

Mississauga Reps

Rex squad: new home, same old success

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You can change the sweaters but you can't change the character of the Rex Lumber representative team in the Metro Toronto Hockey League.

Last year the team played for Cawthra in the MTHL, acquitting itself with honour. When Cawthra failed to enter a team this season the core of the team switched to Mississauga Reps but continued with their steady

winning way. Mississauga won two more games this week beating both West Mall and Royals by a 5-2 count.

In the first game Scott Green fired a pair of goals to pace the win with Dave McEwan, Richard Zerafa and Peter Curran also clicking.

In the second affair Jeff Wilson and Ed McCormick each unleashed two scoring drives. Peter Curran and Mike Coffey racked up two assists each with the final goal going to Scott Green.

PEEWEE AA
Dave McDougall's brilliance in the nets earned Christies a 2-1 squeaker against Shopsy. Bill Gerrie and Bob Poirier popped goals as McDougall played himself a fine game behind them.

Allan Fritchard fired two scoring shots, Rick Kennedy blasted another and Mike Canuck added the fourth in a 4-2 defeat of the Etobicoke Canucks.

ATOM AA
Steve Robinson was all over the ice and finished off two scoring plays when the PCO "bug squad" dropped the Toronto Kings 4-0. Mike Sands solid netminding was backed by single goals from the sticks of Mike Gerrie and Lawrence Smith.

In a 4-4 draw with Hunt's Tomatoes Smith and Robinson counted again with Mark Turner and Stephen DeCosta also tallying.

MINOR ATOM AA
Jeff Smith got his third hat trick of the season on Steve Politt's three setup passes and Ian Botnick stopped a penalty shot to highlight Fastrate's 6-2 win over North Etobicoke. Jon Lawson, Ken Franklin and Scott Brockie also scored. But Fastrate lost their first game of the season 3-0 against Royal York despite good efforts from Dave Rogers and John Vecchiarelli.

O.K. COACH

Track and field (or athletics, to give it a popular term) is one of the oldest and most popular sports, catering to man's natural urge to run, jump and throw.

There was a time when track and field used to be a seasonal sport, alive in the warm weather and hibernating during the winter months. No longer is this the case; athletics have become a year-around pastime with outdoor and indoor meets and continuous training programs.

Rick Westwood, a physical education teacher, is a coach at the Mississauga Track and Field Club and is highly regarded as one of Ontario's top experts in the field events, particularly throwing.

A former competitor (throwing specialist, of course), Westwood is hoping to build a strong section in the MTFC for the "large and strong people".

His coaching tips deal with the throwing events.

Track and field: magic of throwing

BY RICK WESTWOOD

Coach, Mississauga Track and Field Club
"I'll bet I can throw farther than you can!"

How many times have you heard young children challenging each other to feats of strength, such as throwing an object as far as possible? Here, we can see children striving for a feeling of achievement and satisfaction by using their physical strength.

Many young potential "strength athletes" are lost by the wayside because they are unable to run as fast or jump as high as their friends because of their physical size.

I have tested hundreds of young children to find potential runners, jumpers and throwers and have found that unless we give the large child an opportunity to use his size and strength, he or she will shy away from most athletic endeavours because of the fear of doing poorly.

In track and field we hope that some of these large, strong people will come to us so that we can develop the coordination to utilize their strength in becoming another Nancy McCredie or Dave Steen.

The four throwing events are shot put, discus throw, javelin throw and hammer throw.

Discus is the classic event dating back as far as the ancient Greeks. It was also used as a war weapon. The javelin or spear, was also used in battle and for hunting thousands of years ago. In comparison, the shot and hammer are relatively new. The hammer is a Scottish national games event as is the stone throw, which has developed into the shot put.

Our modern Olympics includes the four throwing events as an integral part of the program to allow the big, strong people of the world an opportunity to display their skills.

We at the Mississauga Track and Field Club hope to build a strong throwing power in the Ontario and Canadian scene.

Before this can happen, we must have the raw materials to work with—namely big, strong people!



RICK WESTWOOD

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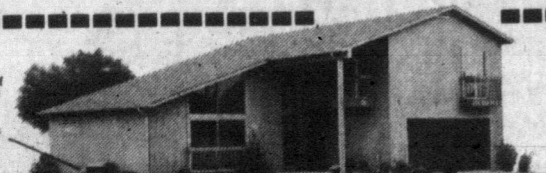
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Midgets close

Individual brilliance was predominant in a closely contested Mississauga Hockey League midget white game between Erindale and Clarkson with Erindale emerging as 4-3 victors.

Paul Dzwinkowski and Doug Warren each scored a pair of goals for the winners. John Stjep was the only Clarkson shooter to beat Erindale goalie Dave Evans—doing it three times.

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