

Midgets take one game lead

The Al Pilutti Georgetown Minor Midgets took a one game lead in the quarter finals of the OMHA playoffs last Sunday when they edged Grimsby 3-1 in Grimsby.

Merle Haashe opened the scoring in the first period with a pass received from Randy Bergeron. Mike Buck scored the second goal near the end of

the first period with Tom Davies and Bob Hill assisting. Grimsby got on the score sheet in the beginning of the third period as they pushed the Pilutti crew into making errors. Brad Miller made a number of fine saves.

With 15 seconds left in the third period Grimsby pulled their goalie. From a faceoff in

Georgetown's zone Glen Bodnar chased a pass from Andy Broadbent with two Grimsby defenders on his back. He out-raced them to put the puck in the empty net.

Game two of the series was played in Georgetown last night, after the deadline for this paper. The third game will be held next Sunday in Grimsby.

Last Thursday night there was an exhibition game in which the Pilutti crew dumped Milton 5-1. The shooters in that game were Mike Richmond with a hat trick, Randy Bergeron assisted by Merle Haashe and Andy Broadbent from Mike Buck and Bob Hill. The first goal by Richmond saw Greg Schank and Bob Hill assisting. His second was unassisted while the third drew assists for Broadbent and Buck.

Coaches Corner

Some tips for the young goaltender



KEITH PALLETT

This week's Coaches Corner is sporting something of a different look. Keith Pallett, goaltender for the Georgetown Chrysler Raiders, is still an active player. However, as he can be regarded as the best authority in the area on the art of goaltending, we felt his tips would prove invaluable to aspiring cage keepers.

Keith and his wife, Lynda, have become a part of the Georgetown community over the past several years, but Keith began playing hockey in Dixie. At the ripe old age of five, Keith took to the nets. He played rep hockey until the age of 14 when he joined the Dixie Beelives. He played for the Beelives for four years and, in one campaign, the team won the All-Ontario Jr. "B" championship.

Keith then moved on to the Junior "A" St. Catharines Black Hawks. With Keith as a member of the team the Hawks captured an Ontario Championship. The next step in Keith's hockey career was in Georgetown's direction. His career with the Raiders was interrupted for a brief fling with Binghamton in the NAHL, but he returned to the Raiders and last year was named the team's MVP. Keith also runs a hockey school in the Dixie arena in August.

As Keith points out, goal is probably the toughest position in hockey to play and the one which brings the most pressure to bear on the player. The goalie is the last person the puck has to pass and, regardless of what happened before the puck crossed the line, everyone sees the score flash on the score board and it is charged against the goaleer.

Skating ability is a must. It is needed for balance and also to enable the goaleer to move quickly in his crease. Keith advises young goaltenders to skate as much as possible in your equipment, to get used to moving fully equipped. You must be able to get up and down quickly and this requires good balance.

Your equipment should fit properly; not too big so that you can't move around quickly and not too small so that it doesn't protect you. Your stick should be the correct size; to your nose in length so that you can handle it easily without it getting caught in the net. Use the correct lie stick for your stance so that the blade is flat on the ice.

Keith does not think that goal skates are a necessity for the very young goaleer. However, as the youngster progresses up the ladder in hockey, the shots will get harder and to protect your feet from painful bruises and breaks you would require proper goal skates.

Contrary to some popular beliefs, a goaleer must keep himself in top condition at all times if he wishes to progress in this particular trade. Out of season conditioning is naturally a must, but in order to keep in shape during the season, Keith suggests some simple exercises; knee bends, louching toes, groin stretches and push-ups. It is important that you perform these exercises in both your street clothes and your goaltending equipment.

Keep your reflexes sharp by playing catch, wearing your trapper to get used to it.

Finally, when you are involved in a game always keep your eyes on the puck, regardless of its position on the ice. Follow it wherever it goes. Keep on your feet as much as possible. You can't stop the puck sprawled on the ice.

We've got a winner

An eighteen-year-old Glen Williams resident is \$500 richer this week. Cindy Hancock, daughter of Mr. and Mrs. C. Hancock was a lucky winner in the TV Bingo Saturday, February 22. Cindy hasn't decided what to do with the money yet, but in the meantime will keep it in the bank 'til she needs it.

Twirl

The Georgetown Majorette Corp will host their first Non-NBTA majorette contest this Saturday at Acton High School, from 8:00 a.m. until late afternoon.

Contestants from all over Ontario will participate in modelling, strutting, twirling and championship competitions, evaluated by NBTA judges. Mrs. Bonnie Dyer of Guelph, the Georgetown Majorettes' instructor, will conduct the contest with the help of parents and the Georgetown Opti-Mrs. Club.



VAL LONGO, who won a Canada Fitness Excellence Award, for the second year in a row, goes through a hand spring routine. The gymnastics exhibition was staged last Wednesday evening at St. Francis of Assisi Separate School.

Students full of spring and vaults

The parents who witnessed last Wednesday's gymnastics exhibition at St. Francis of Assisi Separate School came away both pleased and impressed at the talent the junior gymnasts displayed. The exhibition was planned by school Physical Education instructor, John Shaw, who insists that the credit for the success of the evening go to the youngsters themselves.

The school had not really been involved in teaching gymnastics until this past year. Previously the youngsters were pretty much restricted to tumbling exercises. This year, however, the school purchased some new equipment and Shaw, while admitting to just a basic knowledge of gymnastics made himself available to those students who wished to get involved in the sport.

To add a purpose to the program, Shaw put forward the idea of an exhibition for the parents to coincide with the handing out of the Canada Fitness awards. The youngsters adopted the idea wholeheartedly and it was "all systems go" from this point. The students involved, under Mr. Shaw's supervision,

worked out whenever time was available. Parents were spent working out, as well as whatever time was available after school.

After learning the basics of the various exercises, the youngsters made up their own routines and even chose the musical accompaniment. Last Wednesday's exhibition was the end result of a lot of time and energy expended by the children and, from the reaction of the audience, it was all worthwhile. Even Mr. Shaw expressed surprise at the competency displayed by some of the gymnasts and termed the evening, "a great success."

The program started off with primary students performing some educational gymnastic exercises. Then the juniors took to the mats and went through vaulting, tumbling exercises and hand and neck springs. The gymnastic part of the program concluded with the junior girls going through routines on the mats and the balance beam.

The handing out of the Canada Fitness awards, similarly reflected credit on the school's physical education program. To qualify for the awards, the youngsters were required to complete six different tests.

The areas concentrated on were agility, balance, speed, strength and endurance. Mr. Shaw termed this year's results "excellent." They showed quite an increase over last year. Sixty students won bronze crests, 50 won silver crests, 18 won gold crests and 11 students won "excellent" plaques. Valerie Longo won an excellent plaque for the second year in a row. Other winners in the excellent class included; Mickey Martin, Ricky O'Brien, Jeff Moore, Nancy Lehman, Barry Stone, Roberts Burke, Sakia Post, Michelle Mieh, Richard Vlegra and Mark DeHeuck.

Georgetown Minor Soccer Association



1975 REGISTRATION

LAST SATURDAY
MARCH 8

PLACE — Cedarvale Gymnasium
9 a.m. to 1 p.m.

COST — Boys - \$16; Girls \$15; maximum \$30 per family

- Bring your birth certificates
- Boys must be present in person
- Coaches and managers should register at this time

Continued from 4. education course for a good part of the year. In an area like Georgetown, there are other reasons why some students bypass phys. ed. A certain percentage take buses and a considerable number have part-time jobs.

As the board should be well aware, the heart of a high school's phys. ed. program is its CORE program. This program introduces the student to both team sports and individual sports and is a progressive thing. The Junior program, for Grades Nine and Ten, offers eight activities, ranging from basketball, to track, wrestling and gymnastics. The students are also taught the various skills involved. The Senior program, Grades 11 and 12 is more varied in scope and offers optional activities to the student. There are 22 activities offered here and the student has three or four choices. These activities range from archery, to golf, to horseback riding.

Next in importance is the intramural program, and the GDHS gym is available five nights a week until 4:00 p.m. for the student's benefit. Participation in this program is on a voluntary basis, but the facilities are available for those students who wish to avail themselves of them.

Lastly there is the interscholastic program, possibly the most glamorous, but definitely not the most important. Again, students who wish to take part are given tryouts, but naturally only a certain few make the respective teams. This is as it should be. There should be a place for a talented athlete to excel just as in the same sense, opportunities are available for the outstanding scholar.

Granted, high school physical education programs could be improved, just as everything must be improved from time to time. Why, though, blame it on the instructors? They are the ones carrying out the board's wishes, working with over-sized classes, carrying on with sometimes unworkable budgets and outmoded facilities. Physical education used to be compulsory and was a required

course even though not a credit course. The board of education changed this.

Rather than procrastinating and seeking to lay the blame for problems elsewhere, the board should realize that, as policy makers, they set the precedents and are therefore responsible for the end result.

The physical education program at Georgetown and District High School is a good one, run by competent people. Those that profess to be truly concerned with the fitness of our youths should get out and into the high schools and view first hand the good and bad points about the system. They

would then be able to offer constructive criticism and concrete suggestions for im-

provement rather than airy statements which resolve nothing.

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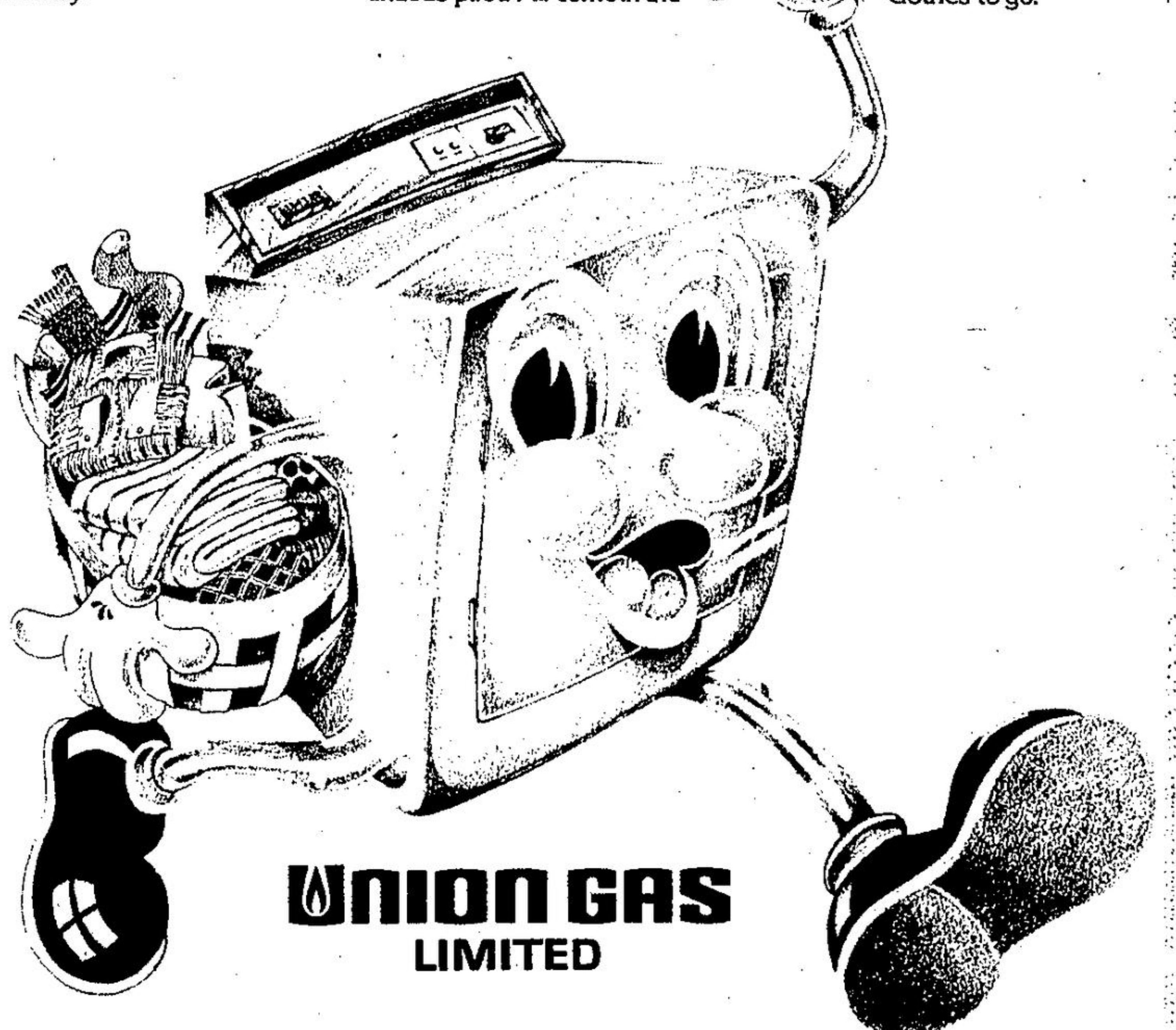
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