

DISTRICT SPORT NEWS

The Sports Clinic

An Official Department of Sports College
Conducted by Lloyd Percival

CAN SPORTS AND SCHOOLWORK BE COMBINED?

One of the greatest problems facing those young athletes returning to school versus sport problem. Parents, young athletes, teachers and coaches all appear to be vitally concerned with this important question: "Can enthusiastic sports activities be successfully combined with schoolwork?"

Most educators interviewed during a Sports College study on this problem were of the opinion that sports and schoolwork could and should be combined. They believed that it was not the attempt to combine these two activities that caused trouble but rather a lack of character, organization and proper attitude on the part of the student.

In investigating the role of sports activity in academic failure some 300 cases of actual failure was analyzed. Of these, sixty (20%) could be blamed on too great a concern with sports activities. Study shows that it is not so much the actual time spent practising or playing that causes the trouble but rather the time it takes the average student to reach a practise or game and to get home again. The usual procedure is to stand around afterwards and talk things over in the clubhouse with the other athletes.

The solution is obvious! The student-athlete must sharpen up and organize himself so that he will be able to have his cake and eat it too.

One of the factors in this problem of sufficient time for sports and schoolwork is the technique the student uses in his academic. Above all, he should avoid the common habit of coasting easily throughout the term and then cramming for exams.

The smart plan for the student active in sport is to get as much from every day's school work as possible, keeping up to his study obligations as they are handed out to him. Then he will be in a good position at exam time — the same as an athlete who has lots of "condition" to use when the going gets tough.

The student-athlete has another serious problem, in some ways the most serious — that of "energy". This problem is created when the student takes part in a hard practice or game and then finds out he is too tired afterwards to study. To help your body recover from fatigue make sure you get enough sleep. Another essential aid in recovering from fatigue is maintaining a proper diet. The after-activity meal should be high in proteins (lean meat, whole grain bread, milk and cheese) and fresh fruit and vegetables should be included for the vitamin content and the alkaline ash they produce. Actual tests show that when proper technique is used school and sport can be effectively combined to the detriment of neither. Good examples of how this problem can be solved are Dr. Roger Bannister and John Landy the only two four minute milers in the world. Both are not only outstanding athletes but during their recently completed scholastic careers, were brilliant students.

Army, Navy Diamond And Jensen Team To Battle Dennis And Greenfield

Winner of the Graystones ticket was Bill Stone. High single flat: Harold Cooper 239, Orpha Stone 220, Jack Rodden 211, 248, Hilda Leece 221, Bert Cox 200, 224, Heinz 228, 209, Orm McKissock 208, Jim Beach 203, 244, George Rowbottom 205, 204, 244, Yvonne Stone 215, Vi Woods 238. High triple flat, Geo. Rowbottom, 653, Jim Beach 615, Heinz 605, Jack Rodden 603.

Team Standings
Kibitzers 24
Goofers 23
Alley Cats 21
Hell Drivers 16
Top Hats 14
Blow Pots 7

Jack Dennis, sturdy Northern Ontario grappler, and Joe Greenfield, powerful Langstaff star. All the fans know that Joe and Jack are as tough as they come and both boys hope to give Jensen and Diamond all they can handle next Tuesday.

In the Semi-Final Standey Brooks tangles with Ron Osborne in a return match. Fans demanded a return go for this match, after the hectic finish on the last card.

Of interest to the local fans will be the return of Clive Burton, star of a few seasons ago. He will oppose Doni Mangotich. In the other bouts Sylvain Richard tangles with tough, Jack Sibthorpe of East York.

CARS ARE MY LINE



By Bud Lauria

We're not very often asked, idle questions. But we're often asked idling questions.

You'll see what I mean in a minute.

People who like to look after their cars are often in quite a quandary about how to warm them up, especially on cold winter mornings.

They've been told that idling a car engine brings large amounts of oil into the cylinders, fouls the spark plugs and puts carbon on cylinder heads. All this is quite true.

They've also been told that running the car before it is warmed up causes a great deal of wear because the oil hasn't had a chance to coat the moving parts and because the metal hasn't been warmed up to fit into place exactly right. All this is also quite true.

So what do you do? You get engine wear if you do and you get engine wear if you don't. And this is the real engine wear that can cut your car's life in half.

Well, there is an answer. I think the best way is to turn the engine over at first just a little faster than idling. This defeats most of the objections to idling, and the wait won't be too long.

Then, if you can, try to move the car easily at first, avoiding any great loads and keeping the speed down until normal operating temperature is reached.

So the answer is not to idle and not to gun 'er. Warm it up with your foot softly on the pedal.

Finding a car in the first place is the knottiest problem of all. But most of the problems are eliminated when you find an established lot with a good name it has to keep, and with factory-trained mechanics who've been over every inch of every car before it was ever put on display—our place, of course.

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LAURIA

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King City Midgets Lose One-Tie One

King City Midgets lost 5-3 to Alliston on Wednesday, January 12, at the Nobleton Arena. Dick Sweeney scored two goals while Don Fry, a new player, scored one goal for King City.

On Saturday afternoon at Newmarket the score was tied 4-4 for King City and Newmarket Midgets. Gary Bonham scored two goals, Gord Samon one and Don Fry one for King City.

Illegal Deer Hunting Checked By Conservation Officers

Studies made by Fish and Wildlife staff indicate that deer populations have shown a steady increase in several parts of the Lake Simcoe District. This, in part, has contributed to jack-lighting and illegal killing of deer by poachers which has shown a considerable increase during the last week of December and the first week of January.

It was pointed out by Conservation Officers that the killing of female deer at the present time also, means the certain destruction of any unborn fawns. The fact that a buck deer sheds its antlers in January makes it impossible to distinguish the sex of the animal at a distance, indicates that poachers are quite indifferent to what sex he kills. In addition to being a violation of the Game and Fisheries Laws, it is unfortunate that this un-sportsmanlike attitude casts a reflection on the hunting fraternity who for the most part are good sportsmen and follow the regulations.

Investigate Cases
Conservation Officers who have been on constant patrol have successfully investigated a number of cases which, undoubtedly, have a deterrent effect. In one case, investigation by Officer Norman Sitwell led to the apprehension and conviction of a local resident shooting a deer within the City Limits of Toronto. Seizure of both the deer and the weapon used was made in less than an hour from the time the offence took place and conviction followed. In another instance Officers G. Armitage and H. VanWyck checked a hunter for illegal possession of venison in King Township resulting in \$100.00 fine and other penalties. Court action is pending in three other cases, one in the vicinity of Midhurst and two in Albion Township. In one of the latter cases Officer L. O'Brien trailed the suspected poacher for 2 1/2 miles finally catching him red-handed with a freshly killed buck. Notwithstanding the fact he was confronted with a fully loaded cocked 30-30 rifle, the Officer was successful in apprehending the offender and having him placed behind bars pending resulting Court action.

Maple Recreation Sets Annual Meeting

The annual general meeting of Maple Area Recreation Association will be held on Tuesday, January 25, at 8.30 in Maple Community Centre.

Once a year a general meeting is held to review the activities of the past year, and elect an executive to act as representative to organize ideas for recreation for the coming year.

The 1954 executive includes: President, Mike Wilson; vice-president, George Miller; treasurer, Joan White; secretary, Ruth Dent; officers, Almada Wilson, Marilyn Bailey, Hilda Quinton, Jean Calder, Herb Joslin, Geo. Calder and Ken Fossett.


Mills' Greenhouse League

Results for January 14 are:
Team Standings
Wrens 49
Hustlers 46
Lucky Strikes 42
Night Hawks 39
Bearcats 38
Ramblers 38

Ladies' High Triple: Irene Leach 626, Men's High Triple: Bill Hunt 760.

High Single Scores:
W. Hunt 280, 276, 204, Irene Leach 217, 218, H. Mills 266, A. Peters 213, 219, E. Cook 216, E. Demianuk 239, Ted Bennett 235, 210, Betty Williams 222, 217.

Cecil Tuck was the winner of the Graystones ticket.



BOWLING

FRIDAY NIGHTERS

Results of the second series are as follows: Ladies M. Druey high single 347 flat, 397 with handicap, High 3 M. Blackburn 679 flat, 808 handicap, High average M. Patterson 167.

Men: W. Smith, high single, 330, High single with handicap L. Brillinger 351, High 3 W. Smith flat 818, High 3 with handicap, Don Fettes 829, W. Smith, high average 225.

Winners of the Graystones tickets for the past two weeks are: Ladies: M. Blackburn, D. Turner, Men: L. Brillinger, W. Smith.

Last Friday night some good scores were turned in: K. Flynn 259, W. Smith 315, and 303, H. Druey 226, B. Blackburn 217, A. Blackburn 223, D. Turner 220, M. Holtz 201.

RICHMOND ROLLERS

Team Standing
Robins 47
Cardinals 46
Blue Jays 43
Finches 34
Wrens 34
Orioles 26
Swallows 25
Warblers 25

High Scores
E. Dale 201, 262, K. Cunningham 219, 213, J. Wainwright 226, B. Williams 293, Betty Williams won the Graystones ticket with 293 flat.

FRIENDSHIP LEAGUE

The first series was won by Myrtle Littleford's Sh-booms on Tuesday afternoon.

Team standing end of first series of games: Myrtle Littleford, Eleanor LeCuyer and Ethel Carlisle tied for second place; Ruth Cowan, Margaret Williams, Ruth McMullen, Lucy Dickie, Ruth McKenzie.

Celeste Davis bowled a good game of 258; Ruth Cowan 251, Ruth Charity 243, 201, Gladys DeFoe 242, Margaret Williams 235, Peggy Ripley 217, 210, Ethel Carlisle 219, Maud Benjamin 215, Marg. Blackburn 215, Myrtle Littleford 212, Emily Bunker 211, Gladys McLatchy 209, Betty Houle 206.

COMBINE LEAGUE

The following are the results of last Monday night's bowling: High man was Dave McKenzie with scores of 203, 232, 247, for a total of 682.

High lady was Ruth McKenzie with scores of 206, 205, and 209 for a total of 620.

Other high scores were: Murray Blanchard 230, John Buchanan 285, 208, Norm Bowen 281, 200, Ted Bennett 238, 218, Shirley Smith 217, 208, Jim Crean 277, 208, Doug Watt 272, 203, Bert Cook 277, G. Smith 232, Ewing McGruer 241, 215, Herb Joslin 227, 220, Ed Mashinter 216, 201, Doug Clubine 213, Cam Cowan 206, Mack Clement 251, 217, Jim Baskerville 238, 214, Jess Russell 202, George Patterson 203, George Pollard 214.

Ladies' League Maple Bowling

Results for January 17 are:
High Single, Hilda Quinton 286, High Triple Hilda Quinton 730.

Team Standings
Hornettes 21
Top Notchers 20
Strikettes 14
Snapperettes 14
Accurettes 12
Maple Buds 12
Quintettes 12
Lucky Strikes 7

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ENJOY BOWLING AT ITS BEST!!

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Tuesday - January 25 - 8:45 p.m.

YORK FARMERS' MARKET, THORNHILL

D-Y-N-A-M-I-T-E

Alex Jensen Swedish Bombshell	VS.	Joe 'Scissors' Greenfield Langstaff Mat Star
AND Jack Diamond Former Canadian Champ.		AND Jack Dennis Timmins, Ont.
Stoney Brooks VS Wildcat Osborne		Sylvain Richard VS Jack Sibthorpe
		Cleve Burton VS Doni Mangotich

Admission 75c Free Parking

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Rind on	45c lb.	Roasting Chickens	49c lb. 6 to 8 lbs.
Rindless	69c lb.		



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Buffing Wheel	Brush	
Tool Box		

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