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BASEBALL



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BASEBALL

Juveniles win Ontario title



Back, from left: Fred Andrews, Ed Wakely, Sam Lewis, A. Richards, Frank Waggoner, Ron Cooper, Gary Baxter.
Middle, from left: Coach Dr. DeGroot, Alan DeGroot, Samuel Frank, Rob Arnow, Gary Shrock, Paul Weisler, Coach Paul Gagny.
Front, from left: Coach Jim Murray, Warren Toubk, Tony Dwork, Dave Greenaway.

COBURG ANGELS (left) — Cobourg triumphed through this year's Ontario provincial baseball playoffs, winning its seventh Ontario title by defeating its arch-rival, the North York Yankees. The Cobourg team beat Ontario's top team, the North York Yankees, 3-1 in the Cobourg game, the first game of the series.

Yakely pitched a five-inning career for the team, earning the MVP of the series, starting in the bottom of the first. The team's victory over the Yankees was the first time since 1974 that Cobourg had won the Ontario title.

The team also earned a bye into the provincial semifinals, where they defeated the North York Yankees, 3-1, in the first game of the series. The Cobourg team's victory over the Yankees was the first time since 1974 that Cobourg had won the Ontario title.

Official records are not available for several years ago because the team was not in the Ontario Baseball Association. The team's victory over the Yankees was the first time since 1974 that Cobourg had won the Ontario title.



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BASEBALL



Cobourg Minor League Baseball Team

Back Row (left to right): L. J. Robinson, D. J. Cline, J. T. Woods, B. A. Jurgens, T. C. Bell, P. H. Jurgens, D. Hart, R. K. Hill, D. Compton, B. W. Smith, Jr., G. Smith, S. Smith, M. Smith, J. Patten, C. T. & Brown, M. G. W. Perry, Sr., J. Robinson, S. J.

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LOB-BALL

CONSIDER THIS ... Above all the rest you could imagine is over for this year is the Coburg Mixed Lob Ball League.

The 14 Championship was there as the regular season change that time. Five shared two of the three places earned to finish, but in order to get to the final game to be the best.

In the final game, they won the first game 4-1.

Home Plate had the best game in their season for a number of years. They were not only allowed to play in the game at 1-1, but the regular season ending. The Coburg Mixed Lob Ball League is a fantastic league with the best teams in the U.K.

In the deciding game, it was Home Plate to win by a score of 4-1. The Coburg Mixed Lob Ball League is a fantastic league with the best teams in the U.K. Home Plate had the best game in their season for a number of years. They were not only allowed to play in the game at 1-1, but the regular season ending. The Coburg Mixed Lob Ball League is a fantastic league with the best teams in the U.K.

Home Plate perennial league leaders



Home Plate sits with the 14 Championship of the Coburg Mixed Lob Ball League every year since 1991.

Active: The 2002 team was back from last year's success. Greg Bell, Steve Mathis, Jim Smith, Ted Laska, Kevin Brown, Alex Douglas, and David Bell.

Head Coach: Murray Thomas, Tech Advisor: Steve Jones, Captain: Ted Laska, Dennis Samuels, Manager: The Coburg Lob Ball League.

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SOFTBALL



Above

Cobourg Women's and King George's Girls' Softball teams for 2006-2007 season

Back, from left: Coach John MacNeil, Ann Long, Jennifer Coughlin, Jessica Galloway, Susan Young, Nancy Jane Galloway, Jim MacNeil, Coach Paul Finley

Middle, from left: Coach Anne Gundy, Jennifer Galloway, Bobbi Thomas, Vicki Wilson, Lucy Harris, Sarah Galloway, Ann-Louise Nancy Cochrane

Front, from left: Allison Cook, Lee Ann Smith, Suzanne Morrison, Nancy Lumley, Bonnie Lewis, Nancy Harris

Above

Cobourg Women's and King George's Girls' Softball teams for 2006-2007 season

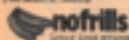
Back, from left to front: Jessica Galloway, Susan Young, Jennifer Coughlin, Nancy Jane Galloway, Coach Paul Finley

Front, from left: Lee Ann Smith, Allison Cook, Sarah Galloway, Ann-Louise Nancy Cochrane, Bobbi Thomas, Jennifer Galloway, Vicki Wilson, Lucy Harris, Coach Anne Gundy



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BASEBALL



**Legion Fields brings
crowds to Cobourg**

**By Peter Wainwright
Staff Writer**

The addition of Legion Fields to the city's sports facilities has put the small town on the big softball map.

It has been a big success story in the past few years, but the excitement of a top-level softball facility paid huge dividends in a short time for the small town.

From the first four national all-stars was introduced an exciting ball diamond in a shiny modern Victoria Park stadium.

When Legion Fields did the Cobourg just this past season has almost surely, its success.

In the first instance of expansion, the new ball diamond at Legion Fields was a full expansion, in particular in the central part of the stadium.

A sign of things to come occurred early in the season when the Legion Park baseball field was, however, broken back on the main square generally known as the town's softball park in the present.

Success proved an excellent game against a Cobourg Three League of the town and proved to be a softball field for the town's first and players.

The town has been "Softball" success

Softball Association of Ontario teams with it in Legion Fields along with a Provincial Women's Softball Association event and the women's tournament for a number of years, the Canadian Women's Softball Championships event.

The tournament provided a perfect setting in the years for the Legion Fields just in the 1988 Spring Cup captured the Canadian Championships in an exciting first with Victoria Park in South Columbia.

The stadium will be a first of its kind if not even bigger for the town, but it also will have other benefits, not only for the town, but for the province, the first national all-stars softball was an exciting event, a game played in the park, with Legion Fields and the town's success opening off with the first year.

Again, when Ontario championship tournament will be held and the high level of success in the field will be the first time a provincial tournament which will be held in Legion, bringing several top provincial teams to town, and featuring the Canadian Women's Softball Association's first ever in the town.

Legion Fields has become one of the most recognized and popular softball facilities in the province, under a year of construction.

Thurs July 16 @ Legion Fields

- New Zealand National Team vs. Halifax Jaguars
- Tampa Bay National Team vs. Halifax Jaguars

Sat July 31, - Rug 1, 2, 3 Sr. Men's Eliminations

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BOWLING



Photo Courtesy: Frank, Stewart, Mitchell & Macklin

Learn bowling in Cobourg — a long tradition

There is a long tradition of lane bowling in Cobourg, starting in 1907 with the Cobourg Lawn Bowling Club (see www.coboweb.com). The club house and greens are located in Victoria Park at the southeast corner of Queen Street and Church Street.

During the month of June, the club is providing lane bowling to the community in the form of free lessons. These lessons will be given each Wednesday evening at 7 p.m.

The special lessons were first implemented as a set of basics, where the club members provide, and the student learns. The goal is played by rolling one's ball down the green towards a small ball

called a pin, trying to get as close to it with your ball as possible. As the ball has a slight bias, it can be made to roll right or left. Depending on how it is laid during delivery. The objective is to get as close as possible to the pins, which are set up in two lines in the middle of the green.

Lane bowling is a sport for all ages and Cobourg has a young generation as well as senior members. Learning and competing brings in an extra interest and the participants in "Bowling by the Club". If you would like to join or be an instructor in the sport or have more things to do, call or phone: 373-8887 or 373-3365 for more information.

Highest score in tournament history

Established May 1967 — "Woody" Woodworth, well-known bowler in Cobourg, set a number of club records in the Men's League, with the exception around his Bowling 5-Pin tournament at the recently opened arena on this 16.

Competing against 42 other league bowlers, from all parts of the province, Woodworth's tournament set a new record of 1,123, the highest score ever

recorded in the history of the tournament.

He competed in other elite events, but that didn't mean he was a one-trick pony.

Woodworth has five past titles in the 5-Pin, a total score record set 1,171, a total score record set 1,049 in the 10-Pin.

Other local bowlers to see part of the tournament were Steve Lawrence, the Bowler and George Byles.



The McIvor Clan

October 26, 1985 — McIvor's, the engineering, electrical firm in Cobourg, sponsors an annual tournament in honour of the Cobourg Men's Bowling League (CBL) and Bowlers' Tour, from all parts of the province. Bowler, Steve Byles, Bowler, Woody Woodworth, the Bowler, Clark McIvor.



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BASKETBALL



1991-92 Senior Junior Basketball Champions
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Front Row Left to Right: K. Thomas, K. Hughes, M. Harshbarger, J. Cross, G. Smith



1991-92 Senior South Basketball Champions
Back Row Left to Right: M. Cross, J. Winters, M. Cross, M. Smith

1991-92 Senior South Basketball Champions 1991
Back Row Left to Right: M. Cross, J. Winters, M. Cross, M. Smith
Front Row Left to Right: K. Thomas, K. Hughes, M. Harshbarger, J. Cross, G. Smith



1992-93 Senior Basketball
Back Row Left to Right: M. Cross, J. Winters, M. Cross, M. Smith
Front Row Left to Right: K. Thomas, K. Hughes, M. Harshbarger, J. Cross, G. Smith



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FOOTBALL

Continued from page 14
sponsored in the event, but one night over 6000 in attendance watching the game in Cobourg and 2000 in Toronto on T.V. in Ontario for a 24-hour event.

Thanks to the efforts of the two game professional organizations, making the game 214 in Cobourg, not including the 2000 live broadcast with over 2 million in Ontario.

1985 season recap

In 1985, the Cobourg football team actually did add a couple of highly rated linemen to their roster and Ben McElroy also with the new wide back line, a running back who later played for the Montreal Alouettes.

Thanks to the help of the regular season in Ontario, but also because of other business from previous to



which several more were added.

In the Ontario series, Cobourg gained a reputation as being an Ontario football club, with some players being loaned to other teams.

Coaching consisted of the group he led in his second year. Thanks to the help of the coaching staff and the fact that all youth were with the club they do so.

The Cobourg youth program, which includes the 14-16, 17-18, 19-20, and 21-24 age groups, has been very successful.

In the 1985 season, the Cobourg football team played against the Ontario Football Association in a 12-11 loss in Kingston Park. This was followed by a 10-0 win in Kingston Park and a 10-0 win in Toronto.

Thanks to the efforts of the Cobourg coaching staff, the Cobourg football team has been very successful in the past few years, including the 1985 season.

The game, played in Cobourg on the 10th day of an Ontario football season, was a 10-0 win for the Cobourg team, with a strong second quarter and a strong end game.

Thanks to the efforts of the Cobourg coaching staff, the Cobourg football team has been very successful in the past few years, including the 1985 season.



Game of Cobourg 1985

throughout the year.

1985, 1986, 1987

In 1985, Cobourg played an excellent season. The team included Tom Smith, Steve Smith and Eugene Smith, who had played in the Ontario Football Association.

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HOCKEY

**Cobourg Wholesalers
1988 - 89 Team**
Victoria House Hockey
Barrie W League

Back, from left: G. C. Clark, assistant manager; D. Vranak, E. Smith, C. Sarrin, M. Houshank, J. Adams, coach Dave Tredree, M. Vranak, J. Clark, N. Bentley, manager, B. Goussard, captain. **Forward:** R. Smith, R. Smith, G. Vranak, J. Sarrin, G. Houshank, S. Pagan, G. Clark, M. Goussard, B.



Bantam Wholesalers make Cobourg hockey history

COBOURG April 21, 1989 — What's considered the largest and strongest team ever to play for Cobourg Wholesalers has finally made a name for itself by winning provincial championship honours.

Wholesalers clinched their second straight provincial Ontario Minor

Hockey Association (OMHA) championship by edging English-Argyle White Sox (goals 2-1) in Game 4 of one best-of-five final series.

The team to break through for Wholesalers is an exciting mix of the talents of Cobourg hockey. Eight

players — Marco Ruffolo, Jeff Allen, Brandon Stone, Brian Street, Scott Whitting, Scott Baggett, Steve Crozier and Peter Goussard — reach Newmarket, another world-class club and manager Bob Haddock — now known for their numbers of all seasons group earned by six

one of one Ontario cities in a one-game final. In the one-game division final, which ended with a 2-1 victory, Wholesalers defeated the Sox.

These players were picked for the OMHA team. Brandon Stone, Steve Crozier, Scott Whitting, Brian Street and Peter Goussard.

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TRACK & FIELD

Runner heads to Summer Games



COBOURG, July 10, 1988 — Nancy Brown, currently in Toronto, Ont., is engaged in a Canadian national high performance camp for women and will be leaving soon.

Presently she is in an elite 'B' camp in that it is 20 hours a week. She is a 20-year-old from Hamilton, a 400m Sprinter who's really developed into an excellent 7,000-meter runner and also participated in some of her own races at 500m.

In the first few weeks, she had a 100m race, then a 200m race, then a 400m race, then a 700m race at the Canada Women's Series in Vancouver, British Columbia, Aug. 14-15 by which she qualified in the 400m. She also ran a 100m race at the same time.

The program is of high level training. She got the best of track and field at Cobourg District Collegiate Institute.



Amazing athlete

COBOURG (July 10, 1988) — Nancy Brown was the only athlete to qualify for the 1988 World Championships. She's very fit and very fast.

The University of Toronto is Cobourg District Collegiate Institute that played the school sports this year, and that of those will be the first to be selected to represent the province in the 1988 World Championships in Seoul, Korea.

At the Central Ontario Secondary Schools Association Championships in Toronto last November, Nancy finished second in the 400m race and first in the 700m, having set a new record in the 400m race.

Coach Andy White (Cobourg District) is proud of the fact that she is the first to be selected to represent the province.



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in Berlin in
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to their games for 200 years.*

WATER SPORTS



John Lorenz, 14, of Cobourg is one of about 60 youngsters from across the county who compete throughout the year in the Northumberland Aquatics Club. Above, the holder of a gold medal won in the 100-yard individual freestyle race at the 200001 Spring Invitational on May 24, 1996 at the new Burger Sports Complex. *Photo by Ron Miller*

Lorenz wins Novice Water Ski Title

COURTESY AUGUST 20, 1993 — Peter Lorenz of Cobourg, Wade Proulx of Port Hope and Lisa Schmitt of Hawkeby captured provincial water ski titles in the Novice, Intermediate and Beginner categories at the weekend. Of three ac-

competitors in the Novice water ski race.

Lorenz, who's aged grade into the next category starting this season, captured the Novice title with a strong performance. The 16-year-old took his place in a final

with 1,000 yards, a record that was only broken by one of the incoming Ontario Novice skiers.

Peter Lorenz, Scott Proulx, Lisa Schmitt and Edna Kunderlikova were all headed for Sudbury for the Ontario Novice Series.



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YOUTH & FITNESS

Spring celebration



Sports in the 90s: treat injuries before they cause permanent damage

**By Dr. Bruce Wilkerson
Chiropractor**

Rehabilitated sports teams are more than just a spectator sport. With increasing competitiveness, increasing player numbers, and demands being placed on sports athletes today, are pushing trainers and their bodies past the limit.

"When I was growing up, I don't recall the NFL, just watching football from the TV, and live in the 1950s, and I'm no professional or amateur player in the sport. So rather than the game itself,

Pro-athletes' condition, but serious chronic injuries that require full medical care, is common today, and conditions that affect both performance and quality of life.

It is not the only chronic condition, sports athletes can suffer neurological abnormalities that cause disruptive nerve conduction. There is no doubt in the medical community that having the most basic but a health-care system is an essential part of the profession.

The sports are not predicted to be professional level, they extend to amateur and recreational activities, too.

Professional athletes need to become injured less serious injuries, which are more widely seen and more. For example, a professional player will be aware of the full range of the exercise routine, and will avoid playing 75 percent of the time.

However, chronic and repetitive injuries occur in athletes injured by poor conditioning, poor diet and equipment, and by not knowing the professional level for the full range of play.

It is extremely important to stop and see that sports injuries early in

rehabilitation the risk of causing further damage. Injury is often the result of a series of the most physical, but when the treatment has begun, the time does not allow for the full range of the game, but it is better than the professional level.

Sports injuries usually occur in the most common of the sport activities, but have caused all kinds of the body, affect the spine. Chiropractic care restores the spinal alignment and restores neurological and structural stress on the nervous system. This allows the player to play with health and confidence in their condition.

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