The Sports Clinic

An Official Department of Sports College
Conducted by Lloyd Percival

THE HOOK SLIDE

The hook slide is to enable you to get into a base safely, even when the fielder has the ball before you get there, or if he gets it just as you go into the base. This slide is performed like this: First you decide to which side of the base you will slide. Naturally, you choose the one opposite to the side at which the fielder is taking the ball. For example, if the throw is from third to second base, you will slide to the outfield side of second base. If the throw is from centre field and the baseman is facing the outfield, you should slide to the infield side of the base.

When sliding to the outside of the base you slide with your right foot forward and wide of the base. Your left leg should be bent at the knee and your foot should be hooked so that you hook the base with your left instep. Your right foot should go well past and outside the base. Your body should be thrown outward away from the base.

When you slide you should land on your right hip. When sliding to the inside of the bag everything is just the opposite — left foot forward and so on.

Remember — you slide past the bag with your front foot, throwing your body well away from it and you hook the instep of your bent rear leg on the bag.

Before you use a hook slide in a game you should practice until you get it down pat.

HOW TO IMPROVE YOUR CRAWL

When moving your arm forward in the crawl don't reach too far — the hand should go into the water just before the arm is almost straightened.

Actually you should never completely straighten out your arm because a slightly bent arm can produce a lot more power than a straight arm.

You should also make sure that your hand enters the water before your elbow. If your elbow enters first your forearm will slap down into the water and thus you will be pushing water and slowing yourself down.

AN AFTER-PRACTICE TREAT

For a dessert treat after a hard practice, and a wonderful way to replenish the energy and protein stores of your body try a honey sundae. All you have to do is fill a dish with ice cream and pour liberal amounts of honey over it.

This dessert is a favorite of the Sports College Track and Field Testing Group, so why don't you try it today.

Jack Burbidge Top Candidate For Pinecrest $2500 Championship

A guy, who may yet have a lot to say about who wins the Carling point trophy at Pinecrest Spedway this season is Brantford's Jack Burbidge. Last year, the 27-year-old speed demon looked to be home free at mid-season in the race for the top jockey award until the bug-bear of all stock drivers — motor trouble — caught up with him.

Loses to Nugent

Even at that, Jonathan battled right down to the wire before losing the honor and the dough that went with it to Buffalo's Bill Nugent by a four-point margin. Now, the situation is much the same between the pair at the No. 7 highway oval. Only major difference is that both Burbidge and Nugent have to figure ways and means to stop Toronto's Ivan Moore — and soon — or wind up battling fr runner-up slot.

Feature Triumph.

Burbidge got a start in the Stop Moore campaign by scoring his first 1954 feature triumph on June 26. This together with a third, two fourths and a six-place finish in previous main events allowed him to move up to third spot in the Carling romp.

In-between, Jack had his share of hard luck. After breaking an oil pump at one meet, he came right back to fracture an axle in the fast car heat of the next.

However, maybe now the brush-cut ace has finally found the winning stride which saw him cop six features and the 50-lap Canadian Quarter-Mile championship last season. It took this veteran, who was the first stock car driver in Brantford, two full years of racing to rack up his initial feature win.

Doesn't Give Up Easily

This suggests he doesn't give up easily and as he has three children to support, it is reasonable to assume that Burbidge will soon be his feuding-self again.

Anyhow, the Brantford-ite will be on hand every Saturday night at 8.30 p.m. working his head off for a point. Until further notice there will be no Wednesday stock meets at the No. 7 highway track. That night will be utilized for special events.

Top Contender

Keep an eye out for Burbidge's No. 21 It should be one of the top candidates for Pinecrest's second annual $2500 international quarter-mile stock car championship slated for July 21.

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DISTRICT SPORT NEWS

Garner Successfully Defends Middleweight Championship

Wrestling fans at Richmond Hill Arena were treated to one of the best wrestling matches ever witnessed when Red Garner successfully defended his middleweight championship against Killer Mangotich. This bout had three hard fought falls with never a kick, punch, or any illegal holds used. Here were two of Canada's really outstanding athletes in action with first one and then the other having the advantage. Mangotich surprised all the fans with his clean-cut efforts and many of the fans were of the opinion that if the match had gone any longer he would have worn the champion down. However, 'if' is a mighty big word, and he didn't win, but he made a lot of friends by his very fine effort.

Garner won the first fall with a reverse Japanese Leg Lock in 12 minutes. The second went to Mangotich in a like time when he forced Garner to give with the seldom seen and very dangerous Indian death lock, with the last fall going to Red when he caught Mangotich off guard and dropped him with a slam and top spread.

In the Semi Final Jacques DuBois defeated Tony Rocci, and Jim Krotcher defeating Hassan Bey and Harold Van Dyke losing out to Stoney Brooks in the opener.

Another team match is on the card for next week with Killer Mangotich and Al Orlando meeting Jacques DuBois and Ron 'Wildcat' Osborne in the feature. Tom Sullivan clashes with Stoney Brooks, and the Black Panther locks holds with the giant Frenchman Jean ValJean.

Completes Champ At 8 Months

Mr. and Mrs. Sidney Taylor, Glen-El-Tee Kennels, Registered, of Bond Lake, entered two of their Shetland Sheep dogs in the London, Ont., Canine Association All-Breed Dog Show, with Quarrybrae Little Princess taking first prize in the open female class, winners female, and best in opposite sex.

Glen-El-Tee's Little Black Joe took first place in the open dog class, winners dog, best of winners, best Canadian dog bred in the breed, best Canadian bred puppy in the breed, and best of breed. He was also judged the best puppy in the working group. This completes his championship at the age of eight months.

Many Prizes Won At King Sports Day

The Lake Marie and King Athletic staged a very successful event on July 1 when their annual Sports Day was held.

Prize winners names were drawn and presentations were made by the association president George Brown and secretary R. Robson.

Winners were: gate prize 1st, a mantel radio, Miss Mary Paxton, Oak Ridges; 2nd five dollars, Mrs. Pete Lorett,, King City; 3rd two dollars and fifty cents, Mrs. Bob Derrick, King City. Oldest couple on the grounds prize, Mr. and Mrs. Duncan Ross, King City, a glass cake server set. Largest family on the grounds, Mr. and Mrs. Walter Downing, Maple, a ham.

Roman's Pitching Highlights Game

With only one home run scored in an 11 to 8 game on July 5, Richmond Hill outplayed Downsview following a slow start during the earlier part of the game, which was played at Downsview.

In the first part of the game, the Hill was behind 6-1 but caught fire in the fourth inning, driving in five runs. Downsview went ahead two runs only to be stopped by the Hill boys, backing the superb pitching of Tony Roman, who took over from Howard Bennett in the fourth. A home run by Roman started a five run rally to finish the game 11-8 for the Hill.

Lands Prize Pike

W. H. Rose, Markham Rd., Richmond Hill, now holds a fishing record hard to top when he recently caught a "whopper" while fishing at his summer cottage on Victoria Point, Lake Simcoe.

Mr. Rose landed a 20 lb. Pike measuring 41 inches in length. Local anglers have quite a record to match.

MAPLE AND DISTRICT SOFTBALL LEAGUE

	P	W	L	T	Pts.
Maple	11	10	1	0	20
Concord	9	6	3	0	12
Downsview ..	9	4	4	1	9
Richmond Hill	8	3	5	0	6
Elia	9	2	6	1	5
Vellore	10	2	8	0	4

Stouffville Rink Wins Greene Trophy

Sixteen rinks from surrounding districts bowled for the Greene Memorial Trophy at Richmond Hill greens on July 1 in a mixed trebles tournament. A Stouffville rink, skipped by Geo. Allison captured top honours followed by Gordon Lemon and a rink from Stouffville second for three wins; Stan. Pipher, skip, Mrs. Stan. Pipher and Mrs. Al. White, Richmond Hill, high for two wins; Jack Rice, skip, William Scrivener and Miss Marian Scrivener, Richmond Hill, high for one win.

Bowling in the Hunt Tournament at Lawrence Park on July 3 were Russell Lynett, skip, Mrs. J. Grainger, Vic Broderick and Miss Marian Scrivener, who won second place in the tournament.

Shepperton Great Race Horse Dies

Shepperton, one of the really top Canadian bred horses owned by Mrs. Fred Shelke, Gormley, died last week at the age of 15. The great hero of the Canadian turf was the winner of many stake races and ranked among the first five of all-time Canadian money winners. Altogether he won over $35,000. for his owner and the late Fred Shelke refused an offer of $50,000. for him when he was at his peak.

KING BOYS LOSE

King Boys baseball team played Humber Summit Monday June 28 at King City, Humber Summit 3 King 1.

In the Peewee League Hope Bryson played Kinghorn Strange on Friday July 2, Hope Bryson 25 Kinghorn 12. Three home runs were made by Hope Bryson team.

TEMPERANCEVILLE NEWS

CORRESPONDENT: MRS. ED. PAXTON, R. R. 3, KING
Phone TU. 4-3059

Strawberry Social

The Strawberry Social held on the evening of June 28 net proceeds amounting to $53.90.

It was very gratifying to the W.A. and those interested to see so many people present to enjoy the grand program put on by the Perkins Family and local talent. Rev. Mr. Moddle acted as chairman and we were very pleased to have him with us for this occasion. Miss Ruth Beynon opened the program with a piano solo entitled "Romance". Her second selection was a waltz. The "Little Yellow Dog" was sung by John Perkins. Lois Perkins favored with two readings "Auntie Barbara and the Tom Boy. Mrs. W. Faulkner chose Rhapsody in Blue. When your hair has turned to silver and Anniversary Waltz, as her piano selections. A duet was sung by John and Lois Perkins. Miss Joyce Perkins chose Clair de lune and The Wild Rose for her piano solo.

More local talent included David McClure,

Mrs. Wm. Turner expressed the appreciation of the audience. After the program a social period was held in the Sunday School rooms at which time ice cream strawberries and cake were served.

Teachers Vacation Trip

On July 1 Miss Florrie Beynon accompanied by Miss Florence King of Aurora motored to London where they were to join 120 other teachers for the Teachers Vacation Trip. The group left in three Pullman Buses which will travel 9,000 miles in 52 days. They will visit the Calgary Stampede, Banff, Victoria, San Francisco, Los Angeles, Hollywood, Tijuana in Mexico, Grand Canyon, Salt Lake City and Chicago. This trip is managed by the Ontario Branch of the Alberta Recreational Society with headquarters in Unionville.

Personals

Congratulations to Miss Barbara Wilson, daughter of Mr. and Mrs. Wilson of Maple, who formerly lived at the Romandale Farms, Temperanceville, on her marriage to Mr. Paul Mesley.

Mr. and Mrs. Garnet Glass of Toronto were July 1 guests of Mr. and Mrs. Joseph Levison.

Mr. and Mrs. Clayton Beynon took a motor trip to London with their daughter Florrie while there they enjoyed the beautiful gardens and visited relatives at Denfield.

Judith and Wayne Paxton and their mother spent from July 1 to 5 in Toronto visiting friends.

W.A. and W.M.S.

Will be held at the home of Mrs. Fred Boys on Thursday, July 15 at 2.30 p.m. The topic will be taken by the W.A. The roll call is a verse pertaining to Love. Lunch will be provided for by Mrs. F. Bell and Mrs. H. Hutchinson.

DONCASTER

Correspondent:
Mrs. H. Mizen
27 Seccomoe Ave.,
Phone AVenue 5-1576

Mr. and Mrs. F. W. Flewwelling, Glen Cameron Ave., visited relatives at Elora for a few days.

Paul Russell, Proctor Ave., spent the holiday with his uncle and aunt, Mr. and Mrs. J. Kierney of Toronto.

Brenda Kirby is staying a week with her grandparents, Mr. and Mrs. J. Baker, Clarke Ave.

Pamela, Stephen and Lynda Morrison are with their grandparents, Mr. and Mrs. H. Mizen. A brother, Harry, is with his uncle and aunt, Mr. and Mrs. G. Morrison, Clarke Ave., this week.

Mrs. H. Wenger and children are spending a month at their cottage at Lake Simcoe. Mrs. E. Davidge, Morgan Ave., is spending the summer at their cottage at Lake Simcoe. Carolyn Bragen is visiting them for a week.

Miss Jackie Richardson, Morgan Ave., has been visiting friends at Montreal for a few days.

Mr. and Mrs. J. Artis and their daughters took a trip to Quebec, Kirkland Lake and points north, calling on relatives and old friends. They were away nearly two weeks.

A welcome is extended to Mr. and Mrs. O'Donnell and family, who have moved into the home formerly occupied by the Decaire family on Henderson Ave.

Douglas Goodchild from Scarboro is spending 10 days with his grandparents on Henderson Ave.

Mr. and Mrs. A. Couper and children attended the Dominion Day celebrations at Kingston. They spent some time sight-seeing at Ottawa, and visited friends at Valleyfield.

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TV NEWS

By WES. BLACKBURN

Some of the greatest fun on TV comes from the give-away shows. Or maybe you think they're a pain in the neck.

Whichever way you lean, you must admit nothing has stirred up so much fuss on TV. Not so well known is the little bit of larceny that has grown up around these shows.

A favorite racket is worked by kindly-looking old ladies who write down the name of a winner and drop into the producer's office explaining they'd like to pick up their prize because they have to leave town.

A few weeks later the real winner shows up and, sure enough, the old lady has kept her word, she's left town.

But some of the larceny has been on the other side of the fence. A New York show that's now off the air awarded a woman her choice of jewellery, broilers, watches and similar loot. They ran out of prizes before she called, so the station gave her a certificate for free salami and bologna. Now she can't find any store that will honor the certificate.

TV is fun, and as the number of TV owners increases, naturally the range and variety of programs is being increased too. But TV can be a lot less than fun if you haven't a quality set in the first place, and if a dealer with prompt and experienced servicemen isn't handy to know your problems.

That's why the New Dumont with the clearest picture yet and Blackburn's Appliance, make such a wonderful combination.

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THURSDAY - JULY 15 - 8:30 P.M.
TEAM MATCH

KILLER MANGOTICH
Former Canadian Champion
and
AL ORLANDO
Italian Flash

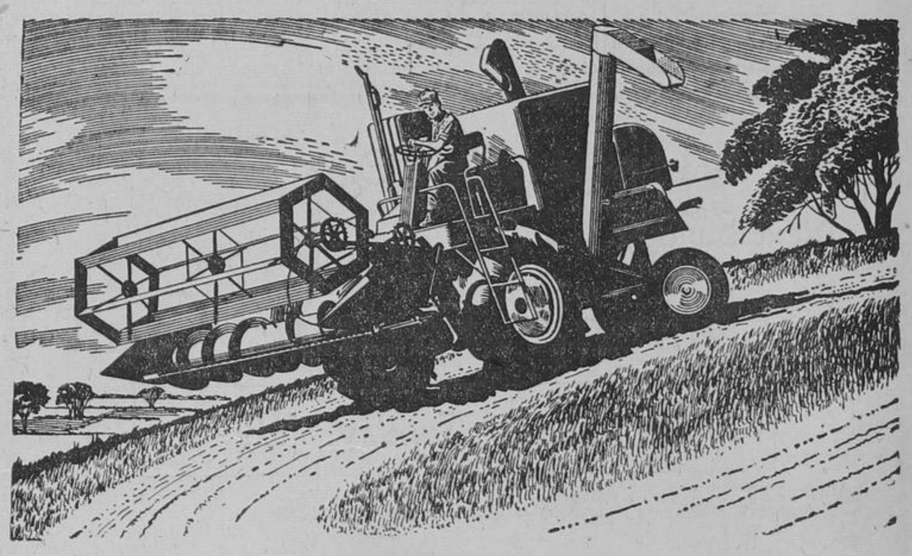
vs

JACQUES DU BOIS
Sudbury Sensation
and
WILDCAT OSBORENE
Sensation of the Moment

Tom Sullivan
Brampton
vs
Stoney Brook
Campbellford

The Black Panther
Negro Powerhouse 230 lb.
vs
Jean Val Jean 260 lbs.
French Canadian Giant

Ringside $1.00 — General 65c — Children 25c



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Wide-spread and fast has been the swing to modern mechanization. Urgent demands have been made upon implement engineers to develop new models to keep up with the needs of agriculture.

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