MHC Methuselah's hockey club history

Contents

1) Historic Roster

- a) taken from photos, email lists, and memories
- b) still not complete, if you know of the years you (or others played), enter it at https://docs.google.com/spreadsheets/d/1S802WIN-QN4mzrsvEl8a1hGxHzdZh5jhZLLeLfNiDI8/edit#gid=0

2) Photos

- a) from this website: http://www.infoese.ca/methuselahs.html
- b) compiled by Stuart Mackay (smackay@infoese.ca) but last updated March 2012 (the other teams have similar pages)

3) Memories and Reminiscences

Send me (<u>sulz@ualberta.ca</u>) something to add and I will. Pretty empty still. I have some from 2017 but they are kind of negative. Let me know if you don't want your contribution added.

https://docs.google.com/document/d/1YILNVInfBA8ni57OogohzBa--bobLmayIbs0LeRfXII/edit?usp=sharing

4) Articles / Extracts

- a) Paper about the over-35 league: "Over 35 hockey: A post-secondary campus recreation obligation" (1985) by George Cochrane, Guy Delorme, Ken Rondeau
- b) Extract from preface to: "All True Things: A History of the University of Alberta, 1908-2008." (2008) by R.C. Macleod. [He was on Stone Angels but still a good little summary]

Historic Roster (incomplete)

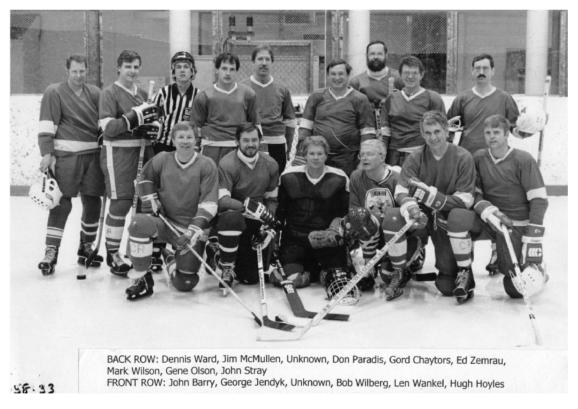
Link to spreadsheet to edit:

Name	Seas ons	19- 20	18- 19	17- 18	16- 17	15- 16	14- 15	13- 12	11- 12	10- 11	09- 10	08- 09	07- 08	06- 07	05- 06	04- 05	03- 04	02- 03	01- 02	00- 01	<u>99-</u> 00	98- 99	97- 98	96- 97	95- 96	94- 95	93- 94	92- 93	91- 92	90- 91	<u>89-</u> 90	<u>88-</u> 89	<u>87-</u> 88	86- 87	85 86
Allan Schmit	5	у	у	у		у		у																											
Andrew Leach	2	у	у																																
Barry Ard	6		у	у	у	у	у	у																											
Ben Willing	4		y	у		у	у																												
Bob Smith	2																														у	у			
Bob Wilberg	3																																у	у	у
Brad Hinz	3															у	у											у							
Brad Pinno	2	у	у																																
Carolyn Fitzsimmons	2			у	у																														
Charles Nock	2	у	у																																
Dale Kirkland	2		у																																
Darrel Craigs	4																												у	у	у		у		
Dave Cote	4														у			у	у			у													
Dave Selberg	1			у														Ĺ																	
David Block	1			Ĺ										у																					
David Sulz	11		у	у	у	у	у	у	у	у	у	у	У	Ĺ																					
Dean Befus	10			Ĺ		Ĺ	Ĺ	Ĺ	Ĺ	Ĺ		Ĺ	Ĺ	у	у	у	у	у		у	у		у		у	у									
Dennis Foth	16													y	у	y	y	y	у	,	y	у	у	у		y		у		у	у	у			
Dennis Ward	6													,	,	,	,	,	,		,	,	,	,	,	,		,	у	у	,	y	у	у	у
Derek MacKenzie	5				у	у	у	у	у																				,	,		,	,	,	,
Don Paradis	17				,	,	,	,	,					у	у	у	у	у		у		у	у	у	у			у	у	у	у		у	у	у
Doug Brimacombe	0													,	,	,	,	,		,		,	,	,	,			,	,	,	,		,	,	,
Doug Gleddie	1		у																																
Ed Zemrau	2		,																											у					у
Eric Spink	9														у	у	у		у		у	у	у	у	у					,					,
Ernie Rutsch	2														,	,	,		,		,	y	y	,	,										
Fran Trehearne	2														у							,	,											у	
Garnett Workun	14				у	у	у	у	у	у	у	у	у	у	y	у	у	у																y	
Gene Olson	3				y	y	,	,	y	,	,	,	y	y	y	y	y	,															у	у	у
George Jendyk	8																											у	у	у	у	у	y	y	y
George Owtrim	1																				у							y	y	y	y	y	y	y	y
Gordie Chaytors	13																		у	у	y	у	у	у	у	у		у	у	у			у	у	у
Gordie Mah	0																		y	y		y	y	у	y	y		y	y	y			y	y	y
Gordon Gow	5		у	у		у		v						v																					
Greg Goss	14	1/	y			у		У			у	у	у	y y	1/	у	у	1/	1/	1/	у														
Henry An				У	v			v	1/	1/	у	у	у	у	У	у	у	у	у	у	у														
	6 15	у	у		у			у	у	у																									
Hugh Hoyles														У	у	у	у		у		у					у		У	У	у	У	У	у	у	у
Jarrod Dubord (goal)	2		y	1/		12																													
Jean Buteau	3	у		У		У										v		.,			· ·		.,		.,	v						.,		.,	10
Jim McMullin (passed)	17													у	У	у	у	у		у	У	У	У			y		у			У	y	у	y	y
John Barry	9																				у	У			У	у				у	У	У		У	У
John Stray	4																														У	У		У	у
Keir Hammer	3			У		У		у																											

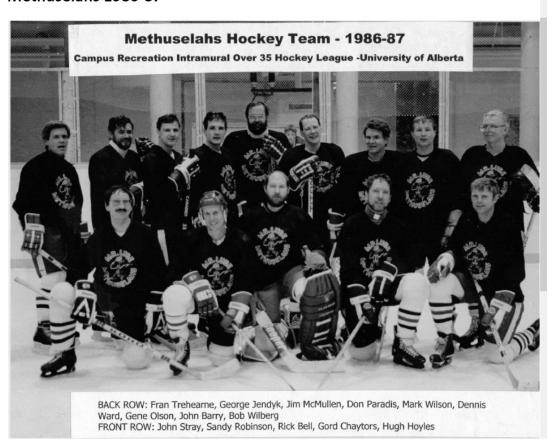
Name	Seas ons	19- 20	18- 19	17- 18	16 17	- 15- 16	14- 15	13- 12	11- 12	10- 11	09- 10	08- 09	07- 08	06- 07	<u>05-</u> <u>06</u>	04- 05	03- 04	02- 03	01- 02	00- 01	<u>99-</u> 00	98- 99	97- 98	96- 97	95- 96	94- 95	93- 94	92- 93	91- 92	90- 91	89- 90	88- 89			85 86
Kevin Lowrey	2	у	у																																
Kevin Wallace	7			у	у	у	у	у	у	у																									П
Larry Laliberte	5	у	у	у		у		у																											Г
Len Wankel	6																											у		у	у	у	у		у
Mark Greve	17			у		у		у	у	у	у	у	у	у	у	у	у	у	у	у	у	у													
Mark Wilson	15																	у	у		у		у	у	у	у		у	у	у	у	у	у	у	у
Michael Kolber	1		у																																
Michael Splinter	9	у	у	у		у		у													у	у	у	у											
Michel Proulx	1					у																													
Mike Bokalo	0																																		
Nash Goonewardena (go	7			у	у	у	у	у	у	у																									
Patrick MacDonald	1					у																													
Pete Kershaw	12			у		у		у							у	у	у	у			у		у	у	у	у									
Peter Bailey	3	у	у	у																															
Peter Boxall	18			у	у	у	у	у	у	у	у	у	у	у	у	у	у	у	у	у	у														
Peter Schneider	5																	у		у			у	у		у									
Randy Smith (goalie)	1													у																					
Ray Kozak	5			y		у		у						у	у																				
Reg Cardinal	2					у		у																											
Richard Lee	1							у																											
Rick (Rachel) Bell (goalie	17															у	у	у		у	у	у	у	у	у	у		y	у	у	у	у	у	у	
Rick Poirier (passed)	13							у	у	y	у	у	у	у	у	у	у	у	у	у															
Rick Spooner	8																			y	у	у	у	у	у	у		у							
Rob Belanger	1			y																															
Rob Found	1	у																																	
Royce Johnson	21			у		у		у	у	у	у	у	у	у	у	у	у	у	у	у	у	y	у	у	у	у									
Ryan Perry	0																																		
Sandy Robinson	10																			у	у		у	у	у			у	у	у		у		у	
Sheldon Roth	3	у	у	у																															
Tad Hiruki (passed)	0																																		
Troy Janzen	3			у		у		у																											
Unknown	3																								у	у									у

Photos

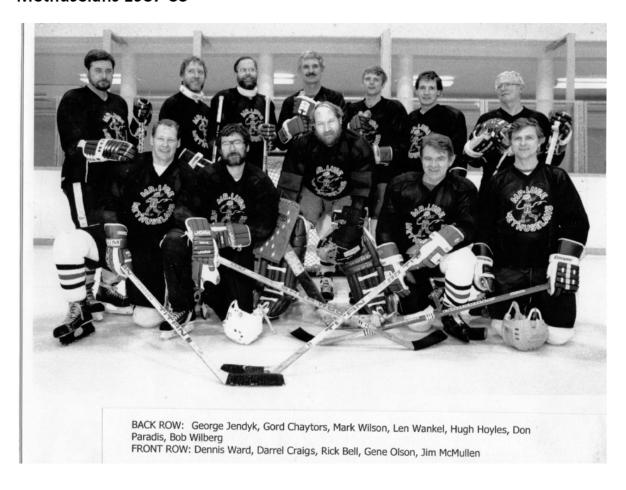
Methuselahs 1985-86



Methuselahs 1986-87



Methuselahs 1987-88



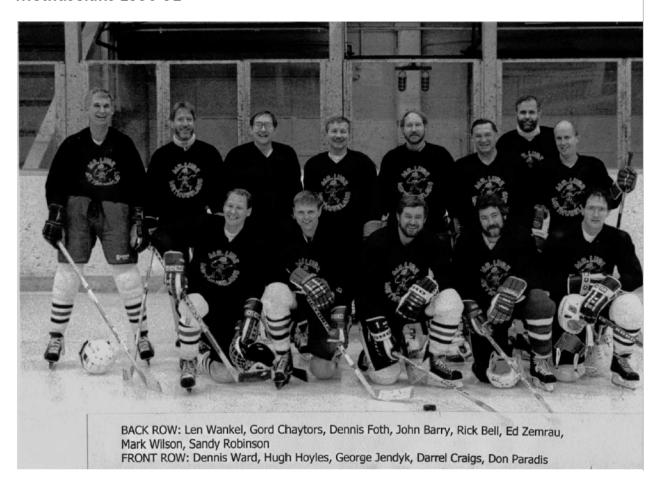
Methuselahs 1988-89



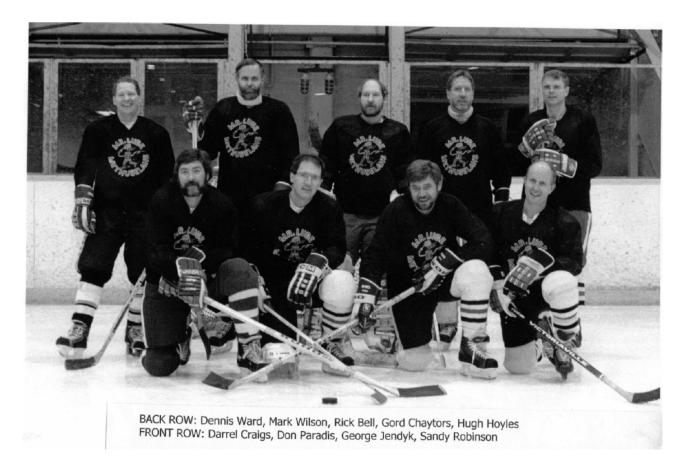
Methuselahs 1989-90



Methuselahs 1990-91



Methuselahs 1991-92



Methuselahs 1992-93



Methuselahs 1994-95



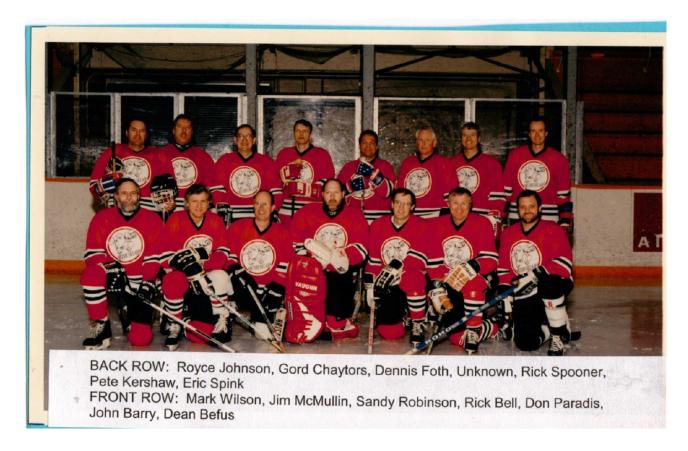
BACK ROW: Mark Wilson, Pete Kershaw, Ken Fyfe, Dennis Foth, Gord Chaytors,

Royce Johnson, Unknown, Jim McMullin

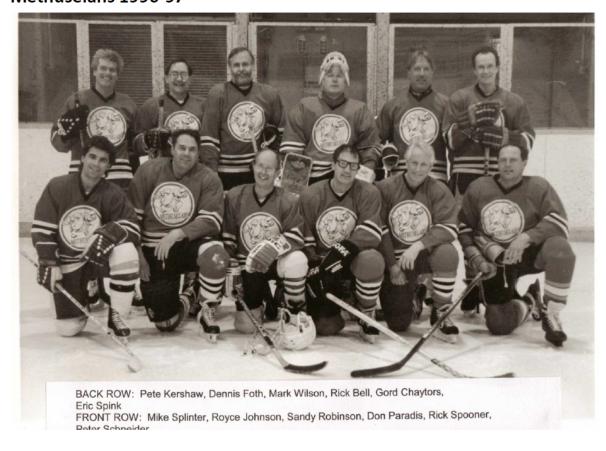
FRONT ROW: Hugh Hoyles, Peter Schneider, Rick Bell, Rick Spooner, John Barry,

Dean Befus

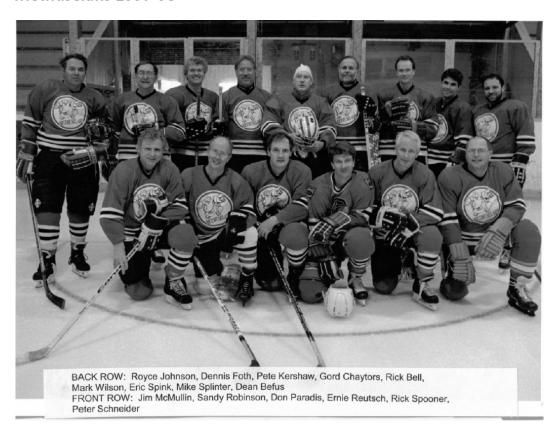
Methuselahs 1995-96



Methuselahs 1996-97



Methuselahs 1997-98



Methuselahs 1998-99

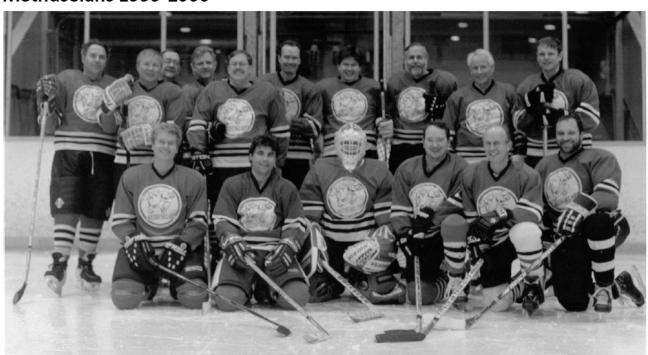


BACK ROW: Rick Spooner, Jim McMullin, Ernie Reutsch, John Barry, Rick Bell, Dennis Foth,

Gord Chaytors, Eric Spink

FRONT ROW: David Coté, Marc Greve, Don Paradis, Mike Splinter

Methuselahs 1999-2000



BACK ROW: Royce Johnson, John Barry, Dennis Foth, Jim McMullin, Peter Boxall,

Eric Spink, Greg Goss, Mark Wilson, Rick Spooner, Hugh Hoyles

FRONT ROW: Peter Kershaw, Mike Splinter, Rick Bell, George Owttrim, Sandy Robinson,

Dean Befus

Methuselahs 2000-01



Back Row: Peter Kershaw, Gord Chaytors, Jim McMullin, Mark Wilson, Hugh Hoyles, Gregg Goss, Royce Johnson, Peter Boxall

Front Row: Peter Schneider, David Cote, Rick Spooner, Rick Bell, Mark Greve, Dean Befus, Dennis Foth

Methuselahs 2001-02



Back Row: Dennis Foth, Rick Poirier, Hugh Hoyles, Eric Spink, Mark Wilson, Gord Chaytors, David Coté Front Row: Royce Johnson, Sandy Robinson, Jim McMullin, Don Paradis, Rick Bell, Dean Befus, Rick Spooner, Peter Schneider,

Methuselahs 2002-03

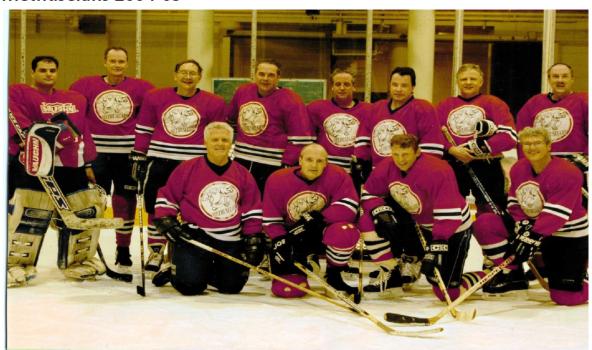


Back Row: Peter Schneider, Rick Poirier, Gregg Goss, Dennis Foth, Royce Johnson, Peter Boxall, Mark

Wilson, Mark Greve

Front Row: Dean Befus, Don Paradis, Rick Bell, Jim McMullin, David Coté, Peter Kershaw

Methuselahs 2004-05



Back Row: Rick Poirier, Dennis Foth, Garnett Workun, Jim McMullin, Royce Johnson, Eric Spink, Peter

Boxall, Brad Hinz

Front Row: Mark Greve, Dean Befus, Rick Bell, Don Paradis, Hugh Hoyles, Peter Kershaw

Methuselahs 2005-06



Back Row: Garnett Workun, Peter Kershaw, Peter Boxall, Eric Spink, Gregg Goss, Dennis Foth, David

Cote, Fran Trehearne, Hugh Hoyles, Rick Poirier

Front Row: Royce Johnson, Jim McMullin, Don Paradis, Dean Befus, Marg Greve, Ray Kozak

Methuselahs 2006-07



Back Row: Dennis Foth, Jim McMullin, Garnett Workun, Royce Johnson, David Block, Rick Poirier, Dean

Befus

Front Row: Mark Greve, Gordon Gow, Don Paradis, Randy Smith, Ray Kozak, Hugh Hoyles

Memories and Reminiscences

Send me (<u>sulz@ualberta.ca</u>) something to put in here and I will. I only have negative ones right now.

In 2017, there were discussions about the direction of the league and several Methuselah members provided feedback. As you can see from comments below, many people had good memories but were feeling some disappointment.

I have injury issues, but I also simply am not having fun playing in the league anymore. The league is too competitive, and has lost its fun focus. I played the last game of the year last year and one of the opposing players was thrown out, further our team seemed to have a strategy to do so. So that's what I mean by not fun. We all have to work the next day, so the chances of getting seriously hurt in a fun league has to be on people's minds. So the makeup of teams, the strategy to get real good players to counteract other teams real good players etc. are what is making this league slowly decline. And further it's not every team, but only a couple that are trending this way. (PBoxall dec 2017)

I would echo PB sentiments. There is a level of competitiveness in the league that has surfaced in the past couple of seasons that takes some of the fun out of the game. But the main obstacle for me right now is a persistent scheduling conflict that falls on Wednesday evenings. (GordG dec 2017)

I am still having injury issues, some of which may be permanent (torn bicep) that make hockey harder. I miss playing and a chance to connect with my teammates. While sometimes annoyed over the years by the over competitive nonsense that could sometimes happen in the league, I still miss it. I would be back if I could! I have heard from one or two others that are a bit tired of the physicality that can happen. They comment that they have to work the next day, are sole or primary breadwinner, and can't really afford to get a serious injury. I personally haven't seen many (if any?) serious injuries as a result of rough play over the years but I understand the concern (TroyJ dec 2017)

I completely agree with PB and I honestly don't know how the issue can be fixed. I came into this league impressed with how much fun it was. There was a higher level of respect among players across teams. What players out there do when the ref isn't even looking is a key indicator of the level of respect across teams/players. These days I find it's chippy particularly behind the play - intentional hacking, slashing, interference and tripping. That respect I saw when I entered the league certainly hasn't disappeared - many guys are totally cool. Still, too many players clearly lack this respect. These problem players are not being dealt with by their teams or the league (or refs). It seems to me the league feels like any other beer league some nights. You take your chances out there. (KWallace dec 2017)

I've played in a lot of leagues and I always thought it best to have have a Division 1 and Division 2. Division 1 would be for the ultra competitive guys who can't seem to get it that most of us are just out for fun. Division 2 would be for those of us who are out for fun and a good competitive game, but are playing against teams of more or less equal skill level. I would also think a Division 3 would an interesting idea. This would be a step above shinny and if a game was tilting a certain way, swapping players would be allowed to even things out. (GordieC, feb 2018)

"There is a long-standing tension about the purpose of the league - from what I understand from with the guy who ran it for 25 years (Hugh Hoyle), a big part of the rationale for prime ice time and reasonable prices was that it was primarily a social league to allow faculty, staff, and older students to get to know each other. I've heard there used to be a pretty effective draft process where new players played through one round and then became free agents. I think there was also some movement of players between teams to even things out (I actually started with the Falcons).

Since Hugh retired, there has been no one with a strong rationale to run the league independently and there was strong pressure for campus rec intramurals to take it over. In fact, we almost lost the league a few years ago because some in admin felt everything campus rec should be geared to students and we often had teams with only 8 players so it was perceived as an inefficient use of prime ice time. We managed to save the league (and 22 games with consistent times - unlike normal intramurals) by reminding people that we weren't just an insider club of fairly high-skilled guys but open to students and women and people of various levels on campus. We also made an effort to ensure teams had more participants to avoid bad optics of few participants in prime time.

Personally, I think we're not out of the weeds with perception and I suspect that we're actually making it worse for ourselves by ramping up the competition that discourages a lot of medium level players and women from sticking around. I know of at least 3 women who tried the league and enjoyed it for the most part but just felt the intensity from some teams and players was just a bit much. To be honest, I also know of many guys who have gradually left the league over time for exactly the same reasons - they just didn't feel the risk of injury (however small but often present due to some players) was worth it.

Personally, I still care about the league primarily as a vehicle for networking and socializing in the UAlberta community as widely as possible. I try to channel my competitive nature into doing what I can do within the constraints of whoever comes out on a given night on either team and, importantly, try to avoid getting injured. I tend to try to make quick passes rather than carry the puck through and get hacked. I know it's not always the best strategy for winning.

I do get grouchy when teams do whatever it takes to win (e.g. recruit players who are way better than everyone else, berate the refs, give cheap shots, and generally are poor sports) and when we get overwrought in the heat of a game and forget why most of us play. I feel most comfortable when everybody feels welcome to come out when they can and that we deal with whatever lineup we happen to have on a given night against whatever the other team happens to have. DavidS, Feb 2019)

I just wanted to let you know how fun it is to come out and play with this team in this league, and how fortunate I feel to have been asked. I share your views 100%. It is too bad that some bad apples can paint the league in a poor light and scare off people just looking for a recreational activity to get some exercise and enjoy the company of teammates with a common bond, being the UofA. (SheldonR Feb 2019)

I too am concerned about the direction the league has been taking over the past few years. It has become overly competitive, chippy and after last night, injury is also a worry. It sure takes the fun out of the game. Particularly Andrew being run into the boards head first and guys throwing punches in front of our net. I can remember when some players got mad if you lifted their stick, things have changed. I appreciate your work behind the scenes, talking to other people involved in the league and co-captaining with Barry. I'm not sure what, if anything can be done to improve things, we are obviously not all on the same page. I compare it to a nuclear arms race that is out of control. It definitely discourages medium-level players from participating. (AIS, feb 2019)

I would not support a 3 goal rule since I think it only addresses part of the issues. With Miche (sp?), he doesn't score much but he arguably controls the game more than anyone else in the league. ... On the other hand, I can certainly see the issue if teams are bringing out ringers who are not directly connected to the U of A.(ALeach, feb2019)

In 2021, the league started up again after the covid pandemic but the number of people wanting to play in the league did not recover so the league was reduced to 4 teams and the Methuselahs folded and some players joined the PreCambrians (e.g. Al Schmit, Sheldon Roth, and Dale Kirkland) while some joined other teams who were short players (e.g. David Sulz to Baad Boys).

In January 2022, a wrap-up gathering was held at Royal Pizza. Attending were Al Schmit, David Sulz, Eric Spink, Garnett Workun, Greg Goss, Keir Hammer, Kevin Wallace, Michael Splinter, Peter Bailey, Royce Johnson, Sheldon Roth, Troy Janzen. Some accumulated money in the account was also donated to UAlberta Campus Food Bank and Kidsport.

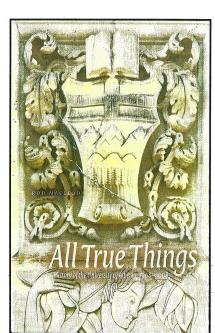
Articles / Extracts

1) Macleod, R. C. All True Things: A History of the University of Alberta, 1908-2008. University of Alberta Press, 2008.

Preface

IN A CURIOUS WAY, this book has its origins in hockey. I played the game until my high school years but left it while I was absorbed with finishing my education and raising a family. Although I was never a skilled player (as my teammates and opponents will surely attest), I loved the game, and in the 1980s I began to play pickup hockey on a fairly regular basis. About that time, Hugh Hoyles at U of A Campus Recreation decided to start a league for players over the age of thirty-five ("oldtimers" in hockey parlance). The league was open to anyone on campus—academic and non-academic staff, sessional and visiting lecturers, and students. The six teams were put together more or less randomly, and our original group came mainly from Arts and Faculté Saint-Jean. Two of our originals were English professors, and the name we chose for the team was the Stone Angels. Students of Canadian literature will understand the reference to the Margaret Laurence novel.

As people moved on, the team acquired a more diverse membership, adding at various times physicists, biochemists, a stage carpenter from the Drama Department, a Law professor, the editor of *The Canadian Encyclopedia*, an engineer, and several physicians. I believe the team holds the record for the number of deans, having had two deans of Arts and one dean of Law; another of our number went off to become dean of Science at Victoria. Conversations with my friends from the team on and off the ice gave me a perspective on parts of the university that were completely unfamiliar to me. Much of the talk was the usual academic gossip and grumbling about the shortcomings of University Hall. A surprising amount of it, however, was about research projects, books read, politics, and public affairs. I often thought of it as an unusually wide-ranging multi-disciplinary seminar, always interesting and occasionally spiced with fierce



OVER 35 HOCKEY: A POST-SECONDARY

CAMPUS RECREATION OBLIGATION

A

PAPER

PRESENTED

TO THE

5TH ANNUAL WESTERN CANADIAN STUDENT INTRAMURAL

CONFERENCE

CALGARY, FEBRUARY 1ST, 2ND & 3RD, 1985

BY

GEORGE COCHRANE

GUY DELORME

KEN RONDEAU

A. INTRODUCTION

As you know there are two main elements necessary for a University to survive. One is the students and the other is the staff. Most Campus Recreation programs are directed mainly toward the students. There are more and more staff and older students getting involved in some type of physical activity. At the University of Alberta we have implemented Campus Recreation activities specifically for the staff and older students in addition to what we would like to think is an already varied program for a 23,000+ student body.

B. A BRIEF HISTORICAL BACKGROUND

One such program for staff and older students is the "Over 35" hockey program. This program officially came into existence in January 1983. Discussion of "Over 35" hockey began in the summer of 1982. There was only one team interested in playing at this time. Publicity about the program was circulated around campus in a university newsletter called FOLIO in the late fall of 1982. By January 1983 there was sufficient enough interest to form two more teams. The players met, had a practice and were divided up into teams. There was another team formed in the Faculty of Geology and a four team league was created in January of 1983. Ice time was arranged at the University arena for every Wednesday night and that is when the teams played. The games were one hour long.

In the fall of 1983, there were more players and another team was formed.

There were now 5 teams and 3 slots of ice every Wednesday night. In January, 1984 another team was formed and the league operated with six teams. Each team played every Wednesday night.

Currently the league is still operating with six teams. The league is open to faculty, staff and students, over 35 years of age. However, at the present time, there isn't room for any more teams, due to ice time constraints. There is also a waiting list of players who want to play in the league. The only way

the league could expand would be to move to arenas off campus.

C. THE PHILOSOPHY OF THE PROGRAM

At the University of Alberta we feel our mandate is to offer Campus Recreation activities to the total University Community, not just to the students, therefore we feel we should offer a wide variety of programs which includes all age groups. Thus, our focus is not totally directed to the younger students. There is currently a change in the average age of the general student population at Universities today. Also there is an amazing increase in not only oldtimer hockey participation but in the active participation of people over 30 years of age.

We, at the U of A, feel that integration between students and staff is an important part of University life. We offer many other programs which involve students and staff participating together. We have sports clubs involving students and staff, we have aerobics classes, we have Co-Rec Volleyball where staff and students are integrated, to name a few. One program which involves staff and student integration is the Staff Fitness & Lifestyle program. This is a program designed for staff members, however, students can sign up in this program if staff does not fill it up. There was a concern that the staff might look down at the students and not want to be involved with them, but that has not been the case. The "Over 35" hockey program allows older students and grad students to integrate and participate with some of the staff on Campus. However, we are being cautious with our "Over 35" hockey program. We cannot let it get so big that it starts to interfere with the hockey program for our students. Even though there are more programs and more physical activities opportunities for staff members, it is the students who make up the majority of the University population and that is where we want to aim most of our Campus Recreation programs. However we feel it is important to offer programs such as "Over 35" hockey to allow the staff an opportunity to participate in our program and to also integrate with the students.

D. THE ADMINISTRATION ASPECTS OF THE OVER 35 HOCKEY LEAGUE

An important aspect of this activity is the administration. It is frustrating for students to deal with registration, paying the fees, filling in questionnaires, meeting with other students to do evaluations, getting the appropriate information from the administration. How do you think grad students, staff and academic staff behave when they have to go through all these steps? They probably feel the same as the undergraduate students, But in a recreational league it is important to avoid such bureaucracy. In "Over 35" hockey the emphasis is on communication. The participants in the league are really busy. The use of a preseason and end-of-round-robin-tournament newsletters are really adequate.

In the pre-season newsletter we remind the participants of the rules:

- Only the authorized users of the facility older than 35 years of age may participate in the league.
- the use of the Canadian Oldtimer Hockey Association rules.
- no hits, no slapshots.

We also invite them to participate in a pre season conditioning program.

This program is divided into three parts: the PAR-Q; dryland training and on-ice practice.

The PAR-Q (a Physical Activity Readiness Questionnaire) helps the coordinator of this pre-season training to organize the program in function of specific needs. If a participant had previous physical or heart troubles, he will be asked to assure the Campus Recreation office (with a physician's note) that he could participate in the activity.

The dryland training is designed to supply the basic exercises to reach a general physical fitness and to keep a certain standard during the season. This program is offered by the Staff Fitness & Lifestyle section of Campus Recreation under the direction of Dr. Art Burgess.

The third component is the on-ice session. The participants learn and/or review basic skills (such as face-offs, backward skating, defensive actions) under the supervision of the Golden Bears hockey team coaching staff or players.

We remind them of the fee of \$20.00 to cover expenses such as equipment, officials, timekeeper and equipment room staff.

At the end of a round robin tournament, a newsletter is sent to inform players of the final standings and the review done by the league's council.

This council is formed by two representatives from each team, the Campus Recreation Coordinator, the administrative assistant and the student administrative assistant. They discuss disciplinary cases. They look at the type of penalties involved during the games and agree on general principles. For example, certain members noticed, after the first round robin, there was a lot of high-sticking, and cross-checking. The council agreed to have the student administrative assistant compile the penalties and give a notice to the team representative if a player reaches 10 minutes in "aggressive" penalties. Another concern of the council is the equality of the teams. It is important because the main reasons for the existence of the league are fitness, friendship and recreation. Of course you cannot avoid the rivalry between certain teams. This 'rivalry' is shown by the purchase of teams' sweaters representing the particular characteristics of the unit. This is the most serious demonstration of teams conflicts!

As any other sport activities, the social aspect is really important. After the games, the players like to get together, talk about their exceptional performance. They will have the same opportunity at the end of season banquet organized by the players. At that function, various awards will be presented to underline 'personal on-ice habits and recognize the efforts'.

E. A VIDEO-TAPE PRESENTATION SHOWING THE PLAYERS PARTICIPATING FOLLOWED BY A FEW INTERVIEWS

F. THE BENEFITS OF HAVING AN OVER 35 HOCKEY LEAGUE IN A CAMPUS RECREATION PROGRAM

- Increases visibility of the Campus Recreation across campus at the facultystaff level and within the home faculty of P.E. & Rec.
- Increases support for other faculty programs from intercollegiate activities to summer camp programs to non-credit instruction.
- 3. Emphasizes recreational activities.
- 4. Allows the participant to increase personal fitness and at the same time have fun.
- Allows for opportunities for socialization with team members before and after games.
- 6. Promotes inter-faculty relations eg. "The Arts prof. finds out that the Chem. prof. is not such a bad guy after all!"

APPENDIX

UNIVERSITY OF ALBERTA

CAMPUS RECREATION - MEN'S INTRAMURAL PROGRAM

"OVER 35 HOCKEY LEAGUE" 1984-85

BRIEF DESCRIPTION: This hockey league has been organized by Campus Recreation to allow students, staff and faculty members to participate in a brand of hockey suitable to their abilities and physical fitness levels. The league will use normal hockey rules but there will be no hitting at all and slapshots will not be allowed.

ELIGIBILITY:

- All full-time students who are 35 years of age or over.
- All AASUA members who are 35 years of age or over and who have a "User" card.
- All NASA members who are 35 years of age or over and who have a "User" card.
- "AASUA members" may obtain their "User" cards at the AASUA office in Athabasca Hall.
- "NASA members" may obtain their "User" cards at the NASA Office in Campus Tower, 8625-112 Street.

SOME DETAILS ABOUT THE 1984-85 OVER 35 HOCKEY LEAGUE

1) ENTRY DEADLINE: There will be 2 deadlines depending on the category an individual falls under:

FIRST DEADLINE IS WEDNESDAY, SEPTEMBER 26TH, 1984 @ 1:00 P.M. AT THE CAMPUS RECREATION GREEN OFFICE FOR ALL "NEW" PEOPLE. 1e those who have not played before and who have not been approached by any of the current teams.

SECOND DEADLINE IS THE NIGHT OF THE TEAM'S FIRST PRACTICE EITHER WEDNESDAY, OCTOBER 3RD OR WEDNESDAY, OCTOBER 10TH. This deadline will be for all those who have played in our Over 35 league in the past and for those people who are new but who have been approached by one of the current teams.

2) REGISTRATION/PAR-Q FORM - To speed up the process we are enclosing a form that you can fill out before your particular deadline - if you lose it don't worry we'll have more available at registration time.

The PAR-Q section (PHYSICAL ACTIVITY READINESS QUESTIONNAIRE) is designed to identify if anyone has a medical problem. We are sure nobody has but it is in both parties interest to fill in the form.

N.B. Those who participated in the Pre-Season Conditioning Program will have already filled one out so will not have to do this again.

Those who will be registering during either the October 3rd or October 10th practice session please DO NOT SEND THE REGISTRATION/PAR-Q FORM in the mail; simply bring it with you to the practice.

3) \$20.00 fee in 1984-85 - In order to help with referee and equipment costs we are going to have to assess a \$20.00 fee per participant. Again this is to be paid when you register. DO NOT SENT IT BY MAIL. We will accept cheques or cash. Please note that this fee does not fall under the FEE REMISSION scheme of the AASUA as it is not a course.

4) PRACTICE/REGISTRATION TIMES

There will be two evenings set aside for practices so everyone will get a good skate.

WEDNESDAY, OCTOBER 3RD - U of A Arena

8:15 p.m. - 9:15 p.m. - STONE ANGELS 9:30 p.m. - 10:30 p.m. - PRECAMBRIANS 10:45 p.m. - 11:45 p.m. - METHUSALAH'S

WEDNESDAY, OCTOBER 10TH - U of A Arena

7:00 p.m. - 8:15 p.m. - GOLDEN OLDIES 8:30 p.m. - 9:45 p.m. - RETREADS 10:00 p.m. - 11:15 p.m. - BYGONES

5) PLAYING TIMES: The Over 35 Hockey League will commence on Wednesday, October 17th, 1984. All teams will play that evening and every Wednesday evening thereafter. Game times will be 7:00 p.m.; 8:15 p.m. and 9:30 p.m. The schedule will be mailed to all people during the week of October 9th. It will be so structured that every team will get its fair share of early and late games.

6) ACTUAL SCHEDULE AND "DRAFT PICKS"

As was agreed upon at our "Over 35" Council meeting in the spring and later at the Faculty Club this summer all "new" players will go to the Bygones to start with. We will play one round robin (Oct. 17, 24, 31, Nov. 7, 14) then assess what we have. The Council will decide how any inequalities (if any) will be handled.

7) BEARS DEN POST GAME SOCIALIZING - This will begin on the first night of the league i.e. Wednesday, October 17th. For newcomers this aspect of the league is most enjoyable. After your game you and your teammates may adjourn to the Bears Den (overlooking the rink) and enjoy refreshments and camaraderie.

8) **EQUIPMENT**:

All equipment, except sticks, skates and athletic support is supplied upon presentation of a student identification card or 'user' card (the card must be the bearer's). Goalie sticks must also be supplied by the individual.

Personal helmets may be used if they are C.S.A. approved. Goalie helmets and masks mandatory.

Skate heel guards are compulsory for participation in Intramural Hockey.

Hockey equipment can be drawn from the Intramural Hockey equipment room north coridor of rink starting 1/2 hour prior to game time.

9) GAME PROCEDURES:

- Each game will be 55 minutes in length.
 First period 15 minutes (straight time)
 Second period 20 minutes (straight time)
 Third period 20 minutes (last three minutes are stop time)
- 2. No overtime play in case of ties.
- 3. All penalties will be stop time in duration, but the game clock will continue to run except during the last three minutes of the game.
- 4. The game clock will commence at the scheduled game time.

Normally a maximum of twenty (20) players dress per team. (The intramural program has 20 sets of equipment for each team that is scheduled to play).

10) INJURY PROCEDURES:

- In case of injury, the player concerned (if injured party is unable, a teammate should comply) must assist timekeeper to complete an ACCIDENT REPORT FORM. If an ambulance is required for injuries of a serious nature, the timekeeper will contact the U of A Campus Security at 432-5252 to have injured party taken immediately to the Emergency Ward of the University Hospital. A private vehicle can be used for minor injuries.
- b) TEETH INJURIES The University of Alberta no longer covers teeth injuries. However if a person would like to get a mouthguard fitted, he may go to the University Health Services Building (111 St. & 87 Ave.) on any Friday morning between 8:30 a.m. to 11:30 a.m. Faculty and staff are advised to check into their dental health plans regarding teeth injuries.

11) QUESTIONS??

Please direct them to Hugh Hoyles, Campus Recreation Coordinator, Room W1-08, P.E. & Rec. Centre

UNIVERSITY OF ALBERTA - CAMPUS RECREATION

OVER 35 HOCKEY LEAGUE

SCHEDULE FOR THE REMAINDER OF THE 1984-85 HOCKEY SEASON

- TEAMS: 1. RETREADS
 - 2. BYGONES
 - 3. METHUSALAH'S
 - 4. PRECAMBRIANS
 - 5. STONE ANGELS
 - 6. GOLDEN OLDIES

WEDNESDAY, JANUARY 9TH

7:00 p.m. - STONE ANGELS vs PRECAMBRIANS

8:15 p.m. - BYGONES vs RETREADS

9:30 p.m. - GOLDEN OLDIES vs METHSUALAH'S

WEDNESDAY, JANUARY 16TH

7:00 p.m. - PRECAMBRIANS vs RETREADS 8:15 p.m. - METHUSALAH'S vs STONE ANGELS

9:30 p.m. - BYGONES vs GOLDEN OLDIES

WEDNESDAY, JANUARY 23RD (GAME TIME CHANGES DUE TO WOMEN'S INTRAMURAL HOCKEY)

9:30 p.m. - BYGONES vs PRECAMBRIANS (Rescheduled from December 5th) 10:45 p.m. - RETREADS vs METHUSALAH'S (Rescheduled from December 5th) (GOLDEN OLDIES & STONE ANGELS DO NOT PLAY ON THIS EVENING)

WEDNESDAY, JANAURY 30TH

9:30 p.m. - GOLDEN OLDIES vs STONE ANGELS (Rescheduled from December 5th) (BYGONES, PRECAMBRIANS, RETREADS & METHUSALAH'S DO NOT PLAY THIS EVENING)

* * END OF 2ND ROUND ROBIN

SCHEDULE FOR 3RD ROUND ROBIN 1984-85

WEDNESDAY, FEBRUARY 6TH

7:00 p.m. - GOLDEN OLDIES VS RETREADS

8:15 p.m. - STONE ANGELS vs BYGONES

9:30 p.m. - PRECAMBRIANS VS METHUSALAH'S

WEDNESDAY, FEBRUARY 13TH

7:00 p.m. - BYGONES vs PRECAMBRIANS

8:15 p.m. - RETREADS vs METHUSALAH'S

9:30 p.m. - GOLDEN OLDIES vs STONE ANGELS

NO GAMES ON WEDNESDAY, FEBRUARY 20TH BECAUSE OF READING WEEK

WEDNESDAY, FEBRUARY 27TH

7:00 p.m. - METHUSALAH'S vs BYGONES 8:15 p.m. - PRECAMBRIANS vs GOLDEN OLDIES 9:30 p.m. - RETREADS vs STONE ANGELS

WEDNESDAY, MARCH 6TH

7:00 p.m. - STONE ANGELS vs PRECAMBRIANS

8:15 p.m. - BYGONES vs RETREADS
9:30 p.m. - GOLDEN OLDIES vs METHUSALAH'S

WEDNESDAY, MARCH 13TH

7:00 p.m. - PRECAMBRIANS vs RETREADS 8:15 p.m. - METHUSALAH'S vs STONE ANGELS 9:30 p.m. - BYGONES vs GOLDEN OLDIES

** END OF 3RD ROUND ROBIN **

On WEDNESDAY, MARCH 20TH and WEDNESDAY, MARCH 27TH the teams will be all mixed up and the two evenings will be devoted to exhibition games to end the season. The Over 35 Nockey Council will make the decision as to how the teams will be set up for these two evenings of exhibition play.

UNIVERSITY OF ALBERTA - CAMPUS RECREATION

"OVER 35" HOCKEY LEAGUE COUNCIL

MINUTES OF MEETING OF MONDAY, DECEMBER 3RD, 1984
HELD AT THE
FACULTY CLUB, 12:00 NOON TO 1:00 P.M.

ATTENDANCE: Donald Jorgensen, Dave Mitsui (BYGONES)

Jack Lerbekmo, Al Stelmach (PRECAMBRIANS)
Rod MacLeod, Paul Dube (STONE ANGELS)

Jim Creechan (RETREADS)
Joe Daniel (GOLDEN OLDIES)

Darrel Craigs, Hugh Hoyles (METHUSALAH'S)

1. ASSESSMENT OF LEAGUE TO DATE

It was felt that a few changes had to be made to balance the teams. Decision was to go to the waiting list, allocate players from it, and then see how things "shaped up". Three players, all of a fairly high calibre comparatively speaking, were designated teams.

BRIAN NORD - to play with the Golden Oldies. BEN EASTWOOD - to play with the Bygones. RUSS DMYTRUK - to play with the Retreads.

It was also noted that there is a possibility that one defenceman from the Methusalah's might have to move to another team should things not balance out as a result of the addition of the above 3 players.

Another special meeting of the Over 35 Hockey Council will be convened when and if necessary.

2. THE CANADIAN OLDTIMERS HOCKEY ASSOCIATION SITUATION

There had been 15 players (see attached list) who had indicated some interest in playing hockey at other times in addition to the regular Wednesday play.

Jim Creechan will contact these people and endeavour to get together with them during the next few weeks.

Also, a letter from the Fairview Oldtimers Hockey Tournament organizers (Calgary, Alberta) was circulated inviting a team or OVER 40 years olds from our league to play in a tournament in Calgary on February 15th, 16th, 17th. Bob Wilberg, from the Methusalah's, had actually received this invitation and has suggested that we act on it fairly quickly if a representative group from our league wanted to go.

If you are interested, and over 40 years old, please phone the Campus Recreation Office at 432-2555 before Friday, December 14th. Bob will carry the ball from there if there are enough players. The invitation letter is attached.

3. REMAINDER OF SCHEDULE (see attached blue sheet)

Since the 3rd Round Robin will not be finished until March 6th and we only have ice until March 27th, it was decided that we will use the last 3 Wednesdays of the season (March 13th, 20th, 27th) to mix up all the players

for "fun" scrimmages much like the hockey this past summer. More about this in the New Year.

It was interesting to note that the idea of year-end playoffs was not generally supported - more people felt the year end scrimmage was a better method of finishing things off.

4. SOCIAL COMMITTEE FOR A SEASON-END GET TOGETHER

Darrel Craigs of the Methusalah's will head up a committee to set up a party for the season end. More details will be forthcoming.

5. PEOPLE PARTICIPATING ON OVER 35 HOCKEY TEAMS AS WELL AS ON REGULAR MEN'S INTRAMURAL HOCKEY LEAGUE TEAMS

It was pointed out that people playing on both an Over 35 Hockey league team and on a regular intramural hockey league team really should not be doing so.

The rationale was simply that students cannot play on more than one hockey team in the intramural leagues why should a faculty or staff member be allowed to? (one student had complained when he had learned that a staff member was playing on both an over 35 team and an intramural team).

It was correctly pointed out that if our OVER 35 hockey league was off campus (using other facilities) then there would be no problem. However, since we are both (OVER 35 and INTRAMURALS) using the U of A Arena both groups should function similarly. It is unfair to allow people to play on both an over 35 hockey team and an intramural team when students are only getting 5 or 6 games a year in for intramural league.

It was agreed that effective in the New Year (January 1985) players would have to make a choice of which league they would play in.

MEETING WAS ADJOURNED AT 1:10 P.M.