

GAMES TO WATCH

So now that you know how everything works, you're going to want to know which games are the best to see. Alberta's biggest rival is actually the Saskatchewan Huskies, not the Calgary Dinos, mainly because the Dinos aren't good enough to be on the same field/court/ice as us. That's right, Calgary sucks. Even you Calgarians reading this know that. That's why you came here in the first place. As such, any matchup versus the Huskies is worth marking down on your calendar. Or, you could always just follow this handy-dandy list to see what's worth watching.

12 September, 2006: Bears hockey vs Edmonton Oilers Rookies

The annual rookie game will give you a chance to see Marc-André Pouliot, Robbie Schremp, Ladislav Smid and all the other Oiler hopefuls get their tails whipped by the Bears. Happens every year.

1 October, 2006: Pandas soccer vs Victoria Vikes

The Pandas finished fifth last season while hosting nationals and they look poised to put up a strong season this year. The Vikes are the defending national champions and obviously feel comfortable playing on Foote Field, having won their banner there in November.

12-14 October, 2006: Bears volleyball Can-Am Challenge

This was the highlight of last year's entire Gateway sports crew. The top

four Canadian volleyball teams face off against the top four NCAA for bragging rights.

21 October, 2006: Bears football vs Saskatchewan Huskies

The Huskies have been the only thing keeping the Bears from a conference title the past two seasons, and these two squads should once again be at the top of the pack this season in Canada West.

2-3 December, 2006: Pandas volleyball vs Calgary Dinos

The Dinos have been tough on the Pandas the last few years and this one should be no different.

5-6 January, 2007: Bears basketball vs Calgary Dinos

Of the last seven games these two teams have played in Edmonton, only one didn't come down to a last shot opportunity.



Written by Krystina Sulatycki



A WORD ON CAMPUS RECREATION

We can't all be varsity athletes. Fortunately, we can all stay active on campus thanks to the plethora of activities available through the U of A Campus Recreation programs, which can help you avoid the dreaded "Freshman 15." Between intramurals, not-for-credit classes and activity clubs, not to mention the fitness centre and pool, there's something for everyone in Van Vliet.

Intramurals begin almost as soon as classes do, so keep your eyes open for the first postings either on the bulletin boards in VV or on the web. Fall co-rec sports include ultimate frisbee, volleyball, badminton and walleyball. Many more women's and men's sports are available. And, don't think for a second that you can saunter in on the last day of registration and still get your team signed up. All sports have a limited number of teams that can register and they fill up fast.

A great way to fill the hours between classes is with a little yoga or any of the other not-for-credit courses. Hone your climbing skills, tone your (insert appendage here), or brush up on your self defense skills all on campus and within your budget.

The gym can be something of a zoo to navigate through your first time, so be sure to ask the friendly people at the desk about sign-in procedures if you are unfamiliar with them. You can sign most cardio equipment out for a half hour or risk being booted off in the middle of your work out. Rush hours, between noon and one and 3:30-6:30, are best avoided but, if you must, try signing out the equipment you want in the morning to secure a spot. If you have the luxury of time, try coming at 6am or, if you are less of a morning person, 7-10pm usually sees a slow down in traffic.

Activity clubs are a great way to stay fit and meet people with common interests. If you miss their booths during orientation you can find contact info and URL through the campus rec website (<http://www.uofaweb.ualberta.ca/campusrec/clubs.cfm>).

So now you know the ins and outs of campus sports. There is no excuse for being lazy when there are so many entertaining things to be doing. No matter how obscure your sporting interest is, someone at the University shares it—all you have to do is find out who they are.

