



Cheers to you!

The Georgetown District High School was the scene for some outrageous cheer leading recently, as the school held its Spirit Day. Each of the athletic groups was allowed to show their spirit by putting together a

team cheer at an assembly. Here the swimming team goes into action for a cheer which one could refer to as "all wet". (Herald photo)

Coaching program offers impressive wealth of experience

Some of Canada's best Olympic athletes and coaches will participate in a conference, organized by the Canadian Olympic Association and the Coaching Association of Canada, to be held May 1-3 at the University of Toronto.

Speed and Power: The Winning Components will be attended by about 125 prominent experts. The conference, included in a series for Advanced Coaching Development, is just a small part of the high-intensity preparation necessary for the 1988 Olympic Winter Games.

"High-level coaching is the key to optimal performance for Olympic competition," says Jack Lynch, Technical Director for the Canadian Olympic Association. "We recognize this and therefore have entered into a partnership with the Coaching Association of Canada to provide a series of advanced coaching seminars."

About 1,500 athletes and 1,100 coaches or related staff will participate in Calgary '88. "Most of the winter sports such as speed skating, ski jumping or figure skating may find speed and power to be the most important athletic component," explains conference organizer and coaching consultant, Paul Patterson.

Charlie Francis, coach of Ben Johnson, the world's fastest man, will share his winning techniques for maximizing athletic performance.

As well, head coach Gerard Mach of track and field and Deryk Snelling of swimming, will share practical information on speed training and motivation.

The conference fee is \$100 which includes theoretical and practical sessions plus information on new athletic products and services.

For further information contact Janet LeBlanc at (613) 745-5624

Milton hosting fish derby

Fishermen will once again be vying for prizes and the right to have their name engraved on the Andrew Wyseman Trophy, as the Kelso Conservation Area of Milton hosts its seventh annual Trout Fishing Derby May 2 and 3.

Gates open for the event at 6 a.m., and there will be fishing from 7 a.m. to 4 p.m., Saturday and Sunday.

Last year, over 800 anglers lined the shores of Kelso Lake, trying to hook over 2,000 rainbow trout that were stocked for the season.

The popular event follows the opening of trout season, and gives fishermen a chance to land some hearty trout, ranging in size from eight to 24 inches, and at the same time, win some prizes.

Early registration may be made at the Tackle Shoppe in Milton (878-FISH), and registrations will also be taken the day of the Derby at the Kelso gatehouse.

The Tackle Shoppe will also provide prizes for the event.

Cost of registration is \$4 per person, which is valid on both days, or \$3 for those 12-year-old and under, or 65 and over.

Camping facilities are available in the park for truck campers and tents, at a rate of \$3 per person, per night.

Kelso Conservation Area is located off Highway 401, at Milton. For more information call 878-5011.

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