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 wellproportioned 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 C3 H6 O3; (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 knowledges. 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

TRACK MEETS

* * * * *

won two events.

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

ed out April 18. 19 and 20 to ed episode with members of the Ladies high single (flat) Isobel sociation President Harold Bar- but also by the great number of see the Unionville Skating gang descending from

glamorous girls in colorful uni- phens and Anna Forder. tale of Snow White and the were made to Club Profession- Eileen Powell 719; Men's high

skaters Debbi Jones and Michael Brenda Ramsey and John Wild. Ann Mansbridge 737; Men's Bradley as Snow White and Club President Jim Irving high triple (handicap), Ivan Prince Charming plus their en- expressed the regrets of the Mansbridge 786. tourage of woodland creatures. directors and members over the There's only one night left

Jane Patterson and Linda Burt. in recognition of their services, of the last two nights,

the Artful Dodger, Gerry Watts a gift was given her, as the Widow, Bill Sykes playing Charles Spence and Eleanor The club's annual meeting avoid last minute embarrass- juvenile hockey critics.

Leggat the role of Fagan. | will be held May 7 at 8 pm. | ments.

The gang fight from West ments will be served.

Fifteen trophies were award- Results of the competitions ed to winners March 29 as the are as follows: Richmond Hill Figure Skating Pairs: Junior - first Ingrid Club held its semi-annual club McLeod and Selma Lussenburg; 253,55 to 253,52.

ives. Music was recorded in ad- Fraser. vance for these events and kept secret until the competitions

the music while improvising a skating routine. The figure skating club plans

second year in the off-carnival other clubs participate in the Paul Cyr, third Tracey Francis with 1,524. competitions is being consid- and Mike Dunleavy.

given for the junior skaters - Jose Souche; Senior - first 46; Manufacturers' Life 42; Althere were three entries in an Monique Charron, second Ruth lencourt Electronics 40; Allenevent, awards were given for Francis, third Donna Shubaly, court Lanes 38; Trend Interior first and second placement. Free Skating: Novice - first Hill Auto Wreckers 29; Tomp-

given for the Junior skaters - ma Lussenburg, third Janet tiac 21. who are not yet ready to take Mills, Junior - first Linda Frapart in the major events - ser, second Marie-Jose Souche, marked the end of the 1968-69 third Joy Miller: Intermediate Coho Fish Movement

Preparations are already ique Charron, third Connie Charted At Erindale being made for the 1969-70 sea- Madaleno; Senior - first Donna son which promises to be an- Shubaly, second Ruth Francis. other eventful and successful Achievement Award: Keith year for the skating club. Swindlehurst.

Award 15 Trophies Skating Club

Intermediate - first Marie-Lise The difference is equivalent feeling that it would leave the There were also Gold, Silver Souche and Marie-Jose Souche; to one pin.

Senior - first Donna Shubaly, dicap with 418. second Ruth Francis, third Mon- Richmond Hill Credit Union to hold a competition day every ique Charron; Mixed - first had the high team three game recently, I decided to fly to Marie - Ellen and Bernard total with 4219; Allencourt Chicago to watch one of your years. The possibility of having Souche, second Cheryl Lance Lanes won high team single

Interpretive: Intermediate - ery Service 53; Cardinal Insula-When there were just two en- first Linda Fraser, second tion 52; Allencourt Barber Shop and sportsmanship both on and tries for an event, an award was Tayce Wakefield, third Marie- 50; Richmond Hill Credit Union off the ice, as I witnessed dur-

Competition Day and a party Shirley Armstrong, second Sel-kins Chrysler 24; Kinnear Pon-- first Kim Walsh, second Mon-



Let's Play Tennis

By J. Beresford Anderson Phone 884-2115

Richmond Hill Lawn Tennis Association

Applications have been sent be on May 31 when all memto all former members of the bers will have a chance to meet tennis club and can be obtain- one another, and play some tened from John Freeman, 204 Al- nis as well. Refreshments will verna Road, phone 884-4510, be served during the afternoon, These should be returned with and we are hoping for a large cheque to Treasurer Geoff Par- turnout,

ker, 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 morn- The second game of the bestnesday evenings beginning June am to 11:15 am. 11 at 7:00 pm. We hope that Locale will be Doublerink many of the members will take Arenas.

one will have an opportunity to Panthers.

first of these will be held on Artemchuk who also heads the May 3 beginning at 1.30 pm. Richmond Hill Legion Midget The official opening day will team.

Panthers vs.

Mustangs

ings during the month of June. of-three Northern Electric Hoc-The lessons will start June 7 at key League finals between 10.30 am. Seniors will have Panthers and Mustangs will be their instruction period on Wed-played this Sunday from 9:15

advantage of these opportuni- The Panthers downed the ties to improve their game. Mustangs 4-2 in the first game.

We plan to have about half a Two Richmond Hill residents, dozen round-robin tournaments Bruce Richardson and Steve during the season, so that every- Addley, are members of the play with good players. The Coach of the team is Pete

Individual prize winners last Friday night are: Ladies high average. Frances Warner 193;

als Marg and Bruce Hyland, triple (flat) Ross Bailey 754; Dear Mr. Barnett: The latter featured pairs Peggy Horton, Frances Allan, Ladies high triple (handicap) sional and amateur hockey in team cheer, kept a smile on

An excerpt from the musical resignations of Mr. and Mrs. in the playoffs which have been

role of Oliver with Julia Tan- fessional, who is leaving the executive would like to know if games, dered for them. It will also truth behind the comments of proud of being a Canadian as

* * * * ALLENCOURT MEN'S MAJORS

A spectacular race for the their wrath for the confines of a net high average leadership saw Al the home. Broadfoot winning the honors I soon became one of the over Fred Hickey by a miniscule silent supporters of the move

and Bronze Medals awarded for Senior - first Ruth Francis Bob Julian finished with self-respect and pride, make for first, second, and third place- and Lynda Taylor; second Con- 253.47 beaten by just four pins. better relations within the nie Madaleno and Monique Al Richardson, Tim Saul, and home, and allow parents to One of the most impressive Charron; Mixed - first Marie- Norm Roberts had 252; Roy voice their own feelings of failevents of the day was the in- Ellen and Bernard Souche, sec- Thompson 250; Stan Shadoff ure elsewhere termediate and senior interpret- ond Debbie Harvey and Donald 249; Doug Clubine and John

The competitors were permit- ond Joy Miller Marie-Lise the high single flat with 420; times only and then skated to Tracey Francis, second Linda triple handicap with 926; Bob Fraser, third Heather Deighton: Ohlis grabbed high single han- often as hockey sticks and children. Residents said some

Final standings: Bob's Deliv-

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

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.

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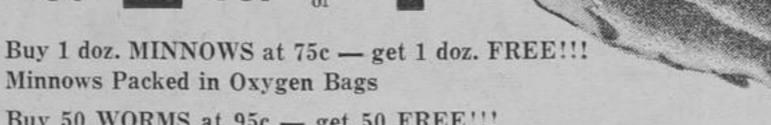
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Writes Letter

Chicago Trip Impresses Former Critic Value Of Organized Hockey

A total of 4,000 persons turn- Side Story was a tension-pack- Men's high, John Filkus, 219; to Richmond Hill Hockey As- only exhibited by the players. (The following letter was sent ing these three games - not Plews, 373; Men's high single nett by a Toronto resident who parents and families who had (flat) Harry Ashman 365; Lad- flew to Chicago to view a three travelled by car and bus to be ies high single (handicap). Vera game weekend tournament par- with their sons The show ran the gamut from pions of Canada, Richard Ste-Simmons 314; Men's high sin-ticipated in by the Surf Marine I could cite many examples

gle (handicap), Peter Milne Bantams. He went, he saw, to prove my point, but the list forms through the fanciful fairy A presentation of flowers 359; Ladies high triple (flat), he was conquered. — Editor) would be endless. Strangely

enough, I had previously believed team spirit and sports-In recent years there has manship were lost as goals of been a great deal of criticism organized hockey, but win, lose levied at all aspects of profes- or draw, the Surfers gave their

Canada. Many critics are con- their faces, and their hands on cerned about Canada's failing their sticks. Before the games at their exciting best due to image as a hockey nation in and after the games hockey was part of the show with solos by Both are leaving to take up the closeness of the play. All international circles; others are forgotten - there were other David Porter and Janet D'Al- other personal commitments. members are requested to main- concerned about juvenile hoc- things to discuss. troy, novice dance champions, A gift was presented to them tain their excellent attendances key with its ill-timed and too I've witnessed many great frequent practices and accomp-sporting events on three cont-"Oliver" came to life on ice A gift was also presented to The bowling banquet is only anying pressures from parents inents and have coached win-

with Ricky O'Neill playing the Mrs. Peggy Horton, club pro- two weeks away and the league and coaches during league ning soccer and cricket teams cock as Nancy, John Haining as staff to live in Sutton. Leaving any members are intending to I attended several hockey never been so thrilled and Mr. Bumble, Randy Hawley as also is Mrs. Frances Allan and bring their friends to the ban-games in Richmond Hill two proud of a team of boys in my quet so that meals can be or- years ago in order to learn the life. I have rarely been as

I was initially disappointed The entire team, their The heartwarming story of It will feature the election Fees for non-members should by the low attendance of par-coaches, their parents, and the the King and I was beautifully of directors for next season be paid to the treasurer not ents and therefore the appar- Richmond Hill Hockey Associacostumed with Barbara Hawkins along with clarification of the later than May 2 which is the rent lack of interest on their tion deserve the highest of playing the role of Anna. Fin- new schedule and ice times, last night of the bowling season, part. However, I was soon re- praise and credit for instilling ian's Rainbow featured solos by The club's new professional The banquet is slated for May lieved at the low attendance what I feel are the most im-Eileen Pettit, Susan Patterson staff will also be in attendance. 10 at the Richmond Hill Royal after watching the agonizing portant values of any sport. and dance champions Mary Locale will be Crosby Memor- Canadian Legion Hall at 41 torture suffered by a few par- saw many goals scored that ial Arena, Unionville. Refresh- Yonge Street North. Time is 7 ents at their son's or team's weekend in Chicago and have errors, and their consequent seen goals scored since in suband often immediate verbal re- sequent games at home and not taliation upon them. At least, all these goals came as the it seemed, most parents saved result of a puck being shot into

to abolish organized hockey, teaching me a lesson that I ALAN DUFFIELD. Apt. 1126. 70 Cambridge Avenue

Toronto. I also believed that true sat- AJAX: A bylaw banning horses isfaction and full enjoyment from the municipality has been Dance: Junior - first Cindy Hickey won the high triple could only be realized by play- passed by Ajax Town Council. Madaleno and Nancy Kerr, sec- flat with 990; Bill Jackson took ing hockey on a pond without The action was taken after uniforms, officials, coaches, par- the Ajax Safety League com-Souche; Intermediate - first Stan Foster captured the high ents and organization, and with plained horses with inexperibroom sticks and tin cans, as enced riders were a danger to

> animals had been ridden across On the spur of the moment lawns and through gardens. teams, the Surf Marine Minor HOW TO MAKE Bantams, play a three-game weekend tournament.

pucks, as I knew hockey.

Never before have I seen such enthusiasm, team spirit,

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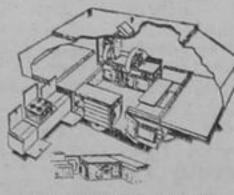
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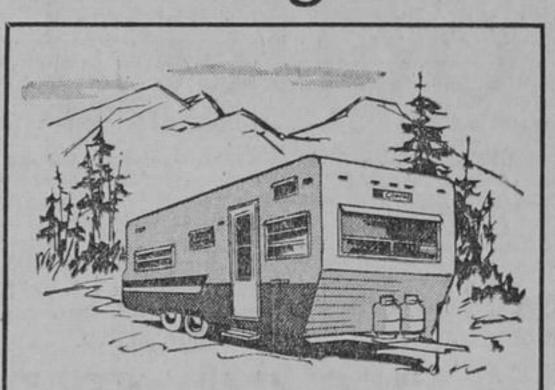
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