

Synchronized Swimming Lowers Calories

By JIM IRVING
While the once secluded ballet has become one of the more popular pursuits of aesthetically-minded young girls and/or their parents, the dance form as performed in the water has another value for two Thornhill Secondary School students.

ner Liz Duncan, 18, holding out her arms to illustrate the point. So far there doesn't seem to be any likelihood of the girls "getting like this," but the possible prospect and their own desire to become Canadian champions some day keep them at their exercises and down at the pool most of the week, both in the winter and summer.

It's not as spectacular as racing before a crowd of wildly cheering spectators, or diving from the top of a flagpole into a tub of water, but it demands every bit as much from its participants in the way of work.

Since that time they have participated in meets throughout the province and also made a junket to Toledo, Ohio to compete in the Senior National Outdoor American Athletic Union Women's Synchronized Swimming Championships.



Swimmers Kelly Burkart (left) and Liz Duncan with their Coach Carolyn Krzywicki.

"I like football, but when people see me playing they have a heart attack," said Kelly. "We're just boyish, let's face it," said Liz.

Maybe so, but the football team will just have to find its players elsewhere, because the girls' long range plans all have to do with their swimming, with the 1968 Olympics at Mexico as their eventual goal, even though it will be only to demonstrate the sport, as synchronized swimming is still not included in the Olympic category.

It was tough competition, though, with the well-coached American teams coming close to a professional status.

"I never saw anything like it," said Mrs. Duncan, mother of Liz, who accompanied the two girls.

Indians Massacre Foe As Breeze To League Title

By FRED SIMPSON
Staff Sportswriter
Richmond Hill Indians rode to their second straight Metro Toronto Football Union title over Thanksgiving weekend atop the sturdy shoulders of Levi Snook.

drop-kicked a convert on a mud-sliced Dieppe Park field Saturday. He came back Monday in Richmond Hill and rambled for another two touchdowns and completed a pass for a one point conversion.

replaced regular quarterback Ian McIntosh who pulled a rib muscle on the second last play of the game against East York. Also injured in that contest was Jim Burns who pulled a rib muscle. Outside line-backer Bob McDonald became a casualty in the Monday encounter against High Park and will be out until the playoffs.

partner-in-crime King. High Park rallied with a touchdown and single to make the score read 7-7 going into the final two quarters.

Bayview Girls' Sports
By JoAnne Nugent
The members of the GAA Leaders' Club voted for president at Monday's meeting.

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drop-kicked a convert on a mud-sliced Dieppe Park field Saturday. He came back Monday in Richmond Hill and rambled for another two touchdowns and completed a pass for a one point conversion.

Just to complete the cake-icing he took over at quarterback in the second half when Bill Dunn was injured and passed and kicked in fine fashion the rest of the way.

Dunn, incidentally, had replaced regular quarterback Ian McIntosh who pulled a rib muscle on the second last play of the game against East York. Also injured in that contest was Jim Burns who pulled a rib muscle. Outside line-backer Bob McDonald became a casualty in the Monday encounter against High Park and will be out until the playoffs.

"I really think Snook played his best game since he joined us four years ago," said Manager Del Madeley referring to Snook's efforts in the East York game. "He ran tremendously and blocked well along the offensive line. You can't fault him on Monday. He threw well at quarterback and punted as well as running in his usual terrific fashion."

The East York encounter wasn't as one-sided as the score would lead to believe. It was only 12-7 for the Indians going into the final 15 minutes on a well-justified field.

"There must have been about three inches of water at mid-field," said Madeley. "It had rained quite a bit the night before and it made playing conditions very difficult."

Indians started off in sterling fashion as Bob McDonald blocked a punt on the East York 20 yard line. A few plays later Clarence Campbell cracked over from the six yard line. Campbell, who usually plays in a defensive role, took over at fullback when Vince Cascomb couldn't make the game.

Then Quarterback McIntosh carried over from the two yard line after long runs by Bob Sheridan, Snook and Campbell to make it 12-0. It was 12-7 at halftime as East York fought back for a touchdown and a single point off a kick-off.

Following a scoreless third quarter McIntosh hit Sheridan with a 40 yard pass and Snook followed it with a 45 yard off-tackle touchdown. He was helped by a great block from Don King which set him free. East York came back as quarterback Bill Jukes threw for a touchdown to make the score read 18-13 for the Indians.

Then the Indians caught fire and a sequence of passing plays to Ray Kyte and Bob Booth took the ball to the three yard line where Snook dived over for the six points.

It was 26-13 when Indians' defensive linemen Ron White knifed through to catch quarterback Jukes behind his line for a safety touch.

Dunn took over for McIntosh when he was injured and proceeded to hit Sheridan with a 50 yard pass and run touchdown on the last play of the game. Snook drop-kicked the convert.

Monday's game in Richmond Hill was strictly an Indian war dance as Dunn started things off in the first quarter with a 40 yard single.

Then it was that guy Snook again as he headed for a 40 yard touchdown run helped again by a terrific block by

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On The Lanes

ABC MAJORS

Ed Muehstardt was on the doorstep of fame Monday night when he put together 10 strikes in a row. With his 11th ball, Ed picked a head pin and had to settle for a 420 single game. His other games were 264 and 224 for a fine 908 triple. Keith Jean-Marie chalked in with 797, Jerry Lahey 796, Bob Julian 794 and Don Dewsbury 786.

Ladies' triples: Jean Villa 848 (299), Ethel McRae 813 (380), Helen Mackenzie 723 (263), Ev Jones 671 (268), Dot Webster 650 (233), Audrey Barrington 641 (238), Isabel Redden 636 (242). High singles were: Ruth Proctor 271, Ellen Parrett 271, Barbara Norton 240, Nan Shadoff 238, Rita Beland 230, Lois Kells 228.

Men's triples: Stan Shadoff 796 (330), Bill Jones 762 (283), Gordon Dodd 730 (265), Gord Cameron 729 (265), Les Chidley 726 (276), John O'Connor 719 (256), Joe Cappy 703 (282), Neil MacDonald 656 (226). High singles were: Ted Robertson 315, Stirling Reid 252.

The first hidden score prizes were won by Ruth Norman for the ladies and Harry Barrington for the men.

Dance October 30

The dance sponsored by the Richmond Hill Men's League in Richmond Hill Lions Hall, Centre Street East, will be held on the evening of October 30, not October 20 as announced a couple of weeks ago.

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