

Lose in OFSAA third round

Acton girls end hoop season on sour note



Acton's Theresa Dunn (22) tries to keep control of the ball despite the efforts of two Cartwright players. Acton won this game, their second of the "A" Ontario Federation of School Athletic Association Senior girls tournament played in Guelph last week. However, Acton dropped a 39-30 decision to O'Gorman and were eliminated from further basketball play. (Herald photo by Dan Ralph)

GUELPH - A long basketball season came to a bitter end Friday for Acton senior girls team.

The Redmen led O'Gorman Knights of Timmins 19-12 at the half of their third round Ontario Federation of Schools Athletic Association (OFSAA) "A" basketball tournament game played here over the weekend. However, an inability to handle O'Gorman's pressure defence in the second half, particularly in the third quarter, spelled doom for Acton as O'Gorman won the game 39-30.

The loss eliminated Acton from the tournament after wins over Arthur (44-26) and Cartwright (52-29) High man at that point McLaren knew his team's chances had dwindled somewhat with the loss.

Playing senior ball different for junior

By DAN RALPH
Herald Sports Editor

GUELPH - Sue Craig's drive for two basketball championships in one season was halted when the Acton senior girls team lost to O'Gorman Knights 34-30 in the third round of the all-Ontario tournament.

Craig played with the Acton junior team that had won the Halton title for the second straight year. She was added to the senior squad's lineup for the Ontario Federation of School Athletic Association (OFSAA) "A" senior girls championships played here on the weekend.



SUE CRAIG

Craig was the only member of the junior team to travel to Guelph with the senior squad. Coaches Lyn McLaren and Anne Andrews had two units for the tournament, first was a zone team and the other was a man team.

Craig was on the man team because of her quickness. The man team played a man-to-man style of defence while the zone squad played zone-while on defence.

Craig admitted to being nervous about playing with the older senior girls.

"They (team members) helped me fit in," she said. "They were all nice about it."

Craig said she noticed a big difference between the brand of ball in the senior circuit and that of junior.

"The rebounds are a lot tougher to get in senior," she said. "There are a lot more people in there."

Timmins team surprised Acton co-coach Lyn McLaren.

"It did fool me because they had no bench," he said. "Even though we had practised how to get away from that sort of pressure, we just couldn't handle it."

By virtue of their pressure success, O'Gorman took the lead in the game, but could not open it up. However, in the final quarter something happened that hurt Acton's chances of winning the game.

Forward Theresa Dunn separated from the her shoulder, and had to leave the game. With the score 29-26 for O'Gorman and Cartwright (52-29) High man at that point McLaren knew his team's chances had dwindled somewhat with the loss.

"To me that was the tournament's championship game," McLaren said. "It (the loss) was disappointing, but it was a great year."

But game statistics point to the third quarter as the telling feature of the game. In that quarter O'Gorman outscored Acton 11-2.

"The third quarter was the turning point," co-coach Anne Andrews said. "In the last quarter they scored 10 points and we had nine, so it was pretty even."

"We weren't putting the ball up enough," she said.

Both coaches said they were happy with the season, but said they could be losing up to 10 players from the team for next season.

"I couldn't ask for anything more from the girls," McLaren said. "They gave me everything they could."

"I felt we had one of our strongest teams this year," Andrews said. "We knew we had to play a good game to win, and the girls gave it their best."

Judy Thomson had nine points to lead the way for Acton in the O'Gorman game. Boo Tufford added six points.

In their first win against Arthur, Tufford netted 15 points while Dunn added six points.

Sue Craig, a member of the Halton champion junior Acton team, had nine points in the senior squad's second game, as did Arlene Arbic.

The tournament was for schools in residential areas of 60,000 or less with enrolments of 699 students or less.

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Cross country skiing

By JOHN PEAKER
Herald Columnist

Arm swing will help one's pace

Striding

If you have been active for a number of years I think it wise to start out by "Striding". Striding is basically the same exercise as walking with longer than normal steps. Striding is achieved by placing greater emphasis on the "push off" foot to lengthen the normal stride. Striding can be maintained by accentuating the arm action. Let both arms swing freely so that they are perpendicular to your body. A good arm swing will automatically help propel the legs and will enable you to maintain a good break pace. Measure off a course that is not too demanding and gradually increase your daily mileage over a 4-6 week period, until you have worked up to a 30-40 minute workout. At the end of this time period you may want to start a running program.

Running: Trails, Don't Strain

Start out slowly on a measured course. You may want to measure the distance around the block where you live, if you are running outdoors. After completing one or two laps, you might want to call it a day. Don't push yourself to the exhaustion point. When you feel fatigue slow down and walk or jog slowly back to the starting point. Cool down, do some stretching exercises and call it a day. Set a realistic goal for yourself. For example, if you have run a half mile course for two weeks, try to run a three-quarter mile course for the next two weeks and so on. Remember, only you know your limitations and how you feel.

Don't Worry About Your Time

Over the years I have seen too many people give up on a running program, because they have become obsessed with the stop watch. Remember, you are running for fun, for aerobic conditioning and for your own satisfaction. During the first few months your goal should be to complete, say a one, or two, or even a five mile run, depending on your individual conditioning. At a later date you might want to time yourself in order to find out your per mile pace. Then you can set new goals as time passes. The same principles apply to striding, cycling or roller skiing.

Roller Skiing

You may wish to supplement the running program with roller ski training. Some skiers alternate running and roller skiing. If you feel that running is not for you, then you may wish to concentrate on roller skiing for aerobic conditioning.

Equipment

Roller skis are becoming more sophisticated each year, although the perfect roller ski has yet to be invented. I would recommend the two wheel roller skis that allow you to control your speed by "snowplowing". Roller skiing comes closer to simulating real skiing than any other exercise. The two wheel variety allows you to practise the marathon skate as well as the diagonal stride. The gliding quality is also excellent and allows for a real honest "double poling" workout.

Poles For Roller Skiing

The hoops, including the tips, on your regular poles should be removed and replaced for the Summer with carbide tips. The extra hard tips will be better able to penetrate the asphalt, thereby preventing slippage. The total cost for roller skis, carbide tips and bindings is approximately \$50. The wheels are usually good for approximately 1,000 kilometers and can be replaced.

The Roller Ski Workout

Approximately 70 per cent of your "normal" workout consists of double poling, 15 per cent will be skating and 15 per cent diagonal striding. These percentages can be altered if you wish to work on your weaknesses. Diagonal striding can best be practised on gradual inclines. Repetitions on the same hill do wonders for your stamina. Be cautioned, however, on sking down steep hills as stopping is extremely difficult at medium to fast speeds.

Lawrence nets four in win

Four goals by Dave Lawrence paced Georgetown "AA" Optimist Club Minor Peeewees to an 11-0 win over Georgetown "A" team this week.

Rob Lang, Steve Brown, Brian Brooker, Sean Guistini, Adam Hills, Brad Doby and Adam Hagen had the other goals for the winners, who scored eight of their goals in the final period. Brown had three assists while Hills had a pair, as singles went to Doby, Guistini

and Trevor Elinesky.

Brown's goal in the third period lifted the team to a 5-4 exhibition win over Markham.

Brad Amato, Hagen, Guistini, and Brooker had the goals while Brown added a pair of assists. Singles went to Elinesky, Guistini, Doby and Hills and Lawrence.

In their third game of the week, Georgetown dropped a 2-1 decision to Flamboro. Guistini had the goal with assists going to Duane Lewis and Hills.

Scoreboard

<p>HANTAM McPherson Esso 7 Goals: John Lorio 7, Axcis: Neil Pirie, Dino Lipani, Don Brady. Criterion Carpets Goals: K. Wojchicko, J. Edwards, Wilson, M. Barnard, A. Domingos. Assists: S. Reid 2, M. Barnard, A. Domingos 2, K. Wojchicko.</p> <p>Shaw Trophies 3 Goals: P. Martin 2, J. Lowery, J. Young, F. Douglas, G. Lawrence. Assists: J. Lowery 2, F. Douglas, D. Soucie, N. Bush, G. Little. A.E. LePage 4 Goals: Ian Gallaway 2, Ross Tascoc, Kelly Graham. Assists: Terry Steery 2, Kelly Graham, Dan McCarthy, Robert Peel.</p> <p>Elio Lodge 3 Goals: C. Hancock 3, T. Weatherall 2, G. Innes 2, D. Gardner, K. Anderson. Assists: T. Weatherall 3, C. Hancock, S. Innes, D. Lance. ReMax 3 Goals: G. Cunningham 3, M. Wallace. Assists: J. Poot, D. Stein, P. Bradford, K. Goodlet.</p> <p>Chicks Air 3 Goals: D. Dehaese, R. Jacobie, K. Ouhandoulla. Assists: D. Presswood, J. Johnston 2, D. Dehaese, E. Powers. Millers TV 11 Goals: Alan Jonassen 3, D. Savido 3, M. Talbot 2, D. Inglis. Assists: A. Jonassen, D. Savido 2, A. French, M. Talbot, G. Pooka, D. Inglis, D. Houston.</p> <p>MIDGET Trio Mart 2 Goals: E. Klavtinski 2. Assists: M. Hoffman. Knights of Columbus 3 Goals: B. Anderson. Assists: P. Domingos.</p> <p>ReMax 2 Goals: J. Spiller, M. Tyler. Assists: K. McDermott, Y. Grasselt. Standard Products 2 Goals: J. Marshall, I. Fudge. Assists: W. McNiven, J. Chartrand, K. Duncan.</p> <p>Scoti's Bank 3 Goals: A. Shield, J. Shoukies, P. Miller. Assists: M. Howie 2, R. Dowdall, J. Shoukies, M. Lamb. Bowmans Truck 1 Goal: T. Flynn.</p> <p>MAJOR ATOM Kistene 4 Goals: Jason Gratio 2, Jeff Dickey 2. Assists: Jeff Dickey, Jason Gratio, Cameron Sprague. Chicks Villa 2 Goals: Dustin Thompson 2, Paul Gogan. Assists: Mike Toype, Paul Gogan, David Osbourne.</p> <p>Fivestars 4 Goals: Derek Ellard 2, Mark Johnson, Eric Boden. Assists: Derek Ellard 2, Chris Brendon 2, Jeff Lane. Mr. Dessert 2 Goals: Dustin Farrell, Rich Cook.</p> <p>MINOR PEEEWEE Murray Men 3 Goals: John Manning, Brad Gray, Nicholas Kilpin.</p>	<p>Assists: Grant domaki, Jim Ashburnhart, Peter Gombaz, Nicholas Kilpin. London Life Goal: John Cruise.</p> <p>Robbie's 3 Goals: Alan Fudge, Rob Emalle 2, Donnie Raymond 2. Assists: Mark Bentley, Chad Davies, Donnie Raymond. Kempers Catering 3 Goals: Chris Burns, Adrian Puskal, Danny Fraticch. Assists: Marcus Wittich, Steve Birley.</p> <p>MAJOR PEEEWEE A and S Engraving 2 Goals: Sid Spear, R.J. Fleming. Assists: Jason Bonerville, Dairy Queen 1. Goals: Jeff Hamah. Assists: Greg Socha, Bob Boukhill.</p> <p>Nels Music 5 Goals: Rob Craig, Brad Thornton, Craig Burnett, Scott Van de Valk, Jamie Tripp. Assists: Jaymie Tripp 2, Scott Hamilton, Wynne Foot, Craig Burnett.</p> <p>Barragers 4 Goals: Sean Pedersen 3, Mike McLean. Assists: Scott Dobbins, Mike McLean 2, Sean Pedersen, Matthew Moore, Greg Enright.</p> <p>Carpets Bars 5 Goals: Larry Burnton 2, Mark Leito 2, Darren Kratczek. Assists: Darren Kratczek, Mike Verrette.</p> <p>Bay Motors 5 Goals: Jim Lawrence 3, Nick O'Donnell 2. Assists: Nick O'Donnell 2, Craig Cooper, Richard Sovery, Jim Lawrence.</p> <p>JUVENILE Georgetown Rentals 4 Goals: Dan Gallagher 2, John Barclay, Ron Vanalen. Assists: Doug Walters 2, Dean Morgan, Tom Gross, John Barclay. Jim's Steering 2 Goals: Angus Snow, Ted Lindsay. Assists: Angus Snow, Nick Fryers.</p> <p>Twis Windows 3 Goals: Tom O'Brien 2, Shawn Dockery, Darin Juby, Andrea Hack. Assists: Darin Juby 2, Shawn Dockery 1, Scott Taggart, Claude Gallant. Juslow Hardware 3 Goals: Bruce Burwell 2, Tom Stefan. Assists: Mark Millere 2, Shawn Coffey.</p> <p>MINOR ATOM Varians Canada 6 Goals: Greg MacLach 4, Kevin Spears, Grant Good-fellow. Assists: Ryan Brain 2, Kevin Spears, Greg MacLach. Curwood Packing 2 Goals: David Zylstra 2. Assists: Colin Campbell 2.</p> <p>Therway Maffer 11 Goals: Matt Deruchic 7, Glen Henderson 5, Jeremiah Peadley 4, Bryan Robb. Assists: Jeremiah Peadley 5, Steven Trueman 2, Bryan Robb, Ryan Teeter, Ross Thompson. The Herald 2 Goals: Paul Sandifer, Brad Spears, Robbie Monckton. Assists: Kevin Lamb.</p>
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