

# **ATHLETICS**

**HUMBER**

Humber Athletics Handbook 89 – 90  
Humber College Student Life Department





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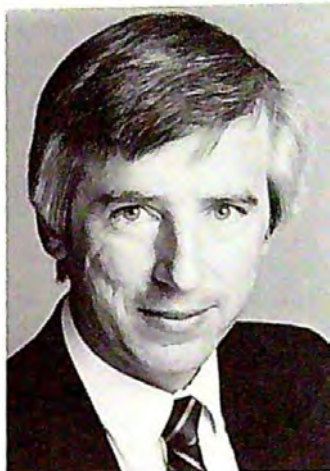
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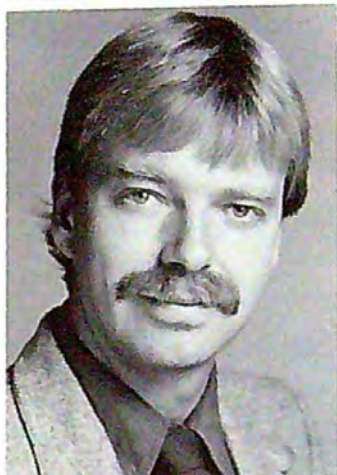
Edited By: Jane Longo  
Leigh Ann Spry



# Meet the Student Life Department



**Rick Bendera**  
*Director of Student Life*



**Doug Fox**  
*Associate Director of  
Programs and Facilities*



**Liz Ganong**  
*Associate Director of  
Student Affairs*



**Peter Maybury**  
*Associate Director of Inter-  
collegiate and Intramurals*



**Jim Bialek**  
*Recreational Activities  
Officer*



**Marg Riley**  
*Community Programs  
Facilities Officer*



**John Gransaul**  
*Athletic Therapist*



**Michelle Beckstead**  
*Student Affairs Officer*



**Peter Smith**  
*Facilities*



**Angela McCormack**  
*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

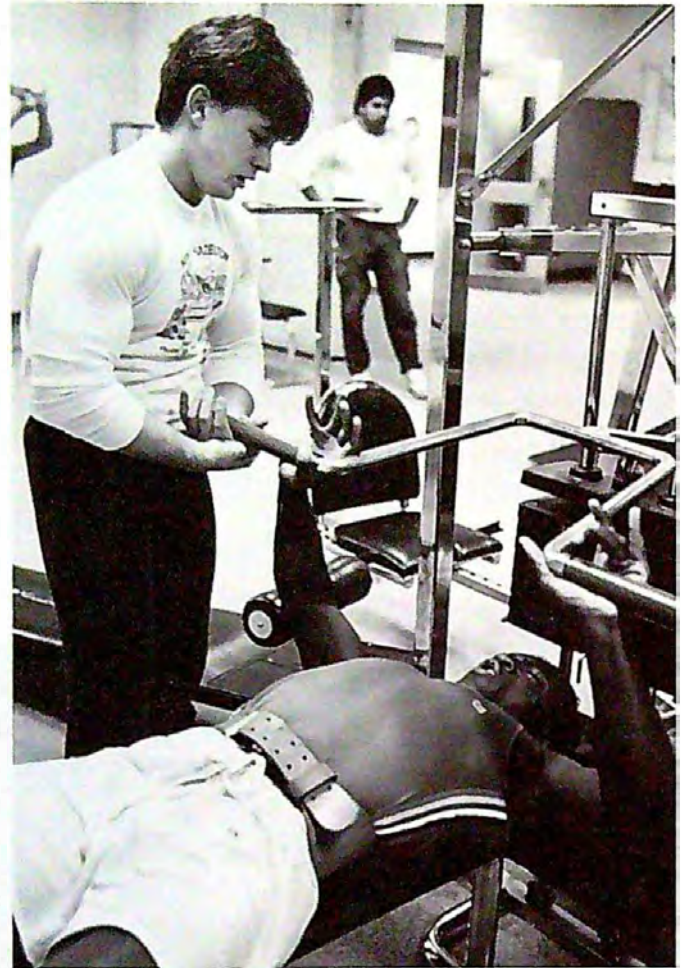
#### Office –

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.

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.

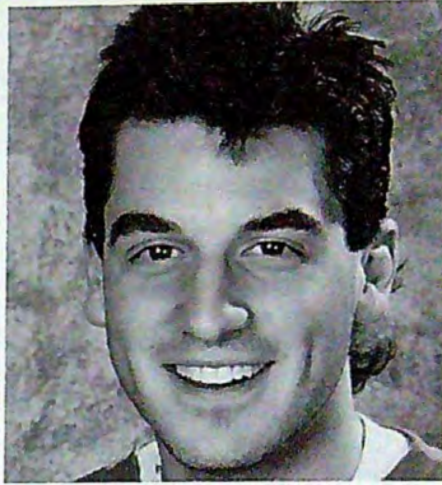


# Student Athletic Association (S.A.A.)

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.

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



Heath Thomlinson  
*Chairperson*



Heather Bremner  
*Vice Chairperson*

## S.A.A. Council

### Varsity Council

Leigh Ann Spry  
Brijan Alexander  
Doug Lawrie

### Recreation Council

Jane Longo  
Karen Westlake  
Maria Cappadocia  
Heather Pace

### Athletic Centre Council

Lisa Joyce  
Melinda Marshall  
Tony Carvalho

### Instructional Council

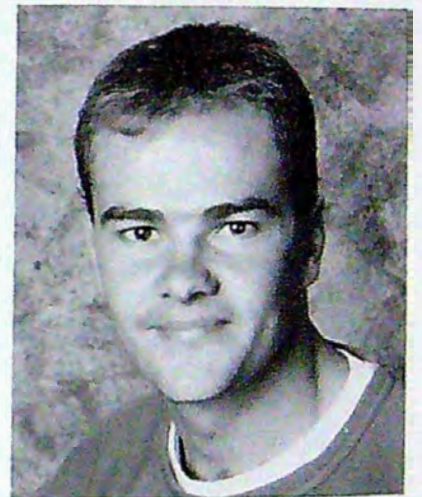
Iona Dawes  
Tracy Woolher

### SAC Representative

Kevin McKay



Elaine Gordon  
*Instructional Council Chairperson*



John Jones  
*Varsity Council Chairperson*



Beth Cairns  
*Recreation Council Chairperson*



Kearn Rose  
*Athletic Centre Council Chairperson*



## Varsity Awards



Female Athlete of the Year

**Winsome Cooper**

Volleyball

Male Athlete of the Year

**Paul Stafford**

Hockey

Men's Volleyball M.V.P.

**Ken Phillips**

Women's Volleyball M.V.P.

**Winsome Cooper**

Men's Basketball M.V.P.

**Cohayne Sutherland**

Women's Basketball M.V.P.

**Iona Dawes and Tracey Hammond**

Men's Hockey M.V.P.

**Paul Jackson**

Downhill Skiing Distinction Award

**Mark Booth**

## All Canadian Awards

Basketball **Earl Moncrieffe**

Hockey **Paul Stafford**

**Paul Jackson**

**Steve Ewing**







## Men's Volleyball

The success of a team is not always measured by wins and losses. Although last year's Men's Volleyball Team's record was not outstanding, the attitude and determination of the players and coaching staff was.

Phil Brown is back for another season as head coach. He will be assisted by Dave Hood. With five players returning from last year's squad and a number of fine recruits coming in, this year's team is sure to improve.

Friday, Jan. 12	8:00 p.m.	Mohawk • Away
Thursday, Jan. 18	8:00 p.m.	Fanshawe • Away
Tuesday, Jan. 23	8:00 p.m.	Loyalist • Home
Tuesday, Jan. 30	8:00 p.m.	Mohawk • Home
Thursday, Feb. 8	8:00 p.m.	Durham • Away
Tuesday, Feb. 13	8:00 p.m.	Centennial • Home
Thursday, Feb. 15	8:00 p.m.	Sheridan • Away

### Tournaments

Jan. 27	• Sheridan Invitational
Mar. 9, 10	• OCCA Championships, Mohawk College
Mar. 21, 23	• CCAA Championships, Durham College

## Women's Volleyball

Last year's women's volleyball team had an outstanding year. They won a bronze medal at the O.C.A.A. Championships.

Last year's O.C.A.A. coach of the year Don Morton is back for his third season as coach of the Lady Hawks. With five returning players the Lady Hawks are looking forward to another successful season.

Thursday, Jan. 18	6:00 p.m.	Fanshawe • Away
Tuesday, Jan. 23	6:00 p.m.	Centennial • Home
Saturday, Jan. 27	12:00 noon	St. Clair • Home
Wednesday, Jan. 31	8:00 p.m.	Georgian • Away
Monday, Feb. 19	8:00 p.m.	Seneca Ex. • Home
Thursday, Feb. 8	6:00 p.m.	Durham • Away
Wednesday, Feb. 14	8:00 p.m.	Sheridan • Away

### Tournaments

Feb. 3	• Sheridan
Mar. 2, 3	• OCCA Championships, Sheridan
Mar. 21-23	• CCAA Championships, Durham College





# Men's Basketball



The men's basketball team had a very successful season. They won a silver medal at the O.C.A.A. Championship. They lost the gold medal to Sheridan College in triple overtime.

Mike Katz is back for another season as head coach. He will again be assisted by Rick Dilena. The fine nucleus of veteran players, along with the talents of new players should keep Humber's reputation for a power in O.C.A.A. Basketball.

Thursday, Jan. 11 8:00 p.m. George Brown • Home  
 Tuesday, Jan. 16 8:00 p.m. Mohawk • Away

Friday, Jan. 19 8:00 p.m. Sheridan • Away  
 Wednesday, Jan. 24 8:00 p.m. Seneca • Away  
 Saturday, Jan. 27 2:00 p.m. St. Clair • Home  
 Thursday, Feb. 1 8:15 p.m. Conestoga • Away  
 Saturday, Feb. 10 6:30 p.m. Centennial • Away  
 Thursday, Feb. 15 8:00 p.m. Fanshawe • Home  
 Wednesday, Feb. 28 8:00 p.m. George Brown • Away

## Tournaments

Mar. 9, 18 • OCAA, Centennial College  
 Mar. 21-23 • CCAA, Montreal



# Women's Basketball

The last two seasons the women's basketball team has won the Division Two O.C.A.A. Championship. Last year the team went undefeated through their league games and playoffs schedule.

This year the Lady Hawks have moved up to Division One play.

The Lady Hawks will again be coached by Linda Versage. This year she will be assisted by former Humber College Basketball Player Heath Thomlinson. Under the direction of Linda and Heath and the return of many players from last year's team, the move to Division One play should be smooth and successful.

<b>Thursday, Jan. 11</b>	<b>6:00 p.m.</b>	<b>George Brown • Home</b>
<b>Tuesday, Jan. 16</b>	<b>6:00 p.m.</b>	<b>Mohawk • Away</b>
<b>Friday, Jan. 19</b>	<b>6:00 p.m.</b>	<b>Sheridan • Away</b>
<b>Wednesday, Jan. 24</b>	<b>6:00 p.m.</b>	<b>Seneca • Away</b>
<b>Thursday, Feb. 1</b>	<b>6:00 p.m.</b>	<b>Conestoga • Away</b>
<b>Monday, Feb. 5</b>	<b>6:00 p.m.</b>	<b>Seneca • Home</b>
<b>Thursday, Feb. 15</b>	<b>6:00 p.m.</b>	<b>Fanshawe • Home</b>
<b>Monday, Feb. 19</b>	<b>6:00 p.m.</b>	<b>Centennial • Home</b>
<b>Wednesday, Feb. 28</b>	<b>6:00 p.m.</b>	<b>George Brown • Away</b>

## Tournaments

- Mar. 9, 10 • OCAA, Centennial College
- Mar. 21-23 • CCAA, Montreal





# Men's Hockey

For the past four years the Men's Hockey Team have won the O.C.A.A. Championship. Last season the team went undefeated through 24 league games. They went on to win the Bronze medal at the National Championship.

Last year's O.C.A.A. Coach of the Year Dana Shutt is back for another season as head coach. The task of winning the fifth consecutive title and a possible national title is in the right hands. He will be assisted by Dave Emerson.

With many players returning from last year's championship squad the Hawks are looking for another record breaking season.



Friday, Jan. 5		North York Cup • Seneca
Saturday, Jan. 6		North York Cup • Seneca
Sunday, Jan. 7		North York Cup • Seneca
Thursday, Jan. 11	4:30 p.m.	SSF (Peterborough) • Westwood
Wednesday, Jan. 17	7:30 p.m.	Georgian • Bame
Friday, Jan. 19	8:15 p.m.	Canadore • Westwood
Saturday, Jan. 20	8:00 p.m.	Algonquin • Ottawa
Monday, Jan. 22	7:30 p.m.	SSF (Lindsay) • Lindsay
Thursday, Jan. 25	8:00 p.m.	Sheridan • Oakville
Saturday, Jan. 27	7:30 p.m.	Georgian • Westwood
Wednesday, Jan. 31	7:30 p.m.	U. of Windsor (EX) • Windsor
Friday, Feb. 2	TBA	U. of Alabama (EX) • Huntsville
Saturday, Feb. 3	TBA	U. of Alabama (EX) • Huntsville
Thursday, Feb. 8	8:00 p.m.	Seneca • Willowdale
Saturday, Feb. 10	7:30 p.m.	Cambrian • Westwood
Sunday, Feb. 11	2:00 p.m.	SSF (Peterborough) • Peterborough
Saturday, Feb. 17	7:30 p.m.	Sheridan • Westwood



# 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.

## 5 Star Campus Recreation Program

- ★ **Leagues** – ball hockey, volleyball, softball, plus...
- ★ **Tournaments** – badminton, squash, 21, plus...
- ★ **Extramural** – ice hockey, basketball, ringette, plus...
- ★ **Special Events** – hockey and football pools, activity nights, plus...
- ★ **Informal Recreation** – weight training, open gym time, plus...

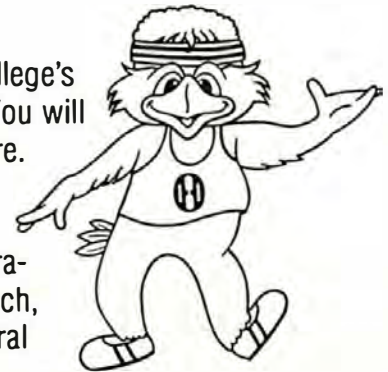
Activities which are not designated co-ed available for both male and female participants.

## How to Join an Activity

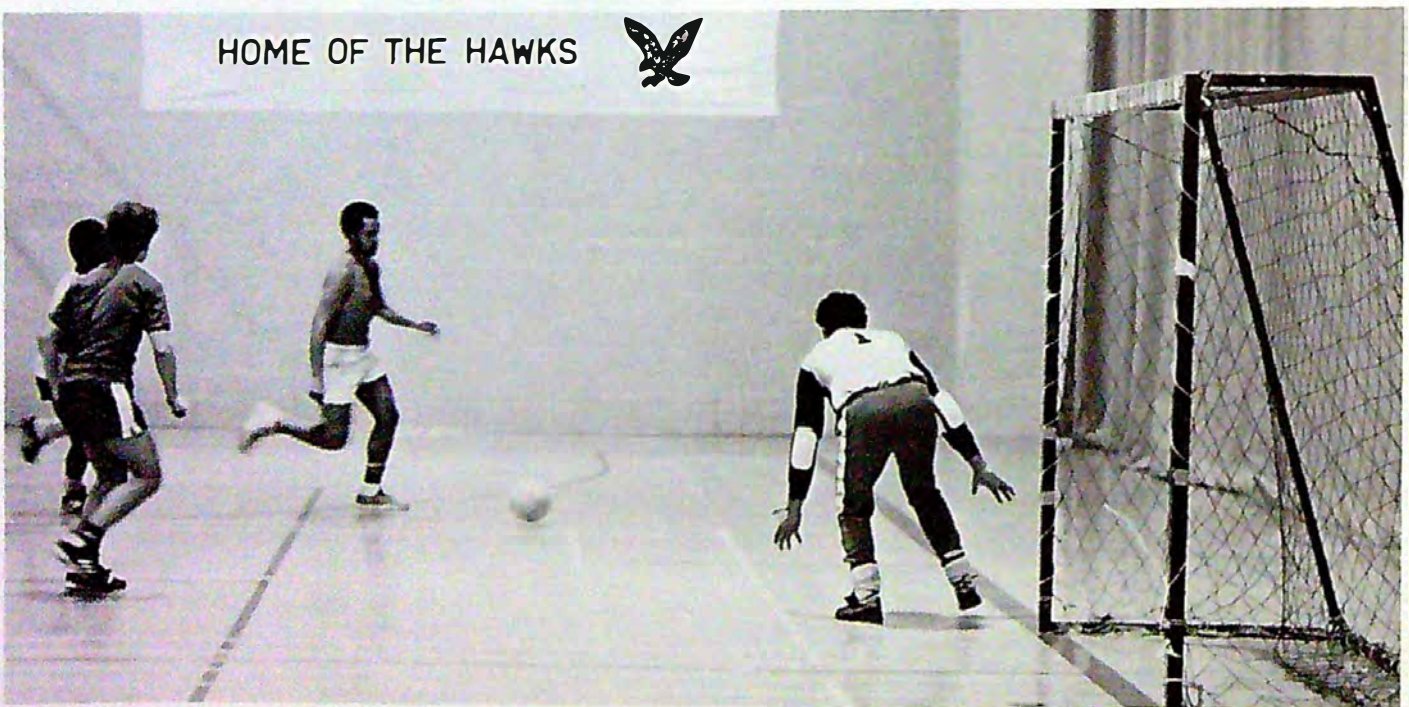
1. Go to the Athletic Department and pick up an entry form for the activity you want to participate in.
2. To enter, complete the entry form and return it, with your performance bond/entry fee before the deadline. All teams must have a captain or representative.
3. Make sure that your team has a representative at the Organizational Meeting or your team will be disqualified.

## 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 in flight with Harley Hawk, follow him to the land of fun and fitness.



HOME OF THE HAWKS



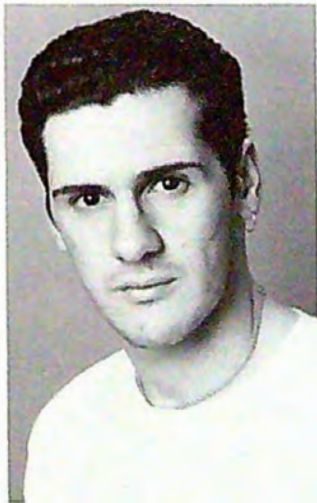


# Placement Students



# Intramural Athletes of the Year

## North Campus

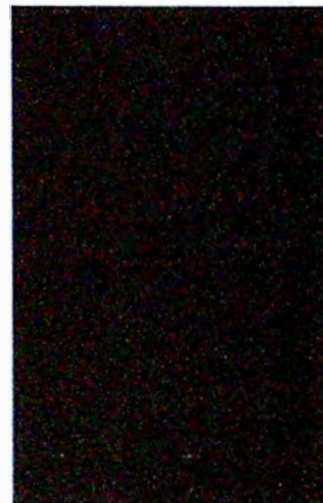


Tony Carvalho



Andrea Bogovic

## Lakeshore Campus



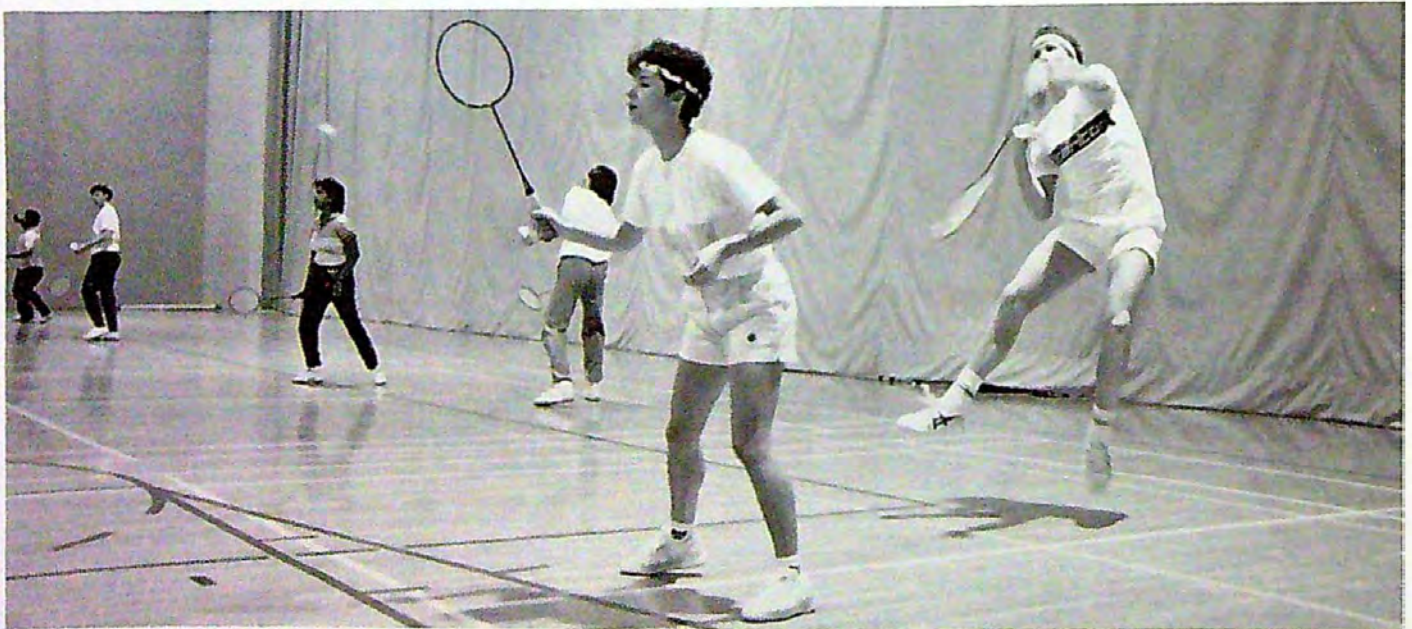
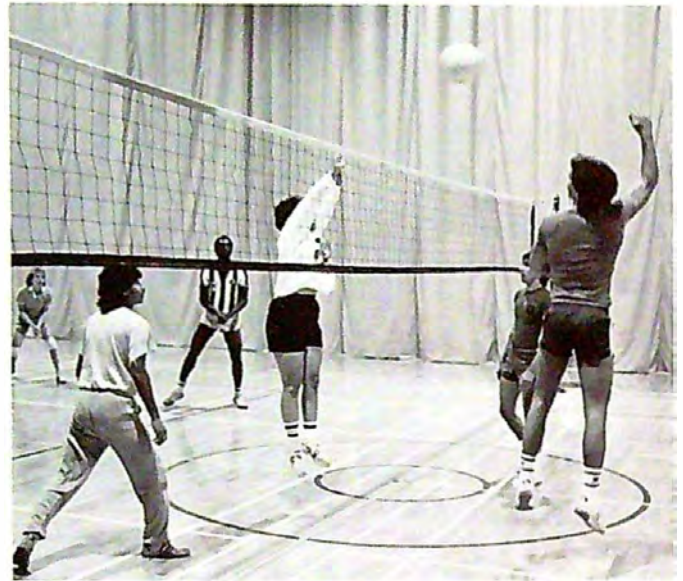
Keith Jacobi



Leigh Ann Spry

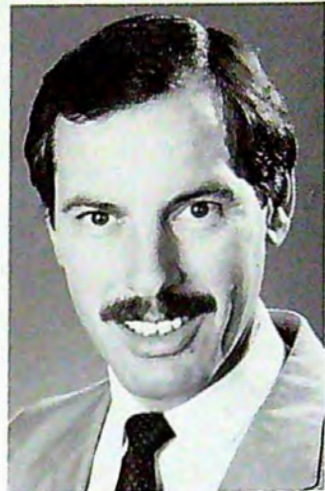


# Intramurals





## Fitness/Therapy



Pat Kelly



### Fit 4 Life

By joining the Fit 4 Life program you have having to loose 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, 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

John Gransaul – Athletic Therapy and Fitness Coordinator

Rae-Anne Cude – Assistant Therapist

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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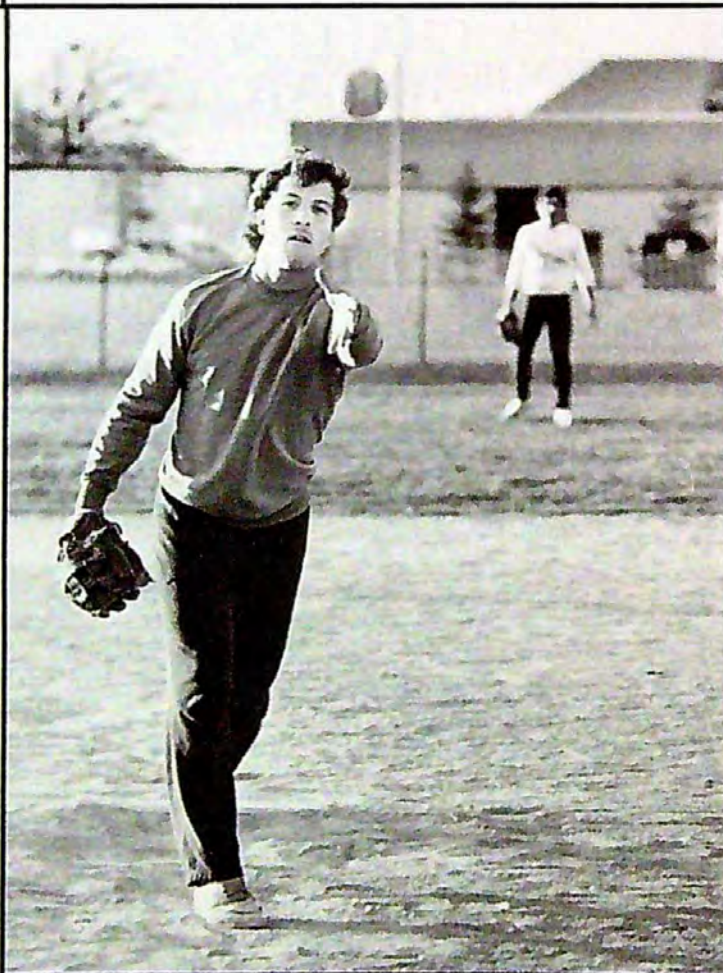
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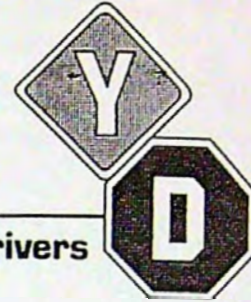
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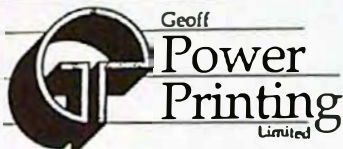
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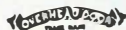


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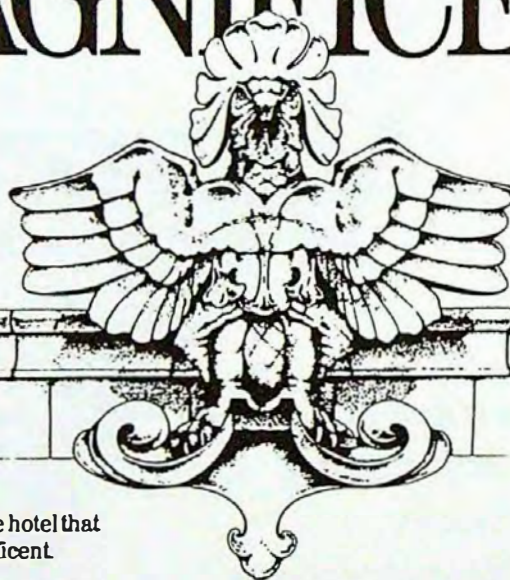
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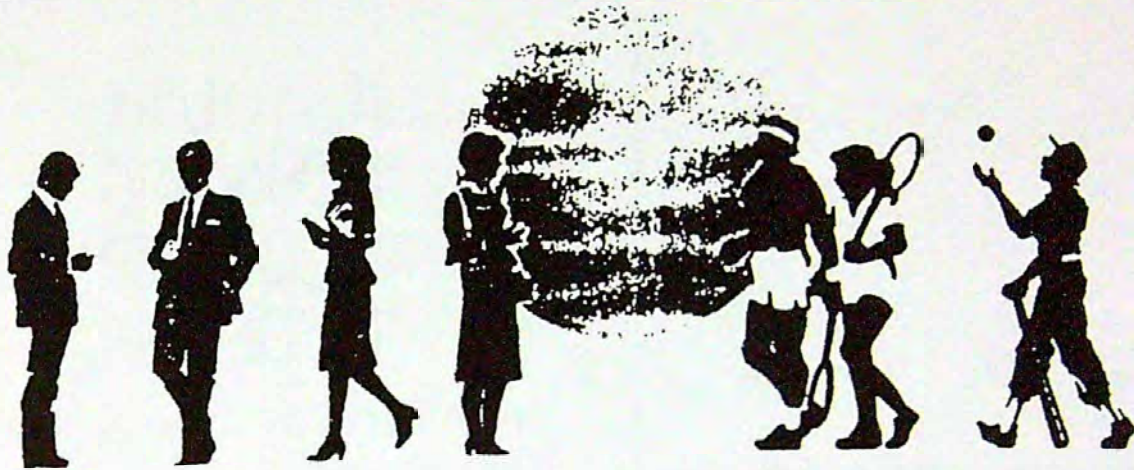
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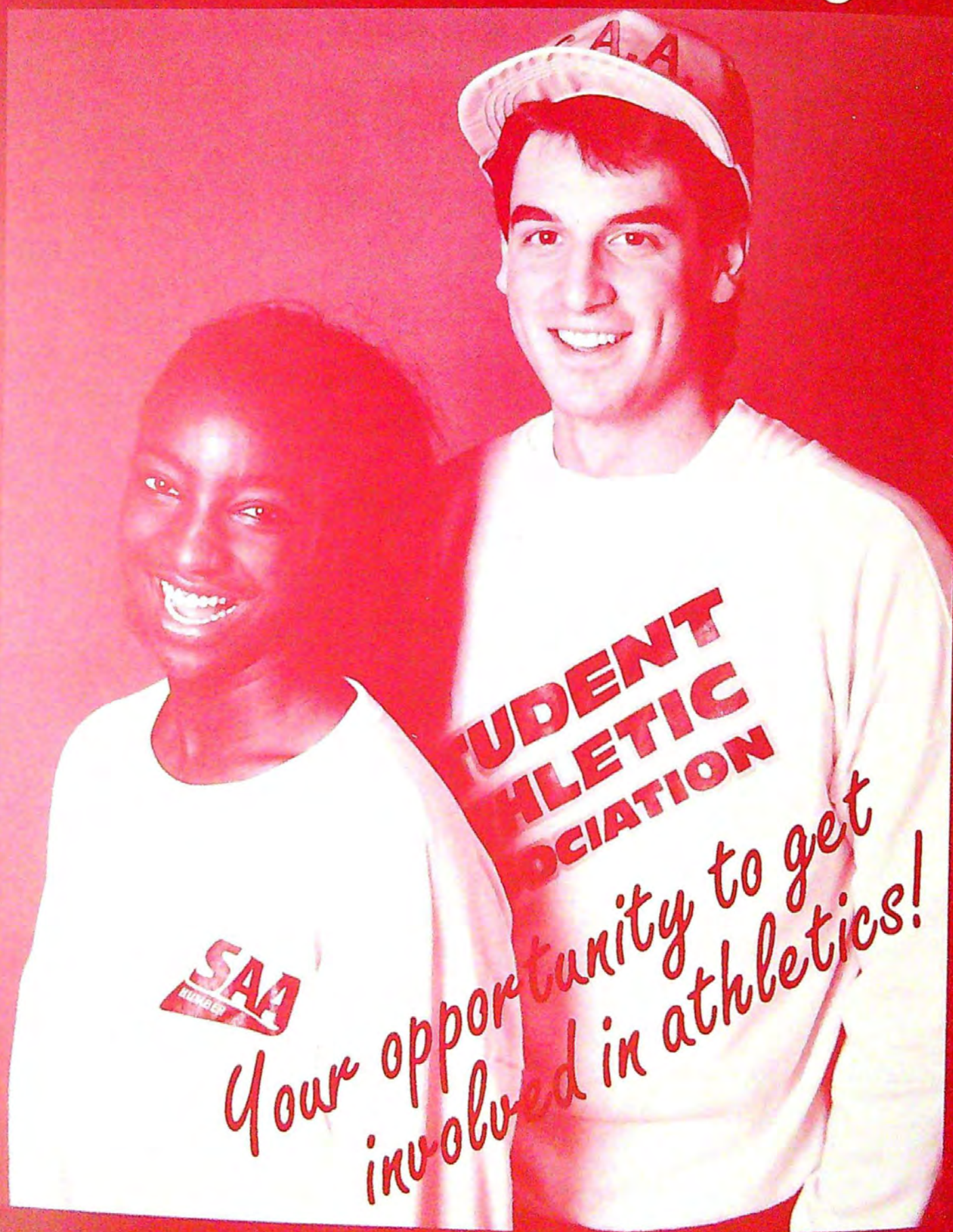
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