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NUGGET



NORTHERN ALBERTA INSTITUTE OF TECHNOLOGY

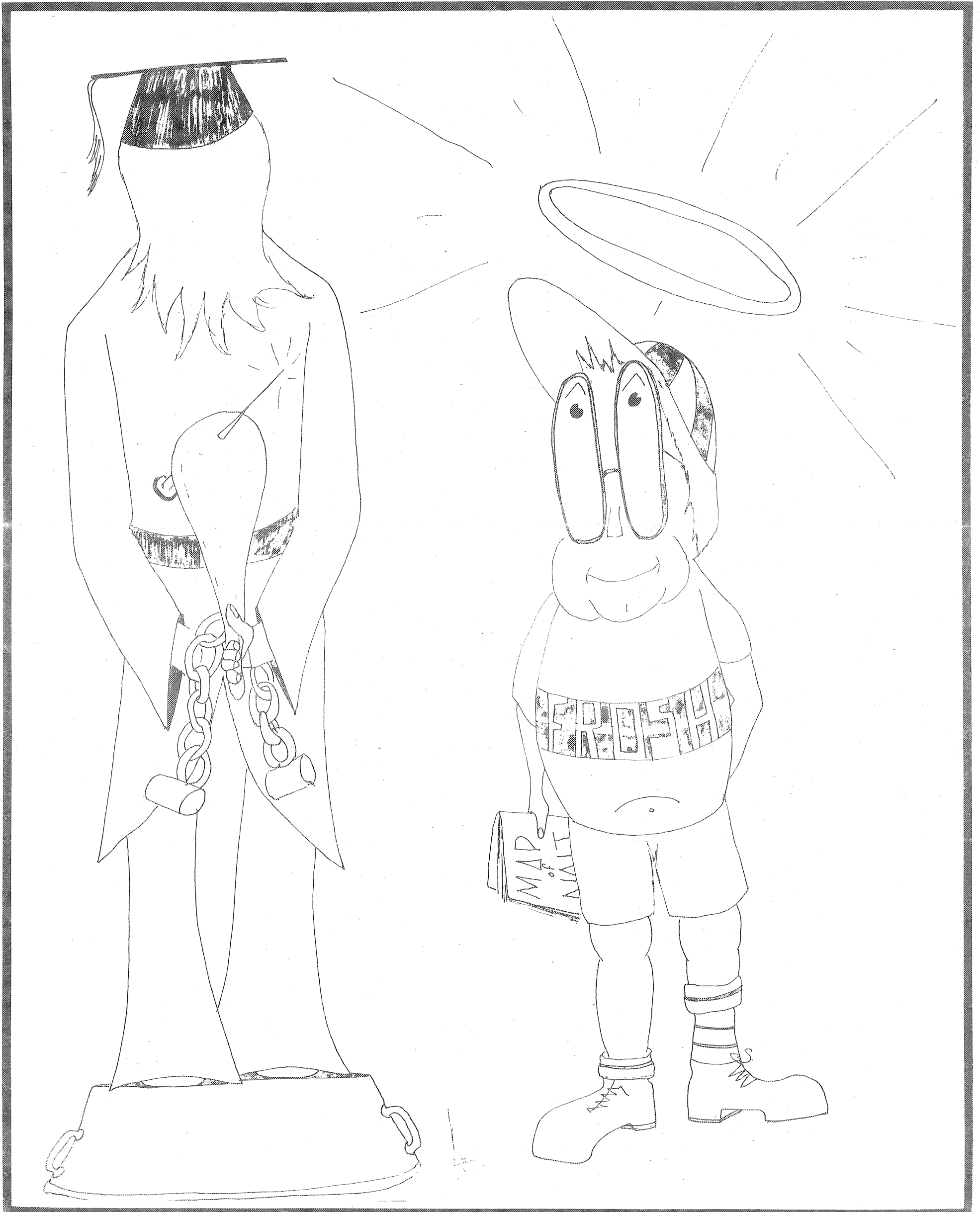
Co-Editors
Barry Hardie
Jack MacMillan

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NAIT

Physical Education

The Physical Education service program for all first year Technology and Business students covers a wide scope of activities to meet the needs and interests of these students. Many of the courses offered are orientated toward developing skill in a life time sport or recreation. Others place emphasis on one's knowledge of physical fitness and its significance to one's daily living pattern. It is felt that these activities provide an outlet from student's schedule of classroom lectures and labs. This is one reason why the program is also available to any senior students who want activity.

A few of the more popular and interesting courses that have been offered by the Physical Education Department are badminton, archery, yoga, skiing, camping and survival skills, bridge and curling.

The first year students are given the opportunity to choose the activities they want to take for their physical education credit. The selection of activities for the first quarter will take place during physical education registration in the gymnasium. It commences September 8th and coincides with the P.E. marked on your class timetable.

Intramural activities are also open to both males and females in all technologies. These activities range from golf to soccer, wrestling, bowling, archery, etc. An intramural board is positioned outside of room E 134 and starting dates of each of the activities is posted. The first women's activity will be mini-golf, which will start on September 25th. The first men's activity will be golf and will start of September 18th.

Women's Basketball

The NAIT Women's Basketball team will have an organizational meeting in the early part of October. Any interested female student can complete a registration form at the athletic booth located in the main rotunda.

The team participates in the Alberta College Athletic Conference and in the Edmonton Ladies Basketball Association. The A.C. A.C. league consists of NAIT, SAIT, Red Deer College, Olds Agricultural and Vocational College, Camrose Lutheran College, Mount Royal College, and Medicine Hat College. The season will start November 20th, and continue through to February 6th. All games are played on the weekends. The winner of the A.C.A.C. conference in Basketball will participate in the Four West Championship against winning teams from B.C., Alberta, Saskatchewan and Manitoba.

Any interested student is welcomed to try out for the team. For further information contact Mrs. Collister in E 137.

Mrs. Collister
Instructor

NAIT Canoeing

Men's Women's

We have great expectations for our canoe team at NAIT this coming year with the hope that several of the team members from 1970 will be returning. Both our mens and womens teams placed second at Red Deer last year with the competition extremely keen between the two clubs. Our conference championship will be held the second last week in October at Olds College. With the seven colleges in the conference there will be plenty of fierce competition.

From the women's team, we have our team leader Donna Brown returning who is a very strong paddler. From the men's team we have Ivan Gramlich, Don Cardinal and Sid Weble returning. Ivan is an extremely strong paddler and Sid has quite a wealth of knowledge and experience to offer the whole of this team, Sid was on Alberta's Centennial Team which canoed from Rocky Mountain House to Expo in 1967. He has also spent many long summers training and competing for the Provincial Team.

Good luck this year,
Coach
Larry Speers.

Amateur wrestling is growing by leaps and bounds in Alberta and is one of the very few sports where you don't have to be a giant to make the team. There are 11 weight classes so that everyone has a chance to compete against someone his own weight and size. The weight classes range from 118 lbs. to 126, 134, 142, 150, 158, 167, 177, 190, 210 and heavy weight. The calibre of wrestling has improved tremendously in the last couple of years and NAIT has won the Conference championship the last two years with NAIT wrestlers winning first in the majority of the weight classes. The Championships were held at NAIT open house last year and an estimated 2,500 fans watched the finals. We won 5 firsts, 3 seconds, and 2 thirds last year against the six other teams in the conference.

We have several experienced wrestlers coming back next year so our nucleus of team members should be strong. LES JUNGLINE, GENE CHROMIK, and IVAN GRAMLICH all won first in their weight classes last year and will be back. Others returning will be TERRY KATERENCHUK, and COLIN CROCS. So 1971-72 promises to be a good one. All interested persons please contact LARRY SPEERS in the Phys. Ed. Department.

Hoping for a good year,
Coach
Larry Speers

SPPORTS



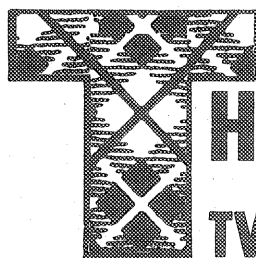
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