

## Basketball

# For the Bears, happiness is a hot bench

by John Younie

With upholstered chairs instead of benches to sit on, today's basketball player is spared the pain of slivers and sore rear ends. But the frustrating job of "riding the bench" still remains for seven Alberta Golden Bears who have to watch the game from the sidelines.

"Ken (Haak) and I are prime examples of the rookie who has to wait his turn," commented Blaine Haines after Monday's practice.

"It's frustrating to sit. We just have to work hard in practice and hope coach gives us playing time."

Ken Haak, a high school star at M.E. Lazerte and a starter

all his basketball career finds sitting on the bench a new experience.

"I sort of accept it, but it's tough. I'm optimistic I will play more eventually, but I just have to be patient."

The big difference in this year's squad over last year's is the quality of players that coach Smith can call off the bench. Last season, the Bears had trouble replacing two key starters, Brent Patterson and Pat Rooney. This year, Patterson has missed some games, but the slack has been taken up by Haines and Simon Fraser transfer Dave Reich, both coming off the bench.

Coach Smith's philosophy of trying to play everyone if the

opportunity presents itself (translation: if Bears are winning, or someone is in foul trouble) is made easier because of the fast-break offence Alberta runs.

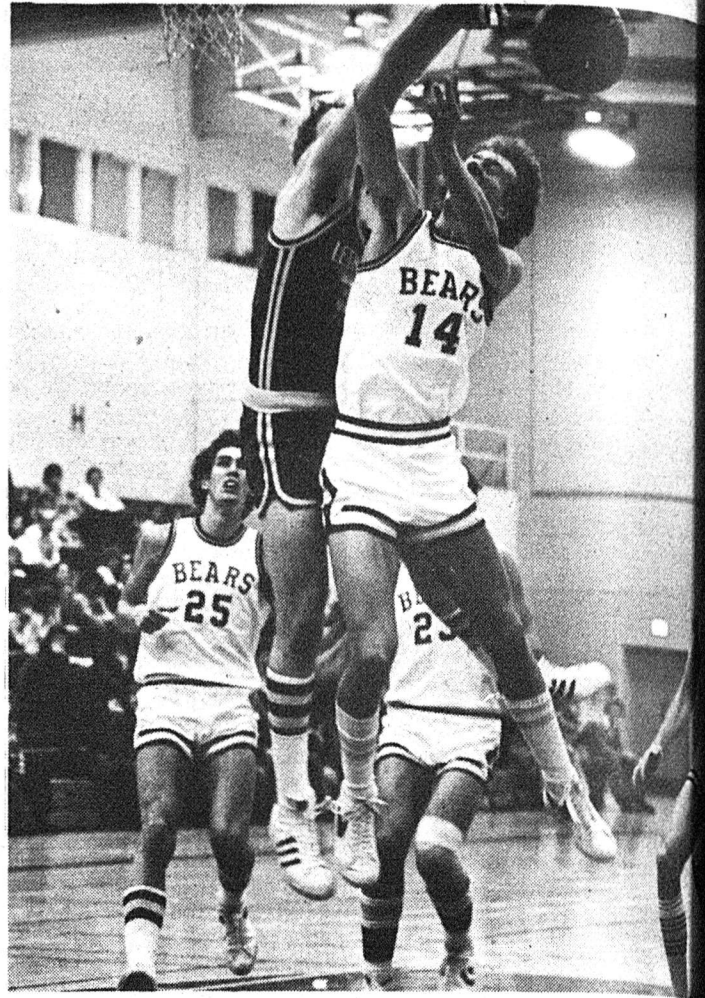
"A fast-break is a little more tiring on the guys than a ball-control offence, so we try to spell everyone off," Smith said, "but we don't put a player in for the sake of putting him in. Everyone has a place on this team, and one of the things the first-year players have to learn is to sit on the bench with dignity."

Smith has given more playing time to the bench since Christmas. Players like Tim Ryan, Haak, Haines and Tom Groat have played steady basketball and Smith feels they have warranted more action.

"It's a nice problem to have, who to play and who to sit. Some of the players might argue with the decisions, though."

There is one forlorn individual who hardly ever leaves the bench, and that is trainer Randy (Zeb) Lewis. "I can't understand why Garry doesn't ever start me over some of these turkeys, I'm better than they are."

Sure Randy, sure.



Former Simon Fraser Clansman Dave Reich (above, 14) has made a habit of coming off the bench and rushing into the battle this year. Photo by Jim Connell.

## Fitness

# Computer Program

by Pat Frewer

The men's I.M. program was expanded last term with a fitness program that has really caught on. Bob Engley, a non-academic staff member and active participant in the new "Jog Around Alberta" activity, has devised an updating program

so that joggers and non-joggers alike can see weekly reports as to the progress of the participants' imaginary romp through the province. The charts on display trace the joggers progress around the Edmonton-Calgary-Banff-Jasper-Edmonton loop. Brent Warren, Wilfred Gilchrist and

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## U of A swimming

# Few competitive opportunities

One of the most physically demanding sports in which to train is swimming. This has been and still is, exemplified by the U of A swim team. Training without competition can become monotonous, frustrating and arduous. This creates anxiety and tensions within the swimmer. The opportunity to compete is the best way to alleviate this situation. Moreover, it allows the coach and swimmers to evaluate their progress. These smaller meets have been denied to U of A swimmers this season. As compared to previous years, the quantity and quality of meets have been drastically reduced. This has been due, to a great extent, to the enemy of all athletics, cutbacks.

Thus, the very few remaining meets in the season are becoming more important and take on greater significance. In order to compete in the all-important CWUAA and CIAU's a competitor must first swim a qualifying time. In these events every swimmer is allowed only one chance to compete in the heats. From these the fastest six move on to the finals, where according to their placing there, the medals are awarded.

For this reason the swimmer must take part and do well in the few remaining meets. If he does not swim a qualifying time he will not be allowed to compete at the national championships. Unlike many of the team sports swimming is basically a one-shot affair.

This weekend will see the Bears and the Pandas competing. The Pandas will travel to

Calgary for their competition, where they will find themselves up against Universities of Manitoba, Montana and the host Calgary team. The contingent will consist of many of last year's second place (nationally) team. Hoping to show their form to a favorable cause are veterans Sandy Slavin, Janet Rooney, Mary Hughes and Julie Sanderson. Traveling along with this group of four are eight more of the Pandas, who are looking to beat even the veterans. This contingent will very likely bring back many of the top honors.

One of the few members who elected to compete here in the city instead of traveling was Cathy DeGroot. She will meet better competition in her event here in Edmonton.

Meanwhile, swimming back here in the city will be the powerful Bears team. They will be swimming in an unusual meet being held at Bonnie Doon Pool. This meet is the long-distance meet being hosted by one of the city's local teams. It consists only of the mid and long-distance events; there will be no sprint events. A dozen of the Bears team will be there vying for the gold medals. As well as the veterans, there are two rookies who look to do extremely well in the freestyle events: Steven Badger and Brent DeBresay.

Also out to show that the veterans still are able to pick up medals are the ever fast Cathro brothers, Derek and Doug. Complementing these two swimmers in other events are Ron New, Ed Wnuk and Dave Long.

Coach John Hogg is look-

ing for best performances from all the swimmers and says most should do very well. As the Canadian National Championships rapidly approach, the Bears and Pandas are showing that they will be ready to meet the challenge.

## Volleyball

# Canada West play resumes

The Golden Bears-Pandas volleyball contingent travel to Vancouver this weekend to compete in the second of three Canada West round-robin tournaments.

Both teams need to finish in the top two positions in the conference to qualify for playoff berths and an opportunity to take part in the CIAU national finals.

Pandas coach Pierre Baudin and Bears mentor Hugh Hoyles both feel their respective teams have excellent chances to be competitive this weekend, but injury problems have put in question the fortunes of the men.

Bob Engels, Al Speer and Kevin Speer each have spent the past week recuperating from injuries and while each will be hampered to a degree, Kevin Speer appears to be the only competitor who may not be able to play. Kevin suffered some knee damage last weekend and has been unable to practice most of the week. Engels (neck) and Al Speer (ankle) both consulted trainer Ray Kelly during the past week and appear to be ready to play.

According to Hoyles the Bears have to "play extremely well as a team this weekend. Our backs are against the wall. We have to come second (this weekend) if we want any hope of winning the Canada West."

The first team the Bears will meet will be UBC, but Hoyles foresees no difficulty in dispatching them. However, "it's a real dog fight between the remaining four teams."

Baudin has fewer problems with his Pandas, who "are really coming together as a team." The

## CWUAA BASKETBALL STANDINGS MENS

	GP	W	L	F	A	PTS
Victoria	12	11	1	1075	779	22
Alberta	12	9	3	907	823	18
Lethbridge	12	7	5	962	928	12
Calgary	12	5	7	808	887	10
UBC	12	3	9	798	929	6
Saskatchewan	12	1	11	823	1027	2

Pandas will be able to play as a group for the first time since Christmas. Two members of the U of A women's squad (Debbie Shade and Mickey Fusedale) have been practicing with the provincial team for the Winter Games and have been unable to compete with the Pandas.

Baudin also believes that strength of his bench will be that his team finishes "no less than third" this weekend. resurgence of several of players lately "gives me the de I believed was going to be strength at the beginning of year," said Baudin.

# Sports Quiz

by Jonathan Berkowitz

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1. Fred Shero was the third coach of the Philadelphia Flyers. Name the first two coaches.
2. Name the first winners of each of these NHL trophies: James Norris b) Vezina c) Lady Byng d) Hart
3. Two of the following five players share the NHL record for the fastest opening goal, 6 seconds into a game. Name the two. a) Henry Boucha b) Jean Pronovost c) Charles Conacher d) Chuck Arnason e) Claude Provost
4. Which pitchers gave up each of the following milestones home runs? a) Roger Maris' 61st home run in 1961. b) Hank Aaron's 715th career home run. (Who gave up his first one?) c) Bobby Thompson's pennant-winning home run for the Giants in 1951.
5. For baseball fans: Four men have hit World Series home runs for teams from both the National and American Leagues. Name them.
6. Garry Unger has played in close to 850 consecutive NHL games. Who are second and third on the all-time list?
7. True or False? a) Willie Mays never led the NL in RBIs. b) Johnny Bucyk played his entire NHL career with Boston. c) Relief pitchers excluded, no pitcher ever won the Cy Young award with less than 20 games won. d) Jacques Lemaire has been named to an NHL All-Star Team.
8. Name the underage players now playing with the Birmingham Bulls.
9. How many times have the Montreal Canadiens failed to make the NHL playoffs since the formation of the NHL? a) 8 c) 10 d) 14
10. (i) Name Danny Gare's linemates with the Calgary Centennials. (ii) Name Gilbert Perreault's linemates with the Montreal Jr. Canadiens.

# IM INTRAMURALS

The following is a list of upcoming intramural and co-recreational deadlines:

- Men's: Snooker II, Tuesday, February 6, 1 pm.
- Slalom skiing, Tuesday, February 6, 1 pm.
- Table Tennis, Tuesday, February 20, 1 pm.