



ROCKWOOD SQUIRTS WERE dominating their game with Acton Gunners in the opening minutes, leaving their goalie with nothing else to do. They were pressed later and lost their cup final 2-1 on penalty kicks.

Coaches' Corner

When the idea of this column was conceived and details ironed out with The Free Press, it was hoped that we could foster and provide a better understanding and knowledge and encourage more personal thought of this great game of hockey by parents, coaches, players, etc. A great deal of information has been drawn from recent publications such as Coach's and Referee's Corner, Lloyd Percival and Dave Dryden's book on hockey and fitness, to mention only a few. We do not profess to know everything there is to know, but we would welcome your comments and ideas for future use and publications.

As a parent, looking at the coaching your child is provided with at any level or in any sport, always try to be fair and understanding without prejudices or preconceived opinions from information given by others and not witnessed by yourself.

The following is what I mean in witnessing it for yourself.

It was the bottom of the last inning, with the score tied. The bases were loaded. The first base coach beat at the pitcher with harsh roars of abuse. He then called on all to witness the pitcher's inability, or that of his father or his grandfather before him, to throw a ball anywhere near the strike zone. It was most effective. Completely unnerved, the pitcher was a humbled 13 year old child. The winning coach, a GLOATING ADULT. Ridiculous you say? Perhaps. Shameful is a better word. You see, my child was playing in that game. I could find no answer to her query: "Why did that coach act like that, Dad?"

Like most fathers, I'm very much interested in the coach who will influence my child at this tender age. What kind of man is he? This is by far the

most important question. How does he react to winning and losing? Does he inspire determination, never to quit? At the same time, can he see that a loss after an all-out effort has the value of teaching children humility and of preparing them for the larger setbacks awaiting them later in life? Does he believe (and practise his belief) that the chance to play should be given to as many children as are on his team, not just to the few superior players?

As the team's leader, the coach sets an example that leaves impressions far more indelible than the written or spoken word. His action reflects his attitude, particularly towards rules, officials and opponents. Does he appreciate the spirit as well as the letter of the rules? Can he discipline himself not to criticize officials in front of the players? In a word, does he realize that one coach praising sportsmanship is worth more than 100 PREACHING IT!

Next to a healthy player-coach relationship comes the knowledge a coach has to get across to his players. Naturally, the higher the calibre of play, the more important these aspects become. Attendance at clinics, discussions, observations and reading can all help to increase the fund of a coach's knowledge.

It often happens that a coach, with recent playing experience, expects too high a performance standard from

Splash Flashes

by Judy Paterson

Acton Synchronized Swimming Many thanks to those who supported the Synchronon on September 22. Your efforts, understanding and money are greatly appreciated.

The season is going to be a busy one as it entails fund raising, two meets and a water show.

The club is fund raising to purchase a new sound system for the pool—one that is acoustically clear and precise and yet electrically safe. The equipment will include two wall mounted speakers, underwater speakers, an amplifier, a cassette tape recorder and a microphone.

The new system will also provide music for adult and family swims and parent and tot classes.

A Wintario grant has been applied for to cover half of the cost, with the club to raise the other half.

Other tentative fund raising projects include a car wash on October 22, selling recipe books for Christmas, Christmas bazaar and bake sale on November 26.

Some other dates to keep in

mind for meets are: November 13, Conditioning meet at Acton Pool from 1-5 p.m., December 4 the swimmers will be travelling to Burlington for their developmental meet and on December 7, the star exams will be held at Acton Pool.

The third annual water show will be held on December 11.

If you have any further questions regarding these dates or the projects please feel free to call me at 1-855-4507 or catch me at the pool Wednesday nights.

B-Ball gets win

The Acton High School girls' basketball team trounced Milton 55-26 last Friday in Milton. Top scorers were Sue Thomson 16, Sue Lehn 11, Lisa Near 8, Karen Chapman 5, Sheila Cook, Karen Glenn and Lynn Margetts 4, Karen VanDer Eyken and Pat Nysset 2.



SABRES CHEER AS MARK SCHINKEL connects for goal number six of the evening. Sabres dropped 11-6 decision to powerhouse Derbys Friday night in the arena. Next game for the Sabres is this Friday when they meet Brampton here.

The total annual income of UNICEF (United Nations Children's Fund) is less than the amount spent on world armaments in four hours. Think about it and support UNICEF today!

Acton runners do well in big Kitchener meet

Acton High School harriers showed well, at a 25 school meet Friday in Kitchener, three teams finishing in the top ten.

Junior girls "could have been first or second" accord-

ing to coach Rick MacArthur. They went without Lillian Graham, one of their top performers, and Sharon Cook, their number one runner was sick, and unable to run as well as she should have.

Top finisher for the girls was Angela Buschowski, who placed 10th out of a field of more than 100 runners. Patsy Kelly was 14th overall in the race.

The junior boys also could have won it all, according to MacArthur. Three of their runners, Ted Nadhazi, Dave

Johnson, and Gord Amphlett, finished in the top 20. Neville Porter, who usually places in the same area as these three, has slit his hand on a hockey skate and did not run. MacArthur moved a midget up to take his place, and although he ran well, was out of his depth in the junior race. Juniors wound up fifth overall.

Midget boys finished 10th overall, led by an excellent race from Derek Hodgson, who took 15th out of 115 in the race.

Maple Rock Shooting Range

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HALTON HILLS RECREATION & PARKS DEPARTMENT invites you to attend

COACH LEVEL 1 THEORY

Sponsored by Ministry of Culture and Recreation

WHEN: Sundays, November 6, 13, 20, 27

WHERE: Acton Library

TIME: 6:30 - 10:30 p.m.

WHO: anyone involved in any sport

WHAT: topics covered include:
Role of coach Bio Mechanics
Psychology of coaching Exercise Physiology
Motor Learning Growth & Development
Sport Medicine Training Methods

NAME: _____ PHONE: _____

ADDRESS: _____

SPORT: _____

Registration Fee of \$10.00 is to accompany registration.

Please return completed forms and fees by October 28, 1977 to:

Halton Hills Recreation and Parks Department,
40 Mill Street East,
Acton, Ontario.

Attention: Anne Pickering

"Lots of other countries have Unemployment Insurance. What's so good about our system?"

Canada has one of the most comprehensive UI programs in the western world.

It has a relatively short entrance period and pays benefits longer. And almost all Canadians share in the cost and benefits of the program.

By reducing the financial shock of people's movements from one job to another, unemployment insurance has helped to keep our workforce adaptable to today's rapidly changing social and economic conditions.

"Sure. But what about the cost to Canadians?"

Certainly, the dollar figures are high. This year's UI payout to Canadians will approach four billion dollars.

But consider that figure in light of the ultimate benefits to the country.

The UI program gives temporary financial aid to hundreds of thousands of Canadians while they're between jobs.

"Isn't UI really just another kind of welfare?"

Far from it. Welfare money is paid only according to need.

Unemployment insurance money is paid according to eligibility.

It's like any other kind of insurance. If you've worked in insurable employment, and a situation arises which entitles you to make a claim, that claim will be settled as quickly and courteously as possible.

"Well, what do you do about cheaters and abuse?"

There are fewer cheaters and abusers than some would have you believe.



Remember, our job is to pay you all the benefits you are entitled to.

"OK, what do you have to do while you're receiving benefits?"

Your Unemployment Insurance office can ask you to carry out what we call a formal "Active Job Search". Your agent will want to know what you're doing to find suitable and gainful employment while you're getting your cheques.

But no matter what happens, you should keep looking seriously for a new job and follow any instructions your UI office or Canada Manpower Centre gives you. Your right to continuing benefits depends on it.

If you'll do your job, we'll do ours.

The Unemployment Insurance Commission and the Department of Manpower and Immigration have become the Canada Employment and Immigration Commission. For a time, you'll still see our local offices identified as Unemployment Insurance offices or Canada Manpower Centres. When they're together in one location, they'll be called Canada Employment Centres.

Working with people who want to work.

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