

High double and triple shooters for the YBC year included Meredith Pehura, Steven Bottero (pee-wee), Nicola Willmott, Lonnie Patenaude (bantam), Shelley Graham, Kenny McKenzie (junior)



George Archibald presented the local Bowler of the Year Awards bantam Stephanle Parker and junior Linda Bottero. Missing is senior Tom shannon. Linda Bottero claimed the Central Regional championship to go with the in-house award and is now looking to become the Bowler of the Year in Ontario in the junior class.



High averages this season were won by Cindy Carter, Ryan Brain, (pee-wee), Angela Dunn, David Deforest (bantam), Linda Bottero, Richard Cripps (junior) and Teresa Dunn and Bruce Shannon (senior).



The Acton representatives in an up and coming combo tourney have won at both their division level and an in house tourney. They include Wanda Hardy and Mark Ford (bantam), Michelie Pierce and Robert Jennings (junior) and Tracey Gordon and Greg White (senior). Steven White accepted for brother Greg.

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High single shooters this season in the local YBC program were Julianne Watson and Trevor Abbott (pee-wee), Amanda McKlanon and Jason Campbell (bantam), Bev Dunn and David Ruse (junior), and Linda Creasey and Greg White (senior). Steven White accepted



The Streakers won the Junior league championship while the Slow Pokes claimed the senior honor. Juniors include front row, coach Marg White, Denise Crooks, Rick Fellows, Kelly Harrison, Richard Cripps, Teri Lyn Barclay-Smith and Joey Bragg. Back row is the senior winners, coach Sylvia Mages, Roger Crooks, Lisa McCristall, Teresa Dunn, Brian Paterson, Scott Kennedy, Joel Pink and Tom Shannon.



The Woodpeckers won the pee-wee league and play-off champs while the Blue Jays captured both for the bantams. Front row is the peewees, coach Linda Hardy, Angela Stuckless, Christopher Wilson, Ryan Brain, Jennifer Gavin, Patricia Watson and supervisor Dave Piehl, Back row is the bantam team, coach Phyllss Stuckless, Tammy Hammond, Tracy Smith, Heather Cheyne, Mark Ford, Sammy Randell, and Sheldon Stuckless.



The Strikers came from out the pack to claim the junior play-off championships while the Meadows did the same in senior. Members of the winning junior squad were coach Ed Hillier, Michelle Pierce, Barb Dunn, Lisa Waterhouse, Colleen Nowlan, Kevin Fablan, and Kenny McKenzie. The senior team included coach Marg White, Graham White, Greg White, Christine Hoare, Sally Briggs, Bruce Shannon and Chris Rosenquist.

Desmond's draw with Mariners

by Dave Dedds Desmond's Acton Villa A soccer squad opened their regular sesson with a I-1 draw against last year's league champs, the Georgetown Mariners, at home last

week. As the score indicates, it was a very close game, with Acton carrying most of the play in the first half. Acton led 1-0 at half-time as Tony Quinn scored a tremen-

The Mariners got the equalizer in the second half due to an Acton defensive lame. Coach Dave Lewis was pleased with the overall performance of the team, especially with the play of Jim Kenji and his brother Karim Kenji in goal.

The Villa's next game is at home to Georgetown Meteors Blue, with a 7 p.m.

Green gets by in ball hockey

by Paul Nolan Orange beat Blue 3-1 in Acton ball hockey

action last Tuesday. Don Thornhill had a pair of markers for

Orange while Jim Cooney picked up a Bandits steal win

The Beardmore Bandits stole a win from

In other games the Beardmore Cougars outdid rival Beardmore Crusaders 34-11

while Heller B Topped Heller A 19-12.

The Nellis Construction Atom Boys won

their season opener 9-2 in Limehouse last

In the second inning, Brett Wilson scored

on an RBI single by Ryan Masales. Masales

then came around on a Dwayne Sankey hit.

silieris triple in the fourth frame, and then

Katsilleris was batted in by Chris Hayter,

who later scored for the final run of the

A grand slam home run by Brad Hayter in

Katsilieris pitched the first two innings, striking out five Limehouse batters. Brad Hayter came on to work the final three,

The Atoms' next game will be their home

opener next Tuesday when Limehouse visits

Fread wins

by shut-out

Fread Construction continued their

domination in Acton Industrial Fastball

League action this week winning a pair of

Against Canadian Tire the league power-

The Acton A's have been busy. They picked up a pair of wins and a loss in this week's

reported games topping the Bears 7-0 and

the Royals 10-3 but took it on the chin from

The only other sheet submitted this week

Dave Wilson provided all the offense for

Mike Coffey, Dave Black, Bruce Mac-

Pherson and Chris Tennant did the damage

In Fread's pair of contests Tim Baker.

Gus Holmes and Roy Spear crossed the

plate twice each with Mike McGregor, Al

Hall, Rick McArthur, Dan Arbic and Dick

Sid Barens paced the A's in their three

matches scoring four times while Brian

Desmond's in the match, scoring twice and

saw the R.J. Roadrunners score four times

in the fourth in a 4-2 win over Desmond's.

house Fread wrapped up a 7-0 win and shut-

the last frame scored Troy Landry, Clayton

Leys, and Chris Kempton.

whiffing nine.

for a rematch.

games by shut-out.

Canadian Tire 7-5.

out the Royals 4-0 as well.

picking up three of four hits.

for the Roadrunners.

Spear getting singles.

Canary Jr. added three.

Brad Hayter scored after a John Kat-

Thursday's game was rained out.

Nellis Atoms

win opener

the Wyga-Fry 26-19 in Inter-factory Slow

Pitch action this week.

single. Charlie Payne had an assist. The lone Blue goal was scored by Cliff Nibbs on Paul Dodds and Steve Matheson passes.

Green got by Orange 3-1, in ball hockey play on May 10.

Green goals were netted by John Miller, Rusty Miller, and Randy Coverdale. Assists went to John Miller with a pair, and Stu MacMillan, Steve Theodory, Coverdale, and Denis Kirton with singles.

Pete Schicht, on a Payne pass, pocketed the Orange goal.

Green shaded Gold 54 in ball hockey action Tuesday.

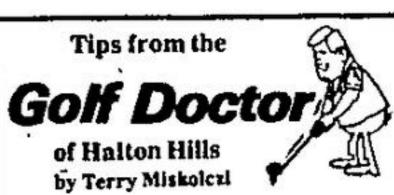
Denis Kirton hit twice for the winners with Coverdale, John Miller and Scott Timbers each grabbing single markers. Kirton and Timbers had a couple of assists apiece in the game, with John Miller, Mike Galbraith, Theodory and Bud Buchanan helping out with one each.

Van Stump and Brian Bilton both had a pair of goals for Gold. Len Metherel, Brian Bilton and Paul Holman all collected two assists, with Paul Bilton registering a lone

Black squeezed past Gold, 3-2, in ball

Brian Demone, Terry Winters, and Jim Haggerta all netted goals for Black. Tim McIntyre had an assist.

Jerry Doiron and Brian Bilton had Gold markers. Bert Fuller and Bernie Methery passed for assists.



POSTURE

You have placed the club head at the target, then place your hands correctly on the golf club and taken your stance. Now you're going to turn your attention to the fourth and final stage of address, Posture.

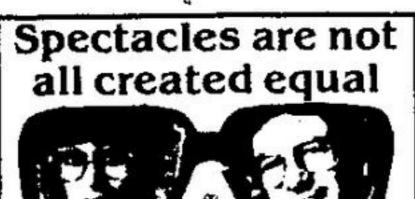
The correct address position has the "butt" moving back, not down. The shoulders tilting slightly forward, not back away from the ball, the arms hanging down from the shoulders and the weight such, that you can lightly lift the heels off the ground-not the toes.

The reason behind setting the address position as described is to help the arms swing the golf club. The body operates in action-reaction. Therefore what you're looking for is the arms swing- ing the body into position, so that the body can swing the arms through the ball. Remember the reaction is just that—a reaction, nothing you should have to force.

But forcing the club throughout the swing is what you probably have always done. Having the four preparation stages enables you to have a chance to swing the golf club according to your size, height, strength etc. In other words you now begin to understand your golf swing-not mine but yours.

Next week I'm going to look at the number two cause of hitting a bad golf shot-tension.





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