Malton peewee netminder shuts door on Erindale, Clarkson foes Orr, Berry Wilson) Cawthra

Malton Partex made the best of two games with a pair of victories and — with a little help from their "friends" Dixie Westway is now atop the Mississauga Hockey League peewee AAA

Malton netminder, Barry Scriver emerged the hero registering shutouts in both encounters

First, Erindale Crescent Crane found Scriver unbeatable as they bowed 4-0 to Malton.

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This is the second in a two-part series of coaching tips, dealing with badminton. The author is Don Rogerson, chairman and head coach of the Erindale Junior Badminton Club, who is widely recognized as one of the top shuttle experts in Ontario.

Mr. Rogerson is a fully-accredited Canadian Badminton Association coach, member of both the Ontario Badminton Association Coaches Association and the Coaching Organization of Canada.

Badminton: don't hit from the top

By DON ROGERSON Head Coach, Erindale Junior Badminton Club

To the large majority of players an association of power, force or pressure at the top is simultaneous with the start of the swing. This association or feeling. is transmitted to the hands and materializes in the form a tightening of the grip which is then passed along into the arms and through these to the rest of the body. With the body tight, we find we are having to force ou swing through it's various stages — thus the baseball expression, grinding.

You feel as if you are grinding as your body moves through it's different movements in it's effort to

complete the swing.

Let us deal with the badminton stroke — the basic overhead clear

From the read position, the player lifts the racquet up and back so it is now located behind the head much as a baseball pitcher takes the ball back before delivering to the plate. The racquet, located now behind your head, is ap-

proximately parallel to the floor and you have the feeling that your right hand is located approximately behind your right ear (lefties use other ear).

You are now at the top of your swing! It is at this point that the decision will be made to move smoothly into your swing, or succumb to the

premature urge to apply power at the top. Keep those visions of power out of your mind! Instead think of keeping the body loose, especially the

right arm, which includes the wrist and hands. Now, as the bird approaches, your racquet has moved from the parallel position to a downward angle as the wrist cocks and allows the racquet head to fall

down between your shoulder blades. At this point, if you will concentrate on your left shoulder and make it the focal point of your thoughts, we have made a good start in avoiding "hitting from the

While your thoughts are absorbed on the left shoulder, your eye is on the bird, start your preliminary movement to hit the bird by moving y left shoulder to the left and simultaneously your left hip moves in a similar pattern to bring your body around to face the net.

As if in chain reaction, the right arm, with its bent elbow is pointing slightly upwards; now drop the wrist with the racquet head up from behind your back. The arm continues to move upward to allow the wrist to carry the racquet up to intercept the bird at the highest point it can be reached in its flight. The wrist has remained cocked so it can be unloaded just prior to

meeting the bird. As we said earlier, unloading of the wrist, snapping of wrist, is actually a pronation of wrist. The pronating action turns the racquet head from the open position, where it was behind your back, to a closed position at right angles to the flight of the bird. The index finger and thumb of your right hand guide the bird in its

The swatting action as the bird is to be hit, takes place just prior to meeting the bird in it's flight, and the racquet head brought to its maximum speed velocity through the pronation of the wrist now exploded into the bird. To assure the proper flight pattern for the bird the racquet head follows the direction of the intended flight of the bird until the follow through of the body takes over and brings the racquet across the body.

That feeling of power which we said some players want to apply at the top of the swing has been kept out until just prior to hitting the bird and can be located in the swapping action which powers the flight of the bird. And that bird bashers is what it's all about!

PUBLIC NOTICE

In observance of Christmas and New Year holidays, the Hydro Administrative offices at 2325 Hurontario Street, will be closed as of 12:00 ngon on Monday, December 24th, and will re-open at 8:30 a.m. on Thursday, December 27th. They will again be closed as of 12:00 noon on Monday, December 31st, 1973 and will re-open at 8:30 a.m. on January 2nd, 1974.

Emergencies and urgent inquiries will be attended to during the holidays. Contact 279-9050.



2325 HURONTARIO ST.

PHONE 279-9050

Bill Wilson bent the twine twice for the winners while Ken Scott, and Tony Gottwald chipped in singles.

Scriver came right back to blank Clarkson as Rick Flint sparked the Malton attack with a trio. Dino Zanette zapped a pair and Bob Wilson picked up a single. Dixie's win over Cooksville enabled Malton to grab top

spot.

Malton has 19 points followed by Cooksville and Erindale with 15 apiece.

PEEWEE Malton 4 (Bill Wilson 2, Ken Scott, Tony Gottwald, s.o. Barry Scriver) Erindale

Malton 6 (Rick Flint 3, Dino Zanette 2, Bob Wilson, s.o. Barry Scriver) Clarkson

Dixie 4 (Bob Milicevic 3, Karl Mortveit) Cookville 2 (Owen Ivey, Roger Nolet). Clarkson 1 (Matt Stobart) Lorne Park 1 (Dave Cor-

Port Credit 1 (Neil Ostrom) Lorne Park 1 (Russell Smith) Erindale 2 (Paul Burley,

Phil Goddard) Dixie 2 (Marty Keep, Devenish). MINOR ATOM

Clarkson 5 (Jim Poulton, Scott Patrick, Tony Bourgeous, Danny Bright, Ian Smith) Cooksville 2 (Steve Robinson, Al Mayo).

Malton 6 (Danny Davis 4, Mark Paquette, Rick Boily) Cooksville 2 (Steve Robin-

son, Al Mayo). Lorne Park 3 (Randy mith 2, Bill Scrokolit) Dixie 1 (Craig Petty).

Bourbonniere 3) Dixie 3 (Greg Dobson 3). Malton 5 (Sonny Pheasant

2, Dan Davie 2, Mark Paquette, s.o. Paul Cadieux) Lorne Park 0 Cawthra-6 2 (Scott Mossin Gord Murchison) Erindale-4 (Chris Vandenheuvel).

Dixie-TV 6 (Greg Dobson 3, Craig Petty, Darrell Roy, Brian Powell) Clarkson 2 (Tony Bourgois 2).

Malton 5 (Mark Paquette 2, Danny Davis, James Baxter, Stephan Walter) Clarkson 3 (Tony Bourgois 2, Bill Boland).

ATOM Lorne Park 3 (Page 2. Vector) Cloverleaf-16 1

(Scott Sutubbington).

Lorne Park 4 (Page 2. Dolton. Noble. Prehilman) Clarkson 0. Applewood 3 (Alan Hale, Tim Reid, Paul Szpik) Cooksville 1 (Vic Reck)

Erindale-12 2 (Mike Bathurst, Pat Ryan, s.o. Paul Klink) Cawthra 0. Applewood 2 (Paul Szpik, Joe Ryan) Cawthra-10 2

(Sam Cini 2). Malton 4 (John Bloomfield John Zankle, Stuart McDougall) Cooksville 4 Hunter, Sandy McIntyre, Vic

Dixie 7 (Jeff Cash 2, Paul Hamel 2, Jeff MacBean, Tim Kitakawa Stuart Kelly, s.o. David Ruston) Cloverleaf-16

1 (Wayne Banon).

Applewood 2 (Steve Richardon, Jim Sterling)

Cawthra-21 1 (Jim Sutton).

Tigshirani, John Franklin

Jim Heeney, Jeremy Smith Bob Flewelling) Clarkson

Ross Bricdley 2, Wayne Munden, Walter Webb). Applewood 4 (Mike Wylde,

Bob Fiddes, Drew Johnson,

Dave Wallace) Clarkson 2

(Ross Brindley, Wayne

Erindale 4 (Paul Wainton 2, Bob Fleuelling, Jim Heeney) Malton 2 (Ian

Dixie 4 (Soren Sorenson 2,

MINOR MIDGET

Cawthra 4 (Steve Barow, Clancy Alford, Arnie Roy,

Steve Roe, s.o. Gary Kokurewicz, Jack Carter)

Williamson 3, Robin Black 2, Bob Elliot) Dixie 2 (Bill

Erindale-43 3 (Cam Stuart

John Maslen) Clarkson-46

Dixie 7 (Bill Swail 4, Mike

2 (Robin Black, Bill Barnes).

O'Brien, Rick Morretta, Tim

Caisten) Malton 2 (Rick

MIDGET

(Wayne

Cawthra 3 (Wayne Wiscomb, Dave Kimber,

Arnie Roy) Cooksville 2

Culmone,

Kearns, Steve Wheeler, Bill

Duck, Steve Ostapchuk)

Malton-41 1 (Dale McNeil)

3) Clarkson 2 (Cam Brady,

Lorne Park 3"(Steve Smith

Prince, Bob Williams).

(John

Vachan).

Applewood

Swail, Mike Henderson)

Clarkson-46 6

Wilke, John s.o. Vernie

Quirk, Tom Parmigano).

Munden)

Stephan Rosolak, Rosolak, s.o. V Gelfund) Cooksville 0.

Erindale-39 5 (Gary

Malton 6 (John Bloom field, Chris Balanger, Chris Nolet, David Donford, Rick Bavly, Darin Kirby) Erindale-12 2 (Rick Thompson, Vike McGarrell).

Malton 5 (Andrew Forsyth, David Dunford, John Bloomfield, John Zankl, Stuart McDougall, s.o. Vince Petrelli) Lorne Park 0. MINOR PEEWEE

Cooksville 4 (Murray McKinlay 2, Rick Klausman 2) (s.o. Bob Kenyon) Lorne

Cloverleaf-7 6 (Warren Robinson 3, Doug Rowswell, Glenn Shaefer, Scott Stubbington) Clarkson 2 (Steve McCarthy, Jim Vuk).

Clarkson 5 (Stewart Low, Mike Garvey, Anthony Moffat, Jim Vuk, Steve McCarthy) Cawthra-14 3 (John Baker, Steve Schwartz, Scott Setterfield).

Erindale-20 2 (Scott Heaky, Mike Tupping) pplewood 0. Malton 4 (Steve Tilk, Steve

Belanger, Doug Shewchuk Mark Yeanole) Applewood 1 (Tom Barclay).
MINOR BANTAM Malton 6 (Glen Vanderhart

2, Wayne Livingstone, Mark Brown, Trevor Munkley, Steve Shawbridge) Cawthra 1 (Brian Schfell). Clarkson 3 (Mark Marple

Kelly Hurst, Brian Orr) Applewood O'Sullivan). Lorne Park 4 (Ted Ross 2,

Ken Noble, Graig Goodwin) Clarkson 1 (Barry Wilson). Malton 1 (Trevor Munkley, Clarkson 4 (Ted Ali 2, Brian



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2

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> Noon to 2:15 p.m. — Monday through Friday 2:45 p.m. to 5:00 p.m: - Monday through Friday

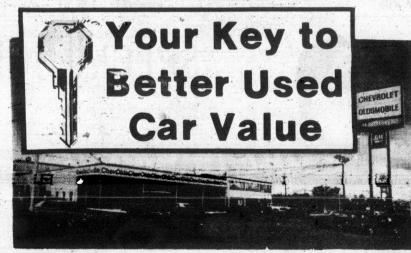
Evenings — Saturday, Tuesday, Thursday, Friday

1:00 p.m. to 2:45 p.m. — Saturday and Sunday 3:15 p.m. to 5:00 p.m. — Saturday and Sunday WESTWOOD — Commencing Saturday, December 22 3545 Morning Star Drive, Malton

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