

Hill, Markham swimmers impress



(Photo by Hogg)

Time out

Markham swimmer Craig Hroncok does his thing here at Thornlea Pennant meet Sunday. Craig impressed along with other competitors from Richmond Hill and Thornhill.

THORNHILL — Richmond Hill and Markham aquatic club swimmers won five firsts in the final pennant meet of the season Sunday at Thornlea Swimming Pool.

Nicole Stevens of Markham finished first in the 100 M Free D with a time of 1:26.1 seconds. Gordie Wood of Richmond Hill chalked up a first in the 100 M Free C with a time of 1:10.3

followed by Craig Hroncok of Markham with 1:10.7. Then it was Leslie Myers of Markham finishing first in the 50 M Breast E at a time of 54.6 followed by Clare Smith

of Richmond Hill with 55 seconds. David Justice of Richmond Hill finished on top in the 100 M Breast C with a time of 1:32.9. Then it was Stephen Davey of Richmond Hill

finishing first in the 100 M Fly B with a time of 1:16.4. He was followed by teammates Bonnie Branch at 1:16.4; and Rodney Graham. Local swimmer receiving certificates of

promotion were: Freestyle, Leslie Myers of Markham, from E to D; Christine Bogie (Richmond Hill), from C to B, in the backstroke. Backstroke, Nicole Stevens, Markham, from

E to D; Terry Roberts, Richmond Hill, from C to B. Butterfly, Nicole Stevens, Markham, from E to D; Ken Plant, Richmond Hill, from D to C.

Hill midgets win two of three

Precision team at Cold Creek

BOLTON — The popular precision team of Upper Canada Rifles will return to the Cold Creek Conservation Area Sunday. The team will provide featured demonstrations beginning at 10:30 a.m. and continuing to 3 p.m.

RICHMOND HILL — The Richmond Hill Midget boys softball team are tackling a juvenile league this season and the going's been good for the first three games.

The locals kicked off the season by dropping a 6-2 game to Oshawa in the York Juvenile League but roared back to edge Agincourt 5-4 and Don Victoria of Don Mills by 7-6.

The Oshawa game saw Richmond Hill start things happening in the top of the first inning by scoring both of their runs.

Catcher Paul Philip led off with a walk and was advanced by third baseman Doug Lewis' single. There was one out when both runners scored on a hard hit ball by Bruce Noble who was later called out for interference.

There was still a spark in Richmond Hill's attack as first baseman Phil Wood walked, centrefielder Bill Logush, and pitcher Glen Moreland singled to load the bases.

Leftfielder Gary McMullen then flew out to end the inning.

This ended the scoring for Richmond Hill as they were blanked the rest of the way while Oshawa picked up two runs in the first and eighth innings and single runs in the fifth and seventh.

Richmond Hill picked up five hits while pitcher Moreland allowed seven hits and two walks while striking out 12 Oshawa batters.

Ankle sprain Centrefielder Logush suffered an ankle sprain

in this game and will be lost to the club for a week to 10 days.

Trail early

The Agincourt contest saw the Hillers trailing Agincourt by 4-1 as late as the eighth inning with Agincourt having scored single runs in the second, third, fifth and eighth innings off the combined offerings of pitcher Paul Philip and Moreland.

Richmond Hill's run came in the third inning on a double by Moreland and an rbi double by Danny McVeigh.

Bats explode

The Richmond Hill bats exploded in the bottom of the eighth as they scored four big runs to pull out the win all with two out.

McVeigh had led off with a single but the next two batters flew out. Right fielder Greg MacMillan then stroked a

single and centrefielder Greg Walton scored both with a resounding double.

Walton was plated with another by Phil Wood.

The score was tied 4-4 when Wood advanced to third and then took off for home on a passed ball and scored on a close play at the plate with the catcher dropping the ball at the time of making the tag.

Slight rally

Agincourt rallied slightly with two out in the ninth putting runners on first and second but the final batter was retired on strikes.

Both teams had nine hits with the Richmond Hill pitchers walking five batters and striking out 12.

Playing their third game in three nights they travelled to Don Mills on June 8 to take on Don

Victoria, the second juvenile team they had faced.

Trail 4-0

For the second night in a row, Philip was the starting pitcher and again he fell behind by 4-0 after two complete innings.

Richmond Hill got one run back in the top of the third on a lead-off double by right fielder Keith Khantak who advanced to third on a passed ball and scored on an error.

In the top of the fourth they continued their comeback with Greg MacMillan leading off with a walk, a single by Greg Walton and back to back doubles by Phil Wood and Bruce Noble.

3 big runs

Richmond Hill overcame the Don Victoria early lead in the top of the fifth inning scoring three big runs to take a 6-4 lead.

Third baseman Doug Lewis led off the inning with a solid single with second baseman Danny McVeigh and MacMillan being safe on errors.

After one out the winners had scored on the third error of the inning by Don Victoria on a smash by Phil Wood.

Don Victoria narrowed the lead in the bottom of the fifth on an out of sight homerun by their shortstop.

Clutch double

Both teams traded runs in the sixth and last inning due to curfew. The Hill run was scored by Moreland who lined a double with one out and was chased home on a clutch double by Lewis.

With the score 7-6 and the tying run at first base, Moreland bore down and struck out the batter who had homered in the

previous inning to end the game.

Richmond Hill outthrew their host 8-7 with Lewis the only player getting more than one. Philip gave up six hits for his stint on the mound with Moreland allowing a single hit but walking three and claiming four strikeouts.

It was an impressive start for the team which is coached by Wayne Burling.

Come on out

Parents are invited to come out and watch Richmond Hill Midgets Monday evenings at 8:30 p.m. at the town park.

The player roster is as follows: Ian Forsyth, Keith Khantak, Doug Lewis, Bill Logush, Greg MacMillan, Danny McVeigh, Glen Moreland, Bruce Noble, Paul Philip, Dale Strang, Greg Walton, and Phil Wood.

Tournament tennis is different

(continued from B-1)

nament or big match.

Weight training
All weight training, distance running, practice matches, hitting drills, and footwork exercises should be stopped several days before a tournament so that energy reserves will be at full strength for the opening match.

The day before the first match a player should have a hit making sure that all his shots are ready to go. He should also begin thinking about the better points of his game and how he will use them in the tournament.

On the day of the tournament, the competitor should have a light hit on the courts he is to play on in order to make final adjustments for the court surface.

Relieve tension
About 40 minutes before the match, it's a good idea to go for an easy jog, to loosen up and relieve nervous tension.

The last half hour can be spent "getting up for the match". This includes convincing yourself that you can win and pushing thoughts of everything but tennis from your mind.

Good warm-up
At the start of his match, the player should have a good warm-up concentrating on hitting his strokes well, and looking at the pace and weaknesses of his opponent's strokes.

During the match, it is important to go after every shot and use every point won to boost confidence. While playing,

the player should concentrate only on what is happening in his match.

The player should constantly be thinking of what shots to hit and which shots hurt his opponent the most. Always remember, after a point has been lost, it's over.

Keep head
No player has ever won a tournament by losing his head or thinking about a shot he missed four games ago. Think about the mistake later, why you made it, and don't make it again.

Playing too cautiously and playing percentages are two entirely different things. Playing percentage is hitting the shot that is most likely to work and keeps the opponent off balance.

Playing too cautiously is better known as choking, the concrete elbow, or the iron arm.

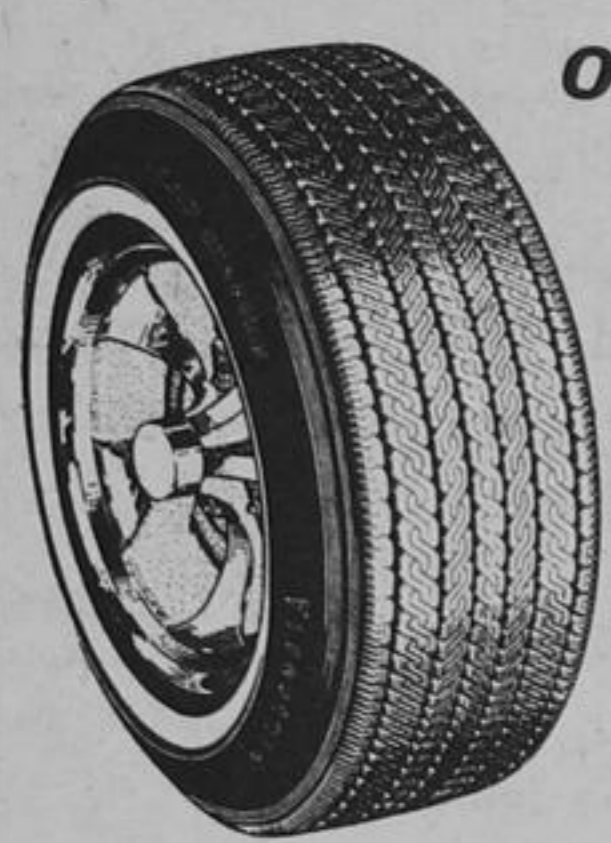
Shots should obviously be kept in the court but they should be kept deep and away from the opponent. Remember, always play to win and fight for every point.

If he wins, then he's the better player for now but keep working hard and maybe next time he won't be the winner.

(This article was written by Steven Cox, the tennis pro at the Thornhill Tennis Club. He has won many tournaments and was the No. 5 ranked junior in Ontario in 1974. Cox is on a tennis scholarship playing college tennis and is the No. 2 ranked singles player in the State of Florida.)

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