

The Sports Clinic

An Official Department of Sports College
Conducted by Lloyd Percival

REST INTERVALE AID LEARNING

Practice makes perfect only when the practice is properly organized. And one of the laws of learning that should be kept in mind when the practice is being organized is that athletes will learn more and faster if their practice sessions are broken up by frequent rest intervals.

An athlete who is bored, tired and whose muscles ache will not only fail to learn effectively what he is being taught, but he may well even resist this teaching. The coach should not judge the effectiveness of a practice session by how long and how hard the athlete worked, but rather by how he felt while he worked. If he felt fresh and interested and was not bothered by fatigue and sore muscles when he practiced his skill, he probably learned his lesson well.

Here's a suggested technique. Work the athlete "all-out", demanding full effort and concentration for 10-15 minutes. Then relax and administer such helpful measures as wiping off their faces with a cool towel, administering drinks of water, etc. Many coaches and trainers use an energy jack-up, such as one consisting of tea, orange juice and honey, at such times, to boost flagging energy levels, while shotputter Parry O'Brien carries a jar of honey with him in partices to use when he begins to feel draggy.

Five minutes spent in this way every 15 minutes will mean more skill in a shorter time.

DEVELOP A PARALLEL SWING

Stan Musial, the great St. Louis Cardinal batter, emphasizes the fact that the hitter's shoulders should be kept level during the swing. According to Musial, many batters have a bad habit of dipping their rear shoulder as they swing. This causes them to scoop at the ball. The bat is moved first down and then up at the ball, causing many pop flies or misses.

To combat this, Musial concentrates on taking his step early and moving his body weight well forward onto the front foot as he takes his swing. He makes sure he swings his bat parallel to the ground. When he's going after a low ball, he bends his knees to get down to it, rather than trying to dip his bat and scoop at it.

Musial feels that young players should practice this parallel swing until it is second nature.

The Canadian Amateur Sports and Physical Fitness Development Service is a nationwide project operated by Sports College to improve standards of sports and physical fitness. This newspaper is pleased to participate in this service by presenting the "Sports Clinic" to its readers in the best interests of this community. Further information may be obtained by writing to Sports College, Box 99, Toronto 1, Ontario.

New Look For Pinecrest As '56 Stock Car Season Opens

The 1956 stock car season has started with a roar at the No. 7 track. The new rules for modified stocks has made a big difference in speed and looks. Most of the cars are sporting two or more carburetors and many other new features, such as convertibles, chopped, channelled, shortened, etc., a real treat for the fans.

Jack Cook, 1955 Carling champ was going so fast that he could not make the corners, as a result he spun out twice, all to the pleasure of Glen Schurr of Brampton, who won the 20-lap feature. Close at his heels were Norm Mackereth, Bill Nugent of Buffalo and Jim Hallahan. It was the first feature win for Glen and it starts him out on top with 10 points. The way his car is going, he will be hard to beat.

There were several crack-ups to the delight of the fans, the most serious was Brantford's Jack Burbidge when his accelerator stuck and he went full throttle into the fence on the corner — the new car a total wreck — but Jack was uninjured. The modifieds now go every Saturday at 8:30 at Pinecrest.

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DISTRICT SPORT NEWS

Richmond Rollers



Champion bowlers of the Richmond Rollers League are seen above following the presentation of their trophies at the bowling banquet last Thursday afternoon. The luncheon was held at the Richmond Theatre Grill. Prizewinners above (l-r) are: Gladys Bennett, Phyllis

Sayers, Margaret Bergin, Lorraine Acreman, Herberta Plewman and Mona Card. Playoffs for the league finished on May 10 with Orioles in first place, Robins finished in second place while Swallows and Warblers were at the bottom of the playoffs.

— Photo by Lagerquist

Neighbourhood League

The Ladies' Neighbourhood league held the concluding banquet at the Summit View Restaurant on Wednesday evening, May 23.

Following the dinner, Peggie Chalkin presented the high average prize and high triple prizes to Eleanor Edwards, Midge Edwards and Hazel Ludia. Florence Baird and Eileen Peck presented prizes to the Cardinals and Hot Canaries. Consolation prizes were presented by Esme Oliver and Dorothy Gilmore.



Al Orlando, above, will defend his championship against ruthless Jack Diamond at Thornhill Arena on May 29. This promises to be a thrilling match as the feared Diamond tries to regain the Championship Belt he brought to this district. Orlando, on the other hand, is never better than when he is defending this coveted honour.

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MAY 24, 25
Thurs., Fri.
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Joan Vahs
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MAY 26, 28
Sat., Mon.
BOY FROM OKLAHOMA
Technicolor
Will Rogers Jr.
Nancy Olsen
MEET CAPT. KIDD
Technicolor
Abbott & Costello
Cartoon News

MAY 29, 30
Tues., Wed.
CALIFORNIA CONQUEST
Technicolor
Cornel Wilde
Teresa Wright
DEAD END
Humphrey Bogart
Cartoon News

CHILDREN UNDER 12 YEARS FREE
2 SHOWS NIGHTLY — RAIN OR CLEAR

King City Lions Entertain Nichols Flyers At Banquet

Members of King City Nichols Flyers, their coach Doug Mar-Davie were honored at a banquet in the Masonic Hall, King City, on Thursday evening, May 10. The Flyers won the O.M.H.A. Juvenile C Championship this season. Three-times in four years the team has captured Ontario titles, Bantam D and Midget D and this year Juvenile C.

Present Trophy
The Roxborough trophy was presented by Jack Christie, O.M.H.A. secretary. He was introduced by coach Doug Marchant. Mr. Christie presented crests to the sponsor and manager of the team, Hank Davies. He told the team they were one of the 15 champion teams in the 359 clubs of Ontario Minor Hockey. "It is your responsibility," he added, "to promote good public relations for your province, the O.M.H.A., your team and your community."

Lions Trophy
The King City Lions Trophy was presented by Lion President George Harvey to Goalie Dave Broad, who had been voted by his team, the outstanding performer and sportsman. He was the first recipient of the trophy. The Flyers presented their coach, Doug Marchant and their manager and sponsor, Hank Davies with engraved silver trays bearing inscriptions in appreciation of their efforts and leadership.

Hank Davies introduced each member of the team and presented them with black silk jackets trimmed with gold. Jack-ets were also given to the coach and to his son, David, who was the team's mascot. The parents of the champions presented them with the championship pennant which will fly in Nobleton Arena beside the Midget D pennant which they won last year.

Reeve Proposes Toast
Reeve Bill Hodgson proposed the toast to the hockey team and management of King City Nichols Flyers. He urged the players to carry on the game of life in the same manner as they played hockey straight forward and clean.

Head Table Guests
King City Lions who sponsored the banquet presented the ladies at the head table with lovely bouquets of flowers. Receiving these were Mrs. Davies, Mrs. D. Marchant, Mrs. Jack Christie, Mrs. Clarke Archibald and Mrs. Gordon Orr. Thanks were given by Mrs. Davies on behalf of the ladies for the gifts.

Bunny Morganson, sportswriter for a Toronto daily, a visitor at the banquet, spoke of the retiring secretary of the O.M.H.A., Jack Christie whose ability and talent had contributed so much to the association.

Jack Blyth, a member of Oak Ridges Lions Club provided the program with several skillful magician acts.

The wives of the members of Lake Marie & King Athletic Association catered for the banquet at which 90 persons were present.

Orlando Defends Championship Against Diamond's Challenge

Championship wrestling will be witnessed at the Thornhill Market Tuesday next, May 29, when Al Orlando defends against the ruthless Jack Diamond of Hamilton. This match has been cooking for a long time and if the last two bouts can be taken as an indication of the action coming, it should be a good one. Diamond brought the belt to these parts a few years ago from Montreal and will stop at nothing to get it back. However as all the fans know, Orlando is at his very best when his title is at stake. Alex Jensen is willing to bet 3 to 1 that Diamond comes out on top when they clash next Tuesday.

The Jennings Bros. will be back in action against Ron Osborne, the Stratford Streak and rugged Ed Mangotich. These Jennings boys are rapidly establishing a name for a real tough team, but they will have to be tough to take the measure of the Wildcat and Mangotich.

Alex Jensen is marked in for a one-fall match with Stoney Brooks. Here we have two very rugged gentlemen who will be anything but gentle with one another after the bell goes.

In a one-fall bout, Harold Van Dyke of Richmond Hill clashes with Basher Billy Foster of Brampton and should be a good one. Looks a really outstanding card all the way round.

Oak Ridges Juveniles Open Season With Exhibition Game

Oak Ridges Juvenile boys' ball team opened the season on May 21 with a game between the juveniles and Lake Wilcox. These two teams have had no practice due to the weather, but put on a good exhibition. The score was high for Oak Ridges 19-3, but when Lake Wilcox has more practice, these two teams will be more evenly matched.

A bake sale was also held in conjunction with the event with Mrs. Geo. Margerium as convener, assisted by Mrs. Van Plant, Mrs. Art Manoch, Mrs. Wallace Lavigne and Mrs. Vic Pirlo. Harvey Craig and Donald Ash assisted in the refreshment booth.

Challenge Game
In the evening while the Oak Ridges Girls team was practicing,

they were challenged by the married men, to an exhibition game. The girls defeated the challengers 15-1.

Harvey Mashinter, newly appointed coach and manager Chas. Swan, have started their team on a rugged practice schedule. The Oak Ridges girls took a great slump last year, but coach Harvey Mashinter feels the team will develop both teamwork and good ball playing, judging from the new players this season.

Fireworks
Following the ball game at dusk a giant display of fireworks was witnessed by 400 spectators. This display was sponsored this year by the Oak Ridges Board of Trade and Community Centre. Ross Davies was convener.

2 Referees Spell Doom For Unpopular Hamilton Hoods

Two referees proved to be the undoing of the Hamilton Hoods last Tuesday at the York Market when they were disqualified at the 10.25 mark of the last fall. Both teams started out fast and clean with Jensen and Diamond getting no place with clean wrestling, then at 10.05 of the first fall, Jack Diamond aroused the fans as he used an illegal knee drop. Both referees weren't quite sure about the situation and Jensen, the great orator, talked his way out of it, and Diamond took the fall from Orlando. Mangotich showed a lot of class as he flopped the bombastic Swede for the second fall while referee Chief Little Beaver kept Diamond rom jumping in to help. (Did the crowd ever love this?) However, the last fall provided enough excitement to last for three shows,

with the fans milling around the ring, Orlando proceeded to give the Hoods the works, and finally the going very rough, Jack Diamond tried his knee drop again, but Chief Referee Red Garner spotted him and out he went, and his partner hollered to high heaven, but to no avail.

Stoney Brooks and Orro Morro had a crackerjack of a semi-final that kept the fans on the edge of their seats throughout. Brooks is rapidly becoming the No. 1 Public Enemy to the mat fan at Thornhill and it didn't help any when he was disqualified against the swarthy Morro. In the other team match, the Jennings Bros. of Sudbury were held to a draw by Jim Hopkins and Eddie Edwards. Tom White and Bobby Davies wrestled thirty minutes to a draw in a close drawn bout.

Maple District League Schedule

MAY 29 Pottageville at Victoria Square Langstaff at Vellore Hope at Downsview	JULY 3 Vellore at Langstaff Downsview at Hope
MAY 31 Vellore at Pottageville Downsview at Langstaff Victoria Square at Hope	JULY 5 Langstaff at Pottageville Hope at Vellore Victoria Square at Downsview
JUNE 7 Vellore at Victoria Square Hope at Langstaff Pottageville at Downsview	JULY 12 Vellore at Langstaff Langstaff at Downsview Victoria Square at Vellore
JUNE 12 Langstaff at Victoria Square Downsview at Vellore Pottageville at Hope	JULY 17 Langstaff at Victoria Square Downsview at Vellore Pottageville at Hope
JUNE 14 Langstaff at Victoria Square	JULY 19 Langstaff at Victoria Square

Hilltop Sports

by Bob McCurry

Below are the results of the Field Day at the Richmond Hill High School

Senior Boys
100 yards — Neal, Jackman, Johnson, T. Pick. Time 11.7.
220 yards — Neal, Butt, Jackman, Pollard. Time 26.4.
880 yards — Johnson, Summer, Lewis, T. Pick. Time 2:23.
1 mile — Addison, Smith, Almstead, Suzuki. 5:25 6/10.
Discus — Almstead, Green, Balough, Monroe. 107' 2".
Shot Put — Green, Almstead, Monroe, Pollard. 33' 7".
Pole Vault — Kerwin, Johnson, Collard. 7' 4".
High Jump — Collard, Simmer. 4' 5".
Broad Jump — Neal, Butt, Jackman. Purvis. 17' 8 1/2".
Hop, Step & Jump — Butt, Almstead, Kerwin, Cottrill. 36' 1 1/2".
Javelin — Caron, Almstead, Smith, Wilson. 121' 6".
Hurdles — Jackman, Butt, Neal. (120 low).
440 Relay — Green, Blue, Red, Orange. 53.5.
Totals: Green 71, Blue 37, Orange 22, Red 19.

Intermediate Boys
100 yards — Passmore, Caron, Kerr, Smith. 11.1.
200 yards — Passmore, Deighton, Dawson. 26.4.
880 yards — Smith, Addison, Osmond, Kozak. 2:20.
Discus — McCowan, Large, Kerr, Passmore. 104' 1".
Shot Put — McCowan, Caron, Stenden, Deighton. 37' 7 1/2".
High Jump — Cook, Barber, Smith, McCowan. 5' 4".
Pole Vault — Vallance, White. 8' 5".
Broad Jump — Cook, Smith, Kozak, Vallance. 17' 5".
Hop, Step and Jump — Cook, Passmore, Smith, Vallance. 38' 11".
Hurdles (120) — Passmore, Smith, Osmond. 15.2.
Discus — Orange, Blue, Red, Green. 54.0.
Totals — Blue 50, Orange 42, Red 22, Green 13.

Junior Boys
100 yard — Madill, Smith, Curtin, Gilson. 11.3.
220 yard — Madill, Gilson, Kozak, Harvey. 27.9.
120 yard hurdles — Madill, Lyons, Bain, Kozak. 19.2.
Discus — Wilson, Harvey, Kozak, Williamson. 85' 8".
Shot put — Butlin, Addison, Wilson. 37' 11".
High jump — Stong, Bain, Koning, Edwards. 4' 4".
Pole vault — Madill, Smith, Bartlett. 9.0.
Broad jump — Kozak, Smith, Williams, Ramer.
Hop, Step and Jump — Smith, Kozak, Ramer, Williams. 34' 7 3/4".
440 Relay — Orange, Blue, Green, Red. 57.3.
Totals — Orange 41, Green 34, Blue 30, Red 15.
Grand Boys Totals — Green 118, Blue 117, Orange 105, Red 56.

Senior Girls
100 yards — Dahl, Lund, Hood, Heffron. 13.6.
Baseball — Field, Calder, Heffron, Lloyd. 139.3.
Basketball — (Field, Calder), (Johnson, Down), (Weir, Ament).
Standing Broad — Dahl, Hood, Jonhson, Craigie. 6' 9".
High Jump — Ament, Freed, Hood. 4' 1".
Running Broad — Ament, O'Brien, Lund, Heffron. 12' 9".
50 yard hurdles — Hood, Dahl, Heffron, Lund. 8' 6".

Intermediate Girls
80 yards — Dean, Harding, Beatty, Anderson. 12' 9".
Baseball — Fleming, Burbidge, Anderson. 163' 6".
Basketball — (Mead, Fleming), (Burbidge, Butlin), (Longworth, Addison).
Standing broad — Dean, Allan, Butlin, Longworth. 7' 2".
High Jump — Dean, Meade, Johnston. 4".
Running broad — Butlin, Sorsan, Beatty, Cottrill. 13' 2".
50 yard hurdles — Dean, Meade, Sealchard, Cottrill. 8' 6".

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Al Orlando
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MALTON, ONT.

VS

Jack Diamond
Rough and Ready Challenger
Hamilton, Ont.

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BROS. VS. AND

Wilf and Frank Ed Mangotich

Tiger Jensen Harold Van Dyke
Hamilton Hood Richmond Hill
VS VS

Stoney Brooks Billy Foster
Durable Scot Brampton Hard Rock

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