

# NEW COACHES AT UNB

Director of Athletics, James Born, is pleased to announce the addition of Paul Belanger to his department. Paul was recently appointed coach of the men's volleyball team. Born stated that "Paul brings a great deal of enthusiasm and knowledge into our program and I am looking forward to having Paul on staff."

As coach, Belanger, will bring a wealth of experience to the program. Paul was an assistant coach for the women's volleyball team from 1981-1985; assisted with the rebels from 1986-1987 and is presently coaching the New Brunswick Canada Games men's volleyball team.

The UNB athletic department is pleased to announce the appointment of Keith

Comitz as assistant women's basketball coach. A graduate of state university of New York at Brookport, with a Bachelors degree in recreation and leisure studies, his basketball ideology will definitely benefit the Red Bloomers. Keith's basketball background varies between involvement in coaching, organization and administration.

Claire Mitton, head coach of the Red Bloomers looks forward to Keith's involvement and feels the timing is perfect. "With the influx of numerous top quality recruits, Keith's appointment comes at an opportune time. I am excited about having Keith as part of the women's basketball program and I feel he has a lot to contribute."

# KENKO

By MIKE SAAD

Each September, at the beginning of another university term, there is a large turnout of beginners, sometimes as many as forty new members. People join for a variety of reasons: to get in shape, make friends, learn self-defense, or to learn how to fight. Unfortunately, most people don't realize what training in karate truly involves. When you enter the Dojo, you will not be shown ancient secrets of long dead masters, or what nerve to

touch in order to make someone fall helplessly to the floor. Shotokam Karate consists of speed and power, agility and body control, and courage gained only through endless practice, stretching, and aching. It is no wonder that out of forty new members who began in September only seven or eight will still be training at the end of the year, and only one or two, if any, become a black belt. It requires a special kind of person; one who will attempt to learn humility and respect. At the end of each class, following

# CLUB

a short period of meditation, students repeat the "Dojo-Kim" (rules of the Dojo).

**KENKO KARATE CLUB**  
 Registration Starting: September 20  
 Training Times:  
 Tuesday 9-11  
 Thursday 9-11  
 Sunday 2-5

Location: D'Avray (south) Gym

For more information call: Dale Nelson 450-3939

# KARATE

## RUN WALK JOG RIDE WHEEL

# The 8th annual TERRY FOX RUN

Sunday, Sept. 18th

LOCATION: LEGISLATIVE BUILDING QUEEN ST.

TIME: 1:00 PM

FOR MORE INFORMATION :

455-3685

Pledge sheets available at:



'World Famous'

# GOLD'S



# GYM

OFFERING UNB/STU TERM

MEMBERSHIPS

Nautilus Lifecycle POLARIS

CALL NOW!!

349 KING STREET 452-2900

