1983-84

LAKEHEAD UNIVERSITY

NOR'WESTERS

AWARDS BANQUET

LAKEHEAD UNIVERSITY

ATHLETIC BANQUET

VALHALLA INN

Symposium	5:30 pm - 6:30 pm
Dinner & Awards	6:30 pm - 9:00 pm
Dance	9:00 pm - 1:00 am

March 30, 1984

FITNESS CANNOT BE
BOUGHT OR BESTOWED.

LIKE HONOUR,
IT MUST BE EARNED

ATHLETIC DIRECTOR

The 1983-84 athletic season provided the L.U. fans with a lot of excitement and anxious moments. Men's basketball, women's basketball and ice hockey all terminated post season competition with a sudden death situation. Wrestling once again proved they are a powerhouse with a number of victories including a G.P.A.C. title and a third place finish at the C.I.A.U. championship. Women's volleyball continued to improve, winning games against O.W.I.A.A. schools. Youth is plentiful throughout the teams, which gives us a sign of optimism for the future.

Tonight we recognize the individual achievements of members from these teams. A lot of hard work and dedication have enabled these athletes to achieve their success. On behalf of the Nor'Wester supporters, a thank you must be given to all graduating student-athletes. They have provided us with a lot of memorable events as Nor'Westers.

Ken Coffin

PRESENTATION OF VARSITY AWARDS

Men's Basketball:	Most Valuable Player	Larry Arnone
	Lettermen	John Zanatta
Women's Basketball:	Most Valuable Player	Larry Arnone
	Lettermen	Stu Julius
Hockey:	Most Valuable Player	Larry Arnone
	Lettermen	Dave Bragnalo
Judo:	Judoka of the Year	
	Lettermen	Ron Lappage
Women's Volleyball:	Most Valuable Player	Dave Vaillant
	Lettermen	Chris Dussault
Wrestling:	Most Valuable Player	Dave Vaillant
	Lettermen	Steve Daniar

G. P. A. C. Awards
Honour Athletes
Female Freshman Athlete of the Year
Male Freshman Athlete of the Year
Female Athlete of the Year
Male Athlete of the Year

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1970-71	ONTARIO INTERCOLLEGIATE ATHLETIC ASSOCIATION CHAMPIONSHIPS: Curling; Golf; Skiing, Squash; Table Tennis; Wrestling
1971-72	WESTERN CANADIAN INTERCOLLEGIATE ATHLETIC ASSOC. CHAMPIONSHIPS: Curling
1972-73	GREAT PLAINS ATHLETIC CONFERENCE CHAMPIONSHIPS: Men's Basketball; Hockey; Judo; Soccer; Wrestling
1973-74	GREAT PLAINS ATHLETIC CONFERENCE CHAMPIONSHIPS: Curling; Field Hockey; Judo; Wrestling
1974-75	GREAT PLAINS ATHLETIC CONFERENCE CHAMPIONSHIPS: Field Hockey; Wrestling; Track & Field
1975-76	GREAT PLAINS ATHLETIC CONFERENCE CHAMPIONSHIPS: Field Hockey; Wrestling; Track & Field
1976-77	GREAT PLAINS ATHLETIC CONFERENCE CHAMPIONSHIPS: Men's Basketball; Wrestling
1977-78	GREAT PLAINS ATHLETIC CONFERENCE CHAMPIONSHIPS: Wrestling; Judo
1978-79	GREAT PLAINS ATHLETIC CONFERENCE CHAMPIONSHIPS: Wrestling
1979-80	GREAT PLAINS ATHLETIC CONFERENCE CHAMPIONSHIPS: Soccer CANADA WEST-G.P.A.C., AND C.I.A.U. CHAMPIONSHIPS: Wrestling
1980-81	GREAT PLAINS ATHLETIC CONFERENCE CHAMPIONSHIPS: Soccer CANADA WEST-G.P.A.C. CHAMPIONSHIPS: Wrestling
1981-82	CANADA WEST-G.P.A.C. CHAMPIONSHIPS: Wrestling
1982-83	G.P.A.C. CHAMPIONSHIP: Wrestling
1983-84	G.P.A.C. CHAMPIONSHIP: Wrestling

HONOUR ATHLETES

1974-75	Don Roy	Randy Reid	Greg Cowman
	Terry Paice	Marcel Dubroy	Mary Martin
	Grant Lavallee	Danny Rajnovich	Ciane Chappell
	Mitch Kawasaki	Jeannie Tuomi	
1975-76	Cheyenne Ashukian	Tom Francis	Barry Ruson
	Debra Becker	Ross Hodgkinson	Joanne Skillen
	Cecile Bourret	Linda Luski	
1976-77	Bob Yoisten	Mark Mahony	Bob & Mike Dejardine
	Peter Graham	Luc Marmelic	Dave Sequin
	John O'Brien	Kerry Brown	Roger Perry
	Murial Mortson	Angie Ferguson	Brett McEwan
	Andrea Kerr	Stu Julius	Dave Fitzpatrick
1977-78	Donna Ready	Shannon Tuskie	Nick Cipriano
	Loretta Kwasniewski	Al Pollard	Dave Whitefield
	Dave Vescio	Jan Pollard	
	Gary Warren	Phil Colyer	
1978-79	Eileen Powell	Mark Sauve	Rob Bowdon
	Ron Hampson	Roy Warren	Tracy Drynan
	Wanda Depape	Mark Leverton	Rick Watson
	Karen Wiznuk	Mitch Lalonde	Mary Collinson
	Joe Czaczkowski	Glen Foglin	
1979-80	Sandy Hummel	Jerry Shauble	Doug Jones
	John Zanatta	Randy Budner	Rob Valentini
	Ken Hirschfeldt	Cathy Fuchs	Gord Marchiori
	Gayle Davis		
1980-81	Kathy Swayze	Maureen Grace	
	Mark Jodoin	Dale Adams	
1981-82	Terry Brown	Linda Henderson	Karen Kelly
	Lucy Patterson	Andy Schardt	Marilyn Tink
	Wendy MacDonald		
1982-83	Joanne Harvey-Hodgkinson	Rick Alloi	Jacques Normand
	Scott Wilbur		
1983-84			

ATHLETES OF THE YEAR

	Male	Female
1970-71	Clyde Tuyl	Pat Brousseau
1971-72	Elvin Martin	Pat Shewchuk
1972-73	Elvin Martin	Pat Brousseau
1973-74	Mitch Kawasaki/Terry Pace	Pat Brousseau
1974-75	Danny Rajnovich	Jeannie Tuomi
1975-76	Egon Beiler	Kerri Skilling
1976-77	Ron Hampson	Murial Mortson
1977-78	Nick Cipriano	Liz McKinnon
1978-79	John Zanatta	Sandy Hummel
1979-80	Vince Friyia/Andy Ritchie	Mary Slater
1980-81	Mark Jodoin	Mary Slater
1981-82	Dave Zanatta	Lucy Patterson
1982-83	Rick Alloi	Astrid Kneipp
1983-84		

FRESHMAN OF THE YEAR

	Male	Female
1975-76	Andy Longpre	Lindy Rasmussen
1976-77	Russ Wakewich	Liz McKinnon
1977-78	Vince Friyia/Richard Nagy	Cheryl Kryluk
1978-79	Joe Picton	Mary Jo Fitzpatrick
1979-80	Dave Patterson	Joanne Drake
1980-81	Francis Clayton	Suzanne Kwasny
1981-82	Bob McDougall	Deanna Blumenfeld
1982-83	Laurie Nordstrom	Louise MacDonald

MOST VALUABLE PLAYER AWARDS

WOMEN'S BASKETBALL	1970-71	Pat Brousseau Lynn Simmer	1981-82 1982-83	Lucy Patterson Astrid Kneipp
	1971-72	Lynn Simmer	1983-84	
	1973-74	Lynn Simmer Jeannie Tuomi		
	1974-75	Jeannie Tuomi		
	1975-76	Cecile Bourret		
	1976-77	Muriel Mortson		
	1977-78	Sandy Hummel		
	1978-79	Sandy Hummel		
	1979-80	Mary Slater		
	1980-81	Mary Slater		
MEN'S BASKETBALL	1970-71	Shelton Bellamy	1981-82	David Zanatta
	1971-72	James Copeland Evan Simpson	1982-83	Karl Subban/ Steve Gill
	1972-73	Robert Jackson	1983-84	
	1973-74	James Copeland		
	1974-75	Jimmy Makey		
	1975-76	Brett McEwan		
	1976-77	Mel Bishop		
	1977-78	Jim Zoet		
	1978-79	Dave Arseneault Dave Zanatta		
	1979-80	Dave Zanatta		
	1980-81	Karl Subban		
HOCKEY	1970-71	Joe Miller	1981-82	Oscar Bortuzzo
	1971-72	Murray McLeod	1982-83	Laurie Nordstrom
	1972-73	George Letowski	1983-84	
	1973-74	Larry Zulianello		
	1974-75	Paul Sandberg Dave Fitzpatrick		
	1975-76	Blaine Ferguson		
	1976-77	Dave Fitzpatrick		
	1977-78	Dan Cuomo		
	1978-79	Vince Friyia		
	1979-80	Vince Friyia		
	1980-81	Henry Rubert		
FIELD HOCKEY	1970-71	Pat Brousseau	1975-76	Lori Williams Donna Ready
	1971-72	Pat Brousseau	1976-77	Murial Mortson Donna Ready
	1972-73	Pat Brousseau	1977-78	Donna Ready
	1973-74	Pat Brousseau	1978-79	Gail Davis
	1974-75	Jeannie Tuomi		

(cont'd)

Most Valuable Player Awards (cont'd)

WRESTLING	1970-71	Frank Abdou	1980-81	Mark Jodoin
		Dave Gibbons	1981-82	Mark Jodoin
	1971-72	Elvin Martin	1982-83	Clarence Vaz
		Terry Paice	1983-84	
	1972-73	Elvin Martin		
		Terry Paice		
	1973-74	Elvin Martin		
		Terry Paice		
	1974-75	Terry Paice		
	1975-76	Gary Kallos		
	1976-77	Egon Beiler		
	1977-78	Sean Barry		
	1978-79	Randy Budner		
	1979-80	Randy Budner		
SWIMMING	1974-75	Allan Davis		
	1975-76	Ken Gaskell		
	1977-78	Becky Smith		
		Andy Ritchie		
	1978-79	Maureen Grace		
	1979-80	Maureen Grace		
		Bryan Nunan		
	1980-81	Suzanne Kwasny		
		Andy Ritchie		
JUDO	1972-73	Mitch Kawasaki	1981-82	Mike Heney
	1973-74	Mitch Kawasaki	1982-83	Mike Heney
	1974-75	Ron Hampson	1983-84	
	1975-76	Ron Hampson		
	1976-77	Ron Hampson		
	1977-78	Jerry Shaubel		
	1978-79	Ron Hampson		
	1979-80	Jerry Shaubel		
	1980-81	Mike Heney		
SOCCER	1970-71	Cosimo Valente	1981-82	Andrew Hing
	1971-72	Joe Valente		
	1972-73	Ernie Kreutz		
	1973-74	Marcel Dubroy		
	1974-75	Doug Adamson		
	1975-76	Doug Adamson		
	1976-77	Ray Grynol		
	1977-78	Ken Hirschfeldt		
	1978-79	John Baric		
	1979-80	John Baric		
	1980-81	Jeff Hunt		

cont'd

Most Valuable Player Awards (cont'd)

VOLLEYBALL	1970-71	Barb Medwick
	1971-72	Edith Harkness
	1972-73	Linda Luski
	1973-74	Phyllis Kenny
	1974-75	Linda Luski
	1975-76	Sherry McCart
	1982-83	Cathy Schultz
	1983-84	

ATHLETICS

MEN'S BASKETBALL

1983-1984

NOR'WESTER BASKETBALL

COACH: John Zanatta

ASST. COACH: Dino Gini

MANAGER: Ted Zaharchuk

STATISTICIAN: Andrew Barbeau

TRAINER: J. Ross Hodgkinson

LETTERMEN

1st Year	2nd Year
Pat Charlebois	Barry Tomas
Cheddie Warner	
3rd Year	**4th Year**
John Grace	Tony Scott
Ken Ross	
Dave Poon Tip	

5th Year

Karl Subban
Harry Van Laar

AWARDS (1982/83)

M.V.P.	Outstanding Player on Defense
Karl Subban	Tony Scott
Steve Gill	
Most Improved	**Rookie of the Year**
Maurice Seales	John Himanen
John Grace	

Player of the Month (1983-84)

November - Harry Van Laar	January - Karl Subban
December - Cheddie Warner	February - Ken Ross

1983-84 SEASON RESULTS

Date	Opponent	Score	Record	Site	LU FG%	OPP FG%	LU FT%	OPP FT%	LU REB	OPP REB
10-28	Laurentian	108-63 W	1- 0	H	61	35	43	59	30	40
10-29	Laurentian	108-78 W	2- 0	H	49	50	74	65	39	30
11-04	Mt. Senario	99-48 W	3- 0	H	60	38	50	56	33	22
11-05	Manitoba	111-73 W	4- 0	H	54	41	78	60	50	32
11-09	U.M.Duluth	66-49 W	5- 0	H	56	37	33	75	27	19
11-11	Ottawa	87-72 W	6- 0	A	54	43	82	67	32	27
11-12	Waterloo	73-83 L	6- 1	A	45	56	62	81	36	25
11-13	Guelph	102-61 W	7- 1	A	54	35	90	91	44	27
11-18	U. Wisc.-Mil.	77-65 W	8- 1	A	38	53	70	35	37	26
11-25	U.M. Duluth	60-61 L	8- 2	A	63	50	89	70	25	23
11-25 *	Manitoba	111-72 W	9- 2	A	54	44	78	60	34	32
11-26 *	Manitoba	80-71 W	10- 2	A	43	45	67	80	36	28
12-02 *	Winnipeg	90-96 L	10- 3	A	51	65	92	74	41	24
12-03 *	Winnipeg	70-67 W	11- 3	A	44	38	79	71	37	33
01-02	Calgary	80-89 L	11- 4	A	43	34	73	83	40	33
01-03	Dalhousie	96-65 W	12- 4	A	51	32	67	61	37	43
01-04	Alberta	81-68 W	13- 4	A	47	38	52	63	47	30
01-13 *	Regina	85-62 W	14- 4	H	52	39	81	50	32	32
01-14 *	Regina	87-70 W	15- 4	H	53	47	55	56	37	31
01-20 *	Brandon	80-75 W	16- 4	A	43	42	70	79	38	45
01-21 *	Brandon	73-87 L	16- 5	A	49	56	81	84	26	33
01-27 *	Manitoba	88-62 W	17- 5	H	48	43	80	50	40	23
01-28 *	Manitoba	87-68 W	18- 5	H	53	56	85	46	36	18
02-03 *	Winnipeg	64-70 L	18--6	H	42	41	53	77	27	29
02-04 *	Winnipeg	63-70 L	18- 7	H	38	49	88	67	38	27
02-10	Northland	75-72 W	19- 7	A	52	52	65	55	37	22
02-11	Northland	80-71 W	20- 7	A	43	53	82	64	38	49
02-18 *	Regina	80-83 L	20- 8	A	48	54	62	65	42	29
02-19 *	Regina	96-73 W	21- 8	A	51	45	70	81	44	39
02-24 *	Brandon	100-92 W	22- 8	H	61	49	63	85	31	20
02-25 *	Brandon	87-90 L	22- 9	H	51	53	79	78	28	29
02-28 **	Winnipeg	68-81 L	22-10	A	44	48	88	76	24	29

* Denotes G.P.A.C. Games

** Denotes G.P.A.C. Playoffs

Season Record	Exhibition	G.P.A.C.	Totals
Wins	12	10	22
Losses	3	7	10
Overall	15	17	32

G.P.A.C. AWARDS

Harry Van Laar - 1st Team All-Star
Karl Subban - 2nd Team All-Star
Cheddie Warner - 2nd Team All-Star

1983-84 Varsity Men's Basketball

ALL TIME SCORING RECORDS

	Hometown	Season	GP	Points	Average
David Zanatta	Sault Ste. Marie	1978-84	103	2083	20.22
Karl Subban	Sudbury	1979-84	148	2027	13.70
John Zanatta	Sault Ste. Marie	1976-81	157	1895	12.07
Evan Simpson	Thunder Bay	1970-74	116	1673	14.42
James Copeland	Bradenton, Florida	1971-74	84	1550	18.45
Robert Jackson	Big Springs, Texas	1969-72	83	1496	18.02
Harry Van Laar	St. Catharines	1978-84	144	1336	9.28
Jim Zoet	Port Perry	1976-78	67	1273	19.00
Jeff Watson	Holton, Illinois	1973-76	70	1109	15.82
Ken Ross	Montreal	1980-84	75	934	12.45
Jerry Hemmings	Mt.Airy, Carolina	1969-71	54	931	17.24
Danny Rajnovich	Sault Ste. Marie	1971-76	131	919	7.01
Brett McEwan	Chatham	1973-77	108	857	7.93
Martin Gysbers	Brockville	1973-78	124	823	6.64
Joe Parks	Alexandria, Va	1969-71	54	777	14.58
Shelton Bellamy	Albany, N.Y.	1969-71	54	766	14.18
Jeff Bennett	Sault Ste. Marie	1977-78	32	668	20.88
Al Tekoniemi	Sault Ste. Marie	1976-77 78-79	62	663	10.69
Mel Bishop	Prince Rupert	1976-77	33	659	19.96
Joe Edwards	New Haven, Conn.	1971-74	82	601	7.32
Mike Holyfield	Dallas, Texas	1974-75	31	551	17.77
Dave Preus	Memphis, Tenn.	1976-78	66	511	7.74
Ned Janjic	Sudbury	1978-80	59	506	9.40
Cheddie Warner	Burlington	1983-84	31	482	15.55
Jim Mackey	Dallas, Texas	1974-75	31	455	14.67
Tony Scott	Winnipeg	1980-84	112	454	4.05
Neil Fisher	San Antonio, Texas	1971-72	25	439	17.56
Steve Gill	Hamilton	1982-83	29	436	15.32
Maurice Seales	Winnipeg	1981-83	55	436	7.93
Kerry Lichty	St. Catharines	1979-80	31	429	13.83
Russell Bailey	Amarillo, Texas	1971-73	54	425	7.87
John Grace	Thunder Bay	1981-84	81	398	4.90
Richie Silvera	New York, N.Y.	1978-79	27	388	14.37

Lakehead University Records:

Most Points: Career - David Zanatta - 2083 (1978-82;83-84)
Season - David Zanatta - 825 (1979-80) 27.50
Game - David Zanatta vs Laurentian - 44
David Zanatta vs Manitoba - 44 (1979-80)

Most Field Goals: Career - David Zanatta - 849 (1978-82;83-84)
Season - David Zanatta - 332 (1979-80)
Game - David Zanatta vs Laurentian - 21 (1979-80)
Team - (31 games) - 1135 - (1979-80)

Most Free Throws: Career - David Zanatta - 385 (1978-82;83-84)
Season - David Zanatta - 161 (1979-80)
Game - Jerry Hemmings vs Northland - 15 - 19 (1968-69)
David Zanatta vs Winnipeg - 14 - 14 (1981-82)
Team - (30 games) - 475 - (1970-71)

Most Rebounds: Career - Harry Van Laar - 1198 (1978-82;83-84)
Season - Jim Zoet - 494 (1977-78)
Offensive - Jim Zoet - 191 (1977-78)
Defensive - Jim Zoet - 303 (1977-78)
Game - D. Carroll - 29 (1969)
Team - 1425 (1979-71)

Most Assists: Career - David Zanatta - 412 (1978-82;83-84)
Season - David Zanatta - 199 (1979-80)
Game - Joe Parks vs Alberta - 16 (1971)
Team - 500 (1979-80)

Most Fouls: Career - Harry Van Laar - 403 (1978-82;83-84)
Season - Mike Holyfield - 124 (1974-75)
Team - 637 (1974-75)

Most Foul Outs: Career - Harry Van Laar - 31 (1978-82;83-84)
Season - Mike Holyfield - 14 (1974-75)
Team - 36 (1975-76)

Most Turnovers: Career - Karl Subban - 358 (1979-84)
Season - J. Watson - 128 (1973-74)
Game - J. Edwards - 15 (1972-73)
Team - 670 (1973-74)

1983-84 Varsity Men's Basketball Statistics

Player	Yr	GP	F. G. A.	F. G. M.	%	F. T. A.	F. T. M.	%	Off Reb	Def Reb	Total	Avg	Turn over	Foul	F O	Asst	Ttl Pts	Avg
Karl Subban	5	32	385	217	56	103	82	80	104	104	208	6.50	75	88	4	38	486	15.19
Cheddie Warner	1	31	432	214	50	71	54	76	46	41	87	2.81	77	70	2	94	482	15.55
Harry Van Laar	5	32	369	182	49	94	63	67	129	212	341	10.66	61	96	6	101	431	13.47
Ken Ross	3	32	299	166	56	109	81	74	85	128	213	6.98	64	101	6	70	413	12.91
David Zanatta	4	16	185	105	57	66	58	88	17	19	36	2.25	28	39	2	91	268	16.75
John Grace	3	32	239	94	39	29	20	69	18	29	47	1.79	72	78	1	97	212	6.63
Tony Scott	4	31	137	58	42	58	30	52	39	49	88	2.84	38	93	4	34	147	4.74
John Himanen	2	14	85	41	48	38	27	71	24	24	48	3.43	20	31	1	5	109	7.79
Barry Tomas	2	27	61	28	46	14	9	64	20	26	46	1.97	14	36	1	9	65	2.41
Pat Charlebois	1	21	34	16	47	21	13	62	8	5	13	.62	9	26	0	4	45	2.14
Dave Poon Tip	3	17	40	18	45	8	6	83	2	4	6	.35	10	16	0	16	42	2.47
Nor'Westers	-	32	2277	1131	50*	616	438	71	497	655	1152	36.00	486	689*	26	559*	2700*	84.38
Opponents	-	32	1969	889	45	743	516*	69	361	588	949	29.66	673	586	18	350	2294	71.69

* Denotes new records

LAKEHEAD UNIVERSITY BASKETBALL RECORDS

MOST CONSECUTIVE LOSSES: 16 games (14-75-76) (2-76-77)

MOST CONSECUTIVE WINS: 20 games (1969-70)

TEAM'S HIGHEST POINTS: 138 - D'Youville (1974-75)

TEAM'S LOWEST POINTS: 41 - Northland (1977-78)

TEAM's GREATEST MARGIN: 87 - D'Youville (138-51) (74-75)

OPPONENTS' HIGHEST POINTS: 114 - Michigan Tech (1975-76) regular game
*125 - Brandon (1979-80) overtime game

OPPONENTS' LOWEST POINTS: 36 *(Regina University (1978-79)

OPPONENTS' GREATEST MARGIN: 60 - Michigan Tech (1975-76) (114-54)

HIGHEST POINTS BOTH TEAMS: *206 - Regina 116 vs 90 (1979-80) regular game
*236 - Brandon 125 vs 111 (1979-80) overtime game

LOWEST POINTS BOTH TEAMS: 87 Winnipeg - 39 vs 48 (1967-68)

TEAMS LOWEST TURNOVERS: *364 (1981-82)

OPPONENT'S HIGHEST TURNOVERS: 893 (1979-80)

OPPONENT'S LOWEST TURNOVERS: 220 (1972-73)

* NEW RECORDS

COACHES' CAREER RECORDS

	BIRTHPLACE	YEAR	GAMES	WINS	LOSSES	PERCENT
Howard Lockhart	Texas	1970-75	147	88	59	59%
	League(3 yr)		44	30	14	68%
	Playoffs		6	3	3	50%
			50	33	17	66%
Arne Donovan	Alberta	1975-78	94	41	53	43%
	League(3 yr)		40	18	22	45%
	Playoffs		7	4	3	57%
			47	22	25	47%
Don Punch	Ontario	1978-80	67	48	19	72%
	League(2 yr)		32	19	13	59%
	Playoffs		3	1	2	33%
			35	20	15	57%
Rick Suffield	Windsor	1980-82	54	32	23	59%
	League(2 yr)		32	20	12	63%
	Playoffs		3	1	2	33%
			35	21	14	60%

COACHES' CAREER RECORDS (cont'd)

	BIRTHPLACE	YEAR	GAMES	WINS	LOSSES	PERCENT
John Zanatta	Sault Ste. Marie	1982-84	61	33	28	54
	League		32	18	24	56
	Playoffs		2	0	2	--
			34	18	26	53

Teaching Simple Skills

A simple sports skill is one that people can perform with very little practice.

This ease of learning is usually a result of the simplicity of the skill. Sometimes it is because participants have seen it performed many times by other people, either in person, or on television. For example, kicking a football is a complex skill. But, children who are interested in it, watch a lot of television, and who practise it on their own without any instruction, can often learn it quickly as though it were a simple skill.

So whether people consider a skill to be simple or complex depends both on how interested they are in it and how much experience they have had observing it. On the other hand, sometimes what appears to be a simple skill may be complicated by fear or nervousness.

What is a Simple Skill?

Care should be taken to label a skill as simple only when participants acquire it quickly and easily. When what appears easy to you is hard for learners to master, then you should label that skill as complex in the eyes of those learners.

There is a danger that you, as the coach, being thoroughly familiar with any skill about to be taught, may assume that it will be simple for all to learn. This error can lead to a negative attitude towards anyone who has trouble learning it. You may consider them to be stupid or lazy, or both.

NOR'WESTER BASKETBALL CAREER SUMMARY

YEAR	RECORD	POINTS LU	POINTS OPP	HIGH GAME LU	HIGH GAME OPP	LOW GAME LU	LOW GAME OPP	COACH	ASSISTANT	FINAL STANDINGS
70-71	21-09	2537	2328	113	116	62	53	Lockhart	Dika	No League
71-72	14-11	1982	1861	106	102	57	40	Lockhart	Dika	No League
72-73	20-09	2154	1919	93	99	51	45	Lockhart	Hemmings	Champs - G.P.A.C. 2nd Place - C.I.A.U.
73-74	19-13	2450	2278	114	87	50	44	Lockhart	Bovay	2nd Place - G.P.A.C.
74-75	14-17	2573	2615	138	104	58	51	Lockhart	Bovay	2nd Place - G.P.A.C.
75-76	04-23	1878	2409	87	115	53	68	Donovan	Bovay	4th Place - G.P.A.C.
76-77	18-15	2452	2408	96	99	56	53	Donovan	Punch Bovay	Champs - G.P.A.C. 2nd Place - C.I.A.U.
77-78	19-15	2474	2376	101	108	55	47	Donovan	Fiorini Bovay	2nd Place - G.P.A.C.
78-79	22-08	2328	2017	107	92	51	36	Punch	Viola	2nd Place - G.P.A.C.
79-80	19-12	2669	2402	131	125	65	46	Punch	Arseneault	3rd Place - G.P.A.C.
80-81	11-16	1958	1975	104	96	56	53	Suffield	--	4th Place - G.P.A.C.
81-82	21- 7	1986	1638	107	103	60	47	Suffield	Zanatta	2nd Place - G.P.A.C.
82-83	11-18	2078	2206	101	96	56	62	Zanatta	Bradshaw	3rd Place - G. P.A.C.
83-84	22-10	2700	2294	111	96	60	48	Zanatta	Gini	3rd Place - G.P.A.C.

SELECT CIRCLE

Most Points In One Game			F.G.	F.T.	Points
David Zanatta	vs Laurentian	1979	21	2	44
David Zanatta	vs Manitoba	80	19	6	44
David Zanatta	vs Brandon	79	16	10	42
Jeff Watson	vs Western	74	18	4	40
Evan Simpson	vs Northland	73	16	5	37
David Zanatta	vs Laurentian	80	17	3	37
Don Holmstrom	vs Wisconsin	68	15	6	36
Neil Fisher	vs L.S.S.C.	71	15	6	36
David Zanatta	vs Calgary	79	16	4	36
John Zanatta	vs Manitoba	81	17	2	36

Most Rebounds in One Game			Number
Dan Carroll	vs Brandon	69	30
Dan Carroll	vs Laurentian	69	29
Jim Zoet	vs Northland	76	24
Karl Subban	vs Saskatchewan	80	24

Most Field Goals in One Game			FGM	Points
David Zanatta	vs Laurentian	79	21	42
David Zanatta	vs Manitoba	80	19	38
Jeff Watson	vs Western	74	18	36
David Zanatta	vs Laurentian	80	17	34
John Zanatta	vs Manitoba	81	17	34

Most Free Throws in One Game			F.T.A.	F.T.M.	Points
Jerry Hemmings	vs Ashland	70	19	15	15
David Zanatta	vs Winnipeg	82	14	14	14
James Copeland	vs Bethel	71	13	11	11
Karl Subban	vs U.M. Duluth	82	11	10	10
Karl Subban	vs McMaster	82	14	10	10

Most Turnovers in One Game			Number
Joe Edwards	vs U.M. Duluth	72	15
Karl Subban	vs Brandon	80	12
James Copeland	vs Waterloo	72	11
Russell Bailey	vs Waterloo	72	9
David Zanatta	vs Brandon	80	9

Most Assists in One Game			Number
Joe Parks	vs Alberta	71	16
Joe Edwards	vs Alberta	73	16
Shelton Bellamy	vs Guelph	70	15
John Grace	vs Regina	83	15
David Zanatta	vs Dalhousie	84	14

WOMEN'S BASKETBALL

1983-1984

LADY NOR'WESTER BASKETBALL

COACH: Stu Julius

MANAGER: Alex Sorensen

TRAINER: J.R. Hodgkinson

LETTERMAN

1st Year	2nd Year
Leslie Edwards	Deana Blumenfeld
Mary Neglia	Lynne Brown
Sherry Ree	Karen Brown
Carol Sands	Charlene Luke

3rd Year	4th Year
Monica Burchert	Astrid Kneipp
Gail Snyder	

MOST VALUABLE PLAYER	ROOKIE OF THE YEAR
79 Sandy Hummel	79 Mary-Jo Fitzpatrick
80 Mary Slater	80 Joanne Drake
81 Mary Slater	81 Astrid Kneipp
82 Lucy Patterson	82 Monica Burchert
83 Astrid Kneipp	83 Louise MacDonald
84	84

DEFENSIVE PLAYER	MOST IMPROVED PLAYER
79 Nicole Poirier	79 Cathy Keenan
80 Terry Brown	80 Lucy Patterson, Marilyn Tink
81 Terry Brown, M. Tink	81 Liz MacEachren
82 Deana Blumenfeld	82 Gail Snyder
83 Monica Burchert	83 Lynne Brown
84	84

All Star Selections

NorWester Invitational- Deana Blumenfeld

Winter Rose Inivitational- Deana Blumenfeld

G.P.A.C. 1st Team All-Star- Lynne Brown

L	Lakehead	41	Laurentian	63	H		L
L	Lakehead	57	Laurentian	62	H		L
W	Lakehead	65	McMaster	38	H	**	W
W	Lakehead	49	Team Manitoba	46	H	**	W
W	Lakehead	50	Western	42	H		W
L	Lakehead	59	Toronto	68	A	***	L
L	Lakehead	49	Western	52	A	***	L
L	Lakehead	52	Winnipeg	54	A	***	L
W	Lakehead	57	Brandon	48	H	*	W
W	Lakehead	58	Brandon	49	H	*	W
L	Lakehead	59	Manitoba	62	A	*	L
W	Lakehead	69	Manitoba	55	A	*	W
L	Lakehead	55	Winnipeg	81	A	*	L
L	Lakehead	51	Winnipeg	69	A	*	L
L	Lakehead	54	Toronto	59	A	******	L
L	Lakehead	47	Dalhousie	48	A	******	L
W	Lakehead'	62	McMaster	60	A	******	W
W	Lakehead	71	York	58	A	****	W
L	Lakehead	57	Brock	66	A	****	L
L	Lakehead	53	McGill	63	A	****	L
W	Lakehead	58	Regina	51	H	*	W
W	Lakehead	62	Regina	48	H	*	W
L	Lakehead	61	Brandon	67	A	*	L
L	Lakehead	62	Brandon	73	A	*	L
L	Lakehead	45	Manitoba	51	H	*	L
W	Lakehead	72	Manitoba	45	H	*	W
L	Lakehead	62	Winnipeg	63	H	*	L
L	Lakehead	55	Winnipeg	57	H	*	L
L	Lakehead	47	Regina	56	A	*	L
W	Lakehead	68	Regina	55	A	*	W
L	Lakehead	65	Brandon	67	A	*****	L

* GPAC
** NOR WESTER INVITATIONAL TOURNAMENT
*** TORONTO INVITATIONAL TOURNAMENT
**** MARLET IVITATIONAL TOURNAMENT
***** GPAC SEMI-FINAL PLAYOFF
****** WINTER ROSE INVITATIONAL (HAMILTON)

G.P.A.C. STATISTISTICS

PLAYER	GP	FGA	FGM	%	FTA	FTM	%	PTS	AVE.	OR	DR	PF	TO
KAREN BROWN	17	143	53	37	47	31	66	137	8.0	28	49	28	45
MARY NEGLIA	17	1	0	0	0	0	0	0		0	1	4	12
CAROL SANDS	8	0	0	0	0	0	0	0		0	0	0	0
DEANA BLUMENFELD	17	82	32	39	23	13	57	75	4.4	23	53	33	42
LYNNE BROWN	17	169	79	47	55	41	75	199	11.7	29	54	43	39
CHARLENE LUKE	17	78	22	28	11	8	73	52	3.0	14	19	21	21
MONICA BURCHERT	17	175	69	39	31	21	68	159	9.3	27	30	63	88
GAIL SYNDER	17	45	20	44	7	4	57	44	2.6	14	21	20	14
LESLIE EDWARDS	17	181	72	40	46	27	57	171	10.0	40	43	49	48
SHERRY REE	10	6	1	17	3	0	0	2		2	5	2	
ASTRID KNEIPP	17	148	58	39	79	51	65	167	9.8	22	50	48	62
	17	1028	406	40	302	196	65	1008	59.3	197	322	314	373
OPPONENTS		1018	380	37	343	237	69	997	58.6	199	324	307	296

TEAM GPAC STATISTICS

77-78---------- RECORD 8-8	16	1060	395	37	293	172	59	962	60.1	273	387	359	
78-79---------- RECORD 8-8	16	1103	411	37	197	115	58	937	58.6	278	296	294	389
79-80---------- RECORD 10-8	18	1357	465	34	290	170	59	1080	60.0	295	330	350	341
80-81---------- RECORD 5-11	16	1007	371	37	247	143	54	875	54.7	197	254	206	317
81-82---------- RECORD 9-8	17	1185	434	37	340	203	60	1071	63.0	518		294	318
82-83---------- RECORD 8-8	16	1094	409	37	318	188	59	1006	62.9	174	264	305	256
83-84---------- RECORD 7-10	17	1028	406	40	302	196	65	1008	59.3	197	322	314	373

PLAYER	GP	FGA	FGM	%	FTA	FTM	%	PTS	AVE.	OR	DEF	ASS	TO	ST	DEF	HB	BLS	PF	FO
LYNNE BROWN	30	361	139	39	105	77	73	355	11.8	63	109	30	92	58	92	38	51	72	5
ASTRID KNEIPP	30	260	98	38	133	87	65	283	9.4	55	83	127	115	108	170	44	11	77	4
KAREN BROWN	30	258	106	41	87	54	62	266	8.9	50	102	26	91	48	51	18	9	45	0
LESLIE EDWARDS	30	331	112	34	86	37	43	261	8.7	62	91	17	89	41	120	28	60	92	5
MONICA BURCHERT	30	271	103	38	49	30	61	236	7.9	40	54	230	166	117	182	23	10	112	12
DEANA BLUMENFELD	30	166	66	40	60	34	57	166	5.5	68	102	42	74	81	85	36	11	57	1
CHARLENE LUKE	30	110	32	29	13	10	77	74	2.5	26	49	25	43	19	29	27	1	50	1
GAIL SNYDER	27	76	31	41	7	4	57	66	2.4	36	39	11	23	24	34	18	25	33	0
MARY NEGLIA	15	2	1	50	3	1	33	3		1	3	7	26	7	12	1		7	
SHERRY REE	10	15	4	27	8	3	38	11		3	5	1	1	5	7	4	1	2	
CAROL SANDS	5	1	1	100				2		1	3	3	7	2					
	30	1851	693	37	551	337	61	1723	57.4	405	640	519	727	510	782	237	179	547	28

WRESTLING

1983-1984

NOR'WESTER WRESTLING

COACH: Steve Daniar

TEAM CAPTAIN: Brad Kells

TRAINER: J. Ross Hodgkinson

LETTERMEN

1st Year

Rob Dawson
Gord Sturrock
Todd Clarke
Rob Parry
Steve Daniar

2nd Year

Rob Heppell
Joel Barton

3rd Year

Darryl Gannon
Sean O'Heany
Cory Lemieux
Rob Wheeler

4th Year

Terry Kells
Brad Kells
Roger Sampson

5th Year

Rick Alloi

Most Valuable Player (1982-1983)

Clarence Vaz

Dual Meet Record

Lakehead University	21	vs Northern Michigan	25
	28	vs "	21
	38	vs Lake Superior State	18
	25	vs "	25
	21	vs "	24

Tournament Team Titles

Lakehad Fall Open - 1st
Ryerson Open - 1st
Windsor Open - 1st

1984 C.I.A.U. National Championships at U. Saskatoon

Name	Weight Class	Place
Cory Lemieux	112 lb.	6th
Rob Dawson	119	1st
Brad Kells	134	4th
Terry Kells	142	3rd
Gord Sturrock	158	3rd
Sean O'Heany	167	2nd
Darryl Gannon	177	4th
Todd Clarke	190	4th
Joel Barton	H.W.	3rd

C.I.A.U. Team Standing (Top 3)

1st - Concordia
2nd - Guelph
3rd - Lakehead

G.P.A.C. Champions

1. Lakehead
2. Regina
3. Manitoba

L.U. Individual Winner (GPAC)	Weight Class	Outstanding GPAC Wrestler
Cory Lemieux	112 lb	Rob Dawson
Rob Dawson	119	
Brad Kells	134	
Terry Kells	142	
Gord Sturrock	158	
Sean O'Heany	167	
Darryl Gannon	177	
Todd Clarke	190	
Steve Daniar	210	
Joel Barton	H.W.	

TOURNAMENT RESULTS

Tournament	City	Place Finisher	Medal
L.U. Fall Open	Thunder Bay	Cory Lemieux	1st
		Rob Dawson	1st
		Terry Kells	1st
		Gord Sturrock	1st
		Sean O'Heany	1st
		Darryl Gannon	2nd
		Rob Parry	3rd
		Todd Clarke	3rd
		Rick Alloi	1st
		Joel Barton	1st
Ryerson	Toronto	Rob Dawson	1st
		Terry Kells	2nd
		Gord Sturrrock	2nd
		Sean O'Heany	2nd
		Darryl Gannon	3rd
		Rick Alloi	2nd
Guelph Open	Guelph	Rob Dawson	1st
		Rob Heppell	2nd
		Terry Kells	4th
Windsor Open	Windsor	Rob Dawson	1st
		Cory Lemieux	2nd
		Rob Heppell	1st
		Brad Kells	2nd
		Terry Kells	2nd
		Gord Sturrock	1st
		Sean O'Heany	1st
		Darryl Gannon	2nd
		Todd Clarke	2nd
		Joel Barton	1st

1983-84 WRESTLING SCORING

Name	Hometown	Match	Wins	Pins or Superiority	Dec	Loss	Pts
Cory Lemieux	Nipigon	18	9	4	5	9	35
Rob Dawson	Windsor	21	21	11	10	0	85
Rob Heppell	Toronto	11	6	4	2	5	26
Brad Kells	Toronto	17	9	3	6	8	31
Terry Kells	Toronto	32	25	13	12	7	101
Rob Wheeler	Thunder Bay	6	1	0	1	5	3
Roger Sampson	St.Catharines	6	1	1	0	5	5
Gord Sturrock	Thunder Bay	33	26	18	8	7	114
Sean O'Heany	Toronto	21	16	11	5	6	73
Rob Parry	Toronto	6	3	2	1	3	13
Darryl Gannon	Ignace	22	13	8	5	9	55
Todd Clarke	Port McNicholl	21	12	9	3	9	54
Rick Alloi	Sault Ste Marie	8	7	6	1	1	33
Steve Daniar	Thunder Bay	1	1	1	0	0	5
Joel Barton	Nipissing	17	12	9	3	5	54

HOCKEY

1983-1984

NOR'WESTER HOCKEY

COACH: Dave Bragnalo

ASST. COACHES: Brian DePiero
Gary Veneruzzo
Chris Ferguson
Tony Lamonica

TRAINERS: J. Ross Hodgkinson
Gaetan Joubert

LETTERMEN

1st Year

Rod Rezka
Jim Antosiak
John King
Dave Westlund
John Dicasmirro
Brian Pilon
Ian Low-A-Chee
Norm Rooney
Terry Goodman
Dean Lagadin

2nd Year

Dan Bissonnette
Bob Bodak
Shawn Cosby
Rob Harvey
Mario Michieli
Gord Johnson
Laurie Nordstrom

3rd Year

Carl Moffat
Mike Rigato

4th Year

Oscar Bortuzzo
Jim Keyes
Gerry Skuta

5th Year

Steve Wakewich

Most Valuable Player (1982-83)

Laurie Nordstrom

Labatt's Three Star Award

Bob Bodak
Glen Wilson

DATE: Feb. 11/84

LAKEHEAD UNIVERSITY HOCKEY GAME SUMMARY

	G.P.	W	L	T
EXHIBITION				
G.P.A.C.	22	9	12	1
TOTAL	22	9	12	1

GOALIES

NAME: OSCAR BORTUZZO

G.P.	W	L	T	G.A.	G.A.A.	S.O.G.	S.S.	%
7.37	3	4	0	49	6.65	316	267	84.49

NAME: GORD JOHNSON

G.P.	W	L	T	G.A.	G.A.A.	S.O.G.	S.S.	
1	0	1	0	12	12	45	33	73.33

NAME: GLEN WILSON

G.P.	W	L	T	G.A.	G.A.A.	S.O.G.	S.S.	
13.95	6	7	1	91	6.52	608	517	85.03

NAME:

G.P.	W	L	T	G.A.	G.A.A.	S.O.G.	S.S.

* NOTE: Feb. 24/25 games against Regina not included

INDIVIDUAL STATISTICS:	G.P.	G	A	PTS	PIM
23 Rod Rezka	15	4		4	2
11 Jim Antosiak	15	5	5	10	12
21 Mario Michieli	17	11	8	19	44
22 Dan Bissonnette	21	10	16	26	39
15 John King	20	2	9	11	14
Carl Moffatt	10				
2 Dave Westlund	10	4	8	12	38
16 KEYES, JIM	22	9	29	38	101
4 Shawn Cosby	22	2	9	11	18
19 John Dicasmirro	19	1	2	3	32
17 Brian Pilon	17	2	7	9	14
30 Ian Low-A-Chee	6				
3 Laurie Nordstrom	21	3	27	20	16
12 Bob Bodak	22	23	24	47	18
18 RIGATO, MIKE	22		8	8	46
9 Norm Rooney	22	15	15	30	32
20 SKUTA, GERRY	12	7	3	10	55
8 Terry Goodman	10	3	3	6	26
10 Rob Harvey	16	5	4	9	55
14 Dean Lagadin	9		1	1	8
5 WAKEWICH, STEVE	19		1	1	43

YEAR COACH	G.P.	RECORD	PLACE	HIGH SCORER	MOST GOALS	MOST ASSISTS	MOST P.I.M.	TOP GOALIE	G.F.	G.A.
1983-84 Dave Bragnalo	22	9-12-1	4th	Bob Bodak (47)	Bob Bodak (23)	Jim Keyes (29)	Jim Keyes (101)	Glen Wilson (6.52)	106	152
1982-83 Dave Bragnalo	28	12-16	4th	Dan Bissonnette (33)	Henry Rubert (19)	Laurie Nordstrom (22) Bob Bodak (22)	Gerry Skuta (146)	Oscar Bortuzzo (4.78)	125	140
1981-82 Dave Bragnalo	24	7-15	4th	Jim Keyes (42)	Jim Keyes (18)	Jim Keyes (24)	Jim Keyes (137)	Oscar Bortuzzo (6.39)	124	181
1980-81 Dave Bragnalo	24		Local G.P.A.C. 5th	Henry Rubert (54) Henry Rubert (28)	Henry Rubert (36) Henry Rubert (17)	Henry Staal (22) Gerry Skuta (15)	G. Longley (93)			
1979-80 Dave Siciliano	35	12-23	GPAC - 4th	Vince Friyia (77)	Henry Rubert (31)	Vince Friyia (52)	C. Kelland (159)	Rob Braid (5.8)	180	215
1978-79	33	11-19-3	GPAC - 4th	Vince Friyia (54)	Vince Friyia (25)	Vince Friyia (29)	G. Maurache (117)	R. Sherman (5.47)	122	184
1977-78 D. Siciliano	37	20-15-2	GPAC - 2nd	V. Friyia (77)	V. Friyia (31)	V. Friyia (46)	S.Komistek (83)	Fitzpatrick 4.28	205	164
1976-77 D. Siciliano	37	16-19-0	ICHA - 2nd GPAC - 3rd	D. Vescio (48)	F. Venasky (23)	D. Vescio (28)	R.Wakewich (95)	Fitzpatrick 3.84	157	166
1975-76 D. Siciliano	33	14-18-0	ICHA - 3rd GPAC - 3rd	D. Vescio (39)	D. Vescio (21)	F. Venasky (25)	B. Duncan (72)	Ferguson 5.0	137	175
1974-75 Hank Akervall	31	16-14-1	ICHA - 2nd GPAC - 3rd	P. Sandberg (52)	P. Sandberg (26)	R.Loynachan (28)	D. Blanch (112)	Fitzpatrick	161	157
1973-74 Hank Akervall	33	12-17-1	ICHA - 3rd GPAC - 4th	L.Zulianello (60)	L.Zulianello (28)	R. Alexander (39)	J. Coburn (99)	D. Trivers 4.5	142	156
1972-73 Hank Akervall	33	16-16-1	ICHA - 3rd GPAC - 1st NAIA - 2nd Hockey Can. 3rd.	G.Letowski (65)	G. Letowski L.Zulianello (29)	G. Letowski (36)	J. Coburn (122)	D. Lysak 5.10	149	170
1971-72 Hank Akervall	28	15-11-2	ICHA - 2nd	M. McLeod (55)	M. McLeod (27)	G. Letowski (29)	J. Huber (107)	D. Trivers 3.12	131	120
1970-71 Lee Fogolin	27	14-11-2	ICHA - 1st	L.Zulianello (54)	L.Zulianello (26)	G. Letowski (32)	D. Parker	D. Jeffery	132	118

JUDO

1983-1984

NOR'WESTER JUDO

COACH: Ron Lappage

ASST. COACH: Kevin Kennedy

LETTERMEN

1st Year	2nd Year
Nelson Teoh	Martin Focken
Rick Norman	Marcia Simpson

L.U. Open Judo Tournament Results

Elizabeth Lancaster - Women's 120 + lb - 2nd
Nelson Teoh - Men's Novice 156.2 lb - 2nd
Rick Norman - Men's Advanced 171.6 lb - 1st

Univ. of Manitoba Fall Tournament

Nelson Teoh - Novice 156.2 lb - 3rd

Ontario Qualifying Tournament - September

Rick Norman - Black Belt 171.6 lb - 3rd

Ontario Qualifying Tournament - January

Rick Norman - Black Belt 171.6 lb - 3rd

Univ. of Manitoba February Tournament

Rick Norman - Senior 171.6 lb - 1st
Nelson Teoh - Novice 156.2 lb - 2nd

Judoka-of-the-Year (Most Valuable Player)

1974-75 Ron Hampson	1980-81 Mike Heney
1975-76 Ron Hampson	1981-82 Mike Heney
1976-77 Ron Hampson	1982-83 Mike Heney
1977-78 Jerry Shaubel	
1978-79 Ron Hampson	
1979-80 Jerry Shaubel	

Most Improved Judoka

1976-77 Dave Pringle	1980-81 Ted Slavin
1977-78 Gonzalo Medina	1981-82 Elizabeth Lancaster
1978-79 Mike Heney	1982-83 Marcia Simpson
1979-80 Martin Focken	

WOMEN'S VOLLEYBALL

1983-1984

NOR'WESTER VOLLEYBALL

COACH: Chris Dussault

ASST. COACH: Keith Roy
Bill Sirota

LETTERMEN

1st Year	3rd Year
Brenda Tremblay	Kathy Chesnick (81/82 Club)
Marlene Comeau	Dee Cook (81/81 Club)
Alison Bode	Linda Henderson (81/82 Club)
Lucia Mannella	Catherine Schultz (81/82 Club)
Liana Situm	

G.P.A.C. Standings: 1st - Winnipeg
2nd - Manitoba
3rd - Regina
4th - Lakehead

G.P.A.C. 2nd Team All-star: Brenda Tremblay

Most Valuable Player (1982-83)

Catherine Schultz

See You Next Year!!