

Fastball Menos over .500 and back home tonight

The Stouffville Menos had a short but successful outing when they visited the Oshawa Midgents in their Oshawa City and District Fastball League contest Tuesday.

Requiring just five innings of work, the Menos cruised to a mercy-shortened 8-1 win.

Generating 11 hits during the contest, the Menos set the tone in the first inning when they batted around the order against Oshawa starter and Stouffville resident Travis Connor and plated four runs.

The Menos knocked Connor out in the third inning when they scored two more runs with short-stop Jeff Boadway delivering the key hit with a triple.

The Menos scored their final two runs in the fourth with Boadway delivering a clutch double.

Byron Baranieski tossed five innings and struck out eight Oshawa batters while surrendering just three hits and one run to earn the win. He had three hits of his own.

Now 6-5-1 on the season, the Menos resume league play tonight when they host the Oshawa Ravens at Memorial Park at 8:30 p.m.

The Menos had five players chosen to play in last night's league all-star game in Oshawa. Second baseman Rich Burkholder, catcher Dale Boadway, pitcher Greg Dalgarno, utility man Jay Nesbitt and Baranieski at first base were picked.

Two more national judo titles for teenager

Big year continues in Hungary next month

BY MICHAEL HAYAKAWA
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Tressa Sheffield won her weight class at this year's Senior National Judo Championships in Sherbrooke, Que., during the Victoria Day weekend.

The 14-year-old Sheffield Judo Club student proved that feat was no fluke as she added two more national titles to her fighting portfolio this month.

At the Canadian Junior Judo Championships in Calgary, Sheffield claimed the under-44 kilogram under-17 and under-20 titles.

GOLD FOR CHAN, TOO

In winning her two crowns at this year's junior nationals, which represented a first for Sheffield in this event, she was just one of two competitors to accomplish that feat.

"I was shocked, yet excited," said the resident of Cedar Valley in northern Whitchurch-Stouffville.

Sheffield was cautiously optimistic heading into the championships, especially since she had

won her weight class at the senior nationals.

"Because I had a good year I thought it was possible to win both titles," she said. "But nothing is certain. Part of me was afraid that I wouldn't be able to do it."

Sheffield began her double-gold assault by fighting in the under-17 division.

Sheffield won four matches by ippon, which represents the highest score a fighter can achieve in a judo match.

By virtue of capturing that title, Sheffield became eligible to compete in the under-20 age group.

Competing in the same weight category, Sheffield had two matches, each against different opponents and prevailed in both by ippon.

Sheffield attributed her success to focus. She credited her parents, Steve and Aartje. The former national and international competitors operate and coach her at the Vandorf-based Sheffield Judo Club.

Her sister Lea, who finished fifth in the under-17, -48kg. division at the junior nationals, is also a student at the club and often trains with her.

"I had to train hard and stay



TRESSA SHEFFIELD: Three-time national champion pays tribute to her parents who are her coaches.

focused during each and every one of my matches," she said. "My family's support also helped me get ready for this event. My sister (Lea) and I are perfect training partners for each other."

The titles earned Tressa a berth on the under-17 Canadian team that will be competing at the Under-17 World Championships in Budapest from Aug. 6 to 8.

"I feel honoured, excited and nervous because it is such a big opportunity," she said.

The Whitchurch-Stouffville club was well represented at the junior nationals.

Making his debut at this competition, Marcus Chan captured the gold medal in the under-15 division.

Entered in the under-46 kg. category, Chan won all of his preliminary matches in Calgary handily.

In the gold medal match, the outcome wasn't decided until the final 20 seconds when Chan scored against his opponent to secure the title.

Also appearing in this event for the first time, Ceilidh Welch faced a tough draw in the under-17 division in the +70 kg. weight class as she drew the eventual gold medalist in her pool before being eliminated.

TEAM FINISHES NINTH

Colleen Welch, Ceilidh's sister, was another first-time competitor at this event.

Entered in the under-15 age group in the -63kg weight class, the Summitview Public School student did well, but did not secure a medal.

In the team competition, the Sheffield team finished ninth out of 129 clubs at the three-day event.

Stouffville Sun-Tribune

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