

# Sport satisfies aggressive drive says Acton psychology teacher

Sports are a necessary aspect of western civilization, according to Roger Johnson, an Acton resident who teaches a course called the psychology of sport at Sheridan.

"Sport allows a release for aggression," he said, citing the competitive values prized in our culture. "It's possible that some athletes get involved in aggressive sports to satisfy a need to show aggression."

He likened sport to a gladiatorial arena and said "It provided on the heels of advancing technology (locomotives and airplanes in particular) a kind of political jousting arena, where nations can appear to get along well in sport. It is an opportunity for nations or countries to relate to each other in a non-threatening way."

Aggression in sports has been the subject of public criticism, especially with regard to hockey, he said. Johnson pointed out that many sports had their origin in the military.

Johnson declined to comment on the rightness or

wrongness of these competitive urges, saying they are pushed on everybody by parents and schools, and that he was brought up in this sort of atmosphere, and therefore can never get separated for enough from it to judge.

This is only one aspect of the psychology of sport which he discusses in his classes, and it falls as much under sociology as much as it does psychology.

His purpose in the course is to teach students, most of whom are in an intensive para-medical course designed to teach them to treat sports related injuries, something of the basics of psychology, and to apply it in sporting situations.

"Athletes, like anyone, suffer stresses, under pressure of competition, or team pressure, or in or around an injury situation."

It is widely accepted that you can't heal well if your mind is working against you, and psychological training can help athletic trainers in their work by showing them how to keep their patients in

the right frame of mind for healing.

The course also covers other basic psychological questions like motivation. "We might, without Derek Sanderson's permission, talk about him behind his back," said Johnson. "We'll take a case like this and discuss it. Usually the students are more up to date than I am on the current stars. They will lead the discussion and I tie it

in to basic principles.

There is a difference in the forces affecting people in individual and team sports. "In individual sports the constellation of factors are personal motivations, goals set for the self, etc. In a team situation, social and physical environment changes. There are factors like pressures to conform to standards."

Students, he has found, are quite interested in William

Sheldon's body type theories. Sheldon is the man who first designated people as ectomorphs, mesomorphs and endomorphs, and theorized that certain personalities went with each type of figure.

In sports this ties in to determining the suitability of certain types of people for certain types of sports.

One example he cited for the Free Press is the overweight in school being forced

by a teacher to do layup shots when perhaps he should be concentrating on something a little closer to the ground.

Johnson claimed that in Russia and other countries, there is more emphasis placed on selecting children related to personalities and physical types.

Sheldon divided the world into three basic body types, the ectomorph, with his frail bone structure, usually sensi-

tive and withdrawn; the mesomorph, an angular and muscular person who is aggressive and loves competition; and the endomorph, a short, thick person who loves socializing around eating.

All bodies can be rated according to their degrees of endomorphy, mesomorphy and ectomorphy, according to Sheldon, who arranged them all into a range from one to

seven in each category. Johnson gave as an example Muhammed Ali, who might rate a score of two in endomorphy, seven in mesomorphy and zero in ectomorphy (2-7-0), as opposed to Minnesota Fats, who might be a 6-5-0. From these figures, Sheldon felt he could determine personality types, and more recent research has shown that he could have been right.

Johnson is well qualified to be teaching this course, and in fact feels it is the best possible combination of his different skills and training. He has a Bachelor of Physical and Health Education which he sandwiched between two different psychology degrees, and has taught in Phys Ed departments for seven years, including two years as chairman of a Phys Ed department.

## The Acton Free Press

### Sports & Recreation

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## High scores are popular as industrial season opens

Industrial Softball got underway under perfect conditions Sunday as Station Hotel topped Halton Hills Electric. Vans Welding doubled Halton Hills Catering 14-7 and Family Cleaners took J & T Sports 14-9.

In Monday action J & T Sports got into the win column with a 9-7 victory over Vans.

Station Hotel scored single runs off Electric loser Bryan Lawrence in the third, fifth sixth and seventh innings for their win. Hits by Rick Coe and Jeff Inglis combined with a pair of walks in the third to account for the first Station run, while the winner came across when Brian Canary

drove Inglis in with a single.

Inglis proved to be the main weapon in the Station offensive arsenal as he went four for four, scoring twice and knocking in a third run.

A solo homer from Dave Bousfield accounted for the Electric tally.

Vans' Welding got things going in a hurry in their game as leadoff batter Bruce MacPherson drew a walk, second batter Gary Copeland singled and third man up Bill Routledge blasted a round-tripper to get the first three runs. Three more scores crossed the plate before the side was retired in the inning.

The Caterers closed the gap to 6-5 with a pair of scores in

the third and three in the fourth, but Vans exploded for eight runs in the next two innings to put the game out of reach.

Allen Bousfield connected for a homerun for the losers. Losers Guy Payne and Ken Hurren to whiff nine Welders while winner Vince Thornton registered eight strikeouts.

Poor fielding proved to be the downfall for J&T Sports against Family Cleaners as they allowed five men on base through errors, four of them going around to score.

The Cleaners had two big innings to put them over the top. They batted around the order in the second inning, scoring five runs, and

managed six more runs in the sixth inning when they sent 11 batters to the plate.

Shortstop Larry Kistner scored four times in the game for the winners, while winning pitcher Ken Pilgrim crossed the plate three times.

J & T Sports did most of their scoring in the fifth inning as five runs came across on six hits and a walk.

J&T's 9-7 victory Monday was a rain-shortened five inning game. Ron Kruk and Pete Homer homered for the winners. They held a 7-3 lead after three innings before a four run burst by Vans Welders made it close in the fourth frame.

Industrial softball action continues next weekend as Family Cleaners meet Vans,

J&T Sports battle Halton Hills Electric and Halton Hills Catering plays Station Hotel. Catering and Electric square off Monday at 8:30.

	W	L	YTS	RF	Ra
Station Hotel	1	0	2	4	1
Family Cleaners	1	0	2	14	9
Vans Welding	1	1	2	21	16
J&T Sports	1	1	2	16	21
H.H. Electric	0	1	0	9	14
H.H. Catering	0	1	0	1	4



DOUG CAIRNCROSS TOOK HIS first shot of the new golf season last week at Acton Meadows. The course is showing the signs of a long winter but recent rains should do a lot to bring it into top condition.

## Golf club prepares for upcoming season

Acton Meadows golf club is going to be a busy place this summer with quite a few tournaments booked, according to manager Gerry Pridmore.

Most of the groups booking tournaments come from out of the area, but a few Acton groups, including the Legion, ladies' curling and the Free Press

have events scheduled during the summer months.

Other nearby groups who have booked the course for tournaments are Rockwell International from Milton and the Sons of Scotland from Georgetown.

Groups like the High School are using the facilities for dances, and there are wed-

dings to help take up the time between tournaments.

The course has had a new challenge added this year in the form of a new lake on the ninth hole. Work on the change was begun last August but was hampered by the rain. "We hope to get it done this year," said Pridmore.

## H.H. Furniture girls terrorize Limehouse

Halton Hills Furniture bantam girls continued their winning ways on the softball field with a pair of exhibition wins over Halton Rural Softball Association rivals Limehouse last week.

Last Wednesday saw them crunch the Limehouse squad 19-8 behind a grand slam home run from Kelly White. Three Acton batters went four for five in the high scoring game, with Michelle Noble, Mardie Phillips and Barb Wilson all managing the feat.

Kelly White and Patty McClure combined pitching

talents to get the win.

Acton held a 12-1 lead going into the sixth inning, when Limehouse put seven runs across the plate. Acton responded with an equal number of scores in the seventh to account for the final tally. The banis proved it was no fluke win by winning the return engagement in Limehouse Sunday by a 34-17 count. Acton jumped right out into the lead in the first half of the first inning with an 11 run outburst that saw the first three batters in the order each score twice in the inning. Mardie Phillips, Cindy

Brouilliard and Barb Wilson were the two-timers.

Kelly White again belted a round-tripper and Mardie Phillips went six for six at the plate to lead a club that is going to be strong with the stick this summer. The girls finished the game by pushing 12 runs across in the final inning.

## Second soccer team status is in doubt

Acton is expected to enter two teams in the Intercounty Soccer League this year, and with both teams scheduled to play tonight it is still not known whether the town will be able to field the second team.

Coach of the Acton Villa, Colin Brackenridge, told the Free Press they were having trouble getting players to come forward for the second team. "Probably when the season starts, when they see people out kicking the ball around, that's when they'll come out."

If the second team does play tonight, they will be at home on the McKenzie-Smith field.

The first team is not as strong as last year's Acton Villa, who finished second to the Georgetown Meteors in their first attempt at league competition, but Brackenridge says "once we get two or three games under us we'll hopefully be stronger. It doesn't look too bad on paper."

A few of last year's players have moved and some cannot make the opening game, but most of them are back this year.

## Financial problems for A.M.H.A. exec.

The new Acton Minor Hockey Association executive, chosen at their annual meeting Sunday, will be a good hardworking executive, according to president elect Barry Inscow.

The problems the association faces will be mostly financial he feels. "We have to find other sources of revenue. Costs of ice have gone right out of the world, and you take your average working man, with two or

maybe three kids playing, and it's driving them away from the arena. We have to try to stabilize or lower the registration fee by subsidizing it some other way, and that means we are going to have to go out on the hustings and work."

He described the annual meeting as poorly attended, saying the usual faithfuls were there. Directors of the association will be chosen at a later date.

## Dominion first in Shuffleboard

With a record of 14 wins and four losses, Dominion Hotel squeaked by Milton Legion and Krantz Fuels to take the top spot in the United Shuffleboard playoffs.

Milton Legion and Krantz Fuels finished the one day round robin tourney with identical 13-5 records, the

Legion taking second spot on the tourney on the strength of three straight wins over Krantz.

For the Dominion team Ron White and Tony Lambert played six perfect games, winning all six of them. John Vlietstra and Geoff Denny won five of six and captain

Wayne Wilson and Doug Mann won three out of six. Mann was voted winner of the rookie of the year award.

Andy Luff and Ron Hagen were not called on to play but effectively led the cheering section and also were scorekeepers in most of the

Dominion games.

The team would like to thank the sponsors of this year's teams: Cosimo Mercuri of the Dominion Hotel, Alton and McIsaac Construction, Acton Legion, Milton Legion, The Charles Hotel in Milton and Gord Krantz of Krantz Fuels, Milton.

## Merchants pick up pair of exhibition wins

Acton Merchants got themselves on the winning track last week with a pair of wins, trouncing the Milton Staggs 11-1 and doubling Hornby 6-3 in exhibition fastball action.

Chuck Peavoy and Norm Topping handled the pitching chores both games, while power at the plate was well distributed.

Don Archibald connected for a two run double in Thursday's win over the Staggs. Terry Cole contributed a three run triple, Topping added a two run double and Bob Jarrett hit a triple to right that would have been out of the park if fences were up.

The win seemed to be a big lift for the team, according to manager Ron Hachey.

Gary Wilson hit for a pair of singles in the Sunday game in Hornby, and Peavoy helped

his own cause with a home-run. "Everybody played good baseball," said Hachey, adding the team is shaping up well.

Regular season play for the Merchants begins Sunday.

## 40 register for lacrosse

About 40 boys will take to the lacrosse floor this week at the arena after registering last week for play in a proposed minor lacrosse system in town. Bob Turkoz, who is organizing the system, says there will probably be two teams: midget and pee-wee. The midgets will be graduates of last year's

league champion bantam Monarchs.

The league itself has not been set yet this year, but according to Turkoz it will probably consist of teams from Brantford, Elora, Kitchener, Guelph, Arthur and possibly Orangeville.

Coaches for the local teams have not been picked.



WINNER OF THE UNITED Shuffle Board League playoffs was the Dominion Hotel Team. Left to right in the front row are Tony Lambert, Ron White, captain Wayne Wilson, sponsor

Cosimo Mercuri and Ron Hagen. In back left to right are Geoff Denny, co-captain John Vlietstra, Doug Mann, Andy Luff and R. Mainprize.