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M&M Sports Bantam Eagles split pair on Saturday

By Mike Zrostek

Georgetown M & M Sports Bantam Eagles had a chance to take both ends of a

doubleheader Saturday, but a costly error ended a great comeback by the Eagles as they dropped the opener 6-5

to Cawthra. The Eagles rebounded to crush Waterdown 13-2 in the second game.

The Eagles, who have been displaying sound defense lately, made some errors in the opener that cost them. Cawthra carried a 5-2 lead into the bottom of the seventh when hot hitting Steve Gibbons crushed a triple to the fence in right center scoring Adam Petch and Jamie Briggs, who has been hot of late at the plate.

Wood and Gibbons continue to sparkle

Then with two out, Ken Braithwaite singled to tie the game but a big outfield error allowed a Cawthra runner to advance to third and later score ending Georgetown's hopes.

Two familiar faces shone once again in the second game trouncing of Waterdown. Lucas Wood

and Gibbons, who have been hotter than the weather, led the Eagle attack.

Wood fanned 10 in four innings of work not allowing a run, while Gibbons went wild at the plate once again going 3-for-3, blasting three triples, scoring twice and driving in four.

Coach Steve Kucherawy credited the whole team with a strong effort on the weekend. The Eagles are now 8-6-1 after the weekend which included a win last Thursday in Brampton by default.

The win came after a Brampton player was ejected from the game. Brampton could not continue because they didn't have enough players to field a team.

"This showed my guys how important it is to have enough players on the bench. It's a lousy way to win or lose a game but it

happens," said Kucherawy.

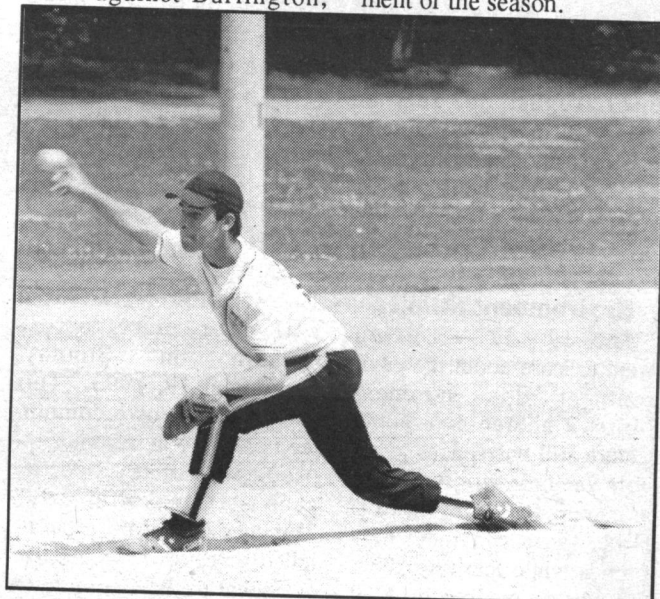
The Eagles now embark on three road games this week against Burlington,

Bloor and Streetsville before heading to Kincardine this weekend for the last tournament of the season.



Matt Edwards of the Georgetown M&M Pro Sports Bantam Eagles hustled all the way down the line on this play against Cawthra Saturday at the Fairgrounds. Unfortunately, Edwards was out, and Georgetown lost 6-5.

photo by Simon Wilson/HHTW



Georgetown M&M Pro Sports Bantam Eagles pitcher Martie McKinnon shows good form in his team's battle with Cawthra Saturday at the Fairgrounds. Unfortunately, a late-game error allowed Cawthra to win 6-5.

photo by Simon Wilson/HHTW

Kotsos and Windsor 1-2 at Wyldewood

By Mike Zrostek

Mike Kotsos of Georgetown won his first tournament on the Accuform Golf Tour in two years, defeating fellow Georgetown resident Ian Windsor at Wyldewood Golf and Country Club this past Friday.

The 17-year-old, who plays out of North Halton Golf and Country Club, fired a three-over-par 73 and then won a two-hole playoff over Windsor and Mitch Mahoney of Hamilton.

After a 35-minute stoppage in play, during regulation play, Kotsos birdied two of the last three holes to card the 73 which was later tied by both Windsor and Mahoney.

In the first playoff hole Kotsos and Mahoney got pars while Windsor put his tee shot into a fairway bunker and finished with a double-bogey that finished his day.

On the second playoff

hole, Mahoney hit his drive into a water hazard and ended up taking a bogey. Kotsos played it safe hitting a two-iron and then two-putted for par and the win.

Improved short game

key to win

Kotsos gives credit to his improved short game for

the win in the second event of the Accuform Junior Golf Tour.

"My chipping and putting has really taken strokes of my game this year. I used to

just hit drivers and long irons on the practise tee, then I'd get into a tournament where you need to chip and putt. I finally realized I needed to work on that," Kotsos was quoted as saying after his win.

The win moved Kotsos into third place on the overall standings after two events with 114.5 points. Windsor and Mahoney are tied for first with 116 points.

The third event on the tour is Aug. 6 at Oakville Golf and Country Club.

Future league draft choice enters the world

By Laura Givens

Announcing a future G.L.P.L. player! Born July 6 to Carol and Mike Spiteri, a girl, Jennifer Margaret Kathleen, 6 lbs 5-1/2 oz. Hope to see you back on the field next year, Carol!

Blew By You 10
Fireballs 8

Paulette Froilet had a great game, hitting a triple. Good center fielding by Kim McLaughlin and Jennifer Skinner, and a good game pitching for Chris Stoyles. The Fireballs Jeanette Brandford went 3-for-3. Teri Korzack had a great defensive game. Andrea Campbell, glad to see you back. Good close game, girls.

Catch The Wave 12
Snowy's Grapevine 11

Great game for Monica Donaldson and Diane Moore, both hitting doubles. Bobbi Hyde hit a triple. Betty Boomsma got the winning R.B.I. Snowy's Grapevine's Nancy Hoover had a double going 4-for-4 at bat. Great gloves by Cheryl Jackson and Michelle Cullen. A double

Ladies Powderpuff

also for Julie Robbins.

Jaded Bunch 9

Catch The Wave 7

The Bunch didn't hand in a sheet, but we got you again!! Sandy Robinson had two doubles, Debbie Sweeny had a double and Lori Hoffing hit a triple.

Mourning After 17

Blew By You 12

With only nine ladies, the Mourning After played another great game and Blew by Them. Sharon Zmija had a perfect night on the mound, also going 5-for-5 at bat. Bernice Griffiths had a good game at short. For Blew By You it was a great night at bat for Karen Appleyard, Lisa Johnston, Laurie Sunnucks and Patti Sunnucks, all hitting doubles and triples. And good pitching by Chris Stoyles.

Field of Dreams 27

Field Mice 4

(Wake up), it's not a dream. The Field of Dreams plowed right through this game, leaving the Mice run-

ning on all fours. Mary McLaughlan pounded out a triple and a home run. A home run for Virginia Walker. Joanne Emmerson scored two runs and had an R.B.I. Great game, ladies. The Mice say they were too pooped to pop. It was 40°C. Sherry Bond hit a double, along with Shannon Russell and Janette Gale.

Hoyas 11

Bar-B-Q'd by Charcoal 4

Hoyas are back in the winning column with this errorless victory (it's O.K. Al and Craig, you can come back now). Doubles go to Jane Roberts-Long, Jennifer McDonald, Jeannie Brooks and Carolyn Weger. For the Charcoals it was Roseanne Harrison with the hot bat, hitting a home run. Carolyn Gingras had a triple. Good rally attempt in the third.

Snowy's Grapevine 11
Fallen Angels 11

Close game in all. The grapes are getting ripe with Herminia Henderson making

nice catches at shortstop. Nancy Hoover showed her great glove work in the field. Lisa Switzer hit a double and Michelle Cullen got the hit to bring in the tying run. For the Fallen Angels, it was Bev Mayberry hitting a triple and Patty Sheppard with a double. (We're thankful there's no eighth inning!) Great game, ladies!

Field Mice 19

SaFires 8

The mice weren't stuffed full of cheese tonight. Sherry Bond hit a triple. Colleen Cadger had a double and a triple. Wendy Shannon hit a double and a home run. Three doubles for Lori Taylor and a great double play. Janette Gale also got a double. Pierette Jolin also hit a double. She gave her all and watched the rest of the game on T.V. from her hospital room after a great attempt to steal third. Hope you're feeling better soon.

For the SaFires it was a triple for Janet Viljama and a double for Andie Perryman. Good pitching by Linda Anderson and Donna Leuenberger.

Activity Line

Flexibility benefits

By Laurie Burns
Exercise physiologist

Flexibility, who needs it? You do. Many people who are physically active pay little attention to their flexibility. People who have back problems are afraid of flexibility and because it takes time to stretch properly, people tend to skip it when they do work out.

Flexibility is a joint's ability to move freely in every direction. Within each joint, and for each activity, there is an optimum range of motion essential to peak performance. A number of factors can limit joint mobility, including genetic inheritance; the structure of the joint; connective tissue elasticity within muscles, tendons, or skin surrounding a joint; and neuromuscular coordination.

There are at least 10 major benefits derived from each full, normal range of motion and include the following:

1) Increased physical efficiency and performance. A flexible joint has the ability to move farther in its range and requires less energy to do so.

2) Decreased risk of injury. although the jury is still out on this, most professionals agree that increasing range of motion decreases the resistance in various tissues, and a person is therefore less likely to incur injury by exceeding tissue extendibility during activity.

3) Increased blood supply and nutrients to joint structures. Flexibility training increases tissue temperature, which in turn increases circulation and transport of nutrients, allowing greater elasticity of surrounding tis-

sue.
4) Increased quality of an quantity of joint synovial fluid. This allows more freedom of movement and has a tendency to decelerate joint degenerative processes.

5) Increased neuromuscular coordination. Studies have shown that the time it takes an impulse to travel to the brain and return is enhanced with flexibility training.

6) Reduced muscular soreness. Recent studies have indicated that slow, static stretching is extremely effective in reducing localized delayed muscular soreness after exercise.

7) Improved muscular balance and postural awareness. Flexibility helps realign soft tissue structures which may have adapted poorly to the effects of gravity and postural habits.

8) Decreased risk of low back pain. Strong clinical evidence indicates that lumbo-pelvic flexibility, including hamstrings, hip flexors, and muscle attachments to the pelvis, is critical in decreasing stress to the lumbar spine.

9) Reduced stress. Stretching promotes muscular relaxation.

10) Enhanced enjoyment. Flexibility training increases a sense of well-being.

To ensure that you embark on a flexibility program that is specific to your needs, consult a professional. Just as flexibility can enhance your overall well-being, it can cause injury if done incorrectly.

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