

# Minor hockey adopts training

Coaches and players of the Acton (OMHA) Minor Hockey Association teams can expect a few changes this season, changes the group's new executive hopes will produce beneficial results.

President Noel Weir told the Free Press last week that the executive has decided to adopt a program of pre-season dry land training for its teams. Also the group will attempt to make team practices more worthwhile this year by having coaches teach skills for a certain portion of each session.

The new programs will not be just a stab in the dark, but will be based on information received from Lorne White of the OHA technical coaching staff and new coach of the Centennial College hockey team. White, who conducted a one day coaching clinic in Acton last winter, has agreed to come to town again next month to help the dry land training program get started.

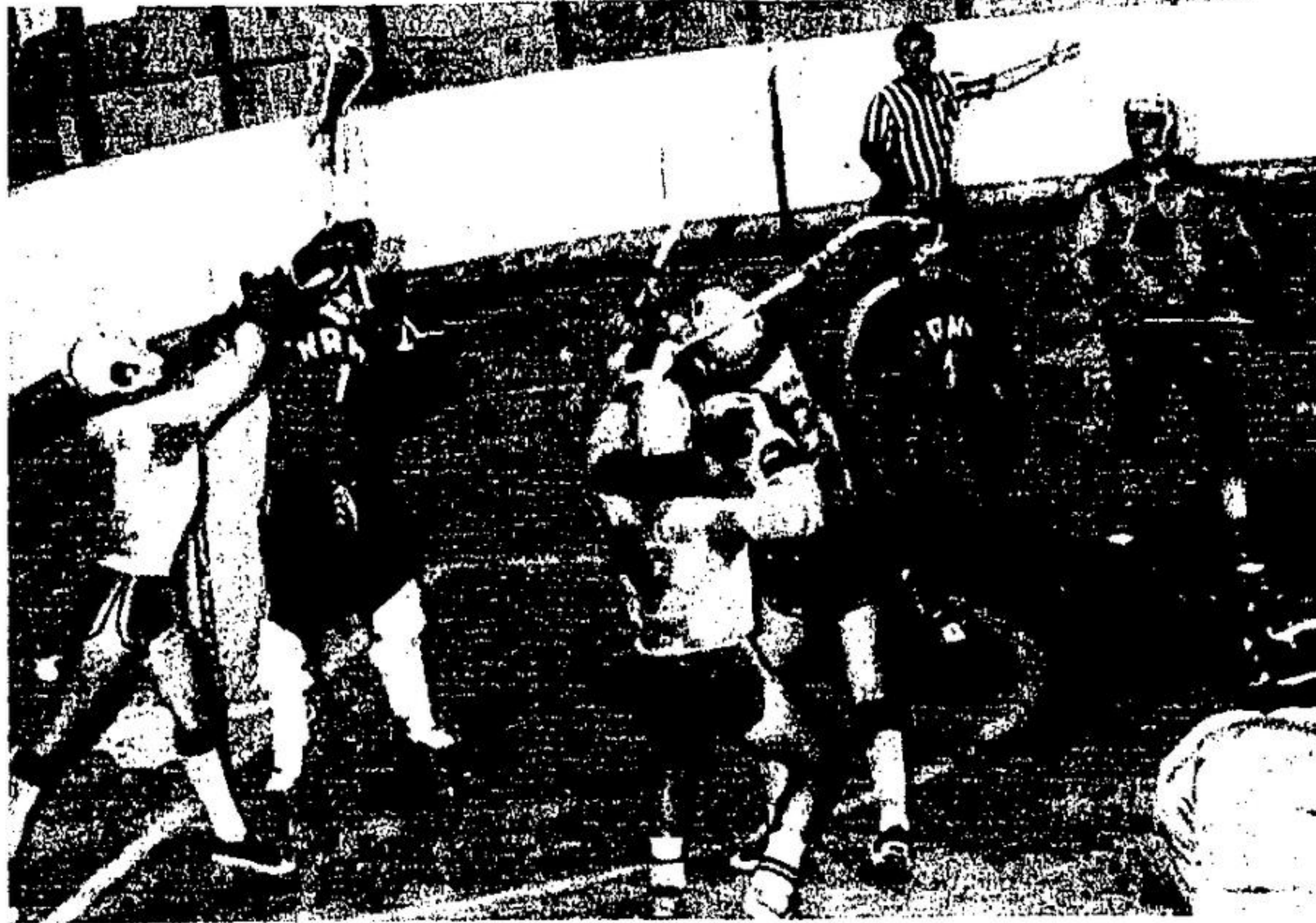
"If we can get our players fit before the season begins, we can spend our ice time sessions teaching skills and once the kids are learning something, they'll enjoy hockey that much more," President Noel Weir explained.

He said he hopes some teams can begin working out on dry land as early as September 15. Registration for hockey is being held in early September this year. Every team from novice (8 years old) up will be expected to do some sort of exercises, but they will be exercises geared to the age of body development of the player.

Serving on the executive this year along with Mr. Weir are 1st vice-president Carl Timbers, 2nd vice-president Howie Dunbar, treasurer Judy Shannon and secretary Doreen Lindsay.

"We're more interested in having players come out to learn than in building superstars," President Weir concluded.

The President emphasized that all new coaches in the organization will be expected to follow the new program.



RAM GOALIE GARY TURKOSZ BATTLES ORILLIA PLAYERS FOR THE BALL IN 10-8 ACTON WIN

# Red-hot Rams eye berth in group finals

Acton Rams could land themselves a berth in the Central Ontario Junior "C" lacrosse finals by beating Owen Sound Satellites at the community centre tonight (Wednesday) at 8:30.

After defeating Orillia Lions 10-8 to complete their second division round robin series undefeated last Wednesday night, Rams went right to work and took two of the first three games of their best of five group semi-final series against Owen Sound, who won the first division round robin series.

Because of a series deadline set by the OLA, the Acton-Owen Sound series had to begin here Friday night. Rams surprised the visitors

15-5, dropped the second game in Owen Sound Sunday 16-9, but came up with a big 12-10 victory in Owen Sound last night (Tuesday).

Steve Wilson paced the Acton scoring attack with four goals last night. Paul Wilson, Bruce Cooksley, Jim Chisholm bagged two each. Kent Kentner and Ron Turkosz tallied single goals. There were no goals scored after the 7:07 mark of the third period, as both teams played great defence and goalies Gary Turkosz of

Acton and John McKeerroll of Owen Sound sparked. Bolton Wanderers lead Rexdale Warriors 2-1 in the other best of five group semi-final series. Rams could be playing in either of those two towns Friday and back in Acton Monday, if they win tonight. However, an Owen Sound win tonight would force a fifth and deciding game in Owen Sound Friday.

Rams have probably been the hottest lacrosse team in any league since June 15. At that time they were 9th out of

10 in the standings with a record of 2-13. Since June 15 they've won 17 and lost just 3. Glen Sherman broke an ankle in last night's game and will be out of action for the rest of the season.

Kevin Marcoux led the Acton scoring attack Friday night with four goals. Jim Chisholm and Ron Turkosz both bagged hat tricks. Glen Sherman and Kent Kentner each connected twice and Gary Fisher shot a single goal.

In Owen Sound Sunday night, Steve Wilson tallied twice and Bruce Cooksley, Garry Fisher, Kevin Marcoux, George Artem, Bruce

# Bantam girls win opener on Gayle Deforest homer

Acton Family Pool Sales bantam girls scored five runs in the final inning to defeat Glen Williams 20-17 in the opening game of a best of three Halton Rural Minor Softball League semi-final series here Monday night. Second game is slated for the Glen tonight (Wednesday).

Acton grabbed an 11-0 lead in the first inning, but the regular season pennant winners found the going tough later when the Glen girls bounced back to take a 17-15 lead.

A single by Marg Slingerland and a big grand slam home run by Gayle Deforest produced the five Acton runs in the last inning.

Kim Van Der Eyken clouted a double and a three run home run for Acton. Laurel Murchison had a single and a double, Heather McEachern and Marg Slingerland two singles each and Lynn Fisher three walks in four at bats. Winning pitcher for Acton was Heather McEachern.

Beth Carmichael and Susan Pokluda hit homers for Glen Williams.

Winner of this series goes up against Omagh for the league playoff championship.

Acton: Sue Lehn c, Carol Jordan lf, Laurel Murchison ss, Kim Van Der Eyken cf, Lynn Fisher 2b, Heather

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**ACTON RAMS VS Owen Sound Satellites**  
TO-NIGHT — AUGUST 21st  
GAME TIME 8:30 p.m.  
at the Acton Community Centre

In the event a 5th game is required it will be played at Owen Sound Friday, August 23 at 8:30 p.m.

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### Soccer stats

HOUSE LEAGUE STANDINGS

	P	W	L	T	PT
<b>SQUIRTS</b>					
Falcons	9	7	0	2	16
Tigers	9	2	4	3	7
Angels	9	2	5	2	6
Tornadoes	7	1	3	3	5
<b>ATOMS</b>					
Bombers	15	11	4	0	22
Rangers	14	8	3	3	19
Rockwood	13	8	4	1	17
Rovers	13	3	7	3	9
Centennials	15	1	13	1	3
<b>MOSQUITO / PEEWEE</b>					
Rockets	13	9	1	3	21
Dynamos	13	6	5	2	14
Spitfires	13	5	5	3	13
Hornets	12	4	7	1	9
Raiders	13	3	9	1	7

### Halton — Peel

	P	W	L	T	PT
<b>Mosquito minor</b>					
Ching.	9	7	1	1	29
Burl.	12	7	5	0	32
Bram.	10	6	3	1	20
Acton	11	6	5	0	28
Geo.	11	4	6	1	24
Oak.	11	0	10	1	14
<b>Pee wee minor</b>					
Oak.	13	9	3	1	24
Ching.	13	8	3	2	27
Oak.	13	9	3	1	24
Ching.	13	8	3	2	27
Acton	11	5	5	1	29
Burl.	12	4	7	1	14
Bram.	13	2	10	1	14
<b>Bantam</b>					
Oak.	11	8	2	1	44
Ching.	9	8	1	0	33
Dixie	8	7	1	0	58
Burl.	9	6	2	1	33
Burl. "B"	10	5	4	1	46
Ching. "B"	10	4	6	0	19
Geo.	12	3	8	1	29
Bram.	12	3	9	0	26
Acton	11	0	11	0	12

Legend: Oak—Oakville, Ching.—Chingquacousy, Burl.—Burlington, Geo.—Georgetown, Bram.—Brampton.

### Minor soccer dates

Schedule for week Aug. 21-28

Aug. 21 Falcons vs. Tigers, M. Z. Bennett
Aug. 22 Tornadoes vs. Angels, M. Z. Bennett
Aug. 21 Bombers vs. Rangers, Acton Park
Aug. 27 Rockwood vs. Centennials, R. W. School
Aug. 28 Rangers vs. Rovers, Acton Park
Aug. 25 Spitfires vs. Rockets, R. W. School
Aug. 25 Dynamos vs. Raiders, High School
Aug. 27 Spitfires vs. Raiders, M. Z. Bennett
Aug. 27 Hornets vs. Rockets, High School

**Halton-Peel Games**

**Mosquito**

Aug. 21 Acton vs. Burlington, High School  
Aug. 28 Ching. vs. Acton, Chingquacousy

**Pee Wee**

Aug. 22 Acton vs. Brampton, Acton High School  
Aug. 29 Oakville vs. Acton, Oakville

**Bantam**

Aug. 26 Burlington vs. Acton, Burlington

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### Sr. soccer organized

Schwarz-Weiss Halton (or black) trunks and founded by the German Canadian Club of Halton. Anyone 30 years or older, who has kicked a ball around in their old country or in Canada is invited to join the team. For further details contact Rudy Arbeiter at 878-3558 in Milton, or Dieter Geissler at 853-2384 in Acton.

**ICE TIME MEETING**

**WEDNESDAY, AUGUST 21**  
Acton Community Centre  
**7:30 p.m.**

All parties in ACTON interested in ICE TIME for 1974/75 season PLEASE ATTEND.

Harold Townsley  
Arena Manager