

# The Acton Free Press Sports Page



## Jock Tock

By John Bottomley

According to Sports Ontario News, Canadians all over are trying to shape up, in what the media have called a fitness boom. "Fitness centres, both private and public, have been flooded by men and women seeking to trim flabby waistlines or just tone up tired bodies. The 74 YMCA facilities across the country have been filled to capacity in recent years. . . new Y members are no longer interested in floor hockey and basketball. They want exercise and fitness classes."

The story goes on to quote more figures than anyone would want to read about how Canadians are pushing their bodies around to get in shape. It's all probably very true, but is it true in Acton?

### One trend not followed in Murray Memorial YMCA

It doesn't seem to be true in the Y programs. Enrolment there has increased only slightly, according to Carol Clark. Men have shown no interest in Ball Hockey, but the number of ladies' keep fit programs has doubled from one to two.

The Y is planning to hold the two fitness classes again this year, because of their popularity. That does agree with the national trend, that people are looking for shape up programs instead of the traditional games and sports.

Bruce Andrews is in a good position to see what sort of trends are occurring in fitness in the area. The head of Acton High School's physical fitness department, he is a full time jogger himself. He told the paper that he has noticed more adults out, people riding bikes, jogging or playing tennis.

The level of fitness in the students at the school has not risen much, but this is simply because kids are naturally in shape.

### Adults need more work than children do to keep fit

Adults are the ones who need the work. Kids are always energetic and active anyway. It isn't until we grow up that we slow down and start going soft. If we can get ourselves back into shape, that's great.

Andrews agrees that it is important for adults to get into these fitness programs. "Parents can set an example," he said. If teenagers can get a different picture of adults, one that shows them fit and healthy instead of slow and flabby, then they will not be so inclined to run down themselves. People like to act normal, that's obvious, and if a normal adult is a healthy one, then future adults will imitate them, and in turn be healthy.

It is not impossible, you know. Everyone is tired of hearing about that 60 year old Swede, but it's true, and it shows that people can stay healthy all their lives.

### J & T Sports report sports equipment moves

Ferry Cole, of J&T Sports, is another person in a unique position for being able to observe people's fitness habits. They all come to him for whatever equipment they need. He hasn't been in town long enough to keep track of a three or four year trend, but he says sales are up over last year.

"A lot of sales are track suits and shoes," he reports. He also gets questions about weightlifting equipment. Basic get-in-shape type paraphernalia. Some of it is bought, used for a few months, and hidden in closets, but Cole feels that the rate of people who keep it up is about 50-50. "You can tell the ones who are serious," he said.

The biggest boom right now for him is tennis. "Tennis is really taking off," he said. "From what they've said, a lot of people take it up for exercise." He has talked to other dealers, and they all say the same thing. Tennis is the up and coming sport of the year.

### Tennis boom spreading

### in all corners of country

This is true all over the province. According to Sport Ontario News, "Suddenly, municipal tennis courts, which were idle for years, are jammed from morning to dusk."

Acton is no exception here. Over 300 of us will take to the courts behind the arena before the season is out, and the courts are busy. Four new courts are in the works to take the load off the old ones.

Press representative Mark Hurst indicates that "there seem to be a lot of couples on the courts, on Friday nights and weekends." This could be a lot better way for couples to spend a Friday evening than the more customary trip to a club, movie, and so forth, and it may give younger people the idea that there are other things to do.

It seems that here it is the kids who are taking it up. There are 50 per cent more juniors in the club this year already than there were all last year.

This, even though kids are naturally in shape, is good, because it can get them into the habit of exercise. Bruce Andrews said "we have to get kids interested outside gym." In time they lose the natural energy, and without some sort of exercise habits, they can easily fall into the great Canadian rut.

The benefits of being in shape are too obvious to need mention. Suffice it to say that once you're in shape, you feel like staying there.

### Fitness becoming fashionable in Canadian lifestyle

It's obvious that there is a fitness boom in Acton, although it's hard to say how long it will last. According to Bruce Andrews' theory, although he never said this, it is a self-perpetuating boom. Children see parents in shape, so they grow up into in shape parents, and are in turn models for the next group generation.

Terry Cole also thinks the trend is here for a while. "I don't think it's a fad. It's not the kind of thing that's going to be gone next year. People are starting to realize the life they've been living."

This may well be true. We keep hearing about this sport or that being the fastest growing sport in Ontario, all of which are supplanted by a new one the next season. The point here is that while individual sports keep coming and going, overall participation is still up.

The question is, why after all this time are Canadians coming around? Sport Ontario News has a number of theories.

"Whether it's due to the new narcissism of the 1970's, an overdose of televised sports, or fear of sexual dysfunction and coronary attacks, we seem to be in the middle of a fitness explosion." The Montreal Olympics must have had quite an effect upon sport in the country. Whatever the cause, it's here, and it's good.

### And now for a bad joke

If the Acton Villa had played their muddy soccer game in raincoats would they have been the Poncho Villa?



PLAYING THE AGE-OLD GAME of "keep away" are overnight campers Angelina Schamaoun, with the ball, and fellow campers. The Halton Hills parks and Recreation Dept. organized the event, which took place although there was a steady downpour most of the time the kids were camping. The youngsters insisted on going in spite of the rain.

## Soccer

# Acton Villa avenge only loss, down Georgetown Eagles 4-2

Acton Villa got their revenge for their only loss of the season so far with a 4-2 win over the Georgetown Eagles July 6 in Georgetown. Their record is now six wins, one loss and one tie.

This game, played in muddy conditions, saw the return of the regular Villa goalkeeper John Hogenbirk, who had a good game. The Eagles scored first, but high scoring Peter Comstive netted one for Acton to tie the score up before halftime.

In the second half, Reg McKnight got the go-ahead goal with a blistering 35 yard shot to put Acton ahead 2-1. The winner came from Tom Hogenbirk, who took advantage of a perfect through pass in the corner of the net.

Excellent passing. This Acton win was due largely to an excellent passing game which allowed numerous shots on goal. Everyone played well, especially Karl Fisker and Gord Bruce on defence, Reg McKnight in midfield and wingers Anthony Quinn and Peter Comstive.

The team has just signed Robert Harwood, who arrived in Canada from England about two months ago. Team officials say he has lots of promise. Coach Colin Brackenridge is still looking for four more players before the July 20 deadline, and he invites all interested players to get in contact with him.

# Rams drop two, season ending

Rams held the high scoring duo of Mark Kazarian and Mike Smart to a mere three points apiece, less than half their averages, but it was not quite enough to give them the win as league leading Owen Sound edged them 18-14, last Thursday.

George Artem was chosen Rams player of the game for his nine point performance on three goals and six assists. The visitors jumped out to a 3-0 lead in the first period, scoring two goals within six seconds of each other, and it looked like the game would be just a replay of the last two games between these teams, when Owen Sound won 29-4 and 31-3.

The Rams came back to make the score 3-2 on goals from Gary Delong and Fred Allen. Artem netted the first of his goals at the end of the period to make the score 6-3.

Replace Harrison. Coach Mike Marcoux replaced goalie Graham Harrison with Dave Butters in the second period, a move which was questioned by many. It appeared to pay off for most of the period, but Butters allowed two goals in the last minute and a half, including one which he stopped and then watched as it bounced into the net. The score at the end of the period was 13-8 Owen Sound.

Rams outscored the visitors 6-5 in the final frame, but it was not quite enough to put them over the top. They controlled play most of the period, as they did throughout the game, but fell victim to costly errors which allowed quick breakaway goals by the swift Owen Sound team.

Artem led all scorers with nine points, highest so far this year for a Ram, followed by Turkosz with five goals and one assist. Turkosz is within a few points of the top ten in scoring, and Artem, despite missing many games, is right behind him. Kevin Marcoux, also a top scorer for the team, had two goals and two assists for four points.

Other Acton goals went to Mike Luty, Gary Delong, Bruce McPhail and Fred Allen. Assists went to Wilson with three, McPhail and Harrison with two each, and Mike Luty, Delong, Van Fleet and John Van Oort.



BREAKING THROUGH THE OWEN SOUND defence, Kevin Marcoux rips a shot on goal for the Rams in Thursday's game. Rams had chances like this one throughout the game, but were unable to capitalize on them, as the final score was 18-14 for the Owen Sound squad. The visitors are in second spot in the Junior "C" league while Acton occupies the cellar.

Acton couldn't find the handle when they faced Mississauga Sunday in Malton, dropping the decision 26-7.

Next home game for the Rams is tomorrow night, when the Rexdale Warriors come to the arena. Game time is 8:30.

Score first. Rams scored first in the game as Wilson broke through with a goal at the seven and a half minute mark. Rams were behind only 2-1 at the half way point of the period, but fell apart from there until they ended the frame, at a 9-3 deficit. They were outscored 8-3 in the second period and 9-1 in the third.

Rams had 26 minutes in penalties in the game, while the Merchants tallied 22 minutes.

Junior C standings

Team	W	L	T	F	A	Pts
Orillia	13	4	0	256	145	26
Owen Sound	13	5	0	331	212	26
Orangeville	11	5	0	215	157	22
Dundas	11	7	0	180	184	22
Huntsville	10	7	0	253	218	20
Mississauga	9	8	0	237	226	18
Rexdale	6	13	0	212	260	12
Bolton	3	13	0	130	258	6
Acton	2	16	0	157	321	4

# 5-2 win puts Vans in first

Vans topped J&T Sports 5-2 in an important industrial league softball game this week, moving into sole possession of the A.M.S.L. top spot with the victory. As a result of the loss, J&T dropped into second place, just in front of Halton Hills Catering.

Ken Pilgrim was the winning pitcher for Vans, topping Frank Daley for the win. He struck out seven in the win as they jumped on starter Guy Payne for three runs in the first inning.

Family Cleaners. Station exploded for six runs in the second inning to clinch the win. The Cleaners made a comeback attempt in the fifth and sixth innings, when they scored five times, but it was not enough to get them the win.

was only a matter of time before the potent Caterers' offence broke through for some runs. They did, scoring two more in the second, four in the fourth and three more in the fifth for an 11-4 final count over the Electricians.

Thursday's industrial action will see league leaders Vans take on the cellar dwelling Halton Hills Electric, who upset Vans two weeks ago with a surprise victory.

Other action saw the Caterers take Electric 11-4 and Station beat the Cleaners 12-7.

Hurren homers. Ken Hurren made his pitching chores easier Sunday when he belted a homerun to lead off the fifth inning of the Station win over

Winning pitcher was Brian Lawrence, who struck out only three for the win. Loser Archibald whiffed the same number of batsmen in the game.

Standings

## Acton loses Milton tourney

The Acton all-stars mens softball team went winless in the annual Milton fastball tourney over the weekend, losing to finalist Rockwell by a 9-3 count and dropping the first game of the consolation round to the Oakville Post Office 3-2.

Doubles by Joe Wedge and Gig Dobie produced Rockwell's last run. Singles by Bill Rutledge, Art Lee and Dan Allen scored two runs for Acton. Winning pitcher was Gary Hudson.

Rockwell 9 Acton 3. Rockwell scored four runs in the third inning. Key hits were a single by John Volpe and a double by Lawrence Cargill. They added another four in the fourth. Singles by Gary Hudson, Bill Zilid, and Volpe did the damage. Wally Hobinski singled in the Acton's first run in the fourth.

Oakville took a 1-0 first inning lead on singles by Bouchard and Craig. Acton tied it in the second as Bill Rutledge reached first on an error, stole second and scored on two wild pitches. An Acton error and a home run by Main gave Oakville a 3-1 lead after five innings. A single by Dan Allen and a triple by Rutledge gave Acton their final run.



YOUTHS FROLIC under the sun in Prospect Park last Sunday. Many people played soccer, baseball or tossed frisbies.

## Rockwood

# Seniors win again, beat Hillsburgh 15-10

Rockwood Seniors continued to creep up on the 500 mark in the standings as they outlasted Hillsburgh for a 15-10 victory July 11. Their record is now 7-9.

six runs in the bottom of the eighth inning to get the lead to stay.

they face Arkell and Monday they are at home against the Cambridge A's.

Bob Shaw was the winning pitcher, in relief of John Thatcher. Shaw's record now stands at 4-4 on the season. Loser Bob Robson came on in relief of Rick White for Hillsburgh.

Each team had 15 hits. For Rockwood, Albert Kelly had three, Alex Duffield, Ron Kelly and John Parkinson had two each and Phil Shrive, Norm Beattie, John Thatcher and Doug McAlpine had one each.

Albert Kelly, with his three hits, has moved into the top spot on the team in hitting, taking over from Norm Beattie. Statistics were compiled after 15 league games, and show the team batting average sitting at .258.

John Cunningham belted a three run homer for the losers, but it wasn't enough to keep the tenacious Rockwood squad down, as they twice came back from five run deficits to take the win.

A game which had been scheduled for July 6 in Fergus was rained out and will be replayed as part of a double-header July 27, to be played in Fergus starting at 8 p.m.

The team takes part in the annual Badenoch tourney this Saturday, not last Saturday as reported last week. Sunday



CATHY ASHLEY requalified for her national lifesaving certificate in a course at the Acton Lions pool.

Top Ten Batters on the Team

Albert Kelly	444
Norm Beattie	375
Phil Shrive	333
John Parkinson	321
Bob Shaw	286
John Thatcher	281
Dave Bruce	271
Chick Milpe	263
Ron Kelly	241
Tom Parkinson	183