

# Sports and Fitness stresses fun

by Robin Inscoc

A joint program offered by the Halton Hills Recreation Department and the Halton Board of Education is destined to be a success, if organizers Mike McMahon and Bob McKay have their way.

The Halton Hills Sports and Fitness School is only in its second week of operation at Georgetown District High School (GDHS) but already the pair are talking about expanding the program next year.

"The program was designed to provide instruction and fun for the youth of Halton Hills," says McKay, but he emphasized the "Fun". "If the kids aren't having fun the camp won't work."

The estimated 235 kids between the ages of seven and 14 expected to take part in the program, have a variety of programs to choose from during the three week camp.

Week One (last week) was the only camp that was not filled to capacity with the next two weeks having over 80 expected participants. Almost half of them are girls. "That takes care of another important part of our community," commented McMahon, pointing out that many schools or clinics involve girls.

McKay feels that one of the major advantages to the school is its price. The school takes students from 8:30 a.m. till 4:30 p.m. and teaches them skills of different sports as well as keeping the youngsters in shape for \$25. per week.

The first things the students do on arrival each morning is work on a fitness program that helps build their "Cardio-motor ability." This part of the program lasts for 45 minutes before the participants get to their elective sports. Every week training and instruction are offered in different sports. The only mandatory areas include gymnastics for the girls and wrestling for the boys. Add three of the following: soccer, basketball, volleyball, football, baseball, lacrosse, tennis and squash, and the students find themselves involved in a full day of activities.

Swimming at the indoor pool and low organizational games complete the day.

"Free time" is where trouble starts," according to McKay but the staff feels they have that problem licked. "We don't give them any," added McKay. "Even at lunch time the students watch movies while eating."

The joint effort between the Halton Board of Education and the Recreation Department is a first of its kind, according to McKay, who praised co-organizer McMahon for his hard work in getting the two groups together. The Board of Education donated the facilities while the Recreation Department supplied the staff that helps McMahon and McKay.

**Locals in tournament**

The Milton Industrial Fastball League All-Stars revenged last year's loss as they came out on the winning end of a 2-0 game with the stars of the Georgetown Industrial Fastball League at Brian Best Park in Milton on Sunday night.

Representing the Georgetown Industrial Fastball League were Bob Marchand, Bill Kirby, Doug Anderson, Bob Inglis, and Brad Edgar from Philp Publishing, B.J. Legate, Steve Marshall, and Joey Deforest from the Acton Roadrunners, Jim Hall and Art Budweiser from C and S Plumbing, Tom Trevelyan and Norm Topping



Mike McMahon

Sports Camp." Both McKay and McMahon were working at the camp when the idea for this school came about. "I noticed the kids enjoyed the off-ice activities a great deal," commented McMahon.

McMahon and McKay believe that this program could become a much larger camp with more facilities and are contemplating a survey of Acton to see if a school might be set up at Acton High. McMahon said that he was disappointed by the number of registrations from Acton but feels that that may have come because of the travelling even though a bus is being provided from Acton for those involved.

A total of 5,500 brochures were distributed throughout Halton Hills and McMahon feels that they could get as many as one hundred students a week if facilities can be found.

The organizers are optimistic about what the rest of this year's school will bring and are confident that the program will run next year and possibly many years into the future.

"I can see the program taking off," said McKay. "I think it's the first of many," commented McMahon.

On Thursdays students of the school get a different type class at York University. Each week the students will be bused to York where they take part in a gymnastics display put on by the York team as well as taking instruction in tennis, squash, and handball.

For the next two weeks the students will also get a first hand look at some of the world's top tennis players practising and preparing for the Player's International.

"The school," said McMahon, "was initiated from the North Halton



Acton Fox Shirley Ancker, in white, heads the ball towards Nancy Thomas during an exhibition match against the Georgetown Womans' team. Acton won 5-0. The Foxes and two other town teams are heading soon to New York for a weekend of exhibition games. The Foxes play in the Girls In Rural League Soccer.

## Fobert catch fire, douse Firemen

Friday at Prospect Park, Ridleys Cartage Firemen gave first place Fobert Real Estate quite a scare.

The Firemen looked like a brand new team as they were ahead 10-3 going into the bottom of the sixth inning. Fobert then cooled out the Firemen by scoring nine runs and won 12-10.

Doug Hewitt played a good game for the Firemen by scoring three times. Bob Merrika showed some heads up ball as he got on three times and scored twice for Foberts.

On Sunday Acton Restaurant kept the race

for first place still close by tripping up Jug City with a 12-4 score.

The Restaurateurs came up big in the bottom of the sixth by banging in six runs to break open a close 6-4 ball game.

Don Archibald and Ray Russiani both hit homers for Acton Restaurant and

Lindsay Kennedy scored three runs for Jug City.

This week it's Jug City against Ridley Cartage Firemen on Friday at Prospect and on Sunday a double header with Jug City facing Fobert in game one and Acton Restaurant versus the Firemen in game two.

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## Kinsmen double Acton

Milton Kinsmen squirt girls softball reps continued its winning string by doubling the score at Acton 16-8 in a Halton Rural League action Wednesday.

play was instrumental in the victory. Infielder Lisa Leroux made the play of the game, knocking down a hard line drive before picking it up and relaying the ball to first for an out.

Offensively, the squad was led by Shelley Gerwals with a triple and a double, Tammy Boughton, Jackie Roger, Karen Harings and Jennifer Haston who added to the effort.

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