

IOWA CITY - Tony Salato is not a big fan of Gatorade, but he planned to replenish his fluids as quickly as possible Sunday after pushing his body to the limit on a red-hot

day.

"A lot of water. A LOT of water," he said after helping Norway sweep Red Top on Opening Day in the Iowa Valley League.

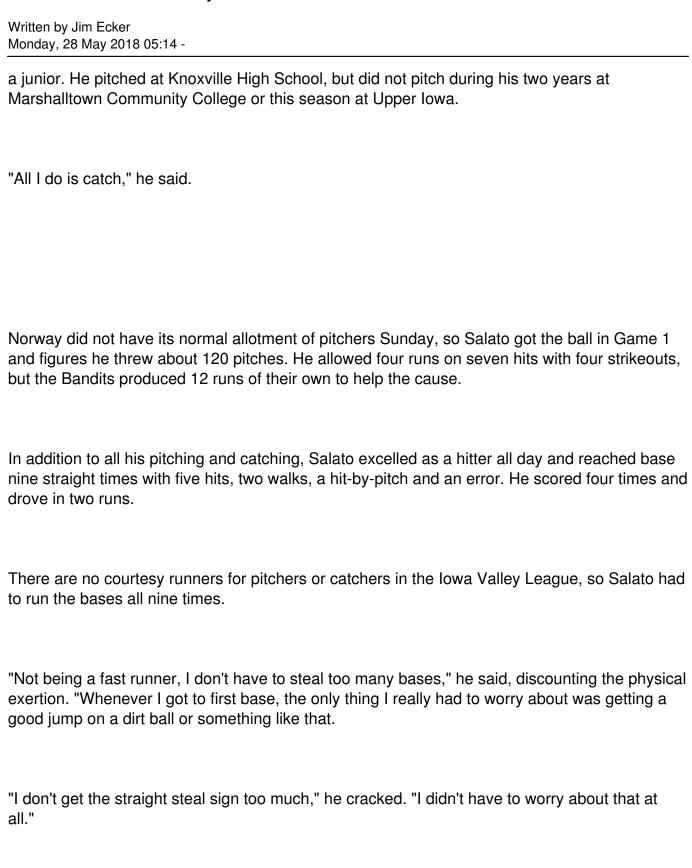
Salato pitched a complete game in a 12-4 victory in the opener, then caught a complete game in an 8-1 victory in the nightcap with the temperature in the mid-90's.

"I'm pretty tired," he confessed. "But tomorrow I have an off day, so I won't do anything.

"You just have to keep going until the game is over."

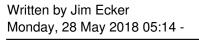
Salato is a catcher at Upper Iowa University, where he hit .297 for the Peacocks this season as

Salato is Iron Man for Norway



Travis Mueller pitched the first five innings for Norway in the nightcap and had a nice, comfortable rhythm with Salato behind the plate, allowing just one run on four hits.

Salato is Iron Man for Norway



"That was pretty easy," said the catcher. "Travis made it real easy. Not a whole lot of guys got on base to steal. I could just lob it back to him."

Salato plans to get his business degree from Upper Iowa next spring, but might not enter the business world right away.

"Actually, I'm going into mortician school after that," he said. "My dad was joking about it one day: He said, 'You might want to be a mortician.'

"I didn't think too much of it, but two weeks later I thought 'That's not a bad idea."

Salato has been helping local morticians in Knoxville to learn the business.

Norway produced a lot of offense in the first game. Salato and Mitch Walser were both 3-for-4, while Christian Stekl, Mueller, JT Sole and Carlo Rivera had two hits. Braedon Brown socked a two-run homer. Mueller and Salato had two RBIs.

Ethan Copeland had three hits for Red Top in the opener. Connor McCaffery had two hits.

Riley Braughton had two hits and two RBIs for Norway in Game 2. He also pitched two scoreless innings in relief. Rivera had three hits and four RBIs, including a three-run double. Salato had two more hits.

Copeland had two more hits for Red Top in the second game.