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**DISTRICT SPORT NEWS**

**The Sports Clinic**

An Official Department of Sports College  
Conducted by Lloyd Percival

**Which Eye Is Your Sighting Eye?**  
When we are looking at something we automatically line it up with either one of our eyes. This eye does the work of sighting or aiming our vision. For example, when a baseball is thrown at us one of our eyes does the job of lining it up. Both eyes are in use at this time but only the one that nature intended to do that particular job is "sighting" the ball. It is very important that a ball player find out for sure which of his eyes is the one he "sights" or lines up with because if he is right handed and his sighting eye is his right one, he will have to make sure he turns his face squarely toward the pitcher during his batting stance so that his sighting eye can come into play. If he doesn't turn his head in this way, he would probably not get a good view of the ball as he should and his hitting, of course would suffer.

Here is a test that you can use to find out which of your eyes does the sighting for you. Reach out with an arm and point with your index finger toward an object 15 to 20 feet away, keeping both eyes open as you get your index finger pointing directly at this object. Then, when you have lined it up, close one eye and take a look. Then close the other eye and take a look. You will find that when you close one of your eyes your finger remains pointed at the target but when you close the other eye you will find that you are far from lining up the target, sometimes being as much as 5 or 6 inches off the mark. Remember, make this test right away and find out which of your eyes is your "sighting" eye and then make sure you give it a perfect view of the ball when you are up at the plate. This is one sure way to improve your hitting.

**Improve Your Starting Technique**  
There is little doubt, now that conclusive tests have proved it so,

that the most important factor in starting technique is to gain the maximum propulsion from the blocks by exerting maximum explosive pressure with both feet against the blocks, rather than concentrating on getting away from the blocks as quickly as possible without emphasizing any real drive. Although the initial start is delayed slightly the dividends in the force of extra momentum more than make up for the time lag at the gun.

The best type of start to utilize this foot force is a medium foot spread with feet 10 to 18 inches apart, with the buttocks three or four inches above the shoulders.

**After Activity Meal**  
It is wise to wait until you are fairly well recovered (an hour at least after activity has stopped) before you eat heavily. Otherwise sufficient blood will not have returned to your stomach to do a good digestive job. Also remember that digestion takes blood that must be brought from other parts of the body and this causes the heart to work even harder than it already is doing. This is why your heart always beats faster after a heavy meal. Take a tip, and give your body a chance to recover before you down that heavy meal.

By joining Sports College you become eligible to receive all the Sports College services which include the series of instruction bulletins, the Research Guide, published every month and many other helpful services invaluable to the athlete, coach or leader and the individual interested in fitness of any kind. Membership is free, anyone can join and there are divisions for all ages. To join just send us a note saying you'd like to become a member — that's all you do. Send your letter to: Sports College, Box 99, Toronto 1, Ontario.

**Pitcher For 38 Years**



Seen above is Mrs. Rena Morrison with her daughter Esther and husband Bill, all well known in the Richmond Hill district for their interest in Softball. Mrs. Morrison has been pitching for ball games for the past 38 years and as anyone who follows the Elgin Mills ball team activities will vouch, when Mrs. Morrison steps up on the mound, the opposing batters can expect a run for their money. The Elgin's star pitcher started her career back in 1915 at Hope when she and her sister Effie used to walk as far as 10 miles to play a game. She was with the Maple and Thornhill teams before joining Elgin Mills 10 years ago. Baseball has become a family affair with Mrs. Morrison, daughter Esther Topp and three nieces wearing the Elgin ladies' team colours. And when it comes to the men's games at the end of the scheduled games, husband Bill and son-in-law Jack Topp know a few tricks too.

Bill Morrison, well-known local coach and umpire is managing the Elgin team in the Markham Softball League this year and has seen his wife's famous curve ball help to bring the team into second place in the Markham league.

Mrs. Morrison who plays for the sheer love of sport says that at 53, she feels as spry as she did 30 years ago and adds that she hopes to continue in her favourite sport for the next 20 years.

**Vaughan & Dist. Softball League**

TEAMS' STANDING, JULY 16

Team	P	W	L	T	Pts
Ella	18	14	3	1	29
Maple	18	14	4	0	28
Concord	18	12	6	0	24
Hope	18	5	11	2	12
Downsview	18	5	12	1	11
Vellore	18	0	18	0	0

With the closing of the regulation games, play-off games will commence on Thursday night with Concord at Ella for the first game, with Hope or Downsview at Maple

for the second, unless Maple makes first place and Concord second. The semi-final series will be a 3 out of 5 games win with finals being four wins out of seven. With the closing of the regular season, Harold Dament, president of the League would like to thank all fans and spectators for the wonderful support they have given the teams, and hope they will increase in numbers as the play-offs commence.

**Preliminaries Disqualified  
Al Orlando Takes Main Bout  
Amid Audience Free-For-All**

**By Quintin Wight**  
Well the main event got off to a fine start as usual. Orlando appeared in the ring with both wrist and knee taped, and Don George, who had accompanied Joe "Scissors" Greenfield to the ring objected, Al let him have a fist in the teeth. Both were subdued after much struggle, and the bout proper began. Greenfield had a tough time of it for the first few minutes till Orlando bit his hand, Greenfield promptly recovered enough energy to remove several chunks of the Orlando epidermis with his own choppers. He was having things his own way for a while until Orlando managed to get his tape into use and got in a few kicks of his own. Atop spread by Orlando spelled the end of Greenfield then and there. (At this point a fight broke out in the stands and was quelled with great difficulty.)

The second fall was slightly on the rough side. Orlando caught Greenfield in a shoulder stand and leg-lock, but Joe wiggled out of it at the eleventh hour and clamped on his cross-body scissors. Orlando got out of this by biting him in the arm. Greenfield retaliated by clamping on a head scissors and pounding Al's head up and down on the mat until his face resembled a contour map of Nagasaki after the atom bomb. Then he changed to a body scissors and squeezed a submission from the thoroughly jellied Orlando.

Greenfield opened the third fall with a body scissors, then kicked Orlando to the cement twice. Orlando crawled back in the third time and caught Joe with a shoulder in the chest, then a pair of drop kicks. He scraped Joe's eyes along the ropes, then stopped to yell at the crowd. Greenfield jumped at the opportunity and slammed on his body scissors. Orlando countered with a leg split, broken by the referee, then used a shoulder stand in the ropes to pin Joe for the fall and the match. The Black Panther finally met with some tough opposition to his career of ring villainy in the semi-final of the evening. Angus Scott of Hamilton, a younger brother of George Scott, and scaling in at 230 pounds, gave his nibs something he won't forget for some time to come. Right from the bell, Scott opened with a steady barrage of drop kicks which rendered into the Black Panther no little discomfort. In fact he didn't like it one bit. He did get in a few love-taps with his short cranium, but a further succession of piston-like drop kicks softened him up for a top-spread and pin.

The Black Panther took the second fall. He had been writhing for a while in the grip of a double-leg lock, but he escaped from this by crawling under the ropes. This time his noggin knocks showed some promise and he used them effec-

tively to stun Scott while he applied a shoulder stand (with the help of the centre rope). Moreover the creed of the referee — hear no evil, see no evil, speak no evil — won out and he gave the fall to his Ebony majesty. When the bell rang for the third round, the Black Panther made a wild dash for Scott and wound up in a heap in the corner when the wily fella ducked. He did manage later to get a leg split on Angus but Scott took it rapidly. As the going got hotter, the Panther seized a golden opportunity and tossed Scott out on his ear on the cement. Then he jumped down himself and proceeded to pound him around. This was the time for the fans to get in the act, and they did. After unravelling the end products, the decision was — both disqualified, the bout a draw. The second preliminary brought Juan Lopez to the Arena. Lopez, a past World's Middle and Welterweight champion and a past master at the art of villainy mangled Antonio Rocci in a most enticing way, then finished him off with a back neck twist. The first preliminary was won by Ernie Houston, another old timer, who pinned William Bauer with a double reverse bar arm.

**Markham Softball League Exec. Meets**

The executive and representatives of the Markham township Softball League held a meeting recently to consider several important developments in the league operations.

The protest lodged by Stouffville concerning a mid-May game was thoroughly considered and sustained. The protest arose when the plate umpire over-ruled the base umpire to cost Stouffville a run which resulted in Buttonville winning the game 11-10. The members present at the meeting decided to allow Stouffville the run making the final score of the game 11-11. This gives Stouffville an extra point in the standing. Regarding the withdrawal of Woodbridge from the league, it was decided that all games concerning the team would be considered default and two points would be awarded to the team concerned. League play-offs were discussed and set at best of 5 for the semi-final rounds and 4 out of 7 for the finals.

League Standing up to July 14:

Team	P	W	L	T	Pts
Markham	17	13	2	2	28
Buttonville	16	12	1	3	27
Thornhill	16	11	2	3	25
Rich'd Hill	18	8	8	2	18
Unionville	17	7	8	2	16
Stouffville	16	5	8	3	13
Peaches	16	0	15	1	1

**Etobicoke Driver  
Out To Break  
His Losing Streak**

The fortunes of stock car drivers can change almost as quickly as those of baseball pitchers. One week they can be unbeatable and the next can't grab a victory for love or money.

Take the case of Pincrest Speedway's Jim Hallehan, the 23-year-old Etobicoke driver who was cutting quite a swath at the No. 7 highway track not too many weeks ago. Jim was second, third and fourth in the first four feature meets at Pincrest and then won the 20-lapper of June 6. However, either the rest of the field has begun to catch up on Hallehan or his recent crackup has caused his buggy to act up.

Whichever it is, the three-year veteran of driving all over Ontario, hasn't finished "in the money" in a feature for quite some time. His No. 33 was here, there and everywhere until it flipped over in mid-air and landed on its back a month ago.

"The competition's getting keener all the time," was the way official scorer Mal Sinclair explained it the other night. "Drivers who found it easy to win early in the season are learning the other cars are getting faster."

Nevertheless, don't rule Hallehan out of the \$1,000 Carling trophy race — yet. He's recovered before from some hazardous experiences that include rolling over five times, running off a track into a river from which he had to wade as well as having his car catch fire.

S-o-o, if he can return to his steady point-grabbing pace in the near future, Bill will be very much in evidence when they're dishing out the moolah every Wednesday and Saturday night at the No. 7 highway track, two miles west of Dufferin St.

One thing is sure, he'll be there every evening at 8.30 p.m. unless something unforeseen stops him.

**18 Year Old  
Rides First Winner**

Johnny Lopatriello, 18 year old son of C. Lopatriello, CFBF sideroad, who has been an apprentice rider for the Turner stables, rode his first winner at the Fort Erie track last week.

Up on Calandria in the seventh race, the official result was delayed while officials viewed a film to determine the winner. Calandria was the long shot of the afternoon. Riding the same horse in the eighth race on Saturday, Johnny also came in first. Two firsts in one week for this young jockey, whose home is in Oak Ridges.

Winter quarters for the Turner stables are also close to Oak Ridges. W. Thurner purchased the farm formerly owned by Archie Monkman on the second of Whitechurch some four years ago, and his horses are wintered there.

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Young man to learn  
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York County Health Unit  
Write to — Medical Officer of Health  
York County Health Unit  
126 Main St., Newmarket

**TITLE BOUT**  
Richmond Hill Arena Tue., July 28 8:30 M.P.

**MANGOTICH**  
Middleweight Champion  
VS  
**ORLANDO**  
Challenger

PANTHER vs FAREWELL  
LOPEZ vs GREENFIELD  
DUBOIS vs GEORGE

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