



RUSSELL A's

Pictured is the new look of the Russell A's after receiving their new uniforms compliments of Johnston Holdings. The team finished first in the South Carleton League and are currently involved in the finals of the play-offs against Carlsbad. They also won three tournaments during the summer.

Back row — left to right: Bruce Cherry, Kenny Sullivan, Greg McLaren, Mike Fleming, Barry Cochrane, Jim Gamble and Todd McLaren.

Front row — left to right: Bryan Cochrane, Doug Hay, Gaye Ford, Carl McLaren, Don McLaren and Kevin Cochrane. (Photo by Rowsell)

A's Hammer Jockstompers

The Russell A's have advanced into the finals of the South-Carleton Fastball League following impressive victories over the Carlsbad Jockstompers. After losing the opening game of the best-of-five series the A's went on to win three straight following the return of young hurler Greg McLaren. McLaren had been

sidelined with a sore arm for over a month but now says his arm is in top form. Jockstompers won the opener 5-2 but Russell came back with three victories 4-2, 1-0 and in the final game the big bats went to work for a 10-0 victory.

This win put the A's in the finals against Carlsbad who upset Embrun in the semi-finals. After

two games the A's lead Carlsbad 2-0. The opening game at Russell was a no-hitter for Greg McLaren and a 3-0 victory. The second game at Carlsbad was easily won by Russell 9-0 with McLaren throwing a two-hitter. This series is a best of seven and the A's are hoping for a four game sweep.

Russell Figure Skating News

by Robert Boyd

The skating season will be here in little over a month's time. On behalf of the Russell Figure Skating Club executive I'd like to extend a welcome to past members as well as any new children who are interested in joining the club.

This year we plan to have figure skating 'Pro', Nancy (Klovan) Mariani, as head of our teaching staff. Nancy has her 'Gold Figure'. Laura Schulhauser, who has her 'Third Figure' will also be teaching. Instruction will be given from Beginners to Senior 'C' and 'B'. We trust the children will have a lot of fun as they learn figure skating skills and earn their badges.

Last season a new dimension which proved to be a success was added to the club — Power Skating (the hockey way). Mr. Stephen Epps instructed small boys in the skills of power skating. Stephen, with the help of his brother, Fred, will be teaching boys from ages 5 to 9 years again this season.

The 79/80 figure skating and power skating season runs from 8 October until 12 December, starting with a break for Christmas, starting up again on January 7th to March 12th.

Registration will be on the 1st and 3rd of October between 7 and

9 p.m. at the Dr. F. Kinnaird Community Centre in Russell. It is pointed out that registration will be on a "first come, first served" basis. Those wishing to book for private lessons must do so on these nights also.

Members of the new executive are as follows:

President: Robert Boyd
Vice Pres.: Mary Boyd
Treasurer: Charles Verge
Secretary: Jirina Krabicka
R.A. Rep.: Pat Shea

Directors:

Alana Forrester-Verge
Connie Lauzon
Bernie Lauzon
Jean Chaters

Ice Chairmen:

Shirley King
Sharon Bogden
Chris Edmundson

Persons desiring further information may phone the president at 445-5626 or Ice Chairmen at 445-5478, 445-2801 and 445-2817.

Recreation News

Dates to Remember:

Dr. F. Kinnaird Community Centre
Open Recreation Association Meetings
First Tuesday Monthly
Commencing at 8:00 p.m.
EVERYONE WELCOME

The Fitness Trail is nearing completion with the Fitness Exercise Stations to be completed shortly.

We anticipate having ice in by September 24 and all contracts will be determined and finalized by the 17th of September.

The Arena and Hall have received a complete cleaning and painting in readiness for the 1979-80 season.

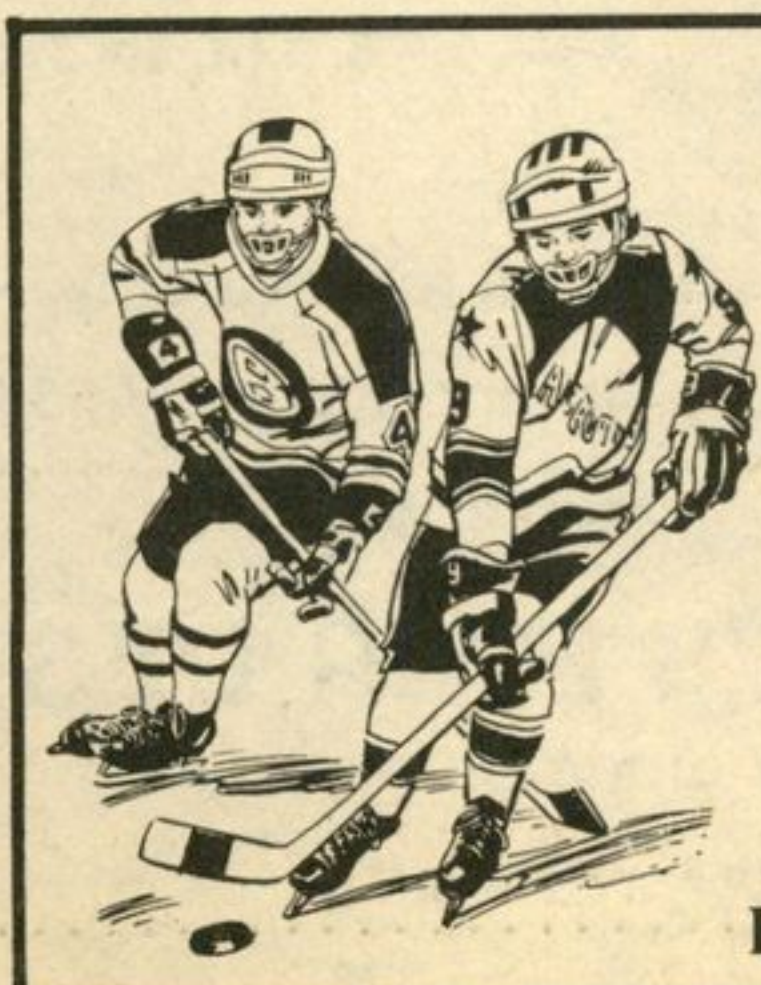
Hall rentals can be made by calling the Arena Office at 445-2050.

Any comments and requests can be made by calling the arena at the above number.

We look forward to serving you during the coming season.

Floor Hockey

The 1979-80 Russell-Metcalf women and men's floor hockey season is soon to begin. Games are held at the Osgoode High School gym at Metcalfe. Last season proved to be most successful and applications are now being accepted for the upcoming season. For further information please contact J. C. or Don Empey after 6 p.m at 445-5645.



Russell Warrior's Intermediate Hockey Club

Invites All Interested Players
To Register
For Team Try-outs

WED., OCT. 3rd, 1979
8 P.M.

Dr. F. Kinnaird Community Centre

Jack McLaren Sports Ramblings



It's the time of year when sports fans start thinking about the upcoming season. It doesn't seem long since the last one ended but already teams are reporting back for training camp. Fan concern about hockey violence has obviously made some impression on league executives. A ruling passed down by the CAHA eliminating body contact for Pee Wee and under could have some benefits for younger players but probably not as much as one would think. The amount of heavy checking at this level has usually been kept to a minimum. A more recent ruling announced by the Central Junior Hockey League (CJHL) governing body is long overdue and should go a long way to cleaning up Junior Tier II level hockey in the Ottawa area. This ruling states that a player engaged in fighting will face an automatic three game suspension. In some cases I would recommend that a player who is reluctantly drawn into the melee should get off with a lesser sentence but the whole idea is to get the aggressor. The CJHL has long been known for its leniency towards rough house tactics. In the past few years the team which has emerged as league champion has had the reputation of being tough and dirty on the ice. The smoother skating teams, like the Nepean Raiders, who apparently don't condone such tactics, continually come up short in the play-offs. I'm not suggesting for one minute that teams shouldn't play hard tough hockey but a little finesse is still what most fans want to see.

So a start has been made at the Junior Tier II level and hopefully this rule change will filter down to the Junior B level and for that matter through all senior and intermediate hockey leagues. It is certainly needed at the Junior B level and the local South-Carleton league has a select few who would feel the pinch if it was enforced there. A small start is better than none at all.

The New Look

Anyone who hasn't had a recent visit to the Dr. Frank Kinnaird Community Centre will be pleasantly surprised at the new look of the facility particularly in the hall upstairs. Many complaints had been received regarding the cleanliness of the upstairs hall from groups and wedding parties who had rented the facility. The complaints were quite justified. Facilities manager Paul Wylie, immediately following his appointment in June, set out to remedy this situation. Paul and his staff have worked hard and long hours putting the facilities back in top shape. Painting and cleaning have been completed upstairs and down and probably the greatest improvement has been the refinishing of the floor upstairs. Renovations to the canteen downstairs are also nearing completion. The facilities now rank with the cleanest and the best in the surrounding area — let's help keep it that way.

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