

Recreation and Sports

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Midget Eagles take Cobourg tournament

By Mike Zrostek

After going through a tough stretch on and off the field, the Georgetown Stanley Acmetrack Midget "A" Eagles put it all together taking a tournament in Cobourg this past weekend.

Manager Boyd Hoddinott had to reprimand some players this past week resulting in benchings, but the Eagles put it behind them winning all three games in the tournament.

"We've had to suspend a player for his behavior and it's gonna come down to players who want to play will, and those who don't, won't," said Hoddinott.

The Eagles took the first game 11-5 over Thornhill as Jose Mora pitched a strong game getting the win while hot-hitting Doug Sheppard cranked a double, triple and home run leading the offensive attack.

Don McLeod was untouchable in game two, hurling a complete game four-hit shut-out as the Eagles won 4-0 over West Hill. McLeod also

contributed at the plate with two hits as did Brett DeSouza and Jim Katsilieris.

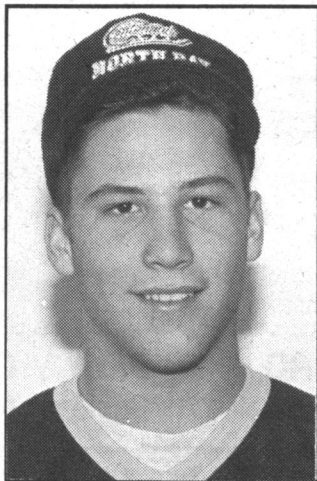
Hoddinott was especially impressed with the defense in game two as the Eagles played flawless in the field behind McLeod, not committing any errors while turning in some defensive gems.

In fact, both Hoddinott and assistant coach Andy Williams thought the Eagles defense was strong throughout the tournament enabling the Georgetowners to take the eight-team tournament featuring mostly Toronto squads.

It was payback time for the Eagles in the championship game as they faced Clarkson - who had beaten the Eagles 14-5 earlier in the week in league play.

The Eagles soared to an early 6-0 lead before letting Clarkson back into the game with six of their own to tie things up. McLeod came in to shut the door the rest of the way, allowing the Eagles to score six more runs over the final innings for a 12-6 win.

"The guys put everything



Doug Sheppard

together playing great offense and defense in the tournament while Sheppard was the top hitter and McLeod's pitching was great as he got the MVP in games two and

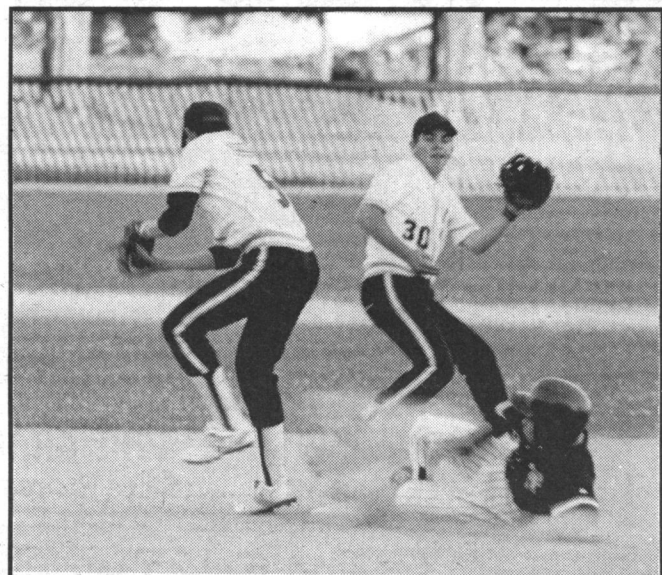
three," said Williams.

After starting the regular season 5-0 the Eagles have gone 3-7 since, but Hoddinott doesn't appear to be too concerned as his team heads into the home stretch of the season.

"We're going to be fine, we played well this weekend and (the coaches) had a talk with the players before the tournament and they responded well both offensively and defensively."

The Eagles play four of their final six games on the road as Hoddinott gets the squad ready for the playoffs getting everybody into games down the stretch.

Next action for the Eagles will be Thursday (tomorrow) 7:30 p.m. at the Fairgrounds as they face Erin Mills.



A Streetsville Tiger base runner successfully stole second base when Georgetown Stanley Acmetrack Midget "A" Eagles second basemen John Dal Cozzo had to snare a wide throw, while shortstop Roy Stuckless covers-up. Streetsville won the game 7-4. Eagles host Erin Mills tomorrow (Thursday) 7:30 p.m. at the Georgetown Fairgrounds. photo by Simon Wilson/HHTW

Limehouse teams sparkle in recent games

By Jim Cavasin

Limehouse - 16
Waterdown - 8

Limehouse (Georgetown Revolver Club Mosquitoes) played one of their best games yet to defeat Waterdown 16 to 8.

Dave Coles, Mark Bailey and Ryan Holman made some awesome catches.

The following players helped to lead their team to victory with runs scored by Ryan Schofield, Ryan Holman (2), Paul Payne (2), Dave Coles, Roy Wigood, Jaime DeForest (2), Adam Spinney (2), Brandon Hilts (2), Mark Bailey (2) and Nevil Bapooji.

Fine pitching by Spinney, Schofield and Holman. Roy Wigood and Chris Cavasin were great catchers.

A fine team effort was made by all players. Keep up the good work!

Limehouse - 20
Kilbride - 7

After spotting Kilbride seven runs in the first inning, Limehouse (Georgetown Revolver Club) Mosquitoes came back with 20 unanswered runs for a final score

Fireballs burn Blueberries

By Judy Latto

July 7, the Ramrock Electric Fireballs won a resounding victory over the Georgetown Lioness' Blueberries by a 3-1 score. Niki Harrison scored two goals and Sarah Yantho scored a single for Ramrock. Megan Sproule was another noteworthy play. Leah kept the Blueberries in the game with her goal.

Leighton Image's Green Machine had another win. This time they shut out Young's Pharmacy 2-0. Amanda Arnold and Tillie McDonald each scored one goal. Captain Jessica Markou, Jessica Garvey and Britney Haller all showed special effort for the Green Machine.

Limehouse Report

of 20-7.

A combined effort on the mound for Limehouse was turned in by Adam Spinney, Ryan Schofield and Ryan Holman.

Great night at bat for Mark Bailey, Ryan Schofield, Adam Spinney, Dave Coles, Roy Wigood, Jaime DeForest, Jeff Spinney, Nevil Bapooji, Brandon Hilts and Ryan Holman.

Jeff Spinney put on a fine performance at his first attempt at catching! Excellent game, guys!

Coaches Larry Spinney and Joe DeForest are to be commended for all their time and effort spent with the team. It's paying off!!

Limehouse - 6
Campbellville - 6

Jeff Spinney and Chris Cavasin combined for a fine pitching performance as Limehouse 1st Auto extended

their unbeaten streak with a 6-6 tie with the Campbellville Tigers. Excellent base running by Jeff McEnery. Greg Myers powered the Limehouse offense, while Jesse Brown turned in several outstanding defensive plays.

Kilbride - 16
Limehouse - 6

Despite the score,

Limehouse 1st Auto turned in a fine team effort against the Kilbride Maulers. Leading the hit parade were Jeff Spinney with a triple and a single and Mark Reid with a solid double. Excellent base running by Adam Kemp and Dylan McCullum highlighted the Limehouse effort while Ian Boileau and Dan Payne turned in some fine defensive gems.

Halton knots Bolton

Halton 2, Bolton 2

By Helen Bilik

A challenging start for Halton Under-19 girls soccer team as Bolton came on strong.

But Halton quickly came up to speed and didn't slow down. A very aggressive game by Bolton did not intimidate Halton as they were winning the game with only five minutes left, when Bolton scored on a corner kick to tie

Under-19 Girls

the game.

Great efforts by the whole team, but special recognition to our three noteworthy players Jodie Antonini, Sharon Shapcott and Deanna Guignard.

Goal scorers were Taysha Brankiewicz on a penalty shot and Ruth Burrows on a timely touch from a cross by Darby Erler. Great game, girls!

Tracy makes Canadian auto history

By Rod Beaumont

History was made last Sunday when Toronto native Paul Tracy won the Toronto Molson Indy, becoming the first Canadian to win the 'True North Strong and Free' stage of the IndyCar World Series Circuit. Leading virtually from start to finish, Tracy shows he belongs with the world's best. It was his third win in the series, coming on the heels of victories in Cleveland and Long Beach.

The Shark's back! Greg Norman won the British Open Sunday, two strokes over native son Nick Faldo. For those who didn't catch a glimpse of the open on the tube, this course on the white cliffs of Dover is a golfer's nightmare. The sights of parkland fairways, lined with mature trees is not to be found. Royal St. George's Golf Club reminds me of a scene from an old Audie Murphy war flick,

Rodent's Racket

barren ground, pothole bunkers, and these have grass in them. The sandtraps would make any golfer cringe. To master the natural conditions of this course, Greg Norman is a true champion.

A week has gone past and I can't give up the opportunity to take my shot at the Oriole fans for their childish behavior during baseball's '93 Allstar game. Boing is acceptable, for when you pay your money you should be allowed to yell. But trashing the field with garbage because their pitcher Mussina didn't play was BUSH!

I think Oriole second baseman, Harold Reynolds, put it best of Mussina. "He didn't have to get up, start warming and show the man up."

Hats off to Reynolds and embarrassment for Oriole

fans and Mussina. One heck of a way to display yourself on national TV.

As hockey approaches, I'm looking forward to a new season with the Junior Raiders. Each year brings new hope and a new league classification brings with it greater expectations.

I am a little disappointed at the playoff format, however. Coming from the old school, only the top four teams in each division should be eligible, not everyone.

The quality of hockey can only improve when first plays fourth than when first plays eighth. Guess we'll have to wait and see!

Do you have a topic for discussion or an opinion on the past week in sports? Write me care of Halton Hills This Week, 232 Guelph St., Georgetown or phone 873-2254. If it makes me go Hmmm, I'll include it in my column.

Activity Line

Acing tennis elbow

By Laurie Burns

Exercise Psychologist

If you play tennis, your odds of ending up at Wimbledon are not very good. But, you have a lot better chance of ending up with tennis elbow. Tennis elbow is damage to the forearm muscles that usually occurs after using the arm repeatedly for an activity like swinging a tennis racket (thus, the name).

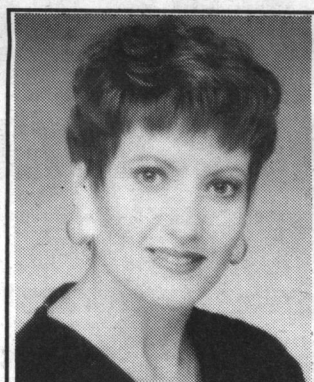
Most people develop tennis elbow from an incorrect backhand. If you bend your elbow during your backhand stroke, ball contact creates greater force on the muscles surrounding your elbow than if you keep your elbow straight. Other factors that contribute to tennis elbow include wrong grip, size, and string tension of the racket and weak muscles in the hand, arm and shoulder.

But you don't have to play a racket sport to get tennis elbow. You can develop the problem from raking leaves, gardening, golfing, bowling, playing baseball or even tightly gripping a heavy briefcase.

What's It Feel Like?

At first, you may feel aching or soreness near the outside of your elbow or on the side of your forearm opposite your palm. If you continue to play, these areas may become tender when you touch them; and the pain may travel down to your wrist.

You may have problems with everyday activities like shaking hands, picking up a briefcase, or opening a door



because the pain is so great. If you feel this type of pain, stop playing tennis, rest your arm, and see a doctor.

Rest and Recovery

The first step in treating tennis elbow is to rest from the painful activity for 4 to 6 weeks. Don't return to the tennis court until you are free from pain. Pain Rule: Listen to your body, rest your elbow as soon as you feel pain.

Icing the injury can help decrease pain. Apply ice to the painful area in a circular motion for 5-7 minutes at least two to three times a day. Ice the elbow regularly for five days. After five days, apply heat with a moist heating pad for 15 minutes two to three times a day, followed by massage for five minutes to increase circulation.

Your doctor may prescribe a tennis elbow strap to minimize the force to your elbow when you return to a play. You wear this strap just below your elbow.

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