

## AFSC members shine in competitions

# Acton skaters claim medals

Acton figure skaters continue to bring home the hardware from several invitational competitions they recently attended. Windsor, London and Uxbridge skating clubs played host to the members of the Acton Figure Skating Club, which stood

atop the podium in several of the respective events.

Nine-year-old Cara McGilloway placed first overall in the Pre-Juvenile A Ladies Freeskate. She had previously that same day placed first in her Flight 1 to make into the finals. Candice Timbers was second in the final of the same event. She also won her flight to qualify for the skate-off in this division.

Stasha Vancek was fourth in the Novice Competitive Ladies Flight 2 and Cora Routledge was eighth in the Junior Ladies Freeskate Flight 2.

Bronwyn Marshall was first in Pre-Novice Ladies Freeskate Flight 4 and placed seventh in the final event skate-off. Joy Christopher took home second-place honors in the Senior Ladies Freeskate final. These skaters all received medals for first- to third-place finishes in the flight categories sponsored by the Uxbridge Skating Club. Finalists in the skate-off were awarded trophies.

At the Great Lakes competition in London, Mary Beth Robertson took home first place in the First Figure category, with Debbie Mashinter taking third-place hon-

ors. Caitlin Dick came third in Preliminary Figures.

Krista Petty was second in Novice Ladies Competitive and Connie Storey was second in Preliminary B Solo. Other results were: Pre-preliminary B Freeskate: Debbie Mashinter and Mary Beth Robertson, eighth; Pre-preliminary Freeskate - Caitlin Dick, sixth; Pre-preliminary Elements - Caitlin Dick, seventh; Preliminary Elements - Debbie Mashinter and Connie Storey, fourth and Mary Beth Robertson, eighth.

In Windsor, Krista Petty placed

first in Novice Ladies Competitive with a third-place showing in Stroking, sixth in Figures and second in Novice Ladies elements. She also placed second in Team elements in the novice division with three other teammates.

Connie Storey was fourth in Pre-Juvenile Team Elements, fourth in singles elements, fifth in Pre-Juvenile Stroking and sixth in Pre-Juvenile Ladies Freeskate.

Shiela Storey was fourth in Canasta Tango Solo Dance and fifth in freeskate.

Golfers...

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### GRIPS - Part II

As stated in part I the grip provides the golfer with the only physical contact with the golf club. Therefore it is most important the golfer has the proper grip size. Properly sized grips give the golfer a comfortable feeling at address, positive control during the swing and does not inhibit wrist action. If the club (grip) doesn't feel right in the player's hand then it obviously won't feel good as they make the swing.

The standard rule in the industry in selecting grip size is that when the anchor hand is in the grip (left hand for right handed players and right hand for left handed players) the ring and middle fingers should be no more than one sixteenth of an inch away from the base of your hand. If they are further away than that the grip is too large. If your fingernails are digging into your palm the grip is too small. Golfers as a whole are not aware that grips can be installed in different sizes and that different variations of grip sizes are possible under the left hand vs. the right hand.

When you next have your clubs regripped take the time to evaluate grip size.

And the unknown golfer says - I shot 3 over today - one over a house, one over a patio and one over a swimming pool.

February Special...

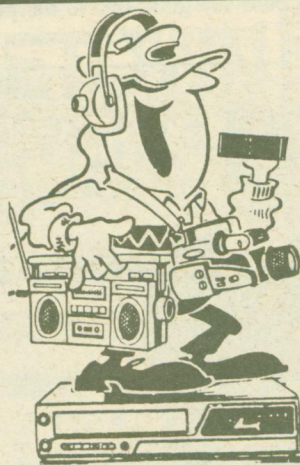
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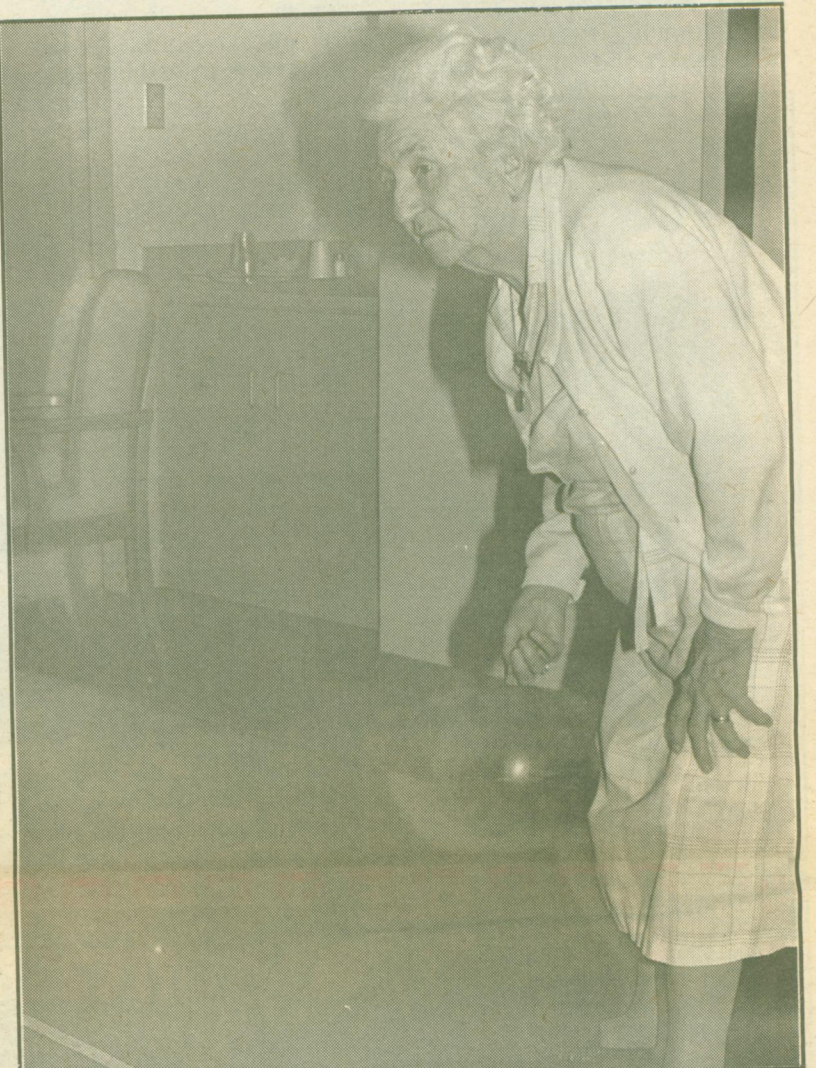
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Marla Beenee gets ready to unleash a strike Tuesday during a carpet bowling session at the Bennett Centre. Many of the residents took part in the event, including Beenee. Photo by Wendy Long.

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