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PRE-SEASON FOOTBALL TRAINING

That familiar Fall disease — Football Fever — is in the air again, and it's time to start thinking about punts and passes. Now is the time to launch your pre-season training. Although the season itself doesn't open for a few weeks yet, the athlete who puts in a firm physical foundation beforehand has made his first big gain toward success.

Good physical condition will not only help you avoid injuries, it will also give you an edge on your competition for a position on the team, help you learn faster since you won't have to worry about tired and aching muscles, and give you plenty of drive and power.

Here's a simple daily schedule that you can follow without trouble.

MORNING: When you get up, spend two or three minutes stretching every muscle in your body. Sit-ups, deep knee bends, touching your toes and other such limbering-up exercises are excellent.

Next, do some on-the-spot jogging. This is a wonderful heart conditioner and one of the fastest ways to get into shape there is. Or the first three days, jog on the spot for one minute, finishing by sprinting as hard as you can for 15 seconds. Really get your knees up.

Every three days, add one minute to this jogging schedule until you are doing five minutes of it. However, every time you add a minute, increase your sprint time by 15 seconds. This means you will be sprinting for a minute and a quarter when your workout is five minutes long. It is important to follow these instructions without changing them for best results.

Wind up your morning workout by push-ups until your arms are too weak for the job. Concentrate on speed.

AFTERNOON: A session of wind-sprints or "quick breaks" and exercises is in order for this workout. Start off with some slow

jogging and stretching exercises to warm-up. Then do some "quick breaks." Here's how. Stand up straight with the body relaxed and the knees slightly bent. Suddenly, burst into action and run as hard as you can for five or six yards. Take the "ready" position again, and repeat. Do 12 or 14 of these every day, and add two or three every few days as your condition improves.

If you wish, you can jog around the field, bursting for five or six yards every 20 yards or so. But remember, jogging alone is a slow conditioner. You must insert lots of these bursts if you wish to develop stamina.

An excellent developer of condition and power is hill running. If you can find a steep hill, spend a few minutes every day doing wind sprints on it.

You should wind up your afternoon workout by practising kicking, passing, blocking, dodging, etc. A fast game of touch rugby is an excellent conditioner.

EVENING: Just before going to bed, another session of stretching exercises will help you develop that all-important flexibility and looseness so necessary in avoiding injuries as well as tackles.

Next week, we'll give you some special exercises designed to strengthen key areas of the body, such as the legs, shoulders and neck.

For more help on football and other sports, become a member of Sports College, Canada's nationwide coaching service. Simply write to "Sports College, Box 99, Toronto 1, Ontario," and mention the newspaper in which you saw this column. Membership is free.

Sports College services include training literature, clinics, and a radio program carried coast to coast every Saturday afternoon. Look up the time and station in your area and hear famous coaches and athletes give advice on sports.

Local Softball News, Results

Buttonville Win Madsen Trophy
For the sixth consecutive season since its inception Buttonville have won the Madsen Trophy.

Last Saturday by virtue of their 10-5 win over Markham they took the series by 4 games to 2 and put the pot back on the shelf for another year.

Starting with a 3 to 2 game lead, having won last Thursday's game 4-3 they lead Markham all the

way from the first innings and finished well out in front as the score indicates.

Jack Rummy pitched for Buttonville and "Peggy" O'Neil for Markham.

Buttonville begin a series with Thornhill Wednesday in the Ontario Amateur Softball Association with the second game scheduled for Saturday September 4th. at Unionville. These games start at 6 p.m. and go the full nine innings.

Newmarket And Hill Tied For First Place

With the recent win of 5 games to 3 over Newmarket, the Richmond Hill club is tied for first place with Newmarket in the North York Tennis League. The local club received a bye into the second round of the play-offs, with Aurora and Newmarket playing their first-round game September 7. Richmond Hill will play the winner of this group for the Robt. Yates trophy.

An executive meeting of the League was held at Aurora last week to prepare the rules of the finals. In the event that Newmarket defeats Aurora in the first round, which is more than likely since Aurora has lost all games played so far, it was decided that Newmarket and Richmond Hill would play-off on neutral ground at the Aurora club. Four dollars is to be donated by each club in the League to pay for improvement to the Aurora courts before the play-off date, which has not yet been set. The executive present were Frank Wims and Mae Gerrow of Aurora, Dr. John Dales and Keith Davis of Newmarket, and Harry Hill and Keith Teetzel of Richmond Hill. The executive is also arranging for a supper and dance to wind up the tennis season.

Newmarket held a mixed doubles round-robin tournament on Labour Day with ten teams participating. Keith Davis and Joan Peppiatt of Newmarket took first place defeating Marg. Davis and Charlie Lee in the finals 6-2, 8-6, 6-1. In third place were Harry Hill and Alverna Smith of Richmond Hill who were one game behind the second place team. Frank Wims, Aurora and Joyce Bothwell, Newmarket paired to take fourth place.

Mac Clement To Play 2nd Year In Scotland

To prove the hockey season is not so far away we hear that "Mac" Clement will be leaving Montreal next week for Scotland for another season with Ayr in the Scottish Hockey League. "Mac" who had a very successful season "over home" last winter has been playing softball with the Buttonville team all summer and will be accompanied by two more of the Buttonville team, Bill Mabbitt who was with Newmarket last year and Gordie Lewis of Stouffville.

All three have signed to play for Ayr this winter and we wish them all the best of luck for a good season.

Bowling Notes

The largest bowling tournament in Canada is held annually at Elora on Labor Day. Monday 160 rinks competed and Jim Grainger of Richmond Hill skipped his rink to a record of three straight wins and won fourth prize in the tournament.

Individual prizes were occasional chairs. Other members of the rink were George Hilson, Russell Lynett and L. E. Ross.

Clubine Member Of Losing Team

The wrestling team of Ed Mangotich and "Bull" Penchoff came out on top last Friday in the arena as they crushed the local stars Norm Alexander and Bill Clubine two falls to one. Norm took the first fall with his famous headlock as he spread Mangotich in 14 minutes; however with some good team work and with more than a little rough stuff Penchoff and Mangotich won the last two falls and the match.

Strong Bob Jordan redeemed himself with the fans as he downed Tom "Kid" Sullivan of Brampton in a match that lacked nothing in the way of excitement and kept the fans in an uproar throughout. Jordan certainly never looked better and if his performance Friday was any indication of things to come, some of the stars had better look out.

Popular Grappler To Perform Here

"Battling" Bill Clubine, No. 1 favourite with the Richmond Hill wrestling fans, will be back in action this Friday at the local arena. Bill will tangle with "Bull" Penchoff of Scarborough in the main bout of the Langstaff Recreation Committee's regular wrestling card. Bill and the Bull have met twice before with one being a draw and Clubine taking the other. Penchoff will be out to win this Friday, and he has won his last six matches in a row Clubine will have to be on his toes to come out on top.

The Semi-final will have "Farmer" Norm Alexander of Richvale in against Jerry Sullivan of Brampton. In the special bout Jack Sibthorpe, Toronto heavyweight, will oppose Les Lyman of Scarborough and in the other, "Tiger" Earl Grant clashes with Clive Burton, Langstaff specialist.

Kinghorn School Featured In Health Film At C.N.E.

There was a 15 minute moving picture at the C.N.E. that was fun to see because the actors were the teacher and pupils of Kinghorn School and the setting was the classroom of their school. The picture was called "Our School Children's Health", and it was shown in the Ontario Building. It was part of a 5 year program covering 90 per cent of all schools in Canada, to discover the greatest needs for good health in the rural and semi-urban schools.

The teacher, Miss Evelyn Courtney and her pupils were good actors and they photographed in colour very well. Some of the children who came close to the camera were Edward McNaughton, Janet Riddell and Hughie Hambly. The story was not complimentary to Kinghorn school but teacher and pupils knew that the story the cameramen were trying to teach was how poor lighting of the classroom affects the health and studies of the children. The cameramen had come on a stormy, snowy morning in early March just before the Easter holidays. They cluttered the big windows with so many cutouts of birds and decoration that the classroom was made dark. Then they supplied the children with spectacles, and it was a surprise to see so many Kinghorn children squinting at the blackboard behind horn rimmed glasses.

A. Bagg's Jersey Herd Win Again At C.N.E.

The Jersey breeders made a great showing this year at the Canadian National Exhibition and Alf Bagg's herd was one of the major prize winners as it has been for many years. Mr. Bagg has shown for 41 years and never missed showing Jerseys at one of these exhibitions. This year he was awarded the Premier Breeders Banner and the Premier Exhibitors Banner for having the highest averages based on the point system.

Edgelea Medal Basil Hester was junior champion female. Mr. Bagg also had the junior champion and the reserve junior champion bulls. His other winnings include: 11 firsts, 6 seconds, 4 thirds, 1 fourth and 2 fifth prizes.

Of 31 head shown, 29 were bred and developed by Edgelea Jerseys.

Markham Lady Wins Ex. Sandwich Contest

Mrs. Almer Walker of Markham won a first prize of \$50.00 at last week's Dagwood Sandwich contest at the C.N.E. Her concoction contained no less than five compartments. She took six slices of bread and constructed a giant Dagwood with among other things, tomatoes, lettuce, egg salad, cheese meat loaf, raw onion, carrot, cucumber, parsley, green pepper and ketchup. The rules of the contest insisted that the sandwiches look edible, but needn't necessarily be eaten by the contestants.

Police Check Gravel Trucks In King City

"No complaints have come in since we checked the trucks last week," was the report of the Provincial Police on Tuesday morning, when asked if the gravel trucks were behaving a little better lately. When asked if it were true that summonses had been issued as trucks passed through King, he would not commit himself, but said "There were quite a few." He also said that a loaded gravel truck makes a lot of noise and travelling at 35 miles per hour makes so much noise that it sounds as though the speed was twice as great. However, some King people were interested enough one day to time the trucks as they passed through the village, went to the new highway, unloaded and returned to the village. It took 17 minutes to complete the trip. When over 100 trucks are in operation that makes a lot of noise or speed or both perhaps.

Joe Cannon Injured In Jefferson Mishap

Last week Mr. Joe Cannon, 19-year-old resident of Rutledge Ave. received painful injuries when his motorcycle was struck by an auto at Jefferson. At the time of the mishap Mr. Cannon was proceeding south on Yonge St. when a car ahead of him made a U-turn causing his motorcycle to crash into the side of the car. He suffered a broken leg, a broken jaw, a dislocated hip and cuts to his face. At present the patient is resting in the York County hospital in Newmarket.

G. MORRISON IS ELECTED NEW REEVE OF SUTTON

Last week Sutton elected a new reeve in the person of Gianni Morrison, a service station operator to fill the vacancy created by the recent death of Reeve Charles Scott. Mr. Morrison received 278 votes as compared to 263 votes for his only rival Deputy-Reeve William J. Park.

Elected Deputy Reeve was Geo. Lamont, local contractor with 284 votes, 32 more than Miss Lillian Holborn obtained. Despite the inclement weather the vote was heavier than usual. The newly elected Reeve and Deputy will hold office until the regular elections in December.

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