



Georgette catcher Joan Howatt stands ready as Rhonda Carney sets up for her pitch. Hillsburgh took the game 4-3 over the Georgettes.

Hillsburgh takes edge with 6-3 holiday win

The Hillsburgh Seniors took their second win over the Armstrong Georgettes Monday night at the Fairgrounds, 6-3 in the second game of a three of five series. Opening the game was short-stop Pat Wood who hit a double for the Georgettes. Woods came home for the point after Colleen Sunucks hit a single, advancing Pat and Dianne Marshall contacted for a double. Pitching high for the Georgettes was Sue Paul, who walked two Hillsburgh players and struck-out another.

With the Georgettes leading, Hillsburgh pulled up their socks in the second inning with five singles, a double and a sacrifice bunt, giving them a three run advantage over the Georgettes. The Georgettes just could not hit for runs in the second to fifth innings and Sue Paul was relieved as pitcher in the fourth, as Maureen "Moe" Gerth took her position on the mound. "Moe" quickened the pace in the fifth as she and the team knocked out three Hillsburgh batters one after another. Two

runs came in for the Georgettes in the sixth, when Hillsburgh pitcher Rhonda Carney walked Ev. Metler and Colleen Sunucks hit a single. Pat Walsh followed Colleen with a double, just before Marilyn Eagles came in as the Hillsburgh pitcher. No runs were scored for either team in the seventh, but the Hillsburgh Seniors still had enough to take their second victory. It could be the third and final game tonight when the Georgettes go to Hillsburgh. Game time is 8:30.

Georgettes bow to Seniors 3-0

In the first game of a three out of five playoff series, the Georgettes were downed by the Hillsburgh Seniors 3-0, last Wednesday in Hillsburgh. With two batters out early in the first inning, Jennifer Linton came up to bat and hit a double, followed by pitcher Maureen Gerth with a single, but both girls were unable to come in for runs. Hillsburgh batters tried their luck with bunts, but like the Georgettes, remained scoreless. The second inning saw both teams with three up and three down, with the exception of Inga Eckerich of Hillsburgh, who was walked to first. Hillsburgh gained the first of their three runs in the third inning when Judy Rash hit for

a single, but fill-in short-stop Dianne Marshall errored, allowing Judy to reach second. The hit was then brought in on a double from Patty Bayne. Georgette spare catcher, Pat Wood attempted a bunt in the third inning, but was caught at first. Two more hits were then dumped, with the score 1-0 for Hillsburgh. The fourth and fifth inning gave Hillsburgh their last two runs, with Cathie Keeler and Joyce Bridge bringing in the points. The seventh and last inning saw Maureen Gerth and Marilyn Eagles strike out one player each with the fielders keeping the scoreboard clear. In the end it was Hillsburgh 3, the Georgettes, 0.



Center fielder Dianne Marshall hits a double, bringing in short-stop Pat Wood in the sixth inning. The Georgettes were hitting late in the game, way behind the batters of Hillsburgh.

What's happening to the Rams?

After a season notable only for its lack of any winning spirit, the Action Junior "C" Rams lacrosse team could be placed into limbo while organizers concentrate their efforts on developing a stronger foundation for the sport among minor teams. Rams coach Mike Marcoux, said this has indeed been "A disappointing season" turning up only four isolated victories for a team that had earned itself a berth in the playoffs every year since its founding a decade ago. What happened to the former champions, who, Mr. Marcoux admitted, "looked good on paper" at the beginning of the 1977 season. "There's probably a million and one things I could tell you about," the discouraged coach and long-time lacrosse enthusiast said. "We had a fairly talented team and I thought we'd make the play-offs this year. According to Mr. Marcoux the problems this year centred on two factors. The decline of minor lacrosse action and the current lack of team spirit among the junior players. In the past few years, he explained, Action youngsters have been offered the opportunities to participate in an unprecedented number of summer sports never before popular in the area. Lacrosse, once the perennial favorite of energetic kids, has suffered as a result, so that fewer players entering the junior lacrosse circuit can claim to have gained that all-important experience provided by the minor teams.

Consequently, Ram president Larry Fort and manager Ian Campbell could well be considering the same long-range strategy that Mr. Marcoux believes will eventually put the Rams back on top. The fate of the Rams during the next two years is in doubt, he said, since it has become obvious that Action's two remaining minor teams cannot churn out the high calibre players needed to bolster the junior squad. That strategy worked for Bolton's junior team, Mr. Marcoux said, having been suspended for a brief period so the minor circuit could be strengthened. This season the Bolton juniors came back to knock the Rams out of a chance in the play-offs. The Rams apparent lack of spirit this season witnessed many players, whose interest were sometimes widely divided, failing to attend practices and out of town games, Mr. Marcoux said. The coach was, as a result, hard-pressed to introduce effective team-work strategies into the Ram's efforts. The relatively large number of rookie players on the team, in addition, perhaps cut into its abilities. Attempts to overcome the players' apathy, such as outside social activities to promote camaraderie, failed to produce any sound results, Mr. Marcoux commented. The efforts of even the team's best players, like potential stars George Artem, Ron Turkoz and Kevin Marcoux, seemed inconsistent from game to game. "A lot of time they'd give up too easily," Mr. Marcoux said. "I've been on losing teams myself, and if you don't have it then you don't have it. The players think they're really working, but some games they just won't put out." The Rams nevertheless did comparatively well in attracting fans to home games. An average attendance of about 100 spectators kept the team financially in the black, although Mr. Marcoux suspects that even the fans were becoming frustrated over the players' easy-going attitudes. Mr. Marcoux contended that the younger players coming to the junior ranks do not display the experienced skills and proper training seen in past years is evidenced by the interest now being shown in a new senior lacrosse team. Made up largely of former Rams, the unofficial team was recently organized by Howard Dwyer and has demonstrated impressive abilities in exhibition games against junior teams around the area. This week, the seniors, including Mr. Marcoux, beat the Oakville juniors and are confidently awaiting a forthcoming showdown against the winning team from the Scarborough senior circuit. As well as Artem, Turkoz and Marcoux, this year's Rams squad relied heavily on the efforts of Mississauga goalies Graham Harrison and Dave Butters. Other players included, Steven Wilson, Gary Delong, Steve Papillon, Fred Allen, Larry Kurtz, Mike Cleasby, Rick Van Fleet, Steve Osborne, Rick Gibson, Mike Moyce, Mike Rippon and Rookies Mike and Peter Luy, Shane Withers, Bruce McPhail, and John Van Oort.

HERALD sports

Industrial Fastball All-Star selections

Again this year the Industrial Fastball League has selected a first and second all star team. No teams were allowed to submit names from their own team but must nominate players from every or any other team in the league. Five different teams are represented on the first team with Norval putting four players on the team. Niners, Gage and Flyers have put two players each on the first team. Georgetown Chrysler has one player on the team. Georgetown Chrysler control the second team with five

players represented. One from Fort-A-Mix, Way Jay, Niners, Flyers and Peel Police round out the team. The votes listed at the side of the names represent the number of first and second place votes each player received out of possible total of eleven. Balloting for the pitchers (3 to a team) was given on a five-four-three-two ratio as teams were allowed to nominate four pitchers and the highest total selected for number one team. Topping and Haines are tied in point total yet Topping had two first place votes and Haines had one.

Teams are as follows: Votes example 3-1 3 votes for first; 1 vote for second.

FIRST ALL STAR TEAM		
Catcher - Bob Inglis (Flyers)		3-1
First base - Blake Inglis (Flyers)		5-2
Second base - Bob Luffman (Norval)		6-1
Shortstop - Ray Inglis (DRG-Gage)		4-3
Third base - Phil Dohin (Niners)		6-3
Left Field - Wally Williams (Niners)		3-6
Centre Field - Wayne Farrow (Geo.Chrysler)		6-3
Right Field - Chris Tennant (Norval)		6-1
Pitchers - Norm Topping (Norval)	26 votes (2 for first)	
Terry Haines (Flyers)	26 votes (1 for first)	
Joey Deforest (Norval)	22 votes (3 for first)	

SECOND ALL STAR TEAM		
Catcher - Paul Brisley (Fort-A-Mix)		2-2
First base - Jamie Mooney (Geo.Chry.)		4-2
Second base - Steve Graham (Geo.-Chry.)		2-1
Shortstop - Larry Peterson (Geo.-Chry.)		3-3
Third base - Ray Peacock (Way Jay)		0-4
Left Field - Doug Barnes (Geo.-Chry.)		2-0
Centre Field - Mike Tost (Niners)		4-4
Right Field - Bill Campbell (Flyers)		1-3
Pitchers - Ray See (Geo.-Chry.)	22 votes (2 for first)	
Danny Engley (Gage)	20 votes (2 for first)	
Tom Trevelyn (Peel-Police)	6 votes (2 for second)	

Coach and manager of the team will be from which ever team ends in first place. May enter this team into a tournament and would like to play the Glen Men whenever it is convenient to both clubs. Even if there are no games played, it is to be considered an honor to be selected by your peers.



Steve Turner shows the gold medal he won recently at the Ontario Summer Games in Kitchener. Steve wrestles in the 190 pound class.

Tougher competition more participation

It was a little tougher this year, but eighteen-year-old Steve Turner of Pennington Cres. has again returned for the Ontario Summer Games with a gold medal in wrestling. Competing in the 190 pound weight class, Steve found the competition stronger than last year and attributes this to the growing interest in the sport. Turner, who recently graduated from Georgetown District High, began to wrestle seriously only four years ago, after Bob McKay, a phys. ed teacher at GDHS encouraged him to join the school team. Since then Steve has never turned back, and plans to continue in wrestling for a long time. Awarded a partial scholarship from GDHS, Turner, and friend Bill Fournier, also of GDHS, will attend Simon Fraser University in British Columbia after they work for one year to save money for their university days. Wrestling season is jumping through the months of November to March; but in the past few months Steve has been busy with meets throughout

Southwestern Ontario. In the Ontario Junior Freestyle, Ontario Junior Greco Roman and Ontario Junior Sambo meets, as well as the Etobicoke Open, Steve has placed second, before winning his gold at the Summer Games in Kitchener. To keep fit and trim, which is very important, Steve watches his weight by dieting. So instead of eating summer time junk food, it's salads and good meals. Apart from competitions and the odd jog around the block, Steve's training is limited to the fall and winter months. Although he does not train seriously in the summer, Steve feels it would be beneficial if he did. The only problem is where. According to Steve, his coach Bob McKay would like to organize a club, so that some top name wrestlers in this area can train through the summer. An organized, year round training program would also eliminate a problem that Steve has faced once before. That is, losing weight properly,

while still retaining proper health and strength. In one week, Steve lost 16 pounds while on his goal to lose 24. Learning most of his skills from his high school coach, Steve did attend a training camp last summer in Fergus, where he was taught more wrestling moves and was given the chance to build up his strength. While at the camp, he also was able to face some tough young wrestlers from the Eastern United States. The Canadian team showed well and lost to the Americans by only one point. When not wrestling, Steve can be found with the Beaver's Rugby Club or cross-country skiing during the winter. Both activities, according to Steve, help him build up endurance and strength that he puts to use when he wrestles. Along with continuing to compete himself, Steve would also like to become a referee at wrestling competitions, adding "There is a lot of money in refereeing and it's something I'd really enjoy doing."



Fifteen-year-old Scott Sanvido spent one week at the North Halton Sports Camp. He feels his skating has definitely improved and he intends to return next year.



Bill Wheeler of Hyland Rd., was a student at the North Halton Sports Camp. Bill was extremely pleased with the camp and feels his hockey playing is bound to have improved.

Compliments for Sports Camp 77

By LAURIE WALLACE
Herald sports editor

The North Halton Sports Camp covered new areas and had bigger and better lunches this year, and those are only two of the reasons why fourteen-year old Bill Wheeler of Hyland Rd., enjoyed this year's camp better than last year. Bill played left forward for Bantam 4 Town last year and said he noted an improvement in his play after attending the camp last summer. He feels he'll be playing even better hockey this season. Bill's largest improvement's according to he and his Mom, were in his skating abilities, back-checking and ability to take out the defense. He now finds that he can skate with much more power behind each stride. Playing hockey since he was six, Bill found that the camp helped him to improve upon the basic fundamentals of the game. Playing soccer and handball at the camp, also helped in reminding Bill of the importance of teamwork. At the beginning of the camp, the boys started with a 1 1/2 mile run and worked up to 4 miles. The run, along with all the rest of the morning's activities worked up a lot of good appetites, and Bill stated that the lunches were "great!" and included hot dogs, corned beef sandwiches, ham or kaisers, hamburgers, donuts, ice cream, cakes and big cartons

of milk. Scott Sanvido is a friend of Bill's, who too is a hockey fan and felt that the camp would help improve his game. Scott was very pleased with what he learned during his one week at the camp, stating that he was impressed with the instructors. "The best thing about the camp was how well the instructors taught us, there was no pressure to learn and no discouragement for mistakes; it was really good", according to Scott. The two must have had fun as they both mentioned how quickly the time passed. Although each session lasted an entire day, both boys felt they wished there had been more time. Scott played Bantam 4 Town last year and will try out for the midget team this year, with the new and better skating techniques he learned at the camp. Next year Scott intends to return to the summer camp for two weeks. "I want to work on my stick handling because I think that's a great part of the game", says Scott, who admires the play of Gilbert Perrault and Darryl Sitter. Dave Keon is Bill's all time favourite player, but he too agrees with Scott that Darryl Sitter knows his stuff. For both Bill and Scott the winter and summer too, means hockey, hockey, hockey, with both aiming towards the minor Midget Reps, not to mention the NHL.

Injuries don't heal themselves

By LAURIE WALLACE
Herald sports editor

One thing that all athletes are plagued by at one point or another is the problem of injuries. Often these are unavoidable, but all too frequently they are caused from lack of proper coaching or inadequate warm-ups. Being on the injured list many times myself, I know and understand the agony of being sidelined. In my opinion, the problem often lies with the coach or athlete who is in too much of a hurry to turn out a great performance. Athletes, like a good wine, take time to mature into greatness. Another common problem involving injuries, is that the injured athletes or their coach, does not know how to handle the situation. One word of advice I can add from personal experience, is never delay treatment of an injury in hopes that it will mend itself, you're likely to end up paying in the long end. Never force yourself past the point of pain when it comes to training. You know when your body has had enough. Short sessions of repeated training are in most cases going to be more valuable. Rushing into a sport with the proper fitness level, only leads to injuries, which may hamper performance. I'm not saying give up when you tire, but don't pretend you're a great champion either. The same holds true to athletes with chronic injuries, such as shin splints. There is nothing anyone can do to hasten the needed recovery period. Repeated damage to an already injured spot, only leads to serious and even permanent damage. Regardless of the sport, athletes and coaches should always be ready for an injury to occur. Make sure you know what to do before it happens. There should be ice packs on hand in case of torn ligaments or muscles, a stretcher if possible and a phone, so that if an ambulance is needed, a call can be placed immediately. And most important of all, if there is doubt as to the seriousness of the injury, do not move the patient until someone qualified to make a diagnosis is present. After sustaining an injury that sidelines the athlete, the hardest part begins; that is trying to get back into competitions, without repeating the injury. It is hard to all back and take it easy, when that is the last thing wanted, but it has to be done. Take the advice of the doctor who is treating the injury and try to remember the pain felt when the injury occurred and think about whether or not you want that to happen again. For some people, however, one injury can do the trick, and they are out of that sport. It's hard to move into something else once you have one particular sport under your belt, but giving up on physical activities altogether is giving up on a priceless gift. Chronic injuries can almost always be avoided, if you know the danger signs and most of all, don't let any injury get too far ahead of you.