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Join the Team... if You've Got the Stuff, We've Got the Life! THE CANADIAN COAST GUARD COLLEGE Put some colour into your future: sea green, sky blue, and Canadian Coast Guard red and white. The Canadian Coast Guard College needs men and women with ambition, with mathematical and physics skills, and who know how to handle a challenge. A limited number of men and women are accepted each year for demanding programs in navigation and marine engineering. The Canadian Coast Guard College four year program is tough, but it pays off with a colourful career. • Free tuition, school expenses paid, and a training allowance. • Guaranteed employment in your field after graduation. • Valuable, practical experience while attending college. • Modern private rooms, equipment and facilities for academic, physical and social activities. THE EXPERIENCE OF A LIFE TIME! Joignez-Vous a Notre Equipe... Nous Sommes La Pour Vous! LE COLLEGE DE LA GARDE COTIERE CANADIENNE Mettez des couleurs dans votre vie: celles de l'eau et du ciel, avec le rouge et blanc de la Garde cotiere canadienne. Le College de la Garde cotiere canadienne a besoin d'hommes et de femmes ambitieux, forts en mathematiques et en physique, et d'brouillards. Un certain nombre d'hommes et de femmes sont rejets chaque annee a nos programmes de navigation et de mecanique maritime. Les quatre annees de formation au College de la Garde cotiere canadienne exigent beaucoup mais assurent une carriere sans pareil, 'Aucun frais de scolarite, depenses reliees a la formation toutes payees et allocation.' Emploi garanti dans le domaine d'etudes. ' Experience pratique et avantageuse pendant le sejour au College. • Chambres privees, equipement et installations des plus modernes pour les activites scolaires, sportives et sociales. UNE EXPERIENCE INOUBLIABLE! Do you think that's true?) No. Well, when I was small, like really small, it's always the girl who's usually stronger. But now I'm finding out all the boys are starting to get big.' I used to be always the big one'. But now they're all getting bigger than I am, and stronger. (Are you able to give them real competition?) Oh, sometimes. It's kind of discouraging, though, in a way. 'Cause you've been beating these boys. And then all of a sudden they come back and beat you. It's hard. (Do you think of it as a form of self-defense?) Not really. I find judo's more of a defense than defense. It would be a lot easier for me to go out and throw you. If you were trying to come at me with a knife--my judo probably wouldn't help me all that much, (So you're not thinking of it as a way of giving yourself a little defense in the world?) Not really. If I wanted to hurt somebody, I probably could. But, I don't know, I don't have, really, a way of protecting myself, if somebody's coming at me, Before I joined judo, I was in figure skating. I was in that a lot. And then that got kind of expensive, so I went to judo. And it's just right close to me. And I heard a lot of good things about it, I heard how much fun it was and everything. (Did anybody suggest to any of you that maybe judo isn't a good idea as a sport for a young woman?) Yeah, I heard that a lot. Just friends, and that. They'd say, "You're doing judo? A girl?" They all thought it



was punching and kicking and everything. I wanted to try it, and see what I thought of it. And I enjoyed it, Carrie MacDonald, Judique: (How do you train yourself, Carrie?) Well, I go to ju? do. We have two sessions a week in Judique, in our club. At the beginning, we have warm ups--we just do exercises. And then we do break falls and that. It's just a practice, when you get thrown, to show you how to land and that, so you won't get hurt. Alison: Carrie's involved in a lot of other sports, though, so she gets a lot of training out of that, Carrie: Basket? ball, volleyball, tennis, soccer, baseball. (How do you feel about your body after a workout like that? You've just been banged around by men as big as me. And then you were throwing quite a few around yourself. How do you feel after that?) Sore, (What do you weigh?) 88 pounds. (Is sore the on? ly thing you feel?) Yeah. Well, tired. (How about accomplished?) Yeah, When I can throw big people around. (Judo, karate--are all those the same thing?) No. Not even close, really. In ju? do it's mostly just throwing, and foot- BEST WISHES TO CANADA GAMES FROM