



All-Canadian tennis tips

This is the third in an instructional series on tennis offered by Pierre Lamarche, Harry Brittain and Wayne Pack of Ontario Racquet Club and All-Canadian Racquet Management. Today's tip is by Wayne Pack.

If you're having trouble meeting the ball squarely on forehand drives, imagine that you are trying to hit it with the palm of your hand — almost as though you are playing handball rather than tennis.

Imagine hitting the ball with the palm of your hand

The palm would have to be held perpendicular to the ground for you to hit the ball properly. And that's the position your racquet should be in, too.

Court win a warm up

By TIM DOYLE
Times staff writer

When Tennis Canada sits down to determine the top ranked under-21 man in the country, they'll have quite a chore on their hands.

First there's Colin McAlpin of Deep River, Ontario who won the national championship last Sunday at a construction site doubling as the York Tennis Centre.

Then there's London's Mike Puc and Toronto's Dan Whittaker who are on tennis scholarships south of the border.

And then there's Cobblestone Courts' Bill Cowan.

Just turned 20, top seeded Cowan was the man beaten by McAlpin in Sunday's final, 6-1, 6-3.

It was almost a complete reversal of last Wednesday's Ontario under 21 final when Cowan, seeded third, took apart McAlpin 6-1, 6-2.

"I don't think anyone could have beaten Bill on Wednesday," said McAlpin. "He was playing world class tennis."

The young Mississauga player was on his game Wednesday but Sunday was a different story.

McAlpin played a waiting game, waiting for Cowan to make a mistake. He learned on Wednesday that it's hard to play aggressive tennis against Cowan and win.

Cowan admitted he had trouble concentrating during the national final.

"I don't know what it was," he said after the match. "I just wasn't comfortable out there."

"When I woke up this morning I knew I wouldn't play well."

"I guess I was just tired in the heat."

While disappointed with his loss, Cowan said that he didn't really care. "But I'll care tomorrow (Monday) when I wake up," he said.

He was using the Ontario and Canadian tournaments as warm-ups for this week's Yonex Invitational at the Toronto Cricket Club and a five-month stint on the Dutch and Italian circuits. He leaves for Europe on Saturday.

Cowan said that if there had been a money tournament on last week he would have been there instead of up at York University.

Cowan's time in Europe will give him an opportunity

to see how he stacks up against some of the other young professionals in the world. And, a chance to make some money.

He picked up about \$800 on the highly competitive United States Tennis Association Florida Penn Circuit last winter.

"The Florida circuit is the toughest circuit in the world," Cowan said.

Defending national champion Judith Pridham topped Cobblestone clubmate Fatima Ravat, last year's under 16 national champion 6-2, 6-3 in the women's final Sunday.

In Wednesday's Ontario final, Toronto's Claire Lardner outpointed 14-year-old Streetsville player Jill Hetherington, 6-3, 6-3.

Hetherington was the topped ranked under 14 player in the country last year.

Hetherington and Ravat teamed up in the doubles but were straight-setted in Sunday's final 6-3, 6-0 by Lee Myers and Diane Dimmer.

Mark Alvarez of the Ontario Racquets Club decided Owen Pellew 6-4, 6-3 in the men's national consolation final.

Alvarez and fellow ORC player Simon Bartram got by Kevin Green and Rob White in the doubles final.

Lisbon court date

John Tokos and Mike Stitt, of Ontario Racquet Club and Chris Pridham of Cobblestone Courts were named to the Ontario Boys Under-14 team to compete in Lisbon, Portugal this summer.

Thrifty's Just Pants has agreed to sponsor the Ontario entry in the Copa del Sol international team tournament in Lisbon, Portugal and Barcelona, Spain, from July 15 to 22.

The players will compete in two warm-up tournaments in the Netherlands prior to travelling to Lisbon.

The Copa del Sol tennis tournament, sanctioned by the European Tennis Federation utilizes a Davis Cup format and is comprised of 3 sections competing in Vienna, Lisbon and Rome. The teams entered in the Lisbon tournament against Ontario are France, Great Britain and Portugal.

The winners of each section will compete in the final round at the Royal Tennis Club of Barcelona, Spain.

John Tokos, 13, of ORC was ranked number two in Canada under 12 in 1977.

Chris Pridham, 14, was ranked 10th in the nation last year.

Mike Stitt, 12, was ranked second in Ontario last year under 12 and third nationally.

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Sabres rest

Oakville's participation in a tournament forced cancellation of the scheduled match with the Mississauga Sabres at Huron Park Sunday.

Tonight the Sabres play in Milton and Sunday they host Hamilton at Huron Park, 1:30 p.m.

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Yonex courts success

Simon Bartram, John Wilder and Harry Brittain of Ontario Racquet Club and Peter Straub of Cobblestone Courts advanced to the second round of the Yonex Invitational tennis tournament this week at Toronto Cricket Club.

In Monday's opening rounds, Bartram got by Ross Matheson 7-6, 3-6, 6-

2, Wilder decided Jan Sansburn 7-5, 3-6, 7-6. Brittain defeated Matt Halder 6-3, 4-6, 6-4 and Straub eliminated John Schachter in straight sets, 7-6, 6-3.

In other men's singles action, Allan Mille dropped ORC's Peter Pristach 6-4, 7-5.

Ontario under-21 champion Bill Cowan of

Cobblestone received a bye in the first round.

In women's play, top seeds Judith and Susan Pridham of Cobblestone received first round byes.

Clubmate Fatima Ravat breezed by Michelle Lavalee 6-0, 6-2.

Leo Myers downed Cobblestone's Danielle Over in other women's singles first round action.

Puerto Rico rolling

Wendy Prosser prepared for the Pan American Games by winning the national sophomore roller skating title at Montreal's Velodrome last weekend.

Prosser placed first in freestyle and second in figures to win the overall title from five other competitors.

There are seven divisions, sophomore being fourth on the scale. Prosser won the freshman title last year.

Prosser, 14, qualified for the two-girl Canadian contingent to the Pan Am Games during an open tournament last month.

Melanie McIlwain, another Mississaugan, won the primary championship. McIlwain was the sole competitor in the primary, or seventh, division.

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