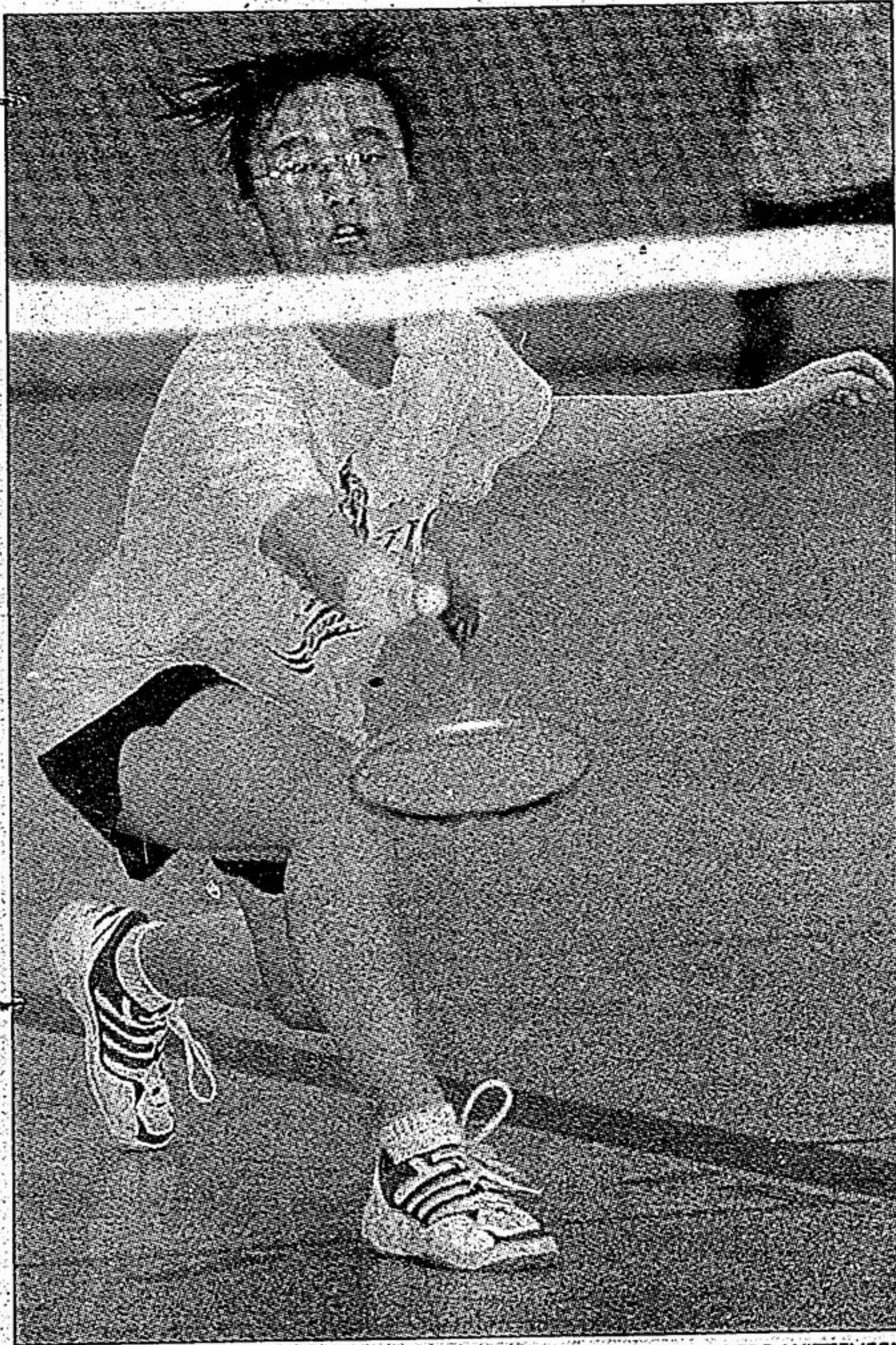


Economist & Sun • Stouffville Tribune

SPORTS

Students shuttle to the top of their class



STAFF PHOTO/SJOERD WITTEVEEN

Unionville High's Mimi Lam competes in the York Region junior badminton championships at McGivney Catholic Academy in Markham on Tuesday. She placed second.

Markham athletes qualify for OFSAA; Stouffville junior best in York Region

Several senior high school badminton players from the Markham area will be making a trip to the upcoming Ontario Federation of School Athletic Association championships after advancing to the finals at the recent York Region Athletic Association championships in Newmarket.

Teresa Tso of Father Michael McGivney captured the girls' singles competition with a victory over Fiona McKee of Markham District High School.

Entering the one-day tournament as the top seed, Tso was last year's OFSAA silver medalist and the gold medalist in the 2000 OFSAA singles' B flight.

McKee was ranked second and recently joined forces with Shauna Wong to win the under-19 ladies' doubles provincial title.

In girls' doubles competition, the Milliken Mills tandem of Rebecca Ngan and Jennifer Mok warranted their number one seeding by defeating the second-seeded Markville Secondary School duo of Janette Wong and Elke Wu.

In boys' doubles, the Unionville High School team of Leslie Tang and Kevin Li finished second to Han Phang and Hoong Phang of Thornlea. Tang and Li entered the event as the second seed.

In the overall team results, Milliken Mills and Bayview Secondary School were tied for first with 11 points apiece.

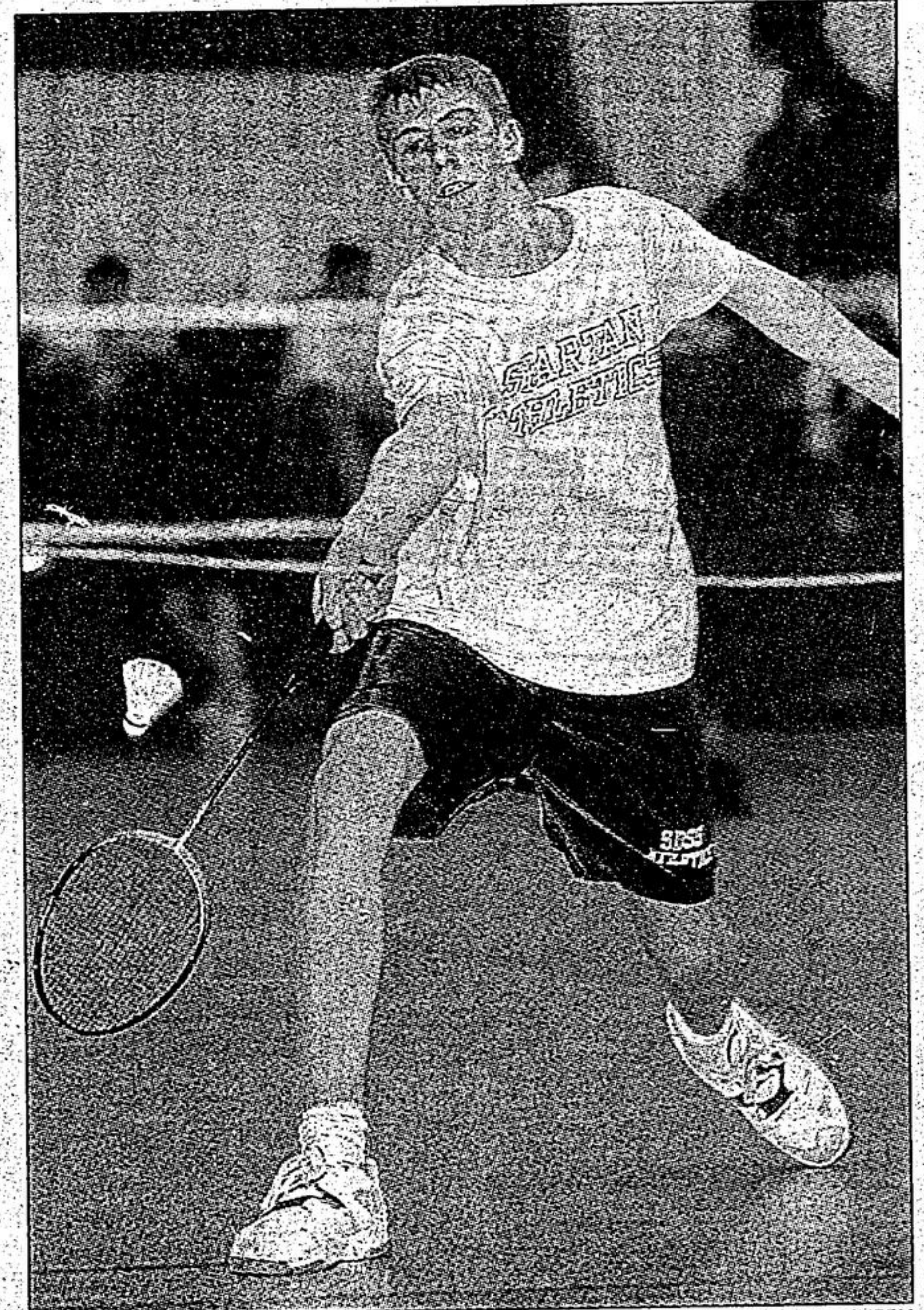
The OFSAA championships will be held in Sudbury from May 9-11.

At the YRAA junior championships at Father Michael McGivney Academy, Jonathan Paynter of Stouffville District Secondary School captured the boys' singles crown after defeating Chris Yu of Markville Secondary School.

The Unionville High School boys' doubles team of Jon Lim and Ben Ko claimed the gold medal with a win over Ankit Malhotra and Jose Su of Milliken Mills.

In girls' singles action, Mimi Lam of Unionville High School took second.

The Father Michael McGivney Academy girls' doubles team of Kim Lee and Viola Cheung finished third.



STAFF PHOTO/SJOERD WITTEVEEN

Stouffville District Secondary School's Jonathan Paynter sets set to return the bird in one of his singles' matches during Monday's YRAA junior badminton championships. Paynter proceeded to win the boys' singles competition.

Raiders look for tyke ball players

The Markham Raiders football club is looking for a few more players who might be interested in participating in their upcoming inaugural tyke house league program.

Players must be born anytime in 1992, 1993 or 1994 and have a weight limit of 110 pounds. Those born between Sept. 1 and Dec. 31, 1991 must have a weight limit of 110 lbs. For those born between Jan. 1 and Aug. 31, 1991,

there's a weight limit of 90 lbs.

BANTAMS AND COLLEGIANS TO BEGIN SCRIMMAGING OUTDOORS

The Raiders also announced they will begin outdoor practices for their bantam and first-year collegiate team beginning this week at Springdale Park (Raymerville Drive and Sanderling Drive, near Markham Road and 16th Avenue).

Practices will be held on Tuesdays and Thursdays from 6:30 p.m. to 8:30 p.m.

Those wishing to audition for the bantam team must be born in 1985, 1986 and 1987.

However, a weight limit of 170 lbs. is imposed on those born between Jan. 1 and May 31, 1985.

For those who wish to audition for the collegiate team, they must be born in 1982, 1983, 1984 or 1985.

The team can also accept players who were born in 1981 between June 1 and Dec. 31.

There are no weight restrictions placed on players in this age group.

For further information on the tyke house league program, bantam and collegiate teams, call the Raiders' hotline at (905) 201-8763.



Prepare now for your golf season

Another golf season is under way and you have the itch to hit the fairways.

So what can you do to make 2002 your best season?

Before taking to the links there's several things you can do to fulfill your goals.

1. Prepare your set up to create a better swing.

Before going to the first tee, take some golf lessons from a teaching professional, who can assess your pre-swing fundamentals. Don't waste time guessing what might be wrong with your game and practicing the wrong things.

2. Prepare your equipment.

Two things that may be overlooked are your grips and shoes.

Rubber grips should be cleaned to preserve the soft tacky feeling and to extend their life. To clean your grips use a soft brush, warm water and a mild soap or detergent, rinse and towel dry. If cleaning your grips doesn't restore that nice tacky feeling it is time to replace your grips. Call your golf shop and have your golf professional match your grip size to your hand size. Grips should be replaced every one to three

ON THE LINKS



Dave Woods

years depending on how often you play or practice.

The other thing to check is the spikes on your shoes. The new softer spikes wear more quickly than metal spikes and must be replaced in order for you to keep your balance during your swing or walking on steep slopes.

3. Prepare your body.

If you are coming out of winter hibernation and did little physical exertion, now is the time to increase your activity level. Go for walks or start a golf-specific workout routine at a health club and hit balls at a driving range. There are many

good books and videos available to get you started at home. The important thing is to get moving again to play better and avoid injuries.


4. Prepare your schedule.

Pick the days and times for your walks or workouts. To improve your game, schedule your playing and practice days now and block out those times in your daytimer far in advance to avoid scheduling problems.

5. Prepare your mind.

See yourself making good swings with the ball flight you like. See yourself finding the answers to the problems with your game and having the inner strength and commitment to stick with the solutions. See yourself becoming the kind of golfer you want to be.

Dave Woods is provincial coach for the Royal Canadian Golf Association's Player Development Program and director of instruction at the Angus Glen Golf Club in Unionville. The 35-year-old Woods also worked at Meadowbrook Golf and Country Club where he was an assistant pro and a teaching pro, and at Glen Abbey Golf Club. Woods also works with Canadian Tour professionals Derek Gillespie, last year's Canadian Tour rookie of the year, and Jon Mills.



**UNIONVILLE
MINOR
HOCKEY
ASSOCIATION**

**ANNUAL GENERAL
MEETING**

(by-laws will be amended)
Tues., April 30th; 7:30 pm
Old Unionville Train Station

**REGISTRATION
For 2002-2003
6:30 pm - 7:30 pm**

\$30.00 saving if you
register by June 30, 2002