

# High School Sports

## Track And Field

Track and field athletics are the oldest form of sport known to man. "Track meets", as they are called, are held both in and out-of-doors. For centuries sculptors and poets alike have honored the well-developed physiques of track and field athletes.

The Greeks considered imperfect physical development a disgrace. As a result, every youth sought diligently to develop a beautiful and well-proportioned body. In addition, each person wanted to excel in speed, endurance, and courage. It was only natural, therefore, that these people should turn to track and field sports as the media through which these qualities could be developed.

The high development of track and field athletics in ancient Greece is now being paralleled, and even surpassed in our present day and age. The present program of events, discussed later, evolved from the English contests which arose during the revival of amateur competition in about 1850.

The first championship contests conducted in North America were held in 1876 by the Amateur Athletic Union (AAU). Since that time, several organizations have contributed to the development of the sport by sponsoring meets and formulating rules and policies.

Track and field has held a major place in the sports program of the people of the world since the beginning of time. One reason for this is the fact that soon after a human baby learns to move, crawl, and walk, he takes an interest in running. Jumping soon gains his attention.

Throwing, in turn, then begins to appeal. It follows, therefore, that since the events on the track and field program are fundamental movements they soon find their place in the lives of young people.

What values can a person achieve from participating in track and field? The athlete should reasonably expect a number of advantages from these activities. Training improves nervous and muscular control so that co-ordination of the mind and body is perfected. It also increases the efficiency and the range of the adjustments of the vital organs, e.g. heart and lungs.

Moreover, it increases the capacity to store temporarily and to remove more efficiently large amounts of lactic acids formed. (Lactic acid is a clear, syrupy acid, produced from sucrose and some other carbohydrates by the action of certain micro-organisms. The next sentence is one especially for my chemistry teacher, poor man, Mr. D. Smith. The chemical formula of this acid is C<sub>3</sub>H<sub>6</sub>O<sub>3</sub>; (I think?!). Other advantages include a better appetite (just ask my parents!) and sound sleep.

### By Pia Schenk

Therefore, from a physical point of view, much can be said about the advantage of participation in track and field. To be of the most value, however, an activity should offer more than the aforementioned facts. It must help develop right social attitudes, habits, and knowledge. Anyone who has taken part in this popular sport, knows of the many opportunities to make friends on the practice field, and even in competition. This fact is brought clearly to mind at the major relay meets where the athletes are seen visiting around on the field. They compare ideas and form friendships with students from other parts of the province or country.

There is no opportunity to make a living in track and field activities, since they exist only as amateur sports. Participation in them, however, must be in the form of recreation. From the knowledge standpoint there is much to "challenge the mind" in knowing records, styles of running, pace judgement, and forms in field events. These things are open to both the competitor and the spectator.

Track events, in high school, include sprints (with varying distances up to the 440), middle distances (880 and the mile run) and distance running (usually a two mile run). Distance, however, covers anything from the two mile run to the marathon run of 26 miles 385 yards). Also included in the sprints is hurdling, both high and low. Relay racing by teams at various distances provides the greatest excitement.

The field events cover the long jump, high jump, triple jump, and pole vault. The weight events include the discus, javelin, and shotput. As you can see, track and field sports can please people of every type from the short small-boned person to a tall, heavily-built person.

### SWIM MEET

On April 21, the York Central Swim Meet was held at the Slater Olympia Pool in Vandorf. At the end of the meet, only one point separated the first and second place teams. A recount of the score gave these final standings for the York Central Championships.

Bayview Secondary	73 points
Thornlea Secondary	71 points
Thornhill Secondary	62 points
Richmond Hill High	60 points
Woodbridge High	49 points
Langstaff Secondary	48 points

Stu Malcolm (Bayview) won the Junior Boys and Maarten Heilbron (Bayview) won the Senior Boys. Tim Bean did quite well for Thornhill and won two events.

### TRACK MEETS

Recently Thornhill and Langstaff engaged in a dual track meet. Thornhill won the meet 128 to 86. Most of the events were held indoors due to the rain. Only the mile and the 440 were held outside.

The races were run in the corridors, with the main attraction being the relays, as usual. Only this time, they were shuttle relays and were quite exciting to watch.

Some of Thornhill's winners were Craig Scott (jr. boys 60 yd.), Jim Penfold (sr. boys high jump, 5 feet 7 inches) and Janet McKay (sr. girls 60 yd.).

Langstaff later had a meet against Northview Heights and York Mills. Some of the Langstaff winners were Paul Tomazewski (jr. 100, 220), and Kevin Wood (int. 100).

Brian Hills placed second in the mile event. This meet was only for boys, all age groups.

(Pia Schenk is a Grade 12 student at Bayview Secondary School)

## Hylands Leaving

# Unionville Ice Show Pzazz '69 Attracts Packed Crowd Of 4,000

A total of 4,000 persons turned out April 18, 19 and 20 to see the Unionville Skating Club's 18th annual ice show Pzazz '69.

The show ran the gamut from glamorous girls in colorful uniforms through the fanciful fairy tale of Snow White and the Seven Dwarfs.

The latter featured pairs skaters Debbi Jones and Michael Bradley as Snow White and Prince Charming plus their entourage of woodland creatures.

An excerpt from the musical "Oklahoma" opened the second part of the show with solos by David Porter and Janet D'Alroy, notice dance champions, Jane Patterson and Linda Burt.

"Oliver" came to life on ice with Ricky O'Neill playing the role of Oliver with Julia Tancock as Nancy John Hawley as Mr. Bumble, Randy Hawley as the Artful Dodger, Gerry Watts as the Widow, Bill Sykes playing Charles Spence and Eleanor Leggat the role of Fagan.

The heartwarming story of the King and I was beautifully costumed with Barbara Hawkins playing the role of Anna, Finian's Rainbow featured solos by Eileen Pettit, Susan Patterson and dance champions Mary Church and Tom Falls.

The gang fight from West Side Story was a tension-packed episode with members of the gang descending from a staircase and a solo by John McWilliams and seniors pairs champions of Canada, Richard Stephens and Anna Ford.

A presentation of flowers were made to Club Professionals Marg and Bruce Hyland, Peggy Horton, Frances Allan, Brenda Ramsey and John Wild.

Club President Jim Irving expressed the regrets of the directors and members over the resignations of Mr. and Mrs. Hyland.

Both are leaving to take up other personal commitments. A gift was presented to them in recognition of their services. A gift was also presented to Mrs. Peggy Horton, club professional, who is leaving the staff to live in Sutton. Leaving also is Mrs. Frances Allan and a gift was given her.

The club's annual meeting will be held May 7 at 8 p.m. It will feature the election of directors for next season along with clarification of the new schedule and ice times. The club's new professional staff will also be in attendance.

Locale will be Crosby Memorial Arena, Unionville. Refreshments will be served.

## Award 15 Trophies Skating Club

Fifteen trophies were awarded to winners March 29 at the Richmond Hill Figure Skating Club held its semi-annual club competitions.

There were also Gold, Silver and Bronze Medals awarded for first, second, and third placements.

One of the most impressive events of the day was the intermediate and senior interpretive. Music was recorded in advance for these events and kept secret until the competitions began.

The competitors were permitted to hear the music three times only and then skated to the music while improvising a skating routine.

The figure skating club plans to hold a competition day every second year in the off-carnival years. The possibility of having other clubs participate in the competitions is being considered.

When there were just two entries for an event, an award was given for the junior skaters — there were three entries in an event, awards were given for first and second placement.

Competition Day and a party given for the Junior skaters — when are not yet ready to take part in the major events — marked the end of the 1968-69 skating season.

Preparations are already being made for the 1969-70 season which promises to be another eventful and successful year for the skating club.



## Let's Play Tennis

By J. Beresford Anderson  
Phone 884-2115

Richmond Hill Lawn Tennis Association

Applications have been sent to all former members of the tennis club and can be obtained from John Freeman, 204 Alverna Road, phone 884-4510. These should be returned with cheque to Treasurer Geoff Parker, 394 Osiris Drive, by May 3 or as soon as possible. Shoe tags will be mailed on receipt of your membership.

Free instruction for juniors will be held on Saturday mornings during the month of June. The lessons will start June 7 at 10.30 am. Seniors will have their instruction period on Wednesday evenings beginning June 11 at 7.00 pm. We hope that many of the members will take advantage of these opportunities to improve their game.

We plan to have about half a dozen round-robin tournaments during the season, so that everyone will have an opportunity to play with good players. The first of these will be held on May 3 beginning at 1.30 pm. The official opening day will

be on May 31 when all members will have a chance to meet one another, and play some tennis as well. Refreshments will be served during the afternoon, and we are hoping for a large turnout.

## Panthers vs. Mustangs

The second game of the best-of-three Northern Electric Hockey League finals between Panthers and Mustangs will be played this Sunday from 9:15 am to 11:15 am.

Locale will be Doublerink Arenas. The Panthers downed the Mustangs 4-2 in the first game. Two Richmond Hill residents, Bruce Richardson and Steve Addley, are members of the Panthers.

Coach of the team is Pete Artemchuk who also heads the Richmond Hill Legion Midget team.

# BOWLING RESULTS

## ARC BOWLING CLUB

Individual prize winners last Friday night are: Ladies high average, Frances Warner 193; Men's high, John Filkus, 219; Ladies high single (flat) Isobel Plews, 373; Men's high single (flat) Harry Ashman 365; Ladies high single (handicap), Vera Simmons 314; Men's high single (handicap), Peter Milne 359; Ladies high triple (flat), Eileen Powell 719; Men's high triple (flat) Ross Bailey 754; Ladies high triple (handicap) Ann Mansbridge 737; Men's high triple (handicap), Ivan Mansbridge 786.

There's only one night left in the playoffs which have been at their exciting best due to the closeness of the play. All members are requested to maintain their excellent attendances of the last two nights.

The bowling banquet is only two weeks away and the league executive would like to know if any members are intending to bring their friends to the banquet so that meals can be ordered for them. It will also avoid last minute embarrassments.

Fees for non-members should be paid to the treasurer not later than May 2 which is the last night of the bowling season. The banquet is slated for May 10 at the Richmond Hill Royal Canadian Legion Hall at 41 Yonge Street North. Time is 7 pm.

## ALLENCOURT MEN'S MAJORS

A spectacular race for the high average leadership saw Al Broadfoot winning the honors over Fred Hickey by a minuscule 253.55 to 253.52.

The difference is equivalent to one pin.

Bob Julian finished with 253.47 beaten by just four pins. Al Richardson, Tim Saul, and Norm Roberts had 252; Roy Thompson 250; Stan Shadoff 249; Doug Clubine and John Moore 248.

Hickey won the high triple flat with 990; Bill Jackson took the high single flat with 420; Stan Foster captured the high triple handicap with 926; Bob Ollis grabbed high single handicap with 418.

Richmond Hill Credit Union had the high team three game total with 4219; Alencourt Lanes won high team single with 1,524.

Final standings: Bob's Delivery Service 53; Cardinal Insulation 52; Alencourt Barber Shop 50; Richmond Hill Credit Union 46; Manufacturers' Life 42; Alencourt Electronics 40; Alencourt Lanes 38; Trend Interior 36; ABC Bowl 31; Richmond Hill Auto Wreckers 29; Tompkins Chrysler 24; Kinnear Pontiac 21.

## Coho Fish Movement Charted At Erindale

Several small funnel-shaped nets were staked in the Credit River at Erindale by the Department of Lands and Forests recently.

Purpose being to ascertain whether or not the many recently-planted coho smolt were heading downstream to Lake Ontario and also to assess just what proportion of them are successfully moving to the lake. The stakes, marked with red flags to warn canoeists, are left in the river while the nets are removed each time the attendants leave. It's expected that the main run of salmon will occur during the night so that most of the netting will occur then.

Already over 90,000 coho smolt have been stocked in the Credit River from Streetsville to Inglewood.

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## Writes Letter

# Chicago Trip Impresses Former Critic Value Of Organized Hockey

The following letter was sent to the Richmond Hill Hockey Association President Harold Barnett by a Toronto resident who flew to Chicago to view a three game weekend tournament participated in by the Surf Marine Bantams. He went, he saw, he was conquered. — Editor

Dear Mr. Barnett:

In recent years there has been a great deal of criticism levied at all aspects of professional and amateur hockey in Canada. Many critics are concerned about Canada's falling image as a hockey nation in international circles; others are concerned about juvenile hockey with its ill-timed and too frequent practices and accompanying pressures from parents and coaches during league games.

I attended several hockey games in Richmond Hill two years ago in order to learn the truth behind the comments of juvenile hockey critics.

I was initially disappointed by the low attendance of parents and therefore the apparent lack of interest on their part. However, I was soon relieved after watching the agonizing torture suffered by a few parents at their son's or team's errors, and their consequent and often immediate verbal retaliation upon them. At least, it seemed, most parents saved their wrath for the confines of the home.

I soon became one of the silent supporters of the move to abolish organized hockey, feeling that it would leave the child with some measure of self-respect and pride, make for better relations within the home, and allow parents to voice their own feelings of failure elsewhere.

I also believed that true satisfaction and full enjoyment could only be realized by playing hockey on a pond without uniforms, officials, coaches, parents and organization, and with broom sticks and tin cans, as often as I knew hockey.

On the spur of the moment recently, I decided to fly to Chicago to watch one of your teams, the Surf Marine Minor Bantams, play a three-game weekend tournament.

Never before have I seen such enthusiasm, team spirit, and sportsmanship both on and off the ice, as I witnessed dur-

ing these three games — not only exhibited by the players, but also by the great number of parents and families who had travelled by car and bus to be with their sons.

I could cite many examples to prove my point, but the list would be endless. Strangely enough, I had previously believed team spirit and sportsmanship were lost as goals of organized hockey, but win, lose or draw, the Surfurs gave their team cheer, kept a smile on their faces, and their hands on their sticks. Before the games and after the games hockey was forgotten — there were other things to discuss.

I've witnessed many great sporting events on three continents and have coached winning soccer and cricket teams in South America, but I have never been so thrilled and proud of a team of boys in my life. I have rarely been as proud of being a Canadian as I was in Chicago.

The entire team, their coaches, their parents, and the Richmond Hill Hockey Association deserve the highest of praise and credit for instilling what I feel are the most important values of any sport. I saw many goals scored that weekend in Chicago, and have seen goals scored since in subsequent games at home and not all these goals came as the result of a puck being shot into a net.

Again, congratulations, especially to the team and my personal thanks to the boys for teaching me a lesson that I won't forget.

ALAN DUFFIELD, Apt. 1126, 70 Cambridge Avenue, Toronto.

AJAX: A bylaw banning horses from the municipality has been passed by Ajax Town Council.

The action was taken after the Ajax Safety League complained riders were in danger to children. Residents said some animals had been ridden across lawns and through gardens.

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