SPORTS

V-Reds men's soccer team wins long-awaited AUS Championship



Jonathan Hudon /*The Brunswickan*

UNB Varsity Reds goalie Justin Lally makes one of many midair saves in UNB's game against SMU on Sunday. SMU's single goal against Lally in the last few extra minutes of the game was the only goal he let go in all three of this weekend's AUS playoff games. After a strong season with 9 wins, only four losses, and two ties, the Reds look forward to competing in the CIS nationals at the Univversity of Alberta in Edmonton this Thurdsay. "This was the reason I came back for a third year,," says captain John Fish. "We're playing the best soccer of the year right now, conceding only 2 goals in the last 8 games. We've been working really hard and it appers tht we finally got it right."

Kayaking surfing does the Lawrencetown Surfdown

by David Arthurs

Here's the deal: I'm willing to avoid saying 'sick' and 'progressive' if you're willing to put down the Mountain Dew and turn down the Swollen Members. This is not a permanent contract, just a couple of precautions to prevent any sort of extreme-overload-comatose that may ensue from reading this Extreme article.

Image aside…let us begin.

A couple of paddlers from the UNB kayak club ripped it up at the annual Lawrencetown Surfdown last weekend. The Surfdown is an unofficial kayak-surf competition, initiated in 2004 at the world class surf spot: Lawrencetown. In a new twist to the third annual event, organizer Dustin Barker opened the competition up by eliminating registration fees and club memberships, and ultimately, making sure that anyone willing to face the surf was allowed in.

If you have never heard of the Surfdown, don't feel bad, you have a mountain of factors working against you. While we cannot tackle them all today, a soothing kayak massage can knead out a couple knots, and, at the very least, give you some butterflies to ride out.

While other East Coast paddling events, like the annual spring time Reversing Falls Red Bull Competition, have found their name through a more competitive, point-pushing and result-oriented style, the Lawrencetown competition basically evolved into a free ride event "by the paddlers and for the paddlers." The format is pretty simple: go out and surf as much as you can, and the paddlers will judge who throws the best 'freestyle' trick of the day and who receives the worst beat-down of the day.

The event was planned for Saturday, but because Saturday's surf had no height and the set was too close, it was postponed to Sunday. The paddlers must have prayed to Poseidon in their sleep, because when they arrived at the beach Sunday morning, the Ruler of the Sea was hurling heavy winds and spitting 20-foot waves to the shore.

While conditions like these are a surfer's paradise, it makes things a little trickier for kayak surfing. Because your torso is so much out of the water, wind makes for a heavy resistance when attempting to paddle out to the break. Rather than fighting with the wind all day to get past the break at Long Beach Point, the paddlers moved the competition to the more isolated spot: Subdivision Break, making the wind less of a factor.

From the shore perspective at Subdivision Break, you can see at least eight wave sets crashing before you, all of which look surfable. Attempting to gain this perspective while in your kayak, sitting well below the height of the waves, is like wearing magnifying glasses to read a billboard right next to you: it doesn't work and you look like a chump doing it. Basically, the aim, from the time leaving the beach to the first 10 minutes in the water, is to kayak out past the break to set up your perspective. Once set up, it's game on to choose the perfect wave to ride into shore.

Kayak surfing in the ocean is in many ways similar to kayak surfing on a river. The goal of both ocean and river surfing is to catch a wave in your kayak and to either: ride out the wave by carving down the wave face in a front surf - 'soul surf style,' or to huck an aerial move off the wave by using the wave face as the launch pad off of which you throw your kayak - 'rodeo-style.' The main conceptual difference between river and ocean surfing is the wave-to-water dynamic. So, while in both cases your kayak stays with the wave, in ocean surfing the wave location moves relative to the water, while in river surfing, the water moves relative to the wave.

Dynamics didn't make much of a difference to the competitors. River boaters, kayak surfers, creek boaters…you name it, they showed up, ready to impress. Roughly 20 people got out to surf and make an attempt at the titles. Most memorable would be the 'best beat-down' of the day, which went to Mark Richard, who, after breaking his paddle, received a vicious 20-minute thrashing, 80 meters out. Luckily, the infamous father and son duo, Harold and Tim Cox, managed to pick up the pieces on a third rescue attempt and get Richard to shore.

A few experienced paddlers were able to get access to the bigger waves to throw some aerial moves. Biggest trick went to Chris Eager for an impressive blunt (essentially, whipping the tail end of your kayak around out of the water and ending in a back-surf on the wave). Need a visual? Picture Donald Duck standing up, doing an 80 degree turn and then sitting back down. Now picture what Donald's butt would look like if the series of movements were fluid. A blunt in a kayak basically mimics the motion of Donald's bum. While aerial moves impress the judges, there is something that appeals more to the paddlers than points. For paddlers, it's like being let in on a giant secret. Nothing beats the feeling of being allowed into that infinite split in a moment in time. You are there, at the ideal spot, past the moment of catching a wave and before riding down its face. Perfection.

While most of the paddlers will retire now to the slopes for the winter, next spring's winter run-off should make for some steep creaking and crazy rivers. Get ready for it by going to UNB's kayak club, held Tuesday nights at 8 p.m. at the LB Gym pool… you have all winter to prepare.

What's on

Basketball (M)
StFx @ UNB. Fri. @ 8 pm. LB Gym.
UNB @ UPEI. Sun. @ 4 pm.

Basketball (W)
StFx @ UNB. Fri. @ 6 pm. LB Gym.
UNB @ UPEI. Sun. @ 2 pm.

Hockey (M)
UPEI @ UNB. Fri. @ 7 pm.
UdeM @ UNB. Sun. @ 7 pm.

Hockey (W)
UNB @ SMU. Sat. @ 3 pm.

Soccer (M)
CIS Championships. Thurs-Sun. UofA.

Volleyball (W)
DAL @ UNB. Sat @ 2 pm. LB Gym.



Fish oils? Who knew?

by David Arthurs

You know how you can go your entire life without hearing a specific word or idea, then you hear it just once and all of a sudden it's all over the place? Well here's one for you - and pay attention because you'll be hearing lots more about it in the news if you haven't already. Are you ready for it? Heeeeere we go… It's - surprise! - fish oil.

Studies centre on its high Omega-3 content. Though this fatty acid is essential to proper functioning of the brain and body, it can't be synthesized internally, so it has to be consumed. Unfortunately, the Western diet is exceedingly low in Omega-3 from natural sources. Instead, most of our food is high in Omega-6 - another essential fatty acid that's found mainly in vegetable oil. With all the vegetable oil we consume, it's too bad Omega-6 is no substitute for Omega-3.

This lack of Omega-3 is associated with a slew of health problems. Most notably - and it's the number one cause of sudden death in North America - heart disease. Heart attack victims are now recommended to begin a daily regimen of fish oil. The supplement helps regulate cholesterol levels which, in turn, helps prevent future cardiac arrest.

Newer research is revealing the extraordinary effects Omega-3 can have on the brain. In one particularly dramatic example, British prison administrators upped the Omega-3 content of their inmates' diets. During the trial, they noted a decrease in homicide rates across the board. That's something not even additional guards could achieve.

Closer to home, researchers in North America have advocated fish oil as a treatment for attention deficit disorder and depression… and anxiety, sleeplessness, and sexual dysfunction. It seems the old saying about fish being food for the brain is scientifically accurate.

The belief - though it hasn't been confirmed yet - is that Omega-3 assists growth in the frontal cortex. That's the area of the brain responsible for judgement and behaviour, among other crucial functions. Think of Omega-3 as creatine for your grey and white matter. Only without any of the nasty side effects. Not too bad a deal for something that costs $10 for a month's supply, eh?

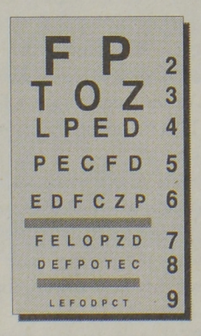
So, if you're interested in trying some fish oil, you can pick it up at pretty much any supplement merchant. It's available as triple fish oil, salmon oil, and other variations. Though it's recommended that you avoid cod liver oil due to its high vitamin A content. Take note: this vitamin is fatal at high doses. With regards to fish oil in general, I advise taking one or two pills a day to start. This is speaking from personal experience; the stuff can mess you up if you take too much. And not in a good way, either. Yes, it's really that potent.

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