

Hockey roundup

Acton Sabres begin camp

The Acton Junior B Sabres have started their training camp, opening with dry land sessions and a testing session.

Coach Bill Richmond said he had his Sabres hopefuls running against the clock on a 1/4 mile track and doing jack-knives, sit-ups and push-ups last Monday.

On-ice training begins September 1 at Meadowvale Four Rinks and then follows with ice time Sunday morning at Georgetown's Alcott arena.

The former Oakville Blade juvenile coach has invited about 40 imports and 40 locals to attend camp.

Brian Harrop has been named as the new general manager of the Sabres to replace Ron Jeffries who will remain as an assistant to help Harrop.

Gemini Gazette

Gemini coach Bob Smulders held his first tryout practice of the 1982-3 season for 70 Junior B hopefuls Friday night at Gordon Alcott arena.

The coach was pleasantly surprised at the large turnout, which necessitated two shifts Friday to look at all the hockey players.

Smulders is impressed with the Midget players coming out for tryouts and he feels many could help the Geminis in the long run.

He would like to weed the players slowly and won't make any cuts until after this weekend, he said. For now Smulders is looking for skaters because he said, if they're good skaters, the rest you can teach.

The Geminis are averaging three practices per week and they will maintain this until the season opens, Smulders said.

Raider Report

The Georgetown Chrysler Raider Intermediate A hockey club are set to open their training camp September 13 at Gordon Alcott arena.

The defending Hardy Cup champions are expecting a large turnout at camp, president Bob Hooper said. There could be as few as 50 per cent returnees, Hooper said.

The Raiders have planned an exhibition game against the Rockton Real McCoy's, the Intermediate B champions, for a September 24th game in Georgetown.

The Georgetown club is still contemplating about adding an assistant coach or an assistant manager, Hooper said.

In other news around the league, The Barrie Flyers have announced the signing of a new coach, Bob Baird.

An October 20 game against Barrie in that town has been re-scheduled for the Raiders to play Barrie October 2, 8:30 in Barrie.



...DOTTED LINE

Eagerly waiting his turn to learn new skills at Hockey Camp by signing up for a one week term is Ryan Trant, 8, (left) while mother Mary Lou looks on with another hockey hopeful brother Andrew, 5. The one week hockey camp features five one hour sessions. Registration is taking place Thursday August 26 and Friday 8:30 to 8:30 p.m. at Gordon Alcott arena lobby.

(Herald photo)

Try a summer bike checkup

Here is a 10 step check-up, developed by the Ontario Cycling Association, that you can use to "tune-up" your bicycle. Before you begin, clean the bike with a damp rag, using varol for stubborn spots. The rest of the check up will be more pleasant on a clean bicycle (not to mention no surprise spiders).

STEP 1

Tires: Examine the outer casing, tread and sidewalls, removing any bits of glass or stone. If the tire has sizeable cuts or bald patches, replace it immediately. Similarly, if the tire has a bulge it may mean the inner cord has broken from a pothole and you'll need a new one. Finally, pump up the tires to the pressure indicated on the sidewall. Don't trust gas stations -- use a pressure gauge.

STEP 2

Wheels: Check for dents and broken spokes. Lift each wheel, spin it

and watch the area by the brake shoes. If your wheel wavers from side to side significantly it's ready for truing at the bike shop. Test the fastening bolts with a wrench or, if you have quick-release levers, be sure they are snug in the closed position. To test your wheel bearings, hold the bike and try to move each wheel from side to side. If there is more than a little play, have the bearings checked at the bike shop.

Flavor

For best flavor from canned vegetables, boil the liquid first until reduced to one-half. Then add vegetables and heat quickly.

Herald Scoreboard

Soccer

Peewee girls

Invaders 1 (Default) Team D 0 Gemini 1
Goals: Tanya Morrow, Flames 8
Goals: Angie Gray, Annie Powers (3), Janice Jickling (2).

Noteworthy players: Jenny Melville, Annie Powers, Amy Powers.

Gemini 1
Goal: Brenda James.
Noteworthy players: Tanya Morrow, Tracey Davis, Kim Jones.

Invaders 5
Goals: Sandy Rahn, Sandy Heaton, Julie Hubbert (2), Nina Fear.
Noteworthy players: Julie Taylor, Diane Savard, Larissa Hrethka.

Team D 0
Flames 1 (Default)

Gemini 3
Goals: Charlene Van Cleaf, Michelle Barnard, Brenda James.

FISH & CHIPS



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Noteworthy players: Jodi Ellard, Ariene Bergsma, Shannon O'Donnell.
Team D 1
Goal: Lisa Mason.

Invaders 0
Noteworthy players: Carol Anne Mitchell, Sandy Rahn, Colette Post.

Flames 0
Noteworthy players: Sylvia La Bente, Michelle Bailey, Stephanie Jackson.
FINAL HOUSE LEAGUE STANDINGS

Gemini	13
Invaders	12
Flames	8
Team D	3

Secrets to strength:

Use it or lose it

What are the secrets of strength and vitality in your senior years? PARTICIPATION interviewed one vigorous veteran about to turn 115.

Question: How do you do it?
Answer: Constant activity, sonny. Keep it moving. Use it or lose it.

Question: Well, you certainly have been active, Canada. You're always into Commonwealth Games and you had a Summer Olympics in '76

and you're going to have a Winter Olympics in '84.

Answers: Keep it in motion, ocean to ocean.

Question: Do you have any advice on physical fitness for your citizens — especially those over 40?
Answer: Do like I do. Live clean.

Question: Well, you certainly make smoking and drinking very taxing.
Answer: You trying to be funny, sonny?

Halton Hills Jills

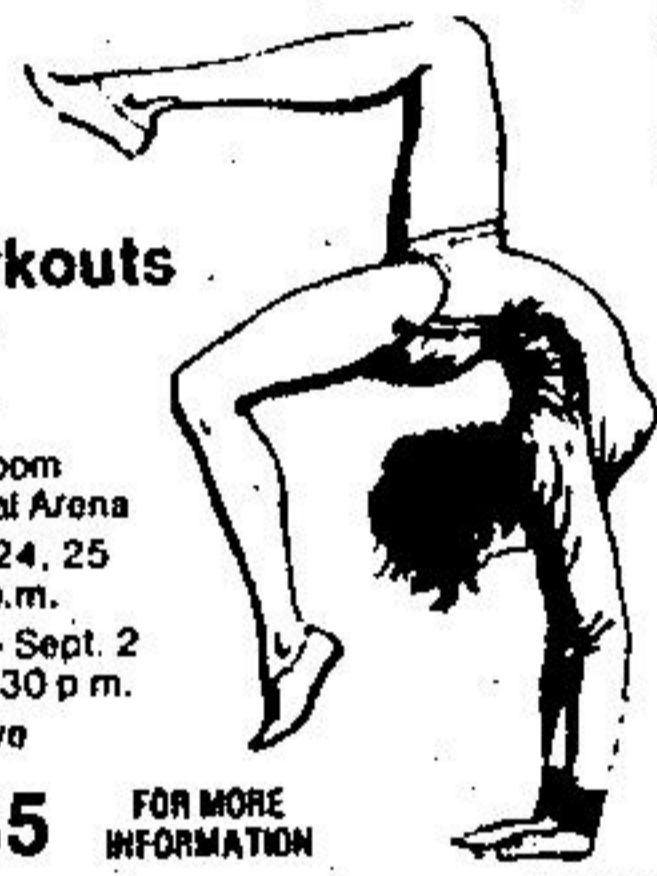
GYM CLUB

Open Workouts
FREE

Location: Rose Room
Memorial Arena
Date: August 23, 24, 25
8:30 - 8:30 p.m.
Tryouts: Aug. 31 - Sept. 2
6:30 - 8:30 p.m.
Location: As Above

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HERE'S HOW: Each week the word "Lotto" will appear in several of the advertisements on this feature. Simply read through the advertisement and the word "Lotto" write down the names of the advertiser's where the word "Lotto" appears and submit to Lotto Editor c/o The Herald. A weekly draw will be made and the winner notified.

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