

**SPORTS DIGEST**

# Soccer men fit to be tied

The Markham Soccer Club men's team ran its undefeated streak to five games after earning a 3-3 tie against visiting CSC Velebit Karlovic in Ontario Soccer League action Friday.

Trailing 3-1 early in the second half, the Markham team rallied to earn the tie on two goals by Bart Ostaszewski.



Peter Firebrace accounted for Markham's first goal in the opening half.

The tie came on the heels of a 6-0 win over HNNK Neretva last Wednesday at Mount Joy field. Neill Mair, Larry Martin, Vaughn Ward, Dariusz Ostaszewski, Jonathan Miller and Isaac Henry each scored once for Markham. Glen Faulknor earned the shutout.

Now 6-2-2 on the season, Markham will face G.S. United A at Mount Joy field Friday at 8:45 p.m. The Markham men will also play their Ontario Cup quarter-final game in Hamilton on Aug. 13.

## Youngsters can have a ball

Bruce's Mill Conservation Area will be the site of a Honda Hit-Run-Throw baseball skills competition on Friday afternoon.

The event is open to youths between the ages of 5 to 13. Each participant will receive a variety of prizes in addition to having a fun-filled day of participation in baseball skills with other youngsters.

The top-skilled performers, who will be determined by totalling the individual's best scores in the three-skill categories, qualify for a regional event and then a provincial final. The top participant from each age category at the provincial competition is then invited to attend the Baseball Canada final plus a Blue Jays home game Sept. 9. Call Michelle Ford at (416) 928-3362 ext. 4989 or Jamie Beblow at (416) 341-1100 for further information.

## Bantam Raiders fit to be tied

The Markham Raiders bantams got single touchdowns from Geoff Dyer, Chris Geiser and Tosh Johnson in a 20-20 tie against the Scarborough Thunder in Central Ontario Minor Football League action Sunday at Brother Andre Catholic High School.

Ian Gabel added a two-point convert for the Raiders, now 3-2-1 on the year.

The Raiders take to the road this Sunday to face the North York Bandits at 1 p.m.

## Mennos saddled by Bulls

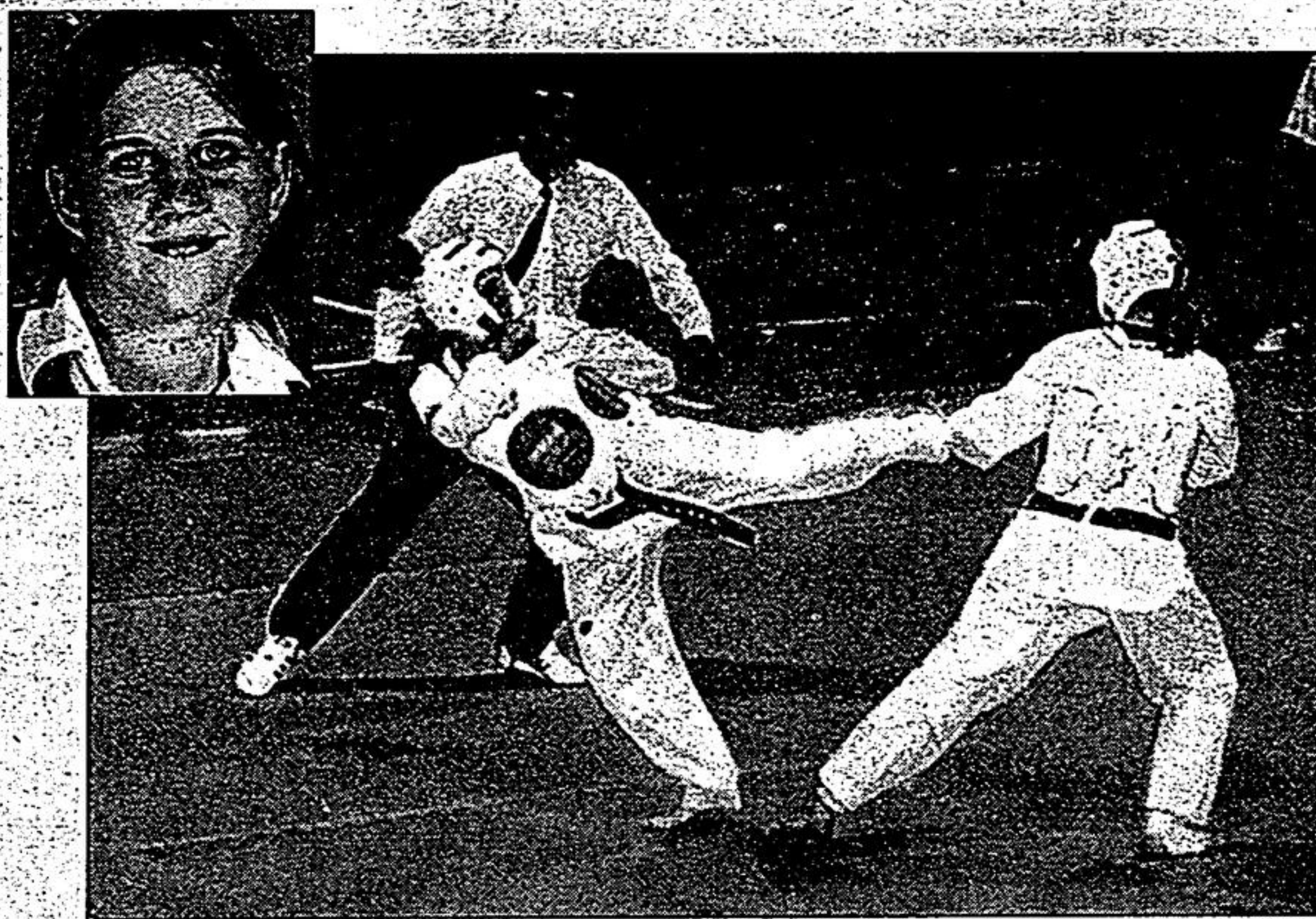
The Durham Bulls had the Stouffville Mennos on the run Wednesday at the town park.

The Bulls stormed to a 10-4 victory over the host Stouffville squad in the Oshawa City and District Fastball League contest. The visitors scored four runs in the first inning to take a lead they would never surrender. They added another run in the second before sealing the win with three in the fourth and two in the fifth.

Now 11-4 on the season, the Mennos responded with three runs in the third on hits by Rich Burkholder, Kyle Barber, Paul Boynton and Scott Eyre. Barber socked a home run for the Mennos' fourth run in the fifth inning.

Paul Boynton went the distance on the pitching rubber for the Mennos, filling in for Byron Baranieski, who had a stiff neck.

The Mennos were to play in Markham yesterday before taking on the Claremont Rebels in Claremont tomorrow.



Shara Pestaluky (left), attempts to throw a kick during a match she had at the senior national taekwondo championships in Hamilton. The 16-year-old Markham resident captured her heavyweight division in the recent Junior National Tae Kwon-do Championships in Moncton.

# Pestaluky is mastering art of taekwon-do

BY MIKE HAYAKAWA  
Sports Editor

Reflecting on her performance at the recent Junior National Tae Kwon-do Championships in Moncton, N.B., Shara Pestaluky said the toughest part she experienced was playing the waiting game.

The 16-year-old Markham native spent the entire day waiting in the gym for one spar in one match within her heavyweight class category.

But the Grade 12 Brother Andre Catholic High School student made the most of her bout, which took place late in the evening, by defeating her Alberta opponent on points, 4-1.

More importantly though, the first-degree black belt gained a berth on the 16-member Canadian team of eight boys and eight girls that will compete in the upcoming World Junior Tae Kwon-do Championships in Killarney, Ireland this November.

"I really wanted to win and go to Ireland to compete in the world junior championships," she said. "It's a big deal for me. I really wanted to make the team."

Entering the championships, Pestaluky felt she had a good chance to win her division, knowing just one opponent stood in her way. But to win it was a matter of staying focused.

"I got to the gym at 9 a.m. and my fight wasn't until 7 or 8 p.m. It was a long day," she recalled. "But by the end of the tournament I was definitely getting nervous. I really had to psych myself up."

Pestaluky also had a little extra incentive weighing in her favour. Competing

in the patterns discipline earlier in the day, Pestaluky finished third, while her opponent-to-be that night was first.

But where it mattered most in the sparring ring, Pestaluky knocked her rival down a couple of times to an eight count in the third and final round.

For Pestaluky, the victory came on the heels of a bronze-medal effort in May at the senior nationals in Hamilton.

Although she entered the senior event, Pestaluky still had eligibility to compete at the junior level.

"In seniors, I'm still a rookie and there were people who were there that had 10 years on me. But it was still good to go to the seniors to get the experience," she cited.

Introduced to the martial arts discipline when she was 12, Pestaluky enjoys the sport not only because of what it's comprised of, but with the sport becoming an Olympic event at this year's Summer Games in Sydney, she has visions of one day representing Canada.

"The sport is receiving a lot more publicity these days," she pointed out.

Prior to going to Ireland, Pestaluky has a busy slate of events. Next month, she intends to compete in a Canadian carding event in Montreal.

Should Pestaluky win her division she could receive funding from the Canadian government.

As well, there's the U.S. Open in North Carolina and a tournament in Halifax in October.

"So much has happened this year. The last little while, everything has been moving pretty fast," she said of her experiences this year.



Perry Curiston

# Practice makes perfect

Everyone realizes it takes time and practice if you want to improve at any given task.

Yet, not everyone practises, and many who do practice don't make the effort to do it properly.

Just aimlessly hitting balls becomes a form of exercise, not a way to improve your golf game.

When you get to the practice range, be sure to have a plan.

For example, if you have a slice and want to learn to hit the ball straight, you will need to change your swing and probably your alignment. So the first step is to create a work station in which you are guaranteed to be lined up properly with the hole.

You can use a golf club as your guide. Once you have set up your area you can begin to work on minimizing or changing your slice.

If you hit the golf ball and it slices, be sure to back away from the next ball and reinforce your drill through a practice swing.

If you hit slice after slice, perhaps you need to change your technique even further, until you no longer slice.

Remember, if it was your goal to fix your slice and you have finished your practice session and are still slicing the ball, it's likely you will still have your slice the next time you play.

All the practice you just did only made that slice harder to change next time.

When you practice, take the time to do it properly or you are better off not to do it at all.

It should take approximately one hour to hit a medium to large bucket of range balls.

Have a plan and carry it through. If you need a plan consult your local Canadian PGA professional for advice.

Address your letters to: Impact Golf Schools, c/o Perry Curiston, 19 Mill St., Stouffville, ON L4A 1C6, or e-mail your comments to impactgolfper-ryc@3web.net.

Perry Curiston is the director of Impact Golf Schools and was the 1996 and 1998 Ontario PGA Teacher of the Year.

FAX: (905) 294-1538

## SPORTSBOARD

E-MAIL: mhayakawa@econsun.com

### BASEBALL

#### Markham Rep

##### MINOR MOSQUITO JULY 4

Markham Mariners 9 (Justin Mintsouls 2 hits, 2 rbis; Jack Caradonna 2 rbis; Chris Romano, Alliston Wong, Jesse Milanovich, Peter Rodrigues, Aaron Caputo, Donny Marchione, Ryan Murphy 1 hit, 1 rbi, Caradonna, winning pitcher), Newmarket Hawks 3.

##### JULY 6

Markham Mariners 29 (Jesse Milanovich 5 hits, 4 rbis; Anish Bhide 4 hits, 3 rbis; Peter Rodrigues 3 hits, 4 rbis; Alliston Wong 3 hits, 2 rbis; Argenis Paz 2 hits, 4 rbis; Adam Velocci, Alliston Wong, Chris Romano, Justin

Mintsouls 2 hits, 2 rbis; Aaron Caputo 1 hit, 3 rbis; Donny Marchione 1 hit, 1 rbi, Aaron Caputo, winning pitcher), Thornhill Reds 4, Mariners now 12-0.

#### Markham District Baseball

##### MIDGET/JUNVELE

##### JULY 11

TEAM	W	L	T	PTS.
2-4-1 Pizza	9	3	0	18
THRS	8	3	1	17
Ted Jones	4	8	0	8
Sandgate	2	9	1	5

### SKATING

#### Unionville Skating Club

##### SPRING TEST RESULTS COMPETITIVE SKILLS

CLASSES 3 and 4: Stephanie Cooper; CLASS 1: Erin MacDonald and Daniela Asaro.

##### SKILLS

CLASS 7: Ingrid Fan; CLASS 6: Kelly Thompson, Alexandra Godwin, Matthew Andrew; CLASS 5: Ashley Almeida, Julie Giantsopoulos, Sandra Holling, Madison Hawkins; CLASS 4: Rachel Wayne, Jessica Howell, Johanne Pilon, Christina Langan, Sandra Odeh; CLASS 3: Cara Comacchia, Anna Blando; CLASS 2: Brynn Labbett, Stacy Chang, Tena Posavec, Holly Nimens, Nicole Sikrtanc, Janna Hendrickson, Fiona Koch; CLASS 1: Brittany Howe, Melissa Gunther, Jacqueline Beaulieu, Allison Jeans, Krystin Walker, Ashley Gilliland, Adrienne

Downs, Heather Kelly, Jaclyn Shaw, Stacie Rose. PRELIMINARY FREESTYLE: Ashley Almeida; SENIOR BRONZE FREESTYLE: Kaitlyn Molloy; JUNIOR SILVER FREESTYLE: Katherine Chin; GOLD FREESTYLE: Daniela Asaro, Amy Birk, Heather Austin; NOVICE COMPETITIVE FREESTYLE: Paula Lam.

##### PRELIMINARY DANCES

DUTCH WALTZ: Hannah O'Donovan, Kelly Holling, Kristina Sokolowski, Catherine Lancefield; CANASTA TANGO: Amanda Chung; BABY BLUES: Rebecca O'Donovan, Michelle Viggiani, Ingrid Fan, Eileen Rayner.

##### JUNIOR BRONZE DANCES

SWING: Jennifer Allington, Leanna Shearer; FIESTA: Brittney Parkes, Shannon Thompson, Kristina Taraslo

##### SENIOR BRONZE DANCES

TEN FOX: Jocelyn Andrew, Matthew Andrew, Rachel

Wayne, Andra Lenius, Stefanie Lenzo, Allison Walker; 14 STEP: Sandra Holling, Tiffany Tang, Joanna Forbes; EUROPEAN: Laura Innamorato, Maria Garofalo.

##### JUNIOR SILVER DANCES

KEAT'S FOXTROT: Sandra Odeh, Stephanie Suddick; HARRIS TANGO: Dana Andrews, Melissa Shearer, Alannah Nesci, Anna Blando, Michael Mosley, Amanda Kelly, Cara Comacchia; AMERICAN: Julie Giantsopoulos, Brooke Krause, Cara Comacchia, Johanne Pilon, Kara Aitken, Lindsey Peters; ROCKER: Amy Polsinello, Holly Nimens, Anna Blando, Melissa Shearer, Jessica Howell, Laura Fuser.

See SCOREBOARD page 16.