

DISTRICT SPORT NEWS

Hold 3rd Annual Competition Thornhill Swimming Trophy

Monday evening August 24th, the 3rd annual competition for the T.A.R.C. trophy was held. The competition consisted of six strokes—Breast Stroke, Broad Stroke, Front Crawl, Back Crawl, Side Stroke, Sculling Head First, Seven figures, plus a routine to music for the seniors who have swum more than one year. The junior competition was also six strokes with legs only in the Broad Stroke. A routine was not compulsory for the juniors. The senior club entries were as follows: Heather Bell and Sandra Sowdon swimming to "Swedish Rhapsody," Penny Reid and Carolyn Jennings swimming to excerpts from "Swan Lake Ballet," Barbara and Carole Radford swimming to Traumatic and in Hawaii, Sunny Zinkan and Marilyn Wesley swimming to "Anna."

For strokes and figures only in Senior Club—Carole Smith.

The Junior Club entries were as follows: Gwen Glen, Carol Frye, Marie Jones, Beverley Oce, Jocelyn Purvis, Dawn Wilson, Patsy O'Brien and Nancy Appleby. An exhibition showing 1st year figures was done by Gillian McTaggart.

Mattresses Given To Wrestling Club

Two used mattresses were donated to the King City Wrestling Club recently by Matt Bell and Bob McLeod. These are being used to line the wall near the mat to prevent injuries. The club would welcome more donations of mattresses to complete the gymnasium. The Wrestling Club will resume its fall term with weekly practices. The first practise will be on Wednesday evening, September 2. Coach Bob McLeod is urging old and new members to register with him now and reminds the parents that the small fee of one dollar is all that it costs to belong to this athletic club.

Bowlers Win Garden Hose

A group of four Richmond Hill bowlers placed 12th with three wins in a keenly competitive contest at the Oshawa Gold Cup Tournament, August 19. James Grainger, Russell Lynett, Gar. Yerex and Eric Charly were but one rink of the 100 which participated. Each member of the local rink won 50 feet of garden hose for being among the winners. A rink from the Runnymede Club, Toronto took first prize — chests of silver each worth \$137.

Second prize was radio alarm clocks, third pop-up toasters and fourth Bulova watches.

Win 2nd Prize
Mrs. James Grainger, Mrs. R. Charity and R. Lynett, skip won second place in the bowling tournament at Brampton on Saturday. Thirty rinks participated, a Brampton rink taking first prize.

"Honest" Tom Loses Main Bout To Von Sieber In Rough Match

by Quintin Wight
The first main bout of the evening featured Waldo Von Sieber and "Honest" Tom Sullivan. Von Sieber outweighed Tom considerably, but Sullivan made up for it in out and out "rough house".

Baron Gets 1st Fall
Von Sieber opened the first fall with a scissors. Sullivan got out of it by removing sundry sections of the Von Sieber skin with his teeth. Von Sieber didn't take kindly to this, or to the kicking spree that followed it. He bent Thomas back over the ropes and slashed him one on the bean. Sullivan produced a chunk of paper from his trunks and started working Von Sieber over again. Then Waldo got mad. He caught Tom in a fast head chancery and gave him two kneelflits to the face. A quick and powerful body slam, followed by a knee press gave Von Sieber the first fall.

Reluctant Sullivan
Sullivan was rather reluctant to come out of his corner for the second fall (understandably). However he did manage to screw up enough courage, and after running into a few preliminary face flips by Waldo, he clamped on a horse mouth from the rear. Unfortunately he got one of his fingers too far into Von Sieber's mouth, and the Terrible Teuton set his teeth in it like a rat trap. Shaking his dented digit in a fascinated manner, Sullivan retreated once more. He grabbed a handful of sawdust and scrubbed Von Sieber's eyes with it, then took off for safer climes. He didn't take off fast enough though, and Waldo caught him in an aeroplane spin, then clunked him solidly on his napper on the canvas. The inevitable pin followed, and the match went to Waldo.

The Final Deal
"Tomorrow and tomorrow and tomorrow creeps in this petty pace from day to day" — but no more wrestling looms on the horizon. The final card has been dealt and the deck was stacked the wrong way. However, it was good while it lasted, and the future is open to possibility.

People's Hero
A joyous shout of welcome acclaimed the entrance of "Gentleman" Al Orlando, the People's Hero, in the second main bout. At least he was the people's hero on Tuesday when he fought Juan Lopez. Two past masters in the art of ring villainy, Orlando and Lopez

kicked, scratched, bit and punched their respective ways through a match to end all matches. Orlando took the first fall with a body slam and top spread, but not before he'd been hammered dizzy in the ring corners, and well jelled by the mean mannered Mexican mite. Al recovered slowly, then forced Lopez into a corner and softened him up with a few elbow slams before applying the body slam to take the fall.

Fall For Lopez
Lopez ran things his own way in the second round. Orlando caught him in an arm twist and was trying valiantly to wind it up anticlockwise when a hard foot came sailing up from the floor and plunked into his stomach. Al sort of failed away like a dying duck and sagged over the ropes. Then he toppled to the cement. Dazed, he crawled back in, then met a chop to the throat and dropped into a reverse Mexican neck twist by Lopez. Veterbrae grinding noisily, he conceded the fall.

The third fall and the match went to Lopez. Orlando did his best. He caught Juan in a variation of the standing surfboard, then changed it to a double hammerlock. Lopez then lifted his head suddenly and banged Orlando on the forehead with it. Needless to say Al let go in a hurry. Lopez then bounced him around a little and clamped on his Reverse Mexican Neck Twist again. Obligingly referee MacArthur stopped the bout and awarded it to Lopez. Orlando rose then, shaking righteously denounced the referee in no uncertain terms. It seems he hadn't given up and wasn't ready to lose the bout. However, the referee stuck to his guns and displaying his "get thee gone varlet" glare stalked off to the dressing room. Al trailed disconsolately behind him.

Preliminary Bouts
The bounding Frenchman Jacques DuBois met Joe "Scissors" Greenfield in a two out of three falls match in the second preliminary and lost by a hair — or we should say a leg. Joe's body scissors pulped our scalped friend thoroughly and the submission came easily. DuBois got caught in the scissors when he missed a flying drop kick.

In the first preliminary Don George beat Jack Flicker with his own version of O'Connor's Octopus Clamp, or a standing reverse toe hold.

The Sports Clinic

An Official Department of Sports College Conducted by Lloyd Percival

TARGET CONTROL PITCHING

Any big league manager will tell you that the two most important fundamentals of effective pitching are control and a fast ball. Here's a training system you can use to develop both.

Have a catcher stand behind the plate with his feet spread the width of the plate. Have him stand up to catch with his knees only slightly bent, not from the crouch position. A catcher in this position gives you an ideal target to shoot at. By aiming the ball at either his shoulders or his knees you can hit the ideal pitching targets — the corners of the plate. By pitching your strikes in these spots you are throwing the ball where it is hardest to hit.

Each day after your warm-up, throw 16 speed balls and try to make each one faster than the last. Throw 4 balls at his left shoulder, 4 at his right shoulder, 4 at his left knee and 4 at his right knee. Then count up the times you actually hit your target. When you hit 12 times out of 16 you will know that you are getting real control. This practice will not only improve your control, but it will also develop your speed. To throw more than 16 times at top speed is not necessary. If you throw this number of speedballs and try to make each one faster than the last it will give your arm just the right amount of work, and if your arm gets the right amount of work, it will gain in strength and power. Try this stunt for a week or two and see for yourself how your control and speed will increase.

LOB IT BACK, DON'T SMASH IT

Whenever the average tennis player has to run hard to get a ball that has been well placed out of reach usually his only thought is to get the ball back over the net, which he returns harder than usual.

When you are returning a shot that has forced you out of position

Joan Marinoff Ends Game For Elgin 8-5

Joan Marinoff, second-base player on the Elgin Mills Girls' Softball team, ended Monday night's seven-inning game when she deftly caught the final strike made by the Cedar Grove team, leaving the score 8 to 5, favour of our girls.

Rena Morrison pitched and Irene Mashinter was catcher for the Elgin Mills team while Tommy Mashinter did a good job of umpiring.

Pitching for Cedar Grove was Audrey Muirson. Marion Beare was the catcher.

Wednesday of last week our local girls had a close game with Peaches but won the game with a score of 6 to 5.

The Elgin Mills girls are now in second place for the semi-final play-offs which begin at the Jefferson diamond next Monday night at 7 p.m. sharp!

The teams winning 2 out of 3 games in the semi-finals will later try for the best 3 games out of 5 in the finals. We'd like to see our Elgin Mills team come out on top.

AVOID FOOT FATIGUE

In tests at Sports College we have found that endurance performances can fall off by as much as 50 per cent. If the athletes wear shoes that do not properly support their feet.

As far as footwear is concerned, for any game demanding the use of rubber soles we recommend the B. F. Goodrich "P-F" shoe because it stands up under the most careful comparative testing.

Yes, membership in Sports College doesn't cost you a cent. Just write a letter to Sports College, Box 99, Toronto 1, Ontario, saying you wish to join. We'll do the rest.

Make sure you are on top of the latest in training information. If your name is not in our files we cannot keep you posted on our research nor extend the many special services we have for Sports College members.

Bill Hamilton Can't Quit Stock Car Racing

Activity had just ceased at a recent Pincrest Speedway Wednesday night and Guelph's Bill Hamilton was busy surveying the damage to his No. 37 stock car on the No. 7 highway track.

"You gotta be in the money every night — the first six in the feature race, that is — to make money at this business," said Hamilton, "and you have to have luck to do that — and lots of it."

Hamilton, who celebrated his 22nd birthday two days ago (August 26 to be exact), had just been the anchor man in a four-car pile-up before making the above statement. He collected a busted radiator, water pump, intake manifold, distributor and shock absorber as well as a banged-in rear end for his trouble that evening.

During the previous seven days, William had registered two feature wins in three meets and that's not bad for a guy who races stock cars for a hobby.

"I don't think I'll ever amount to anything as a driver," admitted Hamilton, "and I've been going to quit every year since I started in 1950. But I like it and can't quit."

Hamilton got into stock car racing the day after he saw his first race at Galt — and won his first heat. He has been a regular participant at the Saturday and Wednesday evening shows at Pincrest. Outside of toiling as a mechanic in his dad's garage on the outskirts of Guelph, Bill spends the bulk of his remaining hours as a stock jockey. He has seen action at Brantford, Ancaster and Wasaga Beach in his short career.

If you want to see this gent, who loves a sport so much he can't quit, keep an eye peeled for Bill and his No. 37. He's on hand every Saturday and Wednesday shortly before the 6.30 p.m. starting time and has been giving many of the more experienced pilots at Pincrest plenty to worry about as he climbs steadily in the \$1,000 Carling trophy point race.

And, make no mistake about it, Hamilton could end up the winner.

R. Hill Bantams Seek Sponsor

The Richmond Hill Bantam baseball team will be taking an active part in the coming Ontario Baseball Association play offs to be held in Richmond Hill next month.

It has been announced that the local team is in need of uniforms and it would be much appreciated if a sponsor or group of sponsors could be found in the area.

If anyone is willing to give some support to the team, contact George Harte, Church St. South for more information. It's a worth while cause and your help would be much appreciated.

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