

SPORTS

Fitness is for all Dalhousie students

BY ROB CORKUM

For many people summer is the time of year when they are most physically active. With summer drawing to a close many students at Dalhousie turn their attention to other activities. For instance, moving into a new apartment, getting registered and into the classes they want and wondering what happened to all the money they were supposed to have made during their time off from school.

Here at Dalhousie there is no need to feel that the end of summer means the end of sports. Dal has some of the best Athletic teams, clubs and programs of any university in the country. Combine that with first class athletic facilities such as Dalplex and the Memorial Arena and there is no reason any Dal student should be any less active as the school year begins.

(Ed. note — hold on Rob, what about beer drinking?)

If you're are a person who really likes competition, and you feel up to the challenge, Dal has some outstanding varsity teams. Tryouts and practices for men's and women's soccer, as well as cross country

and track and field begin this Sunday, September 1.

Because of AUAA rules tryouts for other teams such as basketball, swimming, volleyball, as well as men's hockey are not allowed to begin until later on in September. If someone is interested in trying out for any of the varsity teams, a list of all the coaches names and phone numbers is available at Dalplex.

**Dal
students
can stay
active**

If you don't feel you are good enough, or don't have the time to devote to a varsity sport don't despair, Dalhousie offers one of the best university intramural programs in Canada. While most people were soaking up the summer sun, Campus Recreation Assistant, Jeff Sharpe, and others at Dalplex were working hard preparing what they promise to be another fantastic year of intramural activities.



This year there are intramural leagues in soccer, basketball, volleyball, hockey, and Dal's most popular intramural sport, broomball. Touch football has gone the way of varsity football at Dalhousie (read — the axe) because of dwindling interest.

It has, however, been replaced by a new sport that is sure to be a hit; coed innertube waterpolo. In most of the intramural sports there are different levels; A, B, and C,

depending on how competitive you want to be; as well as different leagues; residence and interfaculty.

If a group of people want to put together their own team they are encouraged to do so. Deadlines for entering a soccer team is September 12. For hockey, broomball and innertube waterpolo the deadline is September 19.

If tennis or softball is your game there are tournaments planned for the weekends in late September and early October.

On October 5 the first sports festival of the year, The President's Sports Festival, is planned. This is a day in which teams of eight to ten people (at least half must be female) participate in a number of sports and activities. As always it is guaranteed to be a good time and a great chance to meet other Dal students.

For more information on the intramural program, the tournaments or the Presidents Sports Festival, or if you are interested in entering a team, feel free to call Jeff Sharpe at Dalplex 494-2049. He will be glad to help you.

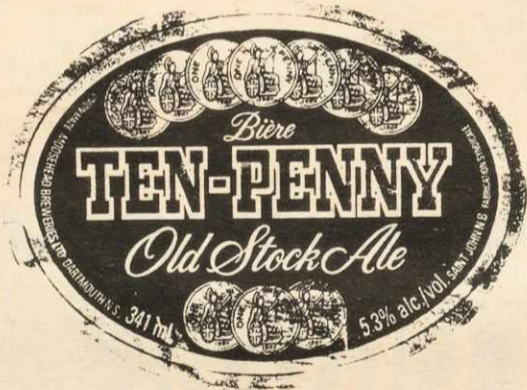
For those of you who just like to do their own thing and are not

interested in joining a team, there are a number of athletic clubs at Dal. Everything from fitness classes, dance lessons, squash club, to a scuba club is available. More information on clubs and lessons is available at the main desk at Dalplex, or check the bulletin boards around campus.

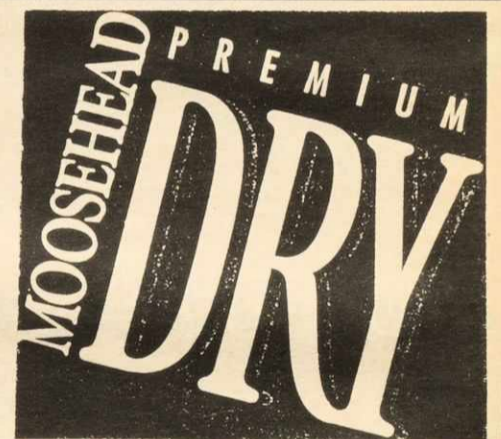
**"The first
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If you have not been to Dalplex, you owe it to yourself to check it out. There are weight rooms, fitness studios, tennis, squash, racketball, volleyball and badminton courts, an Olympic size swimming pool, basketball nets, an indoor track, as well as a lounge and cafeteria.

So get off your ass and get involved, you won't regret it.



MOOSEHEAD
warily presents
THE FIRST MILLENNIAL



Gazette Recruitment Party

Bring your friends
Bring your pets
(But whatever you do)
Please don't bring your friends' pets

Here's your chance to learn exciting layout techniques that you can use at home.

Change your life
Change the world
Change your socks

Watch this space for upcoming information regarding place and time.
(That's, the same space in the next paper.)