

The Sports Clinic

An Official Department of Sports College
Conducted by Lloyd Percival
**HEALTHY NERVES ARE AID TO SUCCESS
IN SPORTS**

To be able to do his best the athlete must have a normal healthy nervous system so that his nerves will not over-react under pressure, such as during an important game. Then he will be able to reach his peak performance.

The athlete's reactions under pressure are made up of the following things: things heard, things read and the reactions in the same situation of the athlete's immediate circle of family and friends. Thus, if he lives in an atmosphere of criticism, quick tempers and much hurry, bustle and fuss over unimportant details you will very likely see these same things in the athlete.

One great cause of tension is a critical attitude. So, make sure you are not the critical type, always pulling people and things apart. Concentrate on liking people and you will find they will return your feelings. Thus many of the differences and troubles which in turn cause tension will disappear—or at least lessen to a great degree.

To relax and slow down does not mean to lose any of your alertness and enthusiasm. It merely develops a more relaxed attitude. Do what you can as hard as you can and let it go at that. Don't waste valuable nervous energy fussing and fretting. This applies to everything you do in life.

Remember, to build and keep a sound, healthy nervous system you must learn how to live in a healthy way and you cannot live in a healthy way unless you have a good attitude toward life.

The nerves must be nourished just as any other part of the body and to do this it is necessary to make sure that you get plenty of calcium and the B Complex foods—excellent sources of those elements necessary for healthy nerves. One of the easiest and most pleasant ways to get calcium is to make sure you eat plenty of the dairy foods and drink plenty of milk. Cheese and milk are musts for the athlete. Some B Complex foods consist of liver, whole grain breads and cereals and brewers yeast. These are excellent sources of B Complex.

Track Meet Friday Night

Richmond Hill Track & Field Club Holds First Practice

Last Friday, July 15, about 25 boys between the ages of 13 and 19 attended the first meeting of Richmond Hill Track and Field Club. It is hoped more boys will become interested as time goes on and club membership will grow to over the century mark.

Two classes were established: class (1), 16 years old and under, and class (2), over 16. These classes may be changed at any time to accommodate an increased membership. It was decided to hold three practices and a track meet each week. The practices will be Monday, Tuesday, and Wednesday nights at seven o'clock. The meets will be held Friday nights at seven o'clock, rain or shine, on the following dates.

July 22 — Class (1) 75 yds., 100 yds., Running Broad Jump, High Jump.
Class (2), 100 yds., 220 yds.,

Discus; Hop, Step and Jump.
July 29 — Class (1), 220 yds., 880 yds., 120 yds. low hurdles, Shot Put.
Class (2), 880 yds., High Jump, Hurdles, Shot Put.
August 5 — Class (1), 1 mile, Hop, Step and Jump; Discus.
Class (2), 1 mile, 2 mile, Running Broad Jump, Javelin.
August 12 — Classes (1) and (2), 440 yds. and Relays.
August 19 — Pentathlon — 100 yds., Shot Put, Broad Jump, High Jump, 1 mile.
There will be other meets scheduled between August 19 and the final meet on September 17. Watch this sports page for a report on the results and for further instructions.
Next Friday at 7 p.m. all boys interested are invited to come to the North-West door of the new wing at the High School. Bring a towel, running shoes, and shorts.



FRED BURNETT
Plagued with sponsor and motor trouble for most of last year, "Fighting Fred" Burnett is back at the Pinecrest races this year with more determination than ever to be a contending factor in the Carling Point Race. Although he won only one feature in 1954, he was continually in the money. He started this term capturing the feature in the fourth meet.
Burnett is a native of Toronto, is married and has been in the racing game for five years. He is currently manoeuvring a 1937 Dodge, No. 29, around the Pinecrest oval. He was an important factor in the Inter-city races in 1954 between Toronto, Hamilton and Buffalo drivers.
Leading the Carling Trophy card at present are Jack Cook 81, Bill Cromb 73, Bill Hamilton 69, Jim Hallihan 53 and Jack Burbridge 51.

Only Few Deer Killed On Roads

According to records from January 2, 1951, to December 31, 1954, crop or other damage caused by deer has been relatively small in the Lake Simcoe District. Officials estimated that approximately 2000 deer are present in the District which includes agricultural woodlands and swamp areas. According to Wildlife Management Officer, J. S. Dorland, in spite of the many highways, secondary roads and railroads over which thousands of people travel daily, records indicate that in the four year period only 151 deer were killed by wheeled vehicles.
Deer killed by dogs running at large totalled 78 and known illegal kills due to poaching, number 88. Deer taken legally during the four open seasons amounted to 210.

Outclasses 20 Rinks

Outclassing 20 rinks at the mens trebles tournament at Aurora last Wednesday, a Richmond Hill rink topped the keenly contested lawn bowling contest.
On the winning rink were Morley and Warren Hall and Al, White.
This Saturday at Richmond Hill greens a mixed trebles tourney will be held. Games are to begin at 2 p.m.

DISTRICT SPORT NEWS

Fourteen Runs In First Inning

Richvale Downs King City In Five Innings

For baseball fans who like to see the girls in action, there's a good double header at King City Memorial Park every Wednesday.

Last Wednesday was no exception when the Richvale team, coached by brother Gottschalk and managed by Cec. Turnbull turned in a fine performance by defeating the strong King City squad 21-10 in five innings. The game was a much better one than the score would indicate.

The Richvale crew led by the heavy bat of Betty Garner, who got four hits for four times at bat, capitalized on a thoroughly disorganized gang of girls, and slammed in 14 runs in the first inning. It was a disastrous first inning for the King City girls who got off on the wrong foot and couldn't seem to get going. However, after that bad inning, the girls settled down and played good ball for the rest of the game.

It was nip and tuck for the balance with both teams playing heads up ball. King sported

good ball players, an outstanding play being made by Helen Robson, who pulled a long one out of the sky just like a big leaguer. She got a real hand from the 300 spectators who lined the bleachers on either side of the diamond.

Carol Hirtz and Mae Spears were the best for Richvale with Betty Garner knocking in six runs with a triple, homer and two singles, and for King City Lillian Ailles on first, and Joan Patton in the field were very efficient.

For those who like a good evening's entertainment out in the cool night air, come on up to King City Ball Park and see a bunch of young eager beaver kids who try hard all the time and really give plenty to holler about. They have good floodlights and fans are treated to a double header for two bits every Wednesday. These games are part of the K. V. and W. baseball league and the committee deserves credit for a lot of hard work in getting it organized.

King City Win From Humber Summit 4-1

King City Men's team defeated Humber Summit 4-1 in the Peel-York League game at Humber Summit on July 14. John Richards was on the mound for King City. He allowed Humber Summit only five hits in the seven innings. Ron Atwell was on the mound for Humber Summit. As King City team was short some players (3rd baseman Keith Kyle is away on vacation, pitcher Gord Orr was in Ottawa on business, and pitcher Bob Arbuckle was hurt) in the game July 11 two Lions Peeewe Senior players were brought up for the game. They were Richard Chapman and Stuart Davidson. Both boys played an excellent game. Richard Chapman hit a double to bring in two of the King City runs.

Bad Weather Cancels King Softball Night

King Lions Softball Night, planned for Friday, July 15, was cancelled because of bad weather. However, the Softball night will be held Friday, July 22. The manager of the Toronto Muirhead Girls said they would be free to play an All Star team from the K.V.W. league at 9 p.m.
The Lions Peeewe League will start playing at 7 p.m.

R. Hill Men Win Three In A Row

After Woodbridge defaulted a game to Richmond Hill Men's Softball Team last Thursday night, Richmond Hill came back Tuesday night to knock off King 11 to 4.

"Windy" Howlett pitched his usual steady game for his third win in four starts. The only King men who gave him trouble were Stan Foster and Patton who each had a home run.
For the "Hill", Ransom had four for four, including two home runs. Bob Baringer had four for four and Tony Roman had a home run.

Next game Thursday night will be against league leading Humber Summit.

Notice To Creditors AND OTHERS

IN THE MATTER OF the Estate of Clinton Earl Martin, Deceased.

All persons having claims against the estate of Clinton Earl Martin, deceased, late of the Township of Vaughan, in the County of York, who died on or about the 7th day of November, 1954, are hereby notified to send them to the undersigned, duly verified, on or before the 10th day of August, 1955.

After which date, the assets of the above mentioned estate will be distributed among the persons entitled thereto having regard only to claims of which the administrators shall then have notice.

DATED this 29th day of June, 1955.

WILLIAM H. C. BAILEY,
Aurora, Ontario
Solicitor for the Administrators

Track & Field Club Asks For Recreat'n Committee

Richmond Hill council deferred decision Monday night on a request by representatives of Richmond Hill Track and Field Club for the establishment of a Recreation Committee whereby the club would become eligible for a government grant of one-third of its yearly expenditures.

Before any decision is made, the council will get the advice of its solicitor.

Speaking on behalf of the club were Ed. Butlin and Bill Babcock, a member of the staff of Richmond Hill District High School and club coach.

Mr. Butlin pointed out that the estimated budget for this year has been set at \$300, one-third of which will be received from the provincial government under its Community Programs Branch which requires that a by-law be passed by council to establish a Recreation Committee.

He told council no expenses would be incurred by the village, but the Department of Education recommends a representation of council be on the committee.

He suggested a five-man committee, three councillors, one of whom is treasurer, and two laymen, who would act as a recreation authority. "Any money we get," he said, "would be handed to the committee."

Mr. Butlin commended the High School Board for its step in providing the necessary athletic equipment and use of the school grounds, showers and dressing rooms by the boys. Pickering College has also offered the use of its track. The only other equipment needed is hurdles which Mr. Babcock has offered to make.

Mr. Butlin pointed out that the formation of the organization was a long range view to bring out latent track and field talent, and mentioned the awards taken by local boys in the Dominion Track and Field meet at Montreal.

The club is meeting four times a week, three for practice, and one for competition, the schedule appearing elsewhere on this page. It is hoped to form a circuit with Thornhill, Markham, Unionville, Stouffville, Aurora and Newmarket.

Hope Captures First Place In Maple Softball League

A booming Hope team has regained first place in the standing of the Maple and District Softball League, by sending a fighting Downsview team down to a 18-8 defeat in a game played last Thursday. Glen Turnbull and Jack Christie were the winning battery.

In another league game played the same night Victoria Square edged Vellore 8-7 in a closely fought contest.
Hope continued its winning ways last Monday when they defeated Vellore 8-6 in a hard-fought game. Star pitcher Glen Turnbull pitched the first two innings for Hope. With Hope leading 5-0, Bill Thomas took over on the mound and pitched the remaining five innings. Keith Jones did the catching for the whole game.

The league standing to date is as follows:

	P	W	L	T	Pts.
Hope	11	7	2	216
Downsview	10	5	3	212
Vellore	11	4	7	0
Victoria Sq.	10	3	7	0

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Maple Girls' Team Defeats Vellore 7-6

Maple defeated Vellore girls 7-6 in the first half of the doubleheader of the K.V.W. League softball game at King City Memorial Park July 13. Shirley Jones was on the mound all the way for Maple and Ethel Burbridge pitched for Vellore. Catching for Maple was Grethe Dahl and Irene Mashinter was behind the plate for Vellore. Ann Foster hit a homer for Vellore while Helen Calder hit a double for Maple.

Richvale defeated King City 21-10 in the second half of the doubleheader. A report of this game will be found on this page.

OUT OF HIS DEPTH

Anyone who has suddenly got out of his depth in water may know what the momentary feeling of panic may do to him. If he is a swimmer, he is soon master of the situation. If he is unable to swim, the moment may be tragic. Swimming is one of the healthiest and most enjoyable of exercises and it pays to learn the art. A non-swimmer should never attempt to handle a canoe or to bathe in water where the depth changes suddenly.

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