

# Splash Flashes

By Liz Blusfeld

Congratulations to the following people who completed their Bronze Medallion and Senior Resuscitation awards: Mrs. Betty Ashley, Beth Grein, Mike Ashley, Gwyneth Gibb, Janet Smith, Linda Cressay, Bob Johnston and Tina McGrath.

**Diving**  
The following people completed their Dive Level One. Congratulations to: Gaynor Jenkinson, Diana Dunn, Colleen Crimless and Heather Michie.

**Dangerous beauty**  
A message from the Canadian Red Cross: It takes a special eye to appreciate the beauty of winter. But once you've experienced Canada's wondrous winter landscapes, the impression lasts forever.

But there is danger in that beauty for the unwary. The Canadian Red Cross Society cautions winter fun seekers to be practical and cautious. Gleaning and inviting expanses of ice can be deceptive. To support just one person, the ice needs to be four inches (ten centimetres) thick. How can you tell? Make a hole close to shore and check it out. When you are outdoors, there's a constant battle between the low surrounding temperature and your body, as it struggles to maintain its 37.5 degrees C. Your body will cut off circulation to your extremities to

maintain heat in vital organs. When that happens, it's the first sign that the surrounding cold is winning the fight. This is hypothermia, the lowering of internal body temperature. Death usually results when that internal temperature drops to below 28 degrees Celsius.

The Canadian Red Cross Society urges you to prepare yourself for this battle with the cold. Never fish, ski or snowmobile on ice less than four inches or ten centimetres thick or near obstacles such as rocks, stumps and wharves which weaken ice. Falling through weakened ice can result in immersion in bitterly cold water. In such a situation hypothermia sets in quickly.

Investigate the windchill factor, the temperature and the weather forecast before going outdoors, then dress accordingly. Mittens are warmer than gloves and wool is still the best material of all because when wet, it gives warmth. One third of all body heat is lost in the neck and head area, so cover up. Wear clothing designed for the sport, particularly when snowmobiling.

Fight frostbite by avoiding excessive use of alcohol, tobacco and drugs. In a Canadian winter, the cold is expected. Prepare for it. It's your winter to use wisely.

**An Ice Safety Demonstration at Fairy Lake called through T11 Ice will take place Feb. 11 at 1:00. Watch for more information or call the pool at 853-3140.**



## Youth bowling

by Dale Anderson

**BANTAMS**  
1st Shift: The Butterflies flattered away with the first game but the Bees about them to take the last game and totals. The Ants buried the first game but the Wasps buried off the last game and totals. The Scorpions stung the Caterpillars for the first game and totals leaving the last game for the Caterpillars to crawl away with.

**STANDINGS:** Wasps - 31, Scorpions - 24, Bees - 22, Ants - 18, Caterpillars - 16, Butterflies - 16.  
2nd Shift: The Moths flew circles around the Flies and claimed both games and totals. The Hornets took the sting out of the Mosquitoes for both games and totals, while the Fireflies lit up to take both games and totals out of the grasp of the Beetles.

**STANDINGS:** Fireflies - 32, Moths - 23, Hornets - 19, Flies - 19, Mosquitoes - 18, Beetles - 13.  
**TOP TEN:** Margory Parker 204 (106), Stewart Hoy 206 (147), Grant Smith 208 (157), Barry Mason 204 (153), Diane Little 248 (131), Jeffery White 247 (128), Rondine Blinn 241 (126), Monica Parker 225 (123), Kevin Galloway 224 (120), Karen Little 222 (127), Brian Mandarino 220 (120).

What with spels, playdowns and playoffs all taking up much of the members' time. Three teams are busy with the Halton-Peel competition which continues in many clubs in the area for the remaining week. Two teams have entered the Seagraves and are in earnest competition to get out of the club and compete in this mixed spiel. We'll all keep a watchful eye on these teams and have a report on their progress next week.

This past week in the club has certainly been a busy one. The Shelles headed the first game to their side but the Chihuahuas slinked away with the last two games and totals.  
**STANDINGS:** Shelles 27, Beegles 29, Pezes 27, Bulldogs 24, Chihuahuas - 26, Huskies - 19.  
**TOP TEN:** Bruce Canary 630 (253), Gordon Glenn 574 (224), Gail Robb 552 (254), Allan Larsen 550 (227), Wade Sheppard 519 (247), Steven Matheson 512 (181), Steven McDonald 498 (189), Kitty Edge 484 (196), Graham White 468 (181), Roger Masters 453 (203).

**JUNIORS**  
1st Shift: The Poms rolled all games and totals away from the Terriers, while the Yankees lapped up all games and totals before the Poodles. The Dalmatians spotted the first two games and totals but the Celts retrieved the last game.  
**STANDINGS:** Poms 27, Dalmatians 21, Terriers 20, Yankees 27, Poodles 26, Celts 16.  
2nd Shift: The Pezes barked for all games and totals leaving nothing for the Beegles. The Huskies munched on for the first and third games and totals but the Bulldogs bullied them for the second

game. The Shelles headed the first game to their side but the Chihuahuas slinked away with the last two games and totals.  
**STANDINGS:** Shelles 27, Beegles 29, Pezes 27, Bulldogs 24, Chihuahuas - 26, Huskies - 19.  
**TOP TEN:** Bruce Canary 630 (253), Gordon Glenn 574 (224), Gail Robb 552 (254), Allan Larsen 550 (227), Wade Sheppard 519 (247), Steven Matheson 512 (181), Steven McDonald 498 (189), Kitty Edge 484 (196), Graham White 468 (181), Roger Masters 453 (203).

**SENIORS**  
The Elms caught Dutch Elm Disease and while the Pines took all games and totals. The Cedars freed the first and third games and totals but the Birches stripped them of the second game. The Palms and the Redwoods tied the first game then took one game apiece with the Redwoods getting totals.  
**STANDINGS:** Cedars - 33, Redwoods - 30, Birches - 30, Palms - 26, Elms - 25, Pines - 23.  
**TOP TEN:** Rob Bonfield 776 (310), John Herrington 696 (264), Kathleen Cheyne 612 (251), Dale Anderson 602 (218), Kevin Archibald 590 (246), Brian Reid 584 (209), Melissa Harris 554 (188), Joanne Gordon 534 (219), Debbie James 545 (176), Gary Bonfield 542 (213), Don Breunilard 535 (182).

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# Curling Club results

by Karen Knickle  
The Acton Curling Club has lost one of its oldest and most respected members. Mr. Dave Robertson. Dave has been an active member of the club for the past seven years since he moved here from Orangeville. We the club extend our sincerest and deepest condolences to Brian and Jane Robertson and the remaining Robertson family.  
This past week in the club has certainly been a busy one.

This past week, the club has also seen the completion of the first draw of non-competitive curling. Monday night 7-9 has resulted in Bruce Barber's rink of Pearl Baker, Ross Knechtel and Marg McKenzie playing off against Fred Archibald's team of Mary Smith, Ken Cripps and Jean McCutcheon from the 9-11 draw. The winning rink of Fred Archibald will receive the Adams Trophy at the annual closing. Congratulations to you all. You came up against some very good teams.

Tuesday's 7-9 draw resulted in Karen Shortill's rink of Dave Robertson, Carol Korpella and Fritz Wolfe playing off against the 9-11 winning rink of Gord Toth, Gwen Tyler, Allan McPhedran and Judy Hacke. After a very close game, well played by all, Gord Toth's rink emerged as winners of the Molson's Trophy.

The Wednesday afternoon ladies have two teams playing off this Wednesday. The rink of Shirley Hunter will play against the rink of Linda Ross. We'll have the particulars next week.

In the mixed competitive curling on Friday the standings follow:  
In the 7-9 draw: Colin Baker's rink with one win; Rich Bruce's rink with 5 wins; Del Hickling's rink with 6 wins; Andrew McKenzie's rink with 3 wins; John Minnert's rink with 3 wins; Don Ross's rink with 5 wins; Pat Chamberlain's rink with 7 wins and Fred New's rink with 2 wins.

In the 9-11 draw: Bruce McArthur's rink with 6 wins; Fred Archibald's rink with 5 wins; Paul Brisley's rink with 3 wins; Howard Campbell's rink with 3 wins; Sherry Few's rink with 4 wins; Tony Verbiik's rink with 2 wins; Brian Robertson's rink with 6 wins and Denis Rowley's rink with 2 wins.

This draw continues until the closing of the curling season and as yet it could be almost anyone's victory. Good curling!

Thursday night ladies curling by Nan Hurst  
Sorry to be late with first draw results, but a nasty flu bug laid me low and cancelled many plans.

Phyllis Patrick and her rink of Bev Appleyard, Lily Higgins and Judy Vetricek are the winners of the first draw and the McKenzie trophy. On January 5 Helen Otterbein put Susan Patrick out of the running, so, on Sunday morning, January 8 the ten-end play-off game was played between first place Phyllis and second place Helen.

On Thursday, January 12 the ladies enjoyed a mini-spiel and social evening as a break between draws. Shirley Hunter with her rink of Trev Loutett, Brenda McMurray and Ann Carmichael won first prize and Karen Shortill with Donna Cripps, Anne Ridley and Peggy Duff came second.

The season's second draw begins this Thursday, January 19 with a few changes in line-ups. See you at the club!

## Bodycheck:

Too fat? Too thin? Too tired? Too often? Do something for somebody... Your body!

# Junior II Hockey

## Acton Sabres

vs

## Georgetown

Friday,  
January 20th  
8:30 p.m.

### ACTON ARENA

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# Coaches' Corner

By Bill Richmond  
NCCP Instructor

In answer to a recent question on how to conduct a practice for minor hockey players, I have written down some of my (feel) are essential to practice procedure.

### BRING COMMON SENSE TO A HOCKEY PRACTICE

"I personally think that the hockey practice is the most important time for you to consider working with your hockey players."

This is the time when you can correct mistakes easily, without anyone being disappointed because a goal was scored against you in a game.

If something is done wrong, a person isn't made to look silly. You can correct mistakes and the player will not feel bad about having made errors. He'll try that much harder. He'll be encouraged to do things in front of his peers that possibly he wouldn't do in a game.

This is the time for the coach also to try different things. He should be innovative and creative. He can do things in a practice that possibly will work in a game, giving the boys some exposure to the new idea so when game time rolls around they'll know what's happening.

There are numerous tips I'd like to offer about conducting practice. I'll go over a few I feel are most important.

The first - teach only what the boys can handle. For example, when a coach is trying to explain a shot to a youngster - a wrist shot or a slap shot - he often goes into too much detail initially when he should be teaching only that shot.

**DON'T SHOW OFF**  
Let the boy practice it, don't get into involved technical data. The boy will not be able to comprehend it all. He will, in fact, be turned off more than turned on to that type of teaching practice. Teach only what the boy can handle, not all that you know.

Another tip is that too often we go out and practice for an hour or half an hour on one thing. But the method of integral teaching is usually the best. That is, teach for one short period of time over many practices in a row, rather than taking the full hour and teaching the skill for that length of time. For instance, every day you do five minutes of stick-handling, five minutes of passing, five minutes of sweep checks, five minutes of forechecking, 10 of shooting, and so forth. So every day you're doing a little bit of everything.

Conditioning drills should be done near the end of practice or even during practice. In other words, take some time out for doing 15 minutes of skill work and skate the fellows for five minutes. In this way, the conditioning could take place directly during the practice.

Or, if you prefer, save the 10 minutes for the end of practice. This is when the boy knows he is going to get a rest and he's more likely to put out all he has. When he is given these conditioning drills at

the beginning he is more apt to do it because he knows he has another 40 minutes to skate.

Praise good performance as often as you criticize major errors. If somebody is doing well in practice, encourage him. Positive reinforcement is the best way of convincing players that they're doing something right and motivating them to continue. Without it, I think all of us would have very little shoot for. In our jobs, we like to find out if what we are doing is worthy, is successful, or not. Every boy has the same feeling.

So if he's skating hard, if he's made a nice play, nice pass, nice check, he should be encouraged him all the time. Some points might be of interest about the 4-town bantam practices. Before we go on the ice for any practice, if there's something that's going to be new, I go over it on the blackboard for about 10 minutes. We'll talk about a new forechecking or defensive system, or what we did wrong in the last game. The

team also gets a list of the drill we are going to be doing that day with some comments about how to perform the drills, what to look for, what they should be concentrating on in the drills. All the fellows read this before they go on the ice, so when we get out there, we're ready to go.

**USELESS CHATTER**  
I don't spend unnecessary time standing around on the ice lecturing. I save that for before practice or put it down on a piece of paper. It saves time. We only have 50 minutes on the ice a day. It's too valuable to waste giving lectures. I can use classrooms or dressing rooms to do that.

We scrimmaged, but we don't scrimmage without a purpose. I think this is something more people should consider. Scrimmaging without a purpose only creates mistakes. We think about what we're trying to accomplish when we scrimmage and generally we make sure it's good disciplined type of scrimmage. For example, we'll say that only one man will forecheck. Maybe we'll

be concentrating on our defensive system, and on the practice paper before we go out I'll mention this. This way everybody is thinking about it and we're more apt to perform as a team rather than as individuals at scrimmage time.

Another point is to teach new things at the beginning rather than at the end of practice. It is very discouraging to someone trying to learn a new drill when they are completely fatigued or near fatigue. A lot of coaches go out and the minutes at their boys hand for 20 or 25 minutes and then expect them to learn a new drill or a new skill. It's virtually impossible in many cases. You are not functioning at your level best, mentally or physically.

When it comes to stick-handling after a tough workout like skating drills, you're blood isn't flowing through your body properly to give energy to all parts of your body to perform that skill. It's just too much to ask anyone to go through.

**TO BE CONTINUED NEXT WEEK**

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