



cole's notes

Finnish Nats here on 30th

Leon Abbott may have wanted an 8-0 record for his Christmas present, but even with the loss to Calgary Saturday, his Bears aren't in such bad shape.

Bears (7-1) have played fewer games than any team in the conference, and still have a two-point bulge over the second-place Dinosaurs (6-4), with two games in hand.

UBC lost two out of three this weekend, and appear to be fading fast at 4-5. Saskatchewan, with eight losses in nine starts, is out of it as usual.

"Seven and one, a third of the way into the schedule, isn't so bad," says Abbott, "if someone will promise me 14-2 over the next two-thirds, I'll take it."

It will be an unusually quiet Christmas break for the Bears. In the past, they've usually managed to get in on a holiday tournament, last year in Sudbury.

This time, though, the only match they have for certain is a December 30th game with the Finnish National team at Varsity Arena:

The Bears had planned on a three-game swing into the north country somewhere, but apparently no one was willing to guarantee their expenses, so their only other possible engagement would be a one-game affair with Calgary.

With the slack holiday schedule, it seems likely that by the time league play resumes in January, Abbott may have as many as 23 healthy players to deal with.

Abbott has not yet made, and maybe will not make a decision about his three goaltenders.

As of even date, Bears' roster shows seven defencemen listed. In addition to the five that started the season, Abbott now has Brian Larsen and a convalescing Abby Hebert to think about.

Although Hebert looks far from ready to play at present, four weeks could make a big difference, and Hebert's speed is something Bears' defence could use a lot more of.

As well, Abbott has thirteen forwards on his hands (ten is considered comfortable), and as the season progresses, that will probably prove to be an unmanageable number.

At any rate, if Abbott can keep twenty-three bodies happy applying for eighteen starting jobs, he's a juggler of immense talent.

Pool Pandas rally for tie

Last weekend, the U of A Panda Swim team competed in the first two meets of the season.

Their first was a challenge meet against the much improved U of C Dinnies team.

Captain Mona Lee Brophy won the 100 fly, and 200 freestyle, co-captain Myrna Spilde also won two events, the 200 IM and the 100 Backstroke.

Other outstanding performances were: Mary Hughes, placing first and third in the 100 breast and 200 IM; Bernice Campbell, Kim Browning and

Val Switzer all placing third in their best events; and Leslie Mann managing a second and third place.



The 400 freestyle relay team of Spilde, Hughes, Brophy and Mann earned another victory for the squad.

Up against a U of C team

which has greatly improved since last year, the Pandas fought hard to come from behind and tie the meet in the last few races.

Saturday the Pandas hit the water again for the Golden Bear Relays. Although placings weren't outstanding, individual times were.

Coach Smith was very impressed with the efforts of his swimmers Friday night of 42 swims, 40 personal best times were posted. Many girls established even better marks in their races the following day.

Letter from a concerned student

Intramurals could be improved

by Bill Howard
4th Year P.E.

The intramural program at this university is an excellent program, proclaimed by some physical educators to be the best at any Canadian institution. The '75-76 men's intramural recreation program offers twenty-seven different activities. Some of these are well organized major team sports such as football, basketball, and hockey. Others are the more individual recreational activities, as in snooker, bowling, and golf. Despite the wide variety and mass participation in this men's program, I feel there are some problems evident upon watching various contests, as well. The major area of concern to the intramural staff should be the over-emphasis placed on winning by several participants. Too many players (and some entire units) are too competitive and orientated towards winning at all costs - at the expense of fair play and the idea of equal playing time for all players.

An excellent example of this overly-competitive atmosphere was found in intramural flag football games this season. Although I was a member of the team which eventually won the league championship, I did not always enjoy the games. I sometimes walked off the field at the end of games disillusion-

ed about the state of 'friendly' sports in our society; there was just too much bitching and squabbling and too many 'cheap shots' to make the game fun. Arguing with officials, who had an extremely tough job, was common after almost every play. As a result of strongly competitive backgrounds and a determined need to win, many football players threw any sense of fair play to the prevailing winds (to be carried far off campus, it seems). We seem to forget that we are merely competing with fellow students; instead we carry the attitude that we are competing against them.

The issue, then, becomes one of determining what the aims of the men's intramural program are. Is the objective to compile as many points, win as many games and trophies as possible, while saying to hell with fair play? Or should the over-riding idea of an intramural program be enjoyment through recreation and physical activity for as many participants as possible? Obviously, I believe the latter philosophy to be the one to establish and maintain in any intramural program.

The "Turkey Trot" is an applicable example of basically non-competitive intramural activity which enjoys mass participation and follows the 'fair-play' philosophy. There were

over 200 entrants this year in this fun-orientated cross country run - which provides an excellent opportunity for students to get out for some fresh air and exercise with fellow students and friends. Winning is not emphasized to any great length - total Turkey Trot prizes: five turkeys. Another pleasant aspect to this activity is that there is little need for many officials as little or no cheating takes place.

This article is not intended in any way to be a criticism of the men's intramural program. Some measures have been taken to eliminate 'over-competitiveness' and encourage fair play and participation. The most effective step, I feel, has been the setting up of different divisions according to player ability. For example, the hockey program has Division I, II, III, and 'anklers' leagues. A further progressive step has been introduced this year with the elimination of achievement points in some sports. Self-referreed games are starting to become a reality. Both of these ideas were employed in this year's co-rec volleyball program, which was very successful and operated smoothly.

I would like to propose some further amendments to the program which I feel would benefit it:

- a gradual fading out of points, prizes, awards, and trophies to successful athletes, as this encourages competition and 'elitism' among athletes.

- an elimination of posted standings, such as on the large blackboard across from the men's intramural office.

- a subsequent elimination of such bodies as a 'protest board.'

- a gradual move to self-referreed games in all events.

- an elimination of rules regarding eligibility factors of some students - largely ignored anyway.

- an introduction of 'novelty awards' maybe based on the team or unit which has the most active participants, the least defaults, or the most fun.

In conclusion, I would like to re-iterate my feelings that the present intramural program is basically sound and successful. However, I also feel a need to get away from the all-too-common attitude that winning is paramount. The emphasis in intramurals must be shifted to mass participation and physical activity to all interested students. I just hope that by the college level we aren't too late to change what I feel are deeply ingrained but negative attitudes toward intramural sports.

so good
so many
ways...

Tia Volley
Tennis elbows everywhere are serving this exciting new cocktail that aficionados of the game are learning to love.

Tia Volley:
A touch of Tia Maria (1 1/2 ounces) topped with 3 dashes of heavy cream and a cherry impaled with a toothpick. Looks and tastes great in a liqueur glass.

Tia Maria
THE JAMAICAN LIQUEUR
made from various essences notably that of the Blue Mountain coffee, specially blended after a formula closely guarded for over two hundred years
24% FL OZ 55° PROOF
11.5% ALCOHOL BY VOLUME

world's most delicious coffee liqueur