

Group pressure sometimes helps to advance skills

Jills gymnastic team trains hard for chance to compete provincially

The interest in gymnastics over the past ten years in Georgetown has led to the development of four different programs for enthusiasts in the sport.

The Recreation department, the YMCA and the high school all have programs to offer with different emphasis on training and development.

The Halton Hills Jills gymnastics club started in 1976 and is run, through the Recreation department. According to Jennifer Linton of the Recreation department, Joan Aggiss was one of the driving forces in getting the club off the ground and

has been with the club ever since the first year.

Each year the Jills have become more sophisticated as they have added more numbers to their executive, coaching staff and members. However, the club is limited somewhat in the numbers of children that can be enrolled because of equipment and space limitations.

A parent-executive raises the funds for equipment used by the club, although some pieces of apparatus are shared with the Georgetown high school.

There is a committee currently working on a three-year plan to expand the

club's facilities, but for the time being there is no indication that the status quo will change for the 40-odd club members.

The Jills gymnastics club is a member of the Ontario Gymnastic Federation. This is a body which regulates all gymnastics in the province and sets down specific rules for members clubs and O.F.G. competitions.

If a girl is in the pre-competitive group she will be competing at the recreation or pre-competitive levels. The major aim of these meets is enjoyment. It is hoped they will promote excellence and interest in a

challenging fashion.

If a girl is in the competitive group she will be competing according to O.F.G. rules. The standards are high and she must be prepared to train longer hours. The first competitions are at the regional levels and if she does well at these she could go on to compete at provincial meets.

The Recreation department also sponsors other gymnastics sessions for interested girls and boys in Winter and Spring programs.

In Georgetown, Monday nights are for beginner one and two levels plus the intermediate groups. Sundays are for boys gymnastics.

In Acton, the boys train on

Tuesdays. The girls are active on Saturdays with beginner one and two plus the intermediate and senior groups practicing.

The YMCA course offers the "National Gymnastics participation program" for girls ages 6-14 years on Monday nights. The Y program states, "The Programme is for girls with little or no previous gymnastics experience and includes a red, white and blue gymnastics award system. It is an introductory programme, flexible and full of fun with a focus on movement principals and experiences."

For junior boys (ages 6-8 years) and senior boys (ages 9-12 years) the Y offers a program on Tuesday nights.



Claire Plesce and a few friends practice their routine on the balance beam during practice last Wednesday night. (Herald photo)

Two gymnastic competitions coming

Two local gymnastics teams are holding invitational meets over the next two weeks so the sports enthusiast who looks for grace and well-coordinated movement should take note of the dates.

The Halton Hills Jills gymnastic club are holding an invitational this Saturday (Feb. 14) and have been busily preparing for the event. The Georgetown District high school team is holding their invitational meet Feb. 19.

The pre-competitive group of the Jills club consists of the majority of the members. They practice every Tuesday and Wednesday nights plus Sunday afternoon for a total of eight hours. Under the guidance of Eva Carney (head coach) and assistant coaches Donna Horton, Diane Hoare and Katherine Aggiss, the girls are trained on four different pieces of apparatus.

The competitive arm of the Jills is coached by Ruth Aggiss, Maureen McGowan, Peter Morris and Katherine Aggiss. The competitive group are working towards placing in the central region that qualifies to represent the region in provincial competition.

Three competitors from the Jills in the past four years have reached the provincial level by placing well at the central region meets. In 1977-78 Sheryl Few (who has since moved to Guelph) reached her goal of making it to provincial competition. The next year Maureen McGowan (who is now on Georgetown's high school team) qualified for the provincials. Last year sixteen-year-old Jennifer Pepper qualified and is now still competing for the Jills as a junior on the team.

The seven members of the competitive Jills team are scored on three meets with their best two performances counting. Six girls from the region are picked in each age category: the argos, tyros, juniors and seniors.

Four judges evaluate a gymnast as in skating, but the high and low scores are not counted.

For the 35 other members of the Jills that are classified as pre-competitive, their motive for practicing and competing is to either advance to the competitive stage or just have fun.

Former Jills coach and current high school gymnastics assistant coach, Jennifer Linton says gymnastics is both an individual and group sport. "You work within a group but you are brought along ahead with the advancement of your own talents," Linton says.

Linton says that in training on most pieces of equipment the girls are in groups and sometimes peer pressure gets the girls to try things they might not necessarily touch. But in the end, "It's just you and the bars and the coach," Linton says.

Training on the equipment takes balance, body awareness, coordination and self-discipline at a very young age, Linton says.

Jon Cornwell trounces opponents in Orangeville ice racing

Local motorcycle racer Jon Cornwell annihilated his opposition in studded ice racing for the second week in a row. On Jan. 25 at Orangeville Cornwell, riding the bike owned by fellow Georgetown rider Dave Broomhead, lapped several other riders, but he still crossed the finish line with a lead of half the straightaway.

Sunday's race on Rice Lake was another romp for Cornwell but this time he was

riding for the first time the new Yamaha lightweight racer provided by Inglis Cycle Centre in London.

Cornwell admitted he thought the Rice Lake race would be harder to win since more of the top experts from Ontario and Quebec had entered. "But it was no problem, the new bike is so fast and handles so well it was a piece of cake. I was a little worried, we just put the bike together last week and it had never been run at all, except to start the motor to

make sure it would go."

Cornwell will be leaving in late February to race at Daytona and the Florida half mile series.

Cornwell says, "As a Canadian rider in the States I'm kind of proud about something else - two of my bikes will have the first Canadian-made dirt track racing frames. They're Panther frames made in B.C. They look good and this one feels fine. I hope to have the Open class bike ready to try at Lakefield Feb. 15."

High school team showing good strength

Coach of the Georgetown district high school girls gymnastics team, Jill Boothby, can see the strength of the Jills on their school team. That's because some of their members are former competitors from the Jills club.

"The other members on the team see the results of Maureen's (Maureen McGowan - a former Jills competitive team member) training and it shows discipline for the juniors," Boothby says.

For such a technically difficult sport, coach Boothby says the team does not have the adequate time to train for routines with three practices per week.

Maureen McGowan started gymnastics when she was four years old. Having transferred from the Jills to the high school team, she agrees with her coach that there isn't enough time to practice.

Although her team is relatively small, Maureen likes gymnastics because it's, "an attempt to keep in shape" and the individual aspect of the sport is appealing to her. The sport, she says, helps to develop muscular strength as well as flexibility, coordination and grace while doing the training at your own pace.



The Jills Gymnastics club are ready for their invitational meet to be held this Saturday. Some of the members are: Back Row: (l. to r.) Vicki Lavallee, Nina Fear, Jen Melvill, Lori Marks. Second from back: Natalie Andrews, Julie Ross, Carolyn Handy, Sheri Cave, Middle Row: Paula Raine, Lacia Borotisk, Lianne Graham. Second Row: Kris Krafczek, Norina Andrews, Rachel Kaufman. Front Row: Diane Hoare (coach), Claire Plesce, Donna Horton (coach), Lisa Graham, Katherine Aggiss (coach). (Herald photo)



Coach Diane Hoare helps Jills member Sheri Cave with her balance beam routine. Gymnastics involves interaction with other club members but in the end, "It's just you and the bars and the coach". The Jills coaches are well qualified and most have coaching certificates.



Lacia Borotisk takes time out for some monkey business on the uneven bars.

Sports Camp Novices increase lead over second place Orangeville

The North Halton Sports Camp Novices increased their lead over second place Orangeville, by defeating them 6-2.

The Novices, bolstered by the return of L.J. Fleming, opened the scoring on an unassisted goal by Rod Pasana.

Barnes worked extremely hard throughout the game. Shannon Finn's goallending effort was supported by the strong defensive work of Rod Pasana, David Hodgson, R.J. Fleming and Mike McElroy.

The goal was followed by Mark Lortio's first of four, with Andy Pearce assisting. After Orangeville closed the game to 2-1, Mark Lortio scored on assists from line-mates Burton and Pearce. Orangeville made it 3-2 before Mark Lortio scored an unassisted goal.

On Sunday, the Novices defeated Clarkson in an exhibition match, 5-2. The line of McCauley, Barnes and Serjeantson passed extremely well to account for three goals; each player scoring and adding several assists. Georgetown's other goals came from Mark Lortio and Andy Pearce. Chris Camborieris played very well between the pipes.

David Hodgson assisted on the final goal. The line of Lortio, Burton and Pearce displayed a fine passing game, while the lines of Albin, Snow, Gardner, and McCauley, Serjeantson and

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