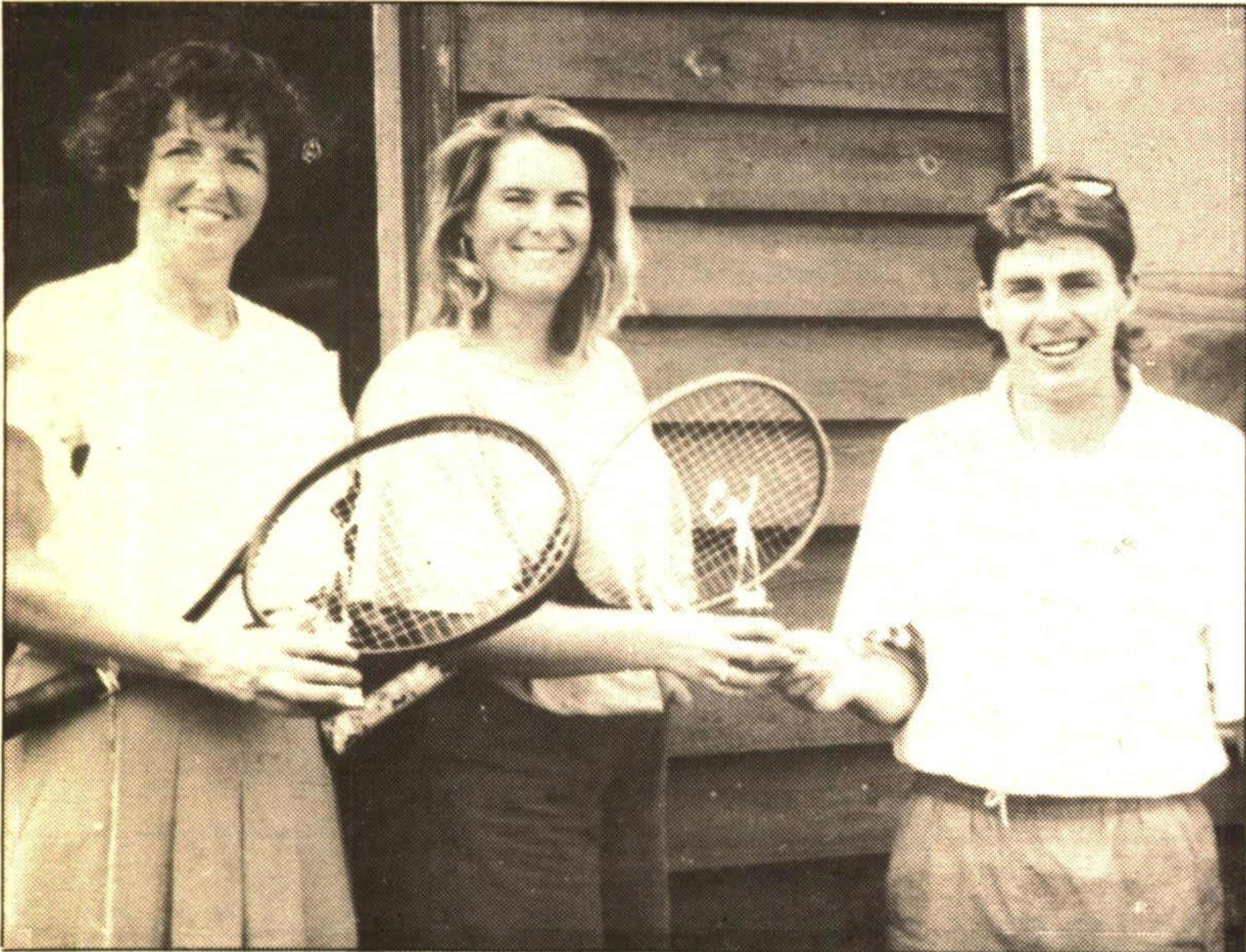


ALCOTT TENNIS CHAMPS



HOUSE LEAGUE'S BEST: Emerging as the best of the Alcott Tennis Club's 1991 House League teams, with most total points after four gruelling four months of play, were (from left) Don Hender-

son, captain Yvonne Henderson, Rob Johnson, Enid Gledhill, Axel Reist, Christine Higgins, Linda Osso and Steve Garland.

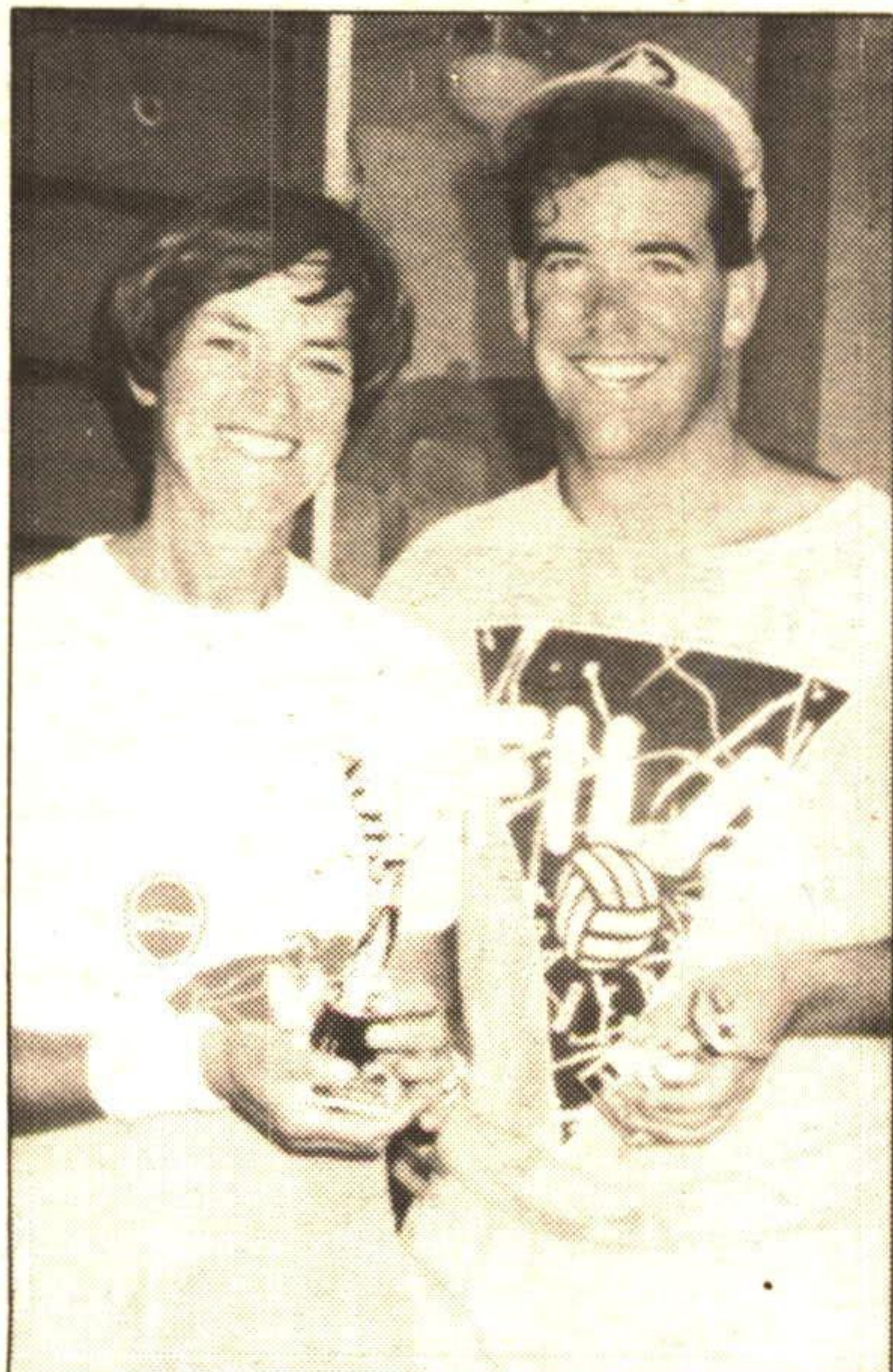
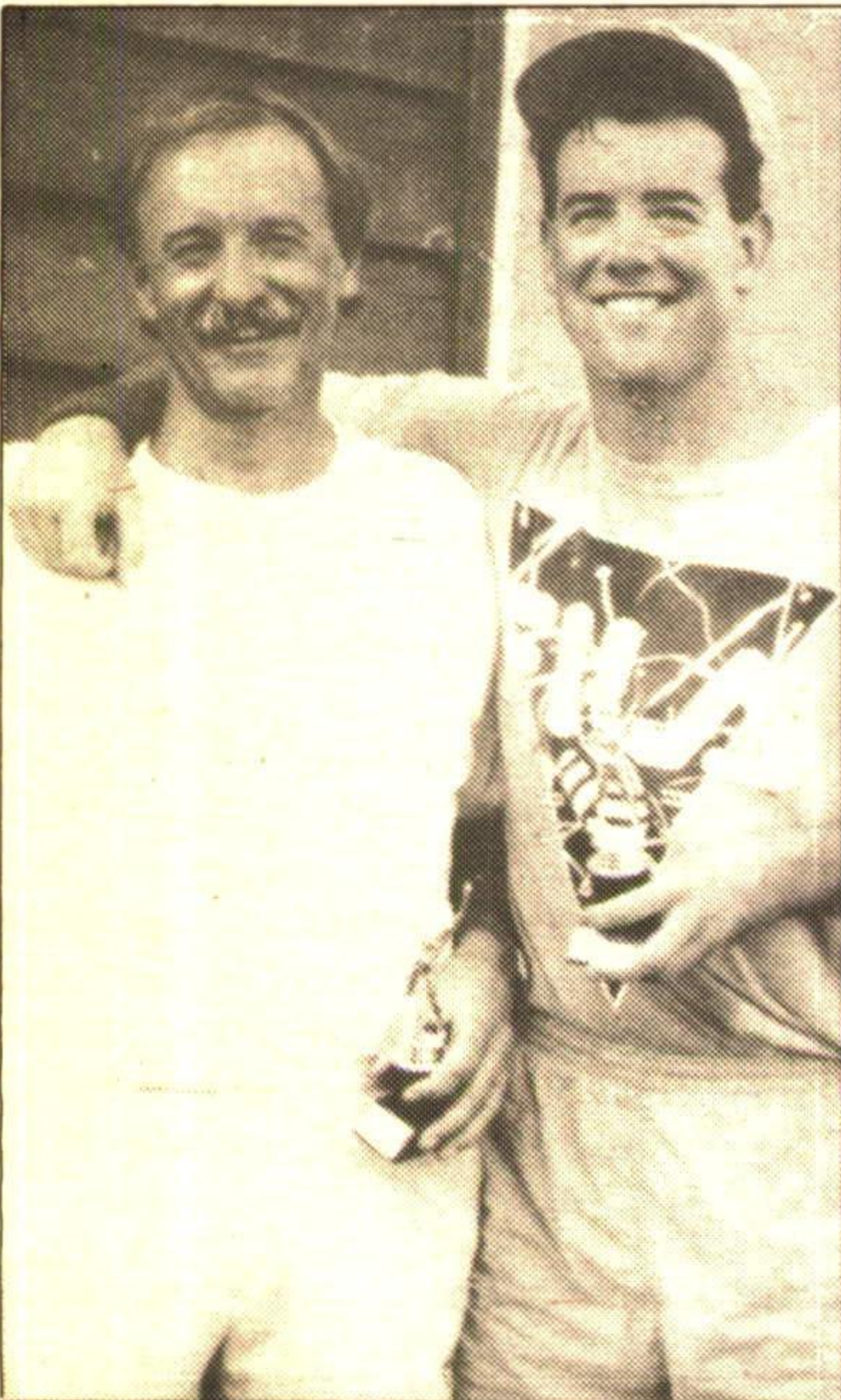


CLUB CHAMPIONSHIPS: (LEFT) Mike Mitchell presents Barb Rieger (left) and Stacy Hurley with their trophies as Ladies Doubles champions. Kim Heaps and Linda Osso were the consolation winners.

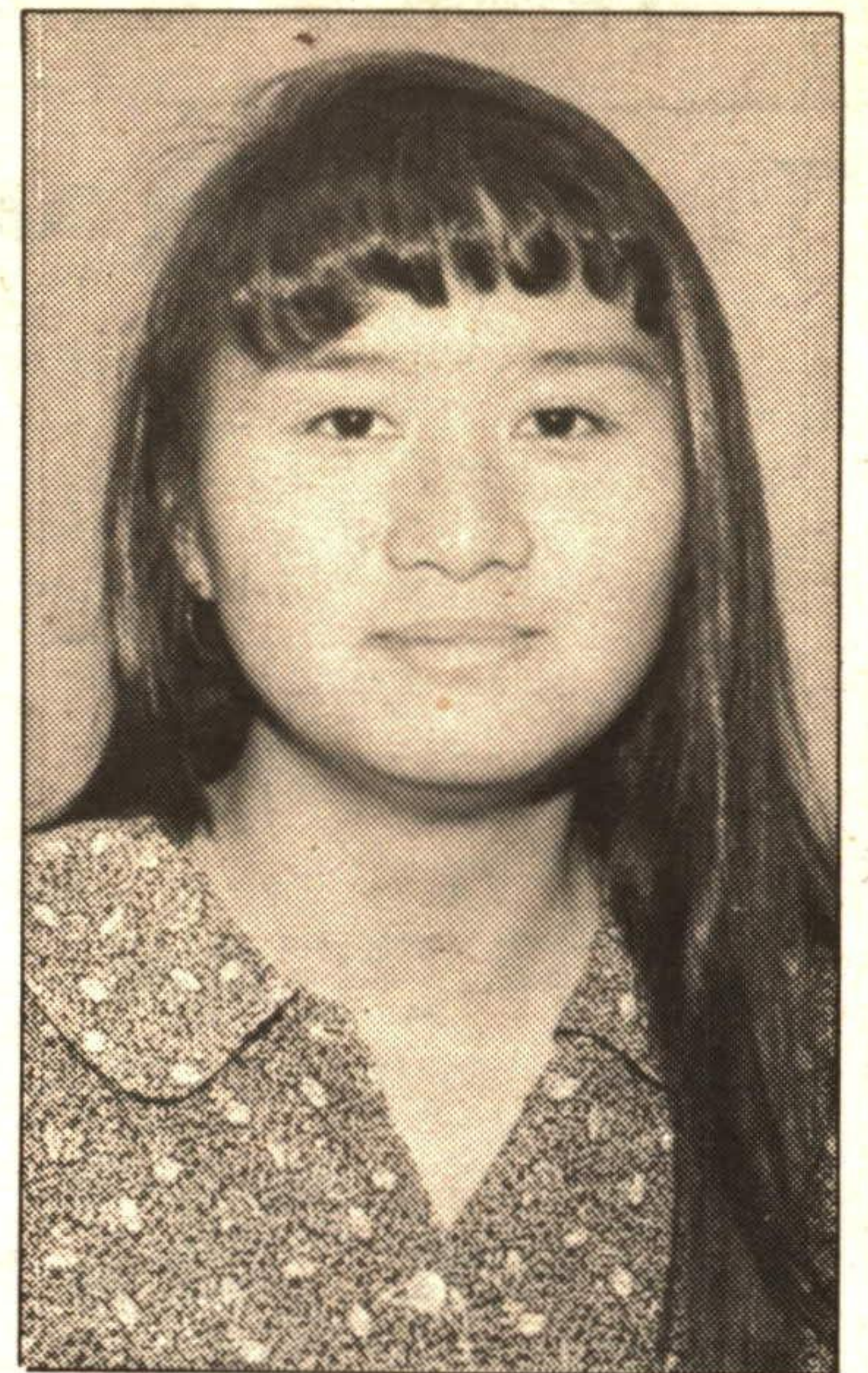
(BELOW LEFT) Perennial champs Don Hurley and son Mike celebrate another Men's Doubles championship. John Dallison and Andy Humenny won the consolation round.

(BELOW CENTRE) Mike Mitchell congratulated Audrey Jans on winning the Ladies Singles crown. Linda Osso won the consolation round.

(BELOW RIGHT) Mike Hurley teamed with Chris Steen to win the Mixed Doubles title. Norma Maynard and Mike Mitchell were the runners-up, while Barb and Ed Rieger claimed the consolation title.



GEORGETOWN DISTRICT HIGH SCHOOL *Athletes of the Week*



JOHN JICKLING of Grade 13 led the GDHS senior volleyball team to victory in last weekend's championship. **MARGARET TSE**, also of Grade 13, was outstanding in an away game for the senior field hockey squad.

TED BROWN, Independent/Free Press

Swinging Fore...

"DEAD-SOLID, PERFECT!"
With SHELLEY WOOLNER
BSGC Head Pro



Swinging "On Plane" again!

Hopefully after reading last week's article, you now understand the importance of swinging the club "on plane" and maintaining a "square" club face relative to this plane. Not only will you be more likely to repeat a consistent swing path, you will also strike the ball with a square club face. Both of these components are necessary to repeat "Dead - Solid, Perfect" over and over and over again!

Swing plane is so important that I am going to continue the discussion. If you remember, I only showed you "half swings" last week. Today's photos are demonstrating the correct swing plane during the full golf swing.

Photo #1 demonstrates the correct position at the top of the backswing. The club's shaft is parallel to the target line with the club face square to the plane. You will notice the hands are in line with the right shoulder and the shaft has

remained between the triangle formed by the forearms.

Photo #2 is showing the correct finish position which simply is the reverse (mirror image) of the backswing. Hands finish in line with the left shoulder, the club is parallel to the target line and the club shaft has remained between the triangle of the forearms.

In next week's golf article I will have photos of the four most common errors that golfers make in their swing plane. In the meantime concentrate on analyzing your swing plane. You may want to find a friend with a video camera to video your swing so you can see it from a different perspective.



PHOTO #1



PHOTO #2

Thought for the Day! If asked to swing the club to its lightest position both during backswing and forward swing... chances are you will be grooving the correct swing plane.

For information on lessons call:


BLUE SPRINGS
GOLF CLUB
(519) 853-0904.

FREE

WEEK

YOU ARE INVITED!

to enjoy free curling every night from 7:00 p.m. - 9:00 p.m. from October 15th - 18th. You don't have to be a pro to love it. Men's, Ladies, Mixed, and Senior memberships are available at... the Club with "country charm".

ACTON CURLING CLUB

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