

Acton coaches learn from Howie Meeker



HOWIE MEEKER with Acton minor hockey coaches Ken Hearn and Jim James.

Hockey coaching clinics, and in particular special instruction from Howie Meeker have helped Acton coaches Jim James and Ken Hearn increase their knowledge of the game this season.

James, a former Tanner intermediate, midget and juvenile coach, who now operates the Acton Hockey and Skating School and Hearn, coach of the Lions Club juveniles have attended two clinics at which Meeker was head instructor, one, a three day affair in Ottawa the final weekend of October and the other in Mississauga.

Both coaches also attended a special OHA clinic held in Toronto in conjunction with the September 19 Team Canada-Soviet Union game, along with Acton CFAW midget coach Bruce Sears. "The tips we picked up from Howie are invaluable," says James. "I've never met a more personable, down to earth type of guy, who is capable of passing information on as him."

Correct fitting of equipment and use of sticks of proper length are things Meeker insists upon. One of his most famous quotes is "there are no such things as weak ankles, just bad skates."

Meeker doesn't find it necessary for a boy to wear the most expensive pair of skates he can find, but points out that skates should fit reasonably snug to a foot, which carries just a thin sock. When buying skates, parents should make sure boys try them on with their leg in a horizontal position and resting on something solid, so that the heel goes right to the back of the skate.



Lower laces should be loose

He recommends addition of leather inserts inside the ankle area of the skate to improve support. With these inserts and with a proper fitting skate, Meeker claims it should be necessary to lace lightly only the top three eyelets of the skate. Lower laces, he says, should be left loose to allow better circulation in the foot. To prove his point Meeker appears on the ice at clinics with only the top three laces in his skates done up.

Too many young hockey players use sticks far too long for them, according to Meeker. The proper length of stick shaft should be determined by taking a comfortable shooting grip on the stick, with the blade flush with ice and the outside elbow straight, not bent and extended. He stresses that Jean Beliveau and Gordie Howe both used sticks, nine inches shorter than their own height on skates. He recommends that players use a stick with a high lie for better puck control.

On the subject of team practices, Meeker suggests that teams have three men on the ice at all times, one coach and two helpers. The coach should be there to give the instruction and the helpers to remind the players what to do. He points out that a lot of ice time is being wasted by helpers blasting pucks at goalies, when they should be doing their jobs. One of Meeker's main objectives is to get as many boys as possible active on the ice at once. He feels ice time should be used for ice time activities and that excellent conditioning drills can be done off the ice 1/2 hour before practice time by players dedicated enough to show up

then. Some type of skating warmup should always start off the practice as a deterrent to muscle pull injuries. The last three minutes of the practice can be used for conditioning on the ice.

In teaching power skating, Meeker maintains that balance is the most important factor. Because of the nature of some of the drills in which boys are learning proper balance, he insists they keep only one hand on the stick, with the blade flush against the ice. This position of the stick prevents injuries that could result from players swinging their arms from side to side and perhaps jabbing the player beside them in the eye. He says the upper body should be kept stationary during these drills and arms moving forward

and backward in a piston-like motion, rather than swinging out to one side and then the other.

He suggests one hand on the stick for power skating drills, only as injury preventer, and wants it known that he has not "gone off his rocker". He insists drills to improve puck control be done with both hands on the stick and the blade on the ice.

With expert leadership, good facilities and 20 hours ice time, a boy should be able to double his playing ability," Meeker says. James is already using many of Meeker's techniques in the Acton Hockey and Skating School, which runs at the arena every Tuesday and Wednesday night. Harold Townsley and Mike Marcoux are also instructors.

Last week Jim completed teaching an elective course to interested M.Z. Bennett school hockey players. He hopes to be able to pass on more information to coaches and players and is always available to offer advice. He will coach the Legion 4-town pee-wee team this year.



Meeker wears no lower laces

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Welders win battle for second place

Van's Welding won the battle for second place in the Acton Industrial Hockey League last week, downing Blow Press 7-3 on the strength of a hat trick by league scoring leader Ed Hillier.

Bill Severinski and Cyril Rees each scored three times, as Lakeview Centre nipped Helleners 6-5 in a fourth place fight and Station Hotel remained unbeaten with a 9-6 victory over Kersmen.

Ken Owen, Rob Coleman, Bill Rowsell and Skeeter Hill also scored for the welders. Blow Press marksmen were

Rob Townsend, John Kavanagh and Jack Gudgeon.

Cyril Rees and Eric Stone assisted on three of the Lakeview goals. Scoring for Helleners were Chick Milne, Lloyd Smallwood, Leo Kavanagh, Wayne Deforester and Dave Papillon.

Norm King led the Station Hotel offensive with three goals. Jeff Goy and George McPhail added a pair each and Dave MacEachern and Kevin Galway one apiece. Galway also picked up three assists.

Dan Kavanagh and Les King netted two goals each for Kersmen. Butch Rees and Bill Coon scored the others.

The league now takes a Christmas break. Play will resume Sunday, January 5.

ACTON CFAW MIDGET STATS

	G	A	P	PIM
Joe Gardin	9	5	14	0
Ricky Holmes	4	4	8	8
B. J. Legate	5	2	7	20
Joe Kentner	1	3	4	10
Marvin McNabb	1	2	3	15
Randy Young	0	2	2	18
Gary Campbell	0	2	2	2
Ford Alton	1	0	1	0
Doug Moore	1	0	1	16
Lorne McGregor	1	0	1	14
Jamie Vickery	0	1	1	19
Scott Withers	0	1	1	33
Brad Buchanan	0	1	1	6
Fred Allen	0	1	1	8
Colin Muir	0	0	1	2
Rick Van Fleet	0	0	0	8
Don Moore	0	0	0	29
Scott Oakley	0	0	0	16
Norm Thornhill	0	0	0	2
Steve Dalgle	0	0	0	2
Mark Williamson	0	0	0	2
Lloyd Moore	0	0	0	0
TOTALS	23	24	24	281

Holmes, Campbell, Oakley, Thornhill and Dalgle are no longer with the team.

Don Moore and Williamson are goalies.

Midgets have allowed 82 goals for 27 goals against average.

Teachers keep up with new techniques

Acton High coaches have been keeping up with the latest techniques in their respective fields by attending seminars and clinics since school began in September.

Boys' P.E. head and track coach Bruce Andrews attended the Ontario Track and Field Coaches conference in Cambridge, where he also delivered a lecture on his study tour to the Soviet Union in May and June. Bruce Kidd and physical fitness consultant Peter Elson, who also made the trip to the USSR attended the Cambridge conference.

Rick McArthur and Anne Pool, coaches of the boys' and girls' basketball teams received first rate instruction in cage techniques at the Purple Eagle Clinic held at Niagara University in Niagara Falls, New York. Niagara University is highly rated in U.S. college basketball circles.

Bruce Andrews and Sue Baker of the AHS staff, Dave Boycott of M. Z. Bennett and Susan Sheehan of Robert Little took an aquatics course for teachers held at White Oaks High School in Oakville.

Miss Pool, who also teaches rhythmic gymnastics at the school attended a jazz clinic at McMaster University.

Sabre statistics

	GP	G	A	Pts	Pim
Brian Beaumont	14	8	14	22	44
Charlie McRae	15	8	11	19	8
Gary Turkosz	14	9	7	16	12
Pete Morrison	15	4	8	12	10
Pete Fendley	13	4	7	11	77
Russ VanFleet	14	5	3	8	28
John Swan	15	5	3	8	32
Mark McCauley	12	4	2	6	60
Doug Patten	13	2	3	5	22
Dave Chapman	15	2	3	5	18
Bob Ingles	9	3	1	4	7
Warren Craig	15	1	3	4	14
Steve Brunelle	15	0	4	4	30
Lloyd Moore	14	0	3	3	32
Gary Saul	3	1	0	1	4
Nigel Cook	8	1	0	1	17
Kent Kentner	2	0	0	0	12
Ken Withers	3	0	0	0	6
John Sheppard	2	0	0	0	2
Ed Lang	2	0	0	0	0

AIHL draw

Lucky winners in the Acton Industrial Hockey League draw were: 1st - A. Clizkas of Toronto, 2nd - Debbie Hanson of Georgetown, 3rd - Albert Sopher of Willowdale, 4th - Marg Stapleton of Norval and Jerry Thorpe of Rockwood.

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