

Kaitlyn Andrews captures berth in Pan/Am Games in Windsor

Kaitlyn Andrews continues to dazzle the athletic world with her feats in the discus throw and shot put.

The 16-year-old Acton High School student added two more laurels to a lengthy list of firsts at the National Junior Championships in Montreal on Sunday, July 10. The pair of firsts gave her a ticket to the Junior

Chalks up two golds at Canadian Nationals

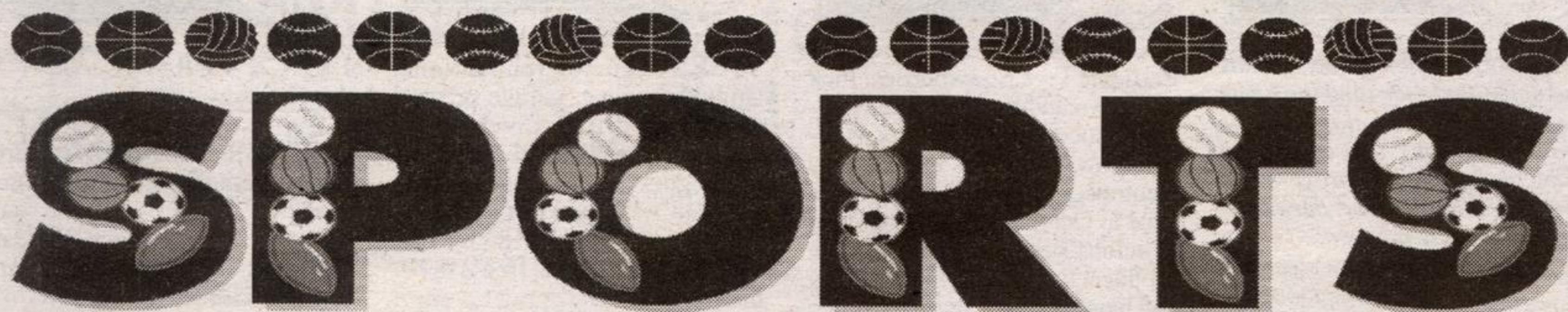
Pan-Am Games in Windsor on July 29-30 when she'll be pitted against the best athletes in North and South America in the discus throw and shot put.

Kaitlyn heaved the shot

put 13.34 metres, a personal best, to capture first place in the Montreal competition. Her nearest competitor, Heather Petterson of Speed River T.C., was well below with a 12.42 metre throw.

Kaitlyn threw the discus 43.55 metres to handily win the women's discus throw. Her nearest competitor's throw was 42.52 metres.

The talented athlete pits her skills against the top junior competitors in the Americas in the discus on Friday, July 29 and in the shot put on Saturday, July 30.



DEADLINE IS MONDAY AT 12 NOON



Acton Minor Soccer results

UNDER-10
June 30
Open & Shut Doors - 3
Music Hall - 1
Open goals: Mathew Doraty (2), Jordan Milne. Music goals: No name submitted.

Andy's Restaurant - 1
Randall's Truck - 1
Andy's goal: Tim Thompson
Randall's goal: Hayden Weston.

Tuitman's - 2
Dollar Stretcher - 0
Tuitman's goals: Eric Put-

nins (2).

Macromedia - 2
Aquality Irrigation - 0
Macromedia goals: Andrew Ruggle, Spencer King.

Sunny Motors - 3
Blue Springs Flowers - 0
Sunny's goals: Vince Marciano (2), Mikala Parr. Blue Spring: Sherina Gunasinghe.
July 7
Tuitman's - 9
Clarica - 0
Tuitman's goals: Michael Evans (6), Brodie MacFarlane (2), Eric Putnins.

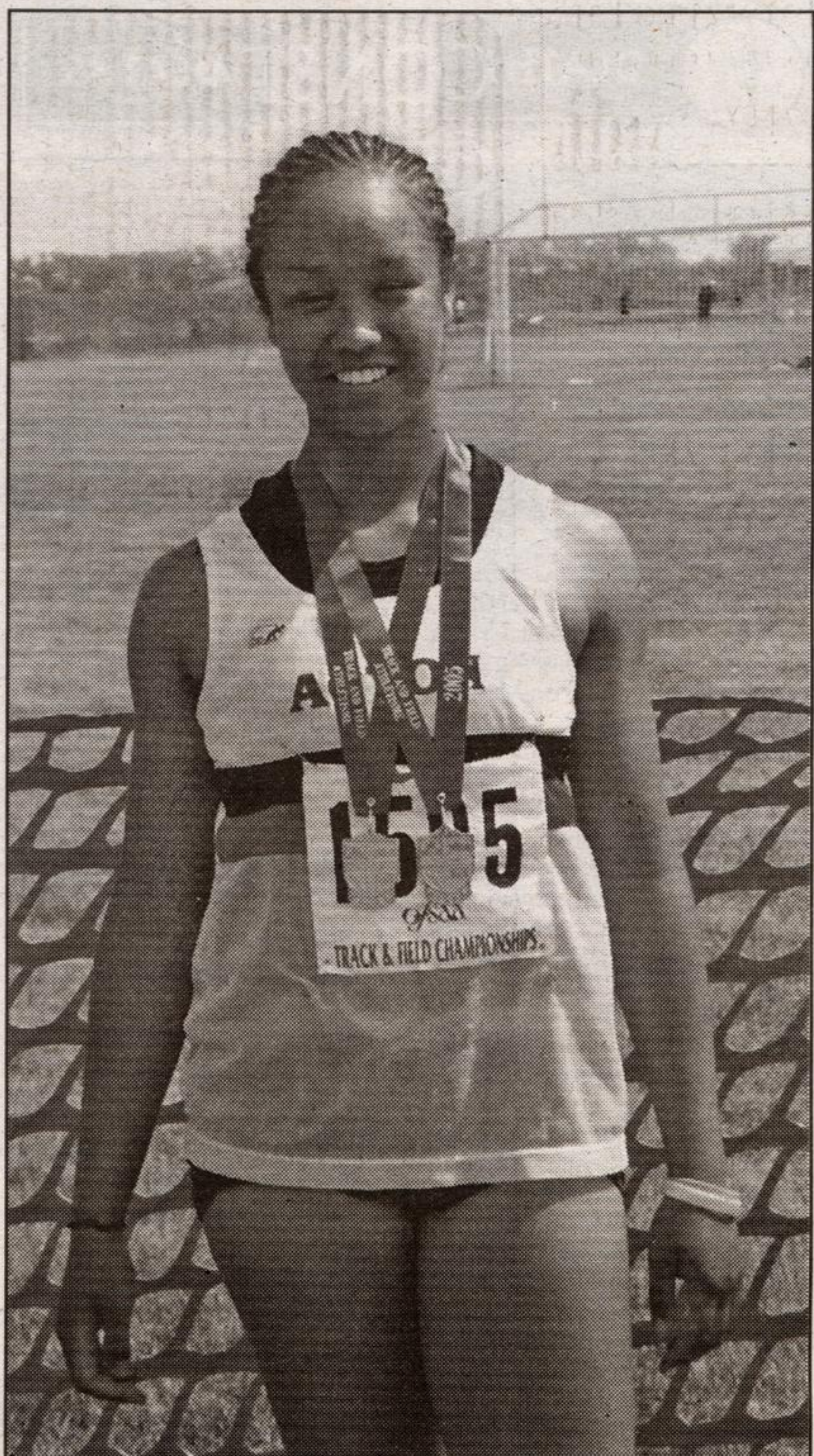
Andy's Restaurant - 5
Music Hall - 2
Andy's goals: Matt MacPherson, Jacob Bernacki (2), Tim Thompson (2). Music goals: Colin MacDonald (2).

Macromedia - 2
Blue Springs Flowers - 0
Macromedia goals: Andrew Ruggle, Spencer King.

Sunny Motors - 7
Open & Shut Doors - 2
Sunny's goals: No names submitted. Open & Shut goals: Mathew Doraty, Jordan

Milne.

Otten Heritage - 4
Aquality Irrigation - 3
Otten Heritage goals: Luke Otten (2), Logan McNabb, Alex Cardoso. Aquality goals: Cassie Minicuci, Julie Holms, Andrew Lafrance.
UNDER 14
June 27
Rockwood - 10
Robert Brakel - 0
Rockwood goals: Jacob Jaroszewski (2), Andrew Czernicki (2), Martin Czernicki (3), Marc Barber, Aedan Flynn, Andre Pollard.



TWO FIRSTS: Kaitlyn Andrew took two first places in the Canadian Junior Track and Field Championships in Montreal on July 8-10. The young athlete won the right to represent Canada at the Junior Pan/Am Games in Windsor July 29-30 for athletes 17 to 19 years of age. The 16-year-old turns 17 the week of the games making her eligible to compete.

Aqua Ducks finish 2004-5 season at swim meet in Collingwood

Acton Aqua Ducks Swim Club attended their last meet of the 2004-2005 swim season in Collingwood, a meet all competitive swimmers can attend, no matter their level. It is also the only time they get a chance to race outside.

The team landed in Collingwood Friday night for their annual barbecue. On Saturday the swimmers raced all day, then the parents and swimmers flocked to the local Swiss Chalet for a chicken dinner. Sunday morning it was back to the pool for more racing.

The meet has become an annual ritual. After training and racing for ten months this meet gives swimmers a chance to race in a fun environment. The host club also brings in the local fire department on Saturday, at lunch break, and they set up a game for the swimmers with fire hoses, a ball and a rope.

On Sunday each attending club is allowed one entry into a lip sync contest. The Ducks team of Sarah Waldie, Courtney Johnston, Erica Shardlow, and Szilvia Paradi took the top prize for this year, adding another trophy to their showcase. Results as follows:

McDonalds edges Denny's in Grasshopper ball

An exciting game of Grasshopper ball between Denny's Insurance and McDonald's at Prospect Park on July 4 featured an "amazing play" by Emily Cunningham (No. 4) who got the ball and threw it to first base where Ty Martin (No. 9) played. Ty caught the ball to everyone's surprise and gave Denny's their first out.

Justin Leo (No. 12) for Denny's got a great hit in the fourth inning that brought in two runs and McDonald's Ty Martin saved the day when he threw a runner out who was heading for home with the bases loaded.

McDonald's ended up winning the game, 6-4. Four McDonald's players, Emily Cunningham, Jake Molinaro, Ty Martin and Kailey Bourne went 3 for 3 at the plate.
-Sarah Martin

Entry level girls - Rachel Quinn: 50 free-Bronze, 50 breast-Bronze, 100 free-5th; Joanna Sadgrove: 50 breast-Gold, 50 back-7th.
10 & under girls - Szilvia Paradi: 50 back-Silver, 50 breast-Silver, 100 breast-Silver, 50 free-5th.

11 & 12 girls - Sarah Waldie: 100 back-8th.
13 & 14 girls - Jennifer Kroezen: 50 fly-4th, 50 breast-5th, 100 breast-6th, 50 free-6th.
15 & over girls - Mackenzie Kimm: 100 breast-Silver, 50 breast-4th, 50 back-4th, 100 back-4th 50 fly 8th.

15 & over boys - Gresham Kimm: 100 back-Silver, 100 breast-Bronze, 50 breast-4th, 50 back-5th, 100 free-5th; TJ Waldie: 50 fly-Bronze, 50 breast-Bronze, 100 breast-4th, 50 free-5th, 100 free-6th; Ashton Roza: 50 fly-Silver, 50 back-Bronze, 100 free-4th; Carney Bourgeois 50 back-6th, 100 back-6th, 50 fly-6th, 50 free-7th, 100 free-8th.

Personal best times by Leanna De Vaan, Courtney Johnston, Daniel Kalbhenn, Lexie Kroezen, Natasha Quinn, Erica Shardlow, and Megan Thompson.

Squirt Girls lose but show progress

The Shopper's Drugmart Squirt Girls were on diamond No. 2 on July 11 and may have lost this one 15-9 to ???, but it was a real teeter, totter game.

Katrina Harding was fantastic with her second outing on the mound. She got three strikeouts, caught two pop ups and also snagged two grounders and made the throw to Karla McDougall on first for the outs. Karla McDougall also had a great night. She made three catches on first and also got a grounder and tagged first base on her own for the out.

We even made a great relay from Miranda Rodda to Amanda Battams to Katie Patchett who in turn threw to Courtney Brown at home getting the girl out. The girls stopped a home run.

Courtney was catcher for the whole four innings in the heat. We could have done without the attitude in the last inning, but we will blame it on the heat this time.

The bats, unfortunately, were silent Monday night, but Courtney Brown and Karla McDougall both got on base three out of three chances. Katie Patchett, Katrina Harding and Amanda Vickery all got on two out of three times. Jasmine Jones got two walks out of two at bats. Laura Labelio, Miranda Rodda, Kristine Ferris and Amanda Battams made it on base once, but am sure they are even more determined to get a good hit soon.

Six of these girls had never picked up a ball before this year. Two of the girls are first year Atom players who were moved up due to lack of players in their age group, so all in all we think our team is doing just fine. It's a great mix of girls, who have become super teammates. We hope we can improve with every hit, and every out, in every game. If we don't, it's hoped the girls have a lot of fun during the summer.
-Vicki Anderson



Acton BIA Presents "Let's Go Blue Jays" Contest

Lucky Winners this week :

LOIS NORTON - entered at Scotia Bank
PAUL ALVES- entered at Home Hardware

Enter to win:

- ✓ 2 tickets to Blue Jays vs. New York Yankees, game time 4:05p.m. at the Toronto Sky Dome Saturday, August 6th
- ✓ Pre-game tailgate party
- ✓ Transportation to and from the game via deluxe motor coach
- ✓ \$20 worth of BIA Bucks to be spent in downtown Acton



"LET'S GO BLUE JAYS" 2005 SPONSORS:

Profile Hair Salon, Bank of Montreal, Giant Tiger, Tremblay Decorating, Vintner's Cellar, Acton Home Hardware, Andy's Restaurant, Blue Springs Spa & Salon, Acton Computers, Scotia Bank, Scotia McLeod, The olde Hide House, McNabb Graphics and Mill Street Crossing (Station Hotel).

GET * UP!
GET * DOWN
To ACTON -
DOWNTOWN
www.downtownacton.ca
Remember it pays
to shop local!