



In Squirt Girls' soccer action this week Tuitman Gold and Acton Red played an exciting match at M.Z. Bennett school field.

## Bob's Angels pound Queens

**Mini-Squirt**  
In Mini-Squirt action this week Queen's Tire clipped Can-Am 2-1 and Bobs Angels pounded the T-Birds 7-1.  
Jason Pemberton recorded both Queen's Tire markers to become the star of the game and Patrick McMahon, Blake Butler and Carl Newman put forth good efforts to help clinch the win.  
Victor Lee notched the lone Can-Am goal and Sandy Saccoccia was outstanding in the match leading his team up the field. Honorable mention must also go to Allan Howard in goal for Can-Am.  
Greg Richmond was credited with the lone T-Birds goal as his team was thrashed by Bob's Angels.

**Squirt**  
In the lone Squirt game this week Glasvan bombed Jandel 8-3.  
Adam Forrest was hot for Glasvan claiming six goals in the effort and Steven Bottero rounded out the score with a pair of markers.  
Jandel net-finders were Matt Prystasz with two and Trevor Splinter with a single.

**Atom**  
Desmonds edged Holland Shop 4-3, Pineview A squeaked by Subo 3-2 and Pineview B blanked Gordon Dawe 2-0 in Atom division play this week.

Mark Sears found the net twice and with help from Kevin Pettipher and Philip Williamson, with one goal apiece, took Desmonds to victory.  
Holland Shop scorers were David Patey with a pair and Jason Higgins with a single.  
Scoring for Subo in a losing effort were Harry Rinsma and Matthew Armstrong.  
Pineview scorers were unavailable.  
In the Pineview B, Gordon Dawe match, no scorers were available.

**Mosquito**  
In the lone Mosquito game this week

Achilles Motors matched Superior Glove 5-5.

Winston Pun led the Achilles attack with four markers to his credit and Mike Adema rounded out the score with a single point.  
Superior attackers were Chris Van Dam with a hat-trick and David Boyle and Jason Piper added singles.

**Pee-Wee Select**  
In the four games that Standard Products Pee-Wees have played this season they have established a one win, two tie and one loss record.

Starting the season, they trounced Fergus 9-0 and after suffering a 3-1 loss to Rockwood they bounced back to tie Caledon 2-2 and a stronger Fergus team 4-4.

The Pee-Wee selects squad are B. Danson, J. Ford, B. Creasey, K. Priestman, P. Westaway, S. Yamashita, D. Swinamer, D. Craig, J. Boyer, B. Krusvig, P. McLeod, D. Boyle, P. Landriault and coach Derek Westaway.

**Mosquito Select**  
Playing in the Mid Ontario League the Wilson Car Sales Select Mosquitos came up with an 8-0 thrashing over Grand Valley.

Another strong effort from the Acton defence helped bring goalie Jeff Koprowski yet another shut-out.

Brad Thorpe led the Acton scoring drive with four markers to his credit and Chris Van Dam added a hat-trick for the cause. Winston Pun rounded out the tally with a single goal.

The win over Grand Valley is Wilson's third consecutive win this season.

Atom soccer standings are:

GP	W	L	T	GF	GA	Pts.
Pine. B	5	4	1	0	12	9
Pine A	6	3	2	1	19	23
Holl Shop	6	3	2	1	23	17
Subo	5	2	2	1	13	12
Desm.	6	2	3	1	24	21
Gor. Dawe	6	1	5	0	13	22



## Tips from the Golf Doctor

by Terry Miskolczi

"Your source of authority and stability".

Last week I discussed the role of the arms in the swing. As the arm pulled the body back behind the ball and into the right side the right side becomes your source of authority and stability.

How? It begins at address. At address your knees are slightly flexed. That flexed position on the right side stays exactly as is when your arms reach the top of your backswing and the body transfers its weight into the right side. This flexed position enables two factors to take

place. One, it enables the arms to travel on the same swing plane time after time. It also is your source of strength and authority.

Therefore! As the arms travel on the same plane you begin to strike the ball on one (1) flight path and as you stabilize the right side you set up the authority to strike the ball efficiently. Both distance and direction have now been effected. But caution. Some will be able to maintain that strong position, others will not. Again body structure and flexibility will be factors in how well each person will be able to maintain that stability of the right side. Being able to maintain any portion of the right side will greatly enhance your ability to hit the ball straighter and farther. One more factor need be looked at. The ability to maintain the angle of the upper body position as the arm swing reaches the top, before you can really begin to enhance your ability to strike the ball with authority. That will be our topic for discussion next week.



A Glen Williams base stealer gets under the throw from Acton Atom catcher Chris Hayter. When the dust finally cleared from the diamond the Acton side emerged with the atom championship.

## Fitness school coming to Acton

The fifth annual sports and fitness school will be back in Acton this month with a bigger and better program than ever.

Mike McMahon, co-ordinator of the school said all boys and girls six to 13 years of age are welcome to join the program which starts July 30.

Included in the program is organized soccer, baseball, football, swimming and a personalized fitness program for each individual.

As well as an off ice hockey conditioning

program will be offered and wrestling for boys and gymnastics for girls will be available.

Dates for the school are July 30 to Aug. 3, Aug. 7 to 10 and Aug. 13 to 17 and all events will be from 8.30 a.m. to 4 p.m.

Costs to join the program are \$40 for one child and \$35 for each child afterwards.

Cost for the week of Aug. 7 to 10 is \$35. For additional information call Mike McMahon at 853-3218.

## A's take win and loss

In two Industrial ball games this week, the Acton A's came up with one win and one loss.

July 15 the A's overpowered Pioneer Gas Bar 4-2 and then the top place team, Fread Construction, took a 5-3 win.

Competing against Pioneer Gas Bar, Brian Canary Jr. led the A's with a pair of runs, knocking out his first in the opening frame to put his team on the scoreboard.

Canary pegged his second run of the day in the sixth inning and Brad Deforest and Earl Malby added singles to round out the score.

Pioneer runs were tallied by Greg Dodds and Ted Hill.

Tim Baker held the big bat for Fread as his team overwhelmed the A's.

Baker recorded one run in the first to start off the Fread scoring drive and he added a sixth inning run to clinch the game.

Steve Marshall recorded a run in the effort as did Allan Hall and Mike McGregor.

Canary, Brad Deforest and John Wilson notched a run each for the A's.

The league standings are Fread in first with a 15, two and one record, the Roadrunners are solidly in second with a 15, two and zero tally and third place belongs to the A's with a 10, seven and one record.

The Royals are in fourth, Furniture is fifth, Canadian is sixth and the Bears are in the basement.

## Rural Squirts match Hornby

In their tenth game of the season, the Acton Halton Rural Squirts came up with a 5-5 tie against Hornby.

The tie brings the team's record to nine wins, one tie and one loss.

The Acton Haefner Roofing and Siding pitcher managed to strike-out seven Hornby batters while the Hornby pitcher whiffed six of the hometown line-up.

Hornby took an early lead in the match notching runs in the first and second inning to establish a 2-0 lead.

The third frame saw both teams stopped at the plate and then Jason Piper, Clayton Leys and Chris Elder struck for Acton.

Elder started it all when he was hit by a pitch and walked to first. A triple by Piper sent Elder across home plate and then a double by Leys sent Piper home.

Leys finally rounded the rest of the bases on a double by Jamie Lowrie and Lowrie was left stranded on second after the third out.

However, Acton's lead was short lived when Hornby also notched two runs in the fourth inning.

The fifth frame saw the score remain 4-3 in Hornby's favor until Paul Glass came up to bat.

Cracking out a single, Glass made it to first. Following Glass, John Katalikis banged out a double to put Glass in scoring position and a single by Todd Deforest sent Glass running across home plate.

In the sixth frame it looked like Hornby had the match all wrapped up with a run right off the top of the frame but Nelson Hammond came back in the seventh and final inning of the game to tie it all up.

Hammond had singled to first and was sent home on a double by Sean Auger and a single by Paul Glass.

## J and T take league wins

J and T Sports defeated Glenlea 21-10, and then in a return engagement edged Hammond 18-17 in Grasshopper League play this season.

Also in Grasshopper action, J and T clipped Willowlane 14-13.

Scoring for J and T against Glenlea were Jamie Kinnear, Duane Piper, Billy Whalen, Paul Sablak and Brett Petrillo.

Glenlea scorers were Shelby Daponte, Matt Andrews, Stuart Ginn and Matt Borg.

J and T scorers against Hammond were Chris Cullen, Jenny Kuhler, Seth Homer, Lee Ann Robinson, Duane Piper and Billy Whalen.

Hammond's runs were earned by Bryce Marshall, Chris Carr, Michelle Pilgrim, Brad Hammond, Justine Elder and Natasha Elson.

David Clark, Seth Homer, Wally Redkie, Chris Cullen, Brett Petrillo and Duane Piper notched the runs for J and T as they edged Willowlane.

Willowlane runs were recorded by Jason Lowrie, Chris Gillingham, Bjorn Trow, Rachel Hagggett, Susanne Deforest and Chris Sargent.

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## BMX round-up

**Open Races**  
In BMX action this week at Leather-town Cycle Park, Robert Trip recorded a first place finish in the 13 and 14-year-old open event, Robert Grezlowski notched a second place finish and third was captured by Mike Cavanagh.

In the 15-years and over category, Sasha Petrovic pedalled in first and Jim Byers followed in second spot.

**Beginner**  
In the Beginner class Brian Barry and Blair Flood recorded first and second place finishes respectively in the seven-years and under division.

Armand McCorkindale was first in the 10 and 11-year-old beginner class followed by Scott Rowsell in second and Steven Kovacs in third.

Doug Kent captured a first place finish in the 12 and 13-year-old beginner division and Dave Deyman and Allan Giray were second and third respectively.

In the 14 and 15-year-old beginner class Jamie Warnock was first, Peter Vandereyken was second and Andrew Kovacs was third.

**Novice**  
Ryan Harvey was first in the seven-year-old Novice class, Ken Little placed second and third was claimed by Robert Mitchell.

In the 14-year-old Novice category, Jim McCallum claimed first, Bruce Parent was second and third place went

to Robert Grezlowski.

**Expert**  
In the eight-year-old expert field, Danny Ryan rolled in first followed by Peter Ward in second and Paul Ward in third.

Mark Booker was first in the 10-year-old expert class and Brandon Rae captured second.

Robert Trip had his second win of the day in the 15-year-old division and second and third place was claimed by Neil Haigh and Mike Cavanagh respectively.

In the 16-year-old class Brent Smith rode in first, Jim Byers claimed second and George Takacs notched third.

In the 17-year-old expert division Sasha Petrovic zipped across the finish line first followed by John Teixeira peddling in second and Mark Castello claimed third.

Halton Hills BMX standings are:  
1. Peter Ward 300, 2. Brandon Rae 275, 3. Brian Barry 262, 4. Ryan Harvey 244, 5. Laura Barry 237, 6. Paul Ward 234, 7. Robert Mitchell 225, 8. Neil Haigh 201, 9. Brent Smith 200, 9. Scott Rowsell 200, 11. Randy Malcolm 196, 12. Jason Smith 185, 13. Mattin Bowman 172, 14. Pat Gattifoni 170, 15. Todd Dann 165, 16. Chris Morrison 163, 17. Kirk Flood 158, 18. Danny Ryan 156, 19. Blair Flood 145, 20. Trevor Recuskie 142, 21. Tom Ather-ton 138, 22. Todd Demone 135, 23. Brad Demone 121, 24. Warren Blain 120,

## Tennis sidelines

by Vic Morris

The Acton Intercounty Mixed team continues to romp along as they trounced Mimico 6-0 last Thursday evening. At the last count, Acton was on top of the 'C' West league by a two point margin.

The ladies' Intercounty team played host to Whiteoaks last Wednesday morning. This fixture was played in the Guelph bubble due to inclement weather and Acton edged their opposition 3-1.

The Junior Boys' team played two fixtures last weekend. The first was a make-up for a previously postponed fixture at Whiteoaks which our young boys lost 6-2.

The second fixture, which incidentally is the last of the season, was in Acton and

was taken by Erin Mills 7-1.

Even though the boys' league season has finished they will continue with their 6 to 7 p.m. Friday evening practices according to coach Gerry Veldman.

Some of the boys have been attending the regular club round robins on Friday evenings and have been giving a good account of themselves. The round robins are producing some excellent tennis and what better way is there of spending a summer evening.

The Acton Inter-Rural team visited Fergus last Thursday evening, losing that one by 48 games to 84.

The club's men's doubles final is still pending because of injury and vacations.

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