



Photo by JON BLACKER

The key is concentration

The Halton Hoppers skip rope squad displayed their considerable skills at Bishop Reding Roman Catholic Secondary School during a fitness day event last week. In front of a crowded gymnasium the Hoppers awed the onlookers with complex rope manoeuvres and fast fancy footwork. The fitness day featured a number of displays and a keynote speech by Carole Hamilton, a member of Canada's national women's basketball team.

Cayuga Speedway gears up for season

Like everyone Cayuga Speedway is gearing up for the summer.

A number of special events are being planned and they include the Molson Export 300 on June 3, with qualifying and time trials in the two days prior.

Also coming up are the Big Rig 150 on June 17, the Canadian Super Nationals July 7-8, the Molson Export 400 August 5 and the McKerlie-Millen Classic August 26.

Cayuga Speedway is set on 300 acres of land near Nelles Corners, southeast of Hagersville, about 30 miles south of Hamilton. There are 1,500 campsites, many with hydro and water services, and free entertainment in a bandshell pavilion on Saturday nights of special event weekends.

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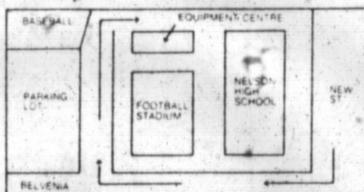


CO-ED TOUCH FOOTBALL REGISTRATION

At the Equipment Centre behind Nelson High

APRIL 6, 6:30 p.m.-9:00 p.m.
Sat., April 7, 10:00 a.m.-3:00 p.m.

Sign-up sheets are in all schools.



ENJOY 2 MONTHS OF TOUCH:
MAY & JUNE

FAMILY FRIENDLY FEE SCHEDULE

1 CHILD \$50 2ND CHILD \$40 3RD + CHILD \$30

No Weight Restrictions Applied

Division	Year of Birth
TYKE	'80-'83
ATOM	'78-'79
PEEWEE	'76-'77
BANTAM	'74-'75
MIDGET	'71-'73

**Proof of
age required**
(for new players only)

For further information, please call
Ken Foster 639-1137 Lillian Wilson 336-1602

Flag football meeting April 11

Once again the Milton Flag Football League is preparing for another season of spills and thrills.

The 18-game season opens May 1 and closes Sept. 22 with the championship game and annual awards banquet. The six-team circuit remains basically unchanged from last year, however, as always, new players are required to replace retirees.

Anyone interested in a summer of fun and fitness can contact Hector Campbell at 878-8978 or can attend the annual meeting on Wednesday, April 11 at 7:30 p.m. in the Bear Rug Room at Papa Nick's.

"The meeting is important," said league president Campbell. "All those involved should make an effort to attend."

- NOTICE -

TO ALL COACHES, REFEREES,
MANAGERS, CONVENER, AND ALL,
IN
- MILTON MINOR HOCKEY-
CONGRATULATIONS!

"Your fine efforts working with the young people of our community is appreciated."

— ALSO —

to the players and moms and dads who participate in the game with integrity, fairness and respect — the principles of Fair Play — congratulations to you!

FAIRPLAY!



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EARLY BIRD REGISTRATION
\$10 OFF 1990 REGISTRATION

Friday, April 6 6 p.m.-9 p.m.
Saturday, April 7 10 a.m.-3 p.m.

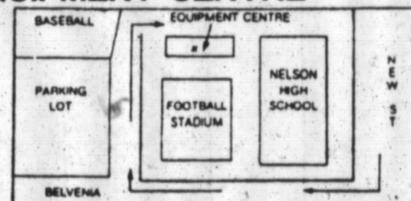
**TACKLE FOOTBALL
REGISTRATION**

House League Stampeder Rep

Proof of age required for new players.

BMFA will once again run an instruction camp beginning May 22
Camp is free to all registered players of BMFA

EQUIPMENT CENTRE



Division	YEAR OF BIRTH	MAX. WEIGHT	OVERAGE/UNDERAGE MAX. WEIGHT	FEES
TYKE	'80-'83	85 lbs.	65 born in '79	\$60.00
ATOM	'78-'79	115 lbs.	85 born in '77	\$75.00
PEEWEE	'76-'77	145 lbs.	115 born in '75	\$90.00
BANTAM	'74-'75	180 lbs.	145 born in '73	\$105.00
MIDGET	'71-'73	Unlimited	N/A	\$115.00

NOTE Bantam and Midget Rep Only

For more information, please call
Martha Smith 336-7053
Kathy Mantini 332-0990
Richard Lapierre 336-5200