MANCHESTER PARKADE 388 Middle Turnpike West 649-1806

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## Radio Shaek ${ }_{\text {oVER }} 2000$ STORE

 Summer Sale HURRY: FANTASTIC BARGAINS SAVE \$60 REALISTICPATROLMAN PATROLMA
10-BAND Portable radio


## Cornish Hens



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Chickens......
Finast Franks me 69:


Ice Tea Mix $=\quad$ 89 ${ }^{\circ}$
 Finast Large Eggs ${ }^{\circ} \mathrm{Em} 5^{\circ}$ Santa Rosa Plums $3.1^{100}$

Save with this Finast Coupon!
Saves ${ }^{00}$
Lawn Furniture


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## MANCHESTER HAS IT





## T-Ball Baseball Just Lot of Fun



Every Player Bats Once in Every Inning


Oldest Detroit Tiger Still Has Few Growls Left, Cash Gets Chance to Start and Gets Two Hits
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Koosman Got Out When Needed Most
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 Zahn Allows One Hit

## Rookie Impresses In Second Victory

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His and Hers Wimbledon Titles Halfway Home for Jim and Chris





## The Lighter Side

Bumper Stickers Tip Your Hand
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Week in Review
Nixon Saw Gain
In Moscow Trip
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PAGE FOURTEEN - MANCHESTER EVENING HERALD, Manctiester, Conn, Sat, July 6,19 In

Death Toll Is Climbing


NOTIGE
OPEN
ALL DAY SUNDAY

9 A.M. - 8 P.M.
NORTHWAY PHARMACY
230 N.MAIN STREET MANCHESTER TEL. 646-4510

Gas Station Robbed
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## About Town

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Uuseum from 2 to $5 \mathrm{p} . \mathrm{m}$.
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By BETTY DEBNAM
More swimmers racing than ever!
Mark Spitz Made a Big Splash!


A timer stops her watch as a swimmer finishes a race. Swimming competitively should be fun without too much pressure.


Mark Spitz made a big splash when he won seven gold medals in the 1972 Olympics.
Inspired by the hope that someday they might swim in the Olympics, children have become more interested than ever in competitive swimming.
Champion swimmers have to start early. Some children even begin swimming when they are babies. Most of our Olympic swimmers began reacing when they were between eight and 12 years old.
The Amateur Athletic Union, a group that sets up rules for most amateur sports, established Junior Olympic and "age group" racing for children. These meets offer boys and girls under 18 a chance to compete on their own age levels. The age groups are: 10 and under, 11-12 years, 13-14 years, and 15-17 years.

Most swimmers race on teams sponsored by clubs or city recreational departments. Competitive swimming is demanding. It is not for everybody. The goal should not be to win medals, but rather to train young people to do their best. Parents must not be too pushy. Coaches must be understanding.

The swimmer in training puts in many miles of swimming back and forth in swimming lanes. Swimming is good exercise, but it is strenuous and sometimes painful.

Many of our country's champion swimmers are teenagers because older swimmers can't keep up with the fulltime training schedule. However, some swimmers 18 and older, who have grown up in "age group" competition, win college scholarships and swim on college teams.




## Hello, Allison Grant

"When I was 10, I wanted to do something, rather than just sit around the house," Allison, Grant told the Mini Page. She took up swimming competitively.

Now, at the age of 14, she is one of the fastest swimmers in the country in the women's breaststroke. In the recent Nationals competition in Dallas, she broke the U.S. record and came in third. She was competing against the nation's top women swimmers. The two that beat her were older.

This past December in Cincinnati, Ohio, she set the girl's $13-14$ records in the 100 and 200 yard breaststroke and the 100 and 200 yard freestyle.

In top training, Allison spends a total of five hours a day working out. "I like to work," says Allison, "and I like to win."
Allison would like to swim and win in the ' 76 Olympies.

## Try'N Fine: Swimming words

Swimming words are hidden in this block of letters. They run across, down, and diagonally. See how many you can find.


Answer block



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