

Outstanding week for new Senior YBC bowler

The "Bowler of the Week" honours certainly go to Cindy Clarke who made her presence known to every bowler at Georgetown Bowl. In her second week as a senior YBC bowler (last year's top junior) she rolled a triple of 849, which was better than the adult leagues. To achieve this, Cindy bowled games of 226, 350 and 273, thus taking over the lead in her league with a 230 average followed by Carrie Walsh 203 and Christina Lane 202. The top three in the senior boys division are Alain Larocque (for the second week) with a 215 average, Rob Harrison 212 and Brian Crocker 208.

The next outstanding effort in the YBC was the achievement of bantam Matthew Walker. His triple was 655 with games of 206, 230 and 219.

The teams for the coming season are tentatively formed, and a few bowlers are still needed for a full roster. Thus, more bowlers, former or beginners, will still be accommodated.

GEORGETOWN Y.B.C.
Juniors: Tanya Martin 584 (238), Michel Arsenault 474 (190), Kim Conrad 494 (216), Ken Armstrong 460 (185), Janice Somers 444 (181).
Bantams: Matthew Walker 655 (230), Brendan Louth 478 (174),

David King 445 (179), Jennifer Cabral 425 (175), Suzanne Larocque 413 (153), Richard Gostlin 389 (131).


Peewees: Alex Foster 416 (170), Chris Styles 296 (127), Ryan Louth 295 (106), Gordon Clarke 291 (104), Jordan Scuralli 283 (103), William Walker 282

(106).
Smurfs: Jason Pshyk 327 (119), Amanda Robichaud 233 (88), Amanda Edwardson 205 (75), Patrick Hole 204 (81).

Seniors: Cindy Clarke 849 (350), Alain Larocque 646 (226), Rob Harrison 638 (280), Brian Crocker 625 (282), Blake Smith

611 (214), Carrie Walsh 599 (231), David Leslie 594 (246), Ryan Martin 581 (215).

Georgetown 'Hotshooters'
Tues. Nitters League: Bob Normore 771 (292).
Mon. Men's League: Ed Ortila 755 (279), Tom Gos 738 (328), Paul Chaplin 712 (279).



Coach Donohue's Tips

For more information, contact the Coaching Association of Canada or 3M Canada Inc.

Flexibility is defined as the range of movement at a joint or series of joints. It is joint specific. Many athletes require great flexibility to hit harder, throw further or jump higher. Most athletes need some flexibility in order to avoid injury.

Stretching is the technique used to develop flexibility. There are four methods of stretching.

1. Stretch-and-hold. The athlete moves a body part as far as possible, then holds the position for 15 to 20 seconds.

2. Partner stretching. A partner moves the athlete's body part as far as possible, then the athlete holds this position for five seconds. This is repeated ten times, the partner gently moving the body part a fraction further each time.

3. PNF stretching. The athlete moves a body part as far as possible. A partner then holds the part there while the athlete tries for five seconds to return the body part, against his resistance, to the normal position. This is repeated three times, with the athlete moving the body part further each time.

4. Dynamic stretching. The athlete performs the movements required in the sport.

All stretching programs should follow certain guidelines:

- Athletes should warm up first. (Muscles, like chewing gum, stretch better when "worked".)
- The methods should be developed in the order listed above.
- Major joints should be stretched first, then sport-specific ones.
- Partner and PNF stretching should be closely supervised.
- Stretching should be done at least once a day.

Jack Donohue was coach of Canada's National Basketball Team from 1972-1988, and is a nationally recognized coaching expert. For more information on coaching skills and the National Coaching Certification Program, contact the Coaching Association of Canada, 1600 James Naismith Drive, Gloucester, Ontario, K1B 5N4 or 3M Canada Inc., P.O. Box 5757, London, Ontario, N6A 4T1.

Technics BRINGS YOU
The science of sound

Autumn **Specials**

Technics SA-GX100 RECEIVER
The science of sound



40 Watts per channel in a power priced Audio/Video Stereo Receiver - featuring a 36 key remote to let you have control; station file; digital tuning; multiple inputs; group search; loudness and more.

Reg. \$319⁹⁵
SPECIAL \$269⁹⁹

Technics SL-PD607 MULTI DISC CD PLAYER
The science of sound



Just load up to five discs and press the play key - M.A.S.H. 1 Bit D/A converter for accurate reproduction; digital servo system to help compensate for scratched discs; random play; edit functions; remote capabilities and much more.

Reg. \$329⁹⁵
SPECIAL \$299⁹⁹

Technics RS-TR313 CASSETTE DECK
The science of sound



This double cassette deck offers so much: double auto reverse; high speed editing; Dolby HX-Pro plus Dolby B & C for sound quality at a great price.

Reg. \$319⁹⁵
SPECIAL \$289⁹⁹

G/S TELEVISION

265 GUELPH ST. GEORGETOWN 877-9541


PEOPLE DO READ THE HERALD CLASSIFIEDS! CALL 877-8822 TODAY TO PLACE YOUR AD

Ladies' & Men's Hair Styling



GIGI HONEE
HAIR REMOVAL EYELASH TINTING
Corrie's Hairplace
21 Mill W. 853-3461 Acton

WE'RE YOUR INSURANCE BROKERS WE UNDERSTAND!



PAUL C. ARMSTRONG
INSURANCE BROKERS LTD.
143 MILL ST.
Halton Hills (Georgetown) Ontario
877-0133

Georgetown Baseball Association




requests your attendance at the **ANNUAL GENERAL MEETING** on **Monday, September 30** 7:30 p.m. **GORDON ALCOTT ARENA**