

Recreation and Sports

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RUST CHECK
 610 MARTIN ST., MILTON 878-4137

Bantam Eagles show results on the week

By Mike Zrostek

During the season every team is going to hit tough times where you come up short, and the Georgetown M&M Pro Sports Bantam Eagles are in that mode right now.

Last weekend in Petrolia the Eagles played some strong disciplined baseball. They reached the semi-finals in the tournament before losing a close 4-3 game to Corunna in the bottom of the seventh after scoring three in their half of the inning.

In the opening game the Eagles were on the short end of a 2-1 decision in extra innings. Martie McKinnon, Lucas Wood and starter Ken Braithwaite were the bright spots, according to head coach Steve Kucherawy as they combined for 16 strikeouts.

The second game saw the Eagles come from behind once again after they spotted Ilderton a three run lead then lashed back for four runs in the bottom of the seventh for the win.

Kucherawy was more than pleased with the tournament play of his Eagles. "I have never been more proud of any group of kids. Although they lost in the tournament, every one of them should feel like winners. The boys played their best baseball of the year in the last two games with last inning heroics that had everyone on the edge of their seats."

On Tuesday the Eagles came home to face the top ranked Burlington squad hoping to improve on their 4-4 league record and continued the strong play from the weekend.

For five innings the Eagles played even with Burlington before everything caved in, in the late going, and the Eagles were out-muscled losing 13-4.

It looked good in the early going as the Eagles built a 3-0 lead in the second thanks to a couple singles by Neil Smith and Jamie Briggs, along with a nice sacrifice bunt by Lucas Wood.

The lead held through three, due in part to some great pitching by Neil Smith and strong defensive plays by shortstop Lucas Wood and a great Adam Petch catch in shallow center.

Burlington answered with three in the top of the fourth to tie the game but the Eagles responded with one in their at bat after Steve Gibbons cranked a triple to right center, then scored on a beautifully

executed bunt by Jamie Briggs.

From there, the wheels fell off as Burlington pounded out 10 runs in the final three innings - too much for the Eagles to overcome. This dropped the Eagles regular season record to 4-5.

"We played well enough to win for five innings but we

didn't have the killer instinct and made some mental mistakes that cost us," said Kucherawy.

The schedule hasn't been kind to the Eagles as they have played the top two teams, Brampton and Burlington, five times in a stretch of a month losing all five.

Kucherawy is still optimistic for a turnaround, "If we can win two out of our next four we can still win 13 or 14," He said. We'll see these teams again and hopefully we can do better next time."

Next action for the Eagles is Monday against Burlington.

Summer swimming season

Registrations are being accepted for summer swimming lessons. Pick up registration forms at the pool or the Civic Centre. For more information, call 873-2600, ext. 276.

School's Out Swim

There will be public swimming starting today at both the Indoor Pools, 2-4 p.m. Come cool off at the pool.

Outdoor Pool Opens

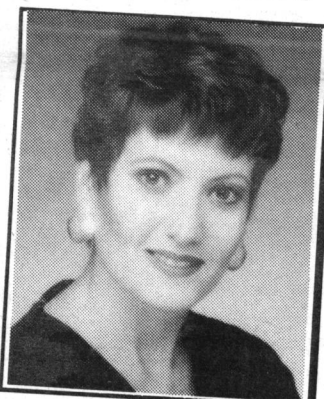
The Dick Licata Outdoor Pool will open July 5 - Aug. 29. Public swims from 2-4 p.m. daily.



Town of Halton Hills Recreation and Parks Department summer lifeguards were put through a grueling day-long upgrading course Tuesday at the Acton Indoor Pool. Both the Acton and Georgetown Indoor pools as well as the Georgetown Dick Licata outdoor pool will be open for summer business Monday. photo by Simon Wilson/HHTW

Activity Line Heat Exhaustion

By Laurie Burns Exercise Physiologist



Heat exhaustion is due to loss of water. Unlike heatstroke, which strikes suddenly, heat exhaustion usually comes on over several days. The early symptoms are tiredness, weakness and malaise. As your body dehydrates, you become progressively weaker until you don't even have the strength to get out of bed. If you continue to lose fluid, your blood volume decreases to the point where you might go into shock.

This is how it happens. Sixty-five per cent of your body weight is fluid, which is stored in three compartments: 56 per cent inside your cells, 37 per cent outside your cells and 7 per cent in your bloodstream. When you first lost water by sweating, breathing or urinating, almost all of it is lost from inside your cells. Thus, even though you may be lacking as much as eight glasses of water, your cells can supply enough water so that your blood volume remains normal.

If you continue to lose water, your cells reach a point where they are unable to give up any more water and your blood volume

drops. When this happens, you may not have enough blood volume to circulate effectively through your body, your temperature rises and you can go into shock. Fortunately, this catastrophe rarely happens unless you are unable to obtain any fluid replacement.

Usually, heat exhaustion is not an emergency condition, but when you exercise you will be more susceptible to heatstroke.

The treatment for heat exhaustion is to drink large amounts of mineral-rich fluid, such as fruit juices.

Laurie Burns is an Exercise Physiologist and operates Work That Body Fitness Programs Inc. in Georgetown.

Summer Recreational Swim Schedule July 5 to August 5, 1993

DAY	ACTON INDOOR POOL	GEORGETOWN INDOOR POOL	DICK LICATA POOL	WADING POOL
Mon.	Public 2:00-4:00 p.m.	Adult 12:30 - 1:30 p.m.	Public 2:00-4:00 p.m.	1:30-4:00 p.m.
	*Family 7:30 - 8:30 p.m.	Public 2:00-4:00 p.m.	Family 4:00-5:30 p.m.	
	*Adult 8:30-9:30 p.m.	Family 7:30-8:30 p.m.	Public 6:30-8:00 p.m.	
Tues.	Public 2:00-4:00 p.m.	Adult 8:30-9:30 p.m.	Public 2:00-4:00 p.m.	1:30-4:00 p.m.
	*Family 4:00-5:30 p.m.	Public 2:00 - 4:00 p.m.	Family 4:00-5:30 p.m.	
	Public 7:30-8:30 p.m.	Family 4:00-5:30 p.m.	Family 6:30-8:00 p.m.	
Wed.	*Adult 8:30-9:30 p.m.	Adult 8:30-9:30 p.m.	Public 2:00-4:00 p.m.	1:30-4:00 p.m.
	Public 2:00-4:00 p.m.	Adult 12:30-1:30 p.m.	Family 4:00-5:30 p.m.	
	*Family 4:00-5:30 p.m.	Public 2:00-4:00 p.m.	Public 6:30-8:00 p.m.	
Thurs.	Adult 8:30-9:30 p.m.	Family 7:30-8:30 p.m.	Public 2:00-4:00 p.m.	1:30-4:00 p.m.
	Public 2:00-4:00 p.m.	Adult 8:30-9:30 p.m.	Family 4:00-5:30 p.m.	
	*Family 4:00-5:30 p.m.	Adult 12:30-1:30 p.m.	Family 6:30-8:00 p.m.	
Fri.	Public 7:30-8:30 p.m.	Adult 2:00-4:00 p.m.	Public 2:00-4:00 p.m.	1:30-4:00 p.m.
	*Adult 8:30-9:30 p.m.	Family 4:00-5:30 p.m.	Family 4:00-5:30 p.m.	
	Public 2:00-4:00 p.m.	Adult 7:30-8:30 p.m.	Family 6:30-8:00 p.m.	
Sat.	Public 2:00-4:00 p.m.	Adult 8:30-9:30 p.m.	Public 2:00-4:00 p.m.	1:30-4:00 p.m.
	*Family 4:00-5:00 p.m.	Public 2:00-4:00 p.m.	Family 4:00-5:30 p.m.	
	*Adult 5:00-6:00 p.m.	Family 7:30-8:30 p.m.	Public 6:30-8:00 p.m.	
Sun.	Public 2:00-4:00 p.m.	Public 2:00-4:00 p.m.	Public 2:00-4:00 p.m.	12:00-4:00 p.m.
	*Family 4:00-5:00 p.m.	Family 4:00-5:00 p.m.	Family 2:00-4:00 p.m.	
	*Adult 5:00-6:00 p.m.	Adult 5:00-6:00 p.m.	Public 4:00-6:00 p.m.	

*Saunas open upon request.

SALE NUBOD EXERCISE EQUIPMENT SALE
 873-2611
 Treadmills Steppers
 Universal Gyms Striders
 Bicycles Weights & Benches
 Rowers Accessories
 Ski Machines And More...
 162 Guelph St., Georgetown (3 doors down from Barragers)

THE CARPET BARN
 DIVISION OF HALTON FLOOR FASHIONS LTD.
 877-9896
 877-1666
 26 Guelph Street Georgetown, Ont.

APPLE Auto Glass
 354 Guelph St., Unit 27, Georgetown, Ont.
 (416) 873-1655

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 Halton Hills This Week
 wants to publish your team's results.
 Drop them off at 232 Guelph St., Unit #9, Georgetown Ont. L7G 4B1
 or fax them to us at (416) 873-3918