

## Reid's Auto Body Win Two More To Stay In First In Industrial

Reid's Auto Body continued to ride high in the Richmond Hill Industrial Fastball League last week winning two games. The Auto Body boys downed Mr. Transmission 4-3 last Wednesday and on Monday took Eric's Cycle and Sports into camp by 6-2.

The Transmission game saw Reid's come through as Pete Gould hit a two out triple in the last inning which scored Bruce Teetzel from first base.

Winning pitcher was Bob Kennedy who relieved Rene Beland in the sixth inning. Beland had given up only four hits while walking four and striking out six before tiring. Dave Webster was the losing pitcher giving up 10 hits, walking five, and striking out 11.

Duane Reid had three hits and Herb Plewson came up with two for Reid's while Deni



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## Kenny's Korner

### What's A Track Clinic?

Good question. I don't know! But recently I spent a week at a track clinic so I suppose if I told you what it was, who ran it, who supported it, who went to it, where it was, and what it did then you would have some idea what a track clinic is.

The camp was called the Third National Track and Field Training Camp. It lasted from June 23-29 at the University of Alberta in Edmonton. It was sponsored jointly by the Royal Canadian Legion and the Fitness Council.

This national camp is probably one of the most farsighted steps taken in Canadian track and field. Instead of catering to the already nationally established senior athletes this camp is for younger athletes most of whom are still in high school. Although called a training camp it was not specifically for training. Moreover the Legion track clinic was to teach everyone more than training techniques and theories about their own particular event. The course expanded into other events so as to give each athlete a better knowledge and appreciation of other events.

With a camp like this athletes are prepared for future Canadian teams which will certainly be a far superior crew than today's group. Also this clinic starts to build up the fantastic store of knowledge of track and field required by any coach who wishes to really aid track and field by training his own athletes.

### SO WHO WAS THERE?

Well what do you mean? Do you mean what coaches and demonstrators were there or do you mean what athletes were there?

The athletes who were there came from all over Canada. There were 90 athletes, 45-45. Ontario had the largest contingent with 53, British Columbia was second with about 20 and the rest came from Quebec, the Maritimes and the Prairies.

### Ken Hamilton's Column

As for the demonstrators, i.e. athletes who excel in their events, not hippies, some of Canada's best were there. On the list were Harry Jerome, Bill Crothers from Markham and Carol Martin from Langstaff, all of whom were ready and willing to help the gathering of Canada's future Olympic hopes. Also demonstrating were a number of top athletes from United States.

The coaching staff was another selection made on a national basis. Don Steen, brother of Dave Steen, Canada's top shot-putter was coaching. Ron Wallingford arrived in camp shortly after qualifying to run the marathon for Canada at Mexico. Certainly the coaches were many of the best that Canada has at present to offer.

### TEST! TEST! TEST!

Now you may think it's all very fine that we are learning about our own events but please look at the title of this section. Test! Test! Test! is exactly what they did. We all know the old treadmill test where you walk on a grocery type table whose angle is elevated every minute until your heart reaches 180 beats a minute. An average person would walk for about 10 minutes while a trained athlete can walk up to 35 minutes.

Then there's the old hang from the bar trick. And let's not forget finding the strength of every part of your body, testing your breathing, your heart, your endurance, your spring, flexibility, agility, muscle tone, faults, strong points, mental attitude and conditioning just to name some of the tests.

By the end of the week you feel like you have been picked apart but the results are fantastic. These results can make the difference between success and failure.

The tests, if properly deciphered, as they were, leave little doubt in the minds of the trained specialists on hand as to what kind of work each athlete needs to improve on his or her events. It could be weight training, calisthenics, new training methods, endurance building, practically anything.

### WAS IT ALL A SUCCESS?

Well that remains to be seen. I can only give my personal opinions so here they are, love them or leave them. I learned new ideas on my own event which before had never occurred to me. Some old ideas of mine were cut to pieces through logic and fact.

I have learned my weaknesses and am now starting to work on them. I went there rather unconcerned about competing this summer and now I find myself raring to go. I have learned to appreciate the work other athletes in other events must do.

The true results of this camp will show up in the future for me and everyone else who was there and who learned. And I am left with one new thought: I no longer feel sorry for myself having to train hard and often with seemingly little results to show for it. I now feel sorry for those of you who have never had the chance to excel at some sport and who may never get the chance.

## Kent's Take One Game, Lose One Still Leading North York League

Kent Clothes maintained their position atop the North York Intermediate Major Fastball League last week winning one of their games and losing the other one.

The Clothiers downed Newmarket 7-5 and were walloped 11-1 by Willowdale Merchants.

The Newmarket game saw Larry Guio named the winning pitcher although he required relief from Bren Selvaige who replaced him in the sixth inning with Kent's holding a 4-3 lead.

### RIVIERA SLACKS

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## Barnett Whips Home 3 Goals Lacrosse Tilt

The Richmond Hill Minor Lacrosse Junior First Team downed team number two last week by the score of 9-3.

J. Barnett led the winners with three goals and three assists. P. Saunders notched two goals and two assists; A. Pavo and G. Woolnough one goal and an assist each. Single goals went to T. McRae and C. Cameron.

Other team members G. Horton, A. O'Brien, F. Horton and R. Hargreaves.

Team number two scorers were G. Dickie, D. Acomb and P. Barnett assisted by N. Hiscott.

The Senior first team tied with team number two by a 4-4 count.

Scoring for the first team were D. Addley, M. Randy, D. Gelico and M. Pavo.

For the second team it was A. Hassall leading the way with two goals with J. Last getting one and number 3 the other one.

The fourth senior team whipped the third team by 4-3.

Scoring for 'Four' was done by R. Morris, J. Dunkley, C. Amos and S. Addley. R. Kivell picked up an assist.

Scoring for number three were L. Vanderploeg with two and M. Phillips assisted by D. Prentice and R. Weidenfelder.

AURORA: Jim Spragg, a grade 11 student at G. W. Williams Secondary School, will spend his second consecutive summer training with the National Youth Orchestra. Jim, a trumpet player, performs with the Richmond Hill Symphony Orchestra and the Newmarket Citizens Band.

## Dynes Skid Again - Lose 2 More

Richmond Hill Dynes Jewellers slid back into the doldrums last week as they dropped two games in Beaches Major Fastball

Sunday they dropped a 3-2, lack-lustre effort to Seven-Up Shopsy's which saw the Jewellers fritter away what opportunities they had with some way-out base-running.

On Thursday it took one bad inning as the Oshawa Tony's came up with five big ones in the sixth inning against Bob Domik and went on to win the game by 6-1.

Domik took the losses in both games.

Sunday's game saw Billy Drennen starting but forced to bow out in the second inning due to an injured finger. The injury was picked up at work.

Seven-Ups opened the scoring as Jake McLean walked with one out. Phil Waters then singled and both runners came in as left fielder Charlie Leeming let the ball go through his legs for a three-base error. Domik came in with one man out in the second.

Dynes got one run back in the fourth as Mickey Hancock singled and Bob Kennedy followed him with another single against Moe Zabatiuk. Shortstop Lou Pecchia then hit a smash down the third base line which hit the defender there on the leg and rolled to one side. Hancock scored on the play but Kennedy got thrown out at the plate.

The Jewellers tied the game in the fifth inning as Leeming doubled but was forced on Dave Day's attempted sacrifice but Pitcher Domik then doubled scoring Day to tie the game.

Seven-Up Shopsy's won the game on a Domik wild-pitch in the eighth inning. Dynes threatened in the ninth with two singles but some dubious base-running washed them out in a weird double play sequence.

With one man on first via a single and one out Gary Smith was called in as a pinch-hitter. Smith blooped a single into

### LANGSTAFF NEWS

CORRESPONDENT  
Mrs. Geoffrey Cook  
84 Garden Ave.  
Phone: 889-4553

Neighborhood Notes  
Friends of Mrs. Margaret Corse will be pleased to learn that she is recovering from a recent injury to her foot. The Corse family has been enjoying a visit from Mr. and Mrs. David Foster of New Jersey, parents of Mrs. Corse.

The sympathy of the community is extended to the family of Richard Chenery, Garden Avenue, who passed away recently. He was the father of Betty Pattison and Margaret O'Brien, formerly of Garden Avenue, now living in Naperville.

A recent meeting of Richards Nursery School mothers and children proved informative and pleasant. The next meeting will be held July 25. There are still a few openings available for the fall term of the school.

Vacationing at your summer cottage or a lodge in Haliburton? Perhaps this is the year you're going to England, France or Italy — or are you motoring to either the east or west coasts of our own country? Wherever it may be, call your correspondent with the news. If you are entertaining guests from outside the community, call with these items, also.

### PINECREST SPEEDWAY

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## ... Sport Spots ...

(Continued from Page 9)

united one for a change, to the town fathers.

They agree that you can't do everything at once but at least a start can be made. It was a good start to have the various organizations get their heads together instead of grouching among themselves on an individual basis.

Co-operation, understanding, are the key words. Now that I've got that miserable town park out of my system I don't want to hear about it any more. Sure it's lousy. The world's lousy at times. But let's not be enemies. Let's just get together and get the damned thing fixed.

### ABOUT DYNES (?)

Well, the Dynes Jewellers will be fighting their way to Windsor this weekend to participate in an All-Ontario Championship Tourney.

The winner, as mentioned elsewhere, will participate September 8 in the All-Canadian Title with the winner to get to play in the World's Tournament in Hawaii.

It will take a startling reversal of form for the Jewellers to come through with the marbles. Almost impossible, it would seem at this point.

The Jewellers, an undoubtedly talented crew, have been playing in low gear most of the season for some strange and not so wonderful reason. You've got to have the desire to win and so far that necessary desire hasn't shown up as well as one might expect.

Richmond Hill will be further handicapped having to go without young Billy Drennen. Drennen has been one bright spot in the gloom this season.

Pitcher Drennen will be getting married Saturday and won't be making the trip. That leaves it up to Bob Domik and the rest of the players.

Domik just hasn't been Domik this season. He's been adequate but with the way the rest of the team is going you need a Domik of 1967. Anything less than that won't do. And maybe this won't even do in 1968.

Red Wilson, Jewellers .375  
Bob Young, Oshawa .313

### TOP PITCHERS

Pete Landers, Oshawa, 5-3, 123 strikeouts and Bill Drennen, Dynes 3-1, strikeouts.

## Go SKIING with a Mermaid

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### Keyhole Style LIFE JACKETS

On the weekend they will be competing in the All-Ontario finals in Windsor to determine the provincial representative at the All-Canada finals this September. The overall winner will play in the World's Tournament in Hawaii in 1969.

Dynes first game will be 10 am Saturday morning. Opponents in the play-downs will be Oshawa, Port Colborne, Windsor, and Sault Ste. Marie.

### LEAGUE STANDINGS

	P	W	L	Pt.
Oshawa Tony's	14	9	5	18
Seven-Up Shopsy's	11	6	5	12
Toronto Platino	10	5	5	10
Village Caterers	12	5	7	10
Dynes Jewellers	11	4	7	8

### LEADING HITTERS

Hal Kemp, Village Caterers	.395
Al Mugford, Jewellers	.381

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