

Football players have something to look to now

Players excited about new team



Georgetown Track Club

Advice for the big race

Even the very best runners in the world had to run a first race. The experience can range from euphoric to total humiliation. But there are some major steps one can take to avoid total despair.

Let's start with your training. First of all it's important to look as though you have been doing sufficient training even if you haven't. If your t-shirts look new, make sure you roll around in the backyard to give them that worn look. Try dampening the shirt a little for added affect. Your shoes look too good? Just go out and cut the grass in those new runners and that will scuff them up and give them that "worn look".

It was once said that the only equipment a runner really needs is a good pair of shoes. Whoever said that was obviously from California and not Georgetown. You can get arrested for that up here. Besides, what about winter? A track suit can be an essential piece as well.

It is important on the day of the race not to look like a novice. Spend that \$49.99 and buy a Honolulu Marathon singlet and a New York Marathon cap. Plan what you're going to say to the guy next to you at the starting line. "I can't wait to run this race," is a little much. However, if you say "I've been doing about a hundred a week," it's their fault if they don't realize you are in kilometers.

Let's talk about pre-race strategy. It's important after all that training to be properly done. Leading up to the big race it is important to load carbohydrates. But load wisely. Don't eat anything bigger than your running bag. Bathrooms can be a real problem on race day.

If you are worried about the lineups minutes before the race and you don't think you will have time, remember this - jog a lot, find a spot.

As you stand looking at the map of the course route before the race, you may notice a number of large hills marked on the map. Don't worry about it now, it's your own fault for entering a race with hills.

It's important to consider fluids if it is hot the day of a race. Drink heavily before and after the race. Drink water during the race too.

If after all this advice you still run a poor race, it is necessary to have a number of good excuses in your back pocket just in case. Here are some examples:

- I just used this race as a training run
- I ran a marathon last week
- I decided to keep a really slow friend company on this race
- I went to my brother's stag last night
- I'm just recovering from a car accident
- I don't run well in the heat
- I don't run well in the cold
- I don't run well in the rain
- I wore new shoes and got a blister
- I forgot my favorite socks.

Now that you have all this wonderful advice to help you through your first race, remember the most important advice of all: have a good time

For Mike Howie and Peter Izzio, there is something to look forward to this fall.

The two Georgetown District High School students will be able to play football now that a team will be formed for those too old for the

junior squad. Both had to watch from the sidelines last season after turning 17 and losing their junior eligibility.

"I'm glad to see it," Howie said. "I missed not playing last year, and it will be good to be on a team and back with the guys."

"I think we could have a competitive team if we work hard. I'm really looking forward to my training now."

Howie said now he expects a lot of potential players to try out for the junior squad now that they know they will have somewhere to go when

their eligibility expires. "I know a lot of guys didn't go out for junior because they had nowhere to go after. Now they do," he said.

Izzio too said he was happy to hear about the formation of the team. He also added he feels it is important for one

person to assume control of the team and maintain that control throughout.

He said it is hard on a potential player to get a conditioning program and playbook at the end of school by one coach and follow it religiously, only to find in the fall that another coach has



JASON BROWN

been appointed. All of the work the player has put into learning the plays is then lost as the new coach invariably changes everything around, Izzio said.

Having sat out the past year, both players do admit to being a little concerned about getting injured. But they both say if potential players work out during the summer, that would improve the situation.

They also said if the players were to work on conditioning during the summer, when camp opened in the fall the coaches could spend



MIKE HOWIE

more time on plays and formations.

Forming another team will prove to be beneficial to junior Jason Brown too.

"With no team there is nothing for the juniors to shoot for," he said.

"With one the players are able to work towards and shoot for something. If the team was in a specific league, it would give players something more to look towards and go for. I know I can still play junior next year, and now I have something to work towards," he said.

Graduating seniors glad for next year's football hopefuls

The decision to form a football team for those too old for the existing junior squad comes too late for Dave Allen, Paul Wilson and Pete Ruggie.

The three players are graduating from Georgetown District High School this year. However, they are glad such a team will be available.

"At least it is an attempt to get rid of a dead end system," Allen said. "What's the use of playing junior if you have nowhere to go? It's nice to see guys have a chance now."

"I'm glad the juniors have something to look forward to," Wilson said. "If they're able to set up a league, then all the better."

"It's good because it shows a change of attitude," Ruggie added. "There is all sorts of talent there, and I think people are finally starting to recognize that. I would like to have seen it a couple of years ago, but I'm glad to see it for the players this year."

Five years ago Georgetown had both a senior and junior football program, but the senior team was dropped due to money and also a lack of players. As a result the three had to head to Burlington to play foot-



DAVE ALLEN



PETER RUGGIE

Local Rebel players at Ti-Cat grid camp

By DAN RALPH
Herald Sports Editor

HAMILTON - Three Georgetown District High School students had a unique opportunity of impressing Canadian and American college football coaches and scouts this week.

The three (Peter Rembrish, Peter Izzio and Paul Wilson) were among 125 high school football seniors taking part in the Hamilton Tiger-Cat high school football camp. All week long the players gathered at Ivor Wynne Stadium in Hamilton for football instruction and scrimmages.

The week culminated Saturday when the players were divided into two teams, and a six-quarter scrimmage took place at the stadium. Coaches from Canadian schools like McMaster, Windsor, Concordia, Sir Wilfrid Laurier, Mount Allison, and Acadia were on hand as well as a handful of American scouts, which included one representative from Michigan Wolverines.

Wilson played in all six quarters of Saturday's game for the Black team. Rembrish played linebacker in two quarters for the Gold team, while Izzio played end also for a couple of quarters.

Wilson, the left defensive end, was in on a number of tackles, and had two chances for

quarterback sacks. However, on both occasions he tackled high and had the quarterback slip away.

Rembrish too was in on a few tackles in the time he was in the game for his side, and Izzio had a fine catch also for the Gold squad. All three said their participation in the camp was enjoyable.

"I didn't play up to my potential," Wilson said after the game. "I should have had the quarterback a couple of times."

"It was really hot on the field, and was quite tiring going for six quarters. I felt good through the week, and the coaches from Acadia and Mount



Linebacker Peter Rembrish (57) tries to break away from a blocker on this play. Rembrish was on the Gold team of Saturday's scrimmage at the Ti-Cat High School football camp. He saw action in two of the quarters. (Herald photo)

Allison said I did well," Wilson said.

Having 30 linebackers in camp meant Rembrish did not see as much playing time as he would have liked. He said that made it tough going in and out.

"I'd be out so much that it took a while to get into it when I got out there," he said. "I liked it, and talked to a lot of the coaches. I'm looking forward now to the camp being held at the University of Toronto."

The camp and scrimmage were learning experiences for Izzio.

"I learned a lot. The calibre of football here is a lot better than in Georgetown."

"Comparatively I thought I played well. I'm younger than most here at 17, which makes me look forward to coming back next year. The ages of the players won't change, but I'll be a year older," he said.

Players came from as far away as London and Oshawa. High schools in Southern Ontario were given three choices to send to the camp.

Golden age bowlers

The Georgetown Golden Age Bowlers will be holding their annual meeting and awards night May 13 at the Georgetown Legion Hall.

Trophies will be presented at about 8:15 p.m.

Summer permits

There are still a number of Summer Sport Permits to be picked up at the Recreation and Parks Department offices in both Acton and Georgetown. If you are a regular baseball diamond or a soccer field user please make arrangements now to obtain your permit. Any problems? Let us know - 877-5185, ext. 261.

Trail riding

The second session of Trail Riding at 2 RC Ranch is scheduled to start Thursday, May 23 at 8:30 p.m. to 9:30 p.m. The program continues for 6 weeks and the cost is \$36. Any interested people should contact the Recreation and Parks Department at 877-5185 ext. 260 for more information.

Sports in brief

Bikers take part

A pair of Georgetown cyclists were competing in the Spring Bank Road Race held in London Sunday.

Dermot Cleary and Allen Stiehl of the Brampton Cycling Club endured slippery conditions on the 50 kilometer senior course. Cleary finished 12th overall while Stiehl was 30th in the race.

Cleary is now training for a 4,000 meter track event to be held two weeks from now in Delhi.

Mixed 3-pitch

Rain didn't delay the opening day for the Halton Hills three-pitch co-ed softball league.

In the first game Mr. Submarine backed up Howell Plumbing in the ninth inning to win 12-11.

In the other game, Pompei Pizza delivered on time to beat P.G. Bell 16-6 after four innings.

League action resumes Sunday with Howell taking on Pompei and P.G. Bell playing Mr. Submarine.



Georgetown's Paul Wilson (50) tries to catch up with the quarterback on this play. Wilson played in the scrimmage Saturday for the Black team in the Ti-Cats High School football camp. The GDHS student played in all six quarters of the scrimmage held at Ivor Wynne Stadium in Hamilton. (Herald photo by Dan Ralph)

Cricket season upon us again

By DR. A.N. KUMAR
Herald Special

The sound of willow against the leather beckons us once more as Georgetown prepares for yet another exciting cricket season. This year marks the eighth season since the club was founded in 1978 through the initiative and efforts of Mr. T. Ramautarsingh and Dr. A.N. Kumar. The Georgetown Cricket Club has only one team this year which participates in the Hamilton and District league. The club has consistently finished in the top three in H and D League during each of the seven years of its participation in the league.

The great writer-novelist George Bernard Shaw once described cricket "as a game played by 22 fools and watched by 22,000 other fools!"

However for sheer artistry, grace, skill and poetic rhythm there is no game in the world which carries more charismatic appeal. For ardent cricket lovers it is more than a game - it is a way of living! It is a game of glorious chance with each cricketer having his "ups" and "downs". This is what makes cricket an excellent sport and a great character builder. It teaches the cricketers to be humble in their victory, calm in the crisis and gracious in their defeat. If one ponders about it, this philosophy is true in our daily lives. In fact our life is a game of cricket.

The cricket opener is scheduled towards the last week in May. The club plays on the Stewartriverton public school fields. There are two evenings scheduled for

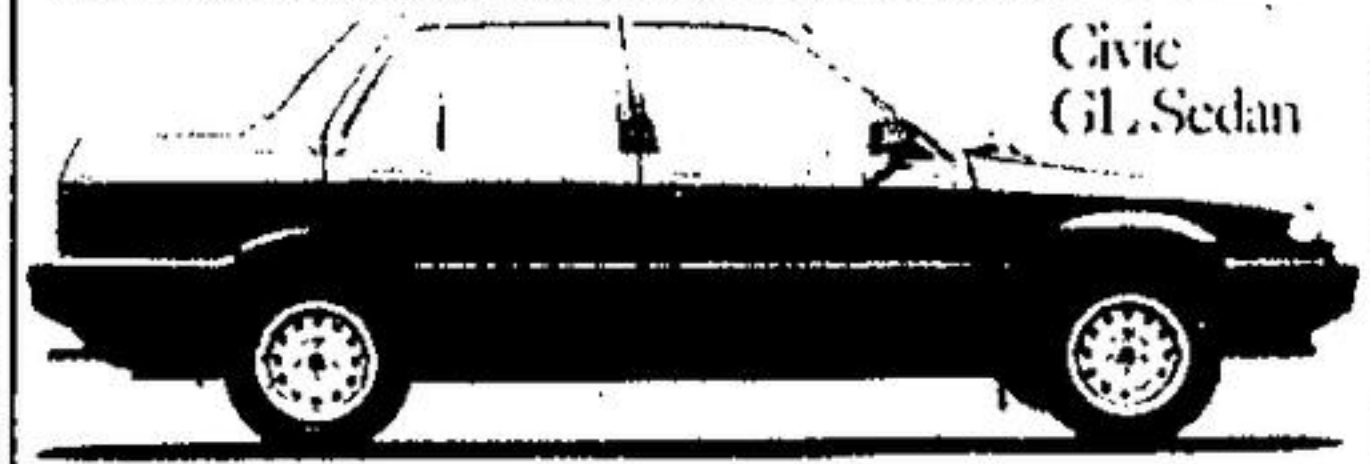
workout or practice during the weekdays. The details of the membership fee and registration with the club of any new members can be obtained from Ashley Windsor at 877-3984 after 6 p.m., any day. The club has maintained a steady membership of at least 25 members each year, not all being active playing members. Due to lack of sufficient response from the

Georgetown residents, about half the members are from Brampton and Toronto. The members are of all backgrounds and almost all the members were born and learned their game either in England, India, West Indies or Sri Lanka. The club also provides excellent social atmosphere with after game drinks and "get together", frequent disco-dances and a

friendly atmosphere both on and off the field. All new members are welcome and are advised to contact A. Windsor. Further cricket articles will follow each week in the columns of The Herald who was generous to cover all our games in the past years. We look forward to an enjoyable season and hope to keep all cricket lovers informed of our scores.

Before you decide... take the nicest car for a ride. **HONDA CIVICS** start at \$6645.00. plus P.D.I. and Freight

What makes it a distinct departure from other four-door models in its class? Well, for one thing it has more than just four doors to offer. There's an extra level of performance to enjoy. Thanks to the 1500 cc 12-valve overhead cam engine, with performance-matching features like ventilated front disc brakes, steel-bolted radial tires, and your choice of sporty 5-speed manual or Hondamatic transmission. Behind each of those four doors is an interior that surprises you with its luxury and its roominess. Besides carrying people, the 1985 Civic GL Sedan also carries luggage out of eight in its expansive flat fully-finished trunk.



Civic GL Sedan

IT'S WORTH THE DRIVE TO
GEORGETOWN HONDA
263 GUELPH ST., GEORGETOWN HWY. 7
877-5286 - Tor. 848-0910
SALES - SERVICE - PARTS - LEASING - BODY SHOP

GERRIE ELECTRIC
WHOLESALE LTD.

SEE OUR LARGE SELECTION OF LIGHTING FIXTURES
WHETHER IT'S ONE ROOM OR A WHOLE HOUSE SEE US FOR YOUR LIGHTING REQUIREMENTS
317 ARMSTRONG 877-2264

MILNE'S PLUMBING
RESIDENTIAL COMMERCIAL & INDUSTRIAL
WE DO ALL PHASES OF PLUMBING CONTRACTING
FREE ESTIMATES 853-1805

AGE MECHANICAL LTD.
FOR ALL YOUR PLUMBING AND HEATING NEEDS
RESIDENTIAL COMMERCIAL AND INDUSTRIAL
SERVICE & REPAIRS DRAIN CLEANING
877-3638 846-6270
55 INCLAIR AVE., UNIT 17

ARJAY
Plumbing, Heating And Custom Sheet Metal Work
SPECIALIZING IN GAS INSTALLATION & SERVICE
• URNACES, WATER HEATERS & HOT WATER SYSTEMS
FREE ESTIMATES Fully Licenced All Work Guaranteed
247 Armstrong Unit 6 877-5343

HOME OF THE WEEK



A friendly verandah with turned wood spindles and double french doors greets the visitor at the front door. Attractive horizontal wood siding, cedar shakes or asphalt shingles, and a dutch hip roof highlight the exterior.

The living room, brightened by the french doors, features a fireplace and blends into the dining room, which offers quick access to the comfy kitchen/denette.

The master suite includes a large walk-in closet and a two-piece ensuite. Across the hall are two additional bedrooms overlooking the front yard.

Below the bedroom level is a handy three-piece bathroom, and to the rear a large family room which can be finished later for enjoyable leisure time and a laundry room. Total space without the family room is 1,158 square feet.

To build design number 81-1158, order the minimum construction package of five sets, economically priced at \$245.00. A standard construction package of eight sets is \$295.00 or a single set is \$199.00. Please add \$9.00 for postage and handling. Ontario residents please add 7% sales tax.

Send for the current edition of Select Homes magazine, series 69, featuring imaginative decorating and home improvement ideas, plus 80 top-quality home and cottage plans of every type. Available for \$3.75 (\$2.50 plus \$1.25 postage and handling). To order any of these items please send cheque or money order payable to the Home of the Week. Address to: Home of the Week, c/o The Halton Hills Herald, Unit 1, 151 Carlingview Drive, Rexdale, Ontario, M9W 0E7.

FOR SOFT WATER THE WAY IT SHOULD BE
AQUAPORE
• LOW MONTHLY RENTALS
• FREE WATER TESTING
• SALT PICK UP
• SELF SERVE OR DELIVERY
877-8242 877-1821
348 Guelph St., Georgetown

BOUCHER ALUMINUM
20 YEAR GUARANTEE ON MATERIAL
STORM WINDOWS AND STORM DOORS
SELECTION OF COLOURS
FREE ESTIMATES
877-8830

ALLAN'S
AIR CONDITIONING & REFRIGERATION
CENTRAL AIR HEAT PUMPS
SALES & SERVICE INSTALLATION
24 HR. SERVICE
853-1274

ACADIAN POOLS LTD.
"THE HOLLIS ROYCE" SALES OF INGROUND VINYL SERVICES POOLS INSTALLATION
FREE ESTIMATES
134 GUELPH UNIT 3 877-9562

WE CAN BUILD YOUR DREAM HOUSE!
BUILDERS OF FINE CUSTOM HOMES
KUEBLER'S CUSTOM HOMES INC.
877-9990

DENTURE THERAPY CLINIC
J. Kohari, D.T.
122 Guelph St. on Hwy. 7
GEORGETOWN
Phone 877-8974

TO ADVERTISE IN THIS FEATURE CALL 877-2201

SPECIALIZING IN INTERIOR AND EXTERIOR RENOVATIONS & ADDITIONS
RECREATION SPECIALTY
85 Types of Carpentry Repair
E.S.L. CARPENTRY
278-5104