

FENCING by Brian Hicks

The U.P.E.I. Fencing Club was formed back in 1967 by Lothar Zimmermann, professor of German, in the days of the Prince of Wales College. The club is no longer merely for members of the university community, being open to all who are interested. Both recreational and competitive fencing at various levels are offered. There is something for everyone. The club meets every Saturday from 10:30 a.m. to 1:00 p.m. in the Sports Centre. They offer both recreational and competitive fencing in the three categories of fencing: foil, épée, and sabre. Fencing is basically a sport for individuals that relies on tactics and finesse, not brute force. Consequently it is a sport equally suited for both men and women, young or old. Everyone can benefit from participation. Exercise, self confidence and skill development are obtained through practice. There is an emphasis placed on safety. The weapons used are blunt and light-weight. The participants must wear protective clothing including a mask for the face, a glove on the sword-hand, and a heavy jacket to cover the target area. Strict rules of conduct must be observed in order for all to safely enjoy the sport. Instead of sleeping late on Saturday morning, why not come out and give fencing a try. Who knows, you just might like it.



Sports Rap

Field Hockey

The Field Hockey Panthers have a great chance to capture the AUAA title this weekend at St.

Mary's. Co-captain Jennifer Gillan said that this season was the best yet. Earlier in the season, the team was ranked tenth in the country and was second behind the UNB Red Devils in the AUAA. Terrific news for a team dedicated to rebuild its competitive edge this year. Coach Florrie Bradley is credited for this big improvement. When she took over two years ago, she emphasized mental preparation to the physically hard games. Bradley said, "If a team isn't prepared to play mentally, then they aren't prepared to play physically as well."

Before each game, each girl focuses on a personal goal to be achieved. The team shares a lot of positive talk with each other, too. After each game, each team member writes down if she thought her goals were met. You can bet that the Field Hockey Panthers' ultimate goal is to win. Florrie Bradley said that there is this theory which states the formula to achieving

goals is to be talented and successful in what you do. Co-captain Debbie White certainly proved this theory by making the All-Canadian team for three years in a row.

The team has four rookies this year. One of rookies, Tara Bagnall, said that the games are painful and hard, but there is a lot of discipline and teamwork. Jennifer Gillan said that the team is dealing with the pressures and is where (in the position) expected. Good luck at St. Mary's, girls!

Stacy Dunn