



Atom division individuals winners show off their hardware following the Acton Soccer Club's awards banquet Friday at Acton High. Front row, left to right, Shawn Gray (Most Improved) and Thomas Mahon (MVP). Middle row, Jason Mota (MVP), Bruce Milligan (Most Improved) and Danny Goralewski (Sportman-like). Back row, Bobby Parent (Most Improved), D.J. King (MVP), Joel Petkoff (MVP and Effort & Achievement Award) and Derrick Inscoc (Sportman-like). (Mike Albano photo)



Three trios of award winners show off their trophies at Acton Soccer Club's Friday at Acton High. Front row, left to right, are Advance Woodworking representatives Anthony Pacevicius, Andre Savard and Jacob Wicktor. Second row, from Frizzell Electric are Graham Sukhiani (Most Improved), Darryn McIntyre (Sportsman-like) and Ben Muggridge (MVP). Back row, Under-14 winners Matt Snyder (standing in for MVP Bob Bard), Scott McIntyre (Sportsman-like) and Jason Virgin (Most Improved). (Mike Albano photo)

Acton Aqua Ducks in swim of things

BY FRANCES NIBLOCK

Want to swim up to 12,000 metres a week? Want to test yourself and improve your swimming skills? If the answer is yes, then the Acton Aqua Ducks Competitive Swim Club wants you.

The club's fall season is just under way and coach Gerry Ockenden is looking for members.

"I hope to have 20 to 30 swimmers in the club. I would love to have 50 but I know that it won't happen," Ockenden said Sunday.

This year is the Aqua Ducks' sixth season and Ockenden hopes to improve on last year's showing when 17 individual records were broken.

Prior to the Aqua Ducks, the competitive swim team was called the Stars of Acton and operated for five years.

"When the Stars club folded a bunch of parents who had kids swimming wanted to continue so I said I would be coach until they found someone else," Ockenden laughed as he explained how he got involved. He's been coach ever since, even though his children have outgrown the local program.

His philosophy as coach is to encourage kids to improve each year. "It's a funny sport; either you love it or you don't. You are part of a team but when you're in the pool you are only competing against yourself to better your time. When kids do improve I tell them that they can do the same with other parts of the lives, including their school work and relationships."

The Aqua Ducks team includes swimmers from 6 to 20 years old of both sexes. Basic requirements to join the team include the ability to swim two lengths of the pool with out stopping and to have the Red Cross blue badge.

"We get all kinds of kids," Ockenden explained. "We get quiet, shy kids, loud, extroverted kids and everything in between. I used to joke that competitive swimming gets the rejects from other sports but some parents took that

the wrong way. By rejects I don't mean the not-good-enoughs, but the kids who want to test themselves and see improvements."

The Acton club includes two levels of swimmers: those who have three hours of pool time a week and those who have six.

Ockenden says he would love to have 11 hours of pool time a week for the club but can't afford the costs of renting the Acton pool for that many hours. The advanced level of swimmers take part in at least 10 competitive swim meets during the season

Ockenden, who has taken several National Coaching Certificate Program courses says he is

not a good swimmer.

"Every once in while when the team needs a laugh I jump in and splash around. Like they say, you don't have to have a heart attack to be a good heart surgeon."

Anyone interested in joining the team can swim for free for their first two weeks to see if they like it without making a financial commitment. The cost for the six-hour-a-week program is \$150 for 10 weeks and \$90 for 10 weeks for the three-hour program. All swimmers train the four basic strokes including free style, breast stroke, butterfly and back stroke. For more information call Gerry Ockenden at 853-3721.

Redmen defeated at b-ball tourney

Members of the Acton Redmen Junior Girls basketball team had their first taste of tournament play on Saturday when they travelled to Collingwood and played with members of the Senior team in the 17th annual Collingwood Collegiate Tournament. Not enough senior team members were able to make the trip but no one wanted to miss the tourney so a combined Acton Junior-Senior team played.

In the first game Acton was defeated by Eastview Collegiate

52-21. Redmen's Heather Trotter scored eight points and Kelly Ambrose scored seven.

In game two, Kitchener Collegiate defeated Acton 33-26. Top scorers for Acton were Kelly Ambrose with 16 points, Heather Trotter with 14 and Janice Cox with six. In both games, Carroll Thorpe showed lots of hustle.

Girls basketball league action starts Wednesday, Oct. 7 when the Acton teams travel to play Aldershot in Burlington.



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