

Move behind plate pays off for Worby

When his team's starting catcher was lost for the season, Justin Worby wasn't crazy about the idea of taking his place. He had spent his eight years of rep baseball with the Georgetown Eagles as either a pitcher or a shortstop.

"At first I didn't want to do it," he said. "But as a catcher you're still in the game every play. You're involved all the time and you're a leader on the field."

The move has turned out to be one of the best things that ever happened to him. Worby is now calling the shots behind the plate for the Ontario Blue Jays and three weeks ago in Jupiter, Florida he made quite an impression at the Perfect Game/Baseball America World Wood Bat Association Fall Championship.

Worby went 2-for-3 with a game-winning two-run double in the last inning of the Jays' lone victory, a 4-2 win over the Indiana Yankees. Over the course of the tournament he threw out three of four baserunners attempting to steal.

"Justin's continued, since he came to us in August, to progress quite well," said Blue Jays head coach Dan Bleiwas. "In terms of the timeline we had for him, he's earned a significant playing time in a short period and that's raised the bar, not only for him but for all of our catchers."

Though the move to catcher was made out of necessity, Brett Worby, his dad and manager of his bantam team, said Justin's move behind the plate was a natural choice.

"He just had an excellent head for the game," he said. "He sees the field well and had that innate sense of what to do. Some kids you have to remind where the throw is going or what the play should be but I didn't have to do that with him."

Worby has also drawn on his own pitching experience and that has helped with the increased skill level of the pitchers he is now



JUSTIN WORBY

handling.

"I understand what I would do and what I would throw in certain situations," he said.

The 17-year-old's play has drawn some attention from Major League scouts and he's hoping he'll either get drafted or earn a baseball scholarship. The Blue Jays take tutors with them when they travel and academics are taken as seriously as baseball.

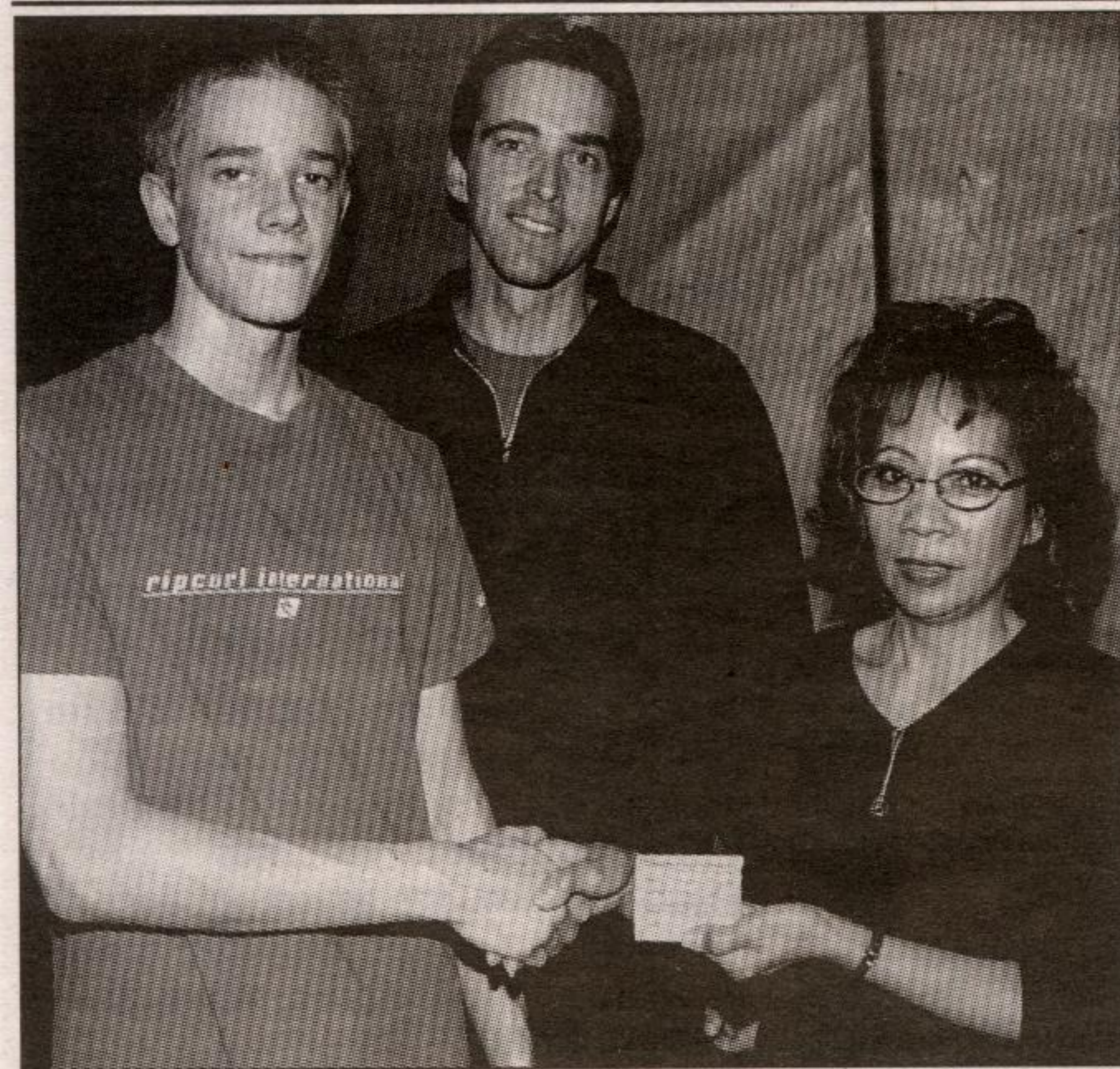
Worby began the season with Hamilton Astros but joined the Blue Jays in August after attending a camp put on by the Atlanta Braves. Worby caught the attention of the Jays, who asked him to try out for their fall season. He made the team and played 25 games, including some against Division I colleges in the U.S.

In total, Worby has played more than 100 games in each of the last two seasons—experience that he said has been invaluable in his development.

And playing at an elite level with better pitchers has also helped his game.

"It's keeping me in the game more. I'm not just calling for fastballs all the time. You try to fool the batter."

—By Herb Garbutt, staff writer



Rebels fund-raising for Cuban trip

Bhaylon Viray-Cox accepts a \$100 gift certificate donated by McMaster Meats and Deli from Georgetown Rebels senior volleyball captain Reid Hall and coach Jonas Kaciulis. Viray-Cox won draw, which was held to help the team raise money for its trip to Cuba. The Rebels are currently selling tickets for a \$1,000 cash prize. Tickets are available from team members. The draw will be held December 9.

Photo by Herb Garbutt

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Your Health... Naturally

By Nicole Meier, BSc. N.D.
Doctor of Naturopathic Medicine

5 Steps to a Healthier Lunch

For those of you who were unable to attend "The Natural Lunchbox" seminar last week at the library, I have summarized the basic concepts.

- 1) Eliminate or drastically reduce added sugar. This includes sweetened juices and sweet treats like store-bought cookies.
- 2) Trade in white flour products for whole wheat or other more nutritious grains (rice, spelt, oats). Start with the sandwich bread and expand into other grain products like whole-wheat pasta and muffins.
- 3) Eliminate any sources of hydrogenated fats or trans- fatty acids. These are especially high in products like chips, certain granola bars, peanut butter and some salad dressings.
- 4) Include a quality protein source. You only need small amount (ie: cubed chicken; yogurt; beans; tofu etc.).
- 5) Include a low sugar beverage, preferably water.

Nicole Meier, BSc. N.D.

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Kellie Hayward

FIT TIP

No time to workout? How about trying the 3-minute commercial break workout. An average set of tv ads lasts 180 seconds. You could grab a snack or try this mini routine during 3 breaks, three times a week! No excuses now.

- 1) Jump rope for 20 skips (a phantom rope works if you don't have a real one). Then...
- 2) 10 couch triceps dips. Grab the edge of the couch and walk your feet out (knees bent) until your behind clears the cushion. Bend elbows and lower behind to the floor, press back up. Then get up and do...
- 3) Single leg balances for a firmer behind. Stand with right leg slightly bent, hands on hips, and extend left leg straight behind you. Hold for 5 seconds. Do 10 times per leg. Then...
- 4) Hit the floor for crunches. Lie back, knees bent and lifted and arms crossed over chest. Tighten ab muscles and slowly lift shoulder blades off floor, hold for 5 seconds, work your way up to 30 seconds.

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Kellie Hayward, B.A.,
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