



THE GEORGETOWN ARMSTRONG GEORGETTES, runner-up to Hillsburgh Seniors, for the Halton Ladies Softball championship. Front row, left to right; Janice Inglis, Gloria (Gordy) Hamilton, Joan Howat, Ev Metler, Debbie Kirk, and Goldie Cash. Back row, left to right;

Manager, Bernie Dore, Susan Ford, Susan Poulsen, Maureen (Moe) Gerth, Pat Walsh, Lynn Scarborough, Pat Wood, Shaaron Barclay, Sharon Stoyles, and Coach, Peter Hayes.

Geminis unbeaten in exhibitions

The Georgetown Geminis wrapped up a perfect pre-season exhibition record-four wins, no losses - last Wednesday night, when they trounced Thornhill 8-1, in Thornhill.

Three Geminis, Doug Barnes, Terry Turner and Dave "Crickit" Robertson, each potted a pair of markers, while Marty Weaven and Joe South added singles.

The Georgetowners jumped

out to a 3-0 first period lead, widened the margin to 6-0 after two periods then cashed in on two scoring opportunities in the third frame, with Thornhill finally hitting the scoresheet, to round out the game scoring.

Brad Miller was in nets for the Geminis but he had a relatively easy night of it as he was only called upon to handle 19 shots while his mates were peppering the Thornhill goaler with 26 drives, not including

the goals. The win over Thornhill ended the pre-season sojourn for the local Junior "B" club and it undoubtedly warmed the hearts of the "Green and White" squad's area supporters. The Gems posted wins over Thorold Preston, Collingwood (a Tier II Junior "A" team) and Thornhill and appear well stocked and primed now that the Central Ontario Junior "B" campaign has opened.

Royalettes edge Alderwood

The Georgetown Legion Royalettes nipped Alderwood 3-2 last Wednesday night in Alderwood, on a solo home run by Patti Caruso in the fourth inning, to lead their best-of-three Peel County Juvenile Girls championship series, one game to nil. The second game in the series was played in Georgetown on Tuesday night, unfortunately, at press time, the score was not available.

There are few laurels left for the Royalettes to garner but it would cap a fine season if they could capture their league crown. Alderwood and the Royalettes have been the cream of the Peel league for the last two seasons and both teams seem to play their best in clutch situations.

Wednesday night's game was no exception as the rivals once more rose to the occasion. Alderwood scored a run in their half of the first inning, but the Georgetown girls bounced right back to score two of their own in their half of the second. Janet McKay reached base, was sacrificed along by Leanne Gilson and scored when Diane Marshall laced a triple. Diane Caruso plated when Patti Caruso singled.

Patti's home run in the fourth extended the Georgetown lead to 3-1 but Alderwood scored a single run in the bottom of the fifth to apply even more pressure on the locals. In the seventh, Alderwood loaded the bases, but the Royalettes got themselves out of the scrape without allowing a run. Laura Wilkes was credited with the win, she worked the full seven innings on the mound for the Royalettes. Should a third and deciding game be necessary, the Royalettes will have home field advantage, however, a date has not as yet been set.

The program is on a five level system. Each level consists of a theory, a technical and a practical component. Example: Theory Technical Practical Level I 16 hrs. 16 hrs. 1 yr Level II 40 hrs. 40 hrs. 3 yrs. Level III 60 hrs. 60 hrs. 3 yrs.

GFSC offers programs for beginning skaters

The Georgetown Figure Skating Club has several programmes in their club repertoire, geared to teaching the beginning skater how to handle himself-herself on the ice. The two programmes are for Pre-schoolers and Juniors. Pre-schoolers range in age from three years-old to kindergarten age and approximately 35 youngsters have signed up for the programme, to date. They skate one hour a week, with a 20 minute lesson from club professionals and are assisted the rest of the time by volunteers. Children are taught basic skating and a rule that the club has instituted, is that all Pre-schoolers must wear helmets.

Junior range in age from kindergarten age youngsters, up to 12 years-of-age, or until they pass all 12 badges. The Juniors are on a badge system designed by the Canadian Figure Skating Association as

Level IV (National) Level V (International) The program is national in scope. Each provincial or territorial government, in cooperation with the approximately 60 Provincial Sports Governing Bodies now existing, is responsible for administering the first three levels. The Federal Government and the National Sports Governing Bodies will be responsible administratively for Levels IV and V.

If a coach has coached more than one sport, he/she, soon discovers that there are common aspects. For example, training methods used in one might easily be applied to another.

Therefore, program developers produced the Theory component to enable coaches of different sport, age and sex backgrounds to learn general coaching principles and to see how these principles could be applied to various sports situations. The Theory classes also provide coaches with the opportunity to share experiences and learn from each other. The courses are taught across the country in institutions (Oakville's Sheridan College offers the program) which provide an educational

environment. To maintain the quality, only qualified instructors may teach and each province presents the same content, insuring uniform instruction across Canada.

TOPICS COVERED IN THEORY: Role of Coach—Clarifies responsibilities of a coach and discusses various aspects of the interrelationship existing between a coach, athlete and team. Psychology of Coaching—Looks at psychological needs of the athlete, motivation, psychological preparation for games. Motor Learning—Explains process by which physical skills are learned most effectively.

Sports Medicine—Analyzes care, prevention and understanding of sport injuries. **Biomechanics**—Explains mechanisms of human motion, whether on land, in water or air. **Exercise Physiology**—Relates performance of physical activity to body functions such as action of muscles and working of circulatory system.

Growth and Development—Relates physical activity to various age, sex and growth differences of athletes. **Training Methods**—Discusses diet, pre-season training, effects of exercise, training methods for different sports, etc.

THE TECHNICAL When a coach has completed the general theory course, he/she then takes a technical course in the sport of his/her choice. The technical courses relate the updated methods for teaching and learning of physical skills and strategies of the particular sport. They also specifically apply the general coaching principles studies in Theory.

Technical courses have been designed by the respective National Sports Governing Bodies, with technical assistance from the Coaching Association of Canada. Only qualified instructors teach these courses, under the supervision of the Sports Governing Bodies.

THE PRACTICAL Once a Coach has taken the Theory and Technical, he/she can then apply the knowledge acquired by actually coaching. Where possible, coaches are being given on-the-scene evaluation by regional and area representatives of the Sports Governing Body. It is recommended that a coach take the general theory

course of one level, follow it with the sport specific technical course and then coach in the practical component. Is only when a coach completes the Theory, Technical and Practical requirements of any one level, will he be certified at that level.

Also: At Level I-Theory, a pass is based on 100 per cent attendance. At Levels II and III - Theory a pass will be based on successful completion of an exam.

A Coach may take all the Theory courses prior to the Technical or vice-versa. However, he must take I prior to II, II prior to III. It is recommended that a coach take the Theory, Technical and Practical of one level, before advancing.

The progress of a coach through the program will be monitored by the Provincial Government, with assistance from each Sports Governing Body. All records will be centrally computerized. There will be a joint certification between the provincial government and the respective Sports Governing Body. The program is offered to coaches of various sport, sex and age backgrounds. However, a minimum age of 16 is recommended prior to anyone participating. Fees for the courses are minimal and courses are offered in both French and English.

GDMHA lays down law

On September 23rd, a spokesman for the Canadian National Institute for the Blind released a story about loss of eyesight in hockey related injuries and that total last year was 47. Also last year in Georgetown three players lost or had damaged a number of their teeth in spectacular accidents and many more had small dental injuries, the total number of accidents rising above the number of the year before.

The GDMHA has made complete facial protection mandatory for all their players and the OMHA has further decreed that all helmets MUST be CSA certified. Complete facial protection means a fixed external rigid mouthguard with plexiglass shield or wire mask, or a full face wire mask, all of which must bolt onto the helmet.

A nearly full slate of hockey starts this week beginning with the Tyke and Novice League

start on Friday, October 1st, followed by Warm-up Days on Saturday and Sunday for Atom, Pee Wee, Bantam and Girls Leagues. The schedule for Saturday and Sunday appears in this paper, players are divided by age and alphabetical order. There will be no Midget or Juvenile league warm-up play in these leagues begins on Sunday October 10th. Coaches are asked to bring skates and help on the ice, players are to wear full equipment but carry no sticks.

Outstanding players for Acton, David McGillivray, Scott Malcolm, Henry Kroezen, Jimmy Jordan, Gord Bruce, Johnny Gibson, For Olympics, Richard Grahonja, Hugo Dittach, Jim Perritt, Mark Racinsky, Robert Wingrove. Congratulations to coach Colin Agar, Acton are league champions, and meet Rockwood in the Cup Final at Oakville Oct. 2nd. See you next year Collin.

WEDNESDAY 22nd SEPT. Pee-Wee Rural League Cup Semi Final at Rockwood Rockwood 1 Pegasus 2 Steve Jackson (1) Jamie Racinsky (1) Bill Dreyer (1)

This game played on a very cool evening had its exciting moments. Generally the Pegasus dominated throughout, the inability to score was quite frustrating for both sides. A good few spectators were on hand to see this one, considering the distance travelled, they are to be congratulated. Coach Tage Neilson was often pacing the line muttering but was quite pleased with the final result, but hopes to see better things in the Final at Oakville on Oct. 2nd. Referee Chris Bertelson handled this game very well indeed, despite being bothered by whistles being blown by outsiders off the field, very disconcerting to both players and spectators.

Gil Manse the young Coach of the Rockwood Pee-Wees does a great job, and deserves applause.

Pineview teams still competing

MONDAY 20th SEPT. Bantam League Cup Semi Final At Pineview Olympics 0 Acton 2 Tony Covla (1) Scott Malcolm (1) Henry Kroezen (1)

by surprise, was a shock. The second goal came from a similar incident, but did not seem to deter the Olympics. The strong defensive play of Jimmy Jordan and Jimmy Gibson was a big factor in this win. Many of the Olympic attacks showed excellent approach work but they did everything but score, and that is the name of the game.

Acton, always a well knit team, were excellent in all departments, not enough can be said about them. Goalkeeper David McGillivray did not put a foot wrong.

Canada Cup has coaches clinic

The recent Canada Cup international hockey series, provided the background for another development in hockey, one it is hoped, that will improve the calibre of minor hockey in Canada.

About 85 coaches and officials, including delegates from Sweden, Finland, Czechoslovakia, Germany, Japan, the United States and Switzerland attended a four day seminar, which during the Canada Cup.

Dennis MacDonald, Canadian Amateur Hockey Association technical director was quoted as saying that while the CAHA is not advising wholesale adoption of European methods of preparing and training players, Canadian coaches

attending the seminar were told to "challenge themselves."

He said that Canadian Minor hockey coaches those already in the CAHA's coaches certification program and who, in fact made up the bulk of the 85 registered at the clinics, were being told to look outside the game of hockey as we know it in Canada and to look at those aspects of European hockey they feel will strengthen the Canadian game.

The purpose of the clinics and seminars was to study the psychological preparation of players, the physiological or training aspect and to discuss the tactics and strategies employed by the various teams entered in the Canada Cup international hockey tournament.

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