

Sharpening up and learning new moves was the topic of Tuesday's gymnastics clinic held in the Rose Room. On Thursday Janet Armstrong spoke with the girls about injuries, their prevention and treatment.

## Gymnasts learn about injuries

A two day clinic for 17 gymnastic coaches aimed at teaching them the latest moves in their sport and get them ready for the upcoming season was held Tuesday and Thursday last week at the Rose Room in Georgetown Memorial Arena.

The sport of gymnastics is becoming more popular, Joan Aggiss told The Herald in an interview. It is especially good for girls as a strong body builder. She said a 14 year old female gymnast could easily arm wrestle a 14-year-old boy.

Tuesday's clinic, run by Jennifer Linton and Ruth Aggiss, both of whom have received their level three coaches certificates from York University, included warm ups, tumbling, floor exercises, bars, program planning and conditioning. Thursday's clinic held by Janet Armstrong of Acton, a gymnast coach at the University of Toronto, was on athletic injuries and judging.

Attending the clinic were Sabine Schmidt, Val Phillips, Tracy Tyndall, Janice Walker, Diane Strachan, Karen Bruton, Donna Horton, Teri Lamb, Margaret Pepper, Sherri Marshall, Kim Thompson, Lee

Johnston, Gail Shanks, Sandra McCauley, Michell Goodie, Heidi Schlueter, Christine Beaumont, Maureen McGowan and Katherine Aggiss. The demonstrators - Sara

Aggiss, Kathy Aggiss, Gail Cook, Diane Hoare and Ann Martha Armstrong - are all members of the Halton Hills Gymnasts.

The 17 coaches will be training 3-400 pupils over the next ten months. Mrs. Aggiss said. For the first time in the Halton Gymnast's history, six to eight girls will be entering All Ontario competitions.

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## Team effort gives Jets 18-15 win

By THERESA CALLAGHAN  
Since Thursday night's games, the final games in the regular season, were rained out the Kinamen executive have decided that they will not count in the standings.

**SENIORS:**  
**GAME OF THE WEEK**  
Cable Jets 18  
Netlsons 15  
Umpire: J. Ford  
A fine team effort on the Jets part was the main reason for the defeat of Netlsons. Cathy

Harris lead the batting order in the first inning which went right to the bottom of the list. Pitchers were Shelley Perkins, Peggy Gilbert and Jeanine Girardi. Dawn Hornung had the only home run in the game. Came stars were Jackie Fuller for her hitting and Robin Hill-lock for her fielding.

Standard 18 - Varian 12  
Home runs in this game were belted out by Joan Gilmmer, Chris Vetricek and Cathy Cawley. The whole Standard

team deserved a star with special mention going to Jackie Diegel for a fantastic catch in left field. Varian's star was Chris Vetricek.  
Pitchers were Patty Barber and Karen Cawley.  
Magnusons 12 - Foberts 6  
Umpire: John Penney  
Game stars in this match

were Lori Worrall for her pitching, Cheryl Webster for the only home run and Silvana Girardi for her pitching. Magnusons had the lead from the first inning and kept it throughout the game.  
Blue Glants 6 - Geo. Welders 6  
Umpire: A Dickson  
The Welders had a great

third inning but couldn't keep the momentum up so the Glants earned another two points for the standings.  
Pitchers were Darlene Currie, Carol Peardon, and Becky Halonen. Homers were earned by Meredith Henley and Lisa Proulx. Game star was Becky Holonen.



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TRANSPORTATION and BABYSITTING at the clinic available to DONORS. If a ride is needed phone Mrs. Joyce Clarke 877-9193 or Mrs. Erica Thompson 877-9866. On clinic day phone 877-3962 or 877-7522.

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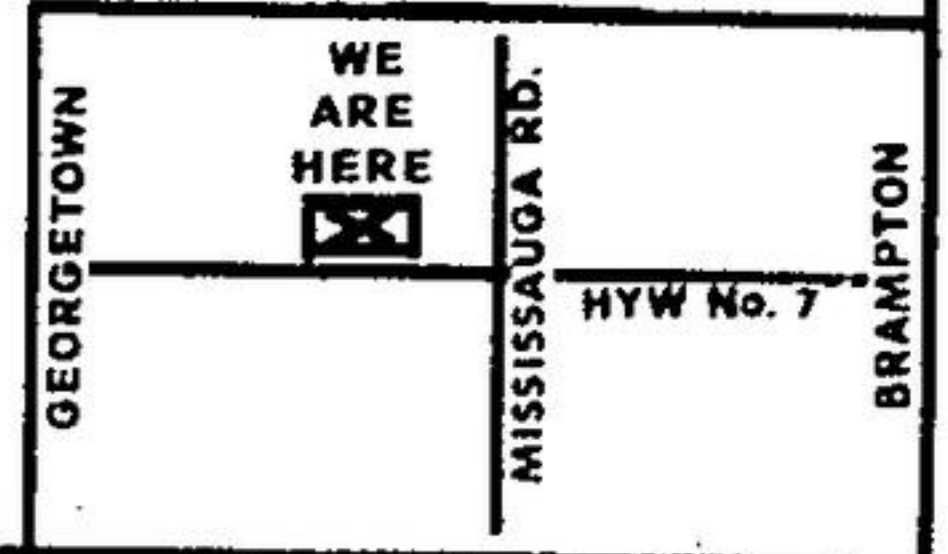
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# Travel St. Lucia



## Around Town

Most hotels have dinner dancing and there are some good local clubs. The most popular nightlife is often dancing under the stars to the beat of the calypso. But relaxation is the key. Supreme relaxation...away from it all.

The outstanding local dish is lobster, prepared in Creole style and there is also a marvellous soup-cum-stew called Callaloo. Try stuffed crab, a la Creole, followed by banana bread. While there are some good restaurants, the hotels and plantation houses are best for fine food.

St. Lucia's handwork is known throughout the West Indies. In the open market-place, look for all manner of necklaces, belts, bracelets and seedwork, straw goods from place mats to hats. And in Bagshaw's, you will find original silk-screened prints on every kind of fabric.

## A dream island with a French flavour

If you've ever thought, "see one Caribbean island and you've seen them all", the island of St. Lucia has some surprises for you.

Two of the most distinctive features are the Pitons, a spectacular pair of peaks - the tallest of which, Gros Piton, rises half a mile straight out of the ocean.

Then there's the crater of the extinct volcano at Soufriere that you can drive into.

There's the breathtaking drive through the mountains to the capital, Castries. Passing through rain forests with vegetation that must be among the lushest in the world; through banana plantations by the score. Stop at the roadside and buy a fresh bunch from the boys for just pennies. And remember to bargain!

In Castries, there's a busy harbour where you can see boats from all through the islands loading and unloading their cargoes.

There's the massive Saman tree in the main square, thought to be over 140 years old. On this same square, see the island's oldest Cathedral, built almost entirely of metal, and a beautiful cool haven on a hot day. After a rest, try the market with its exotic-looking West Indian fruits, vegetables and local crafts.

All this, of course, in addition to miles of gorgeous beaches, modern hotels and vacation complexes, duty-free shops and some of the finest sailing and fishing in the Caribbean. St. Lucia is an island of many surprises.

An island of unspoilt beauty and lovely scenery with an overabundance of

white sand beaches. An island that changed hands between the French and British 14 times. All around you is the sunlit sea and a hundred bays from which to choose.

Miles of banana, coconut, orange and lemon groves, growing ripe on trees, waiting to be picked. Graceful yachts are at anchor in the natural harbour at Marigot Bay. Castries, the capital, has a modern look but women still away through the streets carrying baskets on their heads with a natural grace. Rollercoaster roads



criss-cross the island through magnificent, tropical countryside, under the shadow of the towering twin Pitons.

A picnic trip to Pigeon Island combines history, scenery and relaxation. Don't miss a trip to the volcano at Soufriere, where you can drive right up to the edge of the action. A visit to a banana plantation is a lot of fun. There's a rain forest alive with raucous, tropical birds, and a cruise around the island shows the twin peaks-the Pitons-to perfection.



## Have Dreams Of Traveling?

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Dec. 26	489	629	529	719
Jan. 2 to Jan. 16	449	589	499	689
Jan. 23 to Apr. 3	469	619	509	709
Apr. 10 & 17	449	589	499	689
Hotel service charge and tax payable to hotel	15	30	24	48
Triple room reduction (each of 3)	-	-	30	60
Single room supplement	50	100	120	240

Twin cost per person	HALCYON DAYS		HOLIDAY INN	
	7 Nts.	14 Nts.	7 Nts.	14 Nts.
Departures				
Oct. 27 to Dec. 1	399*	529*	439*	559*
Dec. 8	399*	559*	439*	599*
Dec. 15 (7 & 11 nights only)	459*	589*	509*	649*
Dec. 19	509	729	549	789
Dec. 26	529	729	569	789
Jan. 2 to Jan. 16	469	669	529	759
Jan. 23 to Apr. 3	509	729	549	789
Apr. 10 & 17	469	669	529	759
Hotel service charge and tax payable to hotel	24	48	25	50
Quad room reduction (each of 4)	-	-	70	140
Triple room reduction (each of 3)	-	-	40	80
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\*For reductions and supplements applicable to these departures, please enquire at your travel agent.

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