

O'Tooles Tykes open slowly but improve in Streetsville

Georgetown O'Tooles Tyke Rep team, coached by Terry Jones, Murray McClung, and Robert MacLeod, opened the season with three losses but improved with two wins in the Streetsville tournament recently.

On May 25, the team travelled to Streetsville for its first major tyke Rep tournament. Uplifted by the recent overall improvement of play, a one run, seventh inning loss to Oakville; the boys were optimistic about having some success.

The first game was against Belle River, with Brent McClung earning the win for Georgetown O'Tooles and Devon Fraser preserving the victory.

Isaac Ferguson came through with two RBI's and singles from Andrew Nelisson, Trevor Rich and Ryan Smith. The sixth run was scored on a heads-up play by Devon Fraser from third on an errant throw.

In the second game of the tournament, Georgetown met the host team. The result was a grueling contest that lasted eight innings, with Georgetown emerg-

ing with a 4-3 victory.

Geoff Bahr earned the win, pitching six strong innings with 10 strikeouts. Brent McClung, in relief, earned the save, facing the minimum six batters.

Isaac Ferguson had another two RBI performance with a single going to Andrew Nelisson and Ryan Bobar stealing three bases. The remainder of the tournament, was called due to rain.

Coach's comments: In the two months since the team was form-

ed the defence is improving rapidly, as demonstrated by Trevor Rich's late inning key double play, catching a difficult line drive at second and throwing to Greg McCullough at first to catch the man off base.

This is an exciting young ball club that will excel beyond most expectations. As a team, Georgetown O'Tooles will provide entertainment to all spectators who would like to watch a game.



Focus on Fitness
by Laurie Burns
Exercise Physiologist

Aerobics themes

Aerobics has come a long way since it first appeared on the fitness scene over 15 years ago.

Initially a low-intensity workout primarily for women, it has progressed into a very vigorous activity that appeals to women and men of all ages. Some people think the interest in aerobics has peaked as some clubs begin to experience a plateau. However, nothing could be further from the truth.

Group aerobic activities are more appealing and popular than ever. Did you know that most professional fitness programs are now low impact (one foot on the floor at all times, no bouncing) and not high impact?

Did you know there are exciting new workouts called STEP? The STEP type of workout is popular with men because although the class is done to music, it is very basic and not dance oriented. STEP stands for Sports Training Enhancement Program and it is a super workout for athletes in training and for those wanting a great workout for your legs.

Jazz/Funk is very popular these days and is based on dance movements. This type of workout incorporates rhythmic variations and body isolations in its style of movement. Jazz/Funk is fun and very challenging. It increases body awareness and balance.

Circuit workouts combine the use of resistance equipment and the excitement of group exercise. By alternating a resistance station with a cardiovascular station in a circuit arrangement and spending at least 30 seconds on each station, a person can get a complete workout in 30 minutes or less.

These are only a few of the latest trends in exercise. Good programming will allow you to improve your present level of fitness and take time restraints and your lifestyle into consideration.

Fitness classes have come a long way over the years and if you haven't tried them out in a while, maybe you should. There is a workout designed for you somewhere. Ask experts for a guidance and I am sure you will like the new era of exercise classes.

Golf tourney

Organizers of the 15th Annual Bill Smith Invitational Golf Tournament are limited participants to 240 players for this year's event, being held June 24 at the North Halton Golf and Country Club.

The past 14 years have raised over \$170,000 for the Canadian Cancer Society and the goal for 1991 is to bring that number to \$200,000.

There are various ways to take part in this year's event:

1. Donations can be pledged at the country club directly to the Canadian Cancer Society.

2. Companies or individuals wishing to purchase a hole can do so for \$100. A professionally painted sign will be left on the golf course for a period of three days.

3. For \$500, companies or individuals can purchase a large sign that will be staked at the club house. Only large signs will be posted at the location.

4. 18-hole golf tournament. A cost of \$100 includes dinner, green fees, golf cart, gratuities and other taxes - \$15 of which will go directly to the Canadian Cancer Society. Tee-off times are from 7:00 a.m. to 9:00 a.m. and from noon until 2:00 p.m.

5. A cheque for \$50 will pay for the dinner in the evening, of which \$15 will go to the Canadian Cancer Society.

For more information, call Bill or Brad Smith at 877-5161.

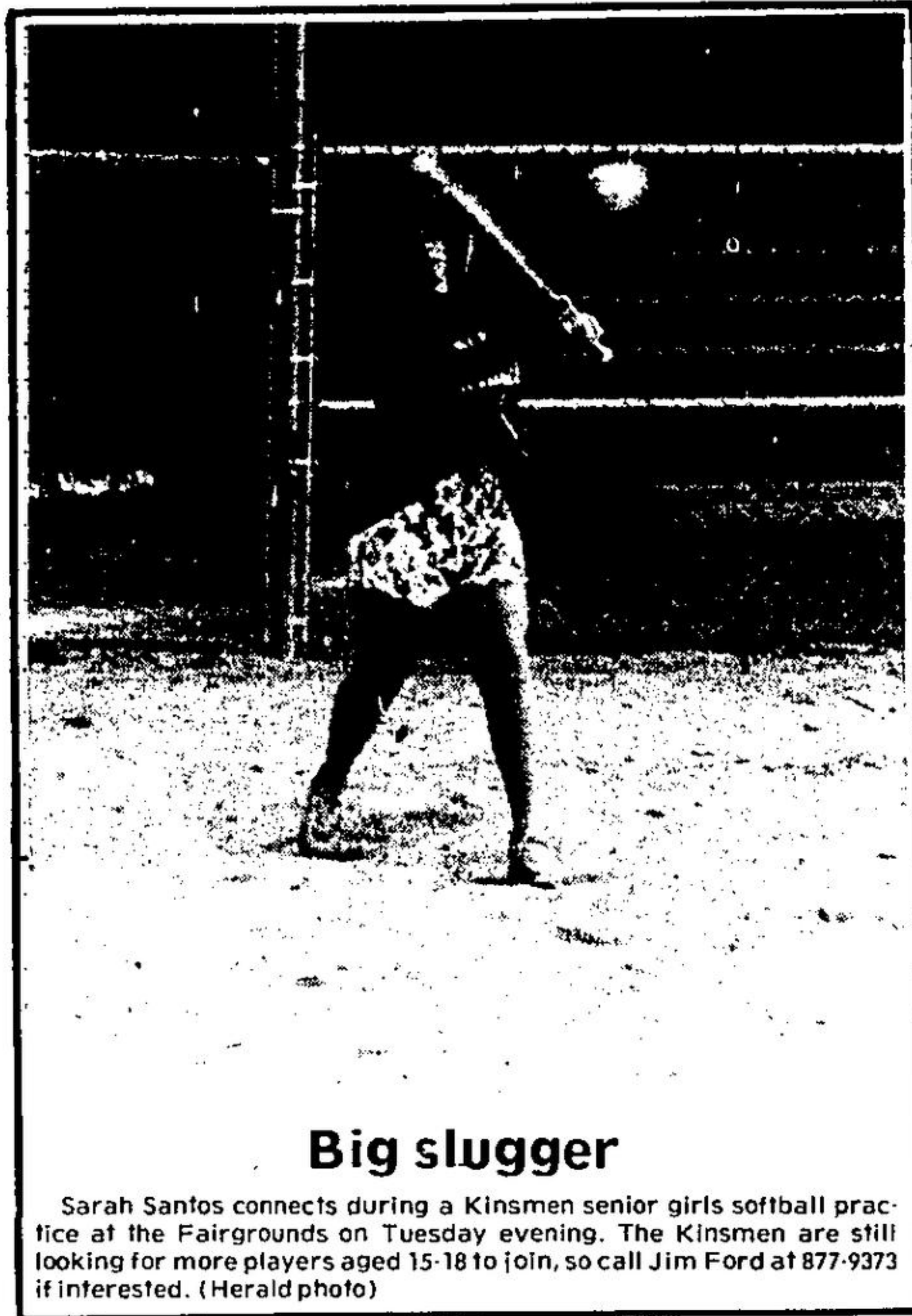
Halton hockey

Halton Hurricanes AAA hockey is holding its first registrations of the year starting today (Friday) in Milton.

The Milton Pro Shop, located at 400 Main St. E. in Milton (behind Harvey's) is the location for the sign-ups. Today, registration is from 7:00-9:00 p.m., Saturday from 10:00 a.m. until 2:00 p.m. and Sunday from noon until 2:00 p.m. For more information, call 877-1578 or 876-1731.

Outdoor Adventures

Hey young people between the ages of 12 to 16 years! Are you interested in a week filled with boardsailing, camping, canoeing, horseback riding, swimming and many other activities? If you are, then the Halton Hills Recreation and Parks Department has a program for you. Get involved in Outdoor Adventures and have a great time! For further information contact 873-2600, ext. 270.



Big slugger

Sarah Santos connects during a Kinsmen senior girls softball practice at the Fairgrounds on Tuesday evening. The Kinsmen are still looking for more players aged 15-18 to join, so call Jim Ford at 877-9373 if interested. (Herald photo)

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Lions Annual GOLF TOURNAMENT
For Chronic Skin Disease
MONDAY, JUNE 3rd, 1991
★ TEE-OFF TIMES ★

Morning
9.36 - N. Markou, G. Markou, T. Schlegel, Guest
9.42 - J. Hachey, R. Hachey, P. Laird, Guest
9.54 - I. Dumancic, G. Szcpaniski, D. Boyle, G. Bell
10.00 - L. Tennant, Guest, Guest, Guest
10.07 - B. Haines, T. Gill, J. Nemyss, B. James
10.14 - E. Wenzel, F. Del'Buono, H. Meyer, B. Miller
10.21 - J. MacDonald, G. Fendley, B. Meyer, Guest
10.28 - M. Rush, D. Ashby, P. Jeffries, J. Oliver
10.35 - G. Dicks, D. Fraser, S. Jobin, B. Dolotwicz
10.42 - D. Borotsik, D. Dye, T. Vigneaux, T. Daquano
10.49 - D. Ezekiel, R. Hanley, B. Yandjou, Guest
10.56 - B. Mason, M. Tutkaluk, M. Wright
11.10 - J. Russiani, B. Haines, B. Toš, B. Webster
11.24 - W. Kernell, P. McLaughlin, C. Schirk, F. Grant
11.31 - S. Woolman, Guest, Guest, Guest
11.38 - J. Bagin, P. Bagin, T. Sykes, B. Nicholls
11.45 - S. Harlow, M. Fry, D. Dunn
11.52 - R. Funey, C. Leming, Guest
11.59 - F. Harris, J. Vieira, P. McCracken, O. Tichel

Afternoon
12.06 - F. Zorge, J. Akers, J. Hayes, B. Morrow
12.13 - R. Freestone, Guest, Guest, Guest
12.20 - B. Arnold, D. Ricciutto, Guest, Guest
12.27 - A. Watt, J. Dean, J. Fleming, J. Kerby
12.34 - Blue Knights (3)
12.41 - W. Wilkinson, J. Richards, N. Stoyles, G. Thoms
12.48 - J. Verrette, G. Kearney, J. Degabriele, S. Mills
12.55 - B. Gordon, E. Wardman, B. Boyle, T. Stevens
1.02 - N. Lorito, B. McLelland, E. Wood, S. Fraser