

Opportunity for involvement

Women's varsity teams roll out the carpet

By BONNIE SANDISON

You don't have to be the best to play a varsity sport; just be interested and come out to the game. Now's your chance to show how well you can play the game, and throw yourself into a new athletic scene.

Have you ever held a badminton racket? Then come on out to the Upper Gym, Monday October 7, at 6:15 p.m. and show someone else how to hold a racket.

Get out the old running shoes and dribble down to the main gym, Monday September 23, 6:30 p.m. to throw around the basketball.

If the fall weather is too nice, and you can't face the inside yet, why not come to the Track and Field daily practices from 4 to 6 p.m.?

How is your tennis arm? It will be a while before the snow flies, so stay in shape by playing at the Tait Courts Monday and Thursday at 4 p.m.

What about a dip in the pool to refresh and relax you after a hard day at the books? Diving practice begins Monday, September 16, 5:30

p.m. in the pool.

If diving is not your forte, speed swimming begins September 16, at 4 p.m. in the pool. Synchronized Swimming is available for those interested on Monday, September 30, 3 p.m.

BIG PROMO

If none of these exciting and stimulating sport activities have appealed to you, press onward. The Women's Athletic Council is trying to promote general interest and maximum participation in athletics for women students, and they have planned a number of other programmes.

Are you co-ordinated? If you plan on attending the first practice of the Gymnastics team, Monday September 16, 4 p.m. in the Upper Gym, a little graceful movement might help, but it is not in demand.

Graceful movement might also help you avoid that sharp point when attending the fencing practice Tuesday, October 6 p.m. in the Upper Gym.

Volleyball is also offered Monday, Wednesday, and Thursday at 4 p.m.

in the Main Gym for those who like a friendly but competitive sport.

If you're looking forward to winter, York offers two types of

hockey.

Field Hockey practice takes place every Tuesday and Thursday at 4 p.m. on the Field Hockey Pitch. If

you want the feeling of ice and cold, skate out to the Arena on Monday, September 30 at 6:30 p.m. to chase that puck around.

Men's varsity teams line up practices

Budding athletes and returning pros, take note. The following sports have starting dates in September for men's inter-university athletics:

Basketball, 4:30 p.m. September 23 in the third floor classroom, Tait McKenzie; fencing, September 26, practices Tuesday 6 to 8 p.m. and Thursday 5:30 to 7:30 p.m. in the upper gym; golf, 4 p.m., September 11, third floor classroom, Tait McKenzie; gymnastics, 4 p.m. September 9, upper gym; hockey, 4:30 p.m. September 23, third floor, Tait McKenzie; September 23, practices Monday and Thursday 7:30 to 9 p.m. in the judo room; karate, September 25, practices Wednesday 7:30 to 9

p.m. and Saturday 10:30 to 12 noon, upper gym; squash, 5:30 p.m. September 23, squash courts; wrestling, 5:30 p.m. September 16, judo room.

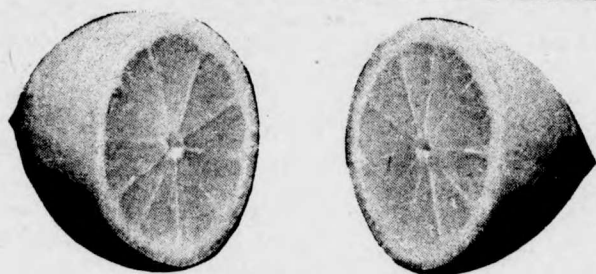
Six inter-university sports have already held their first meeting or practice. A list of their coaches

follows: cross country, B.M. Taylor, 667-2346; rugger, Larry Nancekivell, 667-3818; soccer, Fio Pagliuso 677-8483; swimming and diving, Dave Goodman, 667-2351; track and field, Dave Smith, 667-3529, and Tudor Bompa, 667-3818; water polo, Kevin Jones, 667-3080.

Hatha Yoga set to begin

The first meeting of the York Yoga Club was held last Monday in the dance studio, room 202, of Vanier College. Classes in Hatha Yoga commence Monday, September 16 at 7 p.m. for beginners, 8 p.m. for intermediates, and 9 p.m. for advanced.

There is a \$13 membership fee, payable in advance for 13 lessons. Instruction is by Axel Molema, an experienced professional.



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