



SPORTS

THE CANADIAN CHAMPION

FRIDAY APRIL 20, 2001

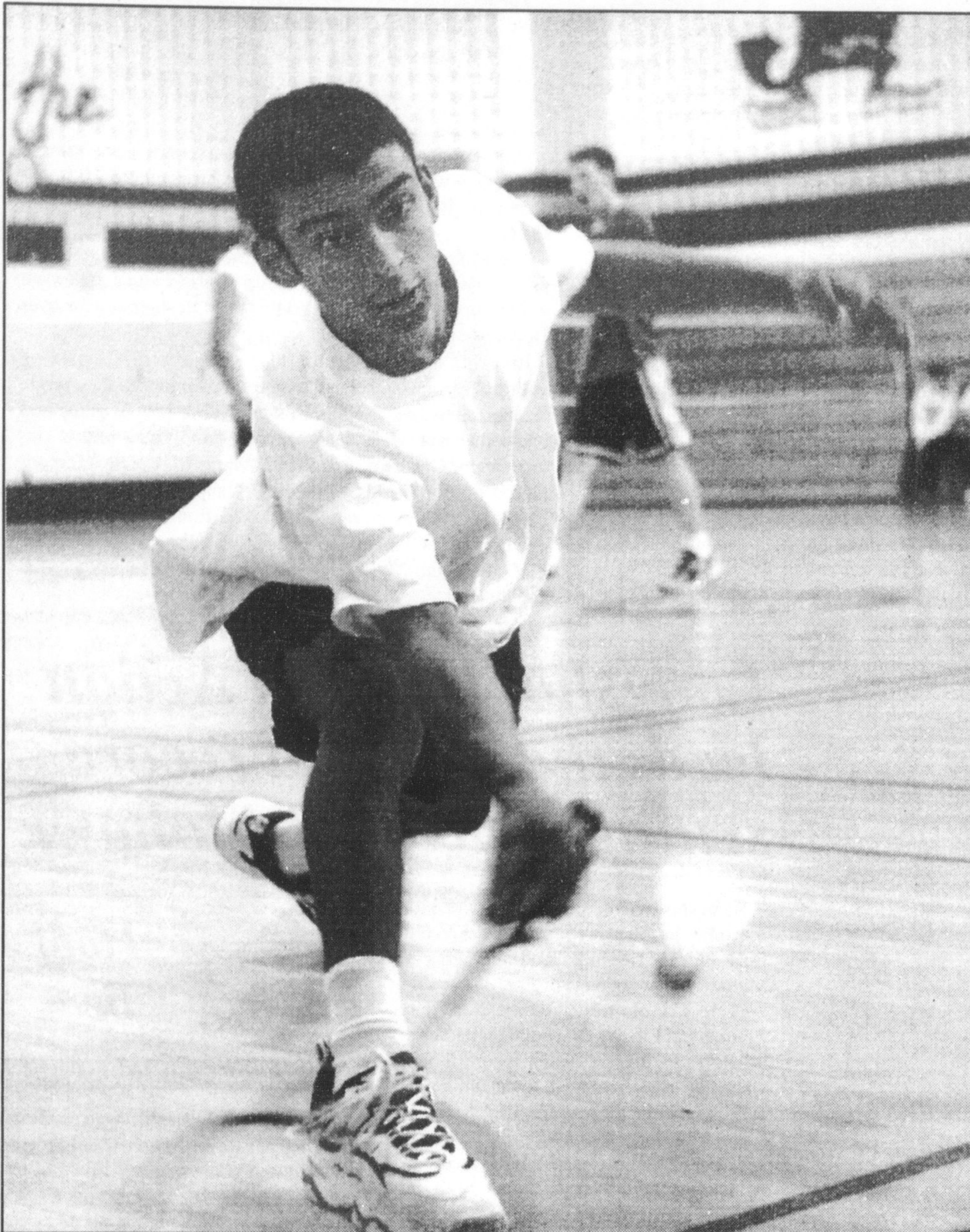


Photo by RON KUZYK

✓Bye bye birdie

E.C. Drury Spartan Kiran Lad gets ready to return this shot during the Halton Badminton Championships at Burlington's Notre Dame High School Wednesday. For full results of the regional finals, see Tuesday's Champion.

Inflammation delays local pitcher's return

Lynch's arm not quite ready for season grind

By **STEVE LeBLANC**
The Champion

Pat Lynch can be excused if he's feeling a bit frustrated these days.

The Milton pitcher has been itching to return to the mound since undergoing shoulder surgery last spring and missing an entire season.

As if a year off wasn't enough, his comeback has now been further delayed by inflammation in his throwing arm. As a result, the right-handed hurler had to shut down near the tail-end of training camp and isn't expected to be ready for competition until early next month.

"It's not so much the surgery as it is a lack of muscle conditioning because of the inactive stretch," explained the 23-year-old, now part of the Colorado Rockies' organization after being traded by Toronto in 1999.

"It's a rebuilding period now. I shut down for a couple days after having some irritation in the winter, but now it's time to give it (arm) more of a rest. I don't want to rush it."

Lynch has had to undergo an often monotonous period of rehab since last year's shoulder surgery — and while not

adverse to hard work, the always good-natured and highly driven ball player would just like to see some rewards for it.

"Hard work's not the problem, it'd just be nice to see some payoff for it soon," he added in candid fashion. "Sometimes it feels like I'm not getting anywhere."

Following his current layoff, the local pitcher will hook up with Colorado's Class A team in Salem, Virginia. When that happens, two big questions loom large for the former Milton District High ace.

One, just how will his arm hold up? — and two, just where will he fit in to Salem's pitching staff?

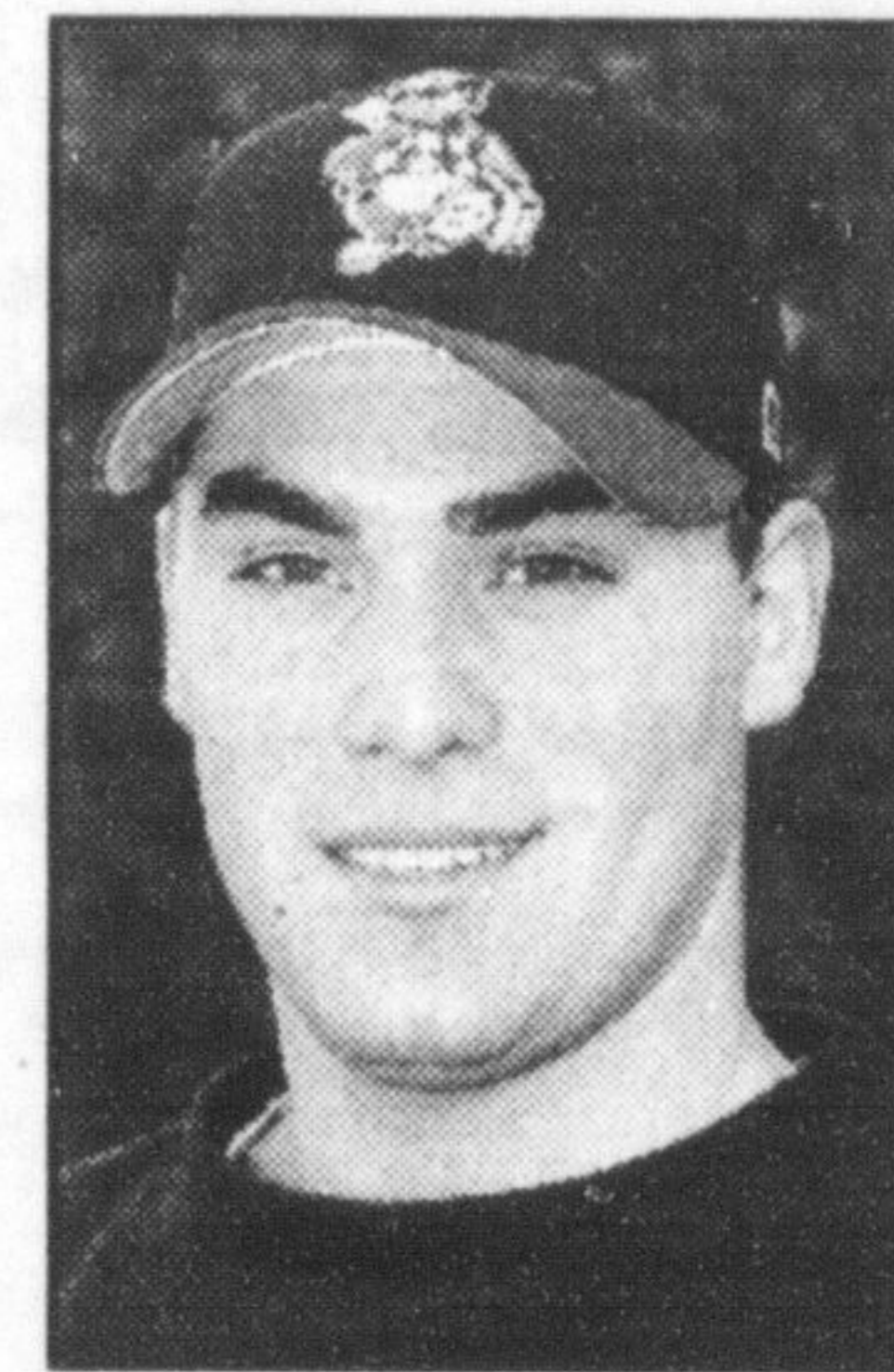
"I'm interested in finding that out myself," said Lynch of his immediate future. "I guess I can see having less of a work load right away so as not to push things. That's understandable."

Nevertheless, Lynch is rather particular about maintaining his status as a starter

— stressing that he thrives on the challenges that come with it.

"It's all I've ever been. I like being the one with the expectations on him, the guy who if you win or lose it's on him."

He's hoping to have that resting on his shoulders soon. One can only hope that both of them are up to the strain.



Pat Lynch

Calling all junior golfers

Local youths can once again swing into summer as part of the Wilson Junior Golf Tour.

Open to anyone 18 years and under, the 18th annual Greater Hamilton/Halton Tour includes eight stops including the qualifying day competition at Jerseyville's Oak Gables Golf

Club Sunday, June 17.

Milton's Wyldewood and Trafalgar Golf and Country Clubs will also be part of the tour. Prizes are awarded to top finishers in each age division.

To register, or for further information, call Ken Lancaster at (905) 523-0000, ext. 249.



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