ontario have definitely got the size, speed, shooters and overall talent to finish high, however, their mournful lack of ability of putting things together will probably relegate them to fourth place behind Saint Mary's, Dal and Acadia. The problem is, as Coach Yarr says, "They are capable of beating anyone on any given night," so even though they're inconsistent, they have to be regarded with plenty of respect.

The Tigers should be pretty healthy going into this week's competition. Bruce Cassidy, the leagues' 5th highest rebounder last sea-

son, is still on the sidelines and his presence is definitely being missed. Kevin Arnstein who has been fighting to get back into shape after an ankle injury, has been very impressive lately particularly on defense, where he shows incredible lateral speed and ability to deny. In addition, two Tigers rookies, Robert Ryan and Mike Pedersen have been improving daily and looking like they really belong.

There's no doubt this week is going to be a big challenge for the Tigers. By next Friday, a lot of people will have seen a lot of good basketball and the Tigers will have a much better idea of where they stand in relation to the rest of the Easter Division competition. Don't forget, it all begins on Friday night at 8:00 when Dal hosts Lakehead, so why not drop over and check out the action - you won't be sorry!

## Swim victories & new records

Tiger swimmers and divers got off to a successful start in A.U.A.A. Dual Meet League competition, Friday, against Memorial and Mount Allison Universities at Centennial Pool in Halifax.

In womens action Dalhousie downed Memorial 79-30 and Mount Allison 69-44 whilst the mens squad won a close one over Mt. A. 62-49 but were outswun by M.U.N. 29-82.

Two new Dalhousie Team records were set. The first fell to first year student Jean Mason who unleashed a 27.5 second 50 yard freestyle, to chop 1.3 seconds from the previous best, in her first individual swim in Dalhousie colours. Turning her hand to the 200 yard butterfly for the first time in four years of collegiate swimming, Gail McFall established a new Dal team record of 2:40.2 over six seconds inside the old mark.

Mason and McFall both went on to record further victories - Jean in the 100 freestyle and Gail in the 200 breaststroke. Another individual winner for Dal was Lynn Sutcliffe who took the 200 Individual Medley and also placed second in the 200 backstroke event. Further notable swims were posted by Rosanne Robinson with a 30.2 seconds 50 freestyle. It was her first collegiate meet. And her swim was good for a second place; Kathy Armstrong placed in the 200 Breast and Individual Medley, Margie Barrow with 2 second placings in the 1 and 3 meter diving; and Wendy Lacusta in the 200 and 500 freestyle events. Tricia Lambert, Janet Bailey, Charley Comeau and Sandy Banas also contributed well to the teams total score.

In mens competition Paul Trapnell was outstanding with victories on both one and three meter board diving competitions. Freshman Steve Megaffin grabbed two second placings in the 100 and 200 freestyle events. They were well backed with clutch performances in a close meet with the Mt. A. squad by fine swims by David Vandorpe in the 1000 Free and 200 breast; Bob Mason - 50 and 100 free; and Steve Cann 50 and 500 free and 200 fly. First year team members David Murphy and Len Rossiter recorded some timely swims to keep the team score healthy. Mason, Megaffin, Rossiter and Larry Kerr combined to give Dal the met decision with a victory in the last event--the 400 freestyle relay.

Saturday, December 1, Dal hosts Acadia at Centennial Pool (1:00 p.m. start) in what promises to be an interesting competition.

# Shape up for skiing

by Wally Fry

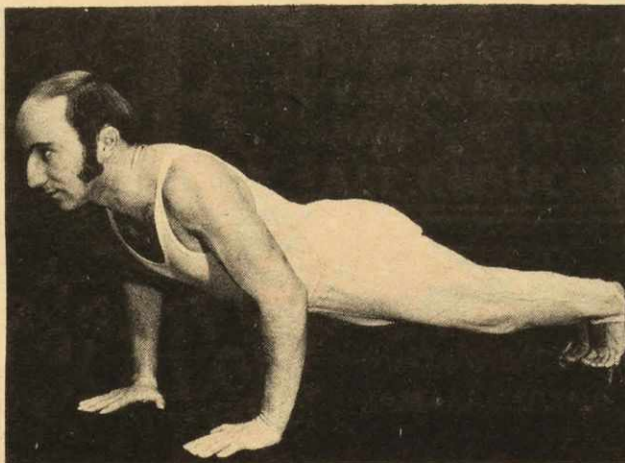
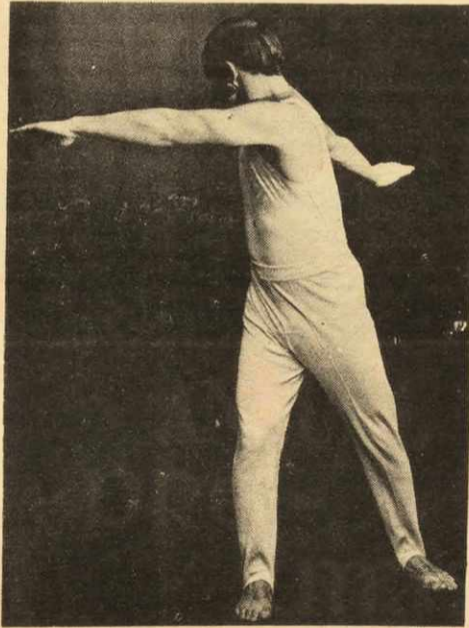
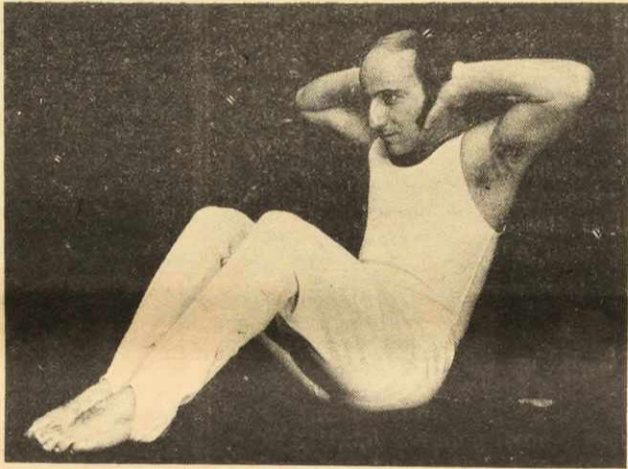
During my three years as training coach of the Dal Ski Team I have had many people ask me, Why do you train for skiing and how do you train? To answer these questions I am writing this article which will appear as a two part series in the paper.

Following a good pre-season exercise program will benefit you in two basic ways; (1) it will minimize the occurrence of injury and (2) it will allow you to enjoy a full day of skiing without undo fatigue. (Who can say that they have enjoyed a run down the hill when they had to stop every hundred feet to catch their breath.)

The following are exercises that will help you prepare for the ski season:

(1) Side to side hopping - this exercise is used to simulate parallel short swings and is great for endurance. Start with about fifty repetitions and work towards two hundred non-stop.

(2) Sit-ups - If you are going to be a "hot-dogger" you will have to have strong abdominal muscles. Begin with ten and add one more each day.



Part two of this article with four more exercises will appear in next week's issue.

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