

Sports

Jack McLaren

Ramblings



A's Should Move Up

For the past couple of years the Russell A's fastball team has dominated the South Carleton Fastball League. During this period the league has been operating at the house league level. Having watched the A's play it is evident to me that if they are to improve they must get into a good intermediate level of fastball. This in no way infers that there isn't a requirement for the continuation of the South Carleton league at its present level — there is — but without the A's.

In my view there is no way that this league will ever get back to intermediate status. In the early sixties it was probably one of the best intermediate leagues in existence. I can well remember the Russell ball park being jammed with fans to witness the rivalry between Osgoode, with Lynn Dewan pitching, and Russell with Keith and Doug Russell sharing pitching chores. Those days are gone but it is quite evident that Russell is once again ready to challenge at a higher level than they are now performing.

The A's are basically a young team. There are areas where improvement will be needed. One obvious shortcoming is their inability to hit good intermediate pitching — this has been evident in recent intermediate tournaments in which they have participated.

They will have to be patient — it will come with more experience. The problem may not be so much if they can play intermediate but where. There is no league in the surrounding area so there may be considerable travelling involved and this is always a deterrent. For now tournaments may suffice.

It is also apparent that the Embrun fastball team may also be ready to once again return to tougher competition. They are a sound ball club, now a lot of enthusiasm for the game and enjoy reasonably good fan support. Next year is the time for Embrun and Russell to make their move.

These moves should not seriously affect the operation of the South Carleton League. There is to-day a lot of interest in houseleague fastball and some teams are showing potential. For every team they lose they should have no problem recruiting a new one. But when a league no longer serves your best interests it is surely time to move on.

Russell Recreation News By Paul Wylie

We've gone through over half of our summer program and certainly have met with success. Unfortunately our Day Camp program is not well attended but those children participating are having fun. Should you wish to comment on our programs or make suggestions please submit them in writing to the arena, attention Paul Wylie. It is through your comments that we can improve.

Following are various items of

interest:

1. **Beef Bar-B-Q** — Don't forget our annual event, Sept. 6. Tickets available at the arena, Tyo's Red and White or any member of the R.A.
2. **Day Camp (Kinn-Aid) — Special Events Day** — These days are open to any child in the community under the age of 12.
3. **Film Presentations** — At the arena — Aug. 26, 1 p.m. - 2:30 p.m. These days are

for all children at NO cost.

4. **Field Day - Play Day** — This program is open to both pre-school and school age children. Program starts at 9:30 a.m. and runs all day. Games, races, awards and fun for all. Please plan to attend — refreshments will be provided.

NOTE: Check with Christina at 445-2050 regarding the above programs and other special events.

5. **Ice Time** — Those people requiring ice time are asked to notify Paul Wylie at 445-2050. Please submit in writing your 1980-81 ice time requests.

6. **Pre-School Program** — Please note change in location and dates. The pre-school program moves from the Public School to the arena the week of Aug. 18. At this time due to space restrictions both groups (pre-school) will be combined and held on Tues. and Thurs. only.

Russell's Reid Success in Europe

Brigitte Reid competed in six international competitions including five in European countries in July.

She placed second in the high jump in Den Haag, Holland (1.80m), first in Backanng, Germany (1.83m), fourth in Stuttgart, Germany (1.80m), fourth in Prague, Czechoslovakia (1.80m), and third in London, England with a jump of 1.80m.

The United States competition in Philadelphia, Pennsylvania had 40 nations in attendance who were boycotting the Moscow Olympics. Brigitte placed second to Zheng Dazhen of the Republic of China but defeated U.S. champion Paula Girven who placed third. Reid's jump was 1.84m.

The United States staged the event to provide the athletes from boycotting nations with a high level alternate competition.

HORSE BITS

with Lola Wood



Guest column by Zane Thorpe, Meadowbrook Quarter Horses, Sarsfield.

Working a pleasure horse

One of the basics of a good pleasure horse is that he must be kept quiet and relaxed. You must teach your horse to relax and enjoy being ridden. Every move you

make should be done in a quiet, confident manner. If you become rattled, so will your horse.

Before you begin to ride your horse, work off some of his steam, especially if he has been

kept in his stall for more than a few days. Put him in a pen or on a long line and work him at a jog and long trot or lope until he loosens up (about 10 minutes each way, depending on how fresh he is). Some horses hide their steam until you climb aboard. They will fight the bridle a little, spook at something or just not have their mind on what you are doing. This only takes a few minutes and it saves a lot of frustration.

Circles are the most effective training devices known to man! They can be used to help in a variety of training problems. Circling is an exercise that teaches a horse to collect himself, to bend his neck and body in the direction he is travelling. A horse must gather himself up and slow down to move in a small circle. Some horses that might get a little "high" going down the rail can be put into a circle and will collect up, relax almost immediately.

What to do if your horse starts to drift out of his circle. If you are riding a left circle and your horse starts to drift out, pick up the right rein and at the same time use your right leg on him to "leg" him back into the circle. Now, if he starts to drift into his circles, pick up your left rein and at the same time use your left leg to bring him back out to the proper position. When you have a horse that is drifting in his circle, it is usually caused by having too much bend and also what is called having a "dropped" shoulder. What you want, is to have your horse loping circles with his shoulders square. Your horse's head position should be slightly bent in the direction he is travelling in a circle. The easiest way to keep your horse's head in the proper position, is to hold your inside rein slightly shorter than the outside rein. Once you have his shoulders and back in position, his head position should be no problem.

Best Beef Buy in Russell

Where else can you get a delicious beef steak served with baked potatoes, salad and rolls and then enjoy and dance to a lively six-member bavarian band but at the Russell R.A. Beef Barbeque and Dance. And all this — dinner and dancing — for only \$7 per adult. Steaks and hamburgers, guaranteed to be tasty and tender will be barbecued to perfection by Peter Romme, who also supplies the beef. Helmut's Bavarians, a well known band which recently performed in Ottawa at the Festival of Spring, will provide both popular and bavarian dancing music.

This annual event, to be held on Sat., Sept. 6, provides funds which help support such local activities as the Pool and Playground Programs, Minor Hockey and Figure Skating. So plan to add your support to the community and enjoy yourself at the same time. Supper is served from 5-8 p.m. with dancing from 9 p.m. to 1 a.m. Tickets are available at most local businesses and from all R.A. members. For further information contact Diane Davies at 445-2811.

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