

# DISTRICT SPORT NEWS

## The Sports Clinic

An Official Department of Sports College  
Conducted by Lloyd Percival

NHL all-star many times over, Red Kelly, Detroit's fine defenseman, says much of his success is due to his ability to skate backwards fast and accurately. He says he used to spend many hours as a junior practising this skill.

Any defenseman who wants to go places in hockey has to learn to skate backwards well, and be proficient with his stick while doing so. A rearguard who can get back fast and move to either side quickly will be tough to beat.

Any defenseman would be wise to give top priority in practice to improving his ability to skate backwards.

### ENERGY BOOSTERS FOR BASKETBALL & HOCKEY

1. Between periods, lie flat on back in dressing room and rest with feet propped high as possible. Loosen laces of shoes or skates. This helps the body get rid of the fatigue products in the legs.

2. Include as much protein in the diet as possible. This helps give you a feeling of physical vigor and helps the body repair and maintain tissue which is used up in hard effort. Good sources of protein are lean meats and dairy foods, such as cheese, milk and milk products. Cheese is particularly good, and the athlete should be sure to eat plenty of it. If weight is a problem, eat cheese made from skim milk.

3. Energy can be replenished and that feeling of pep improved by the following: Brew strong, clear tea (a beverage highly recommended by many trainers for its invigorating effect on the athlete). Add lemon juice (for its alkaline reaction, which helps neutralize the acidity of fatigue), and sweeten to taste with honey (the carbohydrate of honey is excellent to replenish blood sugars "burnt up" during hard effort). This mixture can be an excellent replenisher after hard practices, and can be used between periods of play.

4. The ice pack trick, described several weeks ago, also is extremely valuable. Simply placed a bag containing ice, or towels soaked in ice water, over the center and left side of the chest as the athlete rests between periods. This acts as a natural stimulant for the heart, helping it in its important role in fatigue recovery.

### At The Richmond Bowl

**THURSDAY NIGHTERS**  
Team standings: Indians 12, Strikeouts 9, Cards 9, Tigers 8, Bombers 7, Handicappers 4, Kingspins 4, Red Sox 3.

High scorers for three games were Minnie Ground with 702 and Morley Hall 703.

High individual scores, Minnie Ground 264, 226, 212, Pat Hills 252, Shirley Broderick 237, Isobel Savage 222, 209, Ruth Charity 221, Ruth Cowan 220, Lorraine Waters 213, Marj. Beresford 201.

Al White 310, 223, Morley Hall 285, 223, Fred Bovald 279, Harold Ground 252, 209, Al. Rice 238, Cam Cowan 242, 205, Eric Charity 235, 213, Bill Savare 230, Bill Hill 225, Bud Jones 210, Harold Reid 207, Vic Broderick 206, 205, Norm Chatterly 202, Don Reid 200.

**HOLY NAME LEAGUE**  
Mad Hatters took the lead in the second series over the Pinits by one point. The high three for men, Henry Natale 661; Tony Freer 639; Ross Tierney 634.

High single for men Ross Tierney 247, Lester Martin 258, Tony Freer 247, Mel Patkinson 247. High three ladies, Rawin Ward 547, Pat Fitzpatrick 545, Cass Beynon 515. High flat Marg Ellis 234, Rita Maurice 222, Cass Beynon 211, Mary Kelly 201.

Team standing: Mad Hatters 10, Pinits 9, Natural 7, 8, Hard 8, 7, Mixed ups 8, 7, Shakers 7, Rockets 2, Top Bananas lead in total pins of 54.

**FRIENDSHIP LEAGUE**  
Tuesday afternoon scores: Ruth McMullen 241; Mary McMullen 233; Ruth Cowan 228; Marg Williams 224; Vi McLatchy 223; Gladys Bennett 226; Eleanor Lecuyer 221; Marge Blackburn 214; Barbara Lambert 210; Lucy Dickie 210; Celeste Davis 210; Kay Cunningham 208; Peggy Ripley 206.

**MONDAY COMBINES LEAGUE**  
High lady: Ethel Carlisle 665 (227, 207, 231); high man: Ted Bennett 706 (224, 287, 197).  
Other good scores: Doreen Horner 218, 253; Irene Mashinter 214; Ed Mashinter 210, 228, 246; Doug. Clubine 226, 204; E. McGruer 220; S. Foster 205, 225; B. Cook 213; A. Hawkes 223; G. Smith 244; L. Gardner 200; N. Bone 206, 273, 220; S. Carlisle 274; J. Cream 204; C. Chapman 203; A. Stong 237, 253; A. Peters 210; G. Patterson 215; C. Wright 213; A. Love 223, 226; G. Chassis 230; H. Mabley 215; M. Clement 244, 204; J. Mabley 258; F. Perkins 223, 226, 211; C. Cowan 239.

### Hilltop Sports

by Bob McCurry  
Last Friday morning, with the omission of the eighth period school was dismissed to see the Wonder Five in action. The admission was either five cents or a bar of soap, but the majority paid the nickel.

The big event was the basketball game between the Rhillers (our Senior Basketball team) and the teachers. There was great interest this year as in the past the Rhillers had always won.

The game was refereed by Tom Pick and John Passmore, wearing signs "Mutt" and "Jeff". Cheerleaders were on hand to support the Rhillers and the entire female teaching staff wearing long stocking caps were the cheerleaders for the teachers. This group was led by Mrs. Russell. P. T. teacher.

The play for the first half of the game was fast with Mr. Babcock leading in the scoring for the teachers. The Rhillers didn't seem to be able to match the

burst of energy their opponents put on and the score was 8-6 in favour of the teachers at half-time.

The second half saw the Rhillers get rolling, chalking up 10 points to the teachers' four. The four points scored for the Wonder Five in the second half were by Mr. Thomasson.

Of the 10 points picked up by the Rhillers in the last half seven were by Bill Gibson, two by Tom Pick and one by Neil Risebrough.

Bill Gibson also scored three in the first half, giving him 10 of the 16 points.

Mr. Thomasson scored six of the teachers' 12 points. The final result was 16-12 in favour of the Rhillers.

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### Mercantile League

In the November 29 game of the Mercantile League, Little downed Halls with a 3-2 score while the Rockets topped the Combines 6-1. Next Tuesday's games at the Arena will be as follows: 8 p.m. Halls vs. Combines and 9:30, Littles vs. Rockets.

Team standings are: Rockets, 4 pts; Combines, 2 pts; Littles, 2 pts; Halls 0 pts.

### Greenhouse League

High Singles: Ken Bennett 274, Bert Cook 205, 200, 243, N. Bowen 219, 240, Mel Bowen 203, Wally Baker 201, Ted Bennett 210, Gladys Bennett 218, H. Bennett 217, 217, Reg Baker 234, H. Mills 224, J. Atkinson 221.

High Triples: Burt Cook 648, Ken Bennett 637, Norm Bowen 625.

Team Standings: Lucky Strikes 48, Ramblers 48, Nighthawks 45, Hustlers 36, Bearcats 33, Wrens 21.

### Successful Hunting Party

Mr. Ken Bennett of Richmond Hill bagged his first deer this year shooting a nice big 4-point buck. Hunting with the North Toronto Hunt Club, Ken, Wick Mills, Al Baker, Dave Baker, Doug Baker, Harold Graham Lou Hadwin, Don Stephens, Bruce Stephens, Jack Pennock, Emille Flechtner, Jim Hearne and five visitors shot 11 deer over the 12-day season, two does, three buck fawns, six bucks, including one 12-pointer.

### Maple Bowling

High Singles: Catherine Johnson 255, Audrey Magee 276.

High Triples: Catherine Johnson 685, Ann Lawrie 685, and Hilda Quinton 656.  
Over 200: Det Palmer 210, Hilda Allen 2-2, Betty Hodgson 256, Pat McLaughlan 210, Madeline Brown 221, Doris Cooper 225, 224, Catherine Johnson 295, Flo Strachan 200, Audrey Magee 276, Ethelwyn Gudat 205, Ada Watson 202, Dorene Olfert 232, Hilda Quinton 239, Jo Roll 203, Jean Calder 204, Marg Robson 211, Ann Lawrie 274, 207, Jo White 226, Clara Baker 255, Bert, Ingram 202.

### "Something New Has Been Added"

## Lady Wrestler To Appear In Market Show Tuesday

Something new has been added to the weekly wrestling menu at the Thornhill Farmers Market for this Tuesday's show. The match-makers have signed Joan Clark, local lady wrestler who has been making a hit all over the country with her spectacular and impressive displays.

Miss Clark as well as being a wrestler has been instructing the girls at Richmond Hill District High School in the art of self-defence. She will be featured this Tuesday and will give a display against two local wrestlers Joe Greenfield and the bad tempered Chivo Ward. Let's hope none of the trio involved becomes excited and starts going haywire. Miss Clark at first did not approve of a demonstration with Ward in the ring but finally accepted. This event has been added to the card as an extra attraction and there will also be the regular card of bouts.

**Fans Get Up Team**  
In the main event, Jack Diamond and his team mate Alex Jensen will be in there with Bobby Davies and the Canadian Middleweight Champion, Aledo Orlando, sensational Italian Canadian. This team of Davies and

Orlando is one of the fastest ever to face the Hamilton Hoods in this arena and all of the fans will be pulling for the clean wrestlers to dump the arrogant pair from the mountain city. As one fan said "if somebody doesn't beat Diamond and Jensen pretty soon maybe the fans will have to get up a team and take them on."

Chief Little Beaver who has been cutting quite a swath around the parts will meet some stern opposition in Stoney Brooks. Brooks is on the trail of Orlando for a possible title match and hopes to defeat the Indian to give him a boost up. The Indian who is no mean grappler feels that he will have no difficulty with Mr. Brooks but Stoney is one wrestler who can wrestle clean as well as rough and says "I am sure I can take the Indian and I will, one way or another."

Two other bouts will be added and opponents are being sought for Red O'Brien who has not appeared here in a long time and Ron Ronescu. With these two matches this card will really be a stand-out from start to finish.

## Hockey Schedule

O.H.A. JUNIOR D GROUP

December 1 — Orangeville at Brooklin	January 10 — Richmond Hill at Unionville
December 2 — Unionville at Richmond Hill	January 11 — Orangeville at Richmond Hill
December 6 — Aurora at Richmond Hill	January 13 — Richmond Hill at Aurora
December 8 — Unionville at Brooklin	January 14 — Unionville at Orangeville
December 9 — Richmond Hill at Aurora	January 17 — Brooklin at Unionville
December 13 — Aurora at Unionville	January 26 — Richmond Hill at Orangeville
December 15 — Richmond Hill at Brooklin	January 29 — Aurora at Richmond Hill
December 16 — Aurora at Unionville	January 24 — Aurora at Unionville
December 20 — Brooklin at Richmond Hill	January 26 — Richmond Hill at Brooklin
December 20 — Aurora at Orangeville	January 27 — Unionville at Aurora
December 22 — Richmond Hill at Orangeville	January 31 — Brooklin at Richmond Hill
December 22 — Aurora at Brooklin	February 1 — Orangeville at Unionville
December 27 — Brooklin at Orangeville	February 2 — Unionville at Orangeville
December 29 — Unionville at Brooklin	February 3 — Brooklin at Aurora
December 30 — Orangeville at Richmond Hill	February 6 — Aurora at Orangeville
January 3 — Brooklin at Orangeville	February 7 — Orangeville at Aurora
January 6 — Unionville at Richmond Hill	February 10 — Orangeville at Brooklin
Orangeville at Aurora	Contact locally — Mac Clement, TU. 4-1606

### Bobby Davies Another Mangotich

## Garner Out Cold - Referee Declares Match No Contest

Alex Jensen and Red Garner tried to settle their feud Tuesday night at the Farmer's Market and it ended in a dead heat.

The veteran Garner took the first fall after 20 minutes of fast and furious grappling, and during this fall Jensen kept kicking Garner out of the ring so often that the fans thought he was a football player. In the second fall which was taken by the Swede the action was fast and furious, with as much action outside the ropes as inside. After a sensational display of blocking by Garner the blonde tiger slipped on his chinlock and took the fall.

The finish of the match came with Red Garner on the floor, outside the ring, where Jensen had thrown him. The Tiger pounded Garner's head on the cement floor and left him out like a light. The referee refused to give the win to Jensen and declared the match no contest.

Bobby Davies came through with a surprise win over Jack Diamond Tuesday night and certainly pleased the fans with his fine effort. This youngster just looks like another Mangotich with his smooth style, and is one of the most popular wrestlers to appear here this season. Stoney Brooks and Harold Van Dyke battled right down to the wire with Brooks having enough on the ball to wrestle the tough Richmond Hill flogger for the last fall. Chief Little Beaver was his usual impressive self as he took the fall on Jim Hopkins with an Indian Death Lock and looking like a real champion in winning.

## Langstaff Hockey Teams In North York League

Langstaff Athletic Association is sponsoring Midget and Bantam hockey teams in the North York Hockey League. The Bantam League is being managed by Mr. Jardner with Joe Greenfield as the coach.

The team was successful in its first game Monday, winning against Lake Wilcox 6-0 at Aurora Arena. Goals were scored by the following players, two by Jackson, two by Magee, one by Lyvett and one by Good. The next game

will be to-morrow, Langstaff vs. Newmarket at Newmarket, 7 p.m. On December 7, Langstaff will play Lake Wilcox at the Aurora rink, starting at 8 p.m. The Midget team is being coached by Clarence Greenfield with Mr. Powell as manager. Tuesday, December 6, Langstaff will play Newmarket at Aurora bridge Arena at 10 p.m., and on Wednesday, December 7, they will play Newmarket at Aurora Arena, 9 p.m.

## Reeve Taylor To Toss First Puck In Rams - Jets Opener

Reeve W. J. Taylor, Richmond Hill will open the Rams O.H.A. schedule when he tosses the puck for the face-off with the powerful Unionville Jets this Friday night at the Arena. The Rams are icing a big fast team in their first year in the Ontario Hockey Association. Many of the players come from the local High School, namely Jim Cottrill, John Almstedt, Jim Stunden, George Cream, Jim Pollard, Ray Lloyd and Jim Neal.

The powerhouse of the Junior group looks like Brooklin who last week knocked off Aurora twice by scores of 7-5 and 5-0. The Rams meet Aurora at the Arena on Wednesday and this will give coach Mack Clement an indication of how his squad will shape up against the Brooklin Dodgers.

The Rams' Langstaff Club worked out against the Langstaff entry last Saturday in a practice and managed a 9-0 victory. The Langstaff team had only 5 shots on goal in the whole game as the little Rams rushed them off their skates. Dave Gibson opened the scoring followed by Bryan Atkinson. In the second stanza Ruslow, Wilson, and Kid bulged the twine while big Bob Ross notched two goals. Rose and Pipher finished the scoring in the third period. Garner in goal was best for the losers as he

Tuesday, Dec. 6, 8.45

THORNHILL MARKET

Alex Jensen and Jack Diamond VS. Bobby Davies and Al Orlando Canadian Champion

SPECIAL ATTRACTION

MISS Joan Clark Lady Wrestler In a Display with Joe Greenfield and Chivo Ward Stoney Brooks VS. Chief Little Beaver PLUS 2 OTHER BOUTS

## ARENA ATTRACTIONS

FRI. DEC. 2 — 3.30 - 5.30 — Skating Club 9 p.m. — OPENING GAME O.H.A. Grap 3 Junior Unionville vs Richmond Hill Rams

Adults 50c School Children 25c SAT., DEC. 3 — 8-11 — Skating Club 8-10 p.m. — Public Skating Adults 50c, School children 25c

MON., DEC. 5 — 1.30 - 3.30 — Richmond Hill High School 7 - 11 p.m. — Toronto Hockey League 5 Games, Admission 50c

TUES., DEC. 6 — 10-11 a.m. — Tiny Tots 1.30 - 3.30 — Richmond Hill High School 4 - 5.30 — Skating School Children 25c 8 p.m. — Mercantile Town League - Double Header Adults 35c, School children 25c

WED., DEC. 7 — 3 - 6 p.m. — Skating Club 6.30 — DOUBLE HEADER Minor Hockey North York League (Bantam) Newmarket vs. Richmond Hill Bantams 8.30 — Junior O.H.A. Aurora Bears vs Richmond Hill Rams Admission 50c, Children 25c (2 games for the one admission)

THURS., DEC. 8 — 10 - 11 a.m. — Tiny Tots 4 - 5.30 p.m. — Skating School Children 25c 7 - 11 — Toronto Hockey League 5 games, admission 50c

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