



Midland A & W Tykes still on winning streak

The best that Barrie could offer wasn't enough to break the Midland A and W Tykes' undefeated record.

An all-star team from Barrie battled the Midland squad Thursday but came out on the losing end of an 11-7 score. Owen Quilty was the winning pitcher for Midland.

In regular season play Saturday Midland dumped Thornbury 6-4. Jason Pender was awarded the win.



Midland Tykes' Jason Pender demonstrates wind-up and pitch in Saturday's 6-4 win over Thornbury

Choosing right equipment first step for tennis novice

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Tennis is for everyone! Young and old!

The younger one starts, the easier it is to acquire the necessary skills to become a proficient player.

With the recent tennis boom there are people of all ages all over the world discovering the thrill of hitting a tennis ball and the feeling of satisfaction and well-being it brings.

Tennis is probably the most social game on earth. Wherever I travel I bring my tennis racket. It serves as a passport in opening doors to clubs and new friends.

If you are one of those who have not yet started to play but are considering taking up the sport, your first shopping trip for equipment might seem confusing with all the different equipment on the market today.

Here are some hints in what to look for.

The racket, of course, is the most important part of your equipment. It is also the most difficult to select. You will want the racket on top of your shopping list.

There are many manufacturers of rackets and each manufacturer has several models on the market. You will discover that there are three major categories of rackets: the wood, the metal and the composite frames. There are arguments for and against all three types.

Here are some of the pros and cons: Wood —

pros—excellent dampening, absorbs the shock of the shot; cons—wood loses its resilience after a few months and is subject to cracking, breaking and warping (should always be kept in a press and away from dampness when not in use). Metal — pros—increased power, longer life of frame; cons—poor dampening, loss of control, expensive. Composite — pros—better dampening than metal, better touch; cons—most expensive.

All good rackets carry guarantee against manufacturing defects. The correct choice of racket is vital. Rackets come in light (approx. 10.5-12 oz.), medium (approx. 12-13.5 oz.) and heavy (approx. 13-16 oz.). The major mistake a beginner makes is buying a racket that is too heavy, believing that a heavy racket will produce power and speed in the shots. This is contrary to reality however, as a too heavy racket is quite often the direct cause of incorrect stroking technique.

Racket grips come in standard sizes from 4-1/4 to 4-3/4 inches in circumference. You will have to hold the racket in your hand and wig it about a bit to find one that feels most comfortable for you. One method of finding your handle size is by measuring the length of your hand from the centre of your palm to the tip of the middle finger.

A young child should always start with a junior



Which is the right one?

model with a small grip. Only as the child's strength develops may the change be made to an adult light racket. It is most important that the racket is light enough for the child to develop a free, easy swing.

The racket strings are made of many different quality guts and nylons. The gut string is very sensitive to dampness and although it does provide a good feel with the ball, the nylon string being cheaper and longer lasting is the most popular choice of the average club player.

The next item on your shopping list should be to outfit yourself with a good pair of well fitting tennis shoes with rubber-ribbed soles for good footing on any surface. Socks also play a big part in the protection of your feet. If socks are thin or worn they tend to rub and cause blisters. So the best you

can do to insure an enjoyable time on the tennis court is to protect your feet against the hard surface by wearing heavy cotton or wool socks.

Shorts, shirts and tennis dresses must never be so tight as to restrict freedom of movement. Any colours are acceptable unless you happen to play in a club where "all white only" is the rule.

Long hair should be kept under control with rubber or head band. If you forever have to brush the hair away from your eyes it creates a distraction that easily breaks your concentration, and concentration is a big part of the game from the beginner to the championship player.

Future articles will examine the technical execution of the basic tennis strokes.

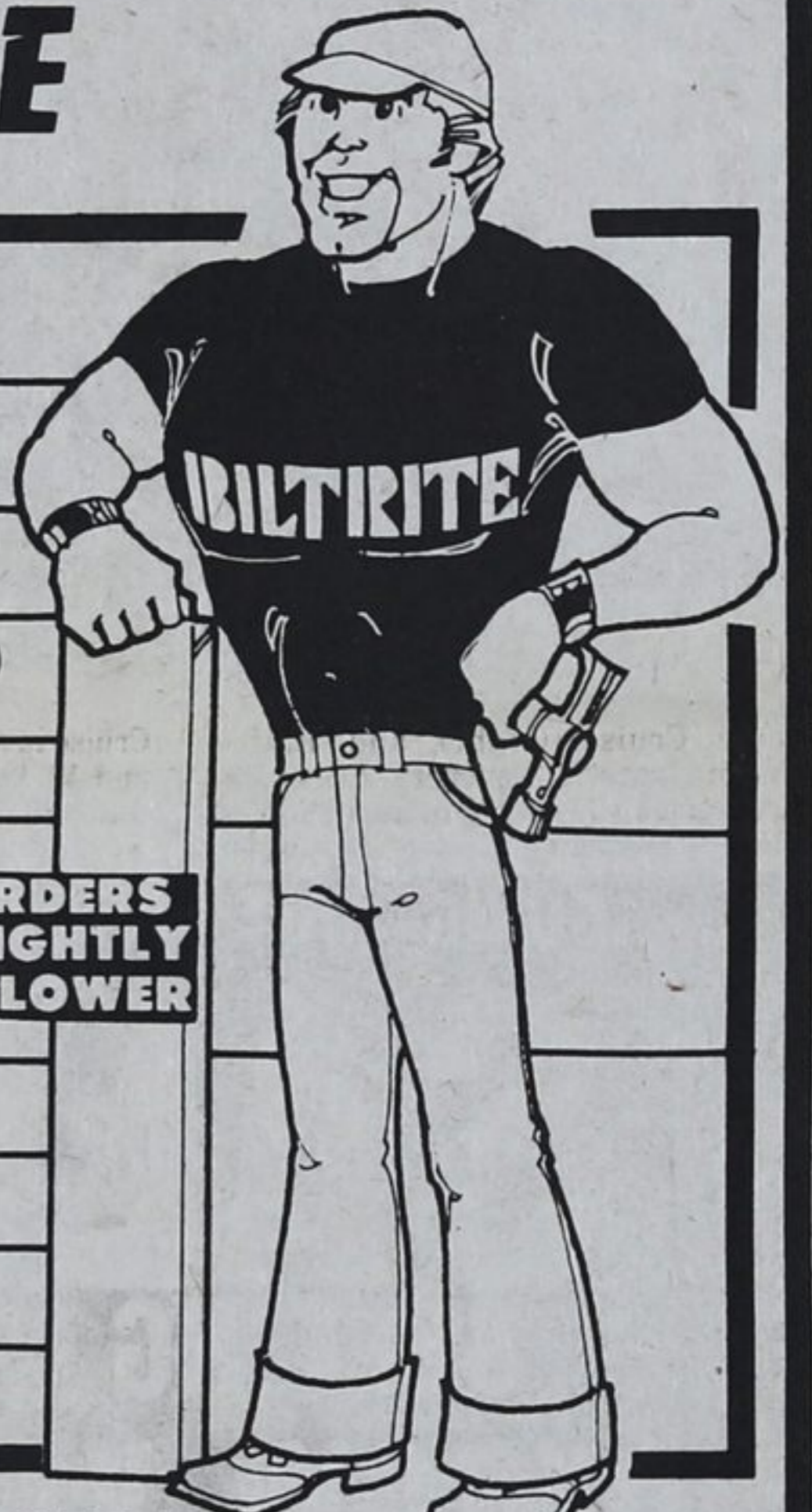
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