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CONDITIONING IMPORTANT IN PITCH, HIT & RUN COMPETITION

Pitching, hitting and running are the three competitions in Major League baseball's official youth program, Pitch, Hit & Run, but overall conditioning is a major benefit for youngsters who enter the competition.

The President's Council on Physical Fitness and Sports has developed a series of Conditioning Tips and Warmup Exercises which are featured in the Tips Book available to boys and girls between the ages of 9-12. These books can be obtained free at all Thom McAn stores and participating dealers in this area. No purchase is necessary to enter Pitch, Hit & Run.

Thom McAn is sponsoring Pitch, Hit & Run, in association with the National Recreation and Park Association and the President's Council on Physical Fitness and Sports. An official entry blank is in the Tips Book, which also features tips on pitching, hitting and running from Major League stars --- Jim Palmer, Rod Carew and Joe Morgan.

C. Carson Conrad, Executive Director of The President's Council on Physical Fitness and Sports, states that "a significant aspect of this program is the physical fitness component which is designed to develop strength and stamina. We believe the youth of America must be 'fit to play' in order to enjoy themselves and reach their fullest potential."

The conditioning tips are aimed at improving heart and lung endurance and muscle strength and endurance. The conditioning tips and warmup

exercises are geared to properly prepare the youngster for PH&R competition.

Registration for Pitch, Hit & Run continues through May 22 at all Thom McAn stores and participating dealers.

BOYS BASEBALL LEAGUE DOOLITTLE CENTER

Attention boys 10 to 12: If you would like to play baseball this summer you can sign up now at the Department of Parks and Recreation Services, Doolittle Center, located at J. Street & Lake Mead Blvd. For further information call the Doolittle Center, 386-6374.

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PARKS & RECREATION SERVICES

The team representing the Mirabelli Teen Center convincingly won the Annual Table Tennis City Finals presented by the Las Vegas Department of Parks and Recreation Services. The Mirabelli team in winning the title showed good depth and individual excellence. The Doolittle Recreation Center team finished second with Dula Recreation Center third.

Individual winners in the City Finals were Todd Hasse - Doolittle ages 12 & under; David Ursini - Mirabelli age 13-14; Kerry Iverson - Mirabelli age 15-16 and Rick Bowman - Mirabelli, age 17-18. Christy Castle - Mirabelli won the girls 15-16 years.

Hundreds of children participated in the Las Vegas Department of Parks & Recreation Services sponsored National Super Shooter Tournament over the holiday vacation in December. Their scores were sent to the National Headquarters for comparison with children all over the United States.

Dana Forte, age 11, was named Nation Champion in the girls age 11 division and received a plaque for her outstanding performance.

In addition the following children received medals as State Champions for their age/sex divisions.

Boys age 8, Dewey Forte; 9, Jerry Enlow; 10, Brian Hicks; 11, Jay Kuleska; 12, Wade Markland; girls age 8, Kathy Wise; 9, Susie Lera; 11, Dana Forte.

The Las Vegas Department of Parks & Recreation Services extends its congratulations to all winners for their fine performance.

Attention girls softball coaches! The Parks and Recreation Services, Doolittle Center will be holding an organization meeting, Wednesday, May 4, 1977 time 7:00 p.m., for all persons interested in entering a team into the Doolittle Center girls 13-17 Slow Pitch Softball League. Information regarding entry fee, practice time, officiating and awards will be given to you at this meeting. For further information call the Doolittle Center 386-6374.

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Baby contestants are from left: Ramon Dawson (Mary Dawson, mother) first runner up; Ms B. Perkins, (Pam Perkins, mother) winner; and Janice Brown, (Barbara Brown, mother) second runner up. Thanks to all those that helped in our project. Sis. Dawson, Chlor President

PARKS & RECREATION SERVICES ADULT HORSESHOE TOURNAMENT

Attention: The Department of Parks and Recreation Services Doolittle Center will be holding its first annual Adult Horseshoe pitching tournament Saturday, May 21, 1977, time 10:00 A.M. at the Doolittle Center. Entry fee is two dollars for singles and five dollars for doubles. Prizes will be awarded to first, second and third place winners. Deadline to enter is Thursday, May 19, 1977. For further information call the Doolittle Center, 386-6374.

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