



Focus on Fitness
by Laurie Burns
Exercise Physiologist

Burnout prevention

THREE-STEP PREVENTION AND CARE FOR BURNOUT

A. Responsibility: You alone are responsible for your actions. Take responsibility for your life and all of its outcomes.

Events/Actions and Response - Outcome.

B. Recognition: Identify who you are, and then give full value to yourself.

- 1 - Assess your personality.
- 2 - Identify your strengths and weaknesses.

C. Risk Taking: Be willing to change and modify your beliefs and take positive steps of action.

- 1 - Examine your many beliefs that may or may not be serving your needs.
- 2 - Be willing to let go of one or two old, unuseful beliefs.
- 3 - Perform a goal setting exercise, to set new priorities based on individual needs.
- 4 - Learn acceptance exercises for stressful situations over which one has no control.

Recognizing your potential for burn-out is a major step to getting you on the road to recovery. Make sure you let your family, friends and co-workers in your new plan of action so that they can help and not hinder your progress.



A's are for Apple

Pictured here are the Apple Auto Glass A's T-Ball team as they pose for a group photograph before a game. Along with coaches Jack Oesch, Gary Latimer and Doug Present are team members Kevin Bokowski, Tanya Carson, Shannon Davies, Joe Gar-

bull, Christine Guest, Michael Irwin, Phillip Knapp, Cory Latimer, Nicholas Murphy, Andrew Oesch, Gregory Present, Jimmy Present and William Walker. (Photo submitted)

Squirt soccer

Bombers lose

Georgetown Stingers 1
Blue Bombers 0

Georgetown Stingers goal scorer: Adam Sylvester.

Noteworthy players: Bombers - Nathan Cardon, Michael Noonan, and Edward Van Klink.

White Knights 3
Red Barons 0

White Knights goal scorer: Jason Hull.

Noteworthy players: Knights - Jonny Hancock and Andre Lefebvre. Red Barons - Stephen Barber, Jason Hewer, and John Lootsma.

Express wins

Steak Express 9, Golden Lions 0

Goal scorers: Martin Johnston (2), Jason Tawil (2), Kevin Adema (2), Jason Lescak (2), Daniel Bukoucan.

Noteworthy players: Express - Darryl Johnston, Stuart Scottford, Shawn Dunlop. Lions - Chris Leferink, Zack Parent.

Georgetown Honda 8,
Legion Gold 2

Goal scorers: Honda - Matko Raguz (3), Mike Olsen (3); Dean Ellis (2). Gold - not available.

Standard's White Knights 3
Ninja Turtles 2

Goal scorers: Knights - Danny Jackman, Scott Laforet, Rob Topping. Turtles - Trevor Crane (2).

Noteworthy players: Knights - not available. Turtles - mark Quaglia, Jamie Lake, Doug Dutchburn.

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COMMUNITY SPORTS CALENDAR

ATTENTION ALL SPORTS ORGANIZATIONS!

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SATURDAY

Softball

Limehouse Inter-Plant Slo-Pitch league games at Limehouse Park. Games start at 9 a.m.

SUNDAY

Flag Football

Georgetown Men's Flag Football League games at Georgetown District High School main field. 8:45 a.m. - Plus Welding vs Dawgs. 10 a.m. - Kaspers vs Oldtimers. 11:15 a.m. - M and M vs Plus Welding. 12:30 p.m. - Glen Williams vs Longhorns. 1:45 p.m. - Karry Kitchens vs Meznic Electric.

Flag Football

Georgetown Ladies Flag Football League. Games start at 9 a.m. at GDHS grounds.

MONDAY

Softball

Georgetown Ladies Powderpuff League games at Fairground diamonds. Games start at 6:15 p.m.

Lawn Bowling

Georgetown Lawn Bowling Club activities. Games start at 1:30 p.m. New members welcome. Club located on Edith Street.

TUESDAY

Softball

Kinsmen Girls Softball League games starting at 6:30 p.m. at Fairgrounds softball diamonds.

Lawn Bowling

Georgetown Lawn Bowling Club activities. Games start at 7 p.m. New members welcome. Club located on Edith Street.

WEDNESDAY

Baseball

Georgetown Baseball Association Junior Eagles vs. Brampton. 7:30 p.m. at Fairgrounds main baseball diamond.

Softball

Georgetown Ladies Powderpuff League games at Fairgrounds diamonds. Games start at 6:15 p.m.

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