

# Top swimmers in one family

By Diana Waltmann

Al and Dave immediately set out to confuse me. Who's who, I ask. "This is our girlfriend," says Dave. "She's my girlfriend," says Al. Avril, who says nothing, smiles placidly. She's used to this, obviously.

I'm not. I'm not even sure I'm in the right place, having wandered into parts unknown (suburban Rockwood) for this interview. At least I think it was an interview. I'm not sure on that either.

Aha, you think. She's writing about herself again; a malady much suffered by egotistical journalists. Luckily I am an exception, so this is a story about David and Allan Swanston of Rockwood and a "great" apartment in Kitchener and other parts in between.

They swim. For example. Older brother Allan, 22, swam in Cuba just a few weeks ago, as part of a seven-person Canadian team, asked to participate in the Cuban national championships.

And he's swam in Russia in August in 1979, in a dual meet against the Soviets, and in London, England in April, 1979, and in Tokyo for the World Cup in 1979, in Puerto Rico in July 1979 for the Pan American games and even in Estobcoke for a Canada-West Germany meet.

Allan competed in the Canada games in 1977, various interclub competitions and the nationals since he took up the sport, seriously, in high school.

Now he's heading for his fourth national championships this weekend in Montreal's Olympic Pool. He says he hopes to retain or improve his C Card status, that will keep him on the national swim team and send him to the world championships next year.

Medals abound in the trophy case at the Swanston home. Allan picked up three silvers in his first Canada games in 1977 in the 500 free and 4 x 50 and 4 x 100 relays, a silver in the 4 x 100 relay in the Pan Am games, two golds, three silvers and one bronze in Cuba, two fourths in Tokyo and made the finals in his first international meet—the Coca Cola Cup in London, England. The University of Waterloo named him most valuable swimmer and the city of Guelph honored him with a plaque. There's also a letter from Prime Minister Trudeau commending Allan on his performance in the Pan American games, somewhere in a drawer.

He's one of the best swimmers in the country. Dave is where Allan was four years ago, embarking he says he hopes, on the same lofty career. At 18, he's competed in his first nationals this winter, but hasn't achieved a card rating, yet.

The pair swim out of the Region of Waterloo swim club. Both started their careers with the high school team (Centennial in Guelph) and later joined the Guelph Marlins Club under the tutelage of Ann Grape. Grape was Al's first coach. Both Al and

Dave were coached the following year by Clifford Barry for the next three years and when Barry moved to Vancouver last season, Al followed. Dave stayed behind with the Marlins and his second coach Doug Munn.

Now the brothers are together again under Barry in Waterloo.

David is the jokster of the two. "He provides the entertainment," says his father Walter, also jokingly.

They share an apartment in Kitchener, paid for by Mom and Dad while attending either school or workouts.

"Yeah, it's great," says Dave, who, it seems, has discovered the joys of being young, single and living 25 miles away from a mother. "You should come over."

Of course it's not all play. For one thing Allan is in his third year of Economics at the university and Dave still needs a few high school credits.

Then, they add, there are the workouts. "We're in the water for five hours or more a day," they say, almost in unison. "We have a workout Saturday," continues Allan. "We lift weights, run, practise yoga—" ("You're not going to tell her about that," says Dave), "—which helps our flexibility and to relax," finishes Allan.

"Swimming is a serious business," he adds. "It's amateur sport, but it's really a job."

So why do you do it? It's not exactly a recreational pastime.

"Anybody who says it's recreation gets kicked off the team," says Allan.

He said he started swimming a couple of times a week for the high school team for fun, but what really got him interested were lessons he took with the school in grade five.

And if you really want to go back, when Allan was three or four years old, his father beat him at a race and sent him to swim lessons.

Dave says he also joined the high school team for fun, but he added, he was influenced by his big brother.

Both saw the opportunities swimming for your country can offer—trips to Moscow and Tokyo aside. But only if you qualify for the national team. Only if you are exceptionally good.

Allan says a full Olympic games team (64 men and women) will be chosen from the nationals to compete in the Worlds and Commonwealth Games next fall.

"And," adds Dave, "the chances of having two brothers carded is slim."

But they are prepared. Dave says they have been in, what they term, training camp for the past couple of months. Arriving at the pool, at 5:40 in the morning, every day all winter, they built a background of workouts and distance. Then as the nationals drew nearer, the sessions were narrowed



Brothers Swanston, left David and Allan, right, leave for the Canadian national summer swim championships Friday, held in Montreal. Allan has long established himself on the national swim scene, but younger brother David is one of the up and coming. Both swim out of the Region of Waterloo club and together in one relay event. Both are hoping to break the Canadian record and win a few medals in the relay.

down, concentrating on major events. This last week was spent resting, putting in less meterage but still keeping "in touch" with the water while their bodies are still building energy. They leave for the nationals Friday.

Most swimmers shave down before major events, says Allan, to increase their skin's sensitivity to the water. "Shaving scrapes nerve endings, leaving them tingling, so you feel faster in the water." It's a psychological edge, and done only before the big meets. They shave their legs but neither Dave nor Allan shave their heads. "Not yet," says Dave.

They will attend the summer nationals as members of their club. The Waterloo team, Dave assures, is tops—ranked third in the country in men's and sixth overall (with one woman) after the winter nationals.

"The club has some promising swimmers," says Dave. "We have a good chance to win the nationals... in medley relay."

Dave and Al swim together in this event. Their backstroke is Mike West. "Mention him. We said we'd get his name in the paper."

His father is from Acton, but West is more noted for winning both nationals and beating Graham Smith to do it.

Victor Davis, to whom they didn't promise any newspaper glory, is their butterfly specialist and Canadian record holder in that event. He's also ranked 13th in the world.

And finally their anchor swam one of the fastest relay sprints in Canadian history.

# Finally! Ed's sink Navy

It took Ed's In-n-out midgets six games, but they finally beat the Inter-county Midget Boys Fastball League's first place squad, the Woodstock Navy Vets, on Monday night at Prospect Park.

The In-n-outers have had trouble in their five previous meetings but Monday they rallied from an early 2-0 deficit to score an impressive 5-3 win behind a 15 strike-out pitching performance from Roy Spear.

Of their five previous losses to Woodstock, three have been in league games and the other two in tournament play. This past weekend, the In-n-outers were at the Ontario Eliminations in Port Perry where Woodstock handed them an early exit with a 9-4 setback. In that game two rivals were tied heading into the final inning when Woodstock exploded with five runs.

Acton took a win in their first tournament game defeating Jordan 6-4 before losing to Ingleside 13-5 and then Woodstock in the double knock-out event.

The league win against Woodstock puts the locals in the hunt for first place. The victory moves the In-n-outers record to six wins and five losses and within striking distance of the league leaders. "If they can continue to improve the way they have over the past month we're going to be tough," commented coach Dan Arbic, referring to the team's play of late. The local midgets were two and five at one point but four straight victories have put them above 500.

Woodstock counted single runs in the first and second innings of the Monday night match but the In-n-outers fought back in the third with three runs as Tim Evans, Mark Duval and Tim Baker rounded the bags with the aid of a couple of key Navy Vet mistakes.

Woodstock evened the count in the their half of the fifth inning but Ed's didn't take long to regain the lead for the final time as Gord McArthur reached base with two out, stole second and scored on a Tim Evans sacrifice.

McArthur added the insurance marker in the seventh as he again stole second. This time he left Evans at the plate taking third on a passed ball and scoring on a wild throw.

Pitcher Spear picked up his second league win of the year against two losses holding the Woodstock team to just two first inning hits. A lead-off double and a triple were the only hits Spear gave up.

In the first game of their weekend tournament in Port Perry the In-n-outers used a three, sixth-inning runs to subdue Jordan 6-4 with Roy Spear again getting the win. Spear allowed single runs in the first, third, fifth and sixth while Ed's counted runs in the third, fourth and seventh.

Gord McArthur was again the big story offensively for the In-n-outers hitting three for three while Spear struck out 11 from the mound. The In-n-outers had Ingleside well in hand in their second tourney game leading 4-0 in the third inning before four third-inning thalies and eight more fourth-inning markers put things out of control in favor of Ingleside.

Tim Baker carried the only bat for the In-n-outers in that contest picking up the team's lone hit, a first inning single. Rob Vermeulen took the loss.

In their final encounter of the tourney with Woodstock, Ed's spotted the opposition a 4-0 first inning lead and then fought back with a three-run third and a single in the sixth to tie the game before giving up five runs in the seventh and final inning to be eliminated from the tourney.

Tonight (Wednesday) the In-n-outers travel to Guelph for a league game and then return home next Monday for an 8:30 p.m. start.

The In-n-outers held their "Bar Draw" at Prospect Park on Monday with first prize going to Brian De Rutl of Huttonville, second prize went to Tony Wagenaar of Hillsburgh, third to Don McKenzie and fourth to Bob Cunningham of Belwood.

# Fread bounces back

Fread Construction bounced back from a rather humiliating defeat at the bats of the Roadrunners to take a 6-3 victory over the North Halton Bears Sunday in industrial ball action at Prospect Park.

The Roadrunners handed Fread an 11-1 last Wednesday.

Good fielding gave Fread the victory Sunday. Bears had several good hits including a triple and single by Mike Petkoff, a double by Cliff Britton, a two-bagger by Sid Barens and a couple of singles by Gary Barens. But most of the Bears' offensive effort was stopped by Fread's effective infielding.

Fread on the other hand, at their turn to bat, capitalized on some Bears' errors, sending Al Hall, Gus Holmes, Lloyd Smallwood, Bob Merkin and Barry Buchanan home.

Petkoff, Britton and Nate Fields touched home for Bears.

Unfortunately for Fread they weren't so effective against the Roadrunners, despite Dan Arbic's big three-bagger in the fourth. A single by George Wallis drove Arbic in for Fread's lone run.

B.J. Legate and Chris Tennant batted doubles while Bruce McPherson and Keith Fendley slugged singles. Another single by Gary Moore drove in the fourth Roadrunners run.

Fendley and Legate touched home again in the sixth on errors by Fread.

## Halton-Rural report

# Errors cause squirts' second setback

Fielding errors late in the game proved costly to Acton Optimists squirts in minor ball match against Lowville Wednesday.

After leading 5-2 for four innings, Acton dropped a 14-8 decision.

Shawn Dryden and Mike Williams shared the loss on the mound. Dryden was relieved in the fourth and took over the catcher's position.

Acton came out slugging with Dryden crossing the plate in the opening frame on several walks;

then scored again in the second along with Mike Brouwer and David Harrison, thanks to Harrison's home run.

Williams touched home after Harrison to make it 5-1 by the bottom of the second.

Lowville scored again in the third, then exploded with seven runs in the fourth to gain the lead. Optimists meanwhile ran into some nifty pitching by Lowville's chucker who fanned 16 batters in the game.

Lowville added five more runs in the fifth to finish off the game. Optimists made a gallant effort to catch up, especially on Harrison's triple in the sixth, driving in Dryden for the sixth run. Harrison touched home on Williams' ground out for the seventh run. Williams held Lowville at bay in the bottom of the sixth, but Acton could only manage one final run in the seventh, as Paul Sankey crossed the plate on a single by Jason Campbell. Lowville wins the match 14-8.

The loss was the second setback suffered by the Optimists last week, as they failed to avenge their defeat to Glen Williams Monday.

Glen Williams snuffed Acton 18-10 on June 24 in

## Tri County report

# Gibbs leads bants to win

Rhys Gibbs' two runs led the Mackenzie-Bulldall bantam boys to a 10-2 victory over Maryhill Monday night in tri-county action.

Chris Hicks also had an outstanding game, scoring two runs.

Big gunners for Mackenzie were Ron Barker, Brent Nager, Paul Cargill, Steve Raine, Bruce Canary, and Darren Wrigglesworth.

The win was a pick-me-up after the bantams dropped a 4-2 decision to Eramosa Friday. Mike Baker and Peter Cargill played strong games for Acton.

Wrigglesworth, and Paul Cargill touched home for the runs.

Mackenzie-Bulldall's next game is Monday, at Prospect Park, when they meet Eramosa at 8:30 p.m.

## Peewees fame unwelcome

Acton Restaurant peewee boys are becoming famous.

Unfortunately their notoriety lies in their lack of enthusiasm, evident once again in their defeat to Puslinch 10-3 last Wednesday at Prospect Park.

Kevin Lobsinger, Jeff White and Mike Ormsby scored the runs, coming in the fifth inning.

It was a repeat performance of last Monday's match in Puslinch, when once again Acton was shot down in defeat 6-5.

Restaurant was missing their catcher, and first and third basemen for the game.

However, things began to look up for the peewees, as they dumped Brookville 17-3 Friday in a ball game the club is always capable of playing.

the first part of a home and home series. Optimists had hoped to redeem themselves last Monday in Glen Williams, but were nipped 5-4.

Williams took the loss on the mound for Acton, despite whiffing 11 batters. Dryden was outstanding at bat, scoring two of Acton's four runs.

The first came in the third, after Mike Arnott reached home on Dryden's two-bagger. Harrison's single sent Dryden across the plate.

That made it 2-1 for Acton after Glen Williams scored in the opening frame. Glen caught up in the fourth and went ahead by one run in the fifth.

Williams slugged a single in the fourth while Campbell stroked a triple in the fifth, but Acton did not score again until the top of the sixth when Dryden touched home again after batting a single. Williams crossed the plate in the same inning to make it 4-3.

But a home run by Glen chucker Charlie Hancock tied the game in the bottom of the sixth. Optimists did not break the tie in the seventh, but Glen did when Craig Cooper slammed a double to send Glen Dean home for the victory.

Brad Demone and Chris Cooney scored three runs each.

Ormsby, White, Randy McIntyre and Mike Cunningham touched home twice each, while Lobsinger, Steve Parker and Tom Bartolac scored singles.

Lobsinger whiffed 12 batters to take the win. Restaurant's record stands at six and six for the season, a disappointing statistic after their fire-cracker start, losing only one of their first five games.

## Piper paces Foodland

Jason Piper's third-inning single chased home Dwayne Swartz with the winning run to propel Acton A-B Foodland atoms to a 4-3 victory over Brookville recently.

The run capped a three-run inning and broke a 1-1 tie. Marty McAfee paced Acton with two hits and two RBI's which opened the gates to a three-run third inning.

Swartz's bases-loaded walk in the first inning drove home Piper with Acton's first run.

Jamie Lowrie started on the mound for Acton before giving way to Mike Shannon in the fifth.

Acton's good luck was stopped Friday when Maryhill scored nine runs in the first three innings enroute to a 9-3 victory at Donald Mann.

Maryhill scored three runs in the first inning and coasted to an easy victory.

Acton scored once in the second inning and followed it up with two more in the fifth. Lowrie, McAfee and Piper paced Acton with one double each.



She's safe. But it didn't do much good as Hornby downed Family Restaurant peewee girls 21-8 last Tuesday at Prospect Park, in Halton-Rural minor ball action.