

DISTRICT SPORT NEWS

The Sports Clinic

An Official Department of Sports College
Conducted by Lloyd Percival

EFFECTS OF NEW SKILL ON OLD ONE

Now that spring training is just around the corner and every enthusiastic athlete is trying to get the jump on the other fellow the problems of learning and getting used to new techniques and skills comes up.

The great Knute Rockne, one of the outstanding coaches of all time and coach of a series of highly feared Notre Dame football teams, during one of his equally famous clinics was asked to name what he considered the most important fundamental of success. His answer, which follows, should be well remembered by any athlete. "When a new idea or system is tried the athlete usually feels awkward and loses some of his skill at first and also some of his interest. The wise coach will sell the athlete on the idea that after this temporary period of impaired skill a new peak of efficiency will be reached."

Also remember that the time it takes to acquire this new skill or technique depends on the attention and effort the athlete gives to its practice and the confidence in his coach — realizing that he knows what he's talking about.

REPORT FROM PAN-AMERICAN GAMES

Reports from the Pan-American Games show that tea is very popular with trainers and athletes. It is being used before and after workouts and competitions as an energy jack-up and recovery aid. They are using clear, cool, strong tea sweetened with honey and take 4 to 6 ounces at a time.

DON'T CARRY AROUND EXCESS WEIGHT

When an athlete is preparing for the spring season and is overweight he often thinks he can "run off" his excess weight. To lose one pound of fat it takes 45 miles of easy jogging, 5,700 continuous push-ups or, last but not least four and seven-eighths hours running at ten miles per hour. The best way to handle this problem is to exercise your self-control and eat sensibly.

Unionville Hockey Club Elects Officers For Next Season

On Wednesday, March 16, a general meeting of those interested in the Unionville Hockey Club was held at the home of the President, Sherman Pettit, Unionville, Ed. Reeve, chairman of the Boys and Girls Committee of the Lions Club, Grant Thompson, a Lions director, and Mrs. D. Strickland, were among those present.

Dr. Glen Kennedy read the minutes of the last meeting and the treasurer Arthur Toogood, presented the treasurer's report to date, explaining that several donations are still to be received and current expenses incurred in the Clancy League by the Bantams and Midgets will have to be met.

Cam Webb proposed a slate of officers and directors for the coming season: President Sherman Pettit; secretary Dr. Glen Kennedy; treasurer Arthur Toogood; directors H. Holdsworth, W. Mason, B. Gayman, C. Cuthbertson, D. Findlay, J. J. Hanna, D. D. Strickland, G. Nighswander, M. Smith. This slate received the unanimous support of the meeting.

Dr. Kennedy, seconded by Mr. Cuthbertson, proposed a special vote of thanks to Mr. Toogood for his unflinching efforts which have contributed so much to the success of the past season.

The president called on Grant Nighswander to address the meeting with regard to next year's activities. Mr. Nighswander made reference to a co-ordinated system of coaching, the early formation of inter-house leagues, sportsmanship, and the value of various drills and exercises to develop technique and avoid waste of time. Many of his suggestions will be incorporated

in next year's programme. A most enthusiastic discussion of plans followed, with the need for more ice time and a well-organized and early start being stressed.

Financial Statement	
Receipts	
Magazine & Donations	\$1452.25
Admissions	351.00
Boys paid admissions	282.00
Tickets for Jet game	38.00
Markham Tp. grant	50.00
Unionville village grant	75.00
Markham-Unionville	
Lions	350.00
	\$2598.65
Disbursements	
Sweaters	\$173.00
Sticks & Equipment	450.00
Referees	210.00
Insurance	150.00
Magazine & printing	253.50
Entry Fees	35.00
Insurance rebate	23.00
Miscellaneous	173.00
Rent for Ice	1002.00
	\$2469.65
Balance on hand	\$129.00

Mills' Greenhouse League	
Results as of March 18 are:	
Wrens 89, Ramblers 78, Hustlers 71, Lucky Strikes 63, Bearcats 70, Night Hawks 63.	
Ladies' high triple: Irene Leech 510. Men's high triple: Alex Peters 669.	
High single scores: W. Hunt 200, F. Leech 206, Irene Leech 228, H. Mills 200, A. Peters 290, 228, M. Clement 246, 238, Eleanor Cook 205, G. Nash 217, E. Rowdon 205, Lois Bennett 213, K. Bennett 210, 218, N. Stephenson 242, A. Hawkes 224, Ted Bennett 240, 238.	

O. Ridges Juveniles Still In N.Y. Series

Things looked very black for Oak Ridges Juveniles on March 15, in the first game of the 2 out of 3 semi-final of the North York series, when with five minutes to go Beeton playing on their own ice were leading 7-4 against Oak Ridges. But through the efforts of Doug Hollinshead, who scored one goal and Bob Woolley scoring twice in the last few minutes, the score was brought to a 7-7 tie. Prior, Bob Woolley had scored once as did Doug Hollinshead, Brian Scott and Jim Wells. The return match was played at Nobleton March 17, when Beeton defeated Oak Ridges 3-2. Jim Wells scored both goals. Oak Ridges Pioneer Juveniles have protested both games and Beeton had to forfeit the last game and may also lose the advantage of the tie game for using illegal players. If Oak Ridges wins or even ties the game to be played March 24 at Beeton at Nobleton, they will have won the series.

King City Midgets Take Brooklyn In 2 Playoff Games

King City Midgets won over Brooklyn Midgets 6-5 on March 16 in the second game of the Ontario final play-off series at the Nobleton Arena. Dick Sweeney and Gary Bonham each scored a goal in the first period for King City while Bert Archibald and Gord Samson each scored one in the second period. Sweeney scored two more in the third.

King City Midgets won over Brooklyn Midgets 6-3 in an overtime game on Saturday, March 19, in the third game of the Ontario final play-off series at Port Perry. The score at the end of the first period was 3-0 in favor of Brooklyn. Brothers Paul and Herb Trann scored for Brooklyn. Paul scored 2 and Herb 1. Larry Hill scored one in the second period and Dick Sweeney two in the third for King City. This tied the score at 3-3. In the agreed ten minute overtime Larry Hill scored twice and Gary Bonham once making the final score 6-3 for King City.

R.H.H.C. Bantams Start '55 Season

Richmond Hill Hockey Club opened up the '55 season in the Bantam group with Chicago downing Leafs 4-1. Carlisle was the big gun for the Hawks scoring 2. Barlett and Roth notched the other two. Bill Rice tallied the lone Leaf goal. Red Bone was outstanding in the nets for the Hawks.

Next Tuesday Chicago takes on Boston in the first game with Leafs and Rangers playing the second match.

STOUFFVILLE: The District High School Board here has voted a \$300 pay boost and a \$200 annual increment for staff members.

Present Trophy



John Passmore, captain of the Richmond Hill District High School Midget basketball team, is seen receiving the LIBERAL trophy from Vice-Principal Wright Morrow. The Midgets went undefeated in the North York League to bring the trophy to Richmond Hill for the first time since its presentation to the league by the Liberal a year ago.



COMBINES LEAGUE March 21

Norm Bowen bowled the highest score of the season 359 flat and 361 with handicap. Doug Clubine bowled 333-287-205 (825) which was the second highest score of the season for three games. Other good scores were as follows: Irene Mashinter 255-243-156 (654); Edna Christensen 241-200; Morag McGruer 225; Doreen Horner 207; Shirley Smith 254-211; Doug Walt 235-219; George Pollard 253-224-219 (696); George Smith 232-224; Bob Ross 225; Alf Stong 249-202; Laurence Boynton 224; Dave McKenzie 207, 207, 197 (611); Ted Bennett 210, Dave Brownlee, 216, Gerry Paxton 250, 217, Geo. Paterson 228, Jim Barker 203, Alex Peters 242, Mac Clement 231, 222, Jim Baskerville 231, Jack Irwin 203.

FRIENDSHIP LEAGUE

Tuesday afternoon scores: Margaret Southwell 264, Muriel Savage 256, Ruth Cowan 239, Ruth Charity 238, Emily Bunker 241, Ruth McMullen 227, Ethel Carlisle 212, Jean Sims 211, Gladys Bennett 209, Lucy Dickie 207, Margaret Williams 201, Beth Rice 201, Margaret Phipps 200, Eleanor Lecuyer 200.

Team standings: Liqueurs 43; Gliders 34; Tri-Hards 34; Mambo 32; Rusties 32; Pin-Heads 30; Nutcrackers 24; Sh-Booms 22.

RICHMOND ROLLERS March 17

Team standings: Finches 36 pts., Orioles 29, Wrens 28, Warblers 27, Cardinals 24, Robins 23, Bluejays 17, Swallows 13.

High scores: J. Duncan 244, L. Aceman 235, A. Yule 205 and 219, B. Lambert 216, A. Phillips 215, B. Williams 212, J. Sims 209.

FRIDAY NIGHTERS

The Jokers and the Jacks are tied for first place in the series. H. Drewery 246, 205, A. Blackburn 209, R. Littleford 215, 253, K. Flynn 259, J. Holtz 213, R. Casement 215, K. Tomlin 204, E. Lambert 211, L. Brillinger 212, F. Perkins 227, R. Brillinger 204, 202, J. Kirk 226, 203, K. Kirk 200, W. Cartier 226, R. Perkins 215, B. Smith 216, 203, V. Lourie 244. Winners of Graystone tickets, W. Smith and V. Laurie.

THURSDAY NIGHTERS March 17

Team standing: Indians 17, Lucky Strikes 13, Handicappers 13, Pogues 13, Red Sox 10, Tigers 9, Strike-outs 5, Bombers 4. Graystone tickets won by Marij. Beresford 297 and Al. Rice 313. Ladies high flat games: Marij. Beresford 256, Eleanor Lecuyer 240, Ruth Charity 232, Rena White 229, 226, E. Thompson 219, Maud Murphy 214, 210, Ruth Cowan 210, Iris Pratt 205, Isabel Savage 205.

Gents' high flat games: Vic Broderick 299, 225, Al. White 266, Al. Rice 256, Cam Cowan 232, 231, Harold Ground 232, 223, Eric Charity 225, Alex Clarke 210, Floyd Pratt 209, Bill Waters 204.

R.H.D.H.S. BOWLING Morning Shift

Team standings: Orange Sr. 38, Blue Sr. 33, Orange Jr. 32, Green Sr. 24, Green Jr. 22, Blue Jr. 19.

Senior high single: Jim Curtis, 271 with handicap; high double, Dave Kerwin, 249, 229 - 478 with handicap.

OAK RIDGES BOWLING Wednesday, March 16

The Walnuts 12, Hot Shots and Rinkey Dinks 11, Elms 10, The Pines, Willows, Good Luckers 9, Happy Gang 7, Wizards 6, Maples 5, Oaks 4, Cedars 3.

Water Chestnut Often Ruins Fishing, Boating & Swimming

The Fish and Wildlife Division of the Department of Lands & Forests has drawn attention to the possibility of isolated or scattered plants of the water chestnut occurring in Ontario. This plant is an aquatic weed which can and may ruin hunting, fishing, boating and swimming areas should it gain access to Ontario waters and become established.

Aquatic Plant

This species is an aquatic annual plant, which reproduces each year from barbed nut-like seeds produced the previous year. Each viable seed is capable of producing a cord-like stem from 6" to 15' long. Each stem supports one or more rosettes of leaves which float on the surface of the water being buoyed up by the bladder-like growth in the stems of the outer leaves. The rosettes generally appear on the water surface during May or early June and the plant dies in the autumn of the same year. The water chestnut leaves are a glossy green on the upper surface and a hairy light green on the lower surface. Small white flowers appear generally during July and each flower may develop into a barbed nut which changes from green to black in colour and is capable of germination the following year.

Native of Europe

The plant is not native to Canada or United States, reportedly having been introduced from

Fines For Dogs Running Deer In Closed Season

In a recent case in Magistrate's Court at Beaverton a fine of \$50, and costs was levied upon the owner of a hound. The hound had been allowed to run at large in an area inhabited by deer and finally was caught in the act of molesting one. The following sections from the Game and Fisheries Act, define the regulations which apply.

"No person owning, harbouring or claiming to own a dog shall allow it to run at large during the closed season for deer in a locality in which deer, moose or caribou usually inhabit or in which they are usually found. R.S.O. 1950, chapt. 153." Section 33 (4)

"A dog found running deer, moose or caribou during the closed season for deer in that locality shall be deemed to be at large with the leave of the owner and may be killed on sight by an officer without being liable for damages to any other person or to property. R.S.O. 1950, Chapter 153."

Owners of hunting dogs that have an inclination to run deer, do not appear to realize that the above Section of the Game and Fisheries Act applies equally to Southern Ontario as in Northern Ontario.

All Townships in the Lake Simcoe District have been declared as closed season for deer hunting by Regulations. Therefore they are closed until such time as an open season is declared by Order-in-Council.

A Conservation Officer may lay charges of allowing a dog to run at large in closed season if it is deemed necessary to do so. Although these cases are few, it is found that measures must be taken from time to time to restrict dogs that are running deer when harm is being done.

SCARBORO: A 900-home \$12-000,000 subdivision is being planned on land just east of Scarboro's Golden Mile.

Red Garner And Turkish Powerhouse Renew Feud

It looks like the renewal of an old feud next Tuesday, March 29, when Hassan Bey, the Turkish powerhouse, tangles with Red Garner at Thornhill Market.

These two men wrestled six times with one another last season, each winning three matches. The climax to these bouts came when each bet \$1000 on the match. Bud Jones held the stakes and afterwards presented \$2000 extra to the Turk who defeated Garner that night. However, the way the veteran grappler is going right now it looks as if Mr. Bey is going to be in for a very rough evening indeed.

At any rate the fans are sure of a very exciting night's entertainment when these two collide.

Mr. X, the mystery wrestler, will endeavour to run his winning streak to four at the expense of tough Jack Flicker of Aurora. Jack lost a very close one to Al Orlando last show but says he was the victim of a fast count. This match with Mr. X will give him a chance to get on

a winning streak again. Pounded for pound Flicker is being as they come and maybe just the boy to snatch off the masked marvel's mask.

Sylvain Richard, that ever popular French star, clashes with Benedetto Lima, Italian champion, who created such a sensation on the last card. In the other bout carded, Ripper Ron Leonard, erstwhile referee, will take on Tommy White of Langstaff in a one fall, 30 minute time limit set-to.

Age and experience triumphed over youth last Tuesday at the Thornhill Market as the veteran Red Garner came from behind to take the third and deciding fall from Jack Diamond.

What a match that was with first on grappler and then the other having the advantage. At one point Diamond had Garner bouncing from the ring to the floor like a rubber ball. Garner survived however and floored Diamond with a series of judo chops and never looked better. This trip he looked like the Garner of old. Hope the Turk is in good shape for next week, then look out Sullivan.

Benedetto Lima made a terrific hit as he downed Cal Cosburn who was no slouch himself. Both these boys will be welcomed back at any time. Mr. X continued his winning ways but was very lucky to eke out a win over Ron Osborne and Jackie Deal the Rockalite Kid came through with a nice win over Ted Turner. This boy Deal looks like a real prospect and should develop into a top flight mat star in the future.

FUEL OIL
STAN ROOTS
KING 176

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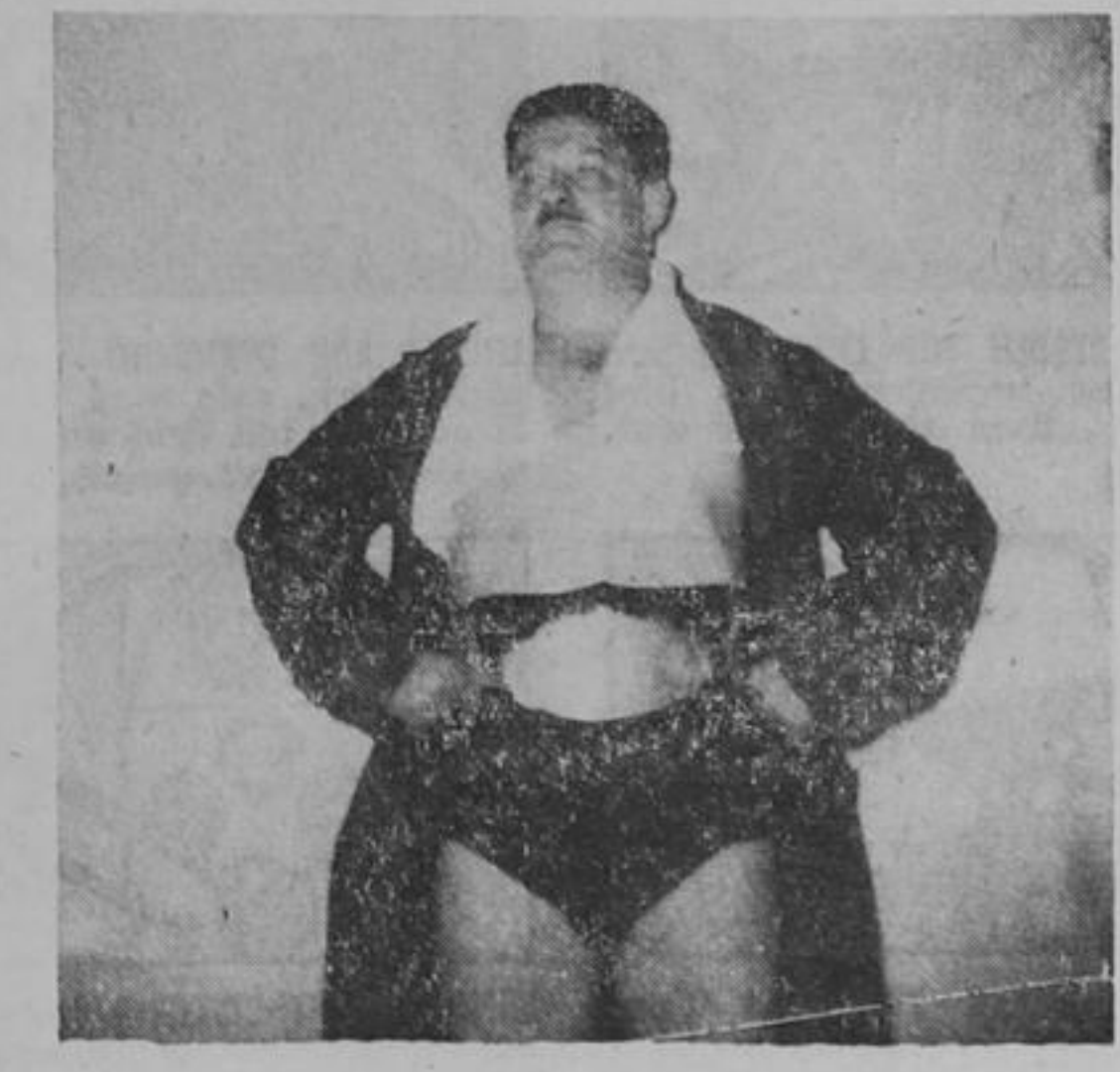
We express our regret to the people who were turned away from the official opening after the tickets had been sold.

Our appreciation goes to all who attended and made the evening a success.

DON'T FORGET: —

Wednesdays & Saturdays
7.30 to 10 p.m.
PUBLIC SKATING
Adults 50c; Students & Children 25c

- For Rental information phone TU. 4-1595
- For Any Other Information Phone TU. 4-0032



HASSAN BEY

TORONTO
TURKISH POWERHOUSE

RED GARNER

LANGSTAFF, ONT.
Former Canadian Middleweight Champion

VS.



MR. X Mystery Wrestler	Benedetto Limo Italian Champion Milan, Italy	Ripper Ron Leonard Scarboro
VS	VS	VS
Jack Flicker Aurora Madman	Sylvain Richard French Star	Tommy White Langstaff

Tuesday, March 29, 8:45 p.m. -- THORNHILL MARKET

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