

Junior Redmen v-ballers 'want to win'

Aqua Ducks 3rd at Georgetown meet

AHS GIRLS' PREVIEW

BY DOUG HARRISON
The Acton Tanner

Stephanie Budak welcomed the opportunity to coach volleyball at Acton High this year, despite the school's minimal success in recent years and low numbers at tryouts.

The second-year volleyball coach was at the helm last year of the Junior unit at Nelson high school in Burlington, where 40 girls attempted to crack the lineup.

While less than half that number attended the inaugural Junior Redmen practice this year, the local crop possessed a certain talent that wasn't evident among the big numbers in the big city — aggressiveness and determination.

They displayed these attributes in their first two league matches last week in a 2-1 loss to Blakelock and a 3-0 sweep of White Oaks in Oakville.

"It's nice to coach at different schools," Budak, who teaches French to Grade 9, 10 and 11 stu-

dents, said recently. "And just because you're a small school doesn't mean there's no talent."

"(Cutting players) was an easier process here, but I already knew what type of players I wanted this year. It's usually readily apparent in the first practice."

What's also been apparent to the 25-year-old coach is the refreshing thought of coaching a group of girls who are dedicated, open-minded, willing to work hard and listen to ideas.

"We're going to be a lot more aggressive (than Nelson's '93 squad). The girls have a lot of determination, have good work ethics and they want to win," said Budak as she looked at more than half the team honing their skills two hours after practice had officially ended.

Budak, an Acton resident, has been encouraged with the Redmen's tremendous serving and hitting power.

"If you don't have a good serving team in this league," offered the McMaster University phys-ed grad, "you have to work a lot harder."

What the average-sized locals have to address to start the season is serve reception and setting. While Budak says the players' technique is correct, a return to basics is a must.

Returning Juniors Amanda Thompson and Yvonne Hendry will be looked upon to provide leadership, though captaincy will be a team decision, Budak said.

Acton Aqua Duck coaches Doug Galvin, Julie Ockenden and Gerry Ockenden were very pleased with the outcome of the recent pre-Christmas Invitational swim meet in Georgetown.

Not only were the personal best times a nice reward for the hard work the swimmers have put forth in the fall, but they also managed a third-place finish (second only to Collingwood and Newmarket) among the eight teams.

Gareth Lichty led the 22 local athletes with four gold medal swims. Competing in the 13 and 14-year-old boys' category, Lichty was tops in the 50-metre Freestyle, 50m Butterfly, 100m Breaststroke and 200 Individual Medley.

Mike Lenizky brought home two silvers (50m Freestyle and Butterfly) a bronze (100m Backstroke) and a gold medal from the 100m Freestyle event.

In the girls' 15-and-over bracket, Aqua Duck veteran Kara MacDonald copped three silvers and a gold medal.

MacDonald placed third after the 50m Freestyle, 100m Freestyle and 100m Backstroke, but sizzled during the 50m Butterfly.

Also competing in the same bracket, Julie Pliotas took a gold in the 100m Breaststroke and a bronze in the 50m Freestyle race.

In relay action, the two Aqua

Duck girls' relay teams and boys' team were at or near the top of their field.

The 11 and 12-year-old girls' foursome of Toby Slack, Veronica Addley, Amanda Potterton and Laura Tummonds took third in the 200m Freestyle relay.

Meanwhile, the 13 and 14-year-old girls' group hit the finish first after 200m. Members are Alexandra Bull, Erin Maxwell, Michelle Addley and Jaime MacDonald.

As well, the boys' 13 and 14-year-old team ruled their 200m Freestyle opponents. The team of Mike Lenizky, Steven Potterton, Paul Kerins and Gareth Lichty were second to none.

The following swimmers set personal best times: Amanda Hageman, Daniel Charland, Caitlin Lichty, Jamie Slack, Kristina Galvin, Jason Charland and Jennifer Tummonds.

Coach Doug Galvin was impressed with the entire team's effort, but notes the showing of the Novice swimmers.

"It was their first meet this year and most of them set new times they had established at the end of last year. After a long layoff (since June), it meant a lot to them," he says. "It means they all have improved both mentally and physically."

"We showed other teams what we could do."



COMPLETE COLLISION REPAIR

- FREE ESTIMATES
- 24 HR. TOWING: 853-5848
- ON SITE RENTAL CARS
- WE HANDLE ALL INSURANCE CLAIMS

877-8685

311 ARMSTRONG AVE., GEORGETOWN

CHRISTMAS HOURS: MON-FRI 9:30 - 9:00 SAT 9:30 - 7:00 SUN 9:30 - 6:00

BARGAINS BAZAAR

MILL-MAIN PLAZA (IGA PLAZA) 12 Main Street North, Acton - 853-4569

Pot of Gold Chocolates \$ 3.50 <small>Box</small>	Antique Style "SANTA TIN" <small>with Candy</small> \$ 1.00 <small>each</small>	Hat & Scarf Set \$ 1.99 <small>each</small>	Childrens Sweaters <small>Assorted Colours</small> \$ 4.00 <small>each</small>	Ladies Sweaters <small>Assorted Colours</small> \$ 5.00 <small>each</small>
Christmas Lights <small>100 Mini-light String</small> \$ 6.99 <small>each</small>	Christmas Wreaths \$ 6.99 <small>each</small>	Christmas Ornaments 2/ \$ 1.00	Laughing and Crying Doll <small>for ages 3 and up</small> \$ 9.99 <small>each</small>	"Barbie" \$ 9.99 <small>each</small>
Musical Santa Claus \$ 9.99 <small>each</small>	10" Non-Stick Frying Pan \$ 1.99 <small>each</small>	Oven Mitts \$ 1.00 <small>pair</small>	Baby Wipes <small>84 Sheets</small> \$ 1.99 <small>each</small>	Carpets \$ 1.59 <small>each</small>

X-Mas Wrap
20" Wide x 24 ft. Long
 \$ **1.49**
With Coupon
Expiry Dec. 23/94

"The Home of Real Bargains"

X-Mas Cards
20 Assorted with Envelopes
 \$ **1.00**
Box With Coupon
Expiry Dec. 23/94

Sale Starts Sat. Dec. 17/94 - Ends Fri. Dec. 23/94