

# Sports

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**SHORT COURSE SWIMMERS:** These Acton Aqua Duck swim club members recently finished their Short Course season at the Milton Invitational meet. Back row, from left: Laura Tummonds, Jaime MacDonald, Joel MacDonald, Alexandra Bull, Michelle Addley, Nick Pliotas, Steven Potterton, Paul Kerins and coach Doug Galvin. Middle row: Amanda Potterton, Stephen McKeon, Toby Slack, Jaime Slack, Veronica Addley and Kristina Galvin. Front row: Caitlin Lichty and Jenny Tummonds. (Doug Harrison photo)

## Aqua Ducks end year making noise in Milton, Waterloo

The Acton Aqua Duck swim club finished their Short Course season at the recent Milton Invitational meet.

Coach Doug Galvin was very impressed with the performance of the team, noting a significant improvement in the swimmers over the past 10 months.

He is looking forward to September with anticipation of an even better season.

Ten-year-old Toby Slack led the locals with gold medal performances in the 50-metre and 100-metre Freestyle. She later added a fourth in the 50m Breaststroke.

Michelle Addley, 12, tasted gold in the 50m Freestyle for 11 and 12-year-old Girls. She added a sixth-place finish in the 100m Backstroke.

The team of Addley, Jaime MacDonald, Alexandra Bull and Laura Tummonds hit the finish first in the 11 and 12-year-old 200m Medley Relay event.

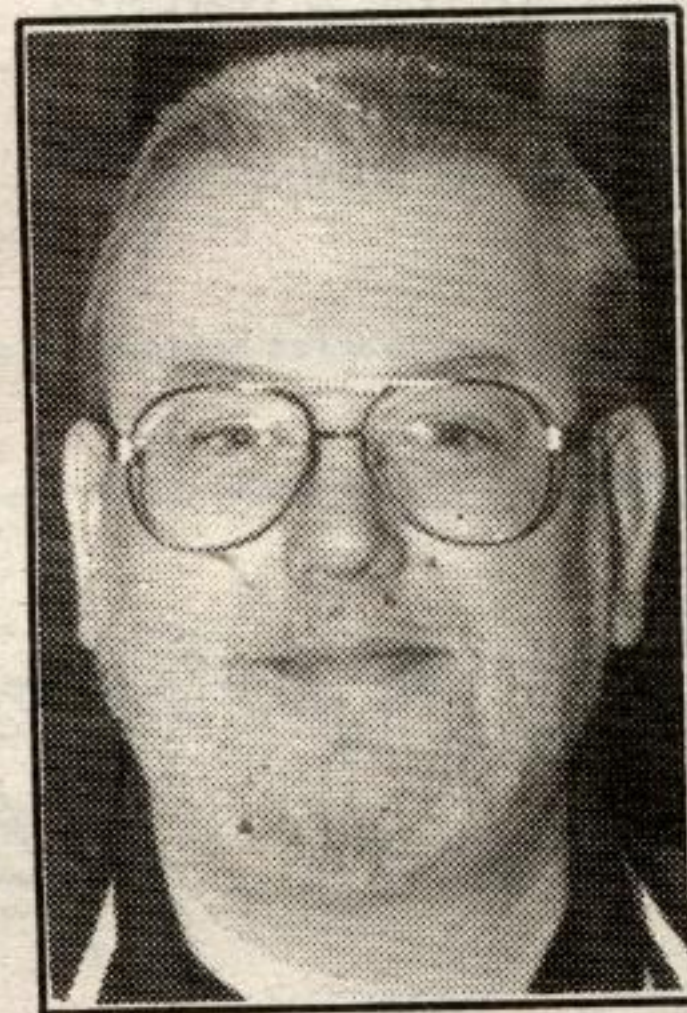
MacDonald also shined in the individual events. The 11-year-old copped silver medals in the 50m and 100m Freestyle and 200m Individual Medley. Meanwhile, Stephen Potterton, 12, was the only other silver recipient in individual competition after finishing second in the 100m Backstroke for 11 and 12-year-old Boys.

Potterton then teamed with Joel MacDonald, Nick Pliotas and Paul Kerins for a silver in the 200m Medley Relay.

Bull and Joel MacDonald led

the Aqua Duck bronze parade with a pair each. Bull, 12, hit the finish second in the Freestyle and Backstroke 100m events and sat sixth after the 50m Freestyle.

Thirteen-year-old MacDonald grabbed his medals with a strong showing in the 50m and 100m Freestyle for 13 and 14-year-old Boys.



GERRY OCKENDEN

Also bringing home bronzes were Stephen Foley in the 10-and-under Boys bracket, Jason Chamland, 9, in the 50m Breaststroke, Laura Tummonds, who set a personal best time in the 100m Backstroke for 11 and 12-year-old Girls and the 10-and-under Girls' 200m Medley Relay foursome of Slack, Caitlin Lichty, Veronica Addley and Kristina Galvin.

Other results were as follows: Jaime Slack, 8-and-under Girls — fourth in 50m Freestyle and Backstroke; Caitlin Lichty, 10-and-under Girls — fifth, 50m Freestyle and sixth, 50m Breaststroke; Foley, fourth in 50m Freestyle and Breaststroke; Chamland, fourth, 50m Backstroke; Tummonds, fourth, 100m Freestyle and fifth,

50m Freestyle; Nick Pliotas, 11 and 12-year-old Boys — fourth, 100m Breaststroke; Sylvia Bragg-Smith, 13 and 14-year-old Girls — fourth, 50m Freestyle and sixth in 100m Freestyle and 100m Backstroke; Kerins — fourth in the 50m Freestyle and a fifth placing in the 100m Freestyle.

Meanwhile the Aqua Ducks Wrecking Crew of Kara MacDonald, Gareth Lichty and Julie Pliotas attended a Long Course Invitational meet recently at Sir Wilfrid Laurier University in Waterloo.

This was the last meet before the Central Region Long Course championships that were held in Etobicoke on the weekend.

Lichty, competing in the 13 and 14-year-old Boys' bracket brought home the most medals with three, two bronze in the 50m Freestyle and 100m Breaststroke and a silver in the 100m Backstroke.

He later added a sixth in the 100m Freestyle.

In the 13 and 14-year-old Girls' events, Pliotas picked up a bronze in the 200m Breaststroke and took second in the 50m Freestyle race.

She also placed fourth in the 100m Breaststroke and eighth in the 100m Freestyle.

MacDonald's lone medal performance was in the 100m Freestyle, while she notched a fourth in both the 50m Freestyle and 100m Backstroke. She completed her day with a fifth in the 200m Backstroke.

## Edwards tears left sartorius muscle

BY DOUG HARRISON  
The Acton Tanner

Old habits are hard to break. But sometimes they can break you.

Acton's Brent Edwards, Canada's Junior long jump champion and top provincial high jumper, won't be heading to the Canadian Junior track and field championships in Ottawa this weekend.

Even more damaging comes the news that not competing this weekend officially eliminates the 19-year-old from representing Canada at the World Junior Outdoor track finals in Lisbon, Portugal, set for July 16 to 20.

Edwards recently tore his left sartorius muscle from the hip to the inside of the tibia at the Ontario relay championships at York University.

First signs of the injury actually surfaced four days prior to the race. However, Edwards, who has a penchant for healing quickly, shrugged it off to a sore muscle that would work itself into shape with a few stretching exercises.

"I've had times when I'd be injured and a week later I'd be back to full strength. I have a habit of healing fast," says Edwards, who was jumping over 7-metres — the International Amateur Athletic Federation (IAAF) standard to qualify for the World event is two jumps of 7.45m — on his last injury-free day.

"I didn't know when to say when and kept thinking it would be good the next day."

Edwards was training and doing speed work when he felt something. He decided to shut down his workout. The next day he worked with the medicine ball. The drill progressively became more painful after catching the ball and jumping simultaneously took its toll.

The next day he long jumped. He continued to do so even after experiencing more pain, thinking it was just soreness from a rigorous training program. Finally, with the pain continuing to ride up his

left side, Edwards felt the muscle snap in a race.

"I realized on the Wednesday it was bad and if I stopped then, the doctor said it would have healed by the Saturday and I'd be going to the nationals," says a surprisingly candid Edwards, who attended Cawthra Park Secondary School's graduation on crutches Friday night.

While missing the nationals and a trip to Lisbon is a setback for the 6-foot, 168-pounder, Edwards is content to sit and compete in three months rather than jump at less than full strength and risk being sidelined the next two years.

"I had to look at the big picture — what was in front of me," he begins. "It (the injury) is too bad, but in three months I'll be back (in top condition) and there's more after that."

Edwards hinted a return to competition may come on July 19 during a two-light meet at York, but a betting man would likely put his money on the Ontario Bantam-Midget-Junior (BMJ) track championships slated for July 29 to 31.

Edwards is currently undergoing therapy four-days-a-week for four hours. His rehabilitation program consists of icing, sitting in a water tank for 20 minutes which at six degrees Celsius, numbs his legs, electric current through the muscle for stimulation, massage and stretching drills.

Before the injury, Edwards had begun what was looking to be a promising 1994 season. He looked good during a two-week training session in Florida in late March, came home where he hit a low point, but two weeks ago was rebounding to his late '93 form, says his coach Carl Georgevski.

"I was pretty much ready for the nationals. My mark was there (foot constantly on the takeoff board), but it's not doing me much good now. But I'm not going to sit and worry about it (what might have been)," Edwards declares.

## Dalziel leads with four SB's

Richie Dalziel stole four bases and scored twice to lead A1 and A1's Red Brand Meats past Entertainment Tonight 6-0 last Wednesday in Bantam baseball action.

Dalziel scored the game's first run when he stole second and third base and was cashed in by Sean Cullen's single.

E.T. starter Marc Chaisson held A1 and A1's scoreless and then watched D.J. Mann and Steve Owen cross the plate for a 3-0 A1 and A1's lead.

The game stayed that way until the sixth inning.

Yvonne Hendry, Mark Faseruk and Chris Ashley all singled, but failed to make it home.

Meanwhile, Dalziel ran roughshod on the basepaths, stealing second and third for the second time in the game. He then scored on an overthrow at third base.

A1 Reynolds then knocked in Cullen, who had walked.

Reynolds later made it 6-0, scoring after Chaisson, Kevin Dick and Derek Lockerbie were issued walks.

Lockerbie and Reynolds also threw innings for A1 and A1's.