

Intramurals

Co-Ed Basketball

There were 7 teams entered in the co-ed intramural basketball tournament held Saturday, November 20. The 7 teams were randomly divided into two divisions, red and black. In the red division was the M.E. Titans, Shooters, and T.C. Dribblers and Maggie Jean Chests and Nuts. In the black division was the Aitken Overhangs, Rockets and the T and M Celtics.

Maggie Jean placed first in red and the T.C. Dribblers placed second to advance to the finals. The black divisional winners were the Rockets first and Aitken Overhangs second.

The Aitken Overhangs beat Maggie Jean 38-18 to advance to the finals against the Rockets who defeated the T.C. Dribblers 54-11 in the first round of elimination play. Maggie Jean defaulted in the second round making the T.C. Dribblers the consolation winners. The Aitken Overhangs - Tara Preston, Sybil Stymiest, Rob Henry, Rob Berube, Rob Miller, Helen Bridges, Janet (Kojack) Thornton and Bill Mayberry fell to the Rockets in the final game by a score of 24-77. Lisa Burke, Susan Collings, Lynn Mephram, Wendy Colwell, Mike Campbell, Art Smith, Brian Byford, Frank Brubaker and John Clark made up the Rockets' Champion team!

Men's and Women's Racquetball Tournament

There was a fairly weak turnout for the men's and women's intramural racquetball tournament held Thursday, Nov. 18. The four that did show up found good, strong, round robin play. Mark Healy, Kevin Wilkinson, Tim Leitch and Dave Foss were the four contenders. Mark Healy clinched first place by winning all three of his games. Tim Leitch won 2 out of his three games which gave him the second place title and third place went to Dave Foss. Good times for everyone!

Women's Volleyball

The Women's Volleyball finished last Monday night. This year the league was a big success. We had 19 teams register - the largest number yet. Games were played throughout October and November and the playoff games began on Monday, November 15/82. All teams went to the playoffs except those that defaulted out of the

league. In the semi-playoffs on Monday November 22/82 it wound down to the Diggers and the Hustlers battling it out for first place. The Diggers defeated the Hustlers 2 games to none. Their team members included Laurie Carten, Ruth Crouse, Lynn Carten, Paula Gallant and Janice Shaw. Kelly Mahar and Allison Marshall were not available to play in the final games.

Thanks to the officials and to all those that participated. Don't forget to check for entry deadlines coming up after Christmas.

Men's Intramurals

Entry Deadline

Thursday, Dec. 2 is the Entry Deadline for Men's Intramural Ball Hockey and Indoor Soccer. Both of these sports begin immediately after Christmas. Team managers may pick up an Information Kit in the Recreation Office, Room A-121, L.B. Gym. Individual entries are also being accepted in the Recreation Office. Team Managers and all individual entries must attend the Managers' Meetings on Thursday, Dec. 2 in Room A-116 L.B. Gym - 7:30 p.m. for Ball Hockey 8:00 for Indoor Soccer.

Curling Club

The UNB/STU Curling Club got underway last Sunday evening at the Capital Winter Club on Rockwood Avenue. The Club will curl regularly from 8:00 - 10:00 p.m. on Sundays and new members are welcome. No experience is needed - instruction will be provided. Club dues for the year are \$20.00. For further information, contact the Recreation office.

Racquetball/Squash Court Fees

In response to the need to simplify the court fee system for Racquetball/Squash Courts, Court Fee Cards are now available from the Recreation Office Monday - Friday, 10:30 a.m. - 2:30 p.m. These cards cost \$10.00 and are valid for 21 sessions (1 bonus session). After you purchase your card, simply present it to the Superior on duty who will punch it when you come to claim your court. This means you do not have to carry money with you. Full-time students are not required to pay court fees.

Default Deposits

Attention team managers from Fall Sports! Any teams which did not default any

games during the season are entitled to refunds of their default deposits. Team managers may pick these up in the Recreation Office Monday through Friday, 10:30 a.m. - 2:30 p.m.

UNB/STU Ski Club.

The initial meeting of the UNB/STU Ski Club was well attended. Those present opted to create three separate clubs - Nordic, Alpine Recreational, and Alpine Competitive. Anyone interested in Alpine (Downhill) Skiing who has not

yet completed a membership application should do so at the Recreation Office between 10:30 and 2:30 p.m. Register now to ensure you are informed of all club activities which will begin very soon.

UNB Cross-Country Ski Club.

How long have those skis been sitting unused in that closet? Isn't it about time to start thinking about putting them to some good use this winter? The UNB Cross-Country Ski Club is now in the formation and we encourage

all cross-country skiers to come out and have some fun participating.

A general meeting will be held Monday, November 29 at 7:00 p.m. in Room A116 at the L.B. Gym. See you there and remember, Think Snow!!



Break a leg. Buy Skis

Are you buying new equipment this year? Remember that the most important component of your boot/binding/ski system is the binding. Don't skimp dollarwise - it could cost you a leg - or worse. Buy a binding from a reputable company that is compatible with your boots and ski combination. The binding you buy should reflect your weight and skiing ability. Please do not mix toe and heel pieces from different bindings. They may not be compatible and your binding might not release in a fall. This is also true of a binding at least 4 years old.

Insure your binding investment and purchase a binding protector bag. These are usually zippered nylon tubes with elasticized ends sold by the major binding manufacturers. They will protect your bindings from salt and road grime on the trip to and from the ski hill.

Wherever you go skiing, the area operator will ask that you have a retention device to keep your skis from running down the hill in the event of a fall. A runaway ski can reach speeds of up to 100 kph and has the potential to kill or maim or damage property. Therefore, we ask you always wear a retention device. There are 3 types: a) 2 point retention strap which are common to old bindings that had leather straps, b) 1 point retention straps common to newer bindings. These 2 types can, in the event of a fall, windmill and hit your head. They are also the cause of many runaway skis because you must undo the strap to put your boot back in the binding. The newest invention is the ski brake. If your bindings release, 2 prongs dig themselves into the snow and stop the ski. This has the advantage of clearing the ski away from you in a fall and the ski cannot possibly run away. We recommend you check with your certified binding technician.

What's an AFD you ask? It is an Anti Friction Device. They are pads usually made of

teflon that are found where your boot meets the binding. They are designed to help you release in a fall where your skis should come off. They will not let you release prematurely. Make sure that yours are not chipped or gouged and replace them if necessary.

Buying boots? Bring along the socks you usually ski in when trying them on. Tighten down the boots as you would on a normal skiing day and walk around the ski shop for 15 or 20 minutes to show up any pressure points. This will help you get a boot that is comfortable and not too large or small. Lastly, but not leastly, ask your binding technician if they are compatible with your bindings. Remember also that the boot sides should be flat. Buy a boot that is made of polyurethane, not thermoplastic; or heaven forbid, leather. New boots are made of materials that help you release from your bindings whereas old boot materials like leather, especially in combination with old bindings, may actually prevent you from releasing.

So you're shopping for skis this year! Buying skis can be a confusing matter. The best advice we can give you is to follow the manufacturer's recommendations as to the type of ski and length, but here are a few general guidelines. Shorter skis are easier to turn at slow speeds, but become unstable at higher speeds, when a longer ski would be more stable and turn more easily. Usually a "high performance" ski will perform better than a "recreational ski", but has a shorter life. When buying skis, especially used ones, check to see that the bases are flat, unless they have been designed otherwise. Also, check to see that the skis are not warped, have good camber or flex and don't have loose or missing edges.

Are you getting the old poles out of the closet or buying new ones? In either case, make sure that you have the correct length. You can check this yourself by turning the pole

upside down and grasping it under the basket, closest to the ground. Your forearm should form a 90 degree angle with your upper arm. Poles also have either straps or grips. The advantage to grips is that in a fall they are not as likely to hit you. Although this is usually a personal choice. When looking your poles over, check to see that you have baskets in good condition, the points aren't broken, and that the pole is straight.

Preparing for a Day's Skiing

What you wear and how you wear it can make the difference between being warm and being comfortable. Wool is usually the best because it will keep you warm even when wet. Wear several layers of light medium weight clothing rather than a couple of thick layers. This will trap air between the layers and act as an insulator. Remember not to wear too much. This will restrict your movement and may cause you to perspire, making you cold. Be sure the small of the back remains covered even when you bend over. Overlapping layers will help this. Last, but not least, try to minimize the number of wrinkles in your socks and long johns or they will become uncomfortable when you tighten your boots down.

Parents - if your kids ride the rope tow, make sure that they don't wear wool mitts. They may freeze on the handle and prevent your child from getting off, causing an accident. If you want your child to wear wool mitts, please have them wear a suitable nonsticking outer glove over top. Everyone should avoid long scarves or put them under your jacket. The long ends are liable to get caught in machinery, causing an accident.

When preparing to go skiing this weekend, pack an extra pair of socks so that you will have fresh, clean socks to ski in. On the drive up to the hill, feet often get wet from snow or perspiration and a fresh pair of socks will make your feet warmer and more comfortable.

Figure Skating Club Notice

The last skating session for first term will be on Friday, Dec. 3 from 4:00 to 4:45 at the Aitken Centre.

Schedules for second term sessions will be available and new members are welcome to attend. The registration fee for those joining second term will only be twenty dollars.

Bring your skates and join us!