



Jock Tock

By John Bottomley

Minor baseball in Acton may become thing of past

I can't imagine growing up in a town with no organized baseball, yet this is what may happen in Acton if people don't come out in force to support the AMBA. It has been faced recently with problems getting enough townspeople out to help, and the executive have decided they can no longer manage with four people doing all the work.

Everybody shares in the glory when our teams do well in the Halton rural league. We were all proud when Pop Main and his squirt girls took the league and playoff championships so easily, yet we do not want to come out and help, instead of just sitting back and enjoying the fruits of others' labor.

The usual excuse is "No time. I've got no time to do any of that." The people running the AMBA have no more time than anybody else. They have simply discovered how rewarding it is to work with the youngsters and to be part of an organization like the AMBA. Everybody can make time, and most people find out when they get into something like this that they like it so much they can't imagine what they did before they got involved.

Nearly 300 children are involved with minor baseball in town, and with an organized outlet for their energies cut off, they will be stranded. Many of them are too young to organize pickup games, but still want to play. Without the AMBA, they will be out of luck.

The executive are holding a meeting next Wednesday at 7 p.m. in the arena, to try one more time to drum up support for the AMBA. If it goes, then a very important part of Acton's summer life goes with it. Show up. You don't have to do a lot. Many hands make light work, they say, and the AMBA deserves more than a few hands.

Not only is it fun for the players, it is the training ground for possible future Blue Jays or Expos. Acton's youth are taught about sportsmanship and team play during the hockey season, so let's not let them down in summer. They deserve better than that.

Adipose layer, hemoglobin concentrate, think of all the junk you ate

There appeared on my desk this week an exercise brochure, along with a letter of explanation/promotion. The letter described the booklet, entitled "Exercise. Your heart depends on it," in glowing terms, saying "You will find the text not only simple to understand but highly motivational."

The word "motivational" should give us all a clue as to how accurate an assessment the statement is. Motivational is a word which would be used by a person who did not know the word "motivating" or "inspiring". It is a word, in effect, used by somebody who can not speak English.

The same problem occurs often in the booklet itself. It was written by a doctor, and while it is full of accurate information, it is anything but simple to understand and highly motivational.

I would not be much motivated by the statement "Numerous cardiovascular changes result from a training program. Overall, the body's efficiency for oxygen utilization improves. Heart rate and blood pressure responses are lower and the heart's ejection volume, blood volume and hemoglobin etc." He is right, he is just not very inspiring, or motivational.

"Research studies have established that physical training can increase the maximum oxygen uptake by about 20-25 per cent. The magnitude of the change depends on the initial level of physical fitness, as well as the type, intensity, duration and frequency of the training regime." Understand? Motivated? I did, but I wasn't.

When the good doctor tires of this convoluted semi-technical jargon, he turns to cute little phrases which do motivate me. They motivate me to retch. "How long has it been since you have had a heart to heart talk with your body?" "Although it has not been established conclusively that exercise adds 'years to your life,' there is little doubt that it can add 'life to your years.'" Positively puerile.

The booklet is written by a Ph.D., Dr. Montgomery of McGill, and half of it is in doctor talk, which resembles English as much as English does pig-latin. There are some words which can be understood, and many more which cannot.

"If one needs a motive to begin an exercise program, then the knowledge of a 15 year reduction in physiological responses should be the incentive to start," says doctor Montgomery, in that quaintly motivational manner he has. What he means is that exercise will make you feel younger, but what he says is something else entirely. I don't know quite what.

In spite of the very hard to understand and rather non-motivational prose, the booklet is full of nice paragraphs, (and childish illustrations) and can be obtained by writing to: Nutrition Information Service, Best Foods Division, The Canada Starch Co. Ltd., Box 129, Station 'A', Montreal, H3C 1C5. You also have to send half a dollar.

The Acton Free Press

Sports Page

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Second Section

Milton, Oakville, Burlington

Sabres' season running down, three losses in Jr. B play this week

Sabres drew closer to the end of their season with three losses over the week which brought their record to 3-32-2 in Junior B hockey play this season.

The losses came at the hands of Milton, Oakville and Burlington.

The Milton game was slow as the Flyers played only as hard as they had to win. "Milton were not up for it," said coach Bruce Chapman.

The Sabres have been going back to basics in an attempt to salvage something from the season and Chapman said of the Milton game, "I'm satisfied the guys wanted to work and improve their general playing."

"Let's say it was a step forward," he continued. He pointed out the Flyers did not blow Sabres out of the rink, with the final score 4-1.

The defence has been the weak point all season, and Acton netenders have been lucky to keep scores as close as they have. Ray Dunbar stopped 48 shots last Wednesday against Milton, while Ian Roberts between the flyer posts faced only 18.

Scoreless The game was scoreless after the first period, but Flyers began to take command in the second, when Paul Martin and Paul McCann connected to put them in front. McCann has been dangerous against the Sabres all season, and scored five goals the last time the two teams met.

Pierre Pilote added a third Flyer point before Dave Chapman took advantage of an interference call to Larry Pyane to put Sabres' only goal. Mark Schinkel and Rob Millican got credits for assists on the play.

Gasper Paul added a final for the Flyers late in the period to clinch the win. Flyers' captain Ron Twiss saw very little ice time in the game.

21 minutes Sabres took 21 minutes in penalties to the Flyers' 20. Flyers took a dislike to centre Scott Malcolm and spent much of the game trying to goad him into penalties, a strategy which did little to enhance the game and which failed to result in a single Acton penalty.

Sabres were in Oakville Friday night, but probably wished the storm had stopped the game as the Blades had no trouble taking a 1-3-3 win. "The defence was non-existent," said coach Chapman. "They were flat and they knew it."

He added that Oakville moved the puck well and the Acton players forgot their fundamental zone or man to man coverage.

Blades went ahead 4-0 in the first frame, but only outshot the Sabres 14-13. In the second period shots on goal were identical at 11 apiece, but the Blades had the point advantage 7-2. The only frame of the game which was close was the final at 2-1, and Blades outshot Sabres 15-5 in the period.

Doug Elliott was the first Acton marksman, connecting from Wicklum and Chapman. By that time the count was 8-0 for Oakville.

Down 11-2 Kelly McArthur scored from Malcolm and Wade Vickery, leaving the Sabres down 11-2 at the end of the period. Jim Cartwright added the final goal of the day for Sabres when he took a pass from Chapman and McGiloway.

The game was characterized by penalties as Sabres' three goals were all power-play markers and Blades scored five on the powerplay and two shorthanded.

Sabres counted 14 penalties and Blades were called 15 times.

Clean game The Burlington game, played Saturday in the arena,

was nearly the opposite. A quick hard clean game, it was one of the most pleasing displays of hockey the Sabres have put on for a while.

The Blade scoring came in brief bursts, as Dave Beckon and Steve Williams scored within 23 seconds of each other in the first and Kent Wagner, Steve Billingham and Bob Dolman connected in a two minute span in the second. Blades final goal came after nearly 40 minutes of

scoreless hockey, with only six seconds left to play.

"It was refreshing to see them bounce back, after Friday's performance," said Chapman. They had several good chances in the final period to even things up, but top notch goal work by Blades backup netminder Mitch Lovelock kept them off the board.

Sabres were more aggressive in this game than they have been in the past, pres-

sing in and shooting more on offence.

Blades took a 2-0 lead in the first on their two quickies, but Wade Vickery got the Sabres on the board before the period ended, getting the puck from Scott Malcolm.

Quick ones Two more quick ones at the start of the second period ran the score to 4-1 before Wicklum closed the gap with a marker from Chapman and Kevin Weir, up from the

juveniles.

Blades stretched their lead out 12 seconds later but Schinkel came right back with a point from Dave McGiloway and Vickery.

After the smoke cleared from the flurry of scoring, the count remained the same for two periods while both teams played even, getting chances but not capitalizing. With six seconds left Mike Carr dumped the puck right in front of the net where Mont-

ford was waiting. His shot went over Robin Insoe's outstretched glove for the final tally.

This week is a busy one for the Sabres as they face Burlington in a rematch at the arena tonight, travel to Milton Friday, come back to Acton for a match with Dixie Saturday and face Streetsville, in Streetsville, Sunday. Final game for the Sabres is February 10, when Streetsville comes to town.



SABRES HAD NET trouble in Saturday's game as it was repeatedly knocked off its posts. Robin Insoe tells fallen Cougar he has had enough of that, and asks him to leave, as unidentified Sabre is doing.

Now cut that out!

Acton Showdown at arena Saturday

On January 28 Minor Hockey Showdown was held in Acton.

Players from Novice, Minor and Major Atom, Minor and Major Peewee and Minor and Major Bantam participated in the competition.

The competitions included shooting, speed and agility, and goaltending.

CENTRAL ONTARIO JUNIOR HOCKEY LEAGUE STANDINGS

TEAM	GP	W	L	T	Pts
Streetsville	37	31	3	3	65
Dixie	35	24	6	5	52
Oakville	40	17	17	6	42
Milton	38	15	16	7	40
Burlington	35	18	14	3	39
Georgetown	38	10	20	6	26
Brantford	39	12	25	2	26
Acton	38	3	33	2	8

GAMES OF PAST WEEK: Tuesday, Oakville 8 Milton 5, Streetsville 8 Dixie 5, Milton 4 Acton 1; Burlington 4 Dixie postponed on Thursday; Friday, Milton 4 Georgetown 2, Oakville 13 Acton 3, Streetsville 7 Burlington 4; Saturday, Georgetown 5 Dixie 5, Burlington 8 Acton 3; Sunday, Streetsville 4 Brantford 3.

Sabre scoring

Chapman	32	36	68
Malcolm	11	20	31
Wicklum	14	11	25
Millican	6	18	24
McGiloway	8	14	22
Vickery	10	11	21
Schinkel	10	10	20
Bruni	2	10	12
McArthur	5	6	11
Cartwright	4	6	10
Currie (AP)	3	5	8
Barnes	0	8	8
Elliott	2	6	8
Major	0	3	3
Widmont	0	1	1
Buchanan	0	1	1
J. Vickery (AP)	0	1	1
Weir (AP)	0	1	1
McPhail (AP)	0	0	0
Allsop (AP)	0	0	0
Mannes (AP)	0	0	0
Dunbar (G)	0	0	0
Insoe (G)	0	0	0

Breakaway competition: The objective of this competition was the most goals scored in the least time received the most points. For the goaltenders, the least goals against received the most points.

Speed, agility and puck control competition: This competition was for defence-men and forwards and was designed to measure a players' acceleration, speed, agility, quickness, puck and body control.

The players went through a series of pylons for this test, picking up a puck half way through.

The player with the best time received the most points.

Goaltender agility test: This was a goaltender's test only and was designed to measure the skating ability both backward and forward, quickness, agility and net orientation.

The goaltender who had the best time received the most points.

The winners in each category were: Novice (eight years old): Peter Cargill, winning shooter with 26 points and John Wayne McMillan third winning shooter with 20 points.

Wayne McMillan third winning shooter with 25 points and Kirk McNabb and David Haynes tied, third winning shooter with 21 points.

Doug McKnight was the novice goaltender who chalked up 105 points stopping 18 shots out of a possible 24.

Minor atom (nine years old): Kevin Lobinger winning shooter with 29 points, Brad Demone second winning shooter with 25 points and Steven Wagner third winning shooter with 24 points.

Minor atoms did not have a participating goalie.

Major atom (10 years old): Michael Hudson winning shooter with 30 points, David Thomas second winning shooter with 28 points and Tony Van Dam third winning shooter with 24 points.

Steven Taillefer was the participating major atom goaltender with 95 points stopping 16 shots out of a possible 20.

Minor peewee (11 years old): Randy Coverdale winning shooter with 28 points, Steven Raine second winning shooter with 27 points and Bradley Youmans third winning shooter with 24 points.

Winning goaltender was Tim McKendry defeating Rick Stull 77 points to 75.

Rick Stull had the best time in the goaltender agility test with 20.5 seconds compared with McKendry's 25 seconds.

However, Stull allowed one more goal than McKendry. This was a very close goaltenders' competition.

Major peewee (12 years old): Mike Yalowicz winning shooter with 27 points, Ken Kavanagh second winning shooter with 26 points and Wayne McMillan third winning shooter with 20 points.

Winning goaltender was Rick Dwyer edging out Shannon by two points. Bruce Shannon won the goaltender's agility competition 21 seconds to Dwyer's 27 seconds. However, Dwyer stopped 11 shots compared to Shannon's 10 to give him the edge in points.

Major bantam (14 years old): Dennis Kirton winning shooter with 30 points, Ray Mueller second winning shooter with 28 points and Derek Hodgson third winning shooter with 25 points.

The major bantams did not have a participating goaltender.

Minor bantam (13 years old): Mark Duval winning shooter with 28 points, Tim Ferguson second winning shooter with 27 points and Brad Manes and Bob Vermeulen tied for third with 24 points each.

Minor bantams did not have a participating goaltender.

Apologies are definitely in order for the winners in each category.

After the competitions on Saturday the results were tabulated in very hasty fashion and as a result a number of errors were made in announcing the winners.

Bill Weston very carefully went over the results on Sunday and came up with the proper winners in each category.

Although he realizes the boys who were announced as winners on Saturday will be disappointed it is only fair that the actual winners be called out.

Those who helped director Bill Weston with Showdown on Saturday were: Dennis Frehs, Howard Dwyer, Bob Raine, Dave McKnight, Dave MacEachern, Bob Faseruk, Barry Insoe, Michael Phelan, and Bobby Allsop.

President Frank Allsop manned the P.A. system and did a very fine job announcing the play by play action.

The winners who did not receive their Association Champion crests will receive them through their coaches.

If there are any further questions regarding "Showdown" please call Bill Weston at: office 878-2861 ext. 163; home: 856-9940.



ACTON MINOR BASEBALL may die due to malnutrition this year. Lack of support from parents has caused the executive to cancel all activities for the association next year, including the organization of both house league and rep teams. Anybody interested in sponsoring a rep team will be responsible for all organization, according to the AMBA executive. They are holding a last ditch meeting for support Wednesday, February 8 at 7 p.m. in the arena. Interested parents are urged to attend.