

ATHLETICS

HUMBER



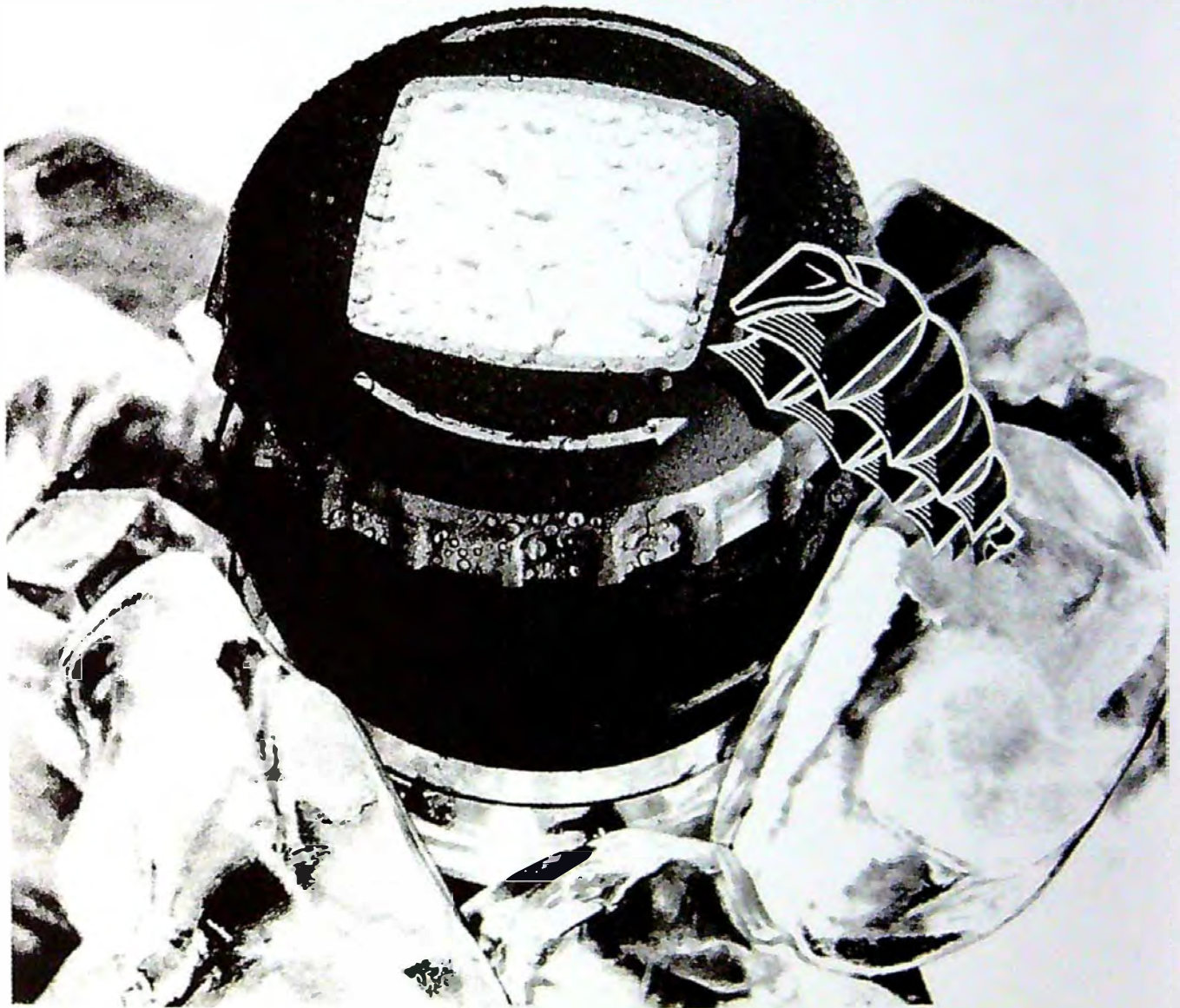
- ★ Aerobics
 - ★ Recreational Leagues and Tournaments
 - ★ Varsity Teams
 - ★ Therapy
 - ★ Weight Training
 - ★ Sport Pools
- and much more!*

It's more than just a game!

ATHLETICS HANDBOOK 90 – 91

Humber College Student Life Department

Party Animal





ATHLETICS

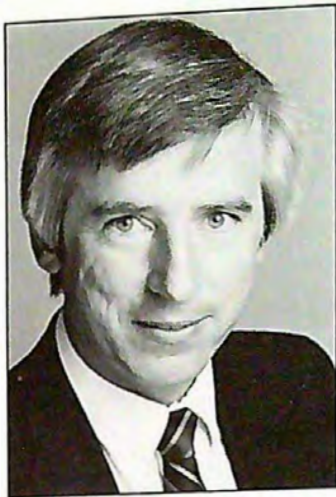
HUNBER

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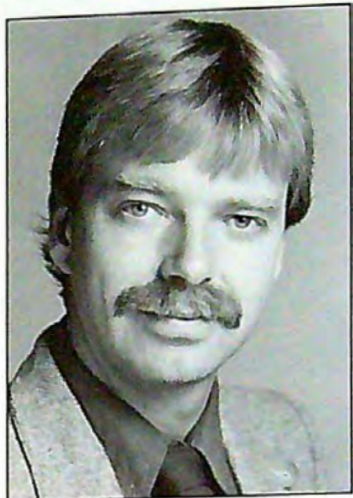
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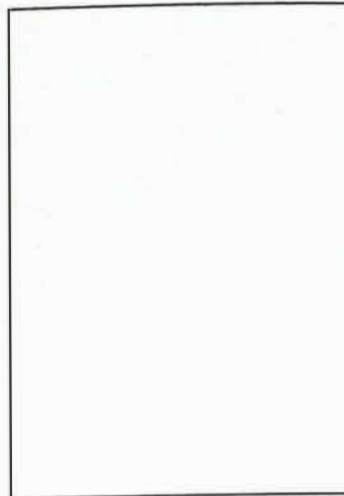
Meet the Student Life Department



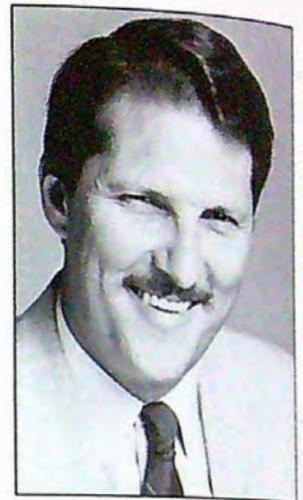
Rick Bendera
Director of Student Life



Doug Fox
Associate Director of Athletics



T.B.A.
Associate Director of Student Affairs



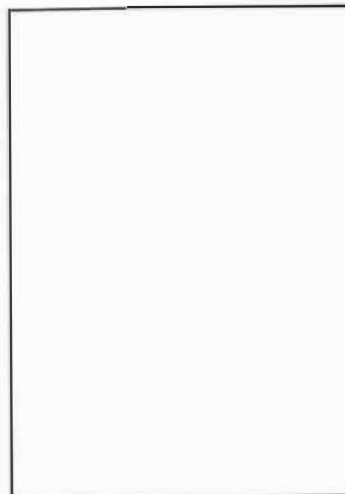
Peter Maybury
Associate Director of Student Life



Jim Bialek
Recreational Activities Officer



Marg Riley
Community Programs Facilities Officer



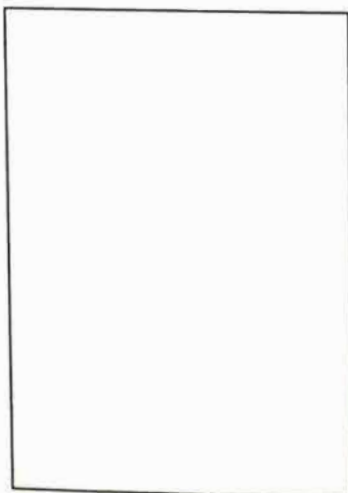
T.B.A.
Athletic Therapist



Michelle Beckstead
Student Affairs Officer



Peter Smith
Facilities



T.B.A.
Secretary



Kasia Stewart
Receptionist



Pauline Gould-Corney
Receptionist

Humber College Athletic Facilities Information

Students and staff are encouraged to use Humber's Athletic Facilities during open gym time. To get in, all you have to do is present your valid Humber student card. You also may borrow equipment while you are there.

North Campus

Facilities Available:

- triple gymnasium
- three international squash courts
- fitness and weight training room
- athletic injuries
- men's and women's locker rooms
- sauna and showers
- outdoor playing fields

Operating Hours

Office –

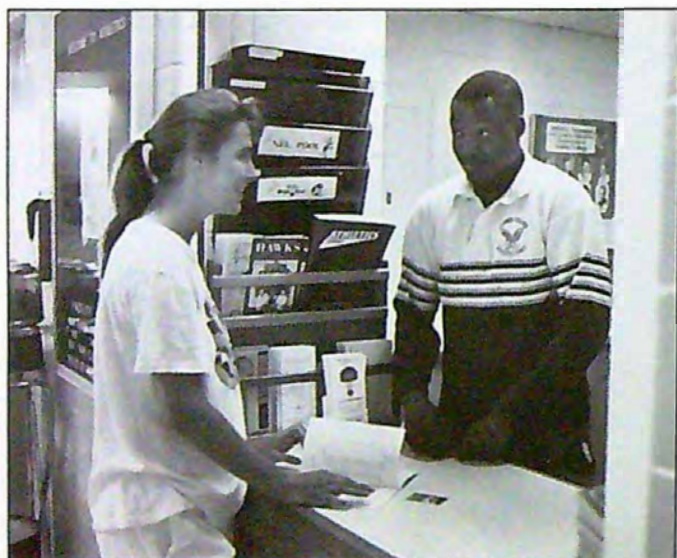
Monday thru Friday 8:30 a.m. to 4:30 p.m.

Facility –

Monday thru Thursday 7:00 a.m. to 10:00 p.m.

Friday 7:00 a.m. to 8:00 p.m.

Saturday and Sunday 12:00 p.m. to 6:00 p.m.



Lakeshore Campus

Facilities Available:

- double gymnasium
- fitness and weight training room
- men's and women's locker room with showers
- outdoor playing fields

Operating Hours

Monday thru Thursday 8:30 a.m. to 7:00 p.m.

Friday 8:30 a.m. to 5:00 p.m.

Student Athletic Association (S.A.A.)

The Student Athletic Association is a newly formed body to ensure that your athletic needs are met. The Athletic Association will offer numerous activities and services during the upcoming year. The S.A.A. encourages you to enhance your campus life by getting involved and taking advantage of these opportunities.

To find out more about the S.A.A. come to the S.A.A. Office Room A137.



It's the way we play

S.A.A. Executive (1989-90)

S.A.A. Council

Varsity Council

Kearn Rose
Wayne Pickney
Karen Smith
Colleen Gray

Recreation Council

T.B.A.



*Marta Van der Meer President
Varsity Council Chairperson*



*Tammie Dodge Vice President
Promotional Co-ordinator*



*Laura Ammendolia
Special Events Co-ordinator*



*Heather Pace
Recreation Council Chairperson*



Iona Dawes
FEMALE ATHLETE OF THE YEAR



Ron Lonsdale
MALE ATHLETE OF THE YEAR



Varsity Awards

Female Athlete of the Year

Iona Dawes

Women's Basketball

Male Athlete of the Year

Ron Lonsdale

Men's Hockey

Men's Volleyball M.V.P.

Hopeton Lyle

Women's Volleyball M.V.P.

Tricia Geysens

Men's Basketball

Patrick Rhodd

Women's Basketball

Denice Cummings

Men's Hockey

Shawn Vaudry and Paul Jackson

Downhill Skiing Distinction Award

Lisa Donkers and Mark Booth

All Canadian Awards

Men's Basketball

Patrick Rhodd

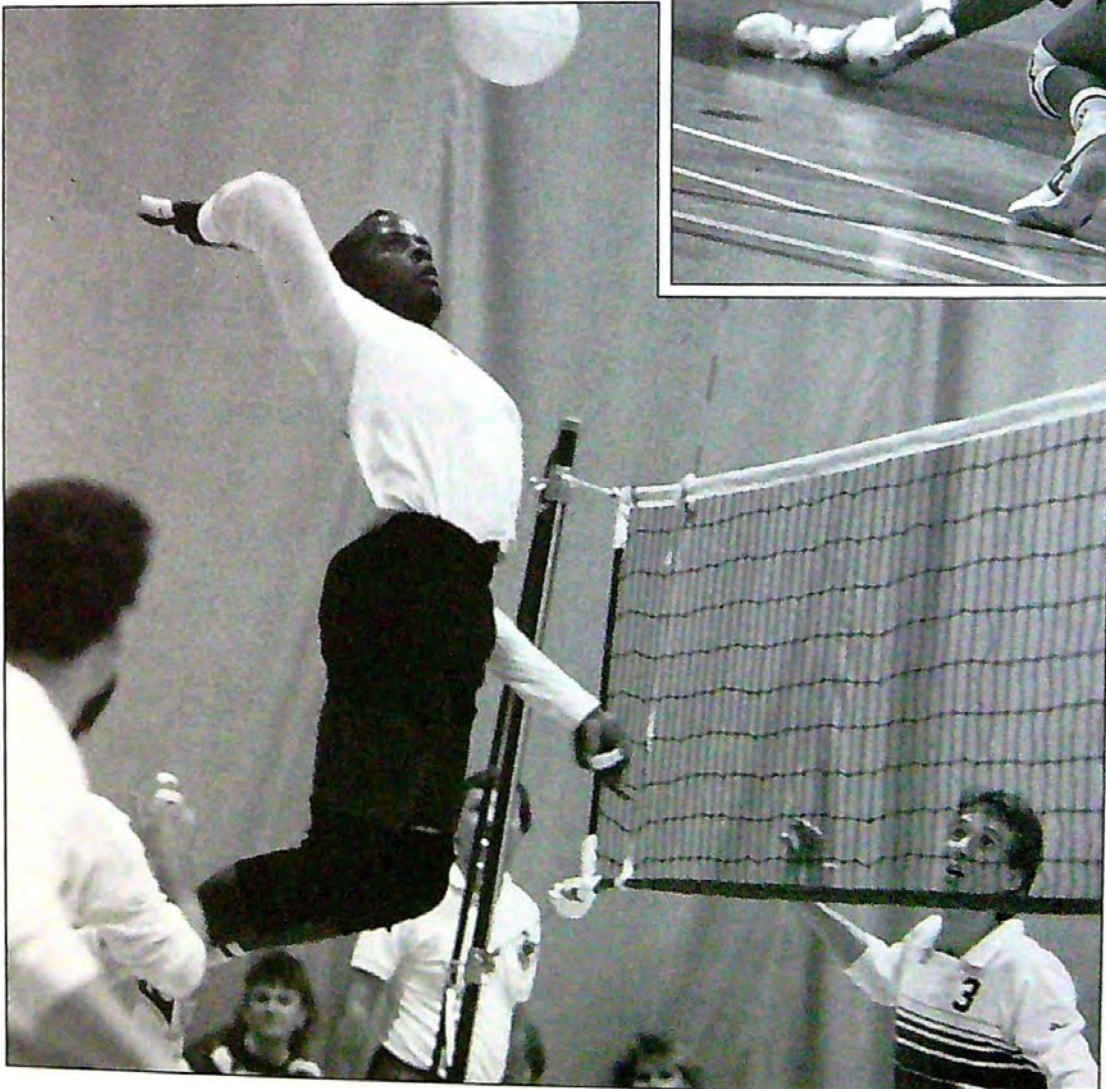
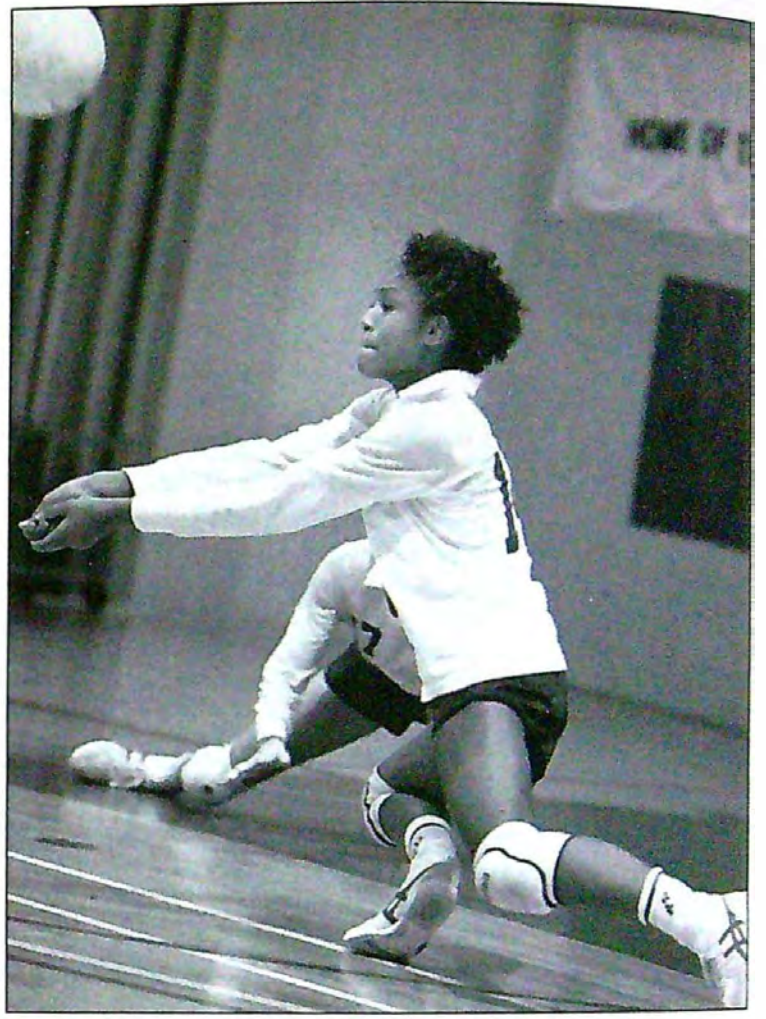
Women's Basketball

Iona Dawes

Men's Hockey

Paul Jackson

Piero Greco



Men's Volleyball

Although the Men's Volleyball team did not have an outstanding record during the past year, the program is headed in the right direction. The attitude and determination of a young team was terrific and with most of the team returning, the upcoming season looks promising..

Thursday, Oct. 18	6:00 p.m.	Alumni • Home
Tuesday, Nov. 13	8:00 p.m.	Centennial • Home
Tuesday, Nov. 20	8:00 p.m.	Mohawk • Home
Thursday, Nov. 29	8:00 p.m.	Loyalist • Away
Saturday, Dec. 1	3:00 p.m.	Fanshawe • Away
Tuesday, Dec. 4	8:00 p.m.	Sheridan • Away

Thursday, Jan. 10	8:00 p.m.	Centennial • Away
Tuesday, Jan. 15	8:00 p.m.	Loyalist • Home
Tuesday, Jan. 22	8:00 p.m.	Durham • Home
Tuesday, Jan. 29	8:00 p.m.	Fanshawe • Home
Tuesday, Feb. 5	8:00 p.m.	Mohawk • Away
Tuesday, Feb. 12	8:00 p.m.	Sheridan • Home
Thursday, Feb. 21	8:00 p.m.	Durham • Away

Tournaments

Oct. 20	• Sheridan
Nov. 3	• Loyalist
Nov. 10	• Humber
Jan. 5	• Mohawk
Mar. 7,8,9	• OCAA Championships, Sherdian
Mar. 21, 22, 23	• CCAA Championships, Quebec

Women's Volleyball

Last year's women's volleyball team had an outstanding year, losing out in the quarter finals in a heartbreaking loss to the eventual Ontario champions. Don Morton, the 1988-89 OCAA Coach of the Year is back for his fourth year with the women's team and with most of the players back, they will be challenging for the provincial championship.

Tuesday, Nov. 6	6:00 p.m.	Georgian • Home
Tuesday, Nov. 13	6:00 p.m.	Centennial • Home
Friday, Nov. 30	8:00 p.m.	St. Clair • Away
Saturday, Dec. 1	1:00 p.m.	Fanshawe • Away
Tuesday, Dec. 4	6:00 p.m.	Sheridan • Away

Tuesday, Jan. 10	6:00 p.m.	Centennial • Away
Tuesday, Jan. 15	6:00 p.m.	Seneca • Home
Friday, Jan. 18	6:00 p.m.	St. Clair • Home
Tuesday, Jan. 22	6:00 p.m.	Durham • Home
Tuesday, Jan. 29	6:00 p.m.	Fanshawe • Home
Tuesday, Feb. 5	7:30 p.m.	Seneca • Away
Tuesday, Feb. 12	6:00 p.m.	Sheridan • Home
Thursday, Feb. 21	6:00 p.m.	Durham • Away
Tuesday, Feb. 26	8:00 p.m.	Georgian • Away

Tournaments

Oct. 27	• Loyalist
Nov. 10	• Humber
Nov. 24	• Sheridan
Jan. 12	• Durham
Mar. 8, 9	OCAA Championships, Sheridan
Mar. 21, 22, 23	• CCAA Championships

Men's Basketball

The men's basketball team had another successful season, reaching the final four championships for the seventh time in seven years. Mike Katz will be back for another season as head coach along with assistant Rick Dilena. With the return of last year's nucleus along with the talents of a fine group of incoming players, the Hawks should be once again challenging for the provincial and national championships.

Thursday, Oct. 18	8:00 p.m.	Alumni • Home
Tuesday, Oct. 30	8:00 p.m.	Seneca • Home
Friday, Nov. 2	7:00 p.m.	Algonquin • Away
Wednesday, Nov. 7	8:00 p.m.	St. Clair • Away
Thursday, Nov. 15	8:30 p.m.	Conestoga • Away
Tuesday, Nov. 20	8:00 p.m.	Mohawk • Away
Thursday, Nov. 22	8:00 p.m.	Centennial • Home
Saturday, Nov. 24	2:00 p.m.	Canadore • Home
Thursday, Nov. 29	8:00 p.m.	Durham • Home
Wednesday, Dec. 5	8:00 p.m.	George Brown • Away
Saturday, Dec. 8	6:30 p.m.	Sheridan • Home
Tuesday, Dec. 11	8:00 p.m.	Fanshawe • Away

Friday, Jan. 11	8:00 p.m.	Seneca • Away
Wed., Jan. 16	8:00 p.m.	Fanshawe • Home
Tuesday, Jan. 22	8:00 p.m.	Durham • Away
Friday, Jan. 25	8:00 p.m.	St. Clair • Home
Saturday, Jan. 26	2:00 p.m.	Algonquin • Home
Tuesday, Jan. 29	7:00 p.m.	Sheridan • Away
Tuesday, Feb. 5	8:00 p.m.	Mohawk • Home
Friday, Feb. 8	8:00 p.m.	Cambrian • Home
Wednesday, Feb. 13	8:00 p.m.	Centennial • Away
Thursday, Feb. 14	8:00 p.m.	Conestoga • Home
Thursday, Feb. 21	8:00 p.m.	George Brown • Home
Saturday, Feb. 23	7:00 p.m.	Canadore • Away
Sunday, Feb. 24	2:00 p.m.	Cambrian • Away

Tournaments

Oct. 24, 25, 26, 27	Dawson • Quebec
Nov. 16, 17	Hilbert • Buffalo, N.Y.
Dec. 27, 28, 29	Walsh • Canton, Ohio
Jan. 3, 4, 5	Centennial • Toronto
Mar. 8, 9	OCAA Championships • Humber
Mar. 21, 22, 23	CCAA Championships • B.C.



Women's Basketball

After two consecutive Division II Championships the women's basketball team moved up to Division I play during this past year, finishing in fourth place. Linda Versage will be returning as coach for her fourth year and will be looking to take the Lady Hawks to the Final Four Championships.

Tuesday, Oct. 30	6:00 p.m.	Seneca • Home
Thursday, Nov. 8	6:00 p.m.	St. Lawrence (K) • H
Thursday, Nov. 15	6:30 p.m.	Conestoga • Away
Tuesday, Nov. 20	6:00 p.m.	Mohawk • Away
Thursday, Nov. 22	6:00 p.m.	Centennial • Home
Thursday, Nov. 29	6:00 p.m.	Durham • Home
Saturday, Dec. 1	2:00 p.m.	Lambton • Away
Wednesday, Dec. 5	6:00 p.m.	George Brown • Away
Tuesday, Dec. 11	6:00 p.m.	Fanshawe • Away

Friday, Jan. 11	6:00 p.m.	Seneca • Away
Wednesday, Jan. 16	6:00 p.m.	Fanshawe • Home
Tuesday, Jan. 22	6:00 p.m.	Durham • Away
Wednesday, Jan. 30	8:00 p.m.	St. Lawrence • Away
Tuesday, Feb. 5	6:00 p.m.	Mohawk • Home
Friday, Feb. 8	6:00 p.m.	Lambton • Home
Wednesday, Feb. 13	6:00 p.m.	Centennial • Away
Thursday, Feb. 14	6:00 p.m.	Conestoga • Home
Thursday, Feb. 21	6:00 p.m.	George Brown • Home

Tournaments

Nov. 2,3	• Humber
Nov. 9, 10	• Durham
Jan. 3, 4, 5	• Seneca
Mar. 8, 9	• OCAA Championships • Humber
Mar. 21, 22, 23	• CCAA Championships • B.C.



Men's Hockey

The Humber College "Hawks" Varsity Hockey Club became the most successful team in OCAA history last year as they captured their fifth consecutive OCAA Hockey Championship.

A new era begins at Humber for the start of the 90/91 season as former NHL star Nick Harburak takes over coaching reigns from retiring coach Dana Shutt. Nick is no stranger as he coached Seneca in the late seventies to three provincial titles.

With many players returning and the presence of talented recruits, the Hawks are sure to be well on their way to winning yet another OCAA title.



Thursday, Oct. 18	8:00 p.m.	Seneca • Away
Saturday, Oct. 20	7:30 p.m.	SSF (P) • Home
Saturday, Oct. 27	7:30 p.m.	Georgian • Home
Saturday, Nov. 3	8:00 p.m.	Algonquin * Away
Thursday, Nov. 8	7:30 p.m.	SSF (L) • Away
Saturday, Nov. 10	7:30 p.m.	SSF (L) • Home
Saturday, Nov. 17	7:30 p.m.	Cambrian • Home
Friday, Nov. 23	TBA	Cambrian • Away
Saturday, Nov. 24	TBA	Cambrian • Away
Friday, Nov. 30	8:00 p.m.	SSF (P) • Away
Thursday, Dec. 6	4:30 p.m.	Sheridan • Home
Saturday, Dec. 8	7:30 p.m.	Canadore • Home

Wednesday, Jan. 9	7:30 p.m.	Georgian • Away
Friday, Jan. 11	8:15 p.m.	Seneca • Home
Thursday, Jan. 17	8:00 p.m.	Sheridan * Away
Friday, Jan. 25	8:15 p.m.	Algonquin • Home
Saturday, Jan. 26	6:30 p.m.	Canadore • Away
Sunday, Jan. 27	TBA	Canadore • Away
Thursday, Jan. 31	4:30 p.m.	SSF (P) • Home
Thursday, Feb. 7	8:00 p.m.	Sheridan • Away
Saturday, Feb. 9	7:00 p.m.	Seneca • Away
Friday, Feb. 15	8:15 p.m.	Algonquin • Home
Saturday, Feb. 16	7:30 p.m.	Georgian • Home
Friday, Feb. 22	8:15 p.m.	SSF (L) • Home

Campus Recreation

Intramural activity programs are available to all full-time students, staff and faculty. These programs are designed to give you an opportunity to play, socialize and compete at your own level.

90/91 Activities

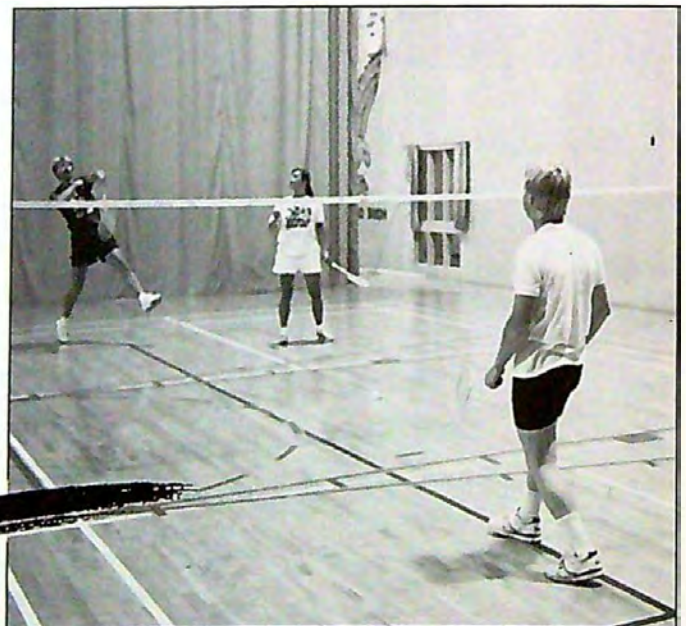
- ★ **Leagues** – co-ed softball, co-ed volleyball, touch football, indoor soccer, ice hockey, team handball, basketball and floor hockey
- ★ **Tournaments** – squash, badminton singles, squash court handball, badminton mixed doubles
- ★ **Day Tournaments** – softball run/hit/throw, 2 on 2 volleyball, 21 basketball, basketball hot shot challenge, basketball 3 point shootout, floor hockey showdown
- ★ **Sports Pools** – NFL pool, NHL player point draft, Grey Cup pool, sports crossword, NHL Saturday night pool, NCAA basketball pool, NHL playoff pool, sports word search, Blue Jay baseball pool
- ★ **Extramural** – co-ed volleyball, co-ed softball, men's ice hockey, women's floor hockey, basketball
- ★ **Special Events** – residence activity night, volleyball demonstration, intercampus challenges, racquets challenge, Christmas party, student/staff activity night, team superstars, awards night, Blue Jay ball game
- ★ **Sports Drop Ins** – floor hockey, indoor soccer, gym tennis
- ★ **Informal Recreation** – Just show up and play, open gyms, squash courts, weight room, etc.

How to Join an Activity

1. Go to the Athletic Department and pick up an entry form for the activity you want to participate in.
2. To enter, complete the entry form and return it, with your entry fee before the deadline. All teams must have a captain or representative.
3. Fee listed is that for the whole team, not individuals

Harley Hawk

Harley is Humber College's Intramural Mascot. You will see Harley everywhere. He will be informing you of upcoming activities, current intramural events and much, much more. Intramural events are in flight with Harley Hawk, follow him to the land of fun and fitness.



The Awards System

People who participate in the Campus Recreation Program at Humber are eligible to receive a variety of awards.

Awards will be presented in two categories, Participation and Championship.

Participation Awards

Participants will earn points for participating in all areas of Campus Recreation. At the end of the academic year the points will be added up and prizes will be awarded to the people who attain certain levels.

Distribution of Points

Leagues	3 points
Tournaments	2
Special Events	2
Day Tournaments	1
Sport Pools	1

Extramurals	1 points
Sports Drop Ins	1
Referee/per sport	1
Demonstrations	1
Championship Bonus	2
Finalist Bonus	1
Team/Player of the week	1
Misc.	2

Prizes

11 - 20 points	Certificate
21 - 30	Hat
31 - 40	T Shirt
41 - 50	Gym Bag
51 - 60	Sweatshirt
61 -	Jacket
Athlete of the Year	Running Suit

All participants will receive a Campus Rec. hat when they reach the 21 - 30 level. Their final point total will determine what prize they will receive at the end of the year.

Intramural Athletes of the Year

North Campus



Marta Vandermeer

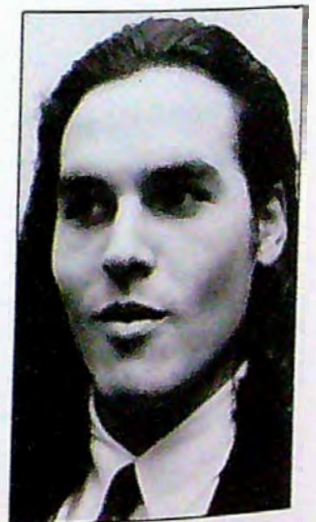


Kearn Rose

Lakeshore Campus

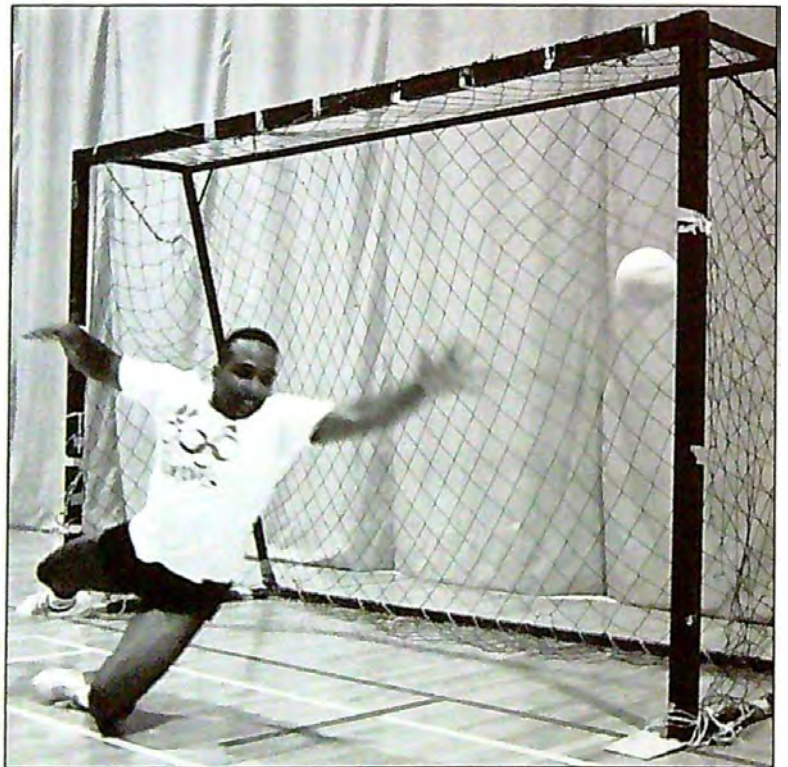
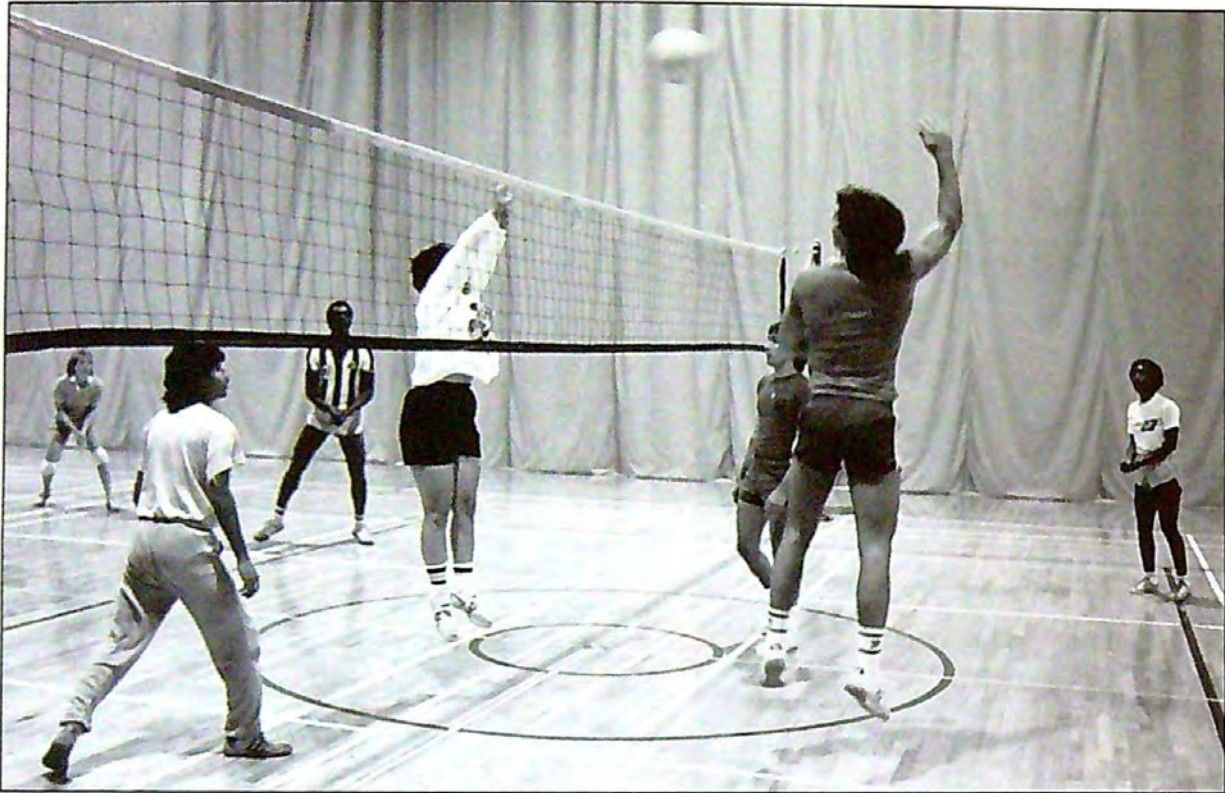


Cathy Correia



Vince Amaral

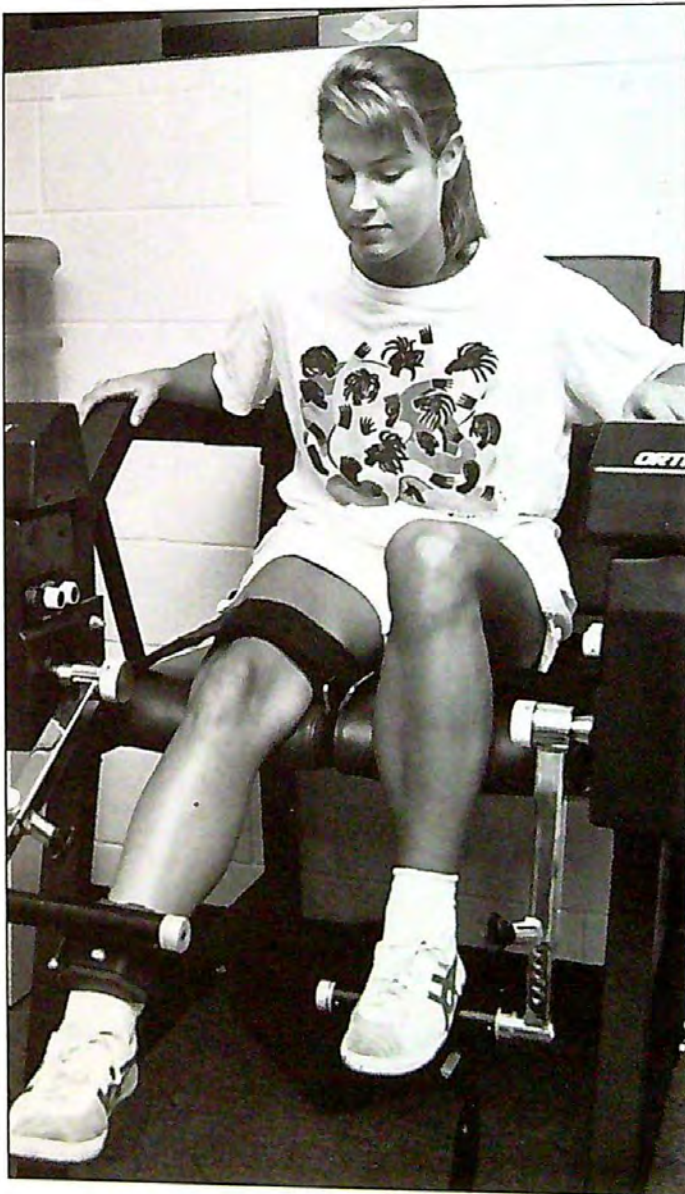
Campus Recreation



Fitness/Therapy



Carol Weldon
Fit 4 Life Winner



Fit 4 Life

By joining the Fit 4 Life program you have nothing to lose and everything to gain, leading a fuller more active and healthier life.

Through a simple point system we hope to motivate you towards a variety of wellness activities. Active participation in a number of sports, nutrition workshops, stress management seminars and various health lectures will earn you points to win great prizes.

Sports Injury Clinic

Directed by an Athletic Therapist and associates, the Athletic Therapy Centre provides assessment, immediate care and rehabilitation of athletic injuries. With the assistance of an X-ray service and a sports medicine physician, injuries are diagnosed quickly and accurately.

Staff

- TBA – Athletic Therapy and Fitness Coordinator
- TBA – Assistant Therapist

Cost

This service is free to staff and students of Humber College.

Hours

Staff, Students and Community

(By appointments only 675-3111 ext. 4025)
11:00 a.m. – 1:00 p.m., 2:00 p.m. – 4:00 p.m.

Varsity Athletes

4:00 p.m. – 7:30 p.m.

Fitness and Health Opportunities

- Fitness** – aerobic classes, stretch and tone
- Weight Training** – learn proper techniques
- Fitness Testing** – find out your level of fitness
- Sports Medicine Clinic** – certified therapists to help you get back on track.



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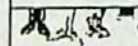
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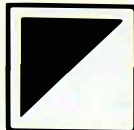
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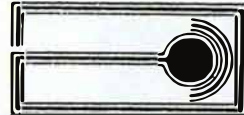
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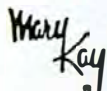
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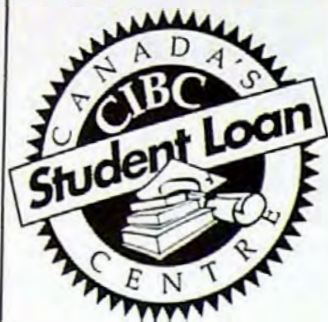
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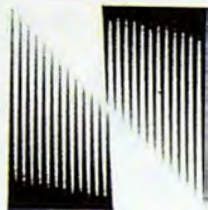
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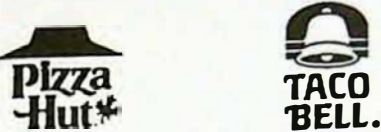
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