

Sports Outlook

ROBRISK - Herald Sports Editor

Juveniles bashed 22-1 by Burlington

The Georgetown Neilson's Juvenile baseball team were blown away 22-1 by Burlington Wednesday night at the Fairgrounds, making their season record 4-7 to date. Rick Hume, the Georgetown

coach, said his team hasn't had any luck against the Burlington squad this year and wasn't expecting miracles in the most recent match-up. "They're leading the league

right now...while we're seventh out of nine teams. The Burlington team is an older squad as well, with pretty much their whole team being second year players. They even have some guys from Junior

who came down when that team folded."

He said errors by his players didn't help keep the visitors off the scoreboard either. Hitting the cutoff man and keeping the runners close to the bases, basics of the game, had to be improved as well.

"Burlington is a team that has been in the league for a long time, while we're new this year. It's tough being a team who are pretty good at everything, like hitting, pitching, fielding. Working on a weakness is that much tougher."

Early in the game, Hume said his team was keeping pace, trailing only 2-1 in the fourth inning before the Burlington hit parade began.

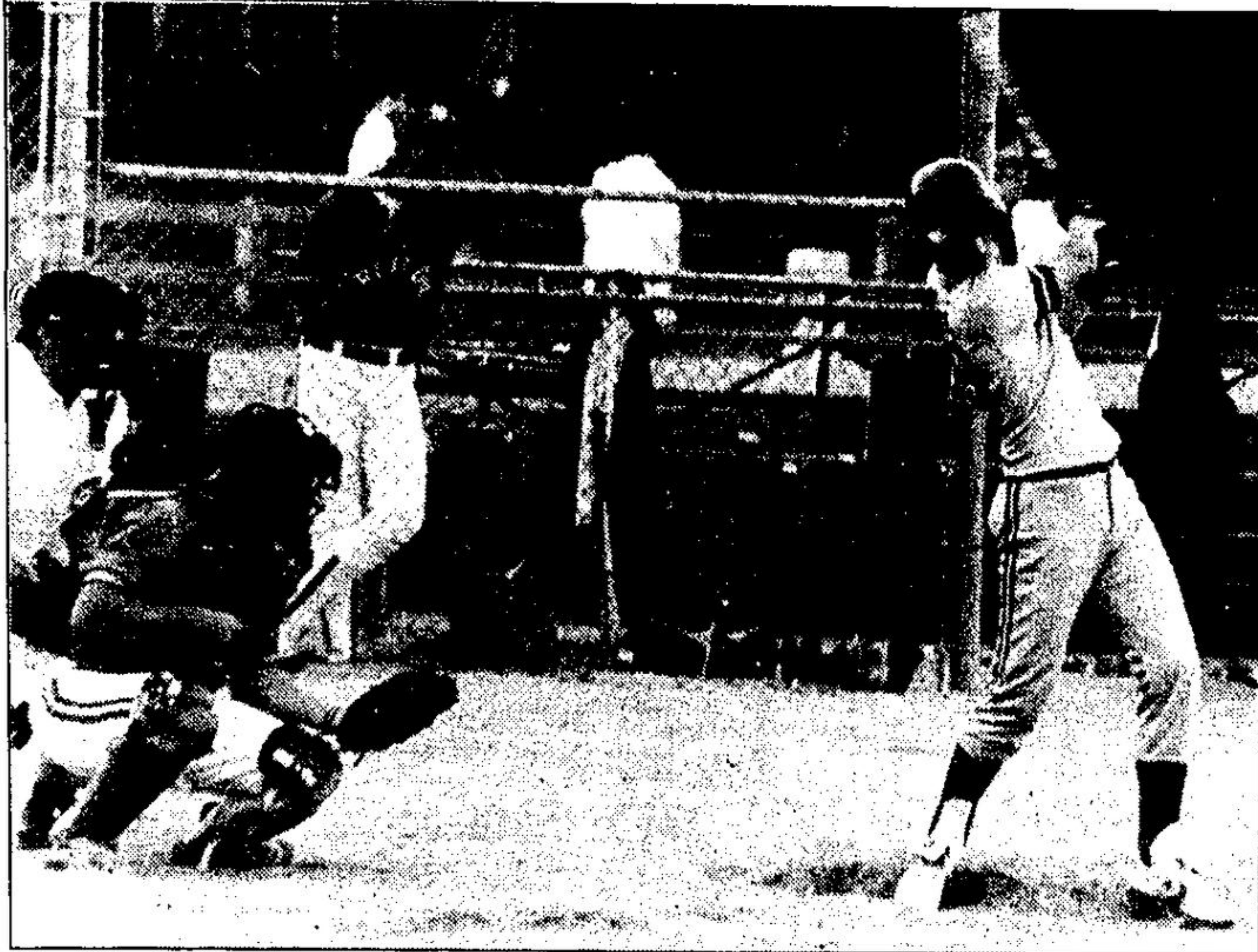
"They've got quite a few guys who can really hit the ball well to the holes in the outfield. One thing I was

happy with is how Jeff Hannah played shortstop for us. He made some really good plays that saved a few runs."

With over two weeks left in the schedule, Hume was optimistic about his team's chances of finishing well.

"We've done pretty good against some of the teams ahead of us in the schedule, like Erindale and Milton and we've beaten or could have beaten most of them. I think we have a good chance to win against Cawthra (today at 1:30, Fairgrounds main diamond) because we played really well against them in the Clarkson tournament in June.

For next year, he sees the team improving, since most of the players will be returning. About four will be leaving, but he said there will be others coming up, including five overage Midgets.



Georgetown Juvenile player Steve Lee takes a big swipe at the ball during a game against Burlington on Wednesday evening. Neither Lee or his teammates managed to connect very often as they lost 22-1. (Photo by Robert Risk)

Triple A hockey league needs 11 team sponsors

The Halton Hurricanes, the newly formed Halton Triple A Minor Hockey Alliance, is looking for a few good sponsors.

Jim Leahy, one of the organizers of the new league, said 11 sponsors are being actively sought in order to help get the ball rolling.

"For our first year, we have a 200,000 budget. We're looking to have one sponsor per team and to do that we've been heavily canvassing businesses all over the area."

He said it costs 2,000 per year to sponsor a team, which goes towards players sweater, ice time and some equipment.

"The hockey games will draw people from all over the county, so anyone who advertises will be noticed by a lot of people," said

Mr. Leahy.

He added that the 11 teams range from Novice age, Minor Atom and Bantam all the way up to Juvenile and sponsors will be able to take their pick of the age group they want to support on a first come first serve basis.

"The best players from Acton, Erin Flamboro, Georgetown, Hillsburgh, Milton and Orangeville will be playing against the best from Burlington, Chinguacousy, Brampton, Guelph, Oakville and Barrie. It'll make for some really good games."

The new league allows players with the skill necessary to play to their best ability, which didn't used to be the case in previous years. Players could only play at the highest level in their own town and

were not allowed to move elsewhere to play.

Mr. Leahy said the higher calibre of players will likely pay dividends to the sponsors when the teams compete in provincial and national championships, since those playoffs will draw people from even further away from Halton.

"I want all the businesses out there to know that if they can't afford to be a full sponsor, the league would definitely appreciate donations to help with all the expenses we've been having to get started up."

Anyone interested in becoming a sponsor or would like more information, can call Sponsorship Chairman Ian Avard at (416)542-1910 or (416)873-4746.

Acton Minor Softball

Bantam's efforts not enough

M. M Pro. Bantam Boys made a good showing at the new Hamburg tournament July 7th. They held their own against St. Clements with a 5-2 loss.

Their second game against Kitchener was thrilling for the fans and nerve wracking for the coaches with extra innings. Super 9 innings to complete the game with a defeat of 9-8.

Great team work considering Acton was missing a few of their regular players. All in all, it was a good day. Everybody came away tired and sunburned, but a job well done.

Auto Parts - 24

Glen Williams - 11

Acton: Jason Pembleton, 2 homers, triple, run on error.

Scott MacDonald, triple, double and 2 singles; Geoff Stoneham, triple, double, single, run on error; Robert Turpin, 3 singles, walk; Alastair McGillivray, R.B.I. and single; Jason Wilson, single and walk; Shaun Lockwood, triple, run on error; Kevin Cullingham, run on error; Paul Leeking, walk.

Glen Williams: Chris Goodhew, single and walk; Peter McGee, single and walk; Mike Crawford, single and walk; Ken Armstrong, homer; Kevin Leslie, single; Jamie Watt, Matt Edwards and Greg Norton, all with a walk.

Acton Barely Used Auto Parts-14 Hornby-12.

Acton - Jason Pembleton, homer, triple and 2 walks; Matt Boycott, homer and single; Geoff Stoneham, 2 singles; Robert Turpin, double; Scott MacDonald, single; Jason Wilson, Kevin Cullingham and Paul Leeking, a walk each; Paul Leeking, run on error.

Hornby - Ryan McHugh, 2 singles and walk; Jaramia Tilstra, double and 2 singles; Paul Graham, single and walk; Matt Lemay, single; Adam Hajer, single; Mike Fisher and Geordy Cirvesio each with a walk.



Focus on Fitness
by Laurie Burns
Exercise Physiologist

How to avoid burnout

WHAT IS BURNOUT?

First defined by Herbert J. Freudenberger, Ph. D., as a "state of depletion and of physical and mental exhaustion caused by overcommitment to a job, cause, relationship, a way of life."

TYPICAL SYMPTOMS OF BURNOUT

- often feel fatigued
- have difficulty sleeping
- working harder and accomplishing less
- more irritable with friends and family
- resentful when clientele of co-workers make mistakes
- less and less laughter, feelings of excitement or joy
- want to slow down, but can't, too busy
- forgetful of appointments or things you wanted to do
- increased aches and pains, injuries or illnesses
- unexplained sadness or hopelessness about your life
- unexplained weight gain or loss
- daydreaming about a fantasy job or a faraway vacation
- increased use of medication, drugs, alcohol, food or tobacco

Burnout occurs when our individual needs go unmet. Common with high achievers, burnout afflict those who think more is better, and who go from commitment to compulsion in wanting the job to provide inner satisfaction and meaning.

Next week: Three-step Prevention and Care for Burnout.



Pictured here are the John Hill/Glenda Hughes NRS Dodgers T-Ball team as they pose for a group picture before a game. Along with coaches Jim Koenigsberger, Steve Norrie and Laurie Norrie are team members Brain Agner, Gavin Alderridge, Fiona Campbell, Tyrell Crews, Katie Cunningham, Marc Desjardins, Chris Hall, Andrew Hodgson, Andrew Koenigsberger, Blake Mandarino, Bobby McMullen, Ashton Norman, TJ Norrie, Robert John Paterson and Daniel Schafer. (Photo submitted)