

The Official Magazine of the Ontario Colleges Athletic Association

# sweat

OCAA

December 2001  
Premier Edition

**Sex and  
the OCAA**

**Rebirth of  
a hockey  
dynasty**

**Unmasking  
the mascot**

**Rugby on the Rise**



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December 2001



Above: Wondering about the name of this magazine? Look no further than Fitzroy Woolery of the Humber Hawks.

On the cover: Billy Broadbent of the Seneca Sting, on the way to the 2001 OCAA Rugby Championship. (photo: Jerry Fairbridge)

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## A Message from the President

It is my distinct pleasure, on behalf of the Ontario Colleges Athletic Association, to welcome you to our newest publication - *sweat* magazine!

The OCAA governs intercollegiate sports for 30 colleges and universities across the province.

Dedicated to the pursuit of excellence through the provision of quality athletic programs, the OCAA offers its members 17 league and tournament sports. In eight of these sports, the OCAA Champions go on to compete nationally within the Canadian Colleges Athletic Association (CCAA).

The pages that follow in this inaugural edition will capture the OCAA's high standard of competition. It will also give readers the chance to view the OCAA in-depth, behind the scenes, and in more detail than ever before.

*sweat* will be published and distributed twice a year (December & April). Publications of this nature require a great deal of work – for that I would like to thank Humber College and the students in its Journalism Program who have taken on this project as part of their curriculum. Thanks also to all member colleges for their contributions to the end result, and in particular the members of the OCAA advisory board who have spent considerable time developing the magazine. I would also appreciate your support of the many sponsors of this magazine who have made all of this possible.

The OCAA aims to contribute to the learning process by creating an environment that promotes academic success, provides a forum for personal development, complements the educational experience, and enhances student life. *sweat* magazine will explore these goals, as well as many other insightful topics in college sport – all in a fresh and creative manner.

So sit back and enjoy the many informative and entertaining pages that follow as *sweat* magazine makes its debut. I am sure that you will make *sweat* a regular read as it brings the wonderful world of Ontario college sports to life twice a year!

Sincerely,

Ken Babcock  
President  
Ontario Colleges Athletic Association



**The OCAA would like to thank the Ontario Ministry of Tourism, Culture and Recreation for its generous support of this publication.**

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**Editor-in-chief**  
Brad Holden

**Managing Editor**  
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**Art Directors**  
Drew Harmer  
Alison McCaffrey

**Executive Editors**  
Luc Hébert  
Kristina Koski

**Online Editor**  
Cheryl Leavens

**Section Editors**  
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Stacy Gardner

**Contributors**  
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**Editorial Advisor**  
Carey French

**Creative Advisor**  
Lara King

**OCAA Advisory Board**  
Doug Fox, Doug Gellatly, Frances Manias-Jackson, Ray Sarkis, John Sharpe

**Humber College  
School of Media Studies  
205 Humber College Blvd.  
Toronto, Ontario  
M9W 5L9**

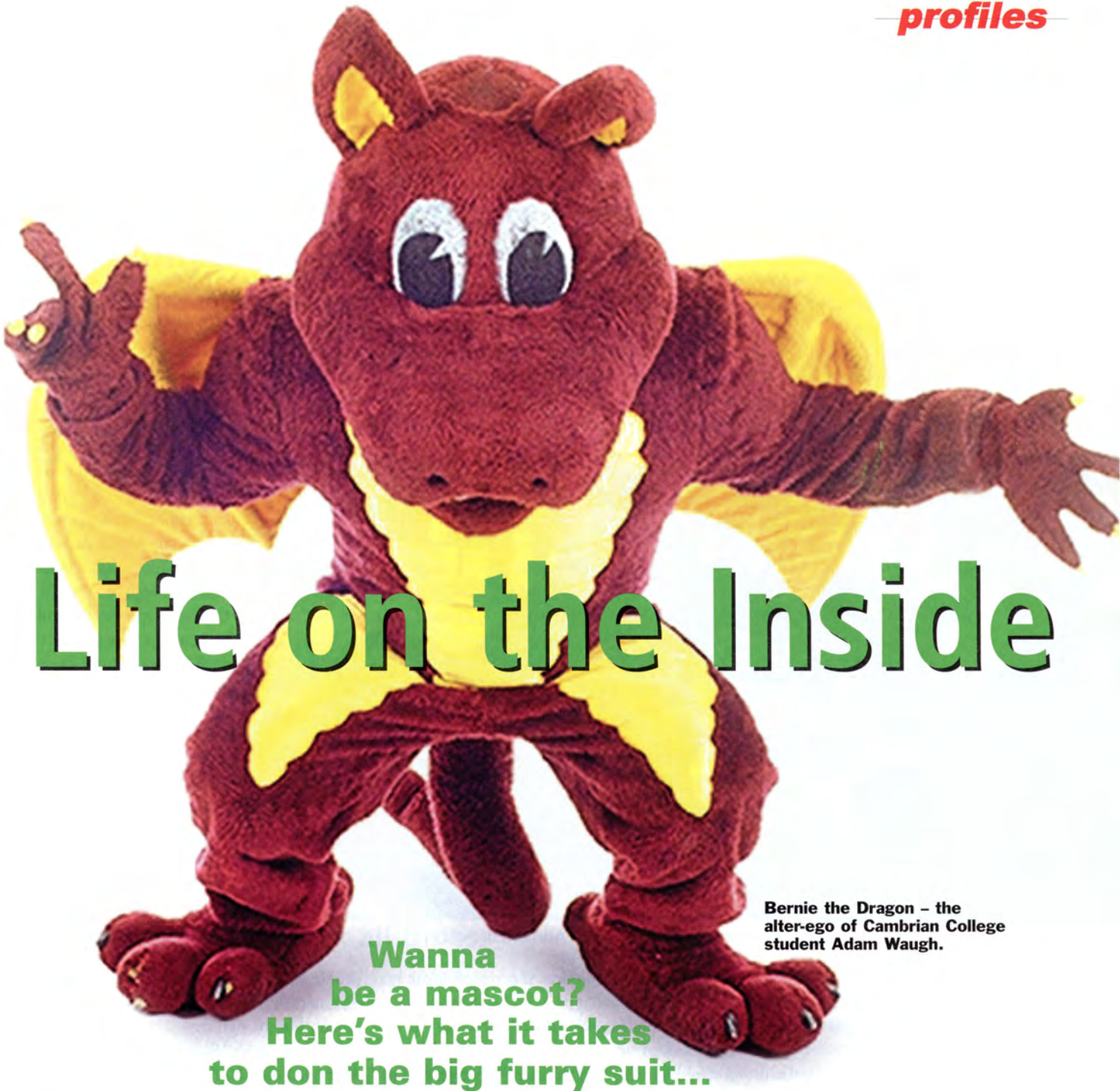
**(416) 675-6622 Ext. 4514  
mags@humberc.on.ca**

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*sweat* is produced by students in Humber's Advanced Magazine Journalism Program.



# Life on the Inside

**Wanna  
be a mascot?  
Here's what it takes  
to don the big furry suit...**

**Bernie the Dragon – the alter-ego of Cambrian College student Adam Waugh.**

**by Michelle DaCruz**

The foam is slightly damp and you get quick whiffs of congealed sweat each time you clap your paws. The mesh screen and giant bear head muffle the sounds of cheering fans on all sides. Suddenly the whistle goes and it's your turn to electrify the crowd. While the perspiration slides down your chest, you do a few laps around the court and give high-fives to all the players on your team. Oh, and you don't expect a paycheque.

Volunteers who sport mascot suits, simply for the love of the

game and the desire to entertain, are a breed apart.

Most Ontario college mascots don't get paid, have full course loads, part-time jobs, even lives, but they all manage to ham it up inside a hand-me-down suit and somehow have fun doing it.

Every year, colleges across Ontario cast eager bodies in the roles of puffy dragon, cuddly bear or muscle-bound hawk, with little or no active recruitment and selection process. Few colleges hold actual tryouts or interviews – athletic directors just seem to find interested students, then give them the chance to perform at

a game. Potential mascots are coached mainly on what not to do before they're thrust into the gym to either sink or swim.

Fanshawe College is one of the few schools to actively recruit volunteers, says athletic director Mike Lindsay.

"We recruit on our website, by flyer, and by word of mouth. We coach them a bit on being animated and how to use gestures. Then they get a couple of auditions in different environments."

On the other hand, Sheridan College has no recruitment process – they simply rely on someone to appear, says athletic director Jim Flack.

of a successful performer.

"Your body language is so important when you are in costume. It has to be. You can't just stand there even if you're tired," which, Valk admits, is a definite possibility given how hot it is inside the suit.

"It's not difficult. If you have an idea of what you want to do, you have to double the movement. You must exaggerate to make it funny for the crowd," she says.

Lubbers, who studies classical animation, finds that his gift for cartooning contributes to his moves on the court.

"I'm an animator, so part of what I do is get across gestures, movement and feel-

Lubbers, is being "viciously attacked" by small kids without parental supervision. Even worse is being assaulted by adults.

"There are a lot of adults that will hit you hard enough that it would be considered assault on the street, but they think that because you are a big fluffy animal you can't feel it."

While Lubbers has only been seriously assaulted a few times, he recalls one time when he was hit so hard the helmet inside the Bruin costume sliced his forehead open. Lubbers casually chalks it up as part of the job.

"I deal with it quite well – I have

bounced at bars for years and understand that people are not all there sometimes," he says. "I'm a big guy so it doesn't usually hurt me. I just find it unbelievably rude. I usually just laugh and make them look stupid."

Both Lubbers and Valk agree that in spite of the hot smelly costume, the few violent fans and the demands on their time, the best reward comes in the form of a smile on a child's face.

Lubbers recalls the national basketball finals at Humber College when a little girl followed him around the

whole game before handing him a picture she had drawn of the bear costume and asking him to sign it.

"I still have that picture," Lubbers says.

Athletic directors say that while the role of the mascot in college sports is not essential, it definitely adds entertainment value. Fanshawe's Mike Lindsay thinks it has something to do with the kid inside of all of us.

"If you watch a mascot walk into a room he or she gets immediate attention and everybody starts to smile. I relate it to the time when we were all kids and we would watch Saturday morning cartoons. The mascot kind of brings us all back to that time in our lives." 💧



MICHELLE DACRUZ

**At the heart of Sheridan's Bruno the Bruin is a real guy – Adrian Lubbers.**

"Year after year there is someone who comes out of the woodwork who does a very enthusiastic job. We have never had a problem finding someone."

Adrian Lubbers, also known as Sheridan's Bruno the Bruin, was initially motivated to don the bear suit to show support for his friends on the varsity basketball team. Now that most of his friends have graduated, Lubbers admits he uses his job as a stress reliever.

"It's a release. It's someone you can be that you normally can't be. I find it very therapeutic," he says.

Fanshawe alumnus Jennifer Valk played Freddie the Falcon from 1996-1998. Valk counts an outgoing personality and big movements as essential qualities

ing without thinking of script. For me it's easy."

He acknowledges that while he is allowed to speak softly, he prefers to remain silent to maintain the mystique of the role.

"The mascot shouldn't really talk and the kids don't really know someone is in the costume," he says. "If you are doing it right they are seeing the bear."

Valk points out that while athletic ability is not the main requirement for the position, high stamina and tolerance are crucial. While moving in the suit is not difficult, endurance is mandatory for running and jumping around the court, Valk insists.

One downfall of the job, according to

# Lord of the Court

## For Durham Lords volleyball coach Gord Williamson, winning is a hard habit to break

by Elizabeth Bower

It's December, 2000 and the Durham Lords are getting a little cocky. They're undefeated, ranked third in Canada, and it should be smooth sailing toward the men's volleyball provincials in February. Their coach is always harping on them to strive for excellence, but with their all-star players and incredible chemistry, they don't have to worry much. They're already there.

So it comes as a bitter surprise when they lose their top four players to academic ineligibility. The Lords walk into practice glum-faced and defeated, but their coach will have none of it. "He said giving up was too easy," recalls starting centre Jeff Beck. "He made us realize that (then), more than ever, we had to strive for our potential. After that meeting, we walked out onto the court with a totally different attitude. We were pumped."

**"I'm not the kind of coach that yells, 'Good effort'... I mean, I expect the best at all times."**

— Gord Williamson

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Meet Coach Gord Williamson, a 14-year OCAA veteran and 1999/2000 Coach of the Year for the Canadian Colleges Athletic Association (CCAA).

"After losing those players, we went into the provincials as real underdogs," says Williamson. "No, we didn't win gold, but the boys sucked it up and played their hearts out." After a long pause, he reflects: "As a coach, that was probably my proudest moment."

Williamson, 50, coached the Seneca women's volleyball team for 10 years and is now in his fifth year of coaching men's volleyball at Durham College.

"It's not easy to go back and forth like that," says Lee Goldie, CCAA men's volleyball convener. "It may be the same game but there are definitely different approaches with men's and women's teams. It really says a lot for him. He's very versatile."



Raised in Port Perry, Ontario, Williamson studied physical education at the University of Western Ontario, but never played or had an interest in volleyball. In fact, he only got started coaching to secure a teaching job.

"I didn't know much about volleyball, but I got started by the simple fact of not liking to lose too much," he chuckles.

After years of experience, however, Williamson acknowledges his approach now differs from the younger coaches in the league.

"I'm not the kind of coach that yells, 'Good effort' from the sidelines, like some of the other guys," he says. "I mean, I just expect that. I expect the best at all times. It makes me a dinosaur, maybe, but I'm not really into positive reinforcement."

"My philosophy on coaching is to strive to have the athletes care about each other and care about the team," he continues. "And I've found that the harder you work, the more you push, the more they get that feeling."

And push he does. High-tempo practices are the norm and if a player misses just two, they're off the team for good. While at practice, players might as well forget girlfriends and schoolwork because those two hours are all about volleyball.

He may be known as a hard-ass coach, but he earns the respect of his athletes because he doesn't ask for anything he isn't prepared to give.

"Myself, I've never been the biggest or strongest," he says, "but I can always say I outworked the other guy. I expect that kind of commitment from my guys."

Whatever he's doing, he's doing it right. His teams have snagged six provincial championships, and for the last two years, the Lords have been ranked in the national top three.

"We're all really excited about the coming season," says Beck. "Gord's enthusiasm is contagious."

Their main competition – Loyalist, Niagara and Humber – will face a team that's become addicted to the highs of victory.

As their coach constantly reminds them, aiming for excellence becomes a habit – and we know how hard habits are to break. ♦

**As the AUC Thunderbirds make their OCAA debut, they just might prove that success isn't always measured on the scoreboard.**



# Humble beginnings

by Lauren Ferranti

“Argh! I hate this!” Ray Barsanti growls, his big hands hammering the air in front of him. It’s just past ten o’clock at night. Practice was supposed to start at nine-thirty. With only four hopefuls on the court, the men’s coach is experiencing a bump in what looks to be a rough road ahead for both of Algoma University College’s first-ever varsity basketball teams, the Thunderbirds.

Sitting on the banks of the St. Mary’s River in the sleepy northern Ontario town of Sault Ste. Marie, Algoma is a modest university with a full-time enrollment of 800. The campus is green, and strangely hushed. Listen more carefully in the next few months, come closer to the George Leach Sports Complex, and you will hear the squeaking of sneakers, the beat of a ball, and maybe, possibly, a few cheers.

Athletic director Mark Kontulainen recalls a recent frosh event at the school at which both basketball coaches spoke to raise awareness and enthusiasm about their upcoming season. Barsanti declared that he wanted to make this gym the loudest in the league. Dave Bourgeault, coach of the women’s side, followed and said he wanted to make theirs the loudest gym in Canada.

“Everyone just went nuts.”

A year in the making, the Thunderbirds became, last April, the OCAA’s 30th member. The teams seem to be a mix-and-match bunch of players who just really like the game. Most recruits tasted success in small doses playing high-school ball.

But this isn’t your high-school ball game anymore.

“That’s my big unknown – I’m new to the league, I sort of know what to expect, but not really. I know we’re pretty good, but are we good enough?” Barsanti asks. Kontulainen and Barsanti both worry that these guys might not be prepared for just how intense and fast-paced a varsity game will be.

But ignorance is bliss for the women’s coach. “I’ve never seen an OCAA women’s game,” admits Bourgeault. “I don’t know anything about the other teams we’re playing which, personally,

I think is a good situation, because we’re preparing for anything.”

Even a beating.

“It’s not a great attitude to say: ‘Well, if we get hammered, we get hammered,’” says Bourgeault, “but at least we accept the challenge instead of backing down because we’re not confident we can compete. We’re going in looking to do the best that we can do, and if we do that, then we’re successful.”

The Thunderbirds are competing with big programs and teams which have had years of experience playing at the OCAA level. At Algoma, players are coming out solely for the fun of it. Compared to their counterparts at competing colleges which recruit aggressively, these men and women are just trying to find time between their classes to come out.

“We’re playing basketball for the enjoyment of the game. There’s going to be very little glory this year – we’re going to get our butts kicked a lot,” Barsanti admits frankly.

It’s fair to say that the enthusiasm at AUC overwhelms any nervousness these teams must be feeling. Everyone involved just wants a good game. The fact that the Thunderbirds have been given a chance to compete seems prize enough, so their goals remain modest.

“I’m confident,” Bourgeault says. “I’ve never been big on wins and losses . . . I’m looking for success. And success, as far as I’m concerned, is that we’re better at the end of the season than we were at the beginning.”

Barsanti also keeps it all in perspective.

“The first year I want to be respectable, I want to be competitive. I don’t want to be a pushover. We could lose by 50, but they’ve got to run their butts off to beat us by 50. I just want the effort there.”

Prepared for anything and ready to do their best, the Thunderbirds may not soar to great heights this year, but one thing is for certain: Algoma University College’s Thunderbirds have nowhere to go but up. 💧



# fast break for freedom



COURTESY

**One night  
Augusto  
Duquesne  
had the  
chance to  
change his  
life.  
He took it.**

by Stacy Gardner

Augusto Duquesne sits outside the sports complex at Durham College, where a few short years ago he was the star attraction. Basking in the October sunshine, he is continually bombarded with ladybugs attacking his white cotton shirt. Duquesne, who in his past has battled much larger foes, barely notices.

Around the neck of his 6'8" body there is a pendant, inscribed with a date: August 10, 1999. That's the day that Duquesne became a Canadian citizen. It is also the five-year anniversary of the night he defected from Cuba.

Duquesne remembers the night he made his dash for freedom.

"I was really scared," recalls Duquesne, "but there was no other choice."

Duquesne came to the 1994 World Basketball Championships in Toronto determined only to play for his country and win. But two days into the tournament, his teammate and friend Richard Matienzo sought asylum with Canadian officials. Word got out that other members of the team would be punished for letting Matienzo get away.

"I did not know Richard was going to do

this," explains Duquesne. "But because I was his friend, I was considered an accomplice. If I returned to Cuba, I'd be punished for Matienzo's actions."

Alfredo Jordan, a prominent activist in Toronto's Cuban community, heard about Duquesne's situation and immediately wanted to help.

A defector himself, who came to Canada more than 20 years ago with the aid of Amnesty International, Jordan enlisted Toronto Star reporter Ken Starkman.

"Augusto was going to need all the help we could get him," says Jordan. "Getting his story out there would ensure that the public was well aware of what he was up against."

Before the story could break, however, Duquesne needed to be placed out of reach of the Cuban officials.

While Jordan and Starkman devised a plan, Duquesne sat anxiously in his downtown hotel room, waiting for the call that would change his life.

"I was so nervous," remembers Duquesne. "There was no turning back."

It was a typical humid August night, and Duquesne remembers being sweaty with anticipation and uncertainty.

"Everyone was really distracted," he recalls. "The USA's Dream Team was playing that night, and even the Cuban officials were watching it. Thank God it was on."

The telephone rang, and the voice on the other end told Duquesne that a van was waiting in front of the hotel.

Duquesne grabbed some change and pretended to head out to the vending machine in the hallway. "I knew it was now or never," he says.

In the lobby he encountered the Angolan basketball team. Their tall, dark bodies provided a human shield, sheltering him as he walked to the waiting van.

Once safely ensconced in Jordan's house, where he would remain for the next three months, the media storm began.

"You can imagine my surprise," remembers

*Continued on page 34*





COURTESY

The 1975/76 St. Clair Saints – beards, sideburns, and the national championship.

# The Saints go marching on

**Fifteen years after the fall of the OCAA's greatest dynasty, St. Clair College is back on the ice.**

by Brad Holden

As the 2001 St. Clair Saints take the ice for a practice session on a rainy September evening, their new uniforms shine brighter than the ice beneath their skates. The players circle the rink in preparation for their first season as the latest entry to the OCAA hockey ranks. Hope runs high at the Windsor college for its newest varsity team, and for good reason. This is actually the beginning of a second era for the St. Clair Saints, and the legacy of the past looms large.

For an entire decade, from 1968 until 1979, the hockey program at St. Clair College was a powerful entity, dominating its opponents and forging perhaps the greatest dynasty in OCAA history. They claimed the Ontario championship three years running from 1968-1970, again in

1973, for three years straight once more from 1975-1977, and a final time in 1979. Mid-decade their powerhouse status was confirmed when they capped an undefeated 1975/76 campaign with an 11-2 rout over B.C.'s Selkirk College to claim the national championship.

Such glowing achievements look good in the record books, but in the end they were not enough to save the team from the financial axe. By the mid-'80s, St. Clair's administration had decided that the college's diminishing sports budget would be better spent on intramural pursuits. Judging the hockey program to be the most expensive of its varsity outfits, St. Clair pulled the plug on the storied team in 1986.

Jack Costello was intimately involved with Saints teams of old, coaching them

to 106 victories and only 35 losses in the first half of the '70s, and later overseeing them as the college's athletic director. He remembers the demise of the program with mixed feelings.

"I realized it was a financial decision, but it was sad," he recalls. "I know that the former players I talked to really didn't want to see it happen."

Indeed, most of the players from St. Clair's glory years still feel close ties to the team. Louis Gagnon, who played right wing for the Saints from '74 to '77, looks back on his time at the college fondly.

"I remember a lot of travel, a lot of camaraderie, and a lot of pride," Gagnon says. "To this day, 25 years later, we still meet at our annual golf tournament and relive the old times."

There was a change of mood at the

most recent alumni golf day, however. For the first time in 15 years, according to Gagnon, the talk revolved more around the future than the past. Word had gotten out that the Saints legacy, long confined to the history books, was about to be revived.

The spark that ignited the long dormant flame of St. Clair hockey came in the form of a new college president. Dr. John Strasser, who came on board in August 2000, is a life-long hockey fan who has authored two books about the sport.

"I think I probably had the idea to start up hockey again the first day I walked onto campus," says Strasser. "When I took a look at what was available to us and what it would mean for our students, it didn't take a lot of thought."

With the college's financial situation unchanged and limited funds available for varsity sports, Strasser realized that an innovative approach would be needed to successfully re-introduce a hockey program. Luckily, he had witnessed just such a situation when his eldest son played for Penn State University in the mid-'90s.

"Penn State hockey is a non-scholarship program, but the quality of hockey there would beat most Canadian university teams," Strasser explains. He attributes their success to a student-oriented approach, in which students from various academic departments contribute their skills to team management. The result, he says, is that "all of a sudden you have tickets being produced, bank accounts being reconciled, people going out and getting sponsorship, programs being produced and jerseys being sold, and it's all being done largely by students."

This low-budget, student-driven approach has been adopted at St. Clair. Ten students currently sit on the advisory board, overseeing business operations, advertising, public relations, promotions, and game-day activities. Many more will participate once the season gets underway, chalking up course credit and valuable experience in the process.

For athletic director Rosemary Smyth, Strasser's approach has been essential in getting the team back on its skates.

"The magnitude of what we want and need to do would be impossible with the staffing we have," she says, noting that the students involved will have the critical job of getting their peers behind the new team.

"The alumni and the Windsor hockey community are the easy targets," she says. "The student committee will be going after the tougher market – the student body and the kids in the community, who are of course our future students."

One Windsor kid who was a big fan of the St. Clair teams of old is the newly appointed head coach, Kevin Hamlin.

"I was a rink rat – I can remember collecting St. Clair College pucks," he says with a grin. "I used to love going down to the Windsor Arena, and hearing the band in the top corner playing 'When the Saints Go Marching In.'"

Signing Hamlin on to coach the new team was a big indicator of the efforts to come. A highly respected coach and general manager at the Junior 'B' level, Hamlin brought to St. Clair both

coaching expertise and a wealth of connections in the Ontario hockey world. These connections enabled the college to recruit a first-year team of 22 top-quality rookies, 20 of whom came to St. Clair specifically for a chance to play hockey under Hamlin.

Former coach Jack Costello sees another plus in Hamlin, who teaches at a Windsor high school by day. "I've always been concerned with learning off the ice as well as on," Costello says, "so I was very happy to see President Strasser choose such an outstanding educator to take the reins."

Indeed, one of the big reasons Hamlin felt compelled to take the job at St. Clair was the opportunity to link sport with education.

"Frankly, the opportunity to be involved in somebody's pursuit of a college diploma was appealing," he says. "I've been where these guys are today and I know how it feels to struggle to get through a semester, be it academically, financially, or athletically. There can be a lot

of speed bumps along the way."

Interestingly, the one thing that Hamlin does not intend to bring to the dressing room is a big emphasis on the legacy of the St. Clair Saints.

"Let's face it," he laughs. "In the seventies a lot of these kids were nothing more than a twinkle in their mothers' eyes. The players are aware of the tradition here – we owe it to the people who developed that tradition not to let these players forget it – but it's more important for these guys to create a history of their own, in an atmosphere of their own." ❄️

*At time of publication, the second coming of the Saints was in full-swing. Sending a strong message to the rest of the league, St. Clair was triumphant at the Oct 19/20 Peter Maybury Cup Invitational, beating Humber College 5-2 in the gold medal match.*

**Kevin Hamlin holds court over the 2001/02 St. Clair Saints.**



**"The players are aware of the tradition here, but it's more important for these guys to create a history of their own."**

*– Kevin Hamlin*

BRAD HOLDE



**Cornell Brown, playing post-surgery for the Humber College Hawks.**

# Playing through the pain

**Many athletes put the game before their health.**

**Is it all worth it?**

"I felt the team was good enough to win the whole thing . . . I didn't want to sit out," Brown ruefully remembers.

Ultimately, "playing through the pain" was the worst thing Brown could have done. Sports physicians such as Dr. Julia Alleyne, medical director of sports medicine at Sunnybrook and Women's College Health Sciences Centre, stress that if athletes are feeling significant pain, they shouldn't hesitate to seek medical help.

"Sometimes I think they are afraid to get it checked out because they don't want to be told that they can't play. But in actual fact, when I see someone, I want them to continue playing. So my goal is the same as theirs," Alleyne explains.

Ron Mulesa, the Calgary Stampeders' assistant therapist/trainer since 1991, urges amateur athletes to take a leaf out of the books of the pros.

"Amateur athletes are not as smart about injuries as professional athletes," he says. "Amateurs will put themselves on the line a lot more. (Pros) look at it and say 'I've got this wrong with my knee, and I've still got another five years to play, so I'm not going to push it now. I'm going to rehab it and take the time off.'"

But sometimes even the pros falter.

Former Detroit Lions right tackle Juan Roque explains how pushing caused him to sit out the 2000 NFL football season. The player underwent surgery in 1997 and 1998 to repair a knee damaged in his rookie season, but didn't rest properly afterward and never fully recovered.

"The coaches put me through what's called an accelerated rehab program,"

Roque recalls. "It blew up in their faces. All they ended up doing was setting me back a year."

Roque, who currently plays for the Toronto Argonauts, offers some sensible advice to college and university players.

"You can't deny what you feel," he says. "Especially after an ACL (knee) surgery . . . The pain dictates what you can do. You have to take it slow and you have to make sure the people that are rehabbing you have your best interests in mind – not those of a university or team or anybody. In the end, it's your health and it's your life."

That advice comes a little late for Cornell Brown, who continues to play ball in a University of Toronto league. He regrets that he won't be able to use a professional ball player's salary to buy his mother a white Jaguar with an "OLD LADY" licence plate. But he's taking care of himself, and he's rediscovering the game he loves . . . at a slower pace. 💧

**Former NFL player Juan Roque moved to the CFL after serious knee surgery.**



by Linda Kang

The screams in the high school gymnasium were deafening. Cheers from the jam-packed stands bounced from wall to wall, as Number 22 for the Bathurst Bears pulled up in the key and delivered a graceful floater.

A popping sound echoed like a pistol shot as he landed on another player's foot. The pompoms were stilled. The stands were silent. Attention was fixed on Number 22's knee, which swelled to the size of a basketball before he reached the bench.

From somewhere beyond the pain, Cornell Brown heard his brother mutter, "I told him it wasn't worth it."

At 17, Brown was about to undergo the first of two knee surgeries. It was nine months before he could play again, and it was the beginning of the end for his NBA aspirations.

Brown, who later went on to play for the Humber Hawks, admits that avoiding rest and therapy made his knee worse. The warning signs were obvious before the game, but he didn't want to stop – he felt too close to a win.

# always on the run

**Cramped schedules leave student-athletes with little or no free time. Just ask Brenda Chambers.**

by Patrick Campbell

**H**umber College basketball star Brenda Chambers was lucky today. She slept in. The Student Athletic Association co-president rose at nine o'clock for a long day, including class, practice, and work.

Chambers hustles to school for an early class, then down to the athletics department to finish off some last-minute projects. After more class, she high-tails it back down to her office to catch up on homework.

The day is still young. Ahead looms back therapy – to fix an injury brought on by years of wear and tear – and hours pounding the practice court to iron the kinks out of her technique before facing the competition tomorrow night.

“Dinner is in between when you’re kind of working on the computer,” she says with a grin. “You just keep eating and working.”

This is a pattern familiar to dedicated athletes at colleges across Ontario.

Some buckle under the strain, winding up on academic probation. Others are forced to switch programs, hire tutors, and even drop out.

“There are different reasons why stu-



**Another cram session for Chambers.**

dents struggle,” Seneca College athletic director Linda Stapleton says.

“It’s not necessarily academic, but it reflects academically. Stress, family sickness, financial problems or problems at home may actually show up when you see a student’s report card.”

While the OCAA has a set of academic requirements, colleges often impose their own rules as well. At Fanshawe College, athletic director Mike Lindsay says the aim is to keep students involved in athletics, at no cost to their school work.

“We have a minimum requirement for athletes at Fanshawe. That requirement is that the student maintain a good standing and pass all courses successfully.”

Seneca’s Stapleton stresses that colleges must take an active role in monitoring student progress.

“Different colleges will take different approaches. Many colleges do a mid-season monitoring. They would speak to the faculty and see how their students are doing to get a reading to see who is in trouble.”

It’s not uncommon that a high-achiever in athletics and an academic winner come in the same package, Stapleton says. She says it all comes down to priorities.

“When you are self-disciplined and have good time-management skills, you put priorities in order and follow them.”

For others, the athletic achievement is a driving force behind success in the classroom, Stapleton explains.

“Sometimes students don’t graduate or take an extra year to do it, but ultimately it was the sport that kept them going,” she says. “I think athletics and academics are very good partners – each enhances the other.”

## Six steps to student sanity

**Nantali Indongo, a former assistant coach with the 2001 CCAA Champion Humber College men’s basketball team, has these tips for students trying to balance academics and athletics.**

- 1** Go to school for an education, not to play on a sports team. Understand that you are a *student-athlete*. You won’t be able to play anyway, if you’re academically ineligible.
- 2** Learn to use a daily planner, available free at school. Better yet, take a time-management course.
- 3** Maintain a proper diet and get enough sleep. Both your academic and athletic performance will suffer if you aren’t healthy.
- 4** For the time you spend training and practicing – which is generally about two hours a day – spend at least double that time studying, reading, doing assignments, etc.
- 5** Find out if there is an academic advisor/tutor for your school’s sports teams. Talk to that person when you’re experiencing trouble with anything related to your academics.
- 6** Don’t make the athlete’s lounge your study room – the library will be much more useful.

**Q & A**



**Frances Manias-Jackson, 2000 Canadian Women's Middleweight Bodybuilding Champion, answers your health and fitness questions.**

It never fails. In the middle of my training, someone sneaks up and ...

"Can I ask you a quick question?"

Unfortunately, my workout is not the time to ask me what the best forearm exercise is – I'm liable to send you off to do 30 sets of wrist curls if you're not careful. Most realize that no question is a simple one, but they fail to realize the answer is likely a sensible one, easily figured out on your own (with a little direction of course).

Training, nutrition, health. If the question has to do with you, you are the best person to provide the answer. You know yourself better than anyone else. As an athlete, you also have the advantage of being more in tune with your body than the average person. The difficulty lies in wading through the many myths encountered by athletes who choose to take their training beyond their playing surface of choice.

In every issue of *sweat*, I will use this column to answer some of the questions that often interrupt my workouts...

**1. When should I train?**

Your sport season is not the time to start training with weights if you have never done so. Adequate recovery time is a must if you want to reap the benefits of increased muscle and/or increased strength. Save the serious, goal-oriented training for your pre- and post-season workouts. If you want to maintain your current strength and/or lean muscle you can do so with a simple circuit system twice a week on your off days. One exercise per main body part – about eight exercises in total done consecutively with no rest between sets. Repeat this circuit three times. Bottom line – save your strength and energy for the game.

**2. What should I be eating?**

Just as important as the *what* are the *when* and *how much*. Some might answer these questions with "when I have time" or "I prefer the all-you-can-eat buffet, thank you very much." Truth is, you are students first and athletes second – often the student part warrants an "eat what I can when I can" philosophy. The key here is go against the norm – take a bit more responsibility in this important area and watch yourself reap the benefits of an athlete-friendly diet.

My advice is to know your food. Remember the Canada food guide? Start there. Begin to recognize foods as nutrients. Carbs and fats (the right ones) = energy. Proteins = recovery and muscle maintenance. Eat often – forget the three meals a day thing and start feeding your body more regularly. Each meal should consist of balanced portions of carbs (the size of your fist) and protein (the size of the palm of your hand).

Still baffled? Check these websites out for more info:

[www.bodyforlife.com](http://www.bodyforlife.com)

[www.hc-sc.gc.ca/hppb/nutrition/](http://www.hc-sc.gc.ca/hppb/nutrition/)

**3. Should I use (insert supplement here)?**

A complicated question with a simple answer. What are you eating? If you haven't changed your diet yet, you're wasting your money. If you have, then ask me this question when I have more time to answer. Check out [www.mvpnutrition.com](http://www.mvpnutrition.com) for more info (you may even catch a glimpse of yours truly).

**4. What is the best ab exercise?**

Find out how your abdominals work and all ab exercises become more beneficial. Here are the keys. First, your abs contract like an accordion (a reminder to compress your body). Second, your abs must contract through their full range of motion. The range begins with your back arched about 30 degrees. The range finishes with the accordion fully "squeezed". Decline ab boards are good, exercise balls are even better. Try your traditional ab crunch (the one which you have difficulty "feeling") on one of these babies and you will see what I mean. Lastly, forget the hundreds of reps and focus on eight to fifteen. Your abs will respond better to fewer reps with more weight.

Can't see your abs? Go back and check the answer to question 2. :-)

**Have a question you'd like answered?**

**Email me at [fmanias@redeemer.on.ca](mailto:fmanias@redeemer.on.ca)**

**Frances Manias-Jackson is the athletic co-ordinator at Redeemer University College. Her column will appear in every issue of *sweat*.**



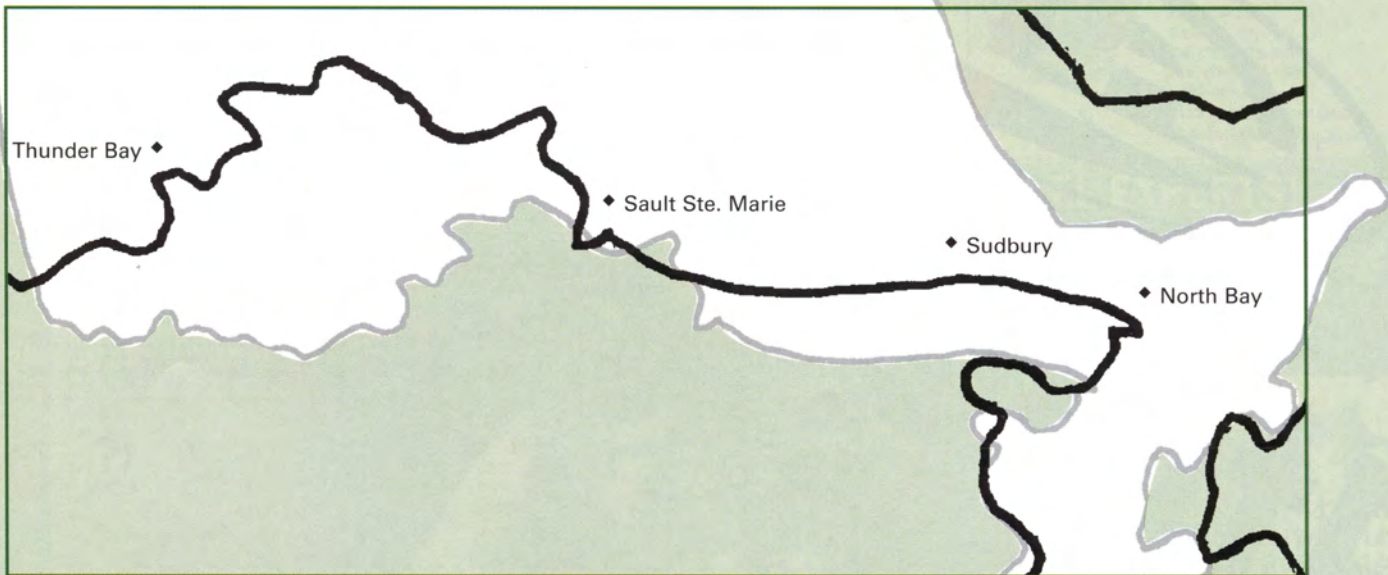
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# around the

# OCAA

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Thank you to those schools which contributed photos and stories.



# Algonia University College

Sault Ste. Marie  
[www.auc.ca](http://www.auc.ca) 705-949-3731

## Coach Profiles

Ray Barsanti, the new men's coach, has been involved in Sault Ste. Marie athletics for 30 years, where he has focused on football, basketball, and track & field. After retiring as vice-principal at St. Mary's College in 1998, Barsanti coached the high school's senior girls' basketball team to consecutive undefeated seasons and city championships. He was inducted into the Russ Ramsay High School Sports Hall of Fame in 1998.

Dave Bourgeault, the new women's coach, has a long-standing involvement with the game. Bourgeault started coaching basketball in 1978; he has coached at various schools in the Michigan school system, and has led many male and female teams to league, district and regional championships. More recently, he was an assistant coach with Sault College's men's basketball team.

Sault Ste. Marie's Algonia University College is the newest addition to the OCAA. In the upcoming year, they will compete in both men's and women's varsity basketball in the OCAA's Western Division. AUC enjoys the distinction of being the only northern Ontario OCAA member with a women's basketball program. AUC offers a top-notch basketball facility, and an excellent base of competent players to recruit. The AUC bid was strengthened by its involvement in youth basketball development, including the Guy Vetrie Basketball Camp.

Algonia's varsity teams are known as the Thunderbirds. "The feeling is that we should stick with tradition," says athletic director Mark Kontulainen. "So much of AUC's history is in the name, and the Thunderbird is the central focus of our school logo."



A large advertisement for Athletic Knit. It features a central image of a baseball player in a white uniform and blue helmet, swinging a bat. The background is a light blue gradient with the word "Athletic" in large, blue, stylized letters. The word "Knit" is also visible in large, blue letters. At the bottom, the slogan "THE NAME IN THE GAME" is written in yellow and red. The Athletic Knit logo, a stylized "AK" in a circle, is in the bottom right corner. The website address "WWW.ATHLETICKNIT.COM" is at the bottom center.



# Cambrian College

Sudbury

www.cambrianc.on.ca 705-566-8101



New this year to the Cambrian College athletics department is the women's intercollegiate soccer program. The college performed a program review last year, and found that their programming didn't have an equal balance of men's and women's sports. To make room for women's soccer and women's softball, Cambrian dropped its men's basketball program.

"We had a men's basketball program for 33 years and we had never hoisted a provincial championship banner. In all of our other sports we had banners, but not in men's basketball. So, because we had a set amount of money in the budget, we had to scrap one program," said athletic director Bob Piche.

Cambrian chose women's soccer because they have a state-of-the-art soccer complex serviced by lights that

includes a previously unused field house. The inaugural women's soccer team competed in the Central East Division of the OCAA. According to Piche, the first year proved the program has promise.

"Our first season is over, and though we didn't do great, we didn't do poorly for a first year team. More importantly, we found out that this program works for us and that soccer will be a competitive sport for us in the future."

Also new this year is the Cambrian Athletic Association Student Body, a student organization where all decisions concerning athletics are made by the student body. Issues such as budget allocation and staffing in athletics have to go through the organization before they can go into effect. The association was formed in May 2001 and has been working out well, according to Piche.

## In memoriam



College President Dr. Frank G. Mersh

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# CANADORE PANTHERS

*Varsity*



# Canadore College

North Bay

[www.canadorec.on.ca](http://www.canadorec.on.ca) 705-474-7601

Canadore College is celebrating its 35th Anniversary and has planned many events to mark the occasion. The North Bay college has built a reputation for excellence in education and training – and our plans for the future will only strengthen our programs and services.

Canadore proudly hosted the recent OCAA 2001 Provincial Golf Championships at Osprey Links Golf Club. The event was a great success: world-class golfing in a gorgeous northern setting. The college also just hosted the OCAA 2001 Provincial Women's Fastball Tournament.

The college recently invested \$2.5 million in a new hospitality /tourism centre, a state-of-the-art facility which will

open this month ( November). The centre will serve as a launching ground for the college's anniversary celebrations.

A \$12.5 million investment will relocate the Heliport Campus to North Bay's Jack Garland Airport. The new "Aerospace Campus," slated to open in 2002, will position the college as the most comprehensive aviation educator in eastern Ontario.

Canadore's golf program was resurrected one year ago and already its men's golf team is participating in the CCAA PING National Open Golf Championships.

More events are being planned to help Canadore celebrate over the next year – visit the school's web site, [www.canadorec.on.ca](http://www.canadorec.on.ca), for further info.

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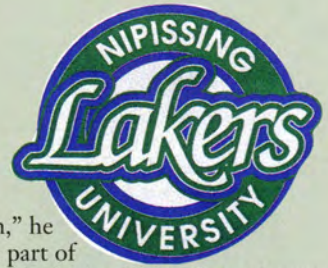
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# Nipissing University

North Bay [www.nipissing.ca/departement/athletics](http://www.nipissing.ca/departement/athletics) 705-474-3461



Both the men's and women's volleyball teams are pleased to welcome Paul Best and John Jeffries as new coaches for the Nipissing Lakers.

Best, the men's volleyball coach, has been coaching for 19 years and has had much success. He has his level three coaching certification which has allowed him to coach at the international level. His experience includes a two year stint with the Royal Military College and another year with Canadore College. He has twice coached Canadian Forces teams at the World Military Games.

When asked what he most enjoys about coaching, he cites the many people that he gets to meet and the ability to stay involved in the game. Best tries to keep athletes motivated by keeping the game fun. This way they look forward to practice and maintain a positive attitude.

Best would like to see Nipissing make the OCAA playoffs this coming year and feels that with the returning team members, complemented by a few new players, the odds are looking good.

Outside of volleyball, Best has played many sports and is still very active.

"I grew up in a gymnasium," he says, so sport has been a large part of his life. The Nipissing community is thankful to have someone of Best's caliber at the institution and is looking forward to working with him in the coming seasons.

John Jeffries, the women's volleyball coach, is a native of North Bay and is returning to coach the Nipissing Lakers women's volleyball team after a two-year break.

He has been coaching for 25 years at college, university, club, and public school levels, and holds level three qualifications. He has coached OFSAA gold, silver, and bronze medalists for the Widdifield senior teams and OCAA medallists for Nipissing University.

Jeffries says he enjoys the competition of coaching and he likes developing his athletes as people whose skills can be transferred beyond the court. His motto?

"Winning isn't everything – encouragement is."

Those who work with him at Nipissing say Jeffries is on course to guide his team to great heights. His goals are to win their division and to place in the top four spots at the OCAA championship.

## DREAM BIG DREAMS SMALL DREAMS HAVE NO MAGIC.



MY NAME IS JUNIOR KATI. I WAS BORN IN THE CONGO. I LIVED THERE UNTIL THE CIVIL WAR BROKE OUT AND PEOPLE CAME TO MY HOUSE. I HID MYSELF UNDER MY BED. ALL I HEARD WAS THE CRYING OF MY PARENTS AND MY DAD SAYING, "DON'T HURT HER." WHEN THE CRIES WERE OVER, THERE WERE BODIES ON THE FLOOR. A FAMILY MEMBER HELPED ME ESCAPE AND PUT ME ON A PLANE. I JUST SLEPT AND SLEPT. WHEN I WOKE UP, I WAS IN CANADA. I FELT I WAS IN HEAVEN. WHAT KEPT ME GOING WAS UNITED WAY AND SOMETHING MY DAD ALWAYS TOLD ME: "DREAM BIG DREAMS BECAUSE SMALL DREAMS HAVE NO MAGIC." AT UNITED WAY, I MET SOME GREAT PEOPLE WHO BELIEVED IN ME. I LEARNED COMPUTER AND BUSINESS SKILLS AND HOW TO SPEAK ENGLISH. WHEN THE CLASSES WERE FINISHED, I USED TO STAY TILL THEY KICKED ME OUT. THAT'S HOW HARD I WORKED. TODAY, I RUN MY OWN E-BUSINESS COMPANY.

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# Sault College

Sault Ste. Marie

[www.saultc.on.ca/cougars](http://www.saultc.on.ca/cougars)

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A new cross-town men's basketball rivalry is brewing in Sault Ste. Marie, intensifying the competitive spirit in the OCAA. This year's addition of Algoma University College's Thunderbirds has set the stage for direct competition with the Sault College Cougars. Local bragging rights will be on the line in four games this season – two league games and two exhibition matches – divided between two school gyms 10 minutes apart.

"This new rivalry is tremendous in terms of building awareness about college basketball in our community," says Tom Mauro, Sault College's assistant athletic director. "The local media have been pumping it. Many of the players on both teams know each other, and that just adds to it. Of course, the student bodies at Sault College and Algoma University

College are also excited about the games."

The northern rivalry includes another twist: Sault College coach Don Muto is a student at Algoma. Previously, he played at Cambrian College where he was a member of John Campbell's 1993 team that won a silver medal in the OCAA playoffs.

Mauro says the two Sault schools will collaborate on new opportunities for their athletes.

"The fact that we now have two men's programs in the Sault increases the potential for more tournaments and exhibition games here," he explains. "Our schools can also look at co-hosting tournaments. Many benefits come out of this for our players, our students, and area basketball fans."

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# Confederation College

Thunder Bay

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Confederation College students and coaches first took to the curling rink in 1967 – the opening of the school and the first year of the OCAA. That season the men's team brought home gold from the OCAA provincial championships. In the next 20 years, the college landed more (one women's, four men's). In 1985, the men's squad not only won the provincials but went on to nab the nationals.

In 1986, with the assistance of Gunther Hummelt, president of the World Curling Federation, the Confederation College 1985 national champions began their first European tour. They attended the largest international junior bonspiel, hosted in Biel-Bienne, Switzerland, and placed ahead of the previous Canadian junior champions and grand prix champions. The teams travelled to Kitzbuehl, Austria, and then to Munich, Germany and hosted Hummelt at a luncheon. The tour ended with exciting contests against the team from Lahr, Germany, captained by German national coach Keith Wendorff.

With success in Canada and abroad, Confederation College's men's and women's teams travelled to Scotland in 1998 to compete against several former national and world champions.

In the past 16 years, there's rarely been a time when a Confederation College team did not win OCAA gold. Varsity curling has seen 12 more provincial gold titles (the mixed team captured five, while seven were awarded to the women) and the college took home gold in four of the five years the national championships were held.

Overall, Confederation has won more provincials and twice as many national curling titles as any other college.

With the return of many curlers, the new Confederation College Thunderhawks 2001-02 teams are being formed with the aim of maintaining their gold medal streak.

This season, the addition of new players will assure that the Thunderhawks have an excellent chance to match past successes and set new standards.

The Student Union of Confederation College is pleased to announce that the Thunderhawks will once again travel to Scotland to compete against former world and national champions during the 2002 March break.

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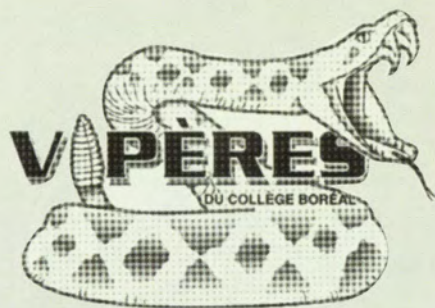
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# Collège Boréal

Sudbury

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Sudbury's Collège Boréal is relatively small in terms of student body, but that doesn't inhibit their quest for athletic excellence.

This was the inaugural year for the college's golf team and athletic director Dan Landry says he was really impressed with his golfers' performance. The calibre of the team – comprised of five men and three women – is notable, especially considering his golfers are playing at the varsity level for the first time.

Men's and women's volleyball had a rocky start, but Boréal has secured coaches for both teams and is expecting a good season, despite small player numbers. Boréal's OCAA volleyball is currently in its third year.

Badminton has grown exponentially. Last year, Boréal was a three-player team – this year the ranks have increased to 13 team members. The growth is thanks to Landry's recruiting for players and coaches from clubs in the Sudbury area.

Despite its small size, Collège Boréal is looking forward to a great athletic year.

Cette année, le Collège Boréal a Sudbury a raison d'être sûr de soi-même. Malgré le fait que le collège est petit, les programmes athlétiques s'agrandissent.

L'équipe de golf a fait début cette année, et directeur de sport Dan Landry est content que ses golfeurs ont bien réussi.

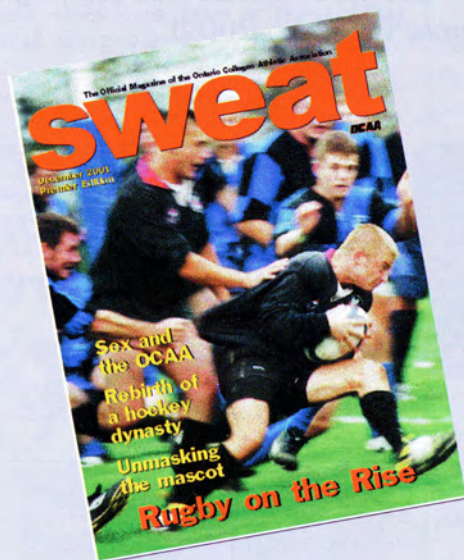
L'équipe de golf est composé de cinq hommes et trois femmes qui sont tous nouveaux au niveau compétitif.

Les équipes masculin et féminin de ballon-volant ont deux entraîneurs doués qui sont préparés pour une bonne troisième année, malgré le fait que ces deux équipes n'ont pas beaucoup de joueurs.

Le programme de badminton s'est agrandi, avec dix nouveaux joueurs cette saison, comparé à trois l'année dernière. On remercie entraîneur Landry, qui a recruté des joueurs et des entraîneurs des clubs dans les environs de Sudbury.

Malgré leur taille petit, le Collège Boréal de Sudbury attend avec impatience une année remplie de succès.

## sweat



Can't wait for the next issue?  
Look for it in April 2002.

In every issue look for:

- Q & A
- behind the bench
- the buck page
- OCAA Stats

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## A soccer season to remember...

Congratulations to the Humber Hawks, the newly crowned 2001 CCAA men's soccer champions. The national title caps off a great season for the Humber College soccer program. The women's side also earned a trip to the national championships (where they placed fourth) in Medicine Hat, Alberta after claiming the OCAA title for the third year in a row. Above: both teams celebrate their OCAA wins.

On an individual note, three-year veteran Humber striker Joanna Vitale (above) became the all-time leading scorer in OCAA women's soccer history. Her 44 career goals now stand as the mark for all players to aspire to. sweat congratulates the Humber Hawks on a spectacular season.

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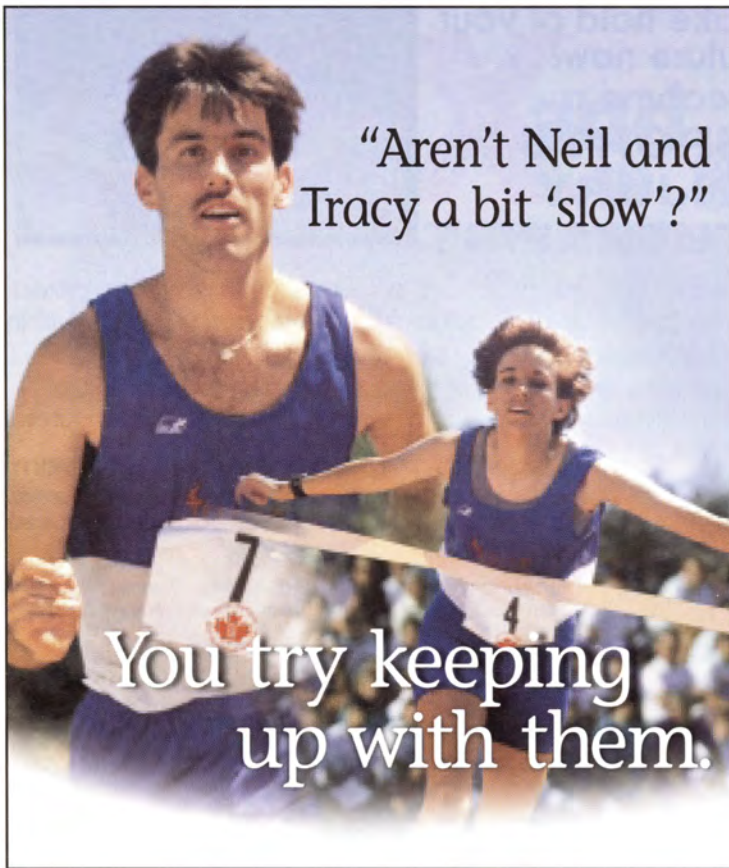
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SCORES

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UPDATED DAILY



The Fall 2001 OCAA Varsity Season provided a little bit of everything a sports fan would desire. Records were broken, upsets were plentiful and dominating performances were achieved. The OCAA would like to thank our student-athletes for providing entertainment and excitement throughout the season.

### 2001 Fall Highlights:

- Humber College three-peated as women's soccer champions.
- The men's soccer team from Humber defended their title and went on to claim the CCAA crown.
- Mohawk College won their first women's fast-ball title.
- Seneca College captured their first rugby crown.
- St. Lawrence (Kingston) ended an 11-year drought winning the touch football title.
- Lambton's Pat Donker surprised the field, winning the men's cross country gold.
- Chantel Demers of Cambrian picked up her second consecutive women's cross country gold.
- Humber's men's golf team and Georgian's woman's golf team continued their strong play capturing individual and team gold.

### The Winter Ahead:

Jan. 12	M/W Volleyball All-Star Games @ Humber
Jan. 19	M/W Basketball All-Star Games @ Durham
Feb. 15-16	Badminton Championships @ Centennial
Feb. 21	Skiing Championship @ Georgian
Feb. 21-24	Curling Championships @ Seneca
Feb. 28- Mar. 2	Men's Volleyball Championships @ Mohawk
Feb. 28- Mar. 22	Women's Volleyball Championship @ Redeemer
Mar. 1-2	Men's Hockey Championship @ Seneca
Mar. 7-9	Men's Basketball Championship @ Niagara
Mar. 8-9	Women's Basketball Championship @ Durham
Mar. 22-23	Men's Indoor Soccer Championships
Mar. 22-23	Woman's Indoor Soccer Championships

We hope you will come out and support the student-athletes, teams and their colleges in any way that you can. This will be an exceptional season, so don't miss out.

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# sex and the single athlete

by Jason D. Spence



## Are sexy superstitions keeping sportos out of the sack?

It's the night before the big game and you're alone in bed when your girlfriend enters wearing a bustier and some CK-One. Dammit if you're not feeling sexy. She's holding a CD and coyly says, "I've got our song!" You're just about to get jiggy with it when your coach whispers like a little devil from your night table: "You know the rules bucko: no horsing around before game day."

Let's face it, some owners and coaches will do anything to win. God love Scotty Bowman, but there really is a fine line between genius and madness. Consider Sam Hammon who, last July, bought the Cardiff City Football Club and insisted that his players eat sheep testicles for good luck!

Asking a 19-year-old college student to abstain from sex

because it might improve his athletic performance, however, seems implausible, cruel and kind of funny to be honest.

"I can't imagine that abstinence would enhance your [athletic] performance," laughs Peter Campbell, men's basketball coach at Sir Wilfred Laurier University in Waterloo.

But some athletes, including two from Humber College, wouldn't be so quick to laugh at the idea.

Roger Scott, 19, a member of Humber's basketball team, says it's wiser for athletes to save their energy for the big game rather than the big score.

"It's better to have sex after the game; it's like going to a game and you're tired because you haven't had any sleep," Scott argues. "You lose a lot of energy."

Quick to point out that he's not speaking from personal experience, 26-year-old Humber hockey player Jason Fortier is a little more diplomatic.

"Maybe it's just a fairy tale," says Fortier. "Maybe it's just something that's true, but it seems like whenever you have sex or masturbate, it doesn't seem like you have as much energy as if you didn't do it."

**"I know there are some examples of famous athletes who report having the best game they've ever had ... after a night of sexual behaviour with their partner."**

— Dr. Tony Bogaert

Hold onto your pants, Roger and Jason. Campbell, a coach for 25 years, reminds us that we're dealing with finely conditioned athletes. As long as they're not setting the quilts a-quivering all night, they should be okay for tomorrow's game, right?

So what's up with sex-policing coaches? Are they sadists?

"I think it's more along the lines of trying to isolate teams to keep them focused on the event," reasons Campbell.

"It's about making the players stay within the group and bond as a team."

Not closed to the idea that there might be a relationship between sex and athletic performance is Dr. Tony Bogaert, sex researcher at Brock University in St Catharines. However, Bogaert is unaware of any research to substantiate the idea that abstinence is a winning formula for jocks. In fact, he's aware of case studies and anecdotal evidence that suggests the opposite.

"I know there are some examples of famous athletes who report having the best game they've ever had ... after a night of sexual behaviour with their partner," says Bogaert. "I think (ex-NBA great) Julius Irving reported having the best game he ever had after he conceived one of his children the night before."

Bogaert adds that studies seem to suggest that sex on a regular basis is good for individuals. He also says that sex prior to a game may be a positive thing if it reduces performance anxiety or performance stress.

"Some people may have sex ... before to reduce physical anxiety," he explains. "And, if that anxiety is reduced, then you usually can perform better than if you're tensed up. However, if sex reduces anxiety or stress levels too much then you're probably not at peak performance level and that may ultimately affect people's performance negatively."

So if sex is good, where does the myth come from?

"If it is a myth," Bogaert says, "it comes from a long held view of medical practitioners early on, that there is an association between sexual activity and negative physical health."

The idea that sex is harmful is explored in *Sex: A Man's Guide*, by Stephen Bechtel and Laurence Roy Stains. Bechtel and Stains argue that some ancient philosophers believed semen and the brain's grey matter are one and the same – you use it, you lose it. Bechtel and Stains also remind us that Hippocrates, the father of medicine, argued that the male orgasm drains the spinal cord of precious fluid. Again, use sparingly.

So many writings are infused with the belief that sex is bad. In *A Lecture to Young Men*, nineteenth-century inventor and lecturer Sylvester Graham argues that too much sex impairs one's "constitutional powers." Twentieth-century essayist Bernard S. Talmey, in *A Treatise on the Science of Sex Attraction*, claims that sex is particularly dangerous after a meal.

In 1902 Dr. Emma F. Angell Drake wrote in *What a Young Wife Ought to Know* that "there is a vast amount of vital force used in the production and expenditure of the seminal fluid. Wasted, as the incontinence of so many lives allows it to be, and prostituted to the simple gratification of fleshy desire, it weakens and depraves."

Whatever.

According to Dr. Bogaert, until there is any conclusive evidence that sex impedes athletic performance, jocks shouldn't worry too much about the subject. Humber hockey player Fortier pointedly adds that it's all psychological: "If you believe, honestly, that you're going to do better if you have sex, well then you are going to play better – if that's what you truly believe."

So there: before you lace them up, choke up, rush into the end zone, drive to the net, before you slam dunk it . . . get your slamming done. Or don't. 💧





# building the perfect athlete... **sports and technology: together forever**

by Ann-Marie Colacino

**M**ulling over his breakfast a little over 30 years ago, Nike co-founder Bill Bowerman had an epiphany.

Inspired by his waffles, he poured rubber into the waffle iron and came up with a running-shoe sole with extra traction. The “waffle” sole is still around on Nike running shoes today.

Technology and sports have always gone hand-in-glove – ever since the invention of the first “improved” spear.

But for the purist, the question has always been: When does running faster, jumping higher, or hitting harder become more about the gizmo than the user?

Dan Kislenko, sports editor at *The Hamilton Spectator*, sees the merging of technology and sports as a natural evolution. As cell phones get smaller, computers quicker and toys more interactive, we can expect to see more gadgets strapped to bodies, springs on shoes, even more oxygen in water.

“With sports being as competitive as they are and involving as much money as they do, people are constantly looking for an edge,” says Kislenko.

Where the issue gets complicated is when record-keepers try to compare the performances of athletes of the past to those of their technologically-enhanced modern counterparts.

Judy Goss, athletes’ services consultant at the National Sports Centre Ontario,

was a nationally ranked swimmer, coach, and administrator. She gives past athletes more credit than athletes today, because their achievements were the fruits of natural skill and effort.

“For the pole vault, they didn’t have these flexible poles that are so strong. If you extended that much power on a pole way back when, it would have broken.”

Kislenko adds that improved lifestyle, training methods, and health technology also factor into the leap in performance.

“The fact that people are constantly saying that hockey players today and football players today are bigger and faster and in better condition is because our lifestyle today is better than it was 60 years ago.”

And what good is reaching these amazing athletic heights without accurate measuring tools?

“If you’re looking at the 100-metre dash, (athletes) haven’t gotten that much faster over the last 50 years,” Goss says. “But with the advent of evolved electronic timing systems where your hair breaks the tape, it’s much more accurate than it was in the past. But who knows, somebody else could have run even faster back then and somebody’s thumb just didn’t hit the stop watch fast enough.”

Evan Hargreaves, Nike equipment product line manager, says it’s common to treat new technology with skepticism. Heart rate monitors, for example, under-

went major scrutiny before being accepted. Today, they have a large impact on fitness and training.

Advanced speedometers, such as the Fitsense FS-1 and Nike’s SDM Triax 100, allow users to measure running distance, speed, pace, calories burned, and heart rate. In a premium version of the Triax, due out in 2002, this info will be downloadable with the click of a few buttons.

Hydrodynamic and aerodynamic body suits, some with shark-like skins, were once sniffed at but, since the 2000 Olympics, have become part of the competitive swimming and track landscapes. Competition between the makers, Speedo, Nike and Adidas, is as fierce as the battle between the users.

It’s clear that this is a genie that cannot be stuffed back into the bottle. Nor should it be, says Nike’s Hargreaves.

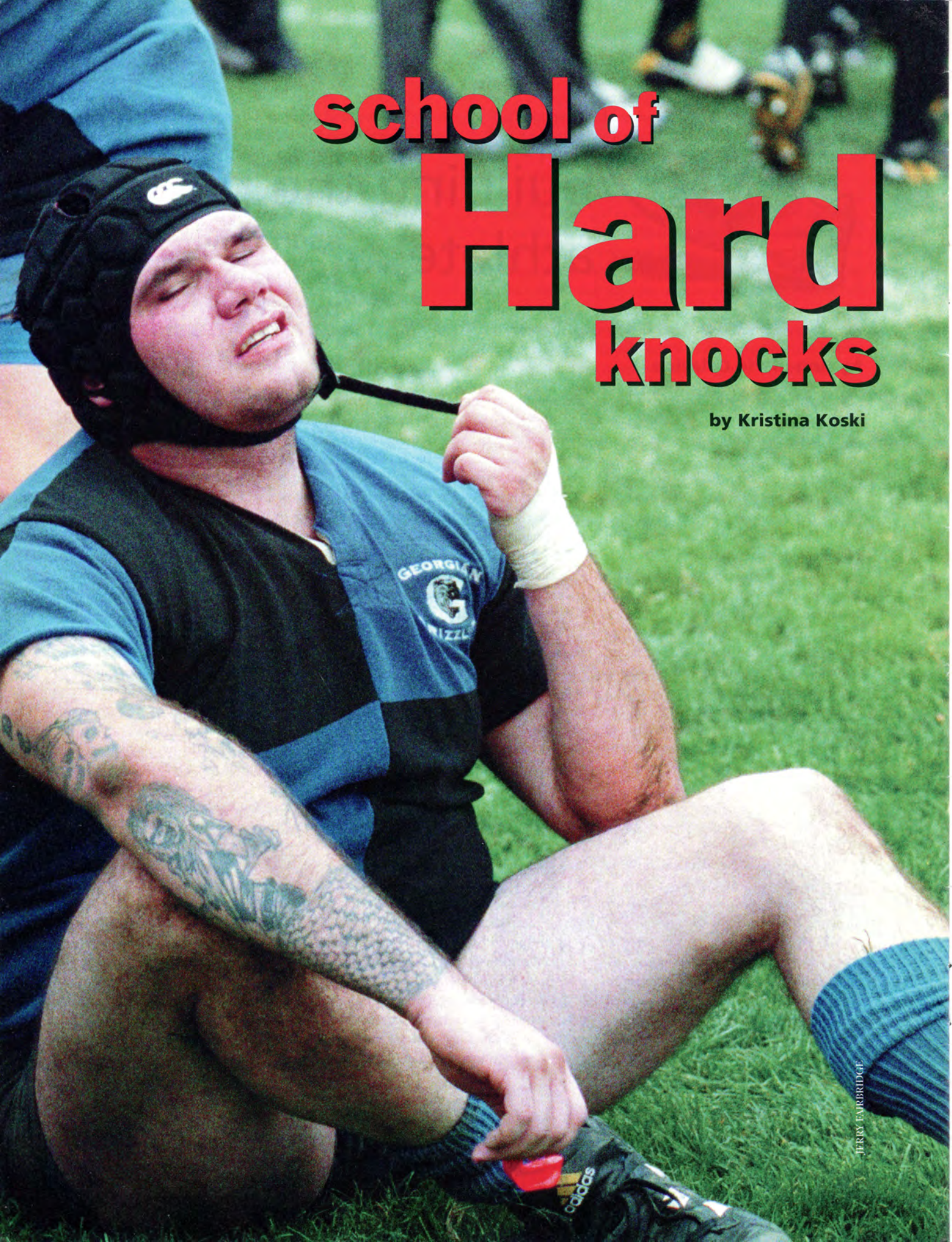
“Technology isn’t running the race for you,” he says. “Technology isn’t doing the sport. It’s helping you change how you do it or helping you improve how you do it.”

So what does Hargreaves see on the horizon?

“Imagine having sunglasses that are hooked up to your heart rate monitor, with your speed distance, information about the race, how much longer you have to go, all that kind of stuff set in and you can look at it on a little screen on your sunglasses . . . There’s incredible things that could happen.”



Top: Fitsense’s shoe-mounted FS-1 speedometer. Left: Nike’s SDM Triax 100



**school of**  
**Hard**  
**knocks**

by Kristina Koski

## The rough-and-tumble game of rugby is making its presence felt in the OCAA

Some would describe rugby as more lifestyle than sport; a ruffian's game, played by (thanks to no-nonsense referees) gentlemen and gentlewomen.

If you'd asked any of the players who battled for the OCAA men's championship in Hamilton on a chilly weekend this fall their thoughts on the subject, there would have been agreement on all counts. The world's second most widely-played team sport has a way of getting in the blood.

Though gaining in popularity in high schools (especially with girls) and supported by increasingly sophisticated club and provincial structures, rugby has yet to make the big breakthrough on college campuses. But if player and fan enthusiasm is anything to go by, that may be about to change.

There are currently only six schools (Georgian, Sir Sandford Fleming Lindsay, Sir Sandford Fleming Peterborough, Mohawk, Niagara and Seneca) with competitive men's teams.

"It's just trying to find a coach who's got the time or who's willing to make the time," says Alex Paris, head coach of the Mohawk men's team.

He recalls Sir Sandford Fleming Lindsay's difficulties last year, when the men went through four coaches in one season.

Paris is shocked that more colleges don't have rugby teams, though he concedes that small student bodies make it difficult for some schools to field sides.

"There's no sense in having half a program, having six or seven guys come out one night and five or six guys on another night," Paris says. "It defeats the purpose of having a team."

Women's rugby teams are more difficult to build, despite the game's status as one of the fastest-growing team sports

among Canadian females. The OCAA has yet to sanction women's rugby, although three schools currently compete as club teams.

John Guilfoyle, head coach of Mohawk's women's club team, agrees that the numbers just aren't there.

"The biggest problem is we don't have any opposition. We're normally playing against universities," Guilfoyle says.

Universities have an added edge over college teams because of the length of their programs.

"It's really hard to develop a team when they're only here for two years," Paris says.

While there is a place for every body size and type on the rugby field, each player must be in peak physical condition in order to play the game successfully.

"It's not just a bunch of drunken fat guys running around," Paris says. "Rugby is one of the few sports that retains its original form. It's a pure sport. If played properly, there's continuity; it flows."

**Below: Mohawk hooker Trina Hill. Left: Georgian prop David Welch.**

So why has it taken rugby so long to take off in the OCAA?

"It's a controlled, chaotic, violent sport and I think a lot of athletic directors had concerns about injuries and liabilities," Paris says. "One of the ways I was able to convince Mohawk was that I was able to show them there's a cost (savings) factor, and overall injury is quite low."

Paris presented Mohawk with a study conducted by the University of Pennsylvania which showed that out of 50 sports, rugby ranked 48th lowest for overall injuries. Women's softball ranked number one.

"The overall cost to run the sport is quite low – uniforms, and that's it."

**"(Rugby is) a pure sport. If played properly, there's continuity; it flows."**

- Alex Paris

That may well be the reason for the international appeal of the game. And, like soccer, it defies both gender and language stereotyping, having grown from roots in Europe to attain religion status in South America, parts of Africa and the Asia-Pacific region.

It's easy to see why guys like Paris and Guilfoyle live and breathe it. ♣



JOHN GUILFOYLE

# the dash for cash



TAMAS PAL

## In the race for corporate sponsorship, Ontario colleges rarely come out on top.

by Noel Boivin

In the sports world, doling out corporate funds is similar to settling a rich relative's estate. First, spouses and children (professional sports) are given a cut. Then, close relations (world-level amateur teams) receive their share. Finally, a trifling cheque comes in the mail for the distant cousins (universities and colleges).

Though their level of sponsorship pales in comparison to their cousins in professional sports, colleges do receive a modest amount of corporate funding. The form this sponsorship takes varies depending on the size of the institution and the kind of exposure that a prospective sponsor can expect.

George Brown College is at the modest end of the corporate sponsorship scale. Alex Barbier, George Brown's athletic director, says that only peripheral costs are picked up by corporate

sponsors: Coca-Cola supplies the pop at events, other companies sponsor prizes for athletes and Adidas offers players their gear at a discounted price.

Although George Brown and Adidas have had this type of partnership for 20 years, Barbier is hesitant to refer to it as corporate sponsorship.

"It's sometimes difficult for me to understand how people interpret the word sponsorship," he says. "George Brown has never really had a sponsor in the traditional sense of outfitting an entire team."

Rather, George Brown's athletes are free to take advantage of the Adidas discount or opt for a competitor's product. "It's up to the athletes," Barbier says.

Oddly enough, product choices for athletes begin to diminish



as the specter of corporate sponsorship grows. Humber College's men's basketball team and their involvement with Nike is a prime example of such a sponsorship. Their relationship, the only of its kind in the OCAA, sees Nike cover around \$10,000 of the team's equipment and travel expenses. In exchange, Nike receives a prominent placement at Humber. Their swoosh is on the floor of the gymnasium, and athletes sport nothing but Nike gear.

According to Humber athletic director Doug Fox, the Nike money benefits the team through, among other things, more time on the road. The Hawks travel to universities and into the United States to play, a key element in both recruiting and keeping their game sharp.

"They were happy with the coverage they got being involved with us," Fox states simply, pointing to the team's 2001 national championship win and portrayal in the CBC documentary *The Team*. "If they don't feel they're getting the exposure they want, they're not going to continue."

Nike sports marketing manager Marc Eversley agrees that sponsorship is a symbiotic relationship where both parties prosper. "It's certainly a way for us to authenticate our brand," he says. But, the glaring fact is that Humber's situation is unique to the OCAA. Nike sponsors nine Canadian university teams, but provides funding to only one Ontario college.

Eversley says that the company maintains a narrow focus in order to keep the situation beneficial for both par-

ties. Nike's existing sponsorships would be compromised if the company began sponsoring other teams. "It's really a service issue," he says. "We love the service we provide to coaches right now. We don't want to do anything that would change that."

The OCAA is actively seeking more corporate sponsors, although the obstacles are many, says OCAA executive director Doug Gellatly. "It seems like a lot of corporations want to get the high profile sport – at the professional or world championship level, not so much at the provincial level."

The OCAA is currently sponsored by, among others, Belair Direct Insurance and Spalding Canada. Gellatly believes that it's not the size of the organization that matters, but finding the right corporate fit for the market that the OCAA provides.

"Belair Direct is involved with us because they're targeting students. Spalding has a direct product link," he says. "It's just finding situations where everything falls into place."

For George Brown's Alex Barbier, the issue of sponsorship comes down to the place of collegiate athletics in the corporate pecking order. With resources devoted elsewhere, Barbier isn't optimistic about the future of sponsorship in the OCAA.

"The support for college sports is very low on the totem pole for major corporate sponsors, compared to university sports, and that's a shame," he says.

For now, it looks like the OCAA will have to be content with that trifling cheque in the mail. 💧



# Dazed & Confused

## Will drug-testing work in the OCAA?

by Patrick Maloney

**F**inely-tuned athletes train for hours, pushing themselves to the physical limits. They practice for years, perfecting their skills, whatever they may be. Life is measured out in 30-second sprints, reps of 10, endless laps.

The peak physical condition that results from such a regimen is something that many OCAA athletes enjoy. What they are not, however, is immune to the common cold . . . a cough . . . Influenza. Unfortunately, combating such human frailty could soon be very risky business.

Starting next season, the OCAA will implement province-wide drug testing that will prohibit not only the use of dangerous performance enhancers like anabolic steroids, but also innocuous over-the-counter remedies such as Sudafed, much to the chagrin of athletic depart-

ments across the province.

*Ha-choo. I heard that – it'll cost you 10 games.*

Bob Piche, athletic director at Cambrian College, makes no bones about his view of the changes. He maintains that the testing adds an unneeded component to Ontario college athletics.

"I'm not 100 per cent sure drug testing at this level is necessary," says Piche. "I'm not saying (drug use) doesn't go on, but at this level of competition to have a policy in place? To me, it's not necessary."

*Stomach's queasy? Looks like you'll be sitting out all month.*

The hassle of testing students and educating them on which drugs – legal or otherwise – are off-limits is not the only concern facing Ontario's colleges. It's not



even the most daunting.

Testing could also prove to be impossibly expensive, says Frances Manias-Jackson.

"I think we're at the point where athletes need to be educated," explains Redeemer University College's athletic co-ordinator. It is a small school with an enrollment of less than a thousand, and with about 100 varsity athletes under her charge, Manias-Jackson is confronted with the same challenges as her contemporaries across the province.

"The education process is necessary. But how that's going to happen from a

*Continued on page 35*

## OCAA vs. CIS

# Is the game the same?

by Patrick Maloney

A lot of people say that Ontario universities produce better athletes than their college counterparts. They'd just better not say it to Ray Sarkis' face.

His voice grows passionate when the subject is broached. As Niagara College's athletic director, he's seen his share of athletes. So, how does the OCAA rate next to the Canadian Interuniversity Sport (CIS) league?

Sarkis says without hesitation, "We have the dominant athletes in comparison."

Simon Whitfield, we're looking at you.

"Guess where he went to school?" Sarkis asks, referring to the Sydney Olympic gold medalist. "St. Lawrence College."

There are rumours afoot that teams may soon be meeting in college/university competition. Not a bad idea, Sarkis says. But universities, he reckons, might not be so keen.

"If universities win, it's expected of them. If they lose to a college, (they say) it looks bad on their program," Sarkis says.

"Take Sheridan, Humber – they have those reputations to the point where universities refuse to play them."

There is, however, one high-profile event where the two educational adversaries do meet to compete: The Raptor Cup. Hosted by Toronto's NBA franchise, and proving that the high priests of Canadian courts do not discern between the two levels, the tournament pits college and university teams from around the city against each other. In the inaugural 2000/2001 edition, Humber College came within one game of the final.

"On any given day, certain teams can beat certain teams," says Raps' rep Mike Cvitkovic.

That kind of respect is exactly what Sarkis expects. There is a difference between the two levels, he admits, but it has nothing to do with what happens in competition.

"At university, students are more committed to their academics," he opines. "That's the only difference."

Well, maybe not the only difference.

In the opening game of the 2001/2002 Raptor Cup, York University dismantled Seneca College 79-32.

Of course, that is the exception, not the rule.

"That was the most lop-sided game that I've seen," says Cvitkovic. "Usually they're pretty close." ♦



College meets university on the floor of the ACC.

Continued from page 9

Jordan, "when I walked into the house two days before a TSN interview and saw Augusto missing his two front teeth!"

"I said, 'Augusto, what the heck happened?' He was totally oblivious to why I thought it would be shocking, and he simply answered, 'my teeth were hurting so I pulled them out.'"

Faced with his new charge whistling through a national television interview, Jordan once again found a solution.

"Canadians are beautiful people," he says. "We found a dentist who replaced Augusto's teeth for free before his TSN interview."

Safely out of reach of Cuban authorities, Duquesne, aided by Jordan, sought a way to combine basketball with an education. Many Ontario schools were eager to take advantage of the star's 42 points per game and 92 per cent free-throw average, but Durham College came out on top.

"I met with all the colleges," says Jordan. "I wanted to make sure that the real investment was in Augusto as a person, not just as an athlete. Durham made us both feel good."

Duquesne enrolled in the ESL program at Durham and soon became a mainstay on the basketball team. During his three-year stint from 1994-1997, Duquesne was an all-Canadian, a two-time OCAA scoring leader, and the driving force behind Durham College's OCAA and CCAA championships in 1997.

Durham College athletic director Ken Babcock has fond memories of Duquesne, admiring his spirit not just as a basketball player, "but as a person who had to endure and go through a lot."

"He was a real team player," recalls Babcock.

When Duquesne graduated in 1997, his number 10 jersey was retired by the Lords – the second time a player had received that honour.

Duquesne, now a security guard at a casino in Port Perry, Ont., finally received his Canadian papers in 1999. This paved the way for a trip to Cuba last Christmas with his girlfriend Michelle Kennedy, whom he met at Durham, and their five year-old daughter.

"Having my Canadian citizenship meant I was free," says Duquesne. "I could go visit my family and not worry about anything happening to me or to them."

Outside the Durham College sports complex, Augusto Duquesne flashes a proudly Canadian smile. As he stands up, the ladybugs fall away, like his turbulent past. He does not seem to notice. His worries faded when his freedom became reality. ♦

# higher level hoops

**Mike Katz,  
coaching for  
college and  
country**



I am often asked about how I became involved as a coach in the national team program. Though I'm the only OCAA coach who's been asked to coach at this level, I feel strongly that this will change in the future as more of the league's coaches are recognized for the excellent work they do.

I first got involved with the national team in 1993 as an apprentice coach with Ken Shields, while the team was preparing for the 1994 World Championships. Throughout the year, the team was based at Humber College, made two trips to Europe, and travelled all over the United States. The international game was a real awakening – I experienced a higher level of basketball in terms of talent, skill and sophistication.

I joined Jay Triano's national-team staff as an assistant coach in 1999, and was heavily involved leading up to and during the 2001 Olympic Games in Sydney, Australia. The team finished 7th

down under, but they did so with a respectable 5-2 record.

My main responsibilities with the national team were scouting and game-preparation. In international tournaments it's not uncommon for a team to play as many as eight or nine games in ten days. Consequently, focusing on the next opponent rather than the game that just finished is an imperative and very delicate process. Information has to be kept concise and extremely useful.

Throughout the OCAA season with Humber College, I also implemented much of the national team's offence – tweaking it, reporting back to Triano on how we were being scouted, and recommending changes or additions that I thought would be necessary.

In essence, I was using my team at Humber as a testing ground – a place to smooth out the offence the national team was using. Triano is very receptive to my input and I have thoroughly enjoyed the professional relationship we

have cultivated.

When it comes to coaching, the methods we use with NBA players like Steve Nash and Todd MacCulloch are not much different than those in the college game. The reality is that the same drills I've used at Humber are used in the pros. Instructive points are necessary at every level of basketball because they reinforce good habits that will stand up to the highest degree of pressure.

Shifting roles from head coach in varsity sport to assistant with the national team is both challenging and rewarding. As head coach, one feels the pressure to perform well all the time – sometimes objectivity and patience are sacrificed. As an assistant, you can afford to be analytical, and therefore less emotional.

All in all, I can safely say that these past few years have been tremendously productive and extremely rewarding.

**Mike Katz is head coach of the Humber College Hawks men's basketball team.**

## *Continued from page 33*

resource perspective will be interesting.”

The tests, which will be conducted on all athletes, will cost about \$200 each. With scores of varsity athletes, the calculations could mean chaos for college budgets.

What athletic departments like Manias-Jackson's will also have to shed light on is which everyday substances student athletes should avoid. And there are lots of them.

“Tylenol Cold, Sudafed medication; any over-the-counter cold medication has potentially banned substances.”

*Gesundheit. Ob, and by the way, you're out for the season.*

Manias-Jackson's interest in drug testing comes not from her professional life, but her personal passion. She is the 2000 Canadian Women's Middleweight Bodybuilding Champion.

Her sport is widely regarded as one in which drug use is rampant. Manias-Jackson knew enough to make sure she knew it all.

“Personally, having been tested and having gone through that process, I took it upon myself to go one step further, to find out which everyday substances were illegal, just in case.”

Her efforts were wise ones. Ultimately it was up to rower Silken Laumann to know what was banned. It was up to snowboarder Ross Rebagliati to stay away from pot-smoking parties. The onus to be aware of what is legal and illegal falls squarely on the shoulders of the individual athlete.

Young student-athletes, Manias-Jackson fears, won't do the same homework she did.

“I think it's every athlete's responsibility.

“But will they do it?” ♦

# statistics

compiled by Drew Harmer

## men's soccer

	GP	W	L	T	PTS	GF	GA
<b>East</b>							
Algonquin	10	8	1	1	25	15	8
Royal Military	10	6	2	2	20	13	6
St. Lawrence(K)	10	4	6	0	12	18	17
Loyalist	10	0	10	0	0	7	50

	GP	W	L	T	PTS	GF	GA
<b>West</b>							
Fanshawe	11	9	0	2	29	41	9
St. Clair	11	6	4	1	19	25	19
Lambton	11	5	6	0	15	23	23
Conestoga	11	3	8	0	9	22	35

	GP	W	L	T	PTS	GF	GA
<b>Central East</b>							
Seneca	10	6	2	2	20	44	12
Centennial	10	5	2	3	18	27	13
Durham	10	5	3	2	17	22	11
S.S. Fleming(P)	10	1	9	0	3	7	46

	GP	W	L	T	PTS	GF	GA
<b>Central West</b>							
Humber	12	10	0	2	32	45	7
Sheridan	12	9	2	1	28	34	14
Mohawk	12	4	7	1	13	21	32
George Brown	12	2	10	0	6	14	48
Redeemer	12	0	11	1	1	12	50



### Player Standings

	GP	G
1. M. Magier (FSC)	10	13
2. B. Djokovic (CGC)	11	13
3. J. Matas (SNC)	10	12
4. S. Afriyie (HBC)	8	9
5. K. Bellalo (SCC)	10	7
6. S. Adair (SDC)	11	7
7. G. Bizera (HBC)	11	7
8. K. Kut (MHC)	11	7
9. J. Alves (SHC)	12	7
10. V. Del Duca(HBC)	12	7
11. B. Devlin (LBC)	8	6
12. P. Dhillion (SNC)	9	6
13. S. Baroud (CNC)	10	6
14. S. Ortiz (STC)	11	6
15. M. Tamasi (FSC)	9	5

### Playoff and Championship Results

Semifinal 1	Algonquin	3	St. Clair	2
Semifinal 2	Humber	5	Fanshawe	4
Bronze Medal	Fanshawe	1	St. Clair	0
Gold Medal	<b>Humber</b>	2	Algonquin	1

Championship MVP - Mike Silva, Humber College

## women's soccer

	GP	W	L	T	PTS	GF	GA
<b>East</b>							
Algonquin	11	11	0	0	33	45	4
Royal Military	11	4	5	2	14	21	23
Loyalist	11	3	5	3	12	10	17
St. Lawrence	11	0	10	1	1	5	35

	GP	W	L	T	PTS	GF	GA
<b>West</b>							
Fanshawe	10	8	0	2	26	36	7
Lambton	10	4	4	2	14	21	15
Conestoga	10	2	8	0	6	14	43
St. Clair	10	1	9	0	3	12	53

	GP	W	L	T	PTS	GF	GA
<b>Central East</b>							
Centennial	12	9	2	1	28	29	12
Durham	12	8	2	2	26	45	9
S.S. Fleming(P)	12	5	4	3	18	14	22
Seneca	12	4	7	1	13	19	41
Cambrian	12	1	10	1	4	12	37

	GP	W	L	T	PTS	GF	GA
<b>Central West</b>							
Humber	10	9	0	1	28	45	4
Mohawk	10	5	3	2	17	14	14
Redeemer	10	4	3	3	15	14	9
Sheridan	10	1	7	2	5	7	18



### Player Standings

	GP	G
1. M. Geurtin (ALC)	11	17
2. J. Vitale (HBC)	10	16
3. J. Popert (CNC)	12	12
4. S. Moussa (FSC)	9	11
5. N. Davy (DRC)	12	11
6. V. McDonald (HBC)	9	10
7. A. Torontow (ALC)	11	9
8. C. Langeveld(FSC)	8	7
9. A. Yule (DRC)	8	7
10. K. Peak (FSC)	10	7
11. R. Riendeau(STC)	10	7
12. T. Hintz (SNC)	11	7
13. A. Vennetillii (LBC)	10	6
14. S. Bulger (DRC)	11	6
15. K. Christnik (ALC)	11	6

### Playoff and Championship Results

Semifinal 1	Algonquin	1	Centennial	0
Semifinal 2	Humber	4	Fanshawe	1
Bronze Medal	Fanshawe	4	Centennial	3
Gold Medal	<b>Humber</b>	2	Algonquin	0

Championship MVP - Adriana Cataldo, Humber College

## CCAA men's soccer

Game	Visitors	Home
Game One	Langara (BC) 3	U of New Brunswick 1
Game Two	FX Gameau (PQ) 1	Medicine Hat (AB) 0
Game Three	NAIT (AB) 2	U of New Brunswick 1
Game Four	Humber (ON) 4	Medicine Hat (AB) 0
Game Five	Langara (BC) 2	NAIT (AB) 1
Game Six	FX Gameau (PQ) 0	Humber (ON) 1
5th/6th Place	Medicine Hat (AB) 0	U of New Brunswick 1
Bronze	FX Gameau (PQ) 0	NAIT (AB) 2
Gold	<b>Humber (ON)</b> 1	Langara (BC) 0



### CCAA Awards

Championship MVP - Andre Arango, Humber  
 Fair Play Award - Mark White, Humber  
 Coach of the Year - Germain Sanchez, Humber  
 All-Canadians - Mike Silva, Humber  
 Mark Magier, Humber



## CCAA women's soccer

Game	Visitors	Home
Game One	Capilano (BC) 8	Mt. St. Vincent (NB) 0
Game Two	John Abbott (PQ) 2	Medicine Hat (AB) 1
Game Three	Mount Royal (AB) 2	Mt. St. Vincent (NB) 1
Game Four	Humber (ON) 1	Medicine Hat (AB) 0
Game Five	Capilano (BC) 2	Mount Royal (AB) 1
Game Six	John Abbott (PQ) 1	Humber (ON) 0
5th/6th Place	Medicine Hat (AB) 4	Mt. St. Vincent (NB) 0
Bronze	Mount Royal (AB) 2	Humber (ON) 0
Gold	John Abbott (PQ) 0	<b>Capilano (BC)</b> 1



### CCAA Awards

Championship MVPs - Danielle Tabo, Capilano  
 Lisa Backman, John Abbott  
 Coach of the Year - Kevin McConnell, John Abbott  
 All-Canadians - Adriana Cataldo, Humber  
 Joanna Vitale, Humber



## CCAA golf results

### RESULTS

Place	Men's	Women's
Gold Medal	Humber (ON)	Camosun (BC)
Silver Medal	Camosun (BC)	Champlain/St.Law.(PQ)
Bronze Medal	Mount Royal (AB)	Georgian (ON)
Fourth Place	Champlain/St.Law.(PQ)	Humber (ON)

Men's Individual	School	Score
1. Andrew Montgomery	Mount Royal (AB)	224
2. Jon Hackett	Humber (ON)	229
3. Rich Ingle	Camosun (BC)	230
4. Adam Knight	Humber (ON)	231
5. Jerome Cavanagh	John Abbott (PQ)	231
6. Brad Kerfoot	Humber (ON)	232

Women's Individual	School	Score
1. Debbie Janes	Camosun (BC)	241
2. Katie Ferguson	Georgian (ON)	244
3. Whitney Townsend	Mount Royal (AB)	254
4. Genevieve Gagnon	Champlain/St.Law.(PQ)	266
5. Caroline Beaudoin	Champlain/St.Law.(PQ)	269
6. Jamie Trowbridge	Humber (ON)	269



## women's fastball

	GP	W	L	T	PCT	PTS	GB
Durham	10	9	1	0	0.900	18	-
Mohawk	10	7	3	0	0.700	14	2
Conestoga	10	4	6	0	0.400	8	5
Seneca	10	4	6	0	0.400	8	5
Canadore	10	4	6	0	0.400	8	5
Cambrian	10	2	8	0	0.200	4	7

### Championship Results

Gold Medal - Mohawk  
Silver Medal - Durham  
Bronze Medal - Seneca

### Championship Awards

Champ. MVP - Allison Scime, Mohawk  
Top Pitcher - Krystal Eckersall, Mohawk  
Fair Play Award - Cambrian



### Player Standings

	AB	BA	RBI
1.Scime (MHC)	30	.500	5
2.Yzerman(CNC)	26	.500	5
3.Eckersall(MHC)	29	.483	6
4.Wilson (CNC)	36	.472	5
5.Phillips (DHC)	30	.467	11
6.Wright (SNC)	28	.429	3
7.Smith (DHC)	36	.417	7
8.Campbell(CDC)	30	.400	8
9.Shuko (DHC)	33	.394	6
10.Thurston(DHC)	29	.379	5
11.Milne (CDC)	32	.375	3
12.Brown (MHC)	30	.367	5

## touch football

### RESULTS

#### TOURNAMENT OCTOBER 12-13, 2001

Game 1	St. Lawrence, K	40	St. Lawrence, C	0
Game 2	Mohawk	41	St. Lawrence, B	0
Game 3	St. Lawrence, K	49	Niagara	8
Game 4	St. Lawrence, C	13	St. Lawrence, B	9
Game 5	Mohawk	27	Niagara	0
Game 6	Niagara	19	St. Lawrence, B	8
Game 7	Mohawk	19	St. Lawrence, K	18
Game 8	Niagara	28	St. Lawrence, C	0
Game 9	St. Lawrence, K	22	St. Lawrence, B	20
Game 10	Mohawk	26	St. Lawrence, C	8

#### CHAMPIONSHIP OCTOBER 14, 2001

Semifinal	Mohawk	22	St. Lawrence, C	1
Semifinal	St. Lawrence, K	46	Niagara	0
Bronze	Niagara	30	St. Lawrence, C	0
Gold	St. Lawrence, K	35	Mohawk	27

Playoff and Championship Results

Semifinal 1  
St.Law.K 46 Niagara 0

Semifinal 2  
Mohawk 22 St.Law.C 1

Bronze Medal  
Niagara 30 St.Law.C 0

Gold Medal  
St.Law.K 35 Mohawk 27

Championship MVP  
Simon Labbett  
St. Lawrence (K)

## golf

### RESULTS

#### DURHAM INVITATIONAL, SEPTEMBER 21, 2001

Men's Individual	School	Score
1. Scott Lajeunesse	Georgian	75
2. Gary Boyce	Humber	76
3. Joel Michaud	Durham	77

Women's Individual	School	Score
1. Katie Ferguson	Georgian	86
2. Amanda West	Humber	90
3. Bonnie Tasker	Georgian	91

#### GEORGIAN INVITATIONAL, SEPTEMBER 26, 2001

Men's Individual	School	Score
1. Jim Currie	Humber	73
2. Joel Michaud	Durham	74
3. Jon Hackett	Humber	75

Women's Individual	School	Score
1. Katie Ferguson	Georgian	86
2. Amanda West	Humber	90
3. Bonnie Tasker	Georgian	91

#### OCAA CHAMPIONSHIP @ OSPREY LINKS OCTOBER 2-4, 2001

Men's Individual	School	Score
1. Jon Hackett	Humber	141
2. Justin Mayer	Durham	150
3. Maxime Barre	Niagara	152

Women's Individual	School	Score
1. Katie Ferguson	Georgian	170
2. Sarah Dembroskie	Humber	174
3. Bonnie Tasker	Georgian	179

Team Results	Men	Women
First	Humber	Georgian
Second	Niagara	Humber
Third	Durham	Boreal



## cross country running

### RESULTS

#### SIR SANDFORD FLEMING (P) INVITATIONAL Sept. 29, 2001

Men's Individual	School	Time
1. Darl Sutherland	SS Fleming(P)	28:44
2. Ken Coupland	SS Fleming(P)	29:09
3. Neil Whitaker	George Brown	29:23
4. Nick Rendell	Durham	30:10
5. Matt Arnold	Fanshawe	30:35

Women's Individual	School	Time
1. Chantel Demers	Cambrian	20:53
2. Kealy Sweet	Fanshawe	21:07
3. Sarah Katt	St. Clair	21:16
4. Jessica Foote	SS Fleming (P)	21:20
5. Nataliya Breus	Georgian	21:23

Team Results	Men	Women
First	SS Fleming(P)	Georgian
Second	Georgian	St.Lawrence(K)

#### OCAA CHAMPIONSHIPS @ S.S.FLEMING (P) OCTOBER 20, 2001

Men's Individual	School	Time
1. Pat Donker	Lambton	28:41
2. Darl Sutherland	SS Fleming(P)	28:58
3. Ken Coupland	SS Fleming(P)	29:08
4. Derek Clarke	Confederation	29:59
5. Matt Arnold	Fanshawe	30:16

Women's Individual	School	Time
1. Chantel Demers	Cambrian	21:28
2. Marnie Sheppard	St. Lawrence(C)	22:33
3. Jennifer Desjardins	Georgian	22:47
4. Nataliya Breus	Georgian	23:04
5. Jessica Foote	SS Fleming (P)	23:22

Men's Team	Score	Women's Team	Score
1. SS Fleming(P)	28	Georgian	10
2. Fanshawe	47	St. Lawrence (K)	22
3. St. Lawrence(K)	66	SS Fleming (P)	30

Overall Team	School	Score
First	SS Fleming (P)	4
Second	Georgian	5
Third	St. Lawrence (K)	5

### All-Ontario Team

Men's	Women's
Derek Clarke (CFC)	Chantel Demers (CMC)
Matt Arnold (FSC)	Nataliya Breus (GNC)
Mike Seal (GNC)	Jen Dejardins (GNC)
Pat Donker (LBC)	Sarah Katt (STC)
Andrew English (SLCB)	Marnie Sheppard (SLCC)
Ken Coupland (SFCP)	Christine Molnar (SLCK)
Darl Sutherland (SFCP)	Jessica Foote (SFCP)

## rugby

	GP	W	L	T	PTS	PF	PA
Seneca	5	5	0	0	10	185	18
Mohawk	5	4	1	0	8	91	67
Georgian	5	3	2	0	6	55	61
S.S. Fleming(P)	5	2	3	0	4	68	73
S.S. Fleming(L)	5	1	4	0	2	42	114
Niagara	5	0	5	0	0	41	149



### Playoff and Championship Results

Semifinal 1	Seneca	12	S.S. Fleming(P)	5
Semifinal 2	Georgian	15	Mohawk	10
Bronze	S.S. Fleming(P)	20	Mohawk	19
Gold	Seneca	32	Georgian	0

Championship MVP - Brandon Roberts, Seneca

Photos courtesy of Humber Athletic Department & sweat Staff

The April issue of *sweat* will feature stats for OCAA winter sports:  
Badminton, Basketball, Curling, Hockey, Indoor Soccer, Skiing, and Volleyball

# the **long** and the **short** of it



**In college basketball, bigger is definitely better. Jim Buck, sweat's resident OCAA observer, fills us in . . .**

Well, another year of college hoops is upon us. At a recent game, I was asked what changes I've noticed in my 20 years around college basketball. This question triggered memories of the game from my early days. Believe it or not, I can still remember back that far.

The athletes today appear to be quicker and stronger, but that could be because I've slowed down a tad. The biggest difference I do see in the game is in style, and I'm not talking about the style of play. I'm talking about what today's players wear and how they wear it. The bigger, the baggier, the better - no other team uniform has changed so drastically over the years.

I love it when players see basketball photos from the so-called "old days". Fifteen years ago, real men wore nice short shorts. Remember when you used to see a player's legs? John Stockton is the last of a dying breed - he still wears the old-school shorts that he did when he played at Gonzaga University 17 years ago. Indeed, players used to worry more about the game than their image.

Ordering uniforms has gotten a lot easier. At one time I had to tally up how many smalls, mediums and larges to order. Now it's one call to Omar the tent-maker for nothing but XXXXL - one size fits all. Do they even make smalls anymore? We have 5'6" guys that weigh a buck twenty asking for double-XL shorts.

So have the long shorts helped the game? I don't have an answer for that one, but they sure seem to be a big distraction for players. They spend half their time on the court adjusting and pulling their shorts to the right position - usually so far down that they're barely hanging from their hips. I'm waiting for the day when a player trips over his shorts while running down the court.

And if shorts aren't distraction enough, players today also have a huge variety of shoes to choose from.

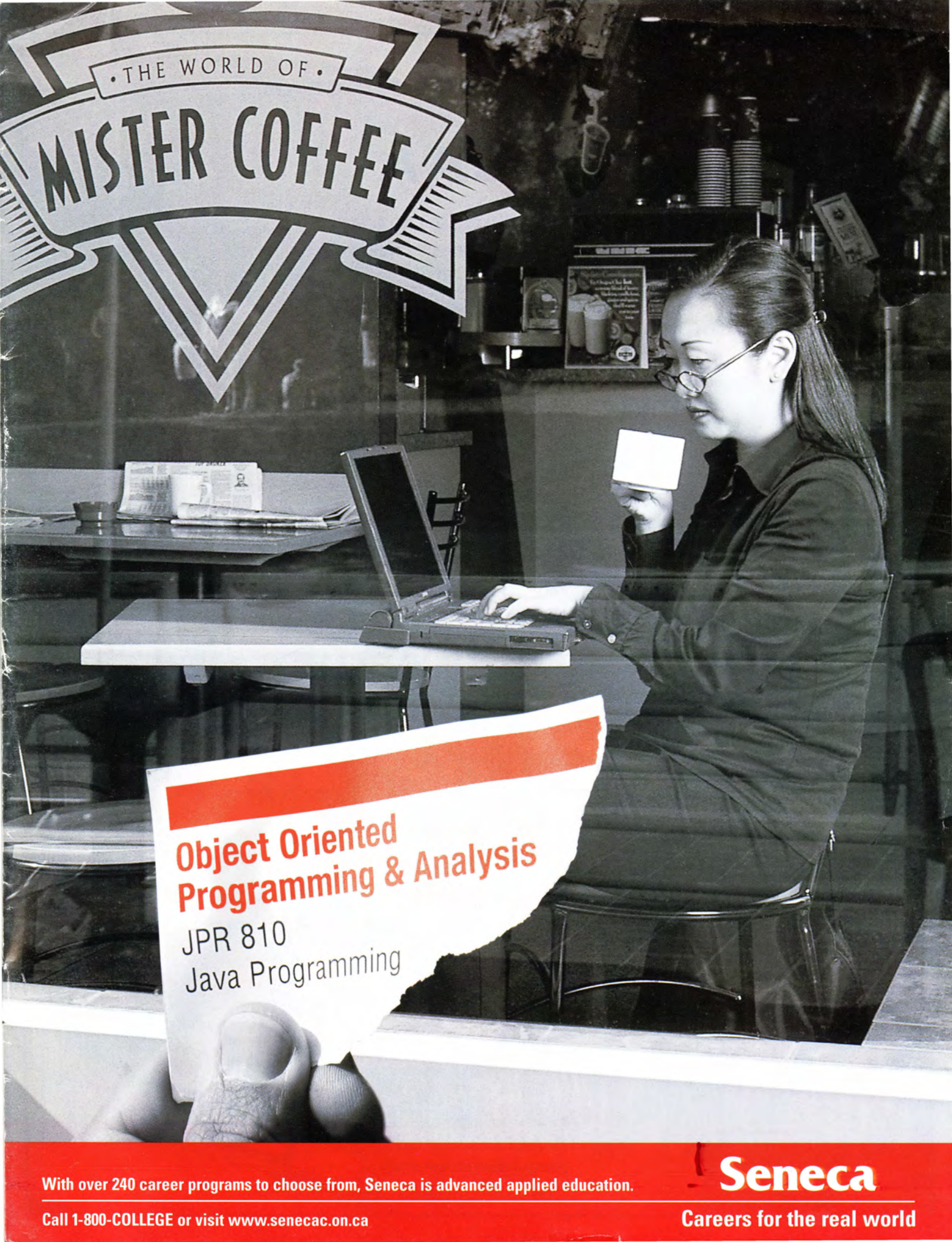
There was a time when everyone wore Chuck Taylors - your choices were high or low cut, black or white. Now, picking out a pair of shoes consumes half a day and a mortgage payment to boot.

They say everything eventually comes back into style. Just in case, I'm holding onto my closet full of short shorts. I'll be taking orders soon!

**Jim Buck is the assistant athletic director at Loyalist College. His column will appear in every issue of *sweat*.**



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