

Tips from Terry



by Terry Mikalczak

GETTING IN SHAPE FOR GOLF

Spring is around the bend and all the golf enthusiasts are anxious to venture into those lush green pastures swinging away at that sometimes elusive golf ball. Good golf—from the start—requires one, that we are able to practise all winter long or two, that our bodies have been kept in reasonably good shape.

For those who did not get the chance to practise all winter long at my indoor golf school, I'll offer a few exercises that will help limber up the "old" body, and prevent those sore aching muscles which usually accompany the first 18 holes of golf.

1. Hamstring / low back stretch:

Start in a squat position, hands on the floor. Keeping the hands on the floor straighten the legs out—SLOWLY. As you straighten tuck the head under and EXHALE. Hold for 3 to 5 sec. then slowly go back to the squat position. Repeat 6-8 times.

2. Low Back exercise:

Lying on your back with the knees in a flexed position and hands placed on your thighs—slowly slide the hands to the top of the knees—exhale as you go up then slowly return to the start position. Repeat 10-12 times.

3. Abdominal exercise:

Lying on your back, arms extended, roll up and tuck your knees to your chest—exhale as you tuck. Release slowly back to the start position. Repeat 10 times, increase to 25.

4. Cardiovascular: The field is wide open here. Exercise such as a good brisk walk, biking, jogging, skipping, swimming are all good exercises to help stimulate the cardiovascular system and increase oxygen consumption.

If you are concerned about the type of exercise program best suited for your needs first consult your physician on your general health then have a competent individual set up an exercise program that best suits your needs.

Let's have a summer of fun. Get into shape and let your golf professional start you off on the right track.

Next week I'll begin a six week series on the basic fundamentals.

Hope to see you at Silvercreek Golf Centre.

Until Next week—Enjoy

"Accent on youth" for Villa soccer team

by Paul Nolan

The accent is on youth this season, according to Acton Villa Soccer Club president Fred Blain.

"From the point of view of the club's future," the average age of First Team members is expected to decrease this year. However Blain adds that the club still "has an abundance of experienced players" to compliment the youth movement. The soccer club has been in existence for the past seven seasons. It was originally

formed as a platform to be reached by the town's often misplaced minor soccer graduates.

"The door has always been open for players from the Acton Minor Club," explains Blain. There are currently seven active Villa players who have come through the local system, says Blain. The president also plans to play for the Villa B team this year.

Joining him on the club executive will be vice-president, Sandy Hudson; Bernie Fryers, secretary; Carl Fisker, treasurer; and Ted Edmundson, executive-at-large.

The team has been training indoors since January. Their first exhibition match will be this Saturday when they travel to Glen Williams to play the Georgetown Meteors' White and Blue squads.

The Villa league opener will be on Wednesday, May 18, at the McKenzie-Smith pitch. All of the club's home games during the season will be Wednesday evenings at 7 p.m.

The Villa A team will play in the Mid-Ontario Soccer League this season, where they will battle clubs from Georgetown and Brampton. In this same division last year, the Villa ended up in third place in league

play. They went on to the semi-finals in play-off action.

During the off-season, last year's Villa B team formed their own club; Acton Leathertown. Blain feels the move "is making it harder for both clubs." Although he is "upset at the fact that Leathertown broke away" the Villa president doesn't sound very worried about his club's upcoming campaign.

The club plans to carry 30 players, who will be split between the two teams. There are still some open spots, so anyone looking for a spot and a run this summer should contact Blain.

ATW cleans up awards

The Acton Industrial Hockey League wrapped up their season on Friday night with their annual awards dance at the Band Hall.

Acton Terminal Warehouse were the bigger winners on an individual basis picking up three of four awards and adding a league title to their collection. The only things they didn't win were the League's Top Scorer Award and the coveted play-off championship.

ATW's Todd McIntyre was recognized as

the league's Most Valuable Player while teammate Ray Dunbar walked off with the Vezina for the goalkeepers. The Lady Byng for sportsmanship also went to ATW, with John Snow earning the award.

Bart Jacobs broke the ATW jinx, edging out several players for the scoring championship.

Lakeview Centre were honored for their play-off victory while ATW captured the trophy for first place in the regular season.

Spilling the pins

by Dave Ruse

1st Shift Bastards—The Blue Jays clobbered the Tigers taking all three games and totals. Another shut-out by the Cobras when they won all three games and took total points from the Pansy Cats. The Champs won two games and took totals leaving a win for the Kola Bears in the last game.

2nd Shift Bastards—The Headpins beat the Swans 2-1 in games and 3-1 for points. The Bluebirds took 2 games and 3 points from the Strikers. The Eagles won their first two games and totals with the Bears taking the last game and a point. Top Ten Triples—David DeForest-537, Jason Campbell-529, Steven Sheppard-520, Lonnie Patenaude-493, Wanda Hardy-480, Renata Lusetto-470, Melissa Fabian-469, Christine Jennings-462, Angela Dunn-462, Crystal Hillier-460, Christine Poulsen-459.

Jewlers—The Headpins dampened the spirits of the Hot Shots when they took two games and total points. The Pinheads won their first game but lost the next two and totals to the Falcons. The Strikers won 2 games against the Strablers and also took 3 points. Top Ten Triples—Shelly Graham-434, Linda Boxtero-401, Scott Nowlan-586, Chris Paterson-585, Richard Crippie-558, Robert Disano-545, David Huse-517, Michelle Pierce-515, Bev Dunn-505, Jeff White-498.

Peewees—The Canaries and the Robins tied at a game each with the Canaries taking 2 points. The Chickadees were hot, they won both games and took totals from the Wood Peckers. The Peacocks tied the Starlings 1-1 in games but the Peacocks came back to take total points. Top Ten Doubles—Ryan Brain-231, Meredith Pehura-224, Cindy Carter-190, Julianne Watson-185, Rachel Haggitt-180, Betty Petrillo-180, Suzanne DeForest-179, Trevor Abbott-170, Jason Wilson-159, Chris Collins-158.

Seniors—The Slow Pokes beat the Aces 2-1 in games and 3-1 for points. The Meadows took two games and totals let-

ting the Garfields slip past for a win in the last game. Top Five Triples—Greg White-732, Chad Crooks-724, Terens Dunn-680, Tom Shannon-587, Bruce Shannon-585.

This week we start Y.B.C. play-offs, good luck to all the teams! Mr. and Mrs. Six—Sexy Six kept their lead on first place by spilling points with the Stars. Top shooter for the ladies was Cathie Ahearn rolling both high single 234, triple 633. On the guys' side Jim Waterworth rolled a 340 single and John Ahearn tripled out at 733. Other good singles went to John Ahearn 273, Ken Arnold 235, Corey Kriticos 230, Ken Ziegler 226, Bev Anderson 221. Pencilling in high triples were Jim Waterworth 661, Shirley Waites 623, Bev Anderson 580, Ann Donaton 560, Ken Arnold 580. Team leaders are Sexy Six 68, The Stars 63, High Rollers 61, 4 Plus 253 1/2, Sharks 60 1/2, No Sleepers 58.

Thursday Afternoon Ladies—Top single for the gals went to Iole Lusetto 249 and Loesje Kutsienski rolled best triple 594. Other good singles went to Isabelle Roach 233, Marg White 219, Val Lewis 208, Loesje Kutsienski 203, Sandy Paterson 200. Hitting the triple column were Iole Lusetto 574, Sandy Paterson 554, Marg White 527, Val Lewis 527, Bonnie Mitchell 514. Playoff leaders after two weeks are Two Pins, Slow Pokes, Chips, Un'bow'levables, Misses, Generics.

Beardmore—Tops for the ladies were Gloria Jennings rolling best single 235 and Pat Crippie tripled a 302. On the guys' side Bill Paley captured both high single 305, triple 764. Other good singles were rolled by Jack Stuckless 261, Chad Crooks 260, Bill Paley 277, Harvey Bart 271. Hitting the triple sheet were Charlie Hubble 612, Chad Crooks 647, Richard Crippie 659, Cecil Stuckless 636, L. Andrews 620. Team leaders are Shippers 88 1/2, Tanners 70, Stakers 57, Waiters 54, Buffers 53 1/2, Rollers 48.

Congratulations KEVIN & SCOTT BROWN

ACTON FREE PRESS - CARRIERS OF THE MONTH



Christina Hayes, Store Activity Supervisor for McDonald's, is shown with Kevin and Scott Brown receiving their award for being chosen Carriers of the Month for March, Circulation Manager Dan McGilloway looks on.

McDonald's & You.

Mayor's Race on June 12

The annual Halton Hills Mayor's Road Race is once again nearing and this year's event will be run June 12 beginning at the Gordon Alcott Arena in Georgetown.

As in the past there will be two different races with Halton Hills residents being eligible to run in the five kilometre event with a 10 kilometre event open to any interested runners.

Fees for the event are nominal with \$2 being charged those who enter before June 6 and \$4 for those entering after that date. A family fee of \$3 and \$5 is also in effect.

The five kilometre race will be broken down into divisions with a junior class (under 12), Teens (13 to 19), Senior (20 to 29) Veterans (30-39) and Masters (over 40) for both women and men.

A new look this season will be the North Halton Sports challenge in which a team of five, with at least two women, will compete. Top four times will go towards figuring out winners. All members of the team must be from a common club or work place.

This season's route will be much different from the one in the past with details following.

Y Judo team takes 4 firsts

Members of the Acton Y Judo team came home with four firsts at two recent meets.

On April 9 at a tournament in Shelburne Len Longtin, Tim Gold and Jeremy Gold earned first place honors while Mark Van Akken placed second in his class. Dave Ruse was promoted to his blue belt and came third in his group. Jeremy Gold was promoted to yellow belt.

Saturday at the regional trials for the Junior Judo Olympics in Brampton Len Longtin again captured top spot and was awarded his brown belt.

Ruse, Brad Longtin and Luarie Longtin won second place in their respective classes.



Brad DeForest of Halton Hills Furukure tries to throw the right pitch in Acton Industrial Football League Sunday at Prospect Park. Furukure split their opening games topping Canadian Tire 6-5 and losing 9-0 to the Royals.

MONROE

