

sports and recreation

Yeomen beat 3 year slump

By Lawrence Knox

If you could have witnessed the scene in the York Yeomen dressing room following their 17-16 victory over McMaster Marauders at York Saturday, you would have thought they had won the Ontario-Quebec Intercollegiate Football Conference championship.

Champagne flowed and head coach Frank Cosentino led the team in a victory song, which the rookie coach stole from the University of Western Mustangs.

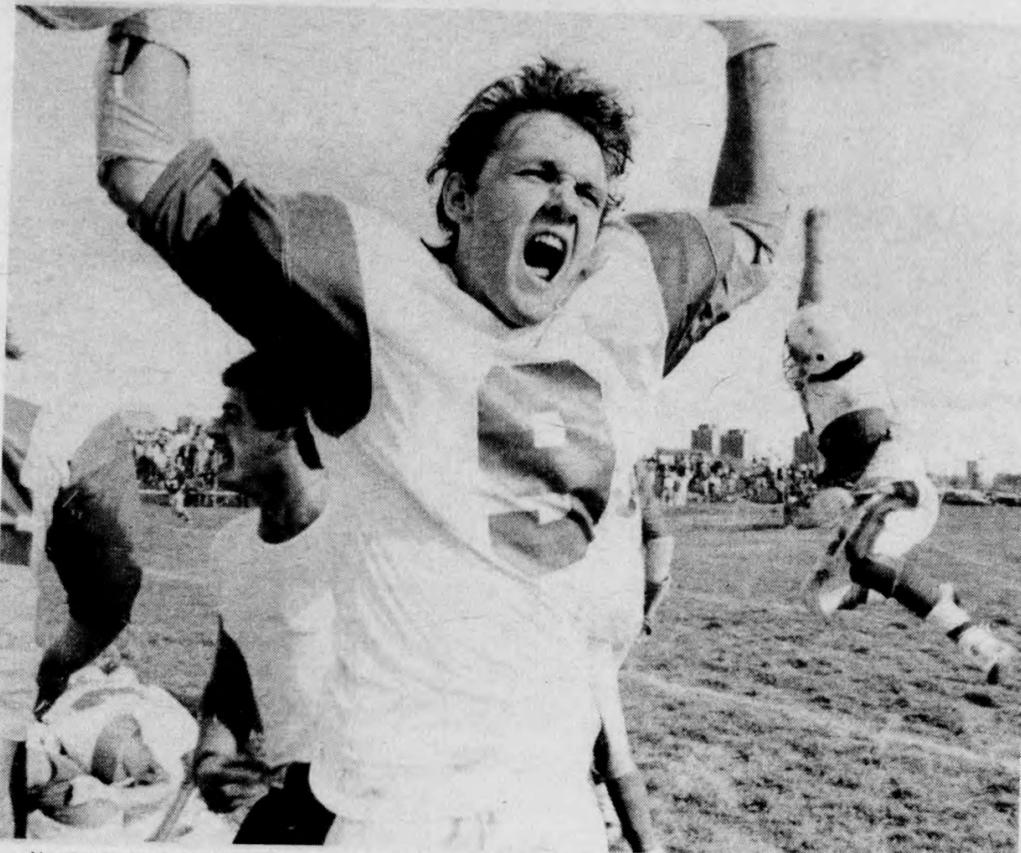
Yeomen were celebrating their first victory since the middle of the 1975 season, 19 games ago.

"Our coaching staff have said all along that these guys could do it," Cosentino remarked. "But, truthfully, we made it hard on ourselves. During the first half when they (McMaster) took a 13-0 lead, we contributed to keeping their drives alive."

Following a 41-yard field goal by McMaster kicker Steve Mallany late in the game which give Marauders a 16-14 lead, York quarterback Mike Foster led a desperate, last minute drive for the Yeomen with only 1:58 minutes remaining.

Using star receiver Les Huggins, making his debut in a Yeomen uniform after five brilliant years at Seneca College, and a well balanced running attack, Larry Sturino and Keith Vassallo, Foster led York to McMaster's 14-yard line.

After confusion between the game officials and the timekeeper, Cosentino sent place-kicker Craig Clydesdale into the game to attempt a 19-yard field goal with only eight seconds remaining. Clydesdale's kick was good to the delight of 2,000 people in at-



No yawner: Exuberant York Yeoman defensive halfback Dan Koenig rejoices after final play victory over McMaster. The win broke a three year winless streak.

tendance.

"We would have never been able to do this last year," said defensive tackle Richard Lyall. "I've never felt so good in my life. I think the difference this year is everyone respects the coaching staff."

Marauders head coach, Ray Johnson, wasn't as jubilant as members of the Yeomen. "I thought our offence played

reasonably well, but I was disappointed with the defence. I was even more disappointed with the officials. They blew the game. They let York change players four times on that last play, which I shall report to the league commissioner."

After taking an early 13-0 lead in the first quarter on an 18-yard touchdown pass from quarterback

Mark Stubbert to halfback Paul Heal and two field goals from 14 and 13-yards by Mallany, (who converted the major), McMaster had a chance to add to their lead since they had the wind at their backs in the second quarter. But the Yeomen defence held Marauders scoreless.

Early in the second quarter, Foster threw an eight-yard pass to

Sturino for the touchdown at the 3:53 minute mark. Clydesdale conversion was good which made the score 13-7.

In the second half, Sturino scored his second touchdown of the game on a eight-yard sweep. Clydesdale conversion put Yeomen into a 14-13 lead, but another Mallany field goal put McMaster out front again. But Clydesdale had last kick to win the game.

Huggins, who made a few impressive runs and pass receptions during the last drive, had mixed feelings following the game.

"Sure I'm happy we won. But, I don't think they used me nearly enough. Our inside stuff was working, so, I guess it really doesn't matter."

"The last drive was very significant," said assistant coach Mike Eben. "It could have a very strong psychological affect on the team."

Foster, who had been a part of all 18 losses, didn't know what to say. "I can't describe it. It's just great," he said.

Notes — Offensive player of the week is Keith Vassallo. Defensively top honours go to Rick Lyall, while Craig Clydesdale was selected as special team player of the week... York will travel to Guelph next Saturday for a date with the Gryphons.. Yeomen totalled 328 yards total offence to McMaster's 153. Sturino gained 98 yards on 18 carries and Vassallo, a rookie, 115 on 22 carries...

In other OQIFC games, McGill trounced Concordia 53-0, Queen's battered Three Rivers 46-7, Bishops upset Ottawa Gee Gees 24-16 and the University of Toronto Blues were upset by Wilfred Laurier Hawks 32-14.

Gary Hershorn photo

Martial art demo a success

By John Boudreau

Thinking of martial arts brings to mind violent self-defense behaviour. Not so with Aikido, as 30 spectators learned Monday at a demonstration held at the Mackenzie Tait building. In fact the opponent's power is used against him with the emphasis placed on avoiding the confrontation if possible.

It quickly became evident through the demonstration that the flowing motions employed are indeed an art and not a sport as the name might suggest. There are no competitions in Aikido so the performer is really competing against himself as he tries to harmonize his motions with those

of his partner.

Founded approximately 900 years ago in Japan and nurtured there through the upper classes of Japanese society via strict tutors, the art was not made public until the period shortly after the Second World War. Aikido is now found throughout the world. Policemen in Tokyo, numbering 7000 strong, are taking it as a compulsory course in their police training.

Why should this martial art be effective without a definite attack on the opponent? Black belt Taki Kineda, who ran the demonstration, sums it up by saying "you could do without hurt." He emphasized the use of the opponent's

own power in his defeat. In the martial arts room, however, there are now winners and losers. The coupled participants trying to harmonize their motions into a smooth, quick flowing motion.

The motion has been broken down into four areas; speed, timing, harmony, and concentration. The performance of such motion is always in a circular fashion, with the opponent being kept in a straight line plane emanating from the eyes and expressed the hands also kept in this same plane.

Just as important in Aikido is the role of the mind. Extreme concentration is needed to perform the art and meditation and other mental exercises are included as part of the participant's training. The movement found in Aikido is an expression of Zen says Mr. Kineda as it is "smooth without hesitation."

Mr. Kineda who has taken part in Aikido for 19 years stated he "is finally beginning to understand the meaning" of it. A Judo performer before transferring over to Aikido Enore Gardonio mentioned that the martial art "becomes a part of you," adding quickly, "I like it more than I did Judo."

Aikido is being taught at various post-secondary institutions throughout the city, York included. Classes run for 10 weeks at a cost of \$20 per person. If you are interested drop in to the wrestling room on the third floor of the Mackenzie Tait building on Monday or Thursday from 4 to 5:30 or Wednesday from 1 to 2. You may not master all 600 or so techniques but as Mr. Kineda says, "let's start moving!"



Enore Gardonio demonstrates break fall after being victimized by Alster Thomson as Viu Cho Ngai looks on.

Kim Llewellyn photo

T & F team looking for talent

By Andy Buckstein

WANTED — Able bodied persons to join the varsity track and field team. Interested persons should contact Dave Smith (Rm. 310, Tait, 667-2379) or Scott White (Rm. 36, TOB, 667-3257).

Head coach Dave Smith has not yet resorted to placing the above ad in the help wanted section of this newspaper, but he could not be blamed for doing so. While it is true that this year's track and field (and cross country) team has more manpower than last year's there is a large amount of known talent on campus that has not yet reported to Smith. Coupled with the "casual joggers" that might be able to help the team if they would only volunteer their services, Smith has seriously contemplated

placing an ad such as the one above.

"Jumps" coach Scott White emphasized the needs of the York varsity team. "We are particularly weak in the female sprints, and almost all field events, but even more so in the jumping events," he said. "We know there are people on campus who can help us and we want them to contact either Dave or myself."

The York track and field team has improved steadily in the last couple of years and they are hoping that this year will be no different. Their first meets will fall on September 30 as the cross country team will host the York University Invitational cross country meet, and the track and field team (less the middle distance and distance runners) will head to Hamilton for the McMaster Invitational meet.

York soccer team drops 2

The Yeomen, last year's Canadian soccer champs, are not off to a good start this year, losing Saturday's Exhibition game to Waterloo 4-0, and Sunday's to Laurentian 3-1.

"Although we lost the tournament," said soccer coach Eric Willis, "we were able to see our new players in actual competition."

Willis added he is confident the team will be very competitive in future games.

The Yeomen lost last year's superstars Magic Mac Musaby and Paul D'Agostino but star player Mike Burke is still with the team.

As to whether they'll regain the national championship Ellis said, "I'm hopeful we'll be successful but it's impossible at this point in the season to make that prediction."

The Women's Athletic Council will be sponsoring a dance at the Bethune Dining Hall this Friday, September 22 at 8 pm Admission is \$1 and York I.D. cards are needed. The event is licensed under the LLBO.