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ainer's  
ekly  
by Tony O.

is the first in a series of  
ies to appear in The Netted  
The purposes of these  
les is to provide interesting  
educational reading for the  
ent and prospective weight  
ers on campus.

Weight training is a  
hod of exercising which  
be used to improve  
scolar strength and  
urance, increase flexibi-  
and decrease body fat.  
you are an athlete  
ving to improve your  
s, or if you wish to  
rove your quality of life,  
h weights may help you to  
ieve those goals.

Weight training is based on  
"progressive resistance"  
nciple of exercise. The  
hod is progressive in that  
h training session involves  
er an increase in the  
ount of weight lifted or in  
number of repetitions  
mpleted.

he resistance is provided  
raditional free weights or  
one of a number of  
hines such as the  
iversity Gym owns

ery simply, when a weight  
ning movement is  
cuted, the muscles used  
tract, to lift the weight.  
eated contractions with  
eased weight cause the  
scles to increase in both  
and strength.

he individual weight  
ner's personal goals deter-  
e what direction his  
tine takes.

o develop great strength,  
vy weights are used in  
abination with low  
etitions. If muscular  
urance is desired, a lighter  
d is lifted with a greater  
nber of repetitions.

Those people whose pri-  
ry interest is in reshaping  
ir bodies usually follow a  
ddle road, combining the  
nciples of these two  
erse training methods.

One of the biggest pro-  
ms for the person who has  
er before lifted weights is  
ere to start.

The next article in this  
ies will feature a basic  
ight training program  
ned primarily at those who  
ould like to begin exercising  
gularly with weights. The  
outine will be designed  
that the present on-  
mpus weight lifting faci-  
es can be utilized.

ny O is a freelance writer  
The Netted Gem.



Winner of the women's volleyball fund-raising drive is Barb Phillips, pictured here with Russ Stewart of the UPEI Bookstore. The prize, donated by the Bookstore, was a gold chain and pendant valued at \$170. Photo: Blacquiere.

## Volleyball: Lady Panthers' record misleading

By Phil Stanyer

Don't be fooled by first impressions.

The UPEI women's volleyball team is not as bad as its record indicates, according to coach Donna Sears.

Last weekend the Panthers were beaten in six of seven games by UNB at home, but Sears is optimistic.

"We played very well," said Sears.

"There were some really good rallies and I was pleased with the team's performance," she added.

Saturday night the Panthers won the second game of the best-of-five 15-13 after dropping the opener 15-4.

But then UNB captured the

next two 15-5 and 15-3.

All week in practice the Panthers had been working hard at bettering their service reception and Sears felt the preparation paid off.

"Our service reception was better," declared Sears.

"But we couldn't get the serve away from them," she added.

The general consensus outside of the Sears camp also seems to be that the scores Saturday night were not indicative of the play.

Because of the Panther's inability to convert their offensive chances the results were rather lopsided.

"We played better with them serving," chortled Sears.

Not even one of the biggest crowds a women's volleyball game has seen at UPEI could help the Panthers.

"If we get this kind of support all year, that would be terrific," said Sears.

The first match, Saturday night, was the first time this year the women have won a game.

But Sunday, the Panthers took to the floor with a completely different team.

"The players felt they had reached their objective I guess," joked Sears.

Sears also noted the inexperience of the Panthers led to their let-down.

"We're not used to playing a match two days in a row yet," admitted Sears.

The Panthers are loaded with newcomers which always creates problems moulding a team together.

But the Panthers' "objective" that was reached by winning a game, was against a different team than they faced two weeks ago at UNB.

"This was a much taller team," said Sears.

"They have 20 players on their roster and they also have access to top quality competition with their local senior league, which helps them improve faster," she added.

Sears also pointed out the need for more competition for her team in the pre-season to better prepare the team for the regular season.

Linda Dyckerman seems to be terrorizing the net, blocking shots almost at will, while Marilyn Balderston had been banging her power hits for points at almost every opportunity.

These kinds of things make Sears smile and look to each upcoming game with a justifiable hope for victory.

"We're going to win some matches this year," said Sears.

The only item that really bothers Sears is committing mental errors.

"You can't take lapses on the floor, otherwise you'll lose in a hurry".