

New aquatic program definitely beneficial

Having worked for several years instructing, lifeguarding and managing at pools in Toronto, I find I have a soft spot in my heart for events in that area. For that reason, I thought I would help promote a new (and interesting) course the Halton Hills Recreation and Parks Department is starting up.

In fact, considering the kind of need it fills only makes the task of writing this week's column easier. As a swimming instructor, I was most fond of teaching the more advanced levels, such as Lifesaving, Bronze Medallion and Bronze Cross, since the students were the most interested in learning what the courses had to offer - in contrast to many

younger students who were "made" to attend by their parents.

However, due to the set-up of the instructional levels, the more enthusiastic and skilled students often completed all the levels quicker than the system could cope with them. You see, the minimum age requirement for Bronze Medallion is 13 (it used to be 14), so anyone 12 or under had to wait up to a year before continuing on.

To help keep those potential future lifeguards and instructors interested, the recreation and parks department has created the Pre-teen Aquatic Program, which will include children aged 10-12, widening their knowledge



Risky Business
by
Robert Risk

of swimming and rescue skills, while at the same time, providing a generous helping of fun. One of the innovative techni-

ques that will be used in the course is a video camera which will make stroke correction much easier. It has always been simple for the instructor to see what the student is doing wrong and tell them what to correct; now the swimmer can see the problem for themselves and understand better what needs to be done. Ah, the marvels of modern technology.

Also included in the course will be introductions to Cardio Pulmonary Resuscitation (CPR), first aid and how to protect themselves during rescue attempts. All of these items will provide every participant with information they would learn in the Bronze levels, giving them a head

start on their fellow classmates in the following year.

Now for the fun. Along with the more serious stuff, the pre-teen program includes using a mask, fins and snorkel. The participants will learn how to pick up a mask and snorkel from the bottom and clear it properly underwater, along with some other techniques. Also, games such as water polo and water volleyball will be played.

Sounds good to you? The course begins September 23 (two courses, one at the Georgetown Indoor Pool and one in Acton) but only 12 spots are available for each class, so call 873-2800 (ext. 266) to register. Cost is \$37 for the 10 week course.

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Raiders hockey squad surprises its opponents

By ROBERT RISK
Herald Sports Editor

Georgetown Raiders served notice to the rest of the Central Ontario Junior B Hockey League that they are a force to be reckoned with this year by almost winning this season's first tournament last weekend.

The special tournament, organized by the National Hockey League Officiating Department to help fine tune its referees, involved six teams which played at Centennial Park Arena in Etobicoke. Raiders came out flying from the start, defeating Oakville 7-4 in the first game.

Bill McDonald drew first blood on an assist from Ian Ellis at 22:25 of the opening period. Shortly before Raiders first powerplay opportunity ran out, Scott Humber found the net, assisted by Chris Stark and Rob Doucette.

Raiders never gave up the lead, getting goals from Clayton Stillar, and a pair each from Duane Lewis and Kevin Rutledge to earn the win. Building on that success in the evening, Raiders bounded Milton, one of the league's top teams last year, 10-4.

Again, Georgetown went out in front, never looking back from

the opening faceoff. With just 48 seconds played, Rob Lang beat the Milton netminder, assisted by Chris Stark and Marty Savoy. Though the match was a penalty filled one, with each team drawing over 20 infractions, Raiders took advantage of its opportunities, scoring four powerplay markers in the first period to take a commanding 6-3 lead before intermission.

Raiders General Manager Finn Poulstrup said the difference in winning the tournament finale was the absence of key defencemen Rob Doucette and Steve Weishar, who were forced to leave the game with pinched muscles. As a result, two forwards had to share blueline duty, limiting the offence slightly as Brampton edged them 7-6.

"Both guys didn't have anything serious, but we didn't want them to aggravate their injuries before we begin the regular season. I was impressed with the way the team played - they've come a long way," said Poulstrup.

However, he said there is still some distance to go and is presently searching for bigger forwards to help put the pressure on in the slot.



Bryan Rusche (left) and William Fry, both from Georgetown, have enjoyed some cycling success this year. At the Ontario Team Time Trial Championships in Cobourg on August 3, they won the silver medal, finishing just 37 seconds behind first. More recently, as a member of the Ontario team, Fry placed second at the Track Nationals in Calgary. (Herald photo)

Two Georgetown cyclists win provincial silverware

By ROBERT RISK
Herald Sports Editor

After just three years of cycling, two Georgetown youths captured the silver medal at the Provincial Team Time Trial Championships in Cobourg on August 3.

William Fry, 17, and Bryan Rusche, 16, teamed up with an Oakville and a Brampton resident, finished just 37 seconds behind the first place team after a distance of 41 kilometres. Both Fry and Rusche said it has been a long tough road getting prepared for the provincial meet.

"We spend about two to three hours every day on the bikes and about five hours on everything else, like making sure the bikes are in good repair. In the winter, we stay in shape by swimming at the pool, doing cross country skiing and riding indoors," said

Rusche.

Fry said travelling also takes up a lot of time, requiring the team to travel anywhere between two and six hours to reach various competitions in and around Ontario.

"Most of the time when we're training, it's just Bryan and me going around town. It was great winning the silver because it gives us some recognition for all the work we've done - that's the payoff."

The success hasn't hurt the enthusiasm of Bob Swerdon, their manager or their sponsors, Poole Bros. Cycle, based in Barrie. Both Fry and Rusche said they hope to continue that success for Swerdon next season, since this one is now completed. In March, the team will travel to South Carolina to begin their road train-

ing, since the season begins earlier there.

While success has its obvious advantages, Rusche said the downside of cycling is when things don't go the right way. A string of poor placings or just bad luck can put a damper on anyone's enthusiasm.

"If you're sick or are hurt a bit, it can really bring your performance down. When things aren't going well, it's really tough to stay motivated the whole year."

It hasn't been hard for Fry to stay motivated this year, placing 10th at the Junior Men's (17-18 year-old) National Road Race in Bromont, Quebec, August 23-25. Further success came last weekend, helping Team Ontario win the silver medal at the Track Nationals in Calgary.

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Green Champions - Pirates
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Silver Participants - Tigers
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Bronze Participants - A's
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Silver Participants - Dodgers
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Bantam/Midget Juvenile
Gold Champions - Tigers
Gold Participants - A's
Silver Champions - Expos
Silver Participants - Blue Jays
Bronze Champions - Padres
Bronze Participants - Cubs