

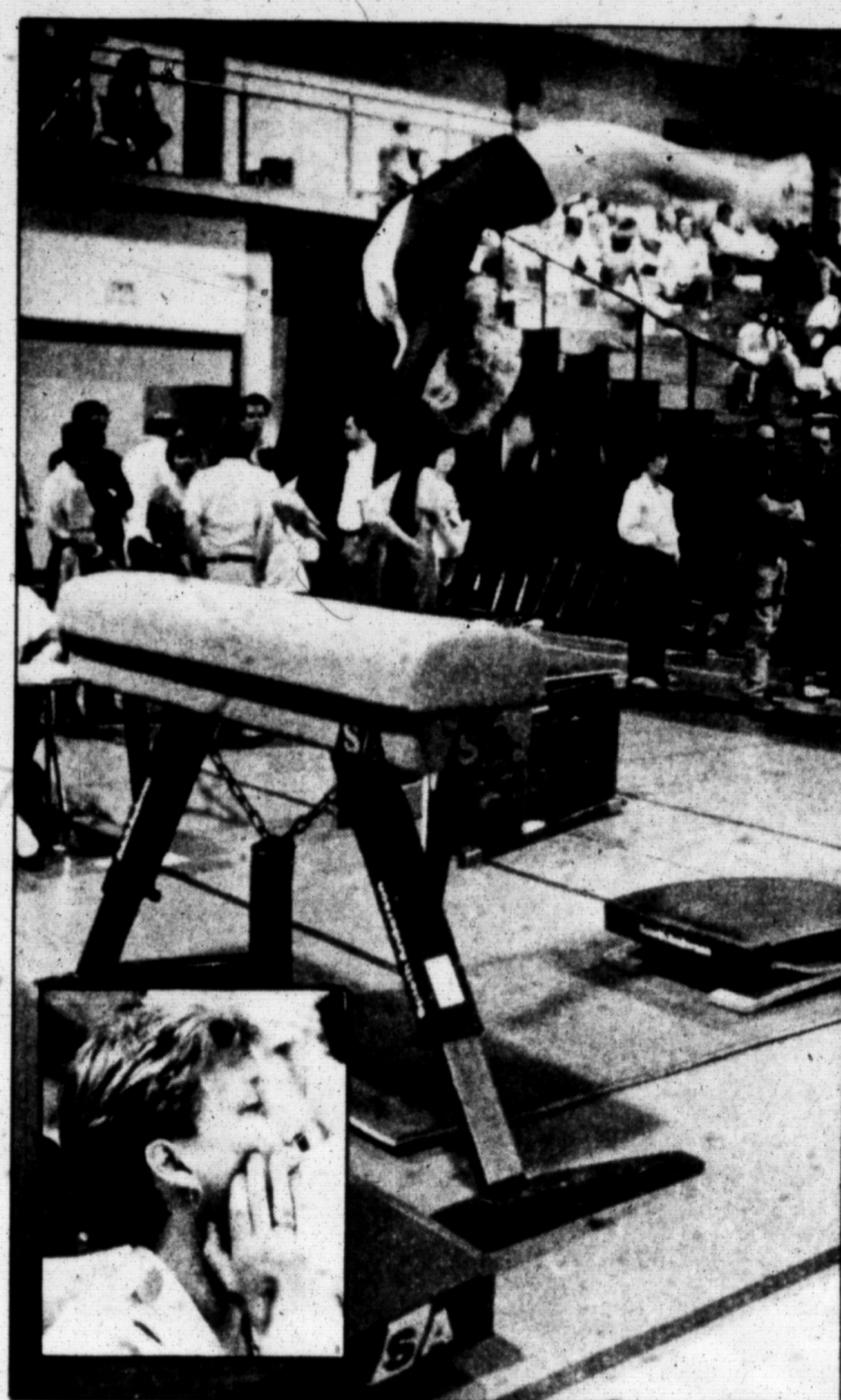
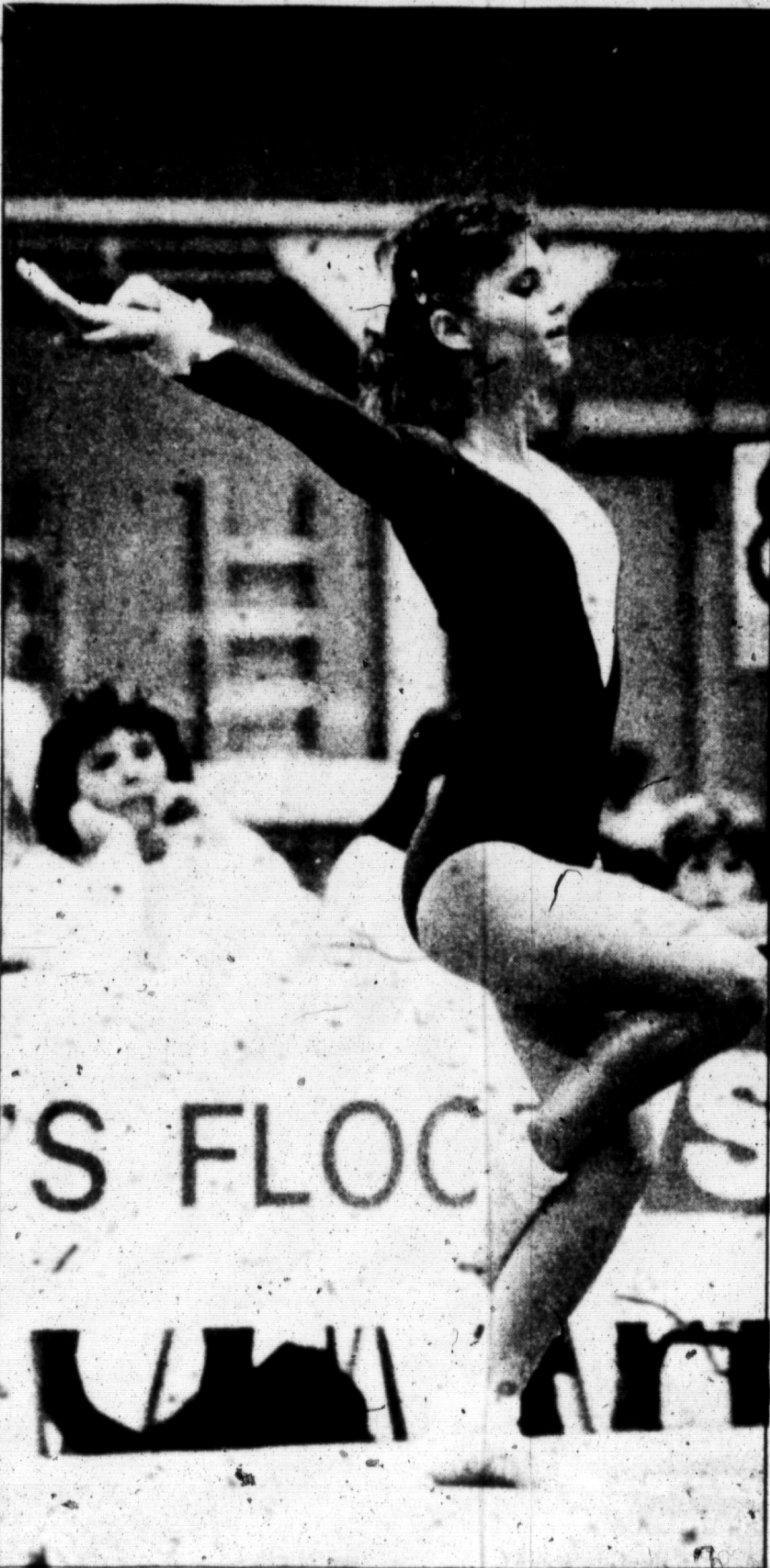
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Super Swan Song

It was a fitting end to her competitive career for Joanne Keyworth and a landmark achievement for Kim Collier, at Ottawa on the weekend. Jon Borgstrom was on hand to capture the action. Collier shows her form at far left while Keyworth (top middle) gets some support early on from Jennifer Dobson, when things looked shaky. Keyworth was all smiles later on as she consistently posted impressive scores (bottom middle). At right she is shown in her vault routine. Inset is mother Carolyn. There were many anxious moments for her too at the competition.

In provincial finals

Springers achieve their best finish ever

When it counted in a field of the toughest competition they had ever faced, Joanne Keyworth and Kim Collier hit their strides on the balance beam.

The Milton Springers gymnasts narrowed their concentration to that slim beam in front of a large audience and in the face of the best competition Ontario can offer. When they both swung through their routines in unshaken style, Springer coach Janet Campbell knew everything would be right.

The two Milton athletes turned in solid overall performances to

give Milton its strongest collective finish ever in the provincial finals Saturday and Sunday in Ottawa.

"Joanne's poise and balance on the beam were unbelievable," the Springer head coach said. "Kim were too. They both scored nines (Keyworth earned 9.0 in the Jr. B category and Collier scored 9.10 in Tyro B). It was the secure underpinning both athletes needed to cement solid finishes. Keyworth came third overall and Collier was fifth in their respective divisions. They were the best perfor-

mances of their careers, no question," Campbell said. "It was just outstanding. It was wonderful to see them so peaked for the meet."

Three Springers qualified for the competition, but Jennifer Dobson, one of Milton's top competitors throughout the season, was forced to withdraw because of injury.

"She woke up one morning with a stiff neck and it got worse," Campbell explained. "All the muscles went into spasm. It's a shame. She could have finished well."

Keyworth provided some anxious moments too. She performs a difficult approach on the vault, the only girl in her competitive category in Ontario who does a back handspring on her approach, the Milton coach pointed out. On one approach during warm-ups Keyworth planted a foot incorrectly on the difficult move and limped away. "We worried," Campbell admitted. But Keyworth rallied during the competition to produce personal bests in every event.

She scored nines in vault, beam and floor exercises and an 8:80 on

bars for a total 35.80 points. That will win most meets and tied her for third with Tracy McKenna and Karen Lee at the provincial championships.

Sunday it was Collier's turn on centre stage. She produced an outstanding beam routine for 9.10 points and followed it up with an excellent bar routine to score 9.15 points. Overall she collected 35.85 points for fifth place in the tight division.

"You try not to jinx them and think about an overall score," Campbell admitted later. "But I knew when they were both scoring in around nine and they each

had more than 35 that they couldn't miss."

While Paula Geniole brought Milton its highest placing (silver) several years ago at provincial competition this was easily Milton's best aggregate finish. Keyworth will retire from provincial stream competition but will continue to train with Springers and compete at the high school level. Collier will challenge in the same stream next year.

For Keyworth, "it was a great note to go out on," Campbell said. The Ottawa event marks the end of the competitive season.

It's success and setbacks; Smith wins, Fleming is out

It was a week of highs and lows for the Milton District High School track team as one member won a special honour and another was told she'll miss the Halton and Peel-Halton races.

Tracy Smith was chosen the top junior girls athlete at the Father Redmond Track Classic at Etobicoke Saturday, after winning the 1,500 and 3,000 metre events and placing second at 800 and fourth at 400 metres.

Her success was counterpointed by Anne Fleming's absence, however. Fleming, who won a gold medal at 400 metres at the provincial high school championship last year (midget), strained ankle ligaments in a freak accident at school last week.

"She did it coming out of the cafeteria," Milton coach Bryan Camani said. "She won't be back for a minimum of two weeks." Fleming is walking on the ankle, which is swollen, and started physiotherapy early in the week.

Fleming is a key member of the Milton 4 X 400 metre relay team Camani said could challenge for provincial championship gold at Ottawa next month. Milton was expected to battle Toronto's Oakwood Collegiate for the honours there.

Camani conceded the gold prize Saturday at the Father Redmond in light of Fleming's injury. "I still think we have a shot at the silver or bronze in the relay."

Milton's pick-up relay team of Brenda Steenhof (substituting for absent Carrie Powers), Smith (for Fleming), regular sprinter Janice Faulkner and senior sprinter Michelle Heron was soundly trounced by Oakwood's quartet of Nicola Paris, Michelle Lynch, Dawnette Jones and Maxine Cargill. Oakwood

finished in 3:55.20 while Milton was a distant second in the six-team race, in 4:10.42. Faulkner turned in a superb second leg for Milton, however, regaining at least 50 metres of previously lost ground to draw even with Jones.

While Milton's hopes have been dashed in the relay, in all other areas they are better than ever. Going into Tuesday's first leg of the Halton championships, Milton was fielding the strongest team Camani has coached, with better performances than last year at this time and more people to turn in such performances.

As well as the usual standouts, Smith, Steenhof, Faulkner and the up-and-coming Carrie Powers, Milton is now beginning to rebuild strongly in boys track. Marty Powers and Dave Wessinger turned in solid performances at the Redmond and both are improving rapidly. Powers was fourth in the junior boys 1,500 in 4:12.84, establishing a personal best and a new school record. Powers has been shaving seconds off his times almost daily since he has been working with the school team (approximately two months).

"He's been running really well this spring," Camani noted. "He's starting to gain a little self-confidence, starting to believe in himself a little more."

Wessinger was second in his 800 metre heat (2:12, a new school record and personal best), fourth overall in 3,000 (9:37.8, a new school record) and eighth overall in 1,500 (4:29, a personal best). He too has only been training two months.

"He's improving race to race,"

Camani said. "I don't know what his limits are."

Smith ran the 1,500 in 4:43.10, the 3,000 in 10:22.7, the 800 in 2:16.60 and was fourth in the 400 in 61.03.

Steenhof took first in the senior girls 1,500 in 4:40.62 and first in the 3,000 in 10:12.3. She was fourth in the 800 in 2:17.77. Powers won the midget 400 in 60.94.

Smith is setting her sights high for the Haltons, hoping for a triple gold sweep in the 800, 1,500 and 3,000 metres. "At least I hope so. I'm feeling pretty strong."

Steenhof is ahead of schedule compared with last year.

"Saturday she ran the fastest she's ever run (at 1,500) in four years of high school," said Camani. "She's okay. There's a lot of pressure on her. She'll be going against Anna Mackey (Nelson) who has won the 1,500 four times in a row."

Bothered recently by shin splints, Steenhof still has part of that problem lingering. "But they're trainable now," she explained. "I feel a 100 per cent better."

Michelle Heron took third in the senior girls 100 metre hurdles in 16.81. She was sixth in the 400 in 62.1 and sixth in the 100 in 13:55. Laura Wood took sixth in the midget girls 1,500 in 5:16.01 and sixth in the 3,000 in 11:18.25.

As well as the girls who are strong contenders at this week's Halton's both Wessinger and Marty Powers are expected to finish strongly. "Marty's got an excellent chance of winning," Camani said. And on Wessinger, "There's no other boy in the county (region) so outstanding that he can't be beat."



And there goes another one, unfortunately for Milton. Milton District High School's senior squad suffered a 7-1 setback at the hands of Perdue Panthers in Milton soccer action Friday at Milton District High School. Milton has only the slimmest chance of making playoffs, but could act as a spoiler. See story below.

Stevens stymied 3 times

Three games meant three losses for Milton District High School's senior boys soccer quad last week, which means Milton's playoff position could hardly be more precarious.

Mustangs have but one point (a 2-2 tie with Queen Elizabeth Park) on the season. Milton lost 5-3 at Oakville-Trafalgar Monday, dropped a 7-1 drubbing at Milton Friday and was edged 2-1 by Loyola at Milton last Wednesday.

Asked whether Milton could still get in the playoffs (the regular season ends next week) coach Fred Stevens replied, "I don't think so. Mathematically it's possible I guess.

I think a couple of other teams are fairly close to us. But we just don't have the depth. There's no other way to say it."

Stevens says his players are better than the record indicates, however. "These kids are capable. They just have to come up with good solid game and some luck as well. The effort varies from 100 per cent to 50 per cent. If they gave 100 per cent all the time we could win some games."

Unfortunately, when Milton gets behind they tend to get discouraged and go flat. Perdue Panthers are not six goals better than Milton but they scored with impunity through a large portion of Friday's game as Milton

players' concentration appeared to waver.

Against Oakville-Trafalgar, Milton was short three good players, Phil Collier, Tim Pollen and scoring threat Rob Van Grootel.

"If we had those three guys that would have made the difference," Stevens said. Milton was down 2-0 quickly but rallied. Andrew Cartwright, Alex Sopinka and Carey Lawrynovicz scored for Mustangs. James Green scored against Perdue and Collier connected against Loyola.

Milton plays Loyola at Milton today (Wednesday), goes to Perdue Friday and finishes the season at Blakelock Tuesday.