

T-Ball

Big HRs help Art Yankees win

JUNE 24TH
Art Effects Yankees 35
The Herald Angels 30
 The Yankees played a winning game with help from Alex Foster who belted in two home runs with two doubles and showed strong infielding at 1st base. Teammate Jamie Felton added a home run and Dustin Pepper went in for a homer and a double. Jeffrey and David Maiezza both scored triples.

Armstrong Insurance A's 25
Macs Milk Mets 23
 A great defensive game gave the A's a victory over the Mets. The A's Gord Leslie provided a triple with Chris Letts belting in two homers. Gordon Clarke added a triple and made some great defensive moves.

Halton Rapid Transit
Blue Jays 20
John Hill/Glenda Hughes
NRS Cubs 16
 The Blue Jays flew in for a win over the Cubs with two home runs by Vince Burke and 2 homers by Michael Esteireiro. Andy Burns shone out in right field making some great plays.

M and M Meat Shops
Padres 24
Pizza Pizza Pirates 18
 The Padres made winning look easy with home runs by Joel Shelton and Jesse Grin. Scott Logan as pitcher and Dan Wallinger on first teamed up for super 3 outs.

Shaw's Trophies Astros 33
Neilson Dairy Expos 30
 Great hitting by the Astro's Matthew Scanlan, Scott Hower, Nicole Harrison and Ashton Norman ensured a victory over the Expos.

JUNE 26th
Shaw's Trophies Astros 26
Shopper's Drug Mart
Mariners 26
 A tie game gave both the Astro's and the Mariners a chance to show their strengths. The Astros had some great hits with a double play by David Lockwood and triples by Joel Laroque and Serge Roy. Raymond Lorusso caught a pop-fly as pitcher and Karine Duffy made a great catch on first for an out.


Armstrong Insurance A's 25
M and M Meat Shops
Padres 23
 The Armstrong A's hit a strong game to beat out the Padres with the power provided by Gord Rogers and Louis Archambault, both belting in home runs and Gordon Clarke smashing in a triple.

Halton Rapid Transit
Blue Jays 28
Pizza Pizza Pirates 14
 The Blue Jays were in fine form for a win over the pirates with Vince Burke providing two home runs and a pop-fly catch. Michael Esteireiro belted in a homer and Brent Beaumont brought it all together with a

grand slam.
Royal Pizza Tigers 33
The Herald Angels 33
 The Tigers and the Angels battled it out for a tie game with homers for the Tigers from Charles Gerrity, Scott Rostrup and Jordan Scuralli (2), Darrel Barry hit a double and Scott Rostrup made a super play as shortstop for an out. Good fielding all around Tigers!
 For the Angels, Adam Latimer got two outs at home and hit three singles. The power was turned on as home runs were supplied by Blake Mandarino, Dwayne Higgins, Jimmy Present (grand slam) and Willie Walker (grand slam).

Macs Milk Mets 27
Art Effects Yankees 20
 The Mets scored a win over the Yankees but the Yankees kept the balls flying with a home run and a triple by Dustin Pepper and doubles each by Meghan McKee and Tyler Wilson. Lindsay Maiezza showed her speed with some excellent base running.

JUNE 28th
Royal Pizza Tigers 20
Shoppers Drug Mart Mariners 14
 The Tigers were hitting strong for a win against the Mariners with the power at the bat supplied by homers from Jeremy Wilson, Scott Rostrup and Charles Gerrity. Jordan Scuralli couldn't be stopped with two home runs and a grand slam.



Focus on Fitness
 by Laurie Burns
 Exercise Physiologist

Weight training advice

Do you believe that weight training is only appropriate for body builders and athletes? Many people believe this, but research is now beginning to show that resistance training plays an important role in our overall health.

The American College of Sports Medicine revised its position statement on physical fitness in April 1990. The ACSM is now suggesting that two or three strength-training workouts per week should be included in a person's health and fitness program.

According to research, our metabolic rate decreases about one-half per cent each year. This is largely due to a loss in lean body mass. Many adults believe that a slowing metabolism is inevitable. However, this metabolic loss can actually be delayed with a sensible weight training program.

Muscle is very active tissue; every pound lost from lean body mass results in a decrease of approximately 50 calories per day in the individuals metabolic rate. Conversely, gaining lean body mass will increase resting metabolism.

Resistance training is the easiest way to increase lean body mass. Since increasing lean body mass results in an increased metabolic rate, it is easy to see why weight training is becoming a popular activity in weight-management programs in fitness clubs.

There are additional physical and psychological benefits associated with weight training. Regular physical activity has been linked with improved psychological functioning. Since resistance exercises require skills that are easily learned when compared to competitive sports, weight training also produces relatively quick and noticeable results for beginners.

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FRIDAY
 Softball
 Georgetown Ladies Powderpuff League. Infield Flies vs. Travelling Blueberries, Peelers vs. Tony's Tarts, Bishops Queens vs. She Devils. All games, 6:15 p.m. at Fairgrounds.

SATURDAY
 Swimming
 Family 12:00-2:00 p.m., public 2:00-4:00 p.m., family 4:00-6:00 p.m., at Dick Licata Outdoor Pool. Public 2:0-4:00 p.m., family 4:00-5:00 p.m., adult 5:00-6:00 p.m. at Acton and Georgetown Indoor Pools.

SUNDAY
 Baseball
 Halton Hills Slow Pitch League. 9:00 a.m. - Kendale vs. Capital Ford, Firemen Club vs. Living Lighting. 10:30 a.m. - Park Lincoln vs. Random Car Club, Newfoundland Club vs. Lions Club. 12:00 noon - Optimist Club vs. Royal Pizza, Kinsmen Club vs. Elks Club. All games at Fairgrounds.

12:30 p.m. - Burns vs. Michael's Restaurant. All games at Georgetown District High School.

MONDAY
 Baseball
 Georgetown Minor Peewee rep team vs. Streetsville, 6:15 p.m. at Fairgrounds.

Baseball
 Georgetown Major Peewee rep team vs. Burlington, 8:30 p.m. at Fairgrounds.

Softball
 Georgetown Ladies Powderpuff League. La Bats Blue vs. Travelling Blueberries, Outlaws vs. She Devils, Black Widows vs. Champagne on Ice. All games, 6:15 p.m. at Fairgrounds.

Baseball
 Halton Rural Bantam Boys. Rockwood at Acton, 8:30 p.m. Limehouse at Glen Williams, 8:30 p.m.

TUESDAY
 Baseball
 Georgetown Tyke rep team vs. Oakville, 6:15 p.m. at Fairgrounds.

Baseball
 Georgetown Bantam rep team vs. Burlington, 8:30 p.m. at Fairgrounds.

Baseball
 Georgetown Baseball Association Tyke House League. Blake Leavitt Expos vs. Akers' Country Wide Tigers at Armouries. Beaver Lumber Mets vs. Mike Reed D.J. Angels at Kennedy. J.V. Clothing Blue Jays vs. George and Dragon Yankees at Centennial. All games at 7:00 p.m.

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