

Desire required

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 the Rose Room (above Memorial arena) because there is not enough floor space. The Georgetown high school gym is not always available for practice.
 Another problem stems from the Rose Room's low ceiling which prevents the gymnasts from doing full routines on the uneven bars.

FAMILY AFFAIR
 Ruth is a member of the Aggiss family who have been very involved in promoting the sport in the area. Her mother Joan was instrumental in helping to start the Halton Hills Jills while sister Sara is currently fifth-ranked in Canada as a gymnast.
 In her last year of high school (1977) Ruth went to the Cambridge Kips with sister Sara to intensify their training. Ruth came fifth in the province as a member of the Kips and she competed for three years in the CIAU (Canadian Intercollegiate Athletic Union) championships for the University of Toronto.

Don't forget open workouts

The Halton Hills Jills Gymnastic Club will be holding tryouts for interested girls on Monday Sept. 14, 1981 - 6:30 - 8:30 p.m. and Tuesday Sept. 15, 1981 - 6:30 - 8:30 p.m. at the Rose Room in the Georgetown Memorial Arena.
 Girls are asked to come dressed in loose fitting clothing or a gym suit, and be prepared to take part in exercises for flexibility, strength, agility and coordination.
 Open workouts (FREE) for girls interested in trying out will be held at the Rose Room on Tuesday, Wednesday and Thursday, Sept. 8, 9, 10, 1981 from 6:30 to 8:30 p.m.
 This will be part of National Gymnastics Week.
 Successful gymnasts will start training on Sept. 20, 1981.



Faith Richardson looks straight as an arrow as she performs under the watchful eye of coach Ruth Aggiss. Looking on are Gail Cook (left) and Michelle Bally. (Herald photo)

Non-profit club starts in Bramalea

A new non-profit gymnastics club is opening in Bramalea in an effort to serve residents in the area.
 The club, located at 41 Bramalea Road has Olympic sized equipment and is coached by former Oakville gymnastics club coaches Al Hill and Cathy Hirano.
 Both coaches are national-level coaches who work full-time with the Bramalea club.

at the registration desk. A ladies keep fit and kinder-gyms (pre-school) will also be available.
 For more information call 793-2733 or 791-2705 and ask for Lucille Mitzuno.

Registration will be next Saturday September 5 at the Bramalea Civic Centre located beside the shopping mall on Central Park Drive from 9 to 12 noon.

The Bramalea club will be offering all programs from beginners programs to competitive programs.

A 12 week session at two hours training per week costs \$40 for boys and girls from the ages of five to 15 years.

Information on competitive try-outs can be obtained

Note:
 The above club does not have any affiliation with the Halton Hills Jills and is included only as a public service for those interested.

Note: A reminder that free workouts are available for any gymnast in Halton Hills wishing to give gymnastics a try, September 8-9-10 from 6:30 to 8:30 p.m., courtesy of the Halton Hills Jills.

GYMNASTICS WEEK IN HALTON HILLS

Jills started from humble beginnings



Jennifer Pepper flips in the air on the low beam in practice last week. Jennifer and Gail Cook are two veterans on the Halton Hills Jills, who the team looks up to because of their hard work and their excellent performances at Ontario qualifying gymnastics meets. (Herald photo)

EDITOR'S NOTE: The Herald approached Mrs. Joan Aggiss to relate the story of our gymnastics program in Halton Hills and how it began.

Mrs. Aggiss was a founding member of the gymnastics program in Georgetown and Acton. The following is her recollection of the club and the promise she sees for future development.

The first meeting I can recall to organize gymnastics in Halton Hills was in June 1976 when Jim Montgomery and myself called together all interested parents in the area. Karin King from the Recreation Department was just starting her job as the Recreation co-ordinator fresh out of university and she was full of enthusiasm.

My idea of a program at that time was gymnastics for all in Halton Hills. In July the Recreation Department contacted me to see if I would take the job of gymnastic supervisor and get the programs off the ground.

At this time we had very few trained coaches with Ontario Gymnastics Federation (OGF) level training. With level three from York University we had Ruth and Jane Aggiss, Cindy Douglas and Jennifer Linton.

Because we planned to set the program up on a pyramid system, this meant beginners in both Georgetown and Acton.

GOOD COACHES
 The Krudwicks were very qualified coaches from Erin

and they handled the Georgetown Intermediate program. Jennifer and Jane took the beginner program in Acton. At the top of the pyramid there was to be the elite gymnasts or girls that were looking for more training.

We advertised tryouts and had over 60 girls out, but we were only able to take 25 into the club which left many girls disappointed. However, the remaining girls were able to fit into the Intermediate program in either Georgetown or Acton.

During this time a parent executive was formed and the club was accepted by the OGF under the name of Halton Hills. The first year all gymnasts worked on the pre-competitive basis four hours a week while the girls still had to travel to compete. That year the first invitational meet was held in Georgetown which was a success.

The Spring of that year we decided the club was ready to start a competitive group. Ruth Aggiss took over as the competitive head coach while Jennifer Linton became the pre-competitive head coach. Mats were purchased as well as bars and a new padded beam.

The competitive club started on an eight-hour program at the Rose Room and four hours at the Georgetown high school.

CLINICS HELP
 The Fall of 1977 we hosted several gymnastic clinics and the OGF gave a level one coaching clinic. At the clinic many school teachers, interested parents and older gymnasts were able to take the course which certainly helped strengthen the program in the area.

The Fall of 1977 Marg Pepper took over the Beginner and Intermediate program, Janice Armstrong the Acton program and Judy Baily the county programs. This put us in a very strong position to work on the

pyramid system to develop along gymnasts.
 Katherine Aggiss, Eva Carney, Dave Deere and Maureen McGowan were all able to get level 1 both technical and theory this year so the club was off to a

good start. The next year this group all went on to level two coaching. Many of our Junior coaches of that time have now received their level one certificate and are working on level two. Sara Aggiss, Dianna Hoare, Donna Horton and Jennifer Pepper are in this category.

HOLDSON
 I believe if the club holds on to its tradition of training their older gymnasts and if the Recreation department keep up its good work of promoting qualified clinics Halton Hills will always work well in this system.

At present time the Halton Hills Jills have 40 gymnasts; 10 competitive, 15 pre-competitive and 15 on the recreational club. Many girls wish to be in the club and love gymnastics, but do not wish to spend the 10-15 hours training or the pressure of OGF meets. The pre-competitive girls will train for a year or two and make a decision as to which group they are capable of entering.

The competitive girl is the serious gymnast that loves both the sport and the competition and must be willing to work very hard to accomplish her goals.

At present the club's next aim is to acquire a permanent facility which could run programs for both girls and boys. Most of the bigger centres have large enough facilities for their club to train properly, but to enable the sport to progress further in Halton Hills, our training facilities will have to expand.



Kim Dryden displays a grace form during her floor routine exercise. Although the Jills don't have access to a large floor mat on a regular basis, they improvise with the equipment they have. (Herald photo)



Jodie Earle doesn't practice 100 per cent of the time. Here she's caught napping on the beam. Hopefully a coach isn't looking! (Herald photo)

DISPOSSESSING AN OPPONENT FROM THE REAR AS A LAST RESORT using the slide block tackle



2. Fold on 'inside' leg.
3. Break fall with hand and arm contact.



4. Swing 'outside' leg around to block ball with instep.
5. Follow through and push up to regain possession of the ball.



LINE DRILL: TACKLING Practice



Football leaders

SCORING LEADERS	Bob Lockwood, WMP	72
Werner Mikolich, SS	Jeff Lockwood, DQ	62
Brent Ferguson, RP	Bruce Cartwright, SS	55



HERE'S TO YOU, JAN
 Royalette first baseman Janet MacKay is caught here on film while she's warming up. The Legion girls finished their season after Aurora defeated them Sunday. (Herald photo by Chris Angard)