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The Sports Clinic

(An official department of Sports College)
Conducted by Lloyd "Ace" Percival

DON'T THROW AWAY VICTORY

Many football victories are actually lost rather than won. By this, we mean the losing team hands the ball game to its opponents on a platter, usually through fumbles.

Frank Leahy, coach of the Fighting Irish at Notre Dame, has an explanation for this. He says that "tight hands" cause more losses in football than anything else. By this, Leahy is referring to the fact that one of the great secrets of ball handling (taking the ball from the quarterback, catching kicks or passes), is loose, relaxed hands.

The phrase, "tight hands" means that the fingers and wrists are stiff and rigid. The ball is very likely to bounce when it is received, and the result is a fumble, or at least, momentary loss of control which ruins the split-second timing necessary to the success of the play. Tight hands are a common fault of young football players and even some older ones.

How can relaxation be developed? One good way, of course, is plenty of practice at handling the ball, during which the athlete concentrates on keeping loose. This includes sessions of throwing the ball around with a pal. Most good coaches include ball-handling practice at every workout. This does little good, however, unless the ball carrier concentrates on keeping relaxed.

Frank Clair, coach of the Toronto Argonauts, Dominion Football Champions, who played professional football with the Washington Redskins, used to carry a football with him everywhere he went while in high school, just to get the 'feel' of it. Of course, he didn't take it to classes, but he usually had one under his arm at other times.

Catch that ball as if it is an egg which will break if not treated gently. The fingers should be loose, the wrists relaxed. Practice catching with both hands and with one hand, particularly the hand with which you are most awkward.

In addition, here are some simple drills which will help you control and relax the muscles of the hands and wrists.

1. Clench the hands hard for a couple of seconds. Then let them relax. Repeat several times.
2. Stretch the fingers wide as possible for a couple of seconds. Then let them relax. Repeat several times.
3. Rotate the hands from the wrists in wide circles, slowly and loosely. Let them flap as freely as possible.

4. Put your finger tips together and push with one hand against the other as hard as possible. Relax, and push with the other hand. Repeat several times.

5. Move your fingers quickly as if you were practising the piano at top speed.

You can repeat these exercises as often as you think of them during the day. The oftener the better. They will help teach you to keep your hands loose, will develop hand and finger strength and dexterity, and will make you "hand conscious" in your ball handling.

Join Sports College today and take advantage of the many wonderful services available to athletes and coaches. Simply write a letter to "Sports College, Box 99, Toronto 1, Ontario" stating that you wish to join. Mention this newspaper. Membership is free, and includes a free copy of the Sports College training newspaper, "The Research Guide." In addition, famous athletes and coaches give inside tips on sport every Saturday afternoon on the Sports College radio session. Look up the time and station in your area and become a regular listener.



Mr. and Mrs. Alfred Stuart Nease are pictured after their marriage in St. John's Church, York Mills. Mrs. Nease was formerly, Barbara Jane Scott, daughter of Mr. and Mrs. John Cahane Scott of King.

Bowling Notes

Mr. and Mrs. Jas. Grainger, Yonge Street, bowled at Agincourt last Saturday and each came home with a chicken. They were high for one win in the mixed doubles tournament there.

The Walker Hall Memorial Trophy was played for last Wednesday afternoon at the local greens with 21 rinks participating. W. J. Hutchinson and rink from Willow, Toronto, won the trophy; Gar. Yerex skip, Harry Reid and R. Elgie were second for 3 wins; high for two wins was F. Templeman and rink from Weston; high for one win was J. Henderson and rink of St. Cathberts.

The annual bowling dinner will be held at the Ridge Inn on Wednesday, October 24. Plan now to attend.

THORNLEA NEWS

Correspondent :
Mrs. J. Gribble
Telephone Thornhill 36731

Markham Fair Winner
Miss Audrey Thompson of John Street, did very well at Markham Fair over the past week-end, when she received a first prize on a pair of socks she had knit; and also won three firsts and two seconds on her lovely flower arrangements. Congratulations Audrey.

Miss O. Maple of John St., enjoyed a couple of days sight-seeing around Niagara Falls.

Miss Dorothy Gribble and Harold Gribble spent part of the week-end at Geneva Park, Orillia, attending a youth convention.

Visitors at the home of Mr. and Mrs. Gribble for Thanksgiving, were Mr. and Mrs. J. Wicksey and family of Toronto.

Former King Hotel Recalls Memories

At the C.N.E. this season, Mrs. Archie Campbell exhibited an old corkscrew amongst the antique kitchen gadgets on display in the women's Building. The corkscrew is known to be over 100 years old, and is made of copper, decorated with a design of grapes and maple leaves. The handle is made of ivory.

Mrs. Campbell says that this gadget was a souvenir, acquired by her father-in-law, the late Jerome Campbell, when the McBride Hotel at King went out of business.

Newcomers to King will find it difficult to imagine what it must have been like when the McBride Hotel was a busy place. It was a four-storey red brick structure, located where Bob Benson now has his woodwork shop. The entrance and porch faced the street that leads to the railway station. There were 21 bedrooms, a large dining room, and a bar. Isaac McBride was the proprietor. His grandchildren, Pat and Annie McBride, live on the McBride farm, across the road from where the McBride Hotel once stood.

In those days there was also a large livery stable nearby where travellers from neighboring villages and farms would stable their horses while they continued by train to Toronto. Miss Annie McBride states that the family have only one memento from the Hotel, and it is a photograph taken about 55 years ago. There is a group of men standing in front of the hotel and one young man standing with his hands in his pockets is Mr. James Patton, one of King's highly respected older citizens.

Liberal Classified Advertisements Bring Results

EDGELEY NEWS

CORRESPONDENT: Mrs. Raymond Stuart, R. R. 1, Maple
Telephone Maple 110R3

The meeting of Edgeley United Church Women's Association will be held on Thursday afternoon, October 14 at the home of Mrs. Alf Bagg.

The Edgeley Marmers' Club met in Edgeley Hall on Thursday evening, October 4, with a fair attendance.

The Edgeley Euchre Club opened their season's activities in the Edgeley Community Hall on Tuesday evening, September 25, with nine tables playing. The prizes, chickens for first prize and groceries for second and third prizes were won as follows: Ladies' 1st, Mrs. Mountford; 2nd Mrs. B. Watson; 3rd, Mrs. R. Rowntree. Men's 1st, Don Watson; 2nd, Allan Smith; 3rd, Eric Adcock.

Mr. and Mrs. Chas. Greenley visited their daughter and son-in-law in Quebec City for three or four days last week.

Birthday greetings to Wilfred Bowes, October 10, and to Alvin Puterbaugh, October 12.

This week Edgeley School played a game of rugby with Elia and lost again 40-30. There will be a return game in two weeks in which we hope to have better luck.

The Edgeley W. A. catered for the Cook-Avery wedding on Saturday afternoon. About 90 guests attended the reception held in the Edgeley Community Hall.

Mr. and Mrs. Puterbaugh, also Marian and Ruby Puterbaugh had dinner Sunday with Mr. and Mrs. W. Bowes.

Mr. Findlay, owner of Findlay's Dairy Farm, Edgeley, was a new exhibitor this year at the York County Black & White show, sponsored by the York County Holstein Club and staged in co-operation with Markham Fair on Friday, October 5, and it proved to be a very successful venture for Mr. Findlay. Six head were shown which took a total of 9 prizes: 6 firsts, 1 second, 1 third and 1 fifth prize.

In the groups, Mr. Findlay had the top senior and the top junior

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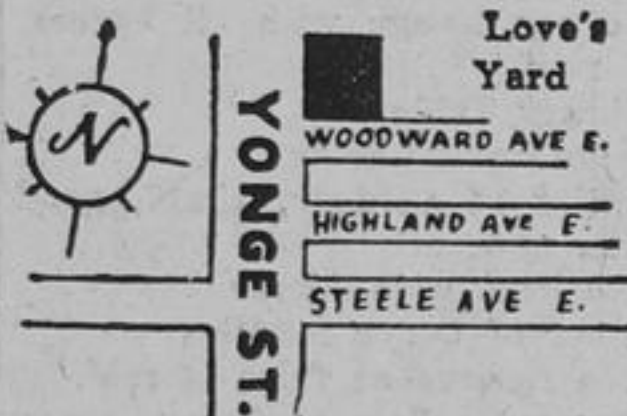
COLLECTION OF ASHES

Ash collection will commence in the Village of Richmond Hill on Monday, October 15, and will be collected every Monday thereafter.

Village Of Richmond Hill
R. Lynett, clerk

John C. Love Lumber Co. Ltd.

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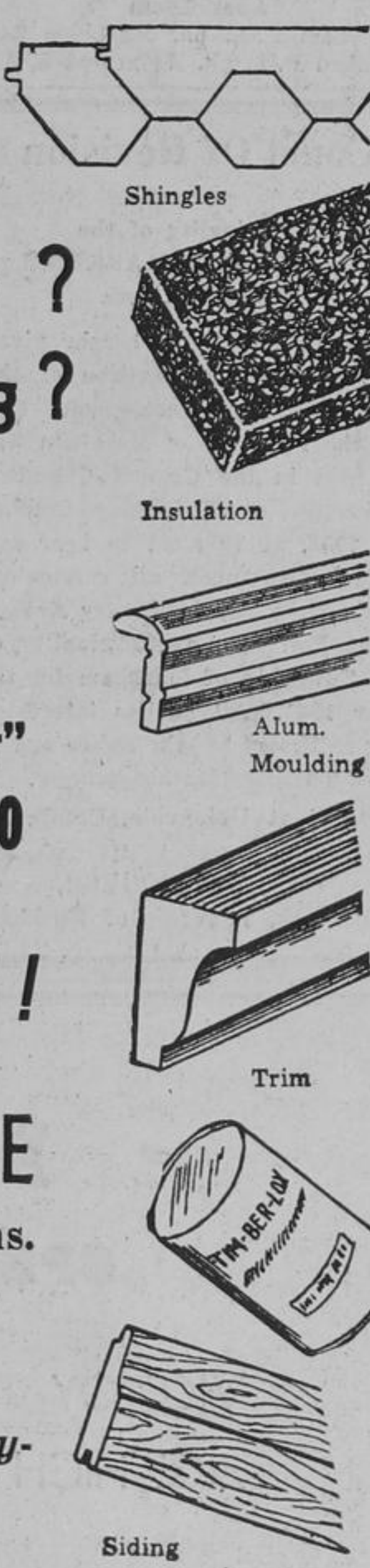
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