

## Overtime

### Room at the top

By LISA TIMPF

"THE ATHLETE AND THE clock have to go hand in hand. The athlete can't fear the clock."

The scene was the Inn on the Lake in Dartmouth. The room was comfortably packed with field hockey coaches, players, and administrators from the Maritime provinces. And the national team coaches and national team player Phyllis Ellis were talking about what the experience of playing in the 1984 Olympic Games had taught the Canadian women's field hockey team about the price of excellence and the route to the top.

Player Phyllis Ellis noted that merely qualifying for the Games was in itself a cause for celebration. The Canadian team had come a long way from being the doormats of the international field hockey world to being recognized as one of the best in the world, and selection of the Olympics was one of the rites of passage.

The team, touted by the media as one of Canada's brightest medal hopes in team sport competition, finished the Los Angeles Olympics tied for third spot, and were dropped to fifth on the basis of goals for and against.

"The Olympics was a zoo of feeling, a kaleidoscope of colour and emotion," said head coach Marina Van der Merwe in her best dramatic tones. "It brought excitement into the most dreary and dull individual. It was mind-blowing, exceptional, and extraordinary."

It was also an atmosphere the Canadian team was not quite prepared to deal with, according to the coaching staff.

And, in addition to the distraction effect of the "lights and glitter", there was an added twist when the Canadians discovered that a rule change had been made banning the flick shot over a goalie sliding out to block the shot on the penalty corner. The Canadian penalty corner

offense, never the best at the best of times, was denied an option as a result of this rule change, and its unexpected nature left no time for practise of changes in strategy.

Perspective is now being regained from the giddy emotional heights and magic of the Games to reality and a four-year hiatus to correct the mistakes and prepare for a retest in 1988.

Enter the weekend's Post-Olympic seminar, where coaching and training staff shared their knowledge with Maritime coaches and athletes. New skills, new perspectives, and an infusion of enthusiasm were the result.

In order to meet the international-level challenges in the future, said assistant national coach Kathy Broderick, the national team program needs individuals across the country to accept the challenge of committing themselves to excellence. Which is where the clock, and physiological training, come in.

"It's hard, hard work," said Broderick. "But time is one thing athletes do have. Training is a day-to-day process that can start today."

Broderick noted that athletes themselves have to take responsibility to train for excellence. Coaches can't do it for them.

Ellis spent up to six hours a day working on honing her skills, much of it outside "official" practise time, while forwards Darlene Stoyka and Sheila Forshaw logged so much time working on shots from every angle that they "knew every corner of the net", said Ellis. This is the kind of dedication required to attain excellence.

However, practice, noted Broderick, must be *qualitative* rather than purely *quantitative*. Too often coaches and players focus on how often a skill can be performed rather than how well.

Without commitment, there will be no success, either at an individual or a national level. With it, . . . well, there's room at the top, was the message.



## Women swim to victory

THE DALHOUSIE TIGERS and the Memorial University Beothucks claimed top honours in the women's and men's divisions respectively at the AUA Winter Invitational Swim Meet held at Memorial University over the weekend.

The Tiger women swam to a convincing victory, recording 156 points. The University of New Brunswick placed second with a total of 102, while Mount Allison University grabbed third spot with 91 points.

Patti Boyles led the Tiger attack by winning the 50, 100, 200 and 400m Freestyle events. Boyles also anchored the Tigers 400m Medley and Freestyle relay teams,

both of which placed first. In the 400m Medley relay, Boyles overcame a 1.8 second lead by UNB on the last leg to secure a 0.3 second win by Dalhousie.

Other Tigers winners included Susan Duncan (100m Backstroke), Mary Mowbray (100m Butterfly), Lisa Hoganson (200m Butterfly), and Lesley Cherry (800m Freestyle).

Jennifer Davidson became the fifth Dal woman to qualify for the CIAU Championships at Brock. Davidson qualified in the 400 m Individual Medley.

In the men's division, the defending AUA champions, the Memorial Beothucks, edged the Dalhousie Tigers 150 to 132. UNB and Acadia tied for third spot at

51 while Mount Allison placed fifth with 20 points.

Andrew Cole and David Petrie were double winners for the Tiger men. Cole placed first in the 100 and 200m Breast Stroke while Petrie won the 100 and 200m Backstroke.

Cole, Petrie, Bill Breenlaw and Chris Petrie also swam to victory in the 400m Freestyle Relay.

Tiger coach Nigel Kemp said that the results of this weekend's meet indicate that the AUA Championships coming up in mid-February should be close in both divisions.

The Tigers will be in action this Saturday when they host the annual Alumni Meet at the Dalplex pool at 5:45 p.m.

## Basketball Tigers split games

By LISA TIMPF

LOW SHOOTING PERCENTAGES proved to be Dal's nemesis in weekend women's basketball action.

Although they coralled only 26% from the floor against Mt. Allison, the Tigers came out on top 45-38 in their first weekend game.

Low conversion rates from the floor proved more costly against

UPEI, however, as the Tigers dropped a 66-52 decision to the Panthers when they visited the Island on Sunday.

In the game against Mt. Allison, Shelly Slater notched ten points to earn the top scorer status for Dal. Outside shooting was the key for Mt. A's high scorer Kim Doncaster, who tallied 18 points.

Turnovers abounded in the game, with Dal coughing the ball up 43 times and Mt. A. returning the favour 38 times.

Against the Panthers, Sheri Thurrot notched 12 points, with Shelley Slater and Alice Cerny adding ten apiece.

"It was a very physical game," noted coach Carolyn Savoy of the Island encounter. "UPEI is probably the most physical team in the league. They really went after the ball and followed their shots aggressively."

With the UPEI team's aggressiveness combined with the home gym advantage, Savoy suggests it is unlikely that any AUA team will be able to come away from the Island with a win this year. This is small consolation for the Tigers, however, who are now 2-2 on the season in AUA action.

The Dal team hosted Acadia on Tuesday, and will entertain visiting Memorial University of Newfoundland this weekend in a pair of games.

## Athletes of the week

MEN: JEFF BREDIN, A fourth year Physical Education student and member of the Tigers volleyball team, is Dalhousie's male Athlete of the Week for the period of January 14-20th.

Bredin, a transfer student from Laurent who is in his second year with the Tigers, played exceptionally well in the Dalhousie Volleyball Classic last weekend.



WOMEN: BRENDA TURNER, a fifth year Physical Education student and member of the tigers volleyball team, is Dalhousie's female Athlete of the Week.

Turner, a native of Simpson's Corner, New Germany, was selected an All-Star for her efforts in the Dalhousie Volleyball Classic last weekend.

### Tiger sports this week

Jan. 25	Hockey	Acadia	Away	
Jan. 25	Men's basketball	Acadia	Home	
Jan. 25	Men's Volleyball	Memorial	Away	
Jan. 26	Swim	Alumni	Home	5:15 pm
Jan. 26	Men's basketball	St. F. X.	Home	3 pm
Jan. 26	Women's bbl	Memorial	Home	8 pm
Jan. 26	Men's volleyball	Memorial	Away	
Jan. 26	Women's vball	UPEI	Away	
Jan. 27	Hockey	Mt. Allison	Home	2:00 pm
Jan. 27	Women's bbl	Memorial	Home	2:00pm
Jan. 27	Women's vball	UPEI	Away	
Jan. 29	Women's bbl	SMU	Away	
Jan. 29	Men's basketball	N.S. Stars (ex.)	Home	
Jan. 30	Hockey	St. F. X.	Home	7:30 pm