

## Just out of reach

Christ the King's Christian Litimuo (right) leaps to spike the ball past Assumption's Mike Wendling in Monday's Halton junior boys volleyball game. Christ the King pushed Assumption to three games but fell 25-12, 20-25, 25-19.

Photo by Herb Garbutt

## HALTON HILLS HIGH SCHOOL

# ATHLETES of the Week

### ACTON HIGH SCHOOL



AMY BOILEAU



ASHTON ROZA

Acton High School Athletes of the Week are Amy Boileau and Ashton Roza. Boileau, a winger on the Redmen junior basketball team, was chosen for her strong defense against Assumption and Christ the King schools recently. Roza, a member of the Redmen cross country team, was selected for finishing 11 of 250 at the Churchill Park cross country meet in Hamilton.

### GEORGETOWN HIGH SCHOOL



ADRIENNE THOMPSON



GORAN VLACIC

Georgetown District High School Athletes of the Week are Adrienne Thompson and Goran Vlacic. Thompson, a member of the senior Rebel basketball team, was honoured for her leadership and strong showing on the team. Vlacic, a middle on the Rebels junior volleyball team, was chosen for his good hitting which helped the team take first place at the Westdale High School tournament in Hamilton.

### CHRIST THE KING



PATRICK BYRNE



TERI DOELL

Christ the King High School Athletes of the Week are Teri Doell and Patrick Byrne. Doell, a member of the Jaguar's cross country team, was selected for finishing 44 of 150 at Churchill Park meet in Hamilton. Byrne, a power on the Jaguar's senior volleyball team, was cited for his good spiking against AHS and Nelson.

## Expos' Hill enjoys solid season

Thirteen just wasn't Shawn Hill's lucky number.

The Georgetown resident enjoyed a strong season as one of the top right-handed pitchers in the Montreal Expos' minor league system. Hill was among the league leaders in the Class A Midwest League with 12 victories, but was stymied in his final five attempts at win number 13.

The 21-year-old was selected by the Expos in the sixth round of the 2000 Major League Baseball draft. He played last year for the Vermont Expos of the Short Season New York-Penn League, but shoulder soreness limited him to appearances in just seven games. This season, with the shoulder problems behind him, he was a leader on the Clinton LumberKings' pitching staff.

"Last year was bittersweet for me. I ended up with a low earned run average, but I didn't have the opportunity to play much because of the sore shoulder. I stayed healthy this season and the results have been pretty good," he said.

He started 25 games for Clinton, led the team with 146 innings pitched, struck out 99 batters and walked just 35. His earned run average was 3.44 and his 12-7 record was impressive considering Clinton finished the season 61-75.

The Midwest League was Hill's first experience playing a full schedule from April to August. He said staying healthy and mentally strong are the challenges most difficult to overcome.

"The mental part of playing professional baseball can be difficult. Being away from home, the long road trips and playing day in

and day out without days off can be draining. I've learned to force myself to be mentally ready. Some days you just have to persevere and figure out a way to be competitive," he said.

Hill, a shortstop during his amateur playing days, has only been a pitcher for three seasons, two of them at the professional level. He throws a 90-mp/h sinking fastball, a change-up and curveball but his best pitch is a cut fastball that moves away from right-handed batters at the last second.



SHAWN HILL

His best asset, he says, is knowing how to get hitters out, but sometimes his cerebral approach to pitching is a liability.

"I tend to think a lot when I pitch. I try to out-guess the hitters. My pitching coach tells me to be more athletic. Just let the ball go and don't try to out-think the hitters all the time. It's something I have to learn to be better at," he said.

Despite learning to play baseball in Canada, Hill believes his knowledge of the game and basic skills are on a par with Americans and others from countries where the game is played year around.

Hill says Canadian players sometimes go unnoticed by major league or college scouts, but the situation is changing and more opportunities exist for Canadians.

"It's a good way to stay active and the opportunities are growing for Canadians. It's still baseball whether you're playing amateur ball in Georgetown or playing in a professional league. It should always just be a bunch of guys having fun playing baseball."

—By Scott Langdon, special

Certified Specialist in Orthodontics

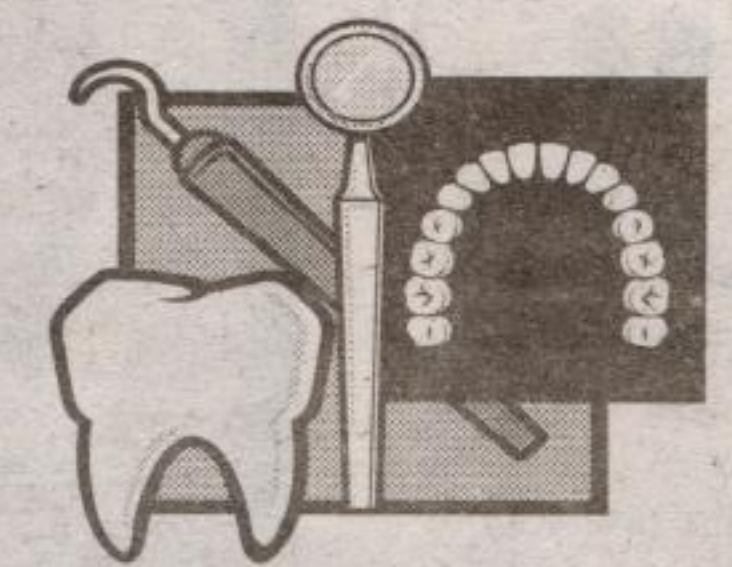
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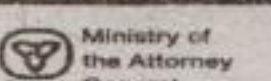
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# Lunch?