

# Outdoors

by Lorne Fletcher

Sure signs of fall with shorter daylight hours plus cold nights, close to frost in some areas, makes serious anglers, who are marking time in the summer doldrums, realize that the top season is close at hand for the best angling.

Chinook salmon are already moving inshore at Southampton with reports of good fishing in the lower river system.

For those that cannot wait for mid Ontario to start running, a good place for a tight line would be the Batchawana River system just north of the Long Sault. The rainbow and some salmon are there and it's well worth the long drive.

Lake Ontario is still producing some record catches of fish with just about every angler having some success. It just goes to show what a great restocking program can do for sport fishing in a lake that was virtually dead a few short years ago.

A good specimen of Rainbow Trout was taken by a local resident, Brent Hall. The fish weighed in at 17 and one-half pounds.

## Tips from the Golf Doctor

by Terry Miskolci



What role does tension play in the golf swing. Well it is second to none. Tension, next to alignment, is the leading cause of all our miss-shots. The most common miss-shot is that of topping the ball. The reason for this is quite simple.

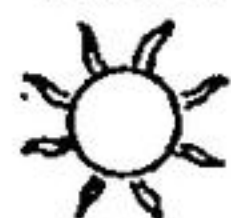
Any muscle group that is tense tends to shorten, therefore if we tense too much during the swing our body will tend to rise upward and since the club will follow our body movement we will begin a series of top shots which becomes more frustrating, increasing the tension level which will in turn increase the number of top shots.

Our objective is to learn to become

light at address. Here is a good way to practise. At address squeeze the club as tight as you can, now tighten the arms and shoulders. Hold for three to five seconds then release. It's that release position you want to maintain throughout the movement of the body during the golf swing. This light feeling will enable the arms to pull the body into that strong position behind the ball setting you up for that authoritative move through to the finish.

Yes, tension can play an important role in the golf swing. Keep your mind free of stress and worry because of a bad shot or anticipation of a bad shot and you will begin to be rewarded with more consistent swings. Now, for the last few weeks I've given some big thoughts to practice and believe me if you have gone about your practising with some intelligence you should be able to see improvement in your shot making.

## OPENING SOON



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WATCH NEXT WEEK FOR DETAILS



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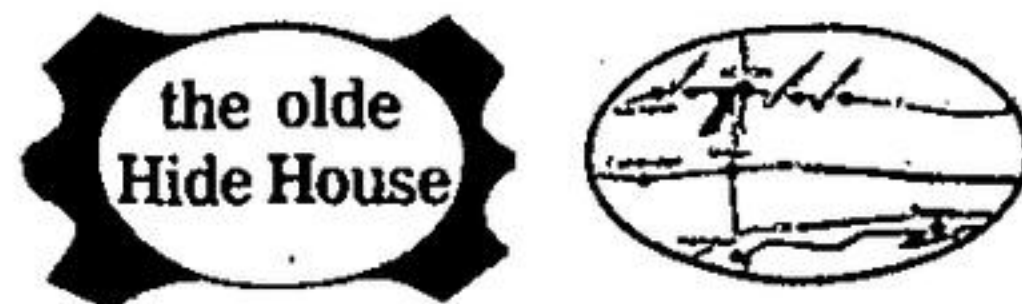
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## 1984-1985 REGISTRATION

GORDON ALCOTT ARENA (UPSTAIRS)

SEPTEMBER 6th 7 p.m.-9 p.m.  
SEPTEMBER 8th 10 a.m.-1 p.m.  
SEPTEMBER 9th 1 p.m.-3 p.m.

\* LATE REGISTRATION SEPTEMBER 20th 7 p.m.-8 p.m.  
\* A LATE REGISTRATION FEE OF \$10.00 PER APPLICATION WILL BE ASSESSED ON EACH APPLICATION RECEIVED AFTER SEPTEMBER 9, 1984.

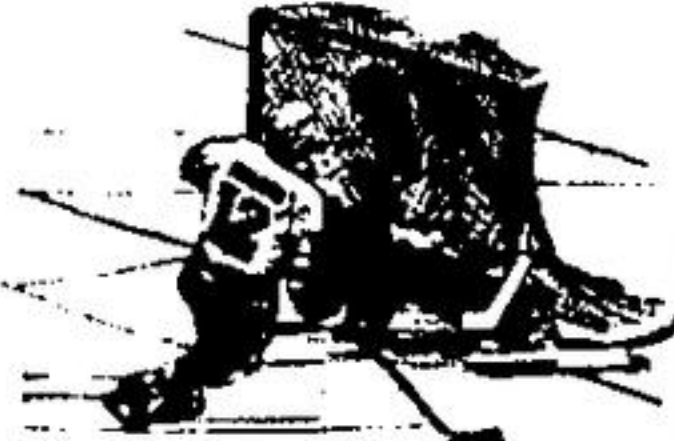
FEES: ONE PLAYER \$60.00  
TWO PLAYERS \$110.00  
THREE OR MORE PLAYERS \$155.00

BIRTH CERTIFICATES MUST BE PRESENTED WITH ALL APPLICATIONS.

PRESIDENT WAYNE PRIES 877-8592  
V. PRESIDENT WALT BUCHAN 877-6834  
V. PRESIDENT JIM BRAY 877-5321

GEORGETOWN MINOR HOCKEY ASSOCIATION

## REP TEAM TRYOUTS



NOVICE  
Sept. 8 8:00 to 8:58 a.m.  
Sept. 9 8:30 to 10:20 a.m.  
Sept. 15 10:00 to 10:50 a.m.

MINOR ATOM  
Sept. 8 8:00 to 8:50 a.m.  
Sept. 9 12:00 to 12:50 p.m.  
Sept. 15 8:00 to 8:50 a.m.

ATOM  
Sept. 8 10:00 to 10:50 a.m.  
Sept. 9 1:00 to 1:50 p.m.  
Sept. 15 8:00 to 8:50 a.m.

MINOR PEEWEES  
Sept. 8 11:00 to 11:50 a.m.  
Sept. 9 2:00 to 2:50 p.m.  
Sept. 15 8:30 to 9:20 p.m.

PEEWEE  
Sept. 8 12:00 to 12:50 p.m.  
Sept. 9 3:00 to 3:50 p.m.  
Sept. 15 8:30 to 9:20 p.m.

MINOR BANTAM  
Sept. 8 1:00 to 1:50 p.m.  
Sept. 9 4:00 to 4:50 p.m.  
Sept. 15 4:30 to 5:20 p.m.

BANTAM  
Sept. 8 2:00 to 2:50 p.m.  
Sept. 9 6:00 to 6:50 p.m.  
Sept. 15 4:30 to 5:20 p.m.

MINOR MIDGET  
Sept. 8 3:30 to 4:20 p.m.  
Sept. 9 6:00 to 6:50 p.m.  
Sept. 15 6:30 to 7:20 p.m.

MIDGET  
Sept. 8 6:00 to 6:50 p.m.  
Sept. 9 7:00 to 7:50 p.m.  
Sept. 15 6:30 to 7:20 p.m.

JUVENILE  
Sept. 8 8:30 to 9:20 p.m.  
Sept. 9 7:30 to 8:20 p.m.  
Sept. 15 7:30 to 8:20 p.m.

Any player wishing to move up one age group must make written application to the Vice President of hockey before September 8, 1984.

Georgetown Minor Hockey Association, P.O. Box 37, L7G 4T1 attention Mr. Walt Buchan.

## ATTENTION Y.B.C. BOWLERS LEAGUE PLAY BEGINS SAT. SEPT. 8th

### REGISTRATION DATES

- ★ Wednesday, Aug. 29 7 p.m.-9 p.m.
- ★ Thursday, August 30 7 p.m.-9 p.m.
- ★ Saturday, Sept. 1 9 a.m.-2 p.m.



Y.B.C. registration can be made in person or phone Acton Bowling Lanes.

853-0170

Registration Fee: \$2.50

BANTAM-PEEWEEES (Not 12 years as of Dec. 31, 1984)  
JUNIOR (Not 15 years as of Dec. 31, 1984)  
SENIOR (Not 19 years as of Dec. 31, 1984)

## YOUTH BOWLING "Y.B.C."



LEAGUE STARTS SAT. SEPT. 8th

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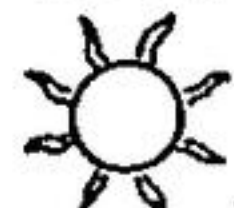
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## OPENING SOON



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WATCH NEXT WEEK FOR DETAILS

# Ross!

(See Page 3)

## BOATING TIPS FOR SAFE BOATING



SMALL BOATS ALWAYS HAVE RIGHT OF WAY OVER LARGER VESSELS?

a. True b. False

Further information call The Georgetown Power Squadron at 877-8834.

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\$269	\$134.50	\$339	\$169.50	\$399	\$199.50
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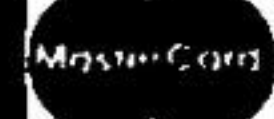
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