



Intramurals

The fun side of college sports

By Phil Stanyer

Sometimes, during the rigors of everyday university life, the average person needs a break from the blasé routine that can trap him in a cavernous pit of boredom.

Hence, intramural sports.

Intramurals have been around as long as universities and this year hockey coach Vince Mulligan is providing a great variety of activities so that students can have a lot of fun while learning how to play a game or sport that perhaps they had not tried previously.

Intramural sports give people a chance to be the Bobby Orr, Larry Bird, Reggie Jackson or Ziggy Zagowitz they never could be before.

You don't have to be particularly skilled in any

aspect of any game or sport, just get out there and participate. You'll discover how much fun getting to know others can be while a volleyball whizzes past your head or you catch a puck in the stomach.

The talk of the campus at the moment, and all year, seems to be the Blanchard Hall hockey team.

And they did not disappoint their followers Monday night, with a thrilling, come-from-behind shoot-out victory over Mean Machine.

With five minutes to go and the score 6-4 in favour of Mean Machine, Blanchard looked like a defeated squad.

But after Kevin Barrett scored on a breakaway, things were different.

Blanchard pulled out is

goalie with a minute to go and promptly tied the game before the final buzzer.

In the shoot-out, each team took five shots before the game was decided.

What a thriller! It reminded me of the eighth game between Canada and Russia in 1972.

Oh yes, I have to mention Terry Duffy, who scored the winning goal in the shoot-out after beautifully setting up two Mean Machine markers earlier in the game.

If there were an award for the first man in the history of intramurals to get two assists on his own goalie, Duffy would walk away with it!

Okay, everybody, one, two, three ... Ahhhhhhhhhh!

It's okay, Terry, we're with

you. See! This is just a sample of the fun you can have in intramural sports.

I'd like to thank everyone involved with the intramural sports this year for making the first half of the season so much fun and so personally enlightening.

Another thing I did want to mention was the presence of the varsity players at the intramural games. I think it's particularly stimulating.

I never thought Norman Beck could get through a hockey game successfully. I tell you, it's his refereeing that makes life worth-while.

And we can look forward to more good things after Christmas.

Continued below is a basic weight training program. It is designed primarily for the person who is getting into a muscle-conditioning routine for the first time.

First of all, it is necessary to define the key terms in this program. A "repetition," or "rep" as it is often called is the execution of a specific exercise one time. A "set" is the performing of a certain number of reps of the same exercise, for example, 12 reps is equal to 1 set.

Each exercise session should be preceded by a 5 to 10 minute warm-up period consisting of push-ups and stretching. Equally important is a cool-down period after the workout. Doing 50 sit-ups and 50 leg raises would be sufficient in this respect and also would work the abdominal muscles.

The Beginning Conditioning Program is designed to be most effective when performed on alternate days, such as Monday, Wednesday, and Friday. As a general rule, 3 sets of 12 reps each should be performed for every exercise. To decide upon what weight to begin with, choose an amount with which a minimum of 8 reps can be done. Gradually increase the number of reps until 12 are reached and then increase the weight. As well, in the first set of each exercise, use only 75% of the weight which will be used in the second and third sets.

Beginning Conditioning Program

Legs:

3 sets of leg extensions

3 sets of leg curls

3 sets of squats or leg presses

Chest:

3 sets of bench presses

Back:

3 sets of lat pulldowns and/or 3 sets of seated rows

Shoulders:

3 sets of seated or standing military presses

Arms:

3 sets of bicep curls

3 sets of tricep extensions

All of the above exercises can be done on the University's Universal Gym or, in most instances, free weights can be used instead.

If this routine is followed faithfully, improvements in both muscular strength and endurance will be noted within several weeks. In order to make gains it is essential that exercise be regular and progressive.

Hockey Panthers fight back

The UPEI Panthers hockey team has two big games this weekend and will try to pick up a possible four points when they take on UNB tomorrow night and then Dalhousie Saturday.

They are the final two games before the Christmas break for the Panthers and game times are 7 pm Friday night and 2 pm Saturday afternoon.

The Redmen have 14 points but UPEI has a game in hand on UNB.

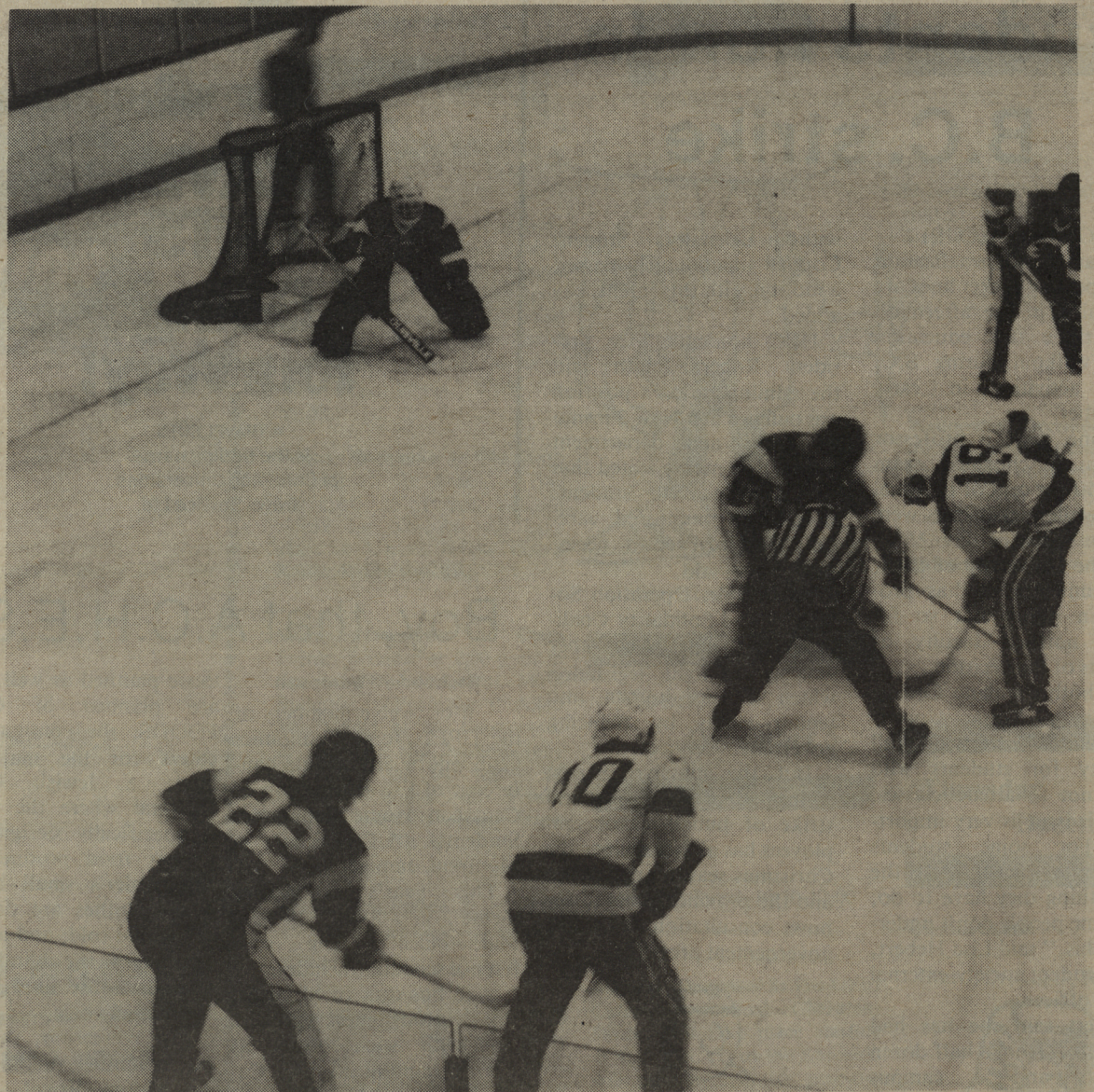
Both games are of course at the Charlottetown Forum and coach Vince Mulligan

will be looking for a more consistent effort defensively from his players and better officiating.

"It's hard for us to stick to our game plan playing a man short during the majority of the game," said Mulligan.

The injury report in the Panthers camp is good and there only a few aches and pains.

Jeff Lantz, who injured a knee earlier in the season and who won't be back until after Christmas, has been skating and is getting stronger everyday.



Learn to make some fast moves and enjoy university life. Intramural sports ... give them your best shot!