

GFSC crowns its champions for the season



The Professional's Trophy went to Allison Campbell. Mellasa Morey was second and Kathy Soal third.



The Senior Trophy was won by Laura Yerxa with Debble Duff second and David Watson third.



Stephanie Kentner was the winner of the President's Cup. Tina Murray was second and Janice Atherly third.



Kelly Grummett was the winner as the most improved female skater and took the "Executive Trophy". Patti Puckerling was second and Judy Hancock third.



Colin Campbell was the winner of the Pre-schoolers award with Elaine Warbeck second and Zoe Renaud third.



Chuck Finlay won the most improved Junior male skater award. Bobby Sun was second and Mark Moody, absent, third.



Lynda Shaw won the Gale Verheagen Trophy. Kelli Shaw was second and Christian Wasserman, absent, third.

Coaches important factor to winning

By BILL HUMPHREYS

People are always talking about the athletes in sports, major sports like hockey where we see names like Mike Bossey in the paper every day.

Even in high school sports the athlete always receives the publicity.

Who makes these athletes tick?

Coaches in my point of view are what makes a team or individual tick among other things.

Track and field is one of the most recognized sport in the world and at GDHS the sport has reached overwhelming popularity.

Cosgrove has been coach for seven years while Metcalfe has done it for the last six years.

When the coaches started with the team, track and field at GDHS was not thought of as a major sport. The team was small and their record during those years was full of last place finishes.

Then it started to grow.

Both Metcalfe and Cosgrove went around the school and asked students to come out and they even scouted the

public schools for future hopefuls.

NEW LOOK

Their efforts gave the team

a new look and fresh new talent to give other schools competition to the point where they performed well

enough to go to the Peel-Haltons.

Cosgrove is a graduate of Guelph University while

Metcalfe graduated from McMaster.

Like most successful coaches, they wanted to learn more to help their team.

They started to attend special clinics and later took Athletes that were interested to these clinics to receive expert help from well-known athletes.

The coaches also spend close to three hours after school each day to coach the team and help the individuals better themselves.

For the last two years their time and patience has paid off as the GDHS Rebels track and field team has won the Halton's and Peel-Halton's and last year captured the regionals and sent 20 well conditioned athletes to the OFSAA championships.

Well this year does not look any different in the eyes of the coaches as they are very optimistic.

So the next time you go to a sporting event look at the coaches and see how they work to drive their team.



Donna Metcalfe



Karen Cosgrove