

SPORTS PAGE

BASEBALL TIPS

Take It Easy at First Eat Right, Sound Advice

by Bill Richmond

In the following weeks I will bring to you a series of articles on tips designed to give ball players, managers and coaches any easy-to-read score-card on how to get the most out of the game. These words do not guarantee that I know everything about the game, or that you will become great players, all they do is provide you with some solid advice on how to use the talents you possess.



BILL RICHMOND

Advice to Young Ball Players

1. Body conditioning: Ball players should have a long sleeve sweat shirt, sweat pants, or baseball pants and a comfortable pair of spikes, for early practice. Loosen legs gradually, run and walk around the field, later wind sprints and hard short running. Throw close and easy at first, gradually moving back, being sure your arm is warm enough before fielding your position. Keep a jacket handy to guard against cold and sore arms. To avoid blisters wear clean cotton socks and use either tincture of benzoin or foot toughener.

2. Early season Training: Eat a good, balanced diet, get plenty of rest, stay away from alcohol and tobacco and report all injuries, however minor. You can develop strength through conditioning exercises, squeeze rubber ball to build up wrists, forearm and shoulders; push-ups on fingers to build up wrists forearm and shoulders; sit-ups

to build up abdominal muscles develop speed, practice quick starts like track men.

3. Develop pitching control: Use pitching strings or draw on wall or mat and use rubber ball.

4. Develop batting: Use a batting T with a heavy bat. This helps to develop a level swing bat control and good follow through and a comfortable stride.

5. Develop fielding: Use a tennis ball or soft rubber ball, stand a few feet in front of fielder, toss ball first at man and then on either side.

6. Ground balls and use of the glove: The fielder fielding the ball should use one hand only. Throwing the ball so that the receiver has to reach for the ball and return it with his glove by flipping the ball back with his gloved hand.

Second Tournament Win For Powerful Novices

Georgetown's Novice B team is building a record that would be any A bracket hockey club's envy.

They've entered two tournaments this year and have two championships to prove it.

The team, selected from Saturday Morning Hockey's Junior A League, copped the Newmarket Legion Centennial 'B' Hockey Tournament last week. Earlier this year they captured the Four Town Tourney in Fergus.

In the five tournament games, the Novice Bs were scored on just twice.

Three straight victories gave them the Newmarket title. They downed East Gwillimbury 2-1

Wednesday, Newmarket 2-1 Friday, and Lindsay 1-0 Saturday.

The team is handled by Chuck Tyler and coach Frank Connolly.

Two other Georgetown teams in the tourney registered wins before bowing out. The PeeWee Bs (American League stars) handled by John Knight and Ian Gosling, downed East Gwillimbury before losing to Orillia and the Bantams (Little NHL) handled by Mike George and Carl Petterson, beat East Gwillimbury and lost to Newmarket.

Midgets, coached and managed by Paul Robinson and Don Fendley, lost two games. They regularly play in the Senior League.

The High Cost of Playing

Ump Fees, Helmets Will Jump Minor Ball by \$100 Per Team

At its monthly executive meeting, the Halton County Association decide to retire its two oldest trophies in Tyke and Juvenile ball, and replace them with two new ones in memory of Clarence Ridall of Milton and Pete McMullen of Milton in that order.

When the present executive were honouring their past life members and re-hashing the good old days, they were quickly brought back to the present when they were informed by their OBA executive member, Len Andrews, that the high cost of living has even affected minor baseball.

At its annual meeting in Hamilton, the OBA made it mandatory for all base runners as well as batters to wear hard hats. This will cost the individual teams roughly \$35 each. This coupled with the \$300 per game umpire fee invoked by the HCBA last month, raises the total cost to about roughly \$100 per team or \$500 to an association such as Georgetown's. This leaves most minor associations like Georgetown's frantically digging deeper for more loot.

Halton Minors met in Milton on April 5th to discuss their team entry and rule changes for 1967. At press time Bramalea and Erindale had dropped out due to lack of finances. Fergus, Brampton and Milton were still in default of their umpire fees for 1966.

President Bill Richmond explained to the executive an account of the backroom fighting which occurred when Hamilton Baseball Ass'n. attempted to have the Dundas, Ancaster, and Stoney Creek areas incorporated into theirs. But Hamilton were backed to the wall by Hamilton County when they accused Hamilton of out-and-out raising and threatened to eject

Try a Herald Classified

TRAILERS FOR RENT
Brand New 15 Ft. CORSAIR MODELS
Sleep 6, fully equipped, hitch, mirror and insurance supplied. \$45 per wk.

TOM'S USED CAR SALES
118 Guelph St., Georgetown
For Bookings ph. 877-9473 or 877-6105 Sundays Incl.

MAKE A SMART MOVE

IF YOU'RE MOVING THIS SPRING RENT A **TILDEN** Van or Pick-up

By the Hour... Day or Week

— call —
Andrew Murray MOTORS
61 Guelph St. 877-4272

Extra \$5,000 Grant To Cedarvale Centre

An unexpected \$5,000 came to the town Monday when council received word of a \$10,000 government grant to Cedarvale Community Centre.

Only \$5,000 had been anticipated, said Cr. Bill Smith, who headed the committee which purchased the property last year as Georgetown's centennial project.

ISSUES BENCH WARRANT FOR NON-APPEARANCE

Magistrate Robert Taylor, on Wednesday, issued a bench warrant for the arrest of a 21 year old Georgetown youth who faces charges of causing a public disturbance and assaulting a police officer.

The accused failed to make an appearance in court and lawyer William Sharpe, appearing on behalf of the youth's defense counsel to ask for a remand of the case, was told by the Magistrate that anyone facing the criminal charges has to appear in court or he would issue a warrant for his arrest.

The case was remanded until May 3rd.

Cadillac Ambulance, Chev Cruiser Purchased Over Objections of Two

Two new vehicles were ordered by council on Monday—an ambulance and a police cruiser.

A Superior Cadillac ambulance will give the volunteer ambulance service a spanking new vehicle with every accessory for the convenience of those being transported to hospital. Total cost is \$18,818, half of which is paid by a government grant.

A new Chevrolet police cruiser was ordered from Andrew Murray Motors, who took a trade-in of the 1965 cruiser for a net price of \$1900.

Mayor Gibbons and finance chairman Emmerson opposed both purchases, claiming the town budget would not stretch to include them this year.

Mr. Emmerson said he could not vote for the ambulance when the town has still to complete a fire protection agreement with Esqueusing, while the mayor branded the purchase "untimely" in view of what looks like a serious hike in the tax rate.

Making a stirring plea to equip the GVAS with the best in equipment, Cr. Roy Ballentine said he intends to press for Esqueusing to foot part of the purchase price.

NAME COLLIER LIONS CLUB ZONE CHAIRMAN



A Georgetown Lions Club member Godfrey 'Gob' Collier, is the new chairman of Zone 6 North. He was given the office by acclamation when the Zone clubs assembled at Caledon East.

He is the first Georgetown man to hold the post since Jack Gunning served as zone chairman several years ago.

Zone 6 North is made up of eight clubs, Caledon East, Erin, Bramalea, Brampton, Streetsville, Milton, Acton and Georgetown.

THE GEORGETOWN HERALD PAGE 11

BOATS

With fishing and the Pleasure Boat Season just ahead come in NOW. You can choose from a wide selection of famous 'CUTTER' Fiberglass Boats, Lapstrakes and good Used Boats.

The Complete Line of 'CUTTER' FIBERGLAS BOATS LAPSTRAKE BOATS 15' to 20' Inboard — Outboard Authorized Mercury Outboard Dealer Complete Motor and Boat Repair Service

CREDIT RIVER BOAT CO.
NORVAL — 877-9552
Open Evenings til 9 p.m.

DOORS — Seconds

1 1/2" MAHOGANY SLABS ea. \$3.95
1 1/2" BI-FOLD PANELS ea. \$2.85
LOUVERED PANELS ea. \$4.50

Limited Quantity — While They Last
First Come — First Served

BEAVER LUMBER STORES
Daily 8 to 5:30 p.m. — Friday until 8 p.m. — Sat: 12 Noon
11 WATER STREET — 877-2234

FOR YOUR ENTERTAINMENT

McGibbon Hotel

— presents —

GORD. DIXON and his Stetsons

Thursdays - Fridays - Saturdays
Ernie Thompson, Manager

Our Spring Song... **Big Food Savings** at your

18 MAIN ST. N. GEORGETOWN

SUPERIOR FOOD MARKET Free Delivery Service OVER \$5.00

PRICES EFFECTIVE — THURSDAY, FRIDAY, SATURDAY, APRIL 4, 7, 8

GOLFERS

North Halton Golf & Country Club

invites you to the FOLLOWING OPPORTUNITIES

1. Special New Membership Offer (No Initiation Fee)
DUES: MEN \$116—LADIES \$86—COUPLE \$172
2. A Group of 4 New Members
Any combination for the price of 3
3. Special Free Membership Offer — GREEN FEE PLAYERS —
A free draw will be made from all the Green Fee players at the end of each two week period starting May 8. The winners will receive a FREE MEMBERSHIP.
4. Excellent Facilities include fully Licensed Club House — Fully equipped Pro Shop

For Further Information
CALL 877-9901

FRESH PRODUCE SPECIALS

CANADA NO. 1 GRADE ONTARIO

POTATOES
50 lb. bag 97¢

FLORIDA

JUICE ORANGES
5 lb. bag 47¢

CALIFORNIA NO. 1 GRADE

ASPARAGUS
FRESH and TENDER lb. bunch 39¢

B.C. FANCY — SIZE 120

D'ANJOU PEARS
10 for 59¢

ONT. NO. 1 — HOTHOUSE

CUCUMBERS
2 King Size 35¢

THIS WEEK'S MEAT FEATURES

CANADA'S FINEST RED BRAND

Steak OR Roast

ROUND 85¢ Boneless 89¢
Rump lb.

FRESH CHICKEN

LEGS or BREASTS lb 55¢

FRESH SIDE

SPARE RIBS lb 65¢

FRESH SLICED

PORK LIVER lb 35¢

SCHNEIDER'S SLICED

BOLOGNA 2 for 43¢

Special Sale Prices NOW

At Pete Masson Motors

TRADING POST SALE

SPECIALY BUILT PONTIACS! SPECIALY EQUIPPED! SPECIALY PRICED!!!

GET THESE OPTION PACKAGES

- 327 cubic in. V8
- Power steering
- Powerguide Automatic
- Power brakes

FAST DELIVERY! WIDE SELECTION! BIG TRADE-IN ALLOWANCES

Pete Masson Motors

PONTIAC — BUICK — FIREBIRD
124 Guelph Street 877-6986

KELLOGG'S RICE KRISPIES
10 oz. pkg. 35¢

ALL FLAVOURS

JELLO INSTANT PUDDING
2 Reg. Size pkg. 31¢

KRAFT CANADIAN CHEESE SLICES 1 lb. pkg. 37¢

PILLSBURY MOIST

CAKE MIXES 19 oz. pkg. 37¢
(All flavours except Angel Food)

NEW FROM MAXWELL HOUSE

FREEZ-DRIED CONCENTRATED MAXIM INSTANT COFFEE
2 oz. jar 79¢
4 oz. jar \$1.19

ROYAL YORK

RAISINS 15 oz. bag 31¢

HEINZ KOSHER 40 oz. jar

Dill Pickles 43¢

AYLMER CANADIAN STYLE 15 oz. tins

Beans WITH PORK 2-29¢

E. D. SMITH'S PURE JAMS
Raspberry, Strawberry, Peach, Bl. Currant, Grape Jelly, Apricot
3 7 oz. jars \$1

JIFFY POP POPCORN
in Thruway Poppers
2 5 oz. pkgs. 69¢

SUPERIOR FOOD MARKETS