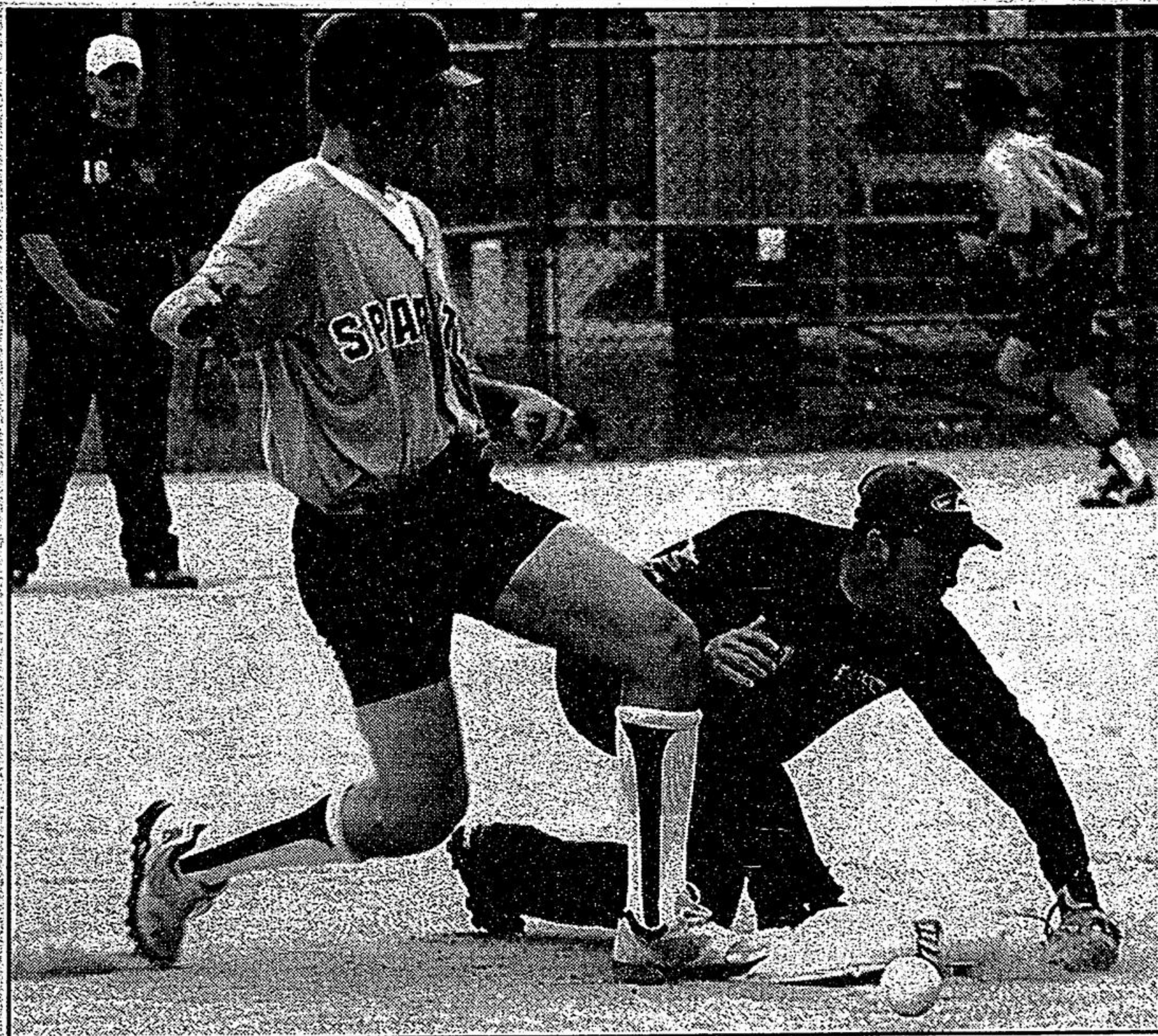


THE TRIBUNE

# Sports & Leisure

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**SAFE AT THIRD:** Stouffville District Secondary School Spartans' baserunner John Lowrie (left) is safe at third base as Holy Trinity's Michael Krpan tries to come up with the ball during this York Region Athletic Association boys' fastball semi-final playoff contest at the Town Park diamond on Monday. The Spartans won the game 11-1 and advanced to today's final in Newmarket.

Photo by SJOERD WITTEVEEN

## Evans and Watson spark Rebels to road victory

Tim Evans is assuming a familiar position with the Claremont Rebels.

The right-handed pitcher came up with his second gem in a row as the Rebels downed Port Perry 4-2 in an Oshawa City and District Fastball Association game played in Port Perry.

Evans, who carried the main pitching load as the Rebels went undefeated in the regular season before being playoff finalists last season, scattered five hits while fanning 12 batters.

He struck out the side in the first, then closed out the game by fanning the final six batters he faced.

He also contributed to the Rebels' offence, with his squeeze bunt scoring Rob Watson in the sixth inning.

Watson was the offensive spark plug for the Rebels by blasting a solo home run into the waters of Lake Scugog in the fourth inning.

Cliff Herbert's line drive single scored Brad Evans in the fifth.

Watson struck again in the sixth when he tripled home Dave Jones.

The Rebels, who were to host Markham on Wednesday, travel to Markham for a return encounter on Monday.

## Ladies ready to hit Sleepy Hollow links for breast cancer awareness

The women will be taking to the links for a good cause at Sleepy Hollow Golf and Country Club on June 15 at 10 a.m.

The ladies membership of the 10th Line, Stouffville club will be the first in Canada to hold a Rally For a Cure special golf tournament for breast cancer awareness.

The event, which is being co-sponsored by Titleist and Golf for Women Magazine, is one of thousands of similar tourneys

being held across North America this season.

The aim of Rally For a Cure is to provide women with an opportunity to learn more about early detection, while contributing to the Susan G. Komen Breast Cancer Foundation, which is helping accelerate the race for a cure and to educate women about the benefits of early detection.

Sleepy Hollow's ladies captain Nancy Reid said the tourna-

ment has already drawn a strong majority of the club's 55 active women members.

"We've got over 40 and counting, which is very good for a small club like ours," enthused Reid.

Reid said while expectations are modest for this inaugural event, next year should produce a more substantial intake of funds for the cause.

"We're hoping to make it a big fundraiser next year."

## Early preparation needed before teeing off a new season



### On Par

Tom Aird

Every spring players can't wait to get out on the course to play, seldom do they start the season properly.

Starting this way leads them back to their old swings and bad habits. This season try some preseason preparation.

Begin with a good set of stretching and strengthening exercises to loosen up those winter couch potato muscles. These exercises should work on your leg, arm, chest and especially your back muscles.

The next stage is to head for the driving range.

The majority of players never practice enough let alone properly. The most important part of the golf swing is to develop a good swing tempo. A proper swing speed and tempo will help you develop good body movement and a more repetitive golf swing. Start your practice session hitting nice easy shots with your short irons...seven-, eight- or nine-irons, try to make as big an arc as possible as smoothly as possible, maintaining good balance throughout the swing.

Swing within yourself, don't try to hit the ball any further than your capable of. A good golf swing is a swing that repeats producing more

consistent golf shots.

Continue your practice session by gradually working your way up through the full set of clubs until you get to the driver, try and maintain the same tempo and balance as you had with the short irons. You will be amazed how consistently you will begin to hit good golf shots.

Now that you have the beginnings of a decent golf swing it's time to move on to the most important and least practiced area of your game...the short game.

Start out by hitting short pitch shots and chip shots around the green, from all angles. Again the emphasis should be on a good smooth even tempo swing to develop a repetitive swing. Finally, the Putting Green...practice those two-to-three footers over and over, gradually increase the distance until your in the 12- to 15-foot range eventually you will begin to make a lot of these length putts.

Now you are ready to start the season properly, the real test is to be able to take your practice tee swing to the golf course.

Learn to play with a positive attitude, if you don't think you can make a shot or a putt chances are you won't.

Continuing this exercise and practice routine throughout the season will insure your game will develop and improve.

**- TOM AIRD is golf pro at the Maples of Ballantrae Golf Club**

## Beginners off to good start in qualifier

The host Pause Awhile Pony Club took the honors in the pre-beginner 1 (under 10 years of age) category at the first Central Ontario Region of Pony Clubs show jumping qualifier for the Ontario Pony Clubs Tournament of Champions June 1.

Emma Rejo-Wieland of the Stouffville club placed first in the pre-beginner 1 class riding Rocky Rules.

Fellow club member Andrea Edwards was second aboard The General.

It was the Ajax Pony Club taking the first three places in the pre-beginner 2 group, while also dominating the beginner 2 (horses) event.

Brent Couch of the Uxbridge-Scugog Pony Club, along with his mount Trigger, was first in the beginner 1 (ponies) category.

Cynthia Johnson of the Pause Awhile club was third on Just Kidding.

Rebecca Sterritt of the Uxbridge-Scugog club was first in the open category.