

Halton Hills Jills celebrate Gymnastics Week with free workouts

The Halton Hills Jills gymnastics club will have a sound basis on which to build future gymnasts considering the recent success of its members.

Although the Jills are a relatively small club which does not have the same facilities and the availability of a fulltime coach as larger centres do, the girls have proven that hard work can overcome some of these obstacles.

Seven girls competed in three different age divisions in the province representing our area last winter. In

addition, there were 28 pre-competitive gymnasts who trained with the club last year. Considering that 1977 was the first year for pre-competitive gymnasts and 1978 the first year for competitive gymnasts in Halton Hills, the girls have progressed well.

Last year Gail Cook placed first in the Tyro B division in her second round for the provincial gymnastic final meet. In her first qualifying meet Gail came seventh all-round while in her third meet, an ankle injury kept her away from competing

and thus wasn't eligible for the provincial meet.

PEPPER SIXTH
As a Junior B competitor, Jennifer Pepper came in eighth spot in her first qualifying meet while placing sixth in the second meet of the season. However, Jennifer just fell short of attaining her goal of making the provincial cut.

Head coach for the past four years of the competitive division of the Jills is Ruth Aggiss. Ruth is confident the girls can do even better this year because other than Gail Cook and Jennifer Pepper,

most of the gymnasts were competing for their first year.

Although there has always been a gymnastics week in

'They have to decide if they're going to put in the time or not'

Georgetown to start off their season, Aggiss says this is the first time the Halton Hills Jills is allowing free time for gymnasts with coaches sup-

plied for those who want to come out and see if they will like the sport.

OPEN HOUSE
The "Open House" concept

open house, then they are welcome to try out for the Halton Hills Jills the following week, she says.

What does it take to be a

in the time or not," Aggiss says.

Most of the problem comes from a gymnast's attitude, she says. You can be talented, but it's no good if your attitude isn't right.

To coach the girls you must approach each of the girls differently Ruth says. It depends on their personality. A coach usually tries to correct the girls while they do their skills, but it's also important not to push them too hard, she says.

A practice session consists of doing basic warm-ups for each piece of equipment and

then practicing old skills and trying new skills afterwards. Those in the competitive division must do their skills and then practice their routines over and over Ruth says.

NO EXCESS

It's important for a girl not to be overweight while in training because it can cause problems and put stress on joints and back muscles. You have to have a strong body-weight ratio without a lot of fat.

Natural flexibility, slim hips, broad shoulders and strong upper bodies are re-

quired to be a competitive gymnast, Ruth says. The three most important areas for a girl's development in gymnastics probably consists of strength, flexibility and co-ordination, she says.

Burlington gymnastics club has the same number of competitive gymnasts, but their facilities are far superior to the Halton Hills Jills. The Jills are presently looking for a full-time competitive coach. In addition, a floor mat cannot be used in

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the HERALD

Sportsweek

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Legion girls finish season

Aurora had the the Royalettes 'number' all year

Any Royaleite ballplayer planning to take late-season holidays can be certain to stay away from Aurora, the town that has produced a fastball club capable of frustrating the Legion girls.

After losing to Aurora 1-0 in the Toronto and District Intermediate girls fastball league finals last Sunday, coach Ted Wilkes could only say: "This is the year where Aurora certainly had our number!"

Georgetown and Aurora had battled against one another in five games and in each of those games the victor has only won by one run. Georgetown lost two of the five contests but both were the clutch games: the Ontario and Leaugo-finals.

Against Chinguacousy, a team who won the league division, the eighth-place Royalettes downed their opponents 3-2 and put them in

the losers category. Three runs in the sixth inning with help from hitters Clare McDowell, Janice Gagne, Joey Bennett and Jennifer Linton edged the Legion team past Ching.

Joey Bennett hit 3 for 4, Clare McDowell 2 for 4 and Janet 2 for 3 against Chinguacousy.

OSHAWA SHUTOUT

Against Oshawa in the next round the Royalettes were hard-pressed in their 5-0 loss. The Royalettes fell quickly behind their opponents as they were shutout 3-0 in the first inning. Oshawa also scored one run each in the second and third innings.

Janet MacKay hit 2 for 2 while Dea Rutherford was 2 for 3 times at bat.

In the third round the Georgetown girls met Chinguacousy for the second time. The Royalettes were fired-up as they breezed past their

opponents on some strong pitching from Barb Curry to a final 5-0 result.

The Legion girls collected four runs in the second inning and one in the sixth to account for their score.

Barb Curry hit 2 for 3 while Dea Rutherford was also 2 for 3 at bat. Clare McDowell was 2 for 4 and Joey Bennett was 3 for 4.

NO ELIMINATION

The win against Ching prevented elimination from the double knockout series so the girls returned Sunday for the fourth round against their season's nemesis, Aurora.

Only Georgetown, Malton, Oshawa and Aurora remained in contention on Sunday.

Only Georgetown, Malton, Oshawa and Aurora remained in contention on Sunday. Some of the top teams in the league had already been defeated such as North York

and Chinguacousy.

With Barb Curry hurling a 'super game' according to her coach, the Royalettes played almost flawless ball, but one error cost the team dearly.

In the fourth inning Georgetown loaded the bases but they failed to score. Both the Royalettes and Aurora had four hits over the course of the game. Joey Bennett, Ginny Wilkes, Michelle Mieh and Janet MacKay were heavy with the bats during the contest.

Aurora was the team who were 'at the right place at the right time' according to coach Wilkes. He was extremely pleased with the play of Barb Curry who he thought had a 'super weekend'.

The Royaleite coach says one of the highlights of the season for him was the competitiveness of the

league. He says that on five points separated the eight top teams who eventually made the playoffs. "You had to go out and earn every game you played," Wilkes says.

Injuries early in the season may have hurt the team, but the coach supposes other teams were beset with similar problems. Hosting the Ontario finals was a thrill and everyone on the team enjoyed the competition.

One of the fun parts of tournaments are the social interaction between the players, the coach says. He was pleased with the fan support at the Fairgrounds who watched the local Legion Royalettes and appreciated their support.

The Royalettes have only left to pick their Most Valuable Player, Most Improved Player and Top Hitter awards to officially put a close to their 1981 season.



TAKE A DEEP BREATH JODIE!

Halton Hills Jills gymnast Jodie Earle receives a helping 'spotting' hand from competitive team head coach Ruth Aggiss. The girls have already begun to train in their efforts to compete in competitions across the province. This week marks the beginning of Gymnastics Week in Canada with the Jills, sponsoring their own 'open house' for new and interested gymnasts. Those girls wanting to participate in either beginner, competitive or precompetitive gymnastics may try their hand at free workouts Tuesday, Wednesday and Thursday (Sept. 8, 9, 10). (Herald photo by Dave Rowney)

Industrial fastball

Peel Steel offer surprises in 3-1 win

The GIFL playoffs got underway this week with two teams on the sidelines.

Akers and Clarke Real Estate are out for the season by virtue of their last place finish while North Halton Sports earned a bye through the first round as a result of their first place finish.

Second place C and S Plumbing earned the home game advantage in their series over seventh place Peel Steel but were surprised in the opener losing 3-1.

Tom Trevelyan who was credited with the victory helped his own cause with a solo homerun in the second to

tie the game at that point. Doug Kelly drove in the go ahead run and scored the insurance one with a two run roundtripper in the third.

Charlie Metler gave up only 2 other singles and one walk in a losing cause.

In series "B" home game advantage went to third place finisher Family Trust Real Estate.

Sixth place Inesko Equipment found the going real tough as they lost the first game of the series 5-1.

The winning pitcher George Tremes helped his own cause scoring one run in the fifth and got two each

from Ron Osborne and Glen McClure to sew it up.

The five base on balls given up by loser Vince Lefebvre proved to be his downfall.

The home game advantage of the third series went to the fourth place finishers who defeated fifth place Varian in an eight inning squeaker. The Merchants chased starter Mario Santos scoring two runs in the first.

This tied the game after Steve Marshall and George Sheppard had scored in their half of the inning.

The next six innings saw pitchers Mike Smith and

winner Bob Robson locked in a titanic pitching struggle.

Through that session only one Merchant reached base while 11 were being struck out. Then in the eighth Jim Parker was struck out but reached first when catcher Tim Baker failed to handle the pitch. Gord Spears then doubled and after an intentional walk to Chris Peavoy, Kevin Hotham laced a two out pitch to left to drive in the winner.

Playoff games are scheduled on Wednesdays, Sundays and Mondays at 6:30 and 8:30 for as long as are required. Exceptionally tough compe-

tion with any club capable of taking any other promises exiting games from here on out.

PLAYOFF RESULTS

SERIES A
C and S Plumbing 1 - Peel Steel 3

Peel Steel leads the best of 3 series 1-0.

SERIES B
Family Trust Real Estate 5 Inesko Equipment 1

Family Trust Real Estate leads the best of 3 series 1-0.

SERIES C
Merchants 3 Varian 2

The Merchants lead the best of 3 series 1-0.

Susan's off to the Alps

Canadian orienteering member recovers

Persistence has finally paid off for RRI, Terra Cotta resident Susan Budge, a member of Canada's orienteering team.

The second year Kinesiology student at the University of Waterloo placed second last Tuesday at the Canadian Orienteering championships in Kamloops, B.C.

The week before she competed in the selection trials for the Canadian team and her second place finish enabled her to re-join the Canadian team for the September 4 World Orienteering Championships.

Susan has been a member of the Canadian team for five seasons and from 1976 to 1979 she was the Canadian orienteering champion. Last year she finished third in the North American finals after winning the competition the two previous years.

Susan has steadily advanced from her world championship debut in Scotland at age 15 when she finished 45 of 65 competitors.

In Kamloops last week Susan competed in two race courses, one was 7.3 kilometres in length while the other was 6.9 kilometres long. Although the weather was extremely hot, Susan was happy with the courses which she described as quite challenging.

CONTOUR DETAIL
The area around Kamloops is quite hilly, with lots of small contour detail and some desert areas.

Orienteering is an individual sport where each person has a map and compass and indicators to note where 10 checkpoints are. Each member in the race must find what they think is the fastest route to each of the 10 checkpoints. You must punch a

card at each checkpoint to prove you found the marker.

There is quite a bit of strategy involved, Susan says. "If you're an excellent runner, it's no good if you can't read a map." Some people who are good climbers might prefer to advance towards a small hill while some fast runners might choose to run around the hill, she says.

DEMONTE FIRST

The girl who finished first in the selection trials was Denise Demonte, a fellow Ontario orienteer racer. Denise, Susan and two other women will represent the Canadian women's team while four men will represent the men's side. The team left for Switzerland for the World Orienteering championships last Saturday night.

Susan says there is a good chance the Canadian team will do well in the relay meet. In Switzerland the terrain is very fast, and the routes are dotted with lots of tall brush and rolling hills. It makes for a good route choice, she says.

Susan is feeling better now since she had to return from Switzerland earlier in the summer because she was suffering from a vitamin B12 deficiency, caused from a lack of meat, milk and eggs in her diet. She was feeling a numbness in her legs and had to cut short her plans to train all summer in Switzerland to prepare for the World championships.

For two months Susan has been staying at her RRI, Terra Cotta residence, trying to re-train and stay in shape for the Canadian trials.

Midgets zapped by Napanee

The two best teams were probably the most deserving to make the final round of Acton's Midget fastball tournament finals, according to



co-ordinator Bill Shannon. Although Napanee and Grimsby were two of the strongest at the two day double knock-out tournament, Acton had their share of close moments during the weekend.

Acton were downed 4-1 by Napanee who went on to sweep the tournament in four straight games, but Acton's

game against Napanee was the closest game, Shannon said.

In the final round Napanee defeated Grimsby 4-0. Napanee are the current Ontario midget champions.

Acton's game against Napanee on Saturday afternoon was an extremely close contest as the locals kept the score to 2-1 for their opponents until the fifth inning. Although Acton had a chance to pull ahead at the top of the fifth inning with runners on first and second, they were unable to score.

Instead Napanee pulled ahead and scored two runs of their next turn at bat. In their other game, Acton lost a cliff-hanger against St. Mary's, 2-1.

In their climb to the top Grimsby defeated St. Mary's 5-0, 6-2, Lindsay 15-5 and Orleans 3-2 while taking a 3-0 loss to Napanee.

Napanee took their victories against such teams as

Grimsby 3-0, Orleans 15-1, and Acton 4-1.

Minor Atom soccer

Cosmos 1		Astros 3	
Goals: Steven Kokelj.		Goals: Mike O'Neill 2,	
Stars: Whole team.		Aaron Gooding.	
Jr. Raiders 0		Rattlers 0	
Stars: Grant Foreman,			
Stephen Atherley, Andre			
Thibault.			

Youth soccer standings

	STANDINGS					Pts.
	W	L	T	F	A	
Jr. Raiders	4	1	0	17	4	8
Blizzards	3	1	1	14	7	7
Astros	2	2	0	2	12	4
Rattlers	1	3	1	5	9	3
Cosmos	1	1	1	3	6	3
Cougars	0	2	1	2	10	1



Susan Budge has conquered her vitamin deficiency which hampered her training earlier in the season to again make the Canadian Orienteering team.