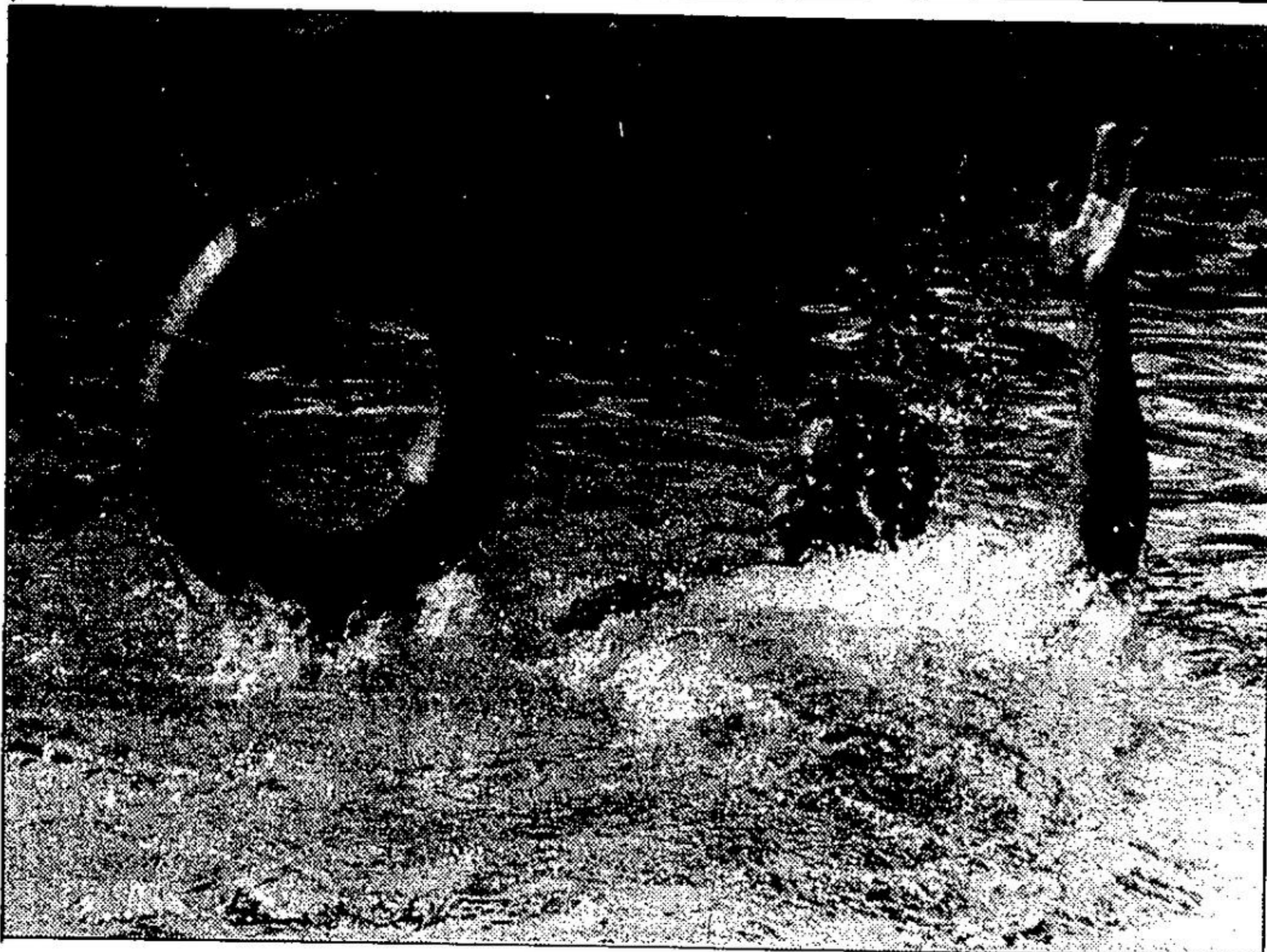




Sports Outlook

ROB RISK - Herald Sports Editor



Georgetown lifeguard John Colton gets rescued at the outdoor pool after forgetting how to swim. Actually, Colton wasn't in trouble, but the recreation department's aquatic staff will be showing the dangers of not knowing how to swim in demonstrations at the pool today (Saturday). (Herald photo by Robert Risk)

Hockey camp returns to Alcott Aug. 27-31

Halton Hills Sports Operation is returning with an expanded and improved hockey camp to the Gordon Alcott Arena, which runs from Aug. 27-31.

Dave Krause, one of the organizers of the camp, said 140 youngsters from the area are expected to take part, an increase over last year.

"We had 120 last time, with 140 being our maximum. We've already gotten 90 people registered. One thing we're doing differently is offering an advanced as well as a basic level, which the players can choose the one they feel is better suited to them."

The regular level mainly involves the elements of skating, such as stopping, starting, cornering and skating backwards.

"The rep kids who came to the camp last year found that they were past all that stuff, having done it for so long. To accommodate them, our advanced level will concentrate more on improving puck control, bodychecking, passing and other elements of the game," said Krause.

The camp is divided into three

age groups as well, 7-9, 10-11 and 12-13, with 1½ hours of power-skating in the morning, fitness and athletic activities outside of the arena next, then another 1½ hours on the ice practicing other aspects of hockey.

"Our fitness program during the day is handled by Dom Vetro, who used to play in the CFL. He will be teaching the players proper stretching techniques that prevent injuries from occurring as well as some other activities on the field," said Krause.

There will also be videos shown to help with almost every part of the game. Seminars on teamwork, communication and equipment care will also be given.

"On the last day, the kids will be divided into teams to play some games. It's a good opportunity for the parents to come out and see them perform. Parents are welcome to watch anytime, but the game day is the most popular time for viewing," said Krause.

Cost of the camp is \$160, with an optional \$25 charge to cover lunches for the week. For more information, call 873-3931 or 853-2949.

Leisure Lines

Water safety knowledge could save your life

Recreational aquatic accidents account for over 1,200 fatalities annually in Canada, making it the third leading cause of accidental death. This is more than the number of fatalities associated with air disasters, commercial shipping tragedies and rail disasters combined.

Highest at risk are males - accounting for 85 per cent of the total. In fact, in the 15-49 year old age group, nine out ten drowning victims are male.

One-third of drownings involve

boats, usually small craft under 18 feet in length with flat or rounded bottoms and, tragically, more than 50 per cent of all boating fatalities involve alcohol.

Don't become a drowning statistic. Be Water Smart and listen to the Royal Life Saving Society Canada (RLSSC) Water Smart advice:

WEAR YOUR LIFEJACKET OR PFD

PFDs are now stylish, comfortable and practical, and are available for all ages and various

aquatic activities. Your PFD is the best "life insurance" policy afloat.

LEARN TO SWIM

There is no substitute for swimming skills. Learn how. Don't exceed your ability. Supervise youngsters around the water.

THINK BEFORE YOU DRINK

Too much alcohol impairs your ability to think. Watch out. You could end up in the drink.

Be Water Smart ... and play safe in, on and near the water this summer.

Ladies Flag Football

Mobile and Body Shop in race to the wire

By LEANNE FOURNIER
Herald Special

Heading down the final stretch of the ladies flag football schedule, Mobile Sound System and Arnie's Body Shop remain neck and neck.

Mobile had little trouble disposing of their opponents - Ferg's Flicks - with a 13-0 decision.

Arnie's defeated West Insurance by a score of 13-7, while the George and Dragon beat JV into submission with a half-time score of 30-0.

Mobile's Sandy Brownridge continues to be a thorn in every team's side as she dazzled her way past Ferg's fearless defence for 7 points.

Ferg's once potent offence fell prey to a pattern of increased

regularity - "lack of receivers" - who can catch. In this match, Ferg's had one reception in the first half. Lorraine Capreol caught the other Ferg's pass for an interception.

In spite of this, Ferg's defence kept Mobile at bay. Ferg's chances dwindled when QB Monica Mastalerz left the field with an injury. Mobile would strike again late in the fourth with a Diane Pepper reception. Lorraine Capreol also pulled in another interception to cement the victory. Ferg's Flicks will have to regroup in the next few weeks if they hope to be champs for the 3rd straight year.

Arnie's Body Shop continues to mystify each opponent with their precision offence and potent defense. Pat Horruzey returned from an injury with a touchdown reception while Caroline McMillan chipped in with a single.

West Insurance pulled in 3 interceptions by the end of the 3rd at the hands of Tammy McLaughlin, Roseann Harrison and Silvana LaRose. Arnie's answered back with one by Sue Ferguson. West Insurance threatened to score but the Body Shop crushed their efforts.

Donna Brown continues to have a record breaking year with her fifth touchdown reception. With time running out, Michele Keess sailed to a 60-yard touchdown run while Tammy McLaughlin booted the single for West Insurance.

In the final contest of the day, heat took its toll on both teams as JV conceded at the half. No. 10, the unknown player on the George and Dragon, continues to score at a furious pace, posting 14 points. Perhaps it was "Wimp" Pembleton in a Dragon jersey. Donna waters scored the other TD's for the Dragons while Kathy Waters and Brenda Ryan chipped in 2 point converts.

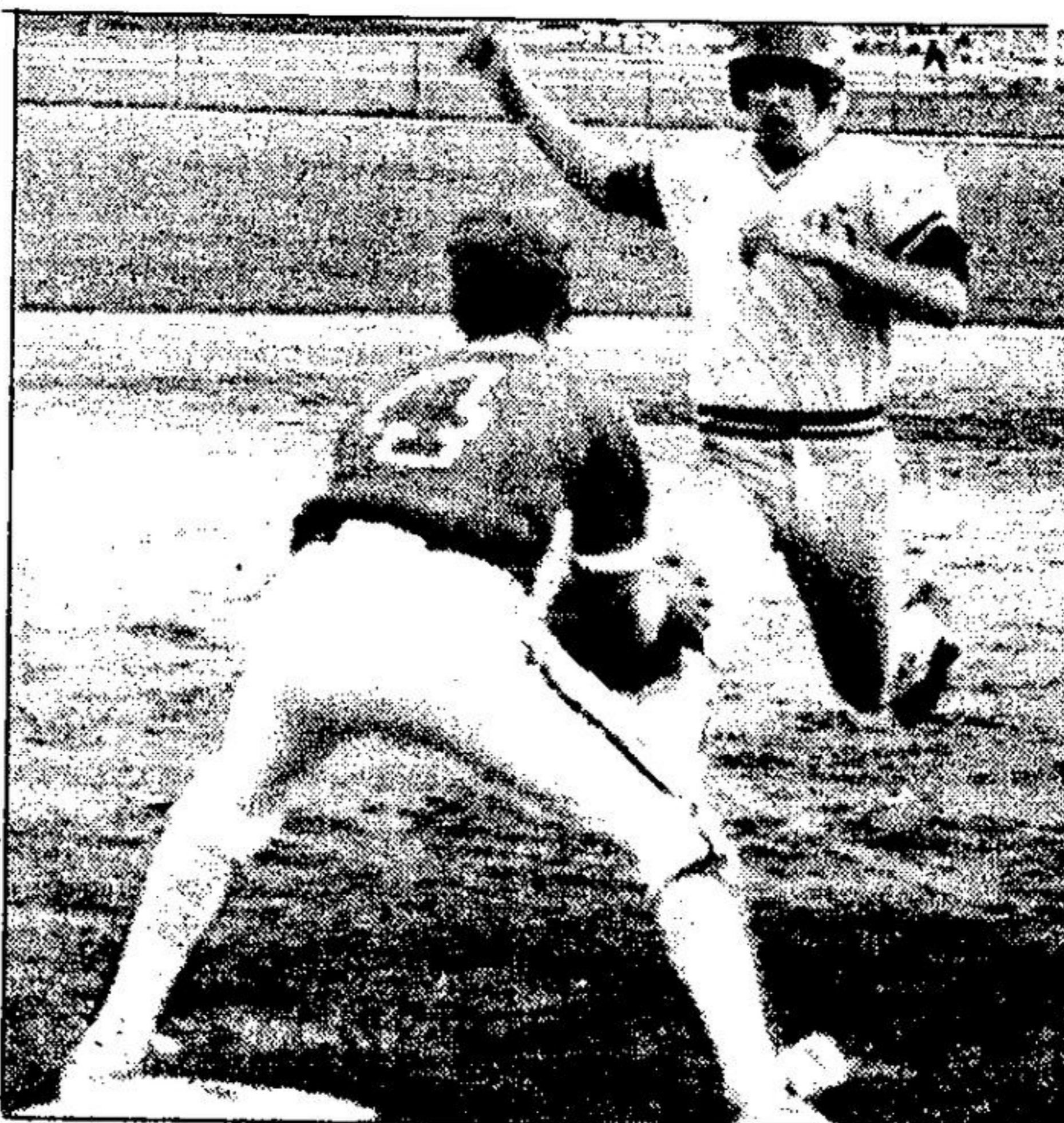
Game stars: Diane Pepper (MSS), Arnie's while team, Ferg's Flicks defence, Michele Keess (WI), No. 10 (G and D).

NEXT WEEK'S MATCHUPS:


8:45 - Mobile Sound vs. George and Dragon.

10:00 - Burns Transport vs. Ferg's Flicks.

11:15 - Arnie's Body Shop vs. JV Jets.



While trying to steal, Georgetown, Midget Rep player Troy Gardiner gets a rude welcome from the Burlington third baseman, Gardiner was out on the play, as was his team, which lost 17-6. (Herald photo)



Focus on Fitness
by Laurie Burns
Exercise Physiologist

How well do you live?

Purpose: To see how well you live. On the following questions, answer Yes or No.

1. I exercise vigorously 3 times per week. Yes ___ No ___
2. I use stairs rather than elevators and generally move about once every hour and a half. Yes ___ No ___
3. I eat approximately 1500-2200 calories per day. Yes ___ No ___
4. I do not eat much salt, saturated fat or sugar. Yes ___ No ___
5. I have quite a bit of fibre in my diet. Yes ___ No ___
6. I am aware of my families medical history. Yes ___ No ___
7. I do not feel I am stressed at this time. Yes ___ No ___
8. I enjoy the prospect of ageing well. Yes ___ No ___
9. I expect to live a full life. Yes ___ No ___
10. I enjoy life. Yes ___ No ___

If you answered yes to most of these questions you are living quite well. If you answered no to several of these questions there are significant changes that you may want to make in your lifestyle.

Thought for the day: "Health is not what you know, it's what you do."