

mp.'s tennis

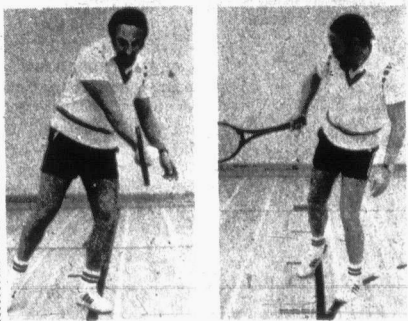


Illustration 1 Illustration 2

WHEN TO AND WHERE TO

You can tell where the ball is going by your opponent's follow-through. As soon as you know where the ball is going, you should take your racket back.

Never take the racket back just as the ball is landing. You will have no time to adjust for the bounce or speed of the ball. Waiting too long to take your racket back causes you to rush your strokes.



Ron Thornbury

Where should the ball be contacted? In Illustration 1 the player is making contact with the ball approximately 18" in front of his front foot.

The ball should meet the racket about waist high, with your palm facing the ball, your eyes on the ball and the free arm providing balance.

Compare this with Illustration 2, where the ball has met the racket opposite the right hip. Note the bending of the elbow. This could be the start of tennis elbow.

Note: Last week's column involved an error with the illustrations. Illustrations 1 and 3 were transposed.

Ron Thornbury is a professional tennis instructor.

Mak bats spell trouble for pitchers

When Mak Steel decides to win a game on its hitting it doesn't fool around. Four players had at least three hits as Mak trounced Sherway 15-7 in Mississauga Sportsmen's Softball League action last week. Murray Small and Paul Smithers led the offence with three singles and a double each. John Andersen and Rick

Leach had three singles apiece. Pat Enright drove in three runs with a pair of singles and winning pitcher Don Long had two singles. Gary Garbutt suffered the loss but managed to hit a double and two singles while batting. Norm Schroeder also had two singles. Don Payne tripled in the

top of the seventh to drive in the winning run as Bestline Pools edged Robin Lee 8-7. Ross Fenwick picked up two hits for Bestline and Ken Hagan got the win in relief. Roger Levesque was tagged with the loss. Applewood split a pair of games in a league with only one unbeaten team.

Greg Benton fanned six and allowed only four hits as Applewood downed Jumbo Jets 6-1. Leo Franchino doubled and singled while Barry Compton singled twice for two RBI in the winning effort. Losing pitcher Tim Crowe had a triple and single for Jets. Vince Scaglione also lined a

triple. Bill Dunn turned the tables, fanning eight Applewood batsmen and yielding only four hits in a 7-2 Kingsway Travel victory. Noel Ing led hitters with a triple and two singles while Ron Lenyk and Rick Winchell each had a double and single. Terry Spanton added two singles. Franchino led

Applewood with two hits. Ivan Smith had the loss despite relief help from Bob Dynes and Benton. Richview Gardens won two of their three games last week. Joe Shaw was on the mound in a 6-2 win over Sherway Sunday while Dennis Addison hit a homerun and a double.

Dennis Reichstein and Rod Reichstein each had a double. Norm Schroeder singled three times and losing pitcher Garbutt had two. Wayne O'Grady tripled. Al McLeod and Dennis Reichstein had triples while Ray Evans, Randy Zanini, Ernie Cavalin and Ken Ramage hit doubles in an 8-7 Richview skimming of the Bombers. Al Bailey got the win. Ken Bruce took the loss for the Bombers, despite a solo homerun by Deacon and doubles from Moore and Gardiner.

Oh, those mental errors are killers

Ashland Oil Sabres discovered last week that a long lay-off even before the schedule begins will do little to increase mental preparation for the baseball season. And so it was that Sabres lost their first outing of the year, a 5-4 decision to Burlington in

Halton County junior baseball last week. "Those mental mistakes will kill you every time," said Sabres' manager Bill Moulton. "But I'm not too worried. We'll win our share." Sabres committed four physical errors, but a strategic error caused

the winning run in the bottom of the ninth inning. With Brampton runners on first and third, Sabre catcher Greg Cranker threw the ball to second as the trailing runner attempted to steal. Ignoring the runner on third, Sabres concentrated their efforts on catching

the runner in a subsequent rundown. A thrown ball hit the runner in the back and the lead man came home with the winning run. While the play in the field lapsed, so did the performance at the plate. Sabres collected only four hits.

Bill Christensen singled home Dave Evans and Cranker with two of the runs. Rookie Ross Gilbert doubled, advanced on a wild pitch and scored on a fielder's choice. Steve Foster and Evans had singles. Rick Brown started the game and lasted five in-

nings, leaving with a 4-2 lead. Brampton scored two runs in two innings off reliever Russ Brahm before Moulton sent rookie Rhett Blair to the mound. He took the loss. Mississauga has missed three scheduled home games due to the condition of Huron Park field. Moulton said he is hopeful that Friday night's scheduled game against Brampton will be played.

Sabres evened their record at 1-1 on Monday night with a 15-6 victory over Milton in Milton. Winning pitcher Rick Brown led the 17-hit attack with a homerun, double and single. Greg Cranker had two hits and Bill Christensen hit a triple.

Malton teams rough on rookies

Two new teams continue to be treated roughly by the veterans in the Malton Fastball League. Truckers showed little

mercy for RCMP, taking advantage of 10 errors for a 19-3 win. Rob Fortino took the credit for what will probably be his most

comfortable pitching performance of the season. Larry Oxenham highlighted the hitting with an inside the park

homerun. Scott took the loss for the mounties. Brian Gardiner threw a shutout while the Merchants' hitters rallied behind him for a 16-0 trouncing of Thorn Lighting. Bill Caich led Merchants with two singles and a triple to drive in four runs.

Rick Douglas suffered the loss for Thorn, which committed only one less error than RCMP. In slightly more competitive action, Shea's Tex-

aco scored three times in the third inning for a 3-1 win over Truckers. Dennis Bruce drove in the winning and insurance runs with a single.

Bruce York got his second win of the year and Bruce Oster took the loss. Jim Armstrong picked up his second consecutive win as Ronnie's Men's Wear — Vern Pederson Auto Collision defeated Airline Limousine 5-1. Mike Werona, Doug Dunville and John Gould led the offence with two hits each.

Cycling club appeal accepted by CCA body

The Mississauga Cycling Club's annual Miltenburg Cycling Race is officially dead for 1978, but the issue that caused its demise is not. The Ontario Cycling Association's race committee officially rejected an appeal by Mississauga head coach Laurens Miltenburg last week. The OCA refused to sanction the race because it claimed Sudbury had already booked the June 4 weekend.

But Miltenburg has appealed to the Canadian Cycling Association and says they will look into the matter. "The whole thing is bad," says Miltenburg. "They said they can't have two races on the same weekend. Well, now there's a race in Ottawa and Sudbury on Sunday."

"They also cashed our cheque for the sanction fee and haven't returned the money. I think they're going to be in big trouble when the CCA looks into this." While the club is fighting battles, its cyclists are still competing. Glen Darras placed third in the Senior C section of a 30-mile criterion race in Stratford last weekend. Darras will be travelling to France next month for further training.

McColl not happy with first

Jim McColl went through the formality of winning the C-1 whitewater race in the Elora Gorge last weekend, but was not impressed with his performance. "I usually compare myself with the C-2 teams and hope to fall within 10 seconds of the winning time," said McColl. "But

this time I was 40 seconds off." McColl was competing in the national team trials, the last important race before the national championships slated for Quebec City in August. Bill Blight of Mississauga, the only other competitor entered in the C-1 division, finished 11 seconds behind

McColl's time of 12:27 over the course of approximately 2.5 miles. Jeff McColl, two years younger than Jim at 22, placed second in the K-1 division. Jim McColl and Shelagh MacDonald of Mississauga finished third in the C-2 division, despite structural damage to their boat.

Venture hat tricks do job

Mike Djordjevic and Wayne Foster each scored three times to lead Dixie Ventures to a 10-0 win over Willowdale in Provincial Ball Hockey action last week. Tim Stack, with two, and Bob Eddy and Bruce Masewich, with one each,

rounded out the scoring. Dixie promptly turned around and lost 11-3 to South Toronto. Russ Foster had two and Bob McGeown the other Dixie goal. Queenston won two out of three games but were helped along because of a

default with Cedar Hill. Queenston defeated Ryerson 6-1 and lost 4-1 to North Scarborough. Ken Russell, Morris Connell and Cliff Lew each scored twice for Queenston. Russell had the only goal in the loss to North Scarborough.

soccer

Clarkson

SQUIRT
Clarkson Fish & Chips 1 (Mike Darcey) Inco 1 (Scott Blaker)
Tigers 1 Smith & Savery 0
Yue's 2 Pintos 0
Bobcats 1 Hair Global 0

MINOR ATOM
Park Royal Community Ass'n 4 (Kevin Dutcher 2, Robbie Wilkins, Warren Adolphe) Southdown Pharmacy 2 (Sean Wright, Jeff Price)
Import Auto 1 (Nick Cea) Poyntz TV 0
Devils 3 Sbrocchi Real Estate 0

ATOM
Lions 6 (Greg Naughton, Sylvan Levesque, E. Bonor, Frazer MacMillan, John Murphy, Dave Gauthier) Blue Birds 0
Royal Decorating 4 (Earl Charlebois 2, Sean Harris, Mark Johnson) Applewood Motos 1 (Damon Toth)
McNair's Variety 4 (Scott Chataway 2, Mike Morra, Geoff Ewart) Kingsway Real Estate 2 (Graham McPherson, Gary McKay)
Royal Decorating 5 (George Cunala 2, Sean Harris, Earl Charlebois, Mark Johnson) Kingsway Real Estate 1 (Gary McKay)
Applewood Motors 2 (Damon Toth, John Groebner) Blue Bird Movers 1 (Steve Williams)
McNair's Variety 2 Cisco Kids 0

MINOR ATOM
Southdown Pharmacy 1 (Sean Wright) Sbrocchi 0
Import Auto 2 (Ian Brooks, Nick Cea, s.o. Mike Lavalle) Hornets 0
Park Royal 1 (Jaimie Watt) Poyntz T.V. 0

MINOR MOSQUITO
McClary's Tigers 1 (Doug Schultz) Smitty's Pancakes 0
Royal Bank 5 (Dave Soares 2, Mike Hyjak, Bobby Lovett, Robin Hummelbrunner) Kingsway Real Estate 0
Cavan's Garder Centre 2 (Neil Hunt 2) West Toronto Optimists 2 (Dave Sufficient, Gary Stockport)
Royal Bank 4 Cavan's 4 Dairy Queen 1 Kingsway 0
West York Chev 3 (Dave Leach 2, Jamie Clayton) Champagne Pastry 2 (Drake, Barthelmas)
Canada Systems Group 4 Imperial Cooling 4
Eagles 2 Schuringa Real Estate 0
Imperial Cooling 8 (Robbie Weber 2, Andy Gray 2, Ted Watt 2, Kevin Jerome, Paul Mullin) Champagne Pastry 1
West York Chev 3 (Jamie Clayton 2, Dave Leach) Schuringa 0
Scorpion 7 (D. McKinnon 3, A. Cunningham, K. MacDonald, J. Benz, K. Sykes) Canada Systems 1 (Blair Thrasher)

MINOR PEEWEE
Gulf Oil 2 (John Tuck, Paul Frazer) National Scientific 1 (L. Kuyvenhoven)

Lions Club 1 (Gord Terry) Kiwanis 1 (Mike Gombita) Kiwanis 3 (S. Luft, J. Boyd, B. Grant) National Scientific 2 (B. Carrington, G. Robinson) Seaco 4 Cummins Diesels 2 Gulf 7 Lions 1

PEEWEE
Parkway Fina 4 (Scott Luft 2, Colin O'Hara, Mark Egan) Cummins Diesels 2 (A. Cobb, S. Leggate) J&M Cars 3 Seaco 2

Erin Mills
ATOM
Erin Mills 2 (Shawn Cameron, Tim Hodgkinson) Mississauga Honda 0
Christies 1 (Mike Dobson) Erin Meadows Realty 0
MacDonald-Shell 3 (Paul Docherty 2, Mark Edwards) Royal Trust 0

SQUIRT
Costain 1 (Troy Goodenough) Cadillac-Fairview 0
Erin Mills Kinsmen 3 (Darren Townley 2, Mike Darrell) Culligan 0
Lane End 1 (Derek Woodman) Applewood Chev-Olds 0

Str'ville
PEEWEE
B&B Auto Body 6 (David Wynn 2, John Pereira, Roy Pierce, Joe Botelho, Tony Marks) P. Lawson Travel 1
Law's Bandits 2 Wilcox Bodies 1

MOSQUITO
IOF 7 (Chris Hatherly 3, David Medeiros 2, Anthony Praceck, Tony Beerens) Royal Bank 1

SQUIRT
Team-1 1 (Jeff Reddy) Team-8 1
Construction Maintenance 4 (Gordon McCormack 3, Mike Jones) Team-3 1.

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