

Acton Minor Softball

Dave Dolliver hurls shutout

Dave Dolliver's superb pitching secured the first game 8-0 against New Hamburg South in the New Hamburg Squirt Tournament last weekend.

The scheduled games for Saturday were rained out. But all the players were ready for Sunday as double runs were awarded to Shawn Lockwood, Brett Petrillo and Stephen Orticello. Single runs were credited to Robert Turpin and Allan Reynolds. Much credit goes to Ryan Townsend with two RBI's.

In the second game against the Rep team from St. Mary's, due to excellent pitching on their behalf, Acton battled right to the end with a loss of 11-1 with Brett Petrillo scoring the only run.

Coach Dave NaKeff, asst. coaches Les Lockwood and Bob Reynolds and manager Cornelia Turpin were very proud of the way each and every player gave 100% playing ability and had fun and showed excellent sportsmanship.

Squire Select team consisting of: Robert Turpin, Jason Pembleton, Shawn Lockwood, Allan Reynolds, David Dolliver, Erich Behling, Brett Petrillo, Adam Petch, Ryan Townsend, Shawn Hopkins and Stephen Orticello.

And a special thanks to all our supportive parents.

Atom Boys - June 20
Acton - Nellis Construction 20
Kilbride "A" 6

Acton - Bryon Coles with a grand slam, Adam Ahearn a homer and 2 walks, Chris Yeatman an RBI, homer and single. Matthew Bodin a double, single and a walk. Ryan Turpin a homer and single. Devon Fraser a homer. Daniel Bunt and Joey Thompson each with 2 walks. Kevin Dick a single, David Albano and Michael Smith each had a walk.

Kilbride "A" - Seth Brouwers a single and a walk. Mark Bedford a double. Jeremy Stevenson and Fraser Kitison each with a single. Jeremy Dorst a walk.

Atom Boys - June 26

Acton - Nellis Construction 7
Kilbride "K" 1

Acton - Devon Fraser with a homer and a single. Adam Ahearn with a triple and a single. Matthew Bodin with a single and walk. Chris Yeatman a single.

Kilbride "K" - Erin Taylor credited for the lone run.

Squirt Boys - June 21

Acton - Halton Hills Electric 14
Acton - Bearly Used Auto Parts 10
Halton Hills at the end of the fourth inning with a 10 run lead.

Halton Hills - Shawn Hopkins with 2 homers. Jason Wilson a homer and a single. Ryan Townsend a triple and single. Shane Sero, Craig Worskold, Derek Lockerbie each with a single. Louis Mastro a homer. Ryan Valente with 2 walks. Ryan Prueter and Tom Robertson each with a walk.

Bearly Used - Robert Turpin a homer, double and a walk. Scott MacDonald a triple and double. Jeremy Rhynold and Alastair McGillivray each with a double. Joel Bannister a single. Jason Wilson and Jason Pembleton each a walk.

Squirt Boys - June 25

Acton - Bearly Used Auto Parts 13
Kilbride 11

Bearly Used - Jason Pembleton a homer and single. Shawn Lockwood a homer and a walk. Geoff Stoneham a homer. Allan Reynolds, Jeremy Rhynold and Wes Almand, each with a single. Joel Bannister, Kevin Cullingham, Scott MacDonald, Matthew Boycott and Kevin Moreland all with a walk each.

Kilbride - David Brown and David Holmes each with a homer. Billy Trenwith with a single and 2 walks. Jeremy Loewen and Jason Cockburn each with 2 walks. Ken Steepe and Jeff Kay each with a walk.

Ontario athletes lead the way

ONTARIO'S DISABLED ATHLETES

More than 1,000 disabled athletes participate in sports throughout Ontario. Ontario athletes make up as much as 40 per cent of all Canadian teams in disabled sports.

ONTARIO'S DISABLED ATHLETES COMPETE IN MANY SPORTS

Disabled athletes participate in almost every sport able-bodied athletes do. For example, amputee athletes compete in archery and volleyball, blind athletes wrestle and take part in gymnastics, cerebral palsy athletes play bocce and soccer and wheelchair athletes play basketball and sledge hockey.

CANADIAN DISABLED TEAMS ARE WORLD CHAMPIONS

At the 1988 Seoul Paralympics, Canada finished fourth among 66 competing nations. The Canadian Cerebral Palsy team placed first at the 1986 and 1989 international championships. In 1984, at the International Games for the Disabled, held in Long Island, New York, Canada placed third out of 45 countries taking part.

ONTARIO DISABLED ATHLETES HOLD WORLD RECORDS

Joanne Bouw of St. Catharines, an athlete with cerebral palsy, holds three world records in shot put, discus and javelin, two of which were set at the 1988 Seoul Paralympics. Jeff Tiessen, a Windsor athlete with the Ontario Amputee Sports Association, broke the world record in the 400 metre track event at the 1988 Seoul Paralympics. Jeff Adam, of Brampton, came in second place in the open 1,500 metre wheelchair race at this year's Commonwealth Games, held in Auckland, New Zealand.

DISABLED ATHLETES ARE EXCITING TO WATCH

At the 1988 Seoul Paralympics, 100,000 people cheered athletes in the wheelchair marathon. On average, a wheelchair athlete finishes a marathon in one hour and 38 minutes compared to two hours and 10 minutes for an able-bodied runner.



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Focus on Fitness

by Laurie Burns
Exercise Physiologist

Test your knowledge

The Benefits of Exercise and Physical Fitness

	TRUE	FALSE
1. Activity will make children grow taller.	T	F
2. Activity enhances digestion.	T	F
3. Activity is a biological necessity.	T	F
4. One of the major causes of back pain is weak abdominal muscles.	T	F
5. Canada ranks high in citizen fitness as compared to other countries.	T	F
6. Obese children eat more than non-obese children.	T	F
7. Canadian citizens fitness levels decrease after age five.	T	F
8. Approximately 10 per cent of Canadian adults are obese.	T	F
9. Active people tend to have lower concentrations of fat in their food.	T	F
10. Activity can affect people's social, emotional and mental states.	T	F

ANSWERS: 1.T 2.T 3.T 4.T 5.T 6.T 7.T 8.T 9.T 10.T

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