

Top Teen-Age Swimmers Undergo Grinding Workouts

By BRUCE STOVEL
Canadian Press Staff Writer
Any teen-ager looking to a career as a swimmer or diver should be prepared for months of sacrifice and grinding workouts.

Young athletes at the Canadian swimming and diving championships in Montreal were asked how they manage to keep up with school work while getting in enough practice to develop their specialties. Most of them admitted it was easy.

"School? I fit it in with my swimming," said Mary Stewart, the 17-year-old diver who holds the world's 100-metre butterfly record for women and the mixed three months of high school for the British Empire Games in Australia last fall and the Pan-American Games in Brazil last spring.

Even after serious cramming in May and June, she found she would have to go back to finish her final year this fall.

Aidy Meinhardt, 18-year-old Vancouver butterfly specialist, had to miss two of the three semesters at the University of Washington, which he is attending on a sport scholarship.

MISSED 106 DAYS
Sandy Gilchrist, 17-year-old powerstroke from Abbotsford, B.C., missed 106 of 184 days of high school in order to take part in international competition.

Dan Sherry, 17, gave up high school in Hamilton in May to train in Toronto. And Tom Dinsley, 22-year-old sprinter, missed a term at the University of Indiana.

Manly's Brian Pound, a student at St. George's Williams University, lost two months by going to the B.C. Games and other meets in Australia and New Zealand last year. It was a factor in his decision to retire.

Those who miss jobs also miss much time off. Petite Judy Stewart of Toronto, a 98-pound 18-year-old who works as a typist with a Toronto fuel firm, missed almost three months of work in the last year to take part in diving competitions around the world.

Bowdrie Pety, Vancouver coach, says the surprising thing is how well swimmers do at school.

"I rarely have a good swimmer who doesn't get his or her year without much trouble. Once in a while there's a blockhead, but the intelligence and concentration that have to be put into swimming a good race are astounding. People don't realize how much brains it takes to win a race."

HOURS IN POOL
Pety, 38-year-old coach of the Canadian Dolphin Club in Vancouver who has been coaching swimming for 17 years, says his swimmers put in two or three workouts a day depending on how far away they live. Each swimmer spends four to five hours daily, though not all of it is in the water.

Marion Wilkins, for example, lives a half-hour drive from the pool where we practice in the morning. She gets up at 5:30 each day to make it.

Sherry and Gilchrist both put in about five hours training a day before a meet. Gilchrist spent a month at the University of California on a spartan regimen—five hours of stiff workouts daily, four hours of sleep

BANDITS PICK WRONG TRUCK

LONDON (Reuters) — A gang of would-be payroll bandits fled in confusion here when they rammed a panel truck taking home women workers from an east London firm instead of a similar vehicle carrying an employee pay envelope.

"They must have been demoralized when the women started screaming at them altogether, letting the thugs know just what they thought of them," the panel truck driver said.

GET MEDICAL AID
Hospitals and institutions in 19 countries received research grants from the U.S. Public Health Service in June, 1963.

International Viewpoint Urged On Members Of CWL

CALGARY (CP)—No Roman Catholic is worthy of that name unless he is internationally-minded. Very Rev. F. J. Smyth of Antigonish, N.S., said here.

"It is only through internationalism that love and peace will be lasting in this world," he told delegates to the annual convention of the Catholic Women's League of Canada.

Msgr. Smyth, director of the Coadj. International Institute, said the church must be interested in helping the "little people of the world with economies so low that their people may slip from their religious moorings."

This work belongs directly to lay people. The church's mandate is to give witness for the church in society.

Canadians must educate themselves about how preconceived notions of what people from other lands and cultures should do. Education on the internal level would be difficult and stringent.

"We must be aware of and sympathetically attuned to civilizations other than our own," Msgr. Smyth was chairman of a forum on CWL contributions at the international level.

MUST EDUCATE
During discussion of social issues and programs in provinces and dioceses, Very Rev. E. C. Garvey of Vancouver said the CWL's primary task was to educate its members "to go out into the world as informed citizens representing only themselves."

"I've always marveled at the intellect of women and marvelled that they haven't used it," said Father Garvey, rector of St. Mary's College, University of British Columbia.

But he added that he thought women were coming of age, and using their intellectual abilities more and more.

"We can't overstress Catholic action enough in the apostolate, but this is not enough," he said. "We must also be citizens. We must overcome materialism and work on culture."

He said some people argued that the woman's place was in the home.

"What nonsense. Women! Indeed have a place in the home but they are persons and as such are ordained beyond the home."

Traffic Deaths Increase In June

OTTAWA (CP)—Traffic accidents on Canada's streets and highways took 406 lives in June, up sharply from last year's June total of 329, the Dominion Bureau of Statistics reported Wednesday.

The June figure does not cover the Northwest Territories.

In the first six months of the year, the death toll was 1,583, a 18.8-per-cent increase over the first half of 1962.

Women indeed must come of age.

Women must become more interested in politics and culture. They must be tough-minded, for "disagreement is not a lack of charity but intellectualism."

The January-June breakdown by provinces, with last year's first-half figures in brackets: Newfoundland 29 (8); Prince Edward Island 12 (7); Nova Scotia 73 (72); New Brunswick 57 (55); Quebec 462 (380); Ontario 567 (520); Manitoba 30 (27); Saskatchewan 22 (40); Alberta 59 (79); British Columbia 156 (132); Yukon-Northwest Territories 4 (2)—(Northwest Territories for January-April only).

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