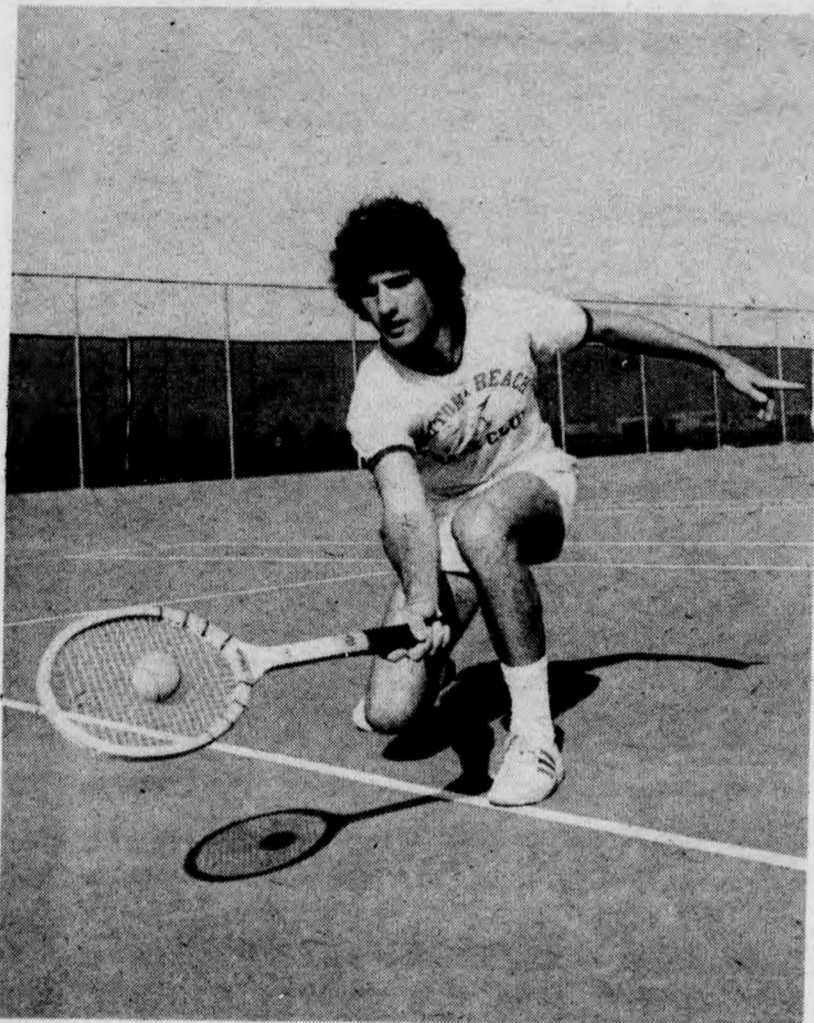


# sports and recreation

## Tennis team is tops in Ontario



Walter Crone, individual singles champion, serves up a ball to Excalibur's Gary Hershorn.

Over the Thanksgiving weekend, the York Yeomen tennis team, led by new singles champion Walter Crone and our number two player Casey Curtis, opened a strong team from the University of Western Ontario to become the college champions of the Ontario University Athletic Association.

York's first championship was won in the doubles competition on Thursday evening at London's Highbury Indoor Tennis Club as the newly formed team of Walter Crone and rookie Bill Tsapralis defeated the number one team from the University of Waterloo, Harry Chamourian and Don Duvall, 6-3, 4-6, and 6-4.

On Friday, the team championships got under way with a split of the doubles matches. Crone and Tsapralis kept their winning streak going as they beat the Western team of Todd Petrychano and Pat Hawthorne, 6-3, 4-6, and 6-4. Casey Curtis and freshman Joel Sandler lost their only match during their two weeks together, as a team, to Western's Ed Bakker and Dave Fleck, 6-4, 6-7, and 6-4.

The four singles matches also got underway on the same day. By winning his match against Western's Petrychanko, 7-6 and 6-3, York's Walter Crone became the individual singles champion in the OUAA for 1978.

Walter's total all court game was too much for the Western number one player as he forced the play from the outset setting up Todd's forehand for weak returns.

Pat Hawthorne, the number two player from Western, was heard to say as he came off the court after losing to York's Casey Curtis, "I've never played anyone who can run so fast." Casey after a slow start, came on to defeat the youthful Hawthorne, 4-6, 6-2, and 6-3.

At this point York was assured of at least a tie for the championship and it was up to the number three or number four players to make the victory decisive. Don Lamont was losing 4-6, 6-0, and 5-3 in the third set when he pulled his game together to tie the match up at 6-6 and went up six points to one in the overtime score. His opponent, Ed Bakker, who had looked in command from a distance, made a strong effort to comeback bringing the score to 5-6, but at this point served a double fault giving the championship to York.

Bill Tsapralis was still playing at the number four position and looked like he might make a clean sweep of the singles matches. However, Dave Elliott of Western had other plans. Elliott, trailing 1-3 in game in the final set, raised his game and won the final set and the match 4-6, 7-5, and 6-3.

## Golfers rank second in finals

The York golf team was narrowly nudged into second place by the University of Toronto at the OUAA golf finals held at the Dalewood Country Club in Port Hope this past weekend. U of T finished with a two round total of 615 while the Yeomen were one stroke behind at 616.

The Yeomen lead after the first round with a score of 301 but tailed off to a 315 second round played in rainy conditions. Waterloo finished at 626, ten strokes off the pace, while Western at 627 and Queens at 634 came last in the five team field.

Coach Nobby Wirkowski commented that "we played great golf this year." No doubt the team did improve. From a tenth place finish

at the OUAA finals this year indicates a tremendous improvement in the squad.

Team members Mike McBride, Don Burton, Steve Hales, Tony Robinson, Larry Hurri, and Bill Kerr have apparently expressed a desire in going south this spring to continue their training. Next year's golf season could provide a championship squad from York.

## Martial arts alive 'n Kicking

By Julie Manning

A lot of kicks and punches are being thrown around York as students learn the fine art of Judo and Karate. Both have been handed down from ancient times, from generation to generation, and have evolved into what we now know to be Judo and Karate.

Modern Judo was founded by Master Kano and has been in existence since 1882. Translated from Japanese, Judo means "the gentle way," says Ron Muirhead, head of the Judo program at York. Originating from Jujitsu, Judo incorporates a lot of throws, take downs, and holds, thus making it one of the safest of the martial arts and more suitable as a sport, explains Muirhead. The emphasis in Judo is put more on holding off your opponent rather than attacking.

There are three phases in the Judo training program, says Muirhead. The first phase is the "training of the body," the second is the "tactics to be adopted," and the third is the "mind culture," or training of the mind. It takes about four to five years to have the three in complete unison, but the rewards are many.

"Confidence and fitness" are just two of the rewards which Fred MacKenzie, a martial arts instructor at York, feels Karate has given him. Self discipline is a key factor MacKenzie explains.

Modern Karate, founded by Master Fuwakoski, has been around for about years. It took its original roots from various Chinese martial arts, such as Kung Fu and Taekwon-Do, although Karate itself is Japanese. Because of this influence Karate involves a lot of punching, kicking, and blocking, and requires a great deal of control. It is for this reason, MacKenzie said in an interview, that Karate is more a form of self defence rather than a sport.

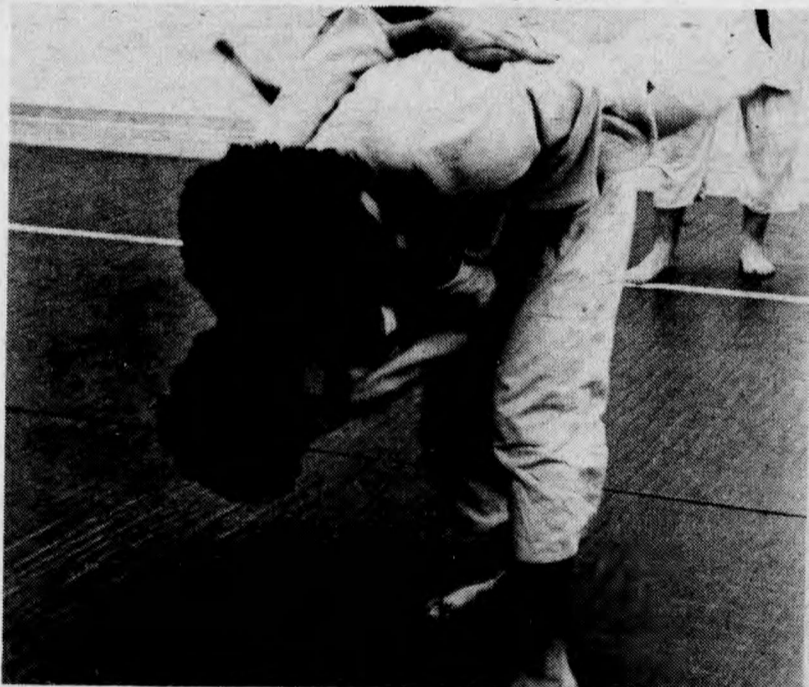
Both Muirhead, a 19 year veteran of Judo and a holder of a third degree black belt, and MacKenzie, a six year student and holder of a black belt, agree that

physical fitness is the first step. This is why so much time is spent on calisthenics and other exercises which strengthen and loosen such areas as the hips, knees, wrists, and neck.

The basic equipment needed for both Judo and Karate is a cotton jacket and cotton pants. In Judo they are referred to as a juoka and in Karate as a gi, and can cost anywhere from \$10 to \$50.

Classes for both Judo and Karate

have been offered for about the last ten years in the Tait MacKenzie Building at York. Classes for Judo are every Monday and Thursday night from 7:30 to 9:00 in the wrestling room. And classes for Karate are held Wednesday nights from 8:00 to 9:30 and Saturdays from 10:30 am to 12:00 pm in the upper gym. Classes for both are \$20 a semester, with the second semester beginning the week of January 15, 1979.



Discover the fine art of Japanese self defense this year.

## Buckstein wins again

Sprinter Andy Buckstein turned in another stellar performance this time it was at the Waterloo Invitational Track Meet held at Seagram Stadium in Waterloo. Buckstein once again won the 100 and 200 meter sprints and turned in a rare performance in the 400 meter event where he also garnered first place.

Bill Milley heaved the 16 pound shot to a new varsity record of 13.22 meters bettering his previous best by 13 centimeters. Bill also placed third in the discus, while teammate Jerry Murray came fourth.

Henry Cyaniacki threw the javelin far enough for a third place position while Yeowoman Dina Sullivan came fourth in the womens' event.

The 10,000 meter cross-country event saw Farooq Shabbar, Wayne Morris, and Fraser McKinnon, run tenth, 13th and 15th respectively in the 30 man field.

This weekend the team is off to the Windsor Invitational where they will be gearing up for the OUAA championships to be held in Kingston on October 21.

## Yeomen thump Mac

By Hugh Westrup

York's varsity team defeated the McMaster Marauders 15-0 in rugby action last Saturday in Hamilton.

Said coach Mike Dinning, "For once York played as a team. It was the first game of the year that the team has played well."

Dinning praised players Bruce

Olmstead and sole point getter Larry Spriet whose five penalty kicks scored fifteen points.

Saturday's game was the first win following a three game losing streak.

This weekend York meets Waterloo before alumni spectators on home turf.

## Low Blows



By John Boudreau

Well it was about time! The Monday edition of the Globe and Mail finally gave the Yeomen football team a bigger headline than the Varsity Blues. Yes, that upholder of conservative values relented finally to the true news of the day. The demise of the stodgy chaps who attend an even stodgier institution has been upstaged by those surprising misfits known to us as the cardiac crowd.

What irks me is that one columnist in one of the three dailies, who shall remain unnamed to avoid a more definite and obvious bias, merrily writes about the fact that U of T will probably hire a public relations man next year. To hell with next year let's hear the news about this year!

The facts are as follows. The Yeomen in their victory over McMaster equalled in one season the total of all victories in their entire history. The team is currently tied for first place in the division while Varsity is hopelessly mired to finish in a non-play-off position.

One must consider the alignment of the divisions which does favor York in that it had to play only one of the so-called stronger teams once. They did lose 20-0 to Varsity but that qualifies only as a statistic in that the Yeomen have improved every game. God help the team who plays them when their offense puts in a full 60 minutes of football.

The re-alignment, while drawing some whimpers from the larger schools, is for the benefit of the sport at all schools and not just those with tradition. It allows for a team from the weaker division to get valuable play-off experience while usually delegating the poorer team of the top four to not qualifying for a post-season berth.

Getting back to the Yeomen consider the role of Frank Cosentino and his coaching staff. Coaching plays a large role in this sport and without quality coaching and calibre players a team goes nowhere.

Sure we need more depth. Sure we need a field. Sure a stadium would be nice. At least we've got a team that is winning. That comes first the others come later.

Oh Varsity will probably get the ink and the fans but York has the spirit that has been desperately missing from the crazy business-sport fusion the megabuck has created. It's fun. It's learning. It's youth in October days. And that makes all the difference in the world!