

Hill Squirts advance

The Richmond Hill Dairy Queen Squirts have advanced to yet another round of OASA Playdowns, as they blasted Bramalea 13-1 last week, and then followed that up with an 8-

5 victory in eight innings. The first game saw the Hillers knock out 12 hits, with the sixth inning being the big one, as they scored six times. Dave Repath lead the way with four hits and

scored four runs. Jim Hughes, Cesidio Negri, and Mike Leonard all had two hits apiece, while Scott Low had three walks. Robbie Bell did the hurling, and he restricted

Bramalea to five hits while fanning nine. The second game was a real nailbiter, as the Hillers looked as though they had lost the game several times. Bramalea led 4-3 going into the seventh inning, when Richmond Hill took a 5-4 lead. Unfortunately, they could not hold onto it, as Bramalea scored one

run to send the game into extra innings. That was all the Dairy Queen boys needed, as they showed their class by getting three hits and scoring three runs. Negri had a big game getting three hits, while Repath had a triple. Bell again did the pitching allowing nine hits while striking out

four and walking four. Dave Repath shone defensively at shortstop, while Jim Hughes made 12 putouts at firstbase. The Dairy Queen boys now advance into the Zone finals against their nemesis Glenfield. The second game of the series is scheduled for Town Park this Thursday night.

Ladies Rec. League start playoffs

It took Galaxy only two games to dispose of Smitty's crew who led the league most of the season. Galaxy's pitching was just too much for the Smitty's crew who led the league most of the season. Twin Hills Ceramics did likewise to Charmglow Barb B/Q's by taking the first two of the three-game series.

The four remaining teams decided to make a series out of it all and have extended their 'final' hopes to three games. The Superior Propane

and Rice's Aluminum series has the former in the driver's seat as they won the first game. The second game was tied 16-16 at the end of the regulation seven innings. Darkness prevailed and it was decided to play to break the tie at the same time Sussex Carpeting and Best Way Stone do battle to determine the winner of their series.

The Sussex crew really took advantage of Best Way's errors in the first game to win 19-4. The return bout saw Best Way play heads up ball and win 9-1. The losers didn't score until the sixth inning.

Best Way managed 15 hits and two walks while Sussex got six hits and three walks over the seven innings. They got only 26 batters to plate. Carol Crossley and Kayt Barclay were each

Fitness at Seneca

A Fitness Instructors' Course for men and women will be held for 27 weeks at Seneca College starting next Monday evening from 8 - 11 or Thursday morning from 9:30 - noon.

Cost is \$125 and the 81 hours includes 40 hours of theory and 40 hours of exercise and practical technique. No previous training is necessary.

Program co-ordinator and instructor Donna Leistner told The Liberal. "To start with, we'll do self-testing on nutrition, fitness and stress. Then we'll contract with each other and ourselves to improve our habits in all three areas.

"This will be followed with a lecture and discussion on how to achieve these changes, add weekly motivation and support for the eight months of course."

The program is designed to train leaders capable of teaching men's, women's or co-ed fitness programs which meet the needs of participants on an educational as well as a physical level and are safe and effective.

Program contests include: Muscles and movements, teaching techniques, program planning, foundations of exercise and nutrition; weekly practice teaching using music; and principles of adult education as applied to fitness programming.

For further information call Seneca College at 491-5050, extension 225.

Mutual gals in second

The Pleasantville Mutual Life Ladies topped their 1979 softball season off with a victory over Maple of 14-7 last Monday night in Maple.

Rose Marie McLean led the ladies with five-for-five at bat. Janet Mabley, Maureen Winton, Diane Madden and Ria MacDougall each went four for five and Sherry Robinson went four for four.

A rained-out game with King City, which had never been re-scheduled by King, saw the teams sharing the points.

Last Thursday, the Mutual Life Ladies battled the elements as well as Richvale during a downpour of rain and a muddy field only to give up to a 13-9 defeat. Mary Lou Davies showed her power at the bat going five-for-five including a home run.

The previous game for Pleasantville was a closely-fought battle with Kleinburg which saw the Mutual Life Ladies losing 19-17 in the last inning.

Corinne Cieszynski was the big bat of the night going five-for-five including a well-deserved home run. Centre-fielder Rose Marie McLean who went four-for-five at the plate, played an outstanding game defensively as did her outfield cohorts, Ria MacDougall and Jill Winter.

The League standings are as follows:

	W	L	T	P
Kleinburg	12	1	1	25
Pleasantville (Mutual Life)	10	3	1	21
Downsview	9	5	0	17
King City	7	6	1	15
Woodbridge	6	7	1	11
Unionville	4	9	1	9
Richvale	3	11	0	6
Maple	2	11	1	5

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BETWEEN 7 P.M. - 9 P.M.

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FEES - \$40.00 PER SEASON

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INFORMATION CALL 884-1368

Richmond Hill Hockey Association REGISTRATION For the 1979-80 Hockey Season

Saturday, Sept. 8 2:00 p.m. 8:00 p.m. New Arena
Sunday, Sept. 9 12:00 p.m. 5:00 p.m. New Arena
Tuesday, Sept. 11 6:30 p.m. - 9:00 p.m. New Arena

PLAYERS 7 YRS. AND UNDER \$45⁰⁰
PLAYERS 8 YRS. AND OVER \$60⁰⁰

REGISTRATION INCLUDES SEASON'S PASS

Skate & equipment Resale Centre open Saturday, Sept. 8th, 2:00 p.m. to 8:00 p.m., Sunday, Sept. 9th, 1:00 p.m. to 5:00 p.m., Tuesday, Sept. 11th, 6:30 to 9:00 p.m. Bring in unwanted equipment and skates for Resale.

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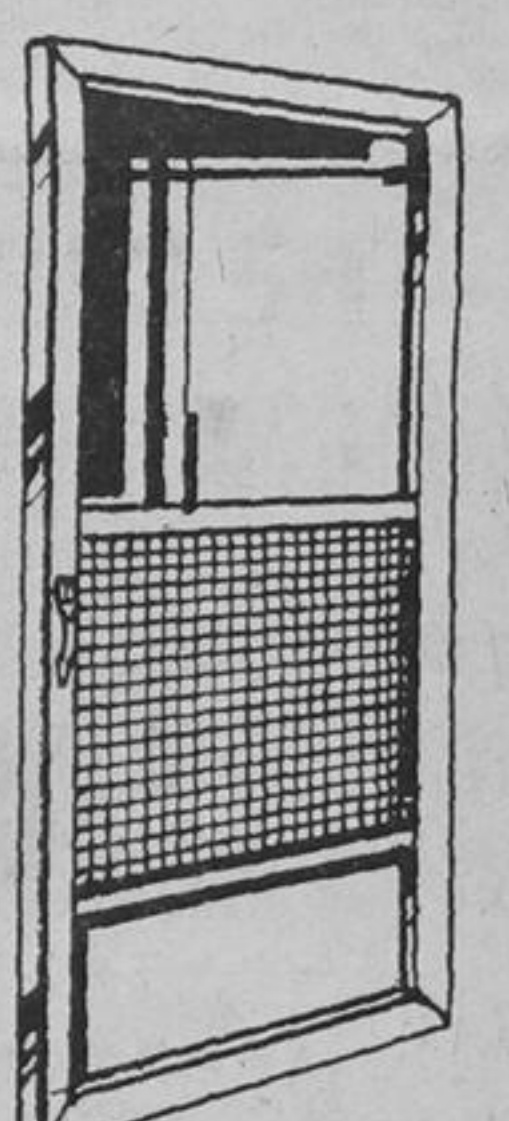
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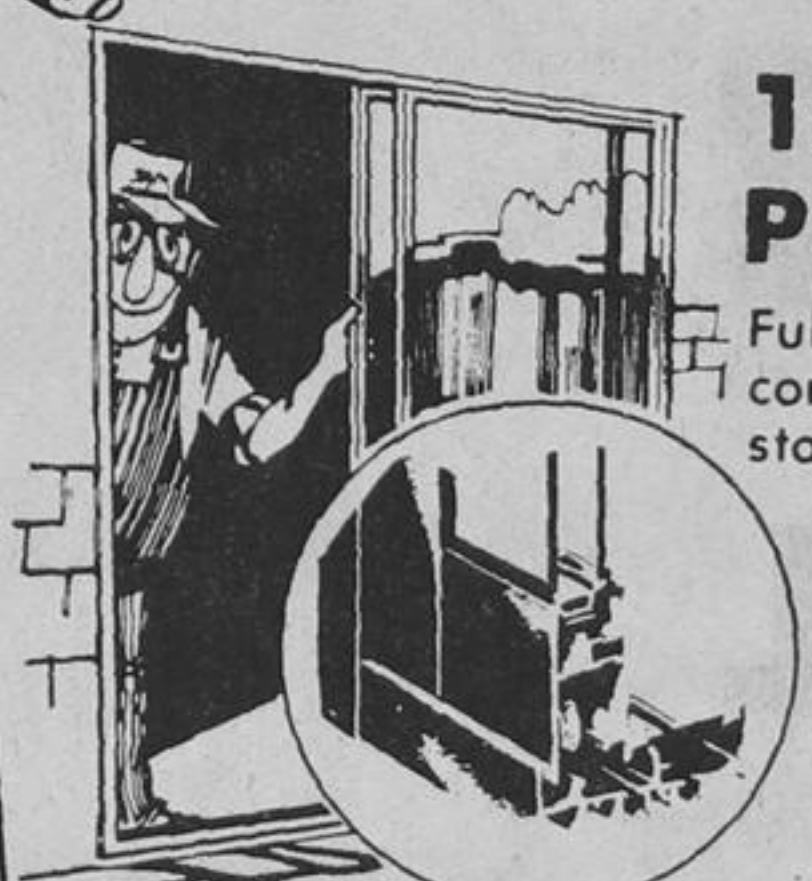


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