



Sports Outlook

COLIN GIBSON - Herald Sports Editor



Student fitness on the decline

The physical fitness of students within the school system, elementary through high school, has been on the decline for years.

Don't blame the schools, however, blame the powers-that-be in the Ministry of Education for this sorry state of affairs.

For some unfathomable reason, the education ministry decided a number of years ago that time spent in physical fitness classes was, in effect, a waste of time.

Throughout the school system, physical fitness classes were curtailed, supposedly to benefit academic priorities.

A ministry of education directive from several years ago - still in effect - only requires that high school students attend one compulsory physical education class, over one semester, during their time in high school.

Where does this leave the students?

Basically unfit, according to a number of recent surveys that go on to state a student's academic performance similarly suffers.

As has been reported, because of increasing emphasis on academics and decreasing emphasis on physical education, only about half

of Canadian school children get enough exercise to maintain effectively functioning cardiovascular systems, let alone alert minds.

Don Bailey, a researcher on fitness and child development at the University of Saskatchewan, has gone on record stating, "Physical fitness seems to be a decreasing function of age from the time our children get behind a desk in school."

A study done in France revealed that when time spent on physical activity among French school children was raised, within a study group, the health, fitness, discipline, enthusiasm and academic results of the students in the experimental group were superior to those of control groups not receiving the fitness program.

Similarly, a six-year study of Quebec students in grades 2-to-6, found that young people with five extra hours of physical activity a week achieved higher marks in academic programs that regular program students.

The old cliché, "A healthy body, a healthy mind," has been bandied about for years. However, whenever the theory has been put to the test, it has proven correct



Over easy, please

SUNFLEET, with rider Kelly Patterson in total control, easily handles a jump at the Dressage and Stadium Jumping equestrian competition held last Sunday at Georgetown's Myrddin Stables, located just west of Trafalgar Road, on 17 Sideroad, will be

staging a Dressage, Stadium Jumping and Cross-Country equestrian competition May 17. Spectators and equestrian enthusiasts are welcome to attend. (Herald photo)

time after time.

So what is the solution as the 1990s approach?

Obviously, school systems must adhere to directives issued by the Ministry of Education.

However, Jim Hall, recently appointed Head of Physical Education at Georgetown District High School (and a life-long Georgetown resident) approaches the obvious dilemma with a pragmatic solution.

"Maybe I'm from the old school of thinking," said Hall in a recent

interview. "But I still agree with that old saying, 'A healthy body, a healthy mind.'"

"Obviously," Hall said, "we are under the jurisdiction of the Ministry of Education. But we can, and should, develop a quality school physical education program within the ministry guidelines."

"By developing a quality school physical education program, which will appeal to students with different levels of athletic ability, fitness awareness and its im-

portance will increase, which in turn will lead to more participation in recreation-oriented sports and eventually, to a life-long enjoyment of sports and its importance to general health."

Hopefully, Hall's will not be a voice in the wilderness as it relates to the health and fitness of school students through the 1990s.

It would help, though, if someone in the Ministry of Education was also listening.



HALTON HILLS BLUE FINNS who competed in the Ontario Quad "A" Swim Team Championships held at Brock University in St. Catharines last weekend. Front row, left to right, Tracy Tabuchi, Melissa Watts, Andrew Terrell, Laurie-Anne Crocker and

Alison Duby. Back row, left to right, Sabrina Bassett, Leigh Shillington, Neil Scudder, John Brennan, Mandy Stinson and Andrea Herner. Absent when photo taken, Thane Goodlet. (Herald photo)

Blue Fins swim to glory

The Ontario Quad "A" Swim Team Championships were held at St. Catharines Brock University last weekend and Halton Hills Blue Fins club members made their presence felt at the event which attracted approximately 300 swimmers from 36 clubs province-wide.

Twelve members of the Halton Hills Blue Fins Swim Club participated, with eight swimmers qualifying in division finals.

In 13 final races, Halton Hills Blue Fins swimmers accounted for one silver medal, one bronze medal, two fourth place ribbons, one fifth place ribbon, three sixth place ribbons, three seventh place ribbons and three eighth place ribbons including a ribbon for the girls free relay team with members Andrea Herner, Sabrina Bassett, Melissa Watts and Leigh Shillington.

Sabrina Bassett set three new club records in the 400 metre free, the 50 metre free and the 100 free; Laurie-Anne Crocker set a new

club record in the 200 individual medley; Melissa Watts set a new club record in the 400 individual medley; Mandy Stinson set a new club record in the 200 metre backstroke; Andrew Terrell set a new club record in the 50 metre free and Neil Scudder set a new club record in the 200 metre backstroke.

Results

Alison Duby - 50 Free - 36.45 (5th), 100 Breast - 1:58.30, 100 Back - 1:38.55, 50 Fly - 47.27 and 100 Free - 1:21.21 (6th).

Laurie Crocker - 100 Breast - 1:50.60, 100 Back - 1:38.85, 50 Fly - 47.40 and 200 I.M. - 3:17.96 (4th).

Leigh Shillington - 50 Free - 32.76, 100 Breast - 1:37.02, 100 Back - 1:27.88, 100 Free - 1:14.10 and 200 I.M. - 3:04.99 (6th).

Tracy Tabuchi - 100 Fly - 1:39.50, 100 Breast - 1:45.92, 200 Back - 3:29.07, 200 Breast - 3:41.78 and 200 I.M. - 3:28.99.

Andrea Herner - 50 Free - 32.60 and 100 Back - 1:23.44.

Sabrina Bassett - 400 Free - 5:34.73, 50 Free - 29.55 (3rd), 200 Free - 2:33.30, 100 Back - 1:22.52 and 100 Free - 1:06.26.

Melissa Watts - 400 I.M. - 6:25.31, 100 Breast - 1:41.26, 100 Free - 1:13.23 and 200 I.M. - 3:01.06.

Mandy Stinson - 100 Back - 1:17.34, 200 Back - 2:50.10 (8th) and 200 I.M. - 2:59.98.

Andrew Terrell - 50 Free - 34.06 (2nd), 100 Back - 1:32.80 (7th) and 50 Fly - 43.68 (8th).

Thane Goodlet - 50 Free - 33.97, 100 Breast - 1:46.98, 100 Back - 1:26.76, 100 Free - 1:19.29 and 200 Back - 3:03.83 (7th).

Neil Scudder - 50 Free - 31.20, 100 Breast - 1:28.43, 100 Back - 1:17.01 (7th), 100 Free - 1:08.77 and 200 Back - 2:45.71 (6th).

John Brennan - 50 Free - 33.02, 200 Free - 2:43.05, 100 Free - 1:14.32 and 200 I.M. - 2:42.78.

Duplicate Bridge

In Open Duplicate Bridge competition Monday afternoon at Georgetown Branch 120 Royal Canadian Legion Karl Tobiasz and Rene March combined to take the Number One winner's position.

Diane Johnson and Norma Maynard teamed-up to latch on to the Number Two winner's spot, the team of Doris Barber and Adele Glavicic claimed the number three winner's position and the team of Lorena Norris and Jack Timpson claimed the Number Four winner's spot.

Open Duplicate Bridge competition is scheduled for this Monday, 1 p.m. at the Georgetown Legion on Mill Street and this will be the final session for the spring as no sessions are scheduled for the summer months.

Sports Chuckles

