

# SPORTS

## HOCKEY PANTHERS ENJOY WIN AND A TIE IN FIRST GAMES OF YEAR

By Darrell Cole  
Sports Editor

The UPEI Hockey Panthers started their season off with a bang snaring a win and a tie against a tough Acadia team in a pair of exhibition games played last weekend at the Charlottetown Forum.

On Saturday the Panthers spotted Acadia to a 4-2 lead after one period before storming back in wild second period which saw the score tied 7-7 after sixty minutes. In the third period the two teams settled down to play some defense and it took 18:39 before the tie was broken as Mike Thusuaka drilled a low slapshot past Acadia goaltender Chris Churchill.

Eight different Panthers

scored on Saturday night. Besides Thusuaka's winner Kevin Skilliter, Jerry Fleming, John Copple, Dave Shellington, Greg Choules, and Greg Gravel scored for the Panthers.

On Sunday Kevin Skilliter, Jerry Fleming, and Ron Hennessey gave the Panthers a quick 3-0 lead but Acadia pulled to within one goal on two goals 0:43 apart to make the score 3-2 after one period. Randy Muttart, now playing center, scored early in the second period to give the Panthers a 4-2 lead, but again Acadia came back to tie the game 0:49 seconds into the third period.

Coach Vince Mulligan and Captain Steve Fulton were both pleased with last weekend's results even though the edges looked a little rough. Mulligan said this can be expected as a lot of the guys are not used to playing together yet. Fulton said, "Things will be o.k.", concerning the upcoming season. He said it would be tough to replace Ron Carragher and Craig Jenkins.

Both Coach Mulligan and Fulton were pleased of the play of rookie defensemen John Copple and Wayne MacPhee as well as Greg Choules and Brent Thompson up front. Fulton explained



that the addition of Copple and MacPhee should give the Panthers one of the top defensive corps in the AUAA. He also said that all four lines on the Panthers are very well-balanced but he is not making any predictions yet.

The Panthers regular season gets underway next weekend when the University of St. Thomas

Tommies and head coach Al MacAdam come to Charlottetown for a pair of weekend games. These two games should be very entertaining games as St. Thomas is fresh from an upset win over the Universite de Moncton Blue Eagles last weekend. Also St. Thomas was one of the only teams to defeat UPEI last year.

## Lady's Field Hockey has strong weekend showing

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Sports Editor

Last weekend must have been a pleasing one for UPEI Field Hockey coach Simone MacKenzie as the Lady Panthers played some of their best Field Hockey all season against the University of New Brunswick.

They may have lost but it was to who they lost and by how much is that really counts here. The University of New Brunswick Red Bloomers are the best team in AUAA Field Hockey and are ranked among the top five teams in the country. The Lady Panthers were not intimidated by that fact and fought that UNB team right down to the final whistle in both games. Even though our team lost we should be proud of them. They are steadily improving and who knows next year could be their year to make a run at the AUAA Playoffs.

All the Lady Panthers games have been close this year, even against top-ranked teams like UNB and St. Mary's. Earlier in the year they tied St. Francois Xavier 0-0. St. F.X. is no push over being a strong team in the AUAA with only one point

out of second place. Before the season started the Lady Panthers were in a pre-season tournament and these results have shown me that there is promising future for Women's Field Hockey here at UPEI.

It is encouraging that the Panthers have only allowed 14 goals through nine games. That's an average of roughly one goal a game allowed by netminder Tracey MacEachern. That is really good and ranks up there with second place St. Mary's. The girls have one more game left in the season and one more chance for that first win which has eluded them. The team has tried so hard all season and I am sure that all their hard work will be rewarded Wednesday against Mount Allison in Sackville, New Brunswick.

In closing I would like to congratulate the UPEI Lady's Field Hockey team for a very entertaining year of Field Hockey and wish them luck for next year's season. I would also like to warn the other team's in the AUAA to look out next season for our UPEI Panthers Field Hockey Team.

## Officials For Intramurals

- Officials will be hired to referee competitive leagues and tournaments.

- Applications are available in the Athletic Department and are now being accepted for:

- Basketball
- Hockey
- Volleyball
- Broomball

## Personal Improvement Through Fitness

"Tomorrow, I'll start my fitness program!" How many of us say that on a regular basis? In doing so, we simply put off until the future, what we should be starting now.

Part of the problem exists because we view fitness as a condition to reach as opposed to a lifestyle to lead. Fitness simply is our ability to function on a daily basis. Do you recognize yourself when:

- you are out of breath when you get to the 4th floor of Dalton;
- you drive to the Burger King from Blanchard;
- you don't go out for a walk or to join people in activity because you don't have the energy;
- you are always tired or have a cold.

## Intramural Hockey League

TEAM REPRESENTATIVE MEETING:

Any group wanting to put a team in the intramural hockey league is asked to have a representative at a league meeting in the Panther Lounge 5:30 PM on Wednesday, October 21.

New and old teams welcomed.

SIGNING UP:

- Any student who would like to play intramural hockey should contact their team representative or contact the Athletic Department.

- Independant teams will be formed of all those interested.

These are all signs that perhaps our level of daily functioning (fitness) is not what it should be. Fitness is not, therefore, something we do just to be good at sport, but instead is our ability to lead active lifestyles—how we live our lives.

What we need to do is decide we want to change, decide what we want to do to change and then do it.

There are many opportunities here at UPEI for us to improve our fitness. We have:

FITNESS TESTING:

- Contact Barb Mullaly for an appointment.

AEROBIC VIDEO EXERCISE CLASS (COED):

- Mon., Wed., Fri. 12:30-1:15 pm

- A video for BEGINNERS will be done.

- Come along to the gym

- Other times can be arranged for you and your friends—just contact the Athletic Department.

WEIGHT TRAINING:

- Facilities open daily from 8 am - 10 pm.

- Universal weight machine and exercise bicycle.

- Programs available from Barb Mullaly.

RECREATIONAL ACTIVITIES:

- We have a full schedule of recreational activities—get active by making your selections NOW.