

Exercising youth social skills

By BLAINE KANEKO
Fitness isn't just winning a basketball game or scoring the deciding goal in a hockey game according to Stouffville Dist. Secondary School Physical Education coordinator Dave Connell.

Nor is it going home after school and making a peanut butter sandwich and watching reruns of Howdy Doody.

Teenagers are into team sports," says Mr. Connell. "We want the students to realize the value of individual fitness activities."

With the school's gymnasium being occupied this week in order to rehearse for the variety show, 413 phys ed students were running out of room to run.

Because Ontario Schools Intermediate Senior guidelines dictate a specific number of classes set aside for the participation in individual fitness skills, Mr. Connell decided it would be an ideal time to implement his multiple social activity program.

It is a program that includes running and bowling, aerobics, and cross-country skiing.

The class of about 70 Grade 12 students are divided into the three varied sections. They spend their 75 minute period completing the activity under the watchful eye of a phys ed instructor.

"People don't seem to work at keeping fit," said Grade 12 stu-

dent Steve Head. "By the time the students get to Grade 12 we're just goofing around. I'm included. We

should take it (individual fitness) more seriously.

"There are activities open to

everyone, but you have to make an effort. You have to put your mind to keeping fit.

As part of the emphasis on carry over exercises, golf, archery, skating, skiing, cycling, horseback riding and tennis are part of the physical education department's curriculum.

In addition to those options, phys ed students are required to take part in a fitness examination three times a year to evaluate strength, endurance and flexibility.

Also, SDSS is actively part of an annual fitness challenge.

It is a voluntary competition involving the top three girls and boys along with two teachers participating in inter-school fitness competition. Stouffville has won every meeting since the contest was conceived four years ago.

For students not involved with school teams, lunchtime fitness programs have been devised to keep those students active.

"I don't think a lot of people get fitness unless they play a sport at school," said phys ed student Lisa Weatherill. "If I didn't play on the basketball and volleyball team I probably wouldn't feel that well."

"We did this partly to round out the program," summed up Mr. Connell, "but also to show the students these activities have socially redeeming values."

Jumpin' Jack blasts a 897

Wednesday Mixed League
Jack Blasco cleaned the alley with his superb 897 high triple outscoring the nearest competitor by more than 180 pins in the March 9 Wednesday Mixed League. Other results better than 200 are as follows — Bill Menar, 281, 233, (710); Dan Ptashnik, 245, 240, 219, (704); Debbie Rennie, 263, 217, 202, (682); Bill Petri, 247, 234, (671); Steve Ireland, 230, 219, 209, (658); Rae Carruthers, 233, 211, 205, (639); Bill Cargill, 225, 210, 203, (638); Andrea Corner, 212, 205, (583); Mike Davies, 205, 200, (571); Paul Davies, 240, 207, (558); Floyd Forsyth, 244; Mary Drewery, 237; Carol Grensted, 237; Barb Menar, 227; Elaine Haylow, 225; Marion Crowder, 221; Grant Drewery, 217; Dave Wittred, 212; Anne Oldham, 210; Anna Fretz, 206; Terry McVicar, 200.

Thursday Afternoon Ladies League
Glenys Yorke struck for a 676 high triple to lead the pack during the March 10, Thursday Afternoon Ladies League. Score better than 200 include — Anna Fretz, 214, 211; Dawna Zeigler, 254; Barb Melhuish, 249; Marion Houser, 228; Muriel Illingsworth, 222; Pat Beauchamp, 215; Marg Fitzpatrick, 203; Joan Kennedy, 203; Pam Tribbling, 203; Marion Crowder, 202.

Monday Night Men's League
Glenn Jackson rolled an unbelievable nine strikes in a row, but even at that pace it wasn't enough to edge Doug Stuart's high triple 879 in the March 3, Monday Night Men's League. Score topping 650 include — Donte Benincasa, 835; Glenn Jackson, 827; Mike Davies, 758; Ron Gottschalk, 752; Bob Sleeth, 727; Bill White, 725; Don Barker, 715; Randy Huskisson, 715; Bill Dart, 710; Dominic Nucic, 702; Paul Bray, 699; Art Grove, 677; Bill Grove, 677; Ken Loyd, 663; Eric Lehman, 663; Bill Petri, 661; Steve Ireland, 657; Don Geldart, 652.

Senior Youth League
Chris Kerswill split the lanes for a 660 high triple to lead all others during the March 6, Senior Youth League. Scores better than 175 include — Glenn Jackson, 240, 230, (641); Robyn Grove, 245, 201; John Watters, 226, 214; Doug Henderson, 234, 186; Jason Ringwood, 221, 185; Mike Grove, 212; Rich Paisley, 182; Rob Henderson, 181; Sandra Van Leeuwen, 178.

Junior Youth League
Darrell Vanderligt rolled a high triple 585 to head up the competition during the March 12, Junior Youth League. Other scores better than 150 are as follows — Janet Flewell, 188, 174, 173; Andy Carpenter, 213, 213; Shawn McKinnon, 181, 159; Brandi Waters, 185, 177; Steven Oldham, 191; Jeff Flewell, 188; Chad Stover, 174; Brian Currie, 173; Steven Tait, 161, 154; Dwayne Vanderligt, 177; Julia Johnstone, 157; Peter Watson, 156.

Bantam Youth League
Alan Winterlood cracked a 214 game high to lead the pack during the March 12, Bantam Youth League. Scores better than 100 include — Leandre Forsyth, 135, 106; Shawn Heggum, 133, 102; Stephanie Heggum, 139; Shawn Sargeant, 145, 131, 120; Bryan Mallinson, 167, 127, 115; Steven Lummiss, 113, 107; Tommy Hammond, 118, 111, 105; Kathy Tait, 163, 144; Cheryl Jackson, 140, 122, 115; Gareth Nicoll, 123, 112; Brent Fogal, 151, 123, 119; Heather Lee, 113; Liane Zafiroopoulos, 112; Jenny Carpenter, 109; Darcy Raybould, 101; Trevor Fogal, 127, 110, 106; Allan Leighton, 116, 103; Scott Clubine, 146, 124, 122; Michelle MacAlonan, 125; Adam Rochacewicz, 151, 132, 117; Christi Foster, 105; Jennifer Nicoll, 134, 113, 106; Luke Fawns, 153; Mandy Van Veen, 132, 131, 123; Adam Senour, 142, 124, 112; Anthony Van Leeuwen, 167, 151, 123; Daniel Holden, 132, 130; Sean Brillinger, 147, 143, 130; Allison MacDonald, 115, 107; Shawn May, 145, 126, 121; Brian Watson, 149, 100; Tim MacDonald, 162, 150, 140; Eddy Emmons, 141; Jason Parsons, 154, 103.

Pee Wee Youth League
Chad Kerswill rocked the pins with his 257 double to lead the field during the March 12, Pee Wee Youth League. Results better than 70 follow — Stacie Belanger, 77, 75; John Paul Belanger, 83, 72; Lisa Forsyth, 90, 72; Brendan Insley, 86; Brad Clubine, 120, 116; Stacey Mohr, 116, 102; Stephanie Mohr, 85, 80; Diane Vanderligt, 123, 111; Jordan Parsons, 122; Michael Holden, 98, 95.

Paris awaits

The Fame International Atom Clippers are traveling to Paris.

Not the city of lights and the Eiffel Tower, but rather Paris, Ontario.

It may not be as elegant but just as palatable to the Atoms after their 9-1 domination of Kingston on Sunday, advancing to the Ontario BB Semi-Final against Paris.

Sunday's contest at the Recreation Centre was made necessary after the local boys travelled to Kingston Saturday.

A 1-1 tie with Roger McMann scoring the only Clipper goal on a pass from Jason Reesor was not the result Stouffville had anticipated.

They had travelled to Kingston Township ahead two games to nil in the best of five series. A win would cement a berth in the semi-finals.

Going into the final frame Sunday's contest looked as if it might result in a similar out-

come as the previous day's match-up.

The Clippers were leading 2-0 on goals by Ryan Jefferson, Lindsay Haylow and Roger McMann, but they were not controlling the game flow as they had the week before.

Whatever coaches Don Reesor and Mike Jones told the troops during the second period, intermission must have sounded the reveille.

When Ryan Burkholder connected with assists to Ryan Jefferson and Brent Avery to open the final frame, it was the spark that set off an outpouring of homeside offence.

Roger McMann, Ryan Jefferson, Jason Reesor, Phil Pridham and Ryan Burkholder with his second of the game gave the Clippers the lopsided victory.

Consistent play by Brian Coughlan, John McKinnon, Geoff Smith, David Mountjoy, Jason Davis, Chad Dickinson, Colter Carcone and Greg Sanford contributed to the team victory.

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MARKVILLE TOYOTA'S ATHLETE OF THE WEEK

DANIELLE LEIER
13 YEARS OLD
Markham, Gymnastics Club competed in Winnipeg last week against 3 provinces & North Dakota. Came first all-around and took 2 special choreography awards for floor & beam.

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