

# Impatient athletes keep trainer's role in forefront: Firth

A trainer's responsibilities have put them in the forefront in recent years as sports medicine improves and athletes become impatient for their injuries to heal, says Bob Firth, a technical director for Hockey Ontario's certificate program.

Firth was teaching a trainer's course to 20 residents from Georgetown last Wednesday, Thursday Oct. 1 and Saturday Oct. 3. The certificate program will be offered in Acton as well.

Athletes won't wait after they've been injured and it's important to minimize any injuries plus get hockey players back on the ice as fast as they can while still protecting their health, Firth says.

Preventative measures weren't stressed ten years ago like they are now, Firth says and the technical data just wasn't available to help sports medicine clinics. During the Georgetown clinic, Firth described to his students many exercises and methods to help a young hockey player strengthen

and stretch muscles.

Most of the questions Firth receives as an instructor for trainer's clinics has to do with muscle injuries and how to treat and prevent them. He says that people often become intimidated by what they don't know and it can inhibit the first aid assistance to a needy player.

Firth says that 78 per cent of 600 people surveyed had never had any first aid training.

There is a large group of people who have misconceptions about injuries, says Firth. One example is the treatment of a bruise; it's no good to apply heat because warmth speeds up the bleeding. What is needed immediately after a bruise injury is pressure and a cold pack, Firth says.

Along with the misconceptions there is some worrying about the liability caused by helping an injured player and sometimes there is a tendency for a person not to do anything when an injury occurs, he says.

There has never been a case in Canada where a first

aid has been sued, and those who assist could be protected by the Good Samaritan Act, Firth says.

"If you're planning on taking on the responsibility, somebody has to assume some sort of liability for the children," he says.

It's better to be trained in first aid and know what to do, Firth says. The idea of the trainer's clinic is to teach students the procedures for stabilizing an injury until help arrives.

The role of a trainer is primarily to be on hand to offer first aid, but other duties include ensuring the players are wearing good quality protective equipment and the athletes are in good physical condition.

At the first level of a trainer's certificate program the main point to get across is to help a prospective trainer identify problem areas of the players such as injury aggravation, poor fitting equipment and the physical condition of the team's athletes, Firth says.



Bob Firth of Hockey Ontario, shows some local residents what a trainer's kit should hold. (Herald photo)

# High school report: Senior field hockey has chance for title, while junior volleyball starts up

By HARALD BRANSCH  
Herald Correspondent

The GDHS girls' field hockey teams had a busy time last week by playing a total of three games.

Last Monday the senior and junior teams travelled to Burlington for games against Assumption High School. A strong offensive game by the seniors paid off as they won their game 3-0 with Denean Jones taking credit for all three goals.

The juniors lost their game on a last minute goal by Assumption 1-0. In spite of this Erin McIntyre was described as having a brilliant performance in the net. In both games the outcomes of the matches were affected by weather because playing time was shortened from two 30 minute halves to two 20 minute halves due to the cold and rain.

In a home game at Georgetown the junior girls' team lost their game against Nelson by a score of 1-0. Coach Smith says both losses were close and could be attributed to the inexperience of the juniors.

Both coaches, Mr. Smith and Mr. Wren, agreed that the seniors are looking good and will have a chance at the Halton title, but they still need more practice.

At the end of this mini marathon the Rebels will have played every team in Halton.

The senior coach, Mr. Clatworthy, says this year's team doesn't have as much depth as last year's team due to the loss of two excellent players, Matt Phillips and Shawn Hult, and the main thing for them to work on is their defense. He also stated that Brian Davis will be the best offensive player in Halton county.

As for the outcome of the season he isn't making any predictions until they have played every team in the county. He is willing to say that there will be close games coming up for the Rebels.

Also looking strong on the scoresheet were Steve Lyon with two goals and one assist.

Against Rockton last Thursday night Juri Kudrasovs collected one goal and two assists while player-coach Peter Sturgeon had one goal and two assists. Bill Hamilton had two goals for the night while Scott MacKenzie scored the other goal in a 5-5 tie.

Players such as Gary McFadyen and Juri Kudrasovs have been skating very well in their games, said Inglis. Commenting against their Durham victories, Inglis said that it's nice to see Georgetown win after so many different people seem to knock the Intermediate league and say it is inferior to the Senior A league.

Raider Notes: In the goal-scoring department, Gary McFadyen and Juri Kudrasovs both scored two goals last Friday night against Durham in their home game while Ray Tonelli and Bill Hamilton led in the assist category with four each.

Field hockey at Georgetown District high school started last week. The senior girls won their game while the juniors lost two tightly-matched contests. (Photo by Harald Bransch)



ERIN MCINTYRE KIM MACLEOD

## Soccer team standings

	SECTION A					
	P	W	T	L	F	PTS
Rebels	4	4	0	0	14	8
Maroons	3	1	0	2	8	2
	3	0	0	3	5	0
SECTION B						
Chargers	3	1	2	0	8	4
Tornadoes	4	1	1	2	7	3
Falcons	3	1	1	1	7	3

  

FINAL STANDINGS					
	W	L	T	F	P
Jr. Raiders	3	0	0	8	6
Astros	2	1	0	11	4
Blizzards	1	2	0	3	2
Cosmos	0	3	0	1	14

## Too many games: Inglis

Continued from Page B1

Al Woods has been looking impressive in training camp, but is now off the ice with torn ligaments in his knee.

Scott MacKenzie, a former Raider is playing super hockey according to the coach and he'll score a number of goals for the Georgetown team this year, Inglis said.

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## Major Atom standings

	P	W	L	T	Pts
Golden Eagles	5	5	0	0	10
Torpedoes	5	4	1	0	8
Green Hornets	5	1	2	2	4
Blizzards	5	1	3	1	3
Bullets	4	1	3	0	2
Bandits	4	0	3	1	1

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# North Halton Sports one step closer to Industrial fastball crown

By JIM PARKER  
Herald Special

The Georgetown Industrial Fastball League has come to within an eyelash of deciding it's 1981 champions.

North Halton Sports has taken a commanding 2-0 lead and needs only one more win to take the best of 5 final.

In their second encounter the Merchants put the Sports to their toughest play-off test yet forcing the game to go 9 innings.

Doug Anderson scored the winning run from second in the ninth to cap the 8-7 victory.

In the second North Halton

Sports appeared to put the game on ice when Bill Kirby belted a 3 run home run off Merchant starter Chris Peavey to make the score 4-0.

However, the Merchants kept fighting back until they took the lead on a 2 run blast by Jim Parker in the bottom

of the fifth.

The game was tied up again in the top of the sixth setting up the extra inning pitching duel between relievers Bob Robson and game winner Dan Engleby who came in for starter Dick Spears.

# Gibson taking amputees to Australia

Founder of the Canadian Amputee Sports Association, Georgetown John Gibson is currently involved in soliciting support for a proposed trip to Australia in December 1981.

The Australian Amputee Sports Association have invited the Canadians, Americans and New Zealanders for a 10 day meet. The Canadian team, who have some of the best amputee athletes in the world will take a team of 20 to the games, Gibson says.

Cost seems to be the biggest factor in the minds of the organizers, says Gibson. Just to fly to the Australian national championships will cost \$45,000 and the federal government has not offered any financial support at all for the trip, he says.

Anyone wishing to help sponsor the trip may contact John Gibson at 877-9222 or through their trip account at Canada Trust on Main Street.

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C-RO 19478

### PROPERTY REGISTRATION for the 1981 HALTON DEER HUNT

Property owners wishing to allow strictly controlled deer hunting on their lands on November 2, 3, 4 & 5, 1981, are asked to register at:

The Ontario Ministry of Agriculture and Food Office  
17 Wilson Drive  
Milton, Ontario  
Phone: (416) 878-2314

The Property Register List will be forwarded to the Ontario Ministry of Natural Resources who are organizing and licensing the hunt.

Persons wishing to obtain a permit to hunt deer on the above dates are requested to contact:

The Ontario Ministry of Natural Resources  
Cambridge District Office  
Beaverdale Road  
Cambridge, Ontario  
Phone: (519) 558-9355 (Cambridge)  
(416) 528-8585 (Hamilton)

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