

Recreation and Sports



Georgetown Baseball Association holds Day Of Champions '93

Junior T-Ball League
Blue Championship
 Kendale Mechanical Ltd.
 Yankees 26

Outdoor Power Equipment
 Tigers 24

Tigers earned the Blue championship as Yankees eased past them in the bottom of an extra inning.

Red Championship
 Kendale Mechanical Ltd.
 Yankees 17
 Nature's Scene
 Dodgers 17

Yankees, having already gone extra innings to qualify for the Red final, were happy to settle for a draw at the end of a hot afternoon.

Bronze Championship
 Terra Cotta Cookies Angels 23

J.V. Clothing
 Red Sox 20

TC Cookies Angels' base runners Cassandra Leonard, Michela Folkens, and Laura Kogan paced out a 3-run lead, powered by the bats of Kevin Greer, Colin Irwin, and Anthony Murphy. Murphy and Colin Irwin clicked for a

double play, helping to keep J.V. Clothing's offence in check

Silver Championship
 Shoppers' Drug Mart
 Expos 29

Little Caesar's Pizza
 Orioles 26

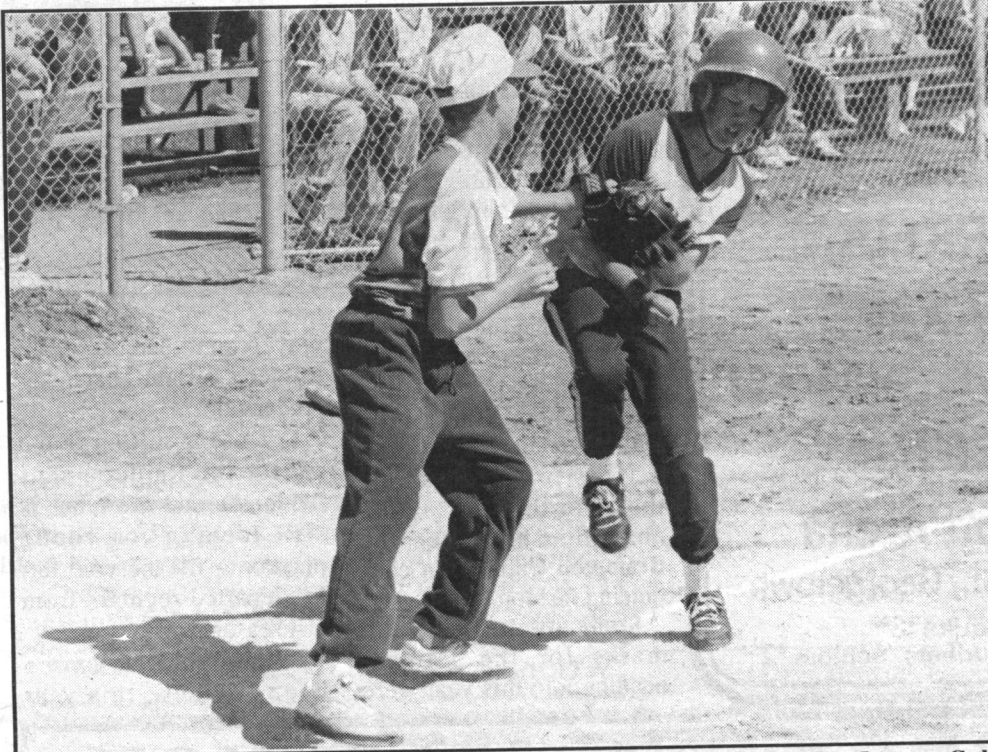
Orioles bashed in a flurry of runs. Both Corey Colarossi and Jamie Naylor doubled and tripled; clouting RBIs were David Aesch, Krista Aesch, and Johnathan West. Naylor, good for 3 RBIs, was an infield threat too, laying a key tag on an Expos runner at third base.

Gold Championship
 Halton Credit Union
 A's 26

Armstrong Insurance
 Athletics 23

A's took the game by breaking a tie in the final inning. Athletics' Ryan Dunlop hit a home run and two triples; Ryan Gray came up with two homers; Conor Smith logged a triple, and the Athletics' coach was proud of the whole team.

Senior T-Ball League



During the Georgetown Baseball Association's Day of Champions Pee Wee League Gold Championship game, Halton Hills Trout Club Athletics pitcher Simon Ford covers up at home plate to tag out Halton Rapid Print Yankees base runner Scott Ellis last Saturday at the Fairgrounds. The Yankees managed to beat the league favorite 15-8, to the surprise of the Athletics. photo by Simon Wilson/HHTW

Bronze Championship
 Belamy's Cubs 25
 Apple
 Auto Glass
 Expos 20

Apple Auto Glass Expos earned the bronze medal as Belamy's Cubs advanced to the silver. Robbie Greenwell had a grand slam, the only homer of the game. Andrew Nicholl hit a solid triple; Jason Murkin, Ben Keess, Eric Seitz, and Brady Dick hit

doubles. Tyler Paterson caught a fly ball and made a great catch on first which required a great athletic stretch. Russell Piva also showed great catching skills. Chris Adair made a nice throw and so did Cody Harrison, all the way from left field to home.

Silver Championship
 Belamy's Cubs 23
 Woolco Jays 21

Home runs: Mark Lamont, Christopher Walker, Connor O'Callaghan (2) Triples: Christopher Walker, Chris McCullough, Andrew Nicholl, Jason Murkin. Doubles: Christopher Wellman, Nicole Boccia, Kyle Hulme, Taylor Gabel, Eric Seitz. Pop flies were caught by Brian Takahashi, Sean Canary, and Tyler Paterson. Eric Seitz made a

nice throw to Kyle Hulme on second, who made the catch for the out. A well-played, closely matched game. Fun for all!

Gold Championship
 Shaw Trophies
 Padres 27

Telecor Inc. Athletics 21
 There were lots of home runs in this closely matched game. Ryan Fines (2), Kyle Russell, Joshua Bennett, Adam Hess, Jarret Enman, Corey Fontaine, and Darren Simpson - who had three! Way to go, Andrew! Triple: Jarret Enman Doubles: Colin Lucas, Devon Cousins, Adam Hess, and Devon Freelen (3!) Kyle Jova and Coey Fontaine each caught a pop fly. James Mountford fielded well and so did Andrew d'Oliviera who made a great outfield grab. Solid hitting came from Steph Harrison, Chris Harrison, and Chris Ireland. Norman Dennis was a super catcher. Christopher Allen made a nice stop at third. In the key first base position, Cameron Parkes and Nicholas Clough made some nice plays. Johnathan Boulanger showed great all-round effort. Congratulations Padres. You were strong all season and should be proud of yourselves.

Squirt League
Green Championship
 Georgetown Terminal
 Warehouse Yankees 23
 Rainbow Music
 Athletics 18

Yankees went for team effort instead of spectacle and did a superb job. No home runs, but steady all-round production. Andy Burns' shoestring catch at second and Robert John Patterson's work around the bag set the tone for the game.

The production squad included Jennifer Lucas with slick base running, Mark Riepma - who had a great day at the plate - Louie Archambault who had 6 RBIs, and Andy Burns, Nick Hoare, Ian Leighton, and Michael Pachenco - each of whom racked five hits. Rainbow Music Athletics earned the Green championship; Georgetown Terminal Warehouse Yankees advanced to the Blue final.

Blue Championship
 Nielson Dairy Phillies 30
 Georgetown Terminal
 Warehouse Yankees 15

In Yankees second game of the day, Ian Leighton and Jennifer Lucas provided stoppers with pop fly catches. Lucas' throw to first just missed the double play by a hair. Among Yankee batters, Nick Hoare, R.J. Patterson, and Mark Riepma had good days at the plate. Louie Archambault scored four runs; Jennifer Lucas went on the offence with a triple; both Byron Brown and Andy Burns slugged homers.

Remaining results to be published in Saturday's paper.

Activity Line

Get In-Line

By Laurie Burns
 Exercise Physiologist

Get the most out of your workout! In-line skating can be lots of fun. It can strengthen your leg muscles and improve the fitness level of your heart and lungs.

Swinging your arms in rhythm with your skating helps improve upper-body strength and overall fitness. And cross-country ski poles adapted to pavement are available for an even better upper body workout.

As with any other exercise that you undertake, what you get out of your workout depends on how much energy you put in. Uphill skating is particularly great exercise. To enhance efficiency while going uphill, lean forward slightly. When pushing off with your back leg, extend it fully while reaching forward with the arm on the same side. For example, when your right foot is back, your right arm is forward.

Stretching exercises for your leg muscles before and



after skating will make you more comfortable and will help you prevent injury. After skating for the first 3-5 minutes, you may want to stop and stretch some more now that your muscles are really warm. Stretch your calves, the hamstrings in the back of your thighs, and your hops, back and arms.

TIP: Try renting a pair of skates first to see how you like in-line skating. Wear the safety equipment and have some fun while getting in shape.

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



Georgetown-based Stubbys Slo-Pitch team won the Canadian Masters (35-and-over) Recreational championship in London. The team was formed by Georgetown resident Bill Stubbins and qualified for the Canadian championship after winning a Masters tournament in Tottenham last year. The team plays in the Mississauga Masters competitive division. Earlier this year, the squad won a tournament in Thorold. Stubbys will be returning to Tottenham to defend their title and will also be competing in the provincial tournament scheduled for Niagara Falls and the Labatt's tournament slated for London. Team members include, front row, from left; Barry Schneidmiller, Bob Luffman, Bill Stubbins, John Lam and tournament MVP, Tony Mascioira. Back row, from left; Bob Skinner, Pat Paulin, Tom Stoyanoff, Scott Aimers, Roger Widdes, Gord Lyons and Bill Miller. photo submitted.

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