The Alberta Golden Bears were in top form last weekend, with two consecutive straight set victories over the University of British Columbia Okanagan Heat. The Bears got offense from all corners of the court last weekend, with Ryan Nicklifor and Riley Barnes each putting up 11 kills. The Bears seem to be bringing up to their billing to repeat their exceptional last season. Seeming otherwise primed and ready to contend for Canada West and CIS supremacy again, they will need to improve from their 28-error performance on Saturday in coming matches this season. The Bears will be on the road next weekend to take on the University of Saskatchewan Huskies and looking to improve their unbeaten record. — Mitch Sorensen

The Golden Bears soccer team bounced back from a terrible performance on the road against the Saskatchewan Huskies with two consecutive 5-nil shutouts against the University of Lethbridge Pronghorns last weekend. The second win was greeted nicely, as five different players on the team accounted for the six goals scored.

Bears vs. Dinos
Saturday, Oct. 18, 2014 Foote Field
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At the beginning of the year, if somebody had said the Golden Bears football team would be on the verge of a playoff spot heading into the final stretch of the season, they would have sounded insane.

But here we are. Three weeks to go and the team who came into the season winless since 2010 has the third best record in Canada West at 3-2. Alberta’s playoff quest will begin this Saturday at Foote Field against the Calgary Dinos as they come out of their Thanksgiving bye week. The Bears are technically undefeated against the Dinos this season, as they earned a 10-0 win in their season opener back on Oct. 5 — but they didn’t actually win 1-0. The Bears were embarrassed in their season opener at McMahon field by a score of 79-3. A few weeks later, the league found out that the Dinos used ineligible players, and awarded the Bears with a 1-0 victory.

Although a playoff berth is very realistic, head coach Chris Morris said the game plan hasn’t changed.

“Our game plan remains constant, we just try to win every game that we’re playing,” Morris said. “It’s just the biggest part is you making sure that we continue to progress as the season goes on.”

The Bears relied heavily on their running game to take down the Manitoba Bisons as they can for 271 yards during their last game. Sophomore running back Ed Bokoski put up an incredible performance, running for 113 yards and three touchdowns in the win.

But against Calgary, who boast the top running defense in the division, it’ll be a different story — the Bears are going to have to improve their passing game to crack Calgary’s rock-solid defense.

“We’re going to have to be very balanced against Calgary,” Morris said. “They’re a very good team so you can’t just do one thing against them. You have to take care to be balanced because they can really load up on what you’re trying to do.”

Quarterback Curtis Del only threw for 104 yards and one touchdown against the Bisons, but Morris said that’s all he needed to do.

“Del only passed for 104 yards because that’s what the game plan was,” he said. “We didn’t throw the ball very much last week, but I don’t think that was Chris’ fault. The throws that he had to make, he made.”

The Bears are also going to have to tighten their defense if they want to keep up with the Dinos. The Bears have allowed a league high 607.6 yards per game this season, as opposed to Calgary’s 366.6, which is tops in the conference.

“Obviously Calgary is as good as it gets in the country,” Morris said. “It’s one of those things where we’re going into the game and we feel we have to play at a very high level to compete with them.

“We welcome that opportunity, we welcome the chance to play against the very best. Hopefully we can represent ourselves a little better than we did last time we played them.”