

Parks and Rec Award winners

# Local students to be honored

By PAM DOUGLAS  
Herald Correspondent  
Three Georgetown District High School students will be among those honored at the Recreation Department's annual Recognition and Honor Awards evening tomorrow (Thursday) night.

Cheryl Thompson and Eric Elson will be recognized for their individual achievements on the GDHS swimming team, while Lynn MacPhail will be honored for her success in cross-country running.

Cheryl Thompson placed first in the 100 meter individual medley, and second in the 100 meter breast stroke at last year's provincial high school championships.

She won a similar award last year from the Recreation Department for her accomplishments in swimming.

Thompson, 17, started swimming when she was four, and began competing with the town's Recreation team when she was seven.

Cheryl's mother swam competitively with the McMaster University swim team, but Cheryl wasn't pressured into swimming.

"I was involved in a lot of other sports. I played soccer, I figure skated, and I liked gymnastics, but I liked swimming best and I found I was better at it," she says.

Cheryl's swimming career didn't include any victories at OFSSA until the club swimmers were separated from the high school swimmers three

years ago.  
"The competition was just too tough for the high school swimmers," she says.

She worked hard last year and this year to win. "I was disappointed at the Haltons this year. I felt I wasn't swimming that well," she says, but she worked hard to prepare for the Peel-Haltons and it paid off. She achieved her best time ever in the 200 meter free style event.

This year she swam personal best times for the 200 meter free style and the 100 meter individual medley at OFSSA this year.

"Coach (Tom) Adams helped improve my strokes and helped me set goals," Thompson says. "I had really good coaches throughout high school, coaches who really cared who I was."

If Thompson attends university to study nursing or physical education, she will likely go to McMaster or Queens.

"They both have good swimming teams," explains Thompson.

One of Thompson's former teammates also won at OFSSA last year, and he is now swimming on the McMaster swim team.

Eric Elson, 19, broke the record for the 100 meter individual medley last year but he is no longer swimming sprints. "The university team didn't need any sprinters, so the coach started training me for 1500 meters. But the first couple of practices weren't too bad. Then, by

the fifth practice he had us swimming three miles, at a minimum of seven practices a week. I was swimming 21 miles."

"I came first at my first meet in Toronto. I was amazed, to say the least."

Eric placed seventh in the Ontario championships for universities, and he is ranked 20th in Canada.

Eric began swimming with the Recreation team during the summer.

"I was nine or 10 and I had just moved here. All my friends were on the team and it sounded like fun, so I joined."

Until grade 11 Elson had never been beaten in the GDHS pool, but in grade 12 Eric Colson beat him in the 50 meter free style. Ironically he is now swimming with Colson on the McMaster team and they have become good friends.

Eric sees last year's OFSSA triumph as the highlight of his swimming career.

"It was a big thing for me. We were undefeated. I feel lucky to have met Tom Adams and to have been part of winning. I've never experienced anything like it."

"The high school team pulled it all together for me. Swimming isn't an individual sport. You have to get the whole team behind you."

"There's talk of Mr. Adams' retirement. He's got a son now, and he's probably making the right decision, but it's a

shame to see it end. He was the driving force in it. Our whole team respect him."

While Thompson and Elson were winning medals in the water, Lynn MacPhail was winning medals on land.

MacPhail placed first over all juveniles at the cross-country Ontario championships last year.

MacPhail, 17, began running cross-country in grade eight.

"When I was in Grade eight, people told me that cross-country was just running across a field, and I thought, 'Oh, great, running across a field, no problem.' I still have this idea of a field."

"All my friends were trying out for cross-country so I started, too."

Although she placed 21st in the Canadian championship this year, MacPhail enjoyed the experience.

"We went to Sherbrooke, Quebec for the Canadians and I had to run junior because there was no juvenile division. I was disappointed that I came in 21st, but it was

good running. I had a lot of fun."

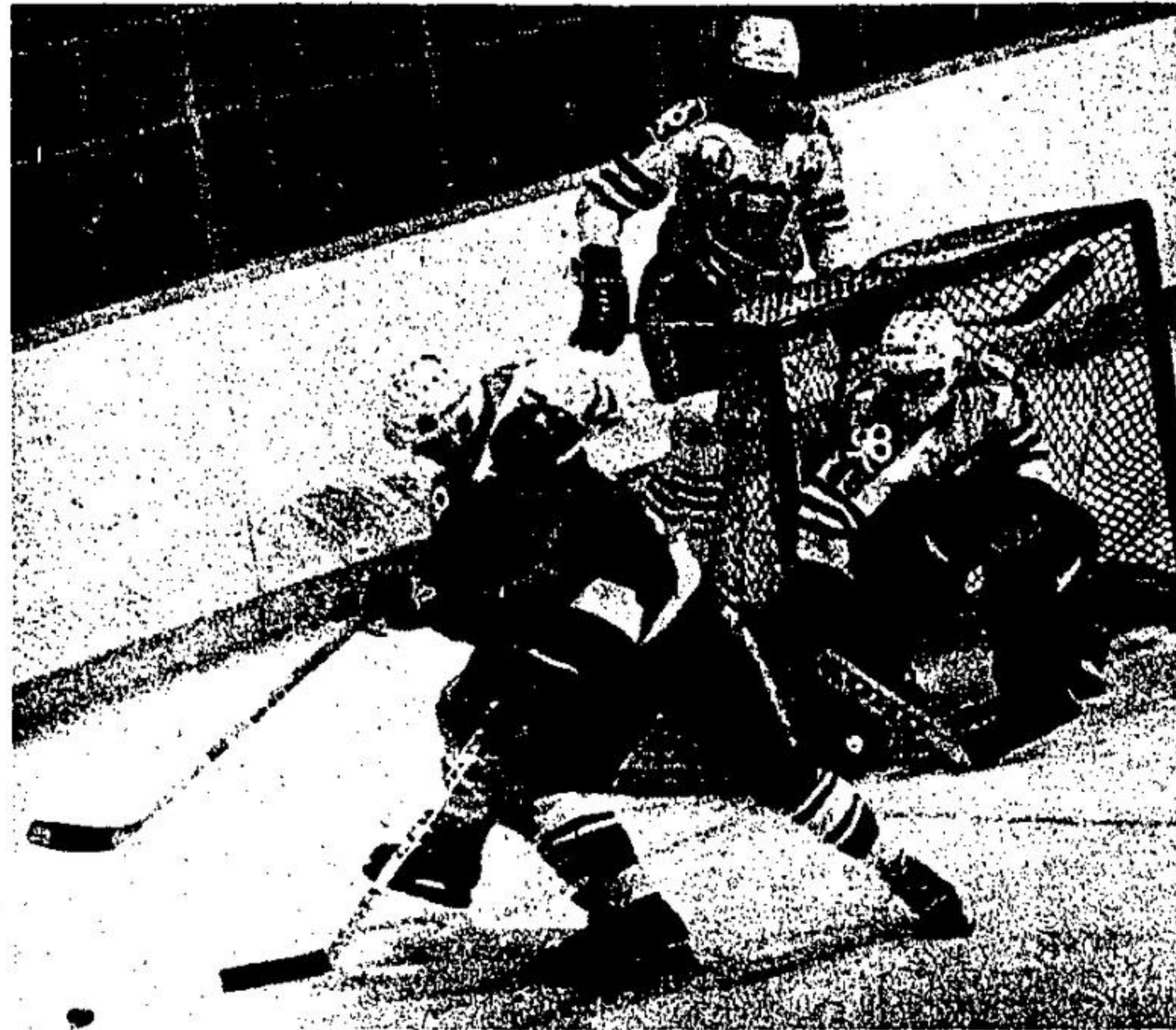
"I found OFSSA this year to be really tough because everyone's starting to train more. At this age everyone is trying to get a scholarship, and to get one you really have to train a lot."

"I might get a scholarship, but I don't really want one. I want to go to university in Ontario. If I do get one, I'd like to go somewhere near here, like Michigan."

She hopes to continue her running into university where she plans to study early childhood education.

MacPhail is also on the high school's track and field team. She took a month off this year after cross-country season ended, although she should have kept on training for track and field.

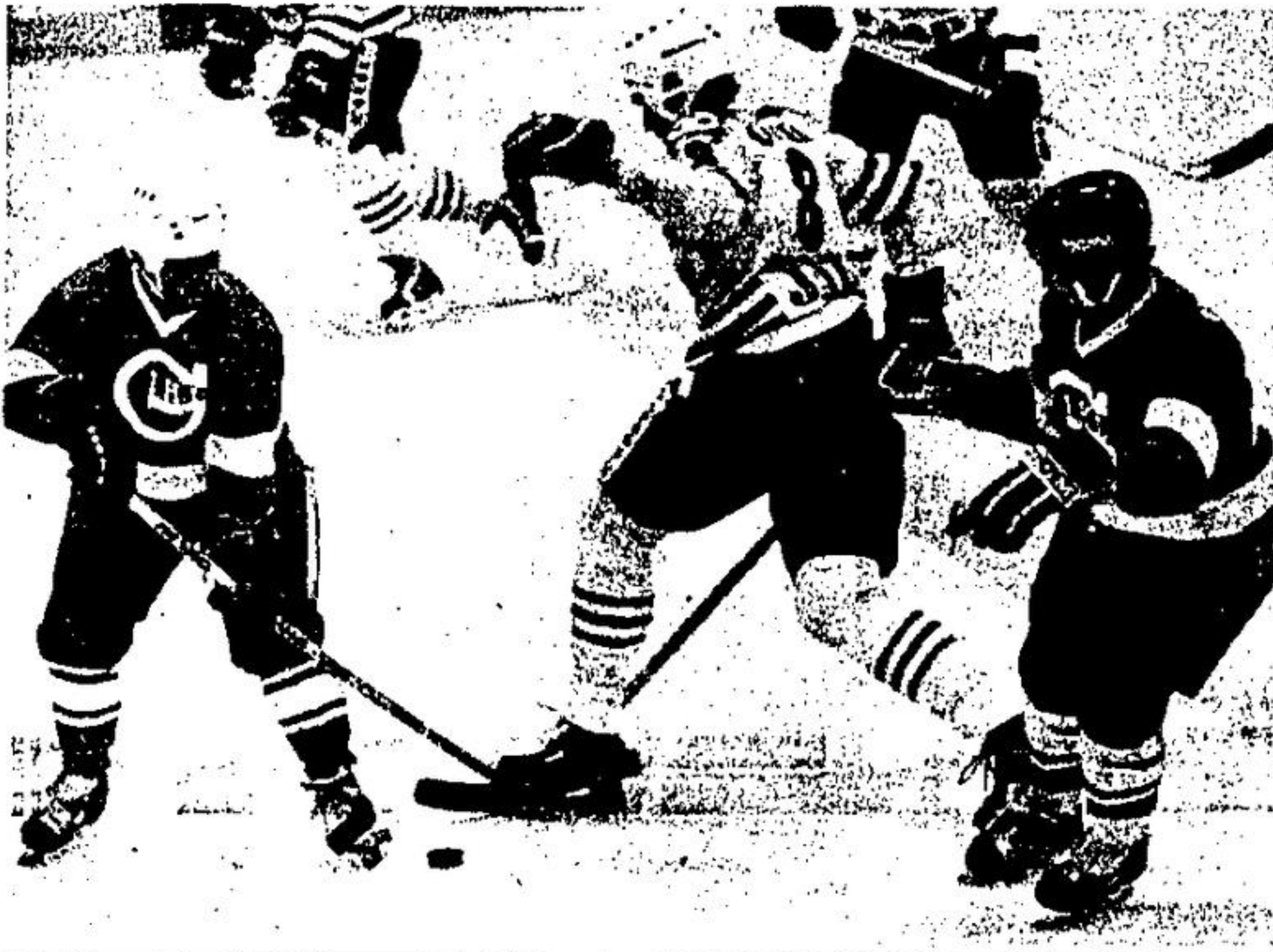
"I was fed up with running. It gets to be such a routine. I really like running. I love racing. But once you stop running, it's so hard to get started again. As soon as you start training it's fine though."



ALL FINN—ISHED

There was lots of action Sunday night at Gordon Alcott Arena when a team of Georgetown Industrial League players hosted a second-division hockey team from Finland. In the top picture, Georgetown's Ian Symes tries to gain position on a Finnish defender, while Koovalan Kiekko goaltender Veli-Pekka Reijssalo looks on. In the bottom picture, Kiekko's Timo Turunen (8) decided it was time to

take the gloves off as he wheeled between two Georgetown defenders. Chuck Williams (left) scored twice for the locals and was named MVP for his efforts. The other Georgetown defender is Chris Milne, who set up the exhibition game through a Toronto contact. Anyway, the Finns won a rough and entertaining match, 10-6, before about 450 fans.



## Make it fit

The Georgetown Y fitness programs begin the week of April 4. It is important to register for all programs by March 31 at 85 Mountainview Rd. S. Mail in registrations will be accepted.

Be Fit I is a moderate exercise program on Monday, Wednesday and Friday mornings that you may take once, twice or three times per week. Be Fit II is a more intense

exercise program that you are required to take a minimum of two times per week. Yoga Beginner and Advanced classes return on Monday evenings with Rita Parker.

If sports, such as basketball and volleyball and swimming are your interest the Y has Men and Ladies Sport 'n Swim programs which are held on Mondays and Wednesdays.

## Georgetown sends rep to learn about Pure Gold

The Georgetown and District YMCA has just recently sent Sandra Williams to a workshop

for training in a fitness program called 'Pure Gold'. This exciting new service of your local YMCA is designed specifically for women and

men who are easing back into exercise if you have been away from a fitness program for ANY reason. This program is suitable for all ages - YOUNG OR ELDERLY.

This fun aerobic dance program contains cardiovascular routines that include warm ups, floor work, six dance routines, and cool downs. The structure of the program has been designed to

bring your heart rate to 70 per cent of its maximum. We have designated Wednesday, April 13 at 2:15 p.m. as a Free Introductory Class for this new program. The

Pure Gold Classes will start April 18, Monday and will run twice a week on Mondays and Wednesdays until June 13, 1983.

Sandra Williams who has given leadership to the Y's School of Dance and is now instructing the Y's Aerobics and Be Fit classes hopes to see as

many interested individuals as possible at the Free Introductory Class. For further information call the Y at 877-8163, Monday to Friday 9 a.m. to 5 p.m.

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Identify the year and make of the above car and mail with your name and telephone number to 'Car Editor' c/o The Herald. Each week a different car will appear.

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**MEET THE GEMINIS!**

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RULES: Each week the first and last name of the player will appear in two advertisements on this feature. Simply read through the advertisements, find the player's name, write down the names of the advertisers where it appears and submit to Meet The Geminis, c/o The Herald, 45 Guelph St., Georgetown. Each week a draw will be made and the winner notified.

WHO IS THIS PLAYER?

<b>TOPLINE PAINTING</b> AND MORE HOME REPAIRS • Brush • Roller • Spray • Wallpaper Hanging "Quality Work at Reasonable Prices" "YOUR ESTIMATES" BOB FENDLEY AFTER 5 P.M. 877-5940	<b>pizza AT ITS BEST!</b> <b>ROYAL PIZZA &amp; SUBMARINE</b> FOR DELIVERY CALL 877-2277 182 Guelph St.
<b>Manley's PAINTING &amp; DECORATING</b> "OUR NAME IS IN IT ALL" Serving Town 'n' Country FREE ESTIMATES 877-2890	<b>PEOPLE COME FIRST AT IGA</b> A Full Variety of Meat, Produce & Groceries!

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**BARBECUE BONANZA**

RULES: Here's How: Each week the word BBQ will appear in several advertisements in this feature. Read the ads carefully and write down the names of the advertisers in which the word appears. Mail to BBQ BONANZA EDITOR c/o THE HERALD. Each week semi-winners will be picked and become eligible for our Grand Prize Draw for a Propane BBQ compliments of the advertisers.

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