

Raiders Top Minutemen, 5-1

CONTINUED FROM PAGE 11

bunts, as did Kyle Berwick, followed by Sean Reilly's groundout that added another run. Mike Henkels went 2-for-3 with an RBI single and scored once. Anthony Scalfaro doubled and scored and Jeff Sirdashney walked and scored.

"Four bunts down! That's a good sign for us. There are times we need to do that. That's one of the things we need to improve on from last season, playing small ball. You get up against good pitchers, you've got to move the runners along and manufacture some things. It was a good sign to see and the guys behind them came through with big singles," coach Baylock said.

The Minutemen threatened in only one inning, the second, but poor base running, followed by Raider right fielder Henkel's alert throw to second, extinguished the threat. First baseman Reilly made a fine stretch to record the third out in the first inning. Minuteman centerfielder Chris Muniz made a supper sliding catch to rob Lauricella of an extra-base hit in the second inning.

Scalfaro hammered his double to centerfield and scored on Henkel's single to left in the first inning. In the third inning, Sirdashney drew a walk

and moved to second on Thompson's bunt. Howarth stepped up and slashed an RBI single to right to give the Raiders a 2-0 lead.

Dlugosz's only difficulty came in the top of the fourth inning when he ceded walks to Muniz and Joe Gutierrez, and Jon Padilla hopped an RBI single over second base. The Raiders used the "Small Ball" once again to manufacture a run in the fourth and to grab a 3-1 lead. Haggerty walked, moved to second on Lauricella's bunt then dashed to third on a ground out. Reilly's difficult grounder to short, drew a wide throw to first and Haggerty scored.

In the sixth inning, Henkels plopped a single over second. Haggerty dropped a bunt in front of the plate. The catcher's throw to second was late and both runners were safe. Lauricella followed with his second sacrifice bunt, Berwick followed with an RBI single to right and Reilly's slow grounder to short gave Haggerty time to score the fifth run.

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Sc. Pl.-Fanwood	101	102	x	5

See Picture on Page 14



David B. Corbin for The Westfield Leader and The Times
Golf teaching pro Gary Ostrega

Golf Pro Points Out, Does Practice Makes Perfect?

By GARY OSTREGA
Specially Written for The Westfield Leader and The Times

Not all practice can be helpful towards the search for improvement. One of the golf cliques that is true, in my opinion, is an improvement to the

title of this article which is: PERFECT practice makes perfect.

The suggestion of this statement is to strive for more quality of practice time versus quantity of time spent. To organize your practice time into something more meaningful to your overall success, you need to review all aspects of your game. Grade each category with a letter score. Any category that you would rate a "C" or worse will require more information and increased attention, and all positive grades will only require a slight maintenance effort.

Creating this pie-chart understanding of your practice time would be the preferred training method. After receiving professional help to improve your weaknesses, practice can be structured to reflect category use towards score. If one averages bogey golf, driving is roughly 14 percent of the score, approach shots 22 percent, putting 36 percent, short game and recovery shots 28 percent. Clearly nearly two out of three shots played are from within 30 yards of the green. At every PGA Tour event, notice how much time the players spend around the short game complex. Conversely, notice how little this same area at your facility is used.

The above picture is an example of how I refresh my bunker skill. One minute for a dozen balls inside of 10 feet, then on to the next category, pitching with a time limit and a specific goal in mind. Utilize this strategy for the rest of your season and notice the marked improvement to your game.

Gary Ostrega, PGA, is the director of instruction at Hyatt Hills Golf Complex in Clark. For instruction, call (732) 669-9100.

D. Blair Corbin's

Blue Devils
Raiders

Walk Down Memory Lane

From the archives of The Westfield Leader and The Scotch Plains-Fanwood Times - www.goleader.com Click Archives

July 8, 2006: The Scotch Plains-Fanwood nine-year-old tournament team knocked the Westfield White squad, 13-3, in the Roselle Park Youth Association Tournament baseball championship in Roselle Park. Zach Lipshitz blasted two doubles and four RBIs. Kevin Maxwell tripled and Tyler Kovacs hammered a two-run double.

July 9, 2005: Ryan Murray pulled out a spectacular pitching performance to lead the Westfield White baseball team to a 10-1 victory over Cranford in the semifinal round of the Cal Ripken District 12 Tournament at Gumbert Field. Tim Younger had two doubles and two RBI and Pete Granstrand ripped an RBI double.

July 6, 2004: The Raider (SPF) Junior Legion baseball team came up with three runs in the seventh inning to grab a 4-3 victory over rival Westfield. SPF pitcher Greg Bayard fired a five-hitter, fanned seven and walked one in his seven innings. Andrew Lyon's check swing single with the bases loaded resulted in the tying run and the winning run scoring in the seventh.

July 9, 2003: Defensive brilliance

SPF Boosters to Hold Annual Golf Outing

The Scotch Plains-Fanwood Music and Athletic Boosters will sponsor a golf outing on Monday, August 31, at Shacamaxon Country Club in Scotch Plains. All proceeds will be shared by the SPF Music Boosters Association and the SPF Blue Raider Athletic Boosters Club.

The events will be a scrambles format with a 1 p.m. shotgun start. Prizes will be awarded for lowest gross foursome, closest to the pin and longest drive by female and male. For information on event sponsorship, hole sponsorship, etc. as well as individual and foursome registration fees, please e-mail keithbeno@comcast.net

certainly was not St. Edward's strong suit at Terrill Middle School; however, its 25-hit barrage was enough to hold off St. Patrick, 11-10, in St. Bartholomew's Oldtimers Men's Softball League action. Ed Captain Ed Marchelitis, normally a sure-handed shortstop, played kickball with a few grounders and added some off-target throws. However, he made up for it offensively, going 4-for-4 with a run scored.

July (early) 2001: St. Patrick claimed an 18-7 victory over St. Blaise at Jerseyland Field in Scotch Plains. Lee DiDonato 3-for-4 with two homers and five RBI. Blaiser Tom Straniero, with his Pete Rose-like energetic play, netted three hits and two RBI, and turned a dazzling double play.

July 6, 1999: Shortstop Paul Stofa made a startling play in the sixth inning to kill a potential Mattress Factory rally. Exuberant with Stofa's brilliance, the Jolly Trolley scored three runs in the bottom of the sixth and put the Mattress Factory to rest, 12-9, in a Westfield Men's Softball League game at Tamaques Park. Stofa also shattered a solo homer in the sixth inning, Mike Cheety and Jay Halsey homered for the Mattress Factory.

July 8, 1998: An early state of confusion on the part of Checchio Chiropractic allowed Chaos the opportunity it needed to score six runs in the second inning and to go on to register a 9-7 victory in Westfield Men's Softball League action at Tamaques Park. Chaos put together 10 hits, 10 base-on-balls and three sacrifice flies to keep Checchio's off-balance. Al Rabinowitz slashed a single to right field to drive in the sixth run of the inning.

SPF PAL Football Registration Opens

Registration remains open for the Scotch Plains-Fanwood PAL football that will be played this coming fall. Registration forms for the flag through contact programs can be obtained by going to the league's website, SPFPAL.com. Forms can be dropped off at the Scotch Plains police station.

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