

Our Brooklin Kids By Leanne Brown



Are January babies more likely to be Olympians?

(Part One of Three)

Ever wondered what it takes to be an Olympian? If your child was born in January, you might have the making of a champion on your hands. Why? Research indicates that your birth month has a big impact on your chances of becoming an elite athlete.

Researchers analyzed the birth dates of all 18,132 competitors at the 2008 Olympic Games and discovered there were more competitors born in the first quarter of the year than any other. Moreover, a study published in the online science journal PLOS ONE suggests the NHL is guilty of an age bias because it weighs its draft selections more heavily in favour of players born earlier in the year. The report found that 36 per cent of players drafted by NHL teams between 1980 and 2007

were born in the first quarter of those years (January to March) compared with 14.5 per cent of draftees who were born in the fourth quarter (October-December).

Born early

Research by Barnsley, Thompson, & Barnsley (1985; Morris & Nevill, 2006) suggests that elite athletes are more likely to be born in the first three months of the year. Overall, the findings seem to show that children born immediately after the cut-off date for their sports (typically Jan. 1) are usually bigger and more likely to be picked in their early years leading to a significant cumulative advantage over the years of participating in their sport. This is known as The Relative Age Effect which creates an advantage to those born earlier.

To put it in perspective, consider the huge difference in development between two eight year olds born the same year. They're both trying out for a rep soccer team. Ally was born in January, Briana in December. The coach plans to choose athletes he thinks have the most potential. Ally is 11 months older and has developed more in strength, skill, and emotional maturity. Briana will develop these abilities over the next year. Ally makes the rep team and benefits from more training and higher competition. At tryouts the next year, Briana has played another year of house league and has caught up somewhat to where Ally was at tryouts last year. Yet Ally is now even further ahead thanks to the advanced training.

may look less skilled and less talented than her peers simply because she is less strong, less fast, and perhaps less athletic at this age and stage of maturation. However, your child might have the potential to become the greatest player in history by age 18. But if she gets cut at age 8, and subsequently put in a program with less training, she will miss the most important years of development. She might just drop out of the sport altogether.

Does this mean your December born child is destined for a life of riding the bench or house league? Not necessarily...

Next issue: How Canada's Long Term Athlete Development (LTAD) program is influencing sport and your coaches' decisions.

Prevalent in physical sports

It is most relevant in more physical team sports like hockey or soccer than non-contact sports where selection into elite levels begins as early age 10. The bias is to give older children more opportunities to succeed in sport. These older players may have as much as 11 months more physical and mental development than some of their younger teammates born later the same year. Over time, that cumulative effect can see the older athlete develop significantly more than those given less opportunity. This effect is even more pronounced on two-year age span teams, such as minor-major in hockey.

What happens to Briana? If your child happens to have a younger relative age than other kids, she



A Brooklin Toddler's Random Thoughts

"What a day!"

Community Calendar

If you have a community not-for-profit event you would like included in the calendar, please email it to editorofBTC@gmail.com with the subject line "calendar." Priority will be given to Brooklin events. Some editing may occur.

Fri., Feb. 23: 4:00 - 5:00 pm
(4th Friday of each month)
Teen Leadership Council
at Brooklin Library

Whitby Library's Brooklin Branch seeks Teen Leadership Council members to share ideas & assist with special events and programs. Grade 9-12 students earn community service hours. Snacks provided. No registration required. For information, email teenservices@whitbylibrary.ca.

Wed., Feb. 28: 7:30 pm - Brooklin Horticultural Society Membership Evening

Featuring: Diane Stackhouse & Brian McLatchie: "Making of a Country Garden" Brooklin United Church, 19 Cassels Road East. Explore a variety of perennials in garden areas such as an old barn foundation garden, a shade garden, and a small vegetable garden. Arrive early for draw tickets, & enjoy refreshments (please lug-a-mug). New members are welcome! For more information, contact Kathy @ [905-430-7213](tel:905-430-7213), kathyallam@hotmail.ca

Sun., March 4: 11 am - 6 pm: Hurry Up and Wait: Thinking about Thinking with HD

In support of individuals and families impacted by Huntington disease. Asking for a \$5 donation at the door. Visit: hscevents.ca/DurhamInfo for more information and to RSVP. presented by Jim Pollard and Bright Spots in Research and Dr. Tamara Maiuri. Dellagio Hall, 1801 Dundas Street West, Whitby, ON

Sun., March 4: 7:00 pm - Brooklin Pub Quiz Night

\$15 per person for a team of 4-8. Teams of 6 are best. Team gets a platter of wings and fries and a mug of beer. Winning team receives a \$10 gift certificate per person to the Brooklin Pub. All proceeds to Pulmonary Hypertension of Canada. Hints: 1. LEGO 2. Tripitaka

Mon., April 9: 7-9 pm: Shine On: An Exciting Event for Women
"Real Women - Extraordinary Circumstances - Inspiring Stories"
\$15/person - \$100/person for VIP tickets

Deer Creek Golf and Banquet Facility
2700 Audley Rd. N., Ajax
Email: shineonindurham@gmail.com

Sat., April 14: 7-11 p.m.: Mayor's Community Fundraiser

Central Library, 405 Dundas Street West, Whitby. Join Mayor Don Mitchell for an evening of food, friends, entertainment and music in support of the Mayor's Community Development Fund, benefiting local community groups, events and initiatives. Tickets on sale now! mayorscommunityfundraiser.eventbrite.ca \$85 per person or \$150 per couple. For more information, contact: WhitbyMayorsFundraiser@gmail.com

Wed., Mar. 7: 12-1:30pm - Community Seniors' Luncheon

At Burns Church (Myrtle Rd W.) Soup, sandwiches and games/euchre/crokinole. Building wheelchair accessible. RSVP [905-655-8509](tel:905-655-8509) (carpool avail.) www.burnschurch.org

Mondays: 6:30-7 pm: French Family Storytime: Children and their caregivers can join Madame Sue for weekly French Family Storytime! A half hour of French stories and songs, with a dash of English! Drop in at Central Library's Children's Program Room

Tuesdays: 7:25 pm: Brooklin Toastmasters Club
Practice public speaking at Brooklin Community Centre & Library. Contact John Johnstone at jajhj@sympatico.ca or phone [905-683-4439](tel:905-683-4439) or Patricia Romano at promano257@outlook.com or phone [905-626-7055](tel:905-626-7055).

1st & 3rd Tuesdays Community Care Durham (CCD) Basic Foot Care
at St. Thomas' Anglican Church. [905-668-6779](tel:905-668-6779)

Mon.-Fri. CCD delivers hot or frozen meals. To order: Karen Andrews [905-668-6779](tel:905-668-6779)

Happy Family Day



We will take care of your entire family (infants to seniors)

We can direct bill to most insurance companies.

OPTOMETRIST
BROOKLIN OPTOMETRIC CENTRE

Dr. Pui-Yee Ho
Dr. Stephanie Leon
Dr. Jane Yam
Dr. Renuka Sivanesan
Dr. Diana Le

[905.655.6200](tel:905.655.6200)
www.brooklineyecare.ca



WORSHIP DIRECTORY

Burns Presbyterian Church

765 Myrtle Rd West
(just 4 minutes north of Brooklin)
10am Worship, Kids Zone Fun & Nursery Care
"Discovering God, Sharing God's Love"
[905.655.8509](tel:905.655.8509) www.burnschurch.org

St. Thomas' Anglican Church

101 Winchester Road East
Sunday Services: 8:30 and 10:30 am
Sunday School & Nursery Program (10:30am)
Wednesday 10:00 a.m.
Communion and Healing Service
[905-655-3883](tel:905-655-3883)
www.stthomasbrooklin.ca

Brooklin United Church

19 Cassels Rd. E.
Sunday Services at 10:30 am
Sunday School & Nursery Care
www.brooklinunited.ca [905-655-4141](tel:905-655-4141)
Come catch the Spirit!

Renaissance Baptist Church of Brooklin

40 Vipond Road (Just West Of Library)
Sunday Worship & Kids Program 10:30 a.m.
[905-655-4554](tel:905-655-4554) www.brooklinrbc.ca
We're here for Brooklin!