



# Sports Outlook

ROB RISK - Herald Sports Editor



Gerry Jones, a member of the Promar Karate Club in Georgetown, demonstrates the use of the Katana, a wooden copy of a Samurai sword. The club is introducing the use of some of these weapons in their classes, along with the more traditional self defense instruction this year. (Herald photo by Robert Risk)

## Men's Flag Football

### Longhorns ready to defend crown

By JIM LINDSAY  
Herald Special  
PLAYOFF GAMES  
(This Sunday)

8:45 a.m. - Longhorns vs. Oldtimers - Horns by 18.

With the scent of fall in the air, the Horns will be out to prove that they are still the team to beat come Sept. 23. The Oldtimers are seeing post-season play only due to a default and seem to be happy with the gift of an extra game. Only gale-force winds and a torrential rain storm will keep this one close.

10:00 a.m. - Dawgs vs. Plus Welding - Dawgs by 20.

The Welders received a gift from Kaspers two weeks ago to jump ahead of the Oldtimers. Some gift! Now instead of the Horns they get the Dawgs. With friends like that...

11:15 a.m. - Meznic Electric vs. M and M - Mez by 6.

Last time these two teams met, M and M won 16-7. Don't look for lightning to strike twice. Mez will

have all the guns working and the fact M and M won the last encounter will insure the Electricians won't be looking beyond them. Too bad for M and M.

12:30 p.m. - Kaspers vs. Glen - Glen by 8.

Kaspers, by virtue of a default have been off for three weeks, while the Glen played tough against Mez Elect. last week. The only thing going against the Glen is that they are 2-0 vs. Kaspers. With only one win separating these two teams in regular season standings, odds should be with Kaspers. This will be the game of the day but will see the Glen go on to play next week.

#### FINAL STANDINGS

TEAM	W	L	T	F	A	Pts.
Longhorns	15	1	0	453	215	30
Dawgs	14	2	0	412	226	28
Meznic Electric	9	6	1	283	230	19
Kaspers	9	7	0	306	223	18
Glen	8	8	0	303	247	16
M and M	6	10	0	191	293	12
Plus Welding	4	12	0	83	336	8
Old Timers	3	13	1	166	350	6

## Bowlers welcomed

Newcomers don't wait - register now for 5-pin bowling leagues for choice of leagues and times - no experience necessary - ladies, men, mixed adult, youth (all divisions), golden agers from 60 years young, afternoon, evening and Sunday morning leagues.

For information phone Georgetown Bowl, 12 Mountainview Road South, opposite Georgetown Market Plaza, 877-9922. Reservations also accepted for birthday parties and public bowling.

## Karate Club stresses discipline

The Promar Karate Club, located the Cedarvale Recreation Centre, is celebrating its ninth anniversary this year and is going strong in Georgetown.

With the first day of registration barely completed, club operator/owner Mark Yates said he expects about 90 people joining up this year.

"That's an increase of 10 people. We had most of the sign-ups today (Wednesday) but we always get a lot of people coming during the first week. I'm a little worried that some of our regulars won't be able to get in because most of the classes are close to filled already."

Gerry Jones, one of the club's assistants, said the Yates operates five other Karate/Judo classes in the area, which includes Shelburne, Arthur, Erin, Hanover and Mount Forest.

"We've grown a little every

year. This time around we're introducing some weapon practice, such as the Katana (wooden samurai sword) and the Bo (a six-foot long wooden shaft)."

While most of the people who take the classes are children, he said quite a few of the students are adults and teenagers. One of the things Yates tried to do to increase participation is clear up misunderstandings about learning karate and judo.

"A lot of parents ask me about whether learning these skills will make their kids more aggressive and get themselves or someone else hurt. I believe quite the opposite is true," he said.

Yates emphasized that the training involves a lot of discipline and practice of its students. For the first six weeks, the students are drilled in the importance of discipline and are strictly taught how to defend themselves.

"The ones who are likely to cause trouble usually lose interest in the first couple of lessons. Also, the more you learn about it, the less aggressive you become. It becomes apparent to them how much more they can still learn as they go along."

Yates said some of the more experienced club members will be competing in a tournament in Whitby on Sept. 9, while the newer ones will have one of their own in Georgetown later on.

"We don't want to put them into a situation where they are learning in a group of 20 or so and are suddenly competing with about 200 people watching them."

Cost of the 10 week session is \$50 and are one hour in length for the children and one-and-a-half hours for adults. Anyone interested in signing up for the classes can call Mark Yates at (519) 928-5624.

## Government Study

### Volunteers, the heart of recreation

The Ontario Government's Community Recreation Policy Statement directs the Ministry of Tourism and Recreation to promote and support volunteerism in sport, fitness and recreation across the province.

In 1988, the Ministry commissioned a study to investigate the status of volunteerism. Its purpose was to determine the extent of volunteer activity and recommend strategies to ensure its vitality.

Five hundred volunteers, 38 boards and 54 staff participated, representing 95 provincial and local organizations. The study team also analyzed Ontario data from the 1987 National Survey of Volunteer Activity conducted by Statistics Canada, to produce accurate estimates on the numbers of recreation volunteers in Ontario, their characteristics and their patterns of volunteering.

The study determined that volunteers are the heart of recreation in Ontario and the lifeblood of their various organizations. There are, however, several areas of concern, which include:

- greater workloads than volunteers can handle
- insufficient volunteers for some programs and services
- difficulties in retaining experienced volunteers and recruiting their successors
- the need for greater recognition of volunteers

• weaknesses in organizational practices, particularly the ability to follow through on plans.

#### IMPACT OF RECREATION VOLUNTEERS

372,000 recreation volunteers in Ontario...

• One out of every four adults in Ontario volunteers for a voluntary organization.

• Twenty per cent of them - 372,000 adults - volunteer in sports, fitness and recreation organizations in Ontario.

... contribute over half a billion dollars worth of service.

• They volunteer 45 million hours annually. This translates into 22,500 people working full time in recreation every year.

• Based on an hourly rate of \$12.80, the value of the work contributed by volunteers in recreation in 1987 was \$576 million.

• In addition, recreation volunteers in Ontario spend \$60 million annually in out-of-pocket expenses.

More men than women volunteer in recreation.

• 61 per cent of recreation volunteers in Ontario are men, 39 per cent are women. (For all types of voluntary organizations in Ontario, however, 56 per cent of volunteers are women.)

They are of all ages, but most are

in their middle years.

• Most volunteers are in their middle years (one-third are between the ages of 35 and 44) but they range from 15 (the lowest age surveyed) to over 80 years of age.

They fill a wide variety of essential roles...

• The average volunteer performs five to seven major activities for his or her organization.

• One-third of recreation volunteers in Ontario mention "coaching, refereeing, judging" as their main activity. About twenty per cent "organize events, supervise or coordinate activities." Five per cent "sit on boards."

... for all kinds of organizations.

• They volunteer at the local, regional and provincial levels for a wide variety of organizations ranging from neighbourhood clubs for older adults to provincial sport organizations.

• Two-third of recreation volunteers in Ontario volunteer for organized sport groups.

Volunteering runs in the family.

• Almost forty per cent have one or more family members who volunteer for the same organization.

• Sixty-six per cent have family members who volunteer for other organizations.

Recreation volunteers are committed volunteers...

• Almost one-third of recreation volunteers in Ontario have been with their organizations three to five years. One in five have been involved even longer.

• More than half also volunteer for other recreation organizations or other non-recreation voluntary groups.

... who see volunteering as important and satisfying.

• Volunteering is seen as an important activity by most recreation volunteers in Ontario. Over half see it as "very important" and an additional forty per cent see it as "quite important."

• Over half found their volunteering "very satisfying" and one-third found it "somewhat satisfying."

They volunteer because they care and because it is rewarding and fun.

• "Doing something they like to do," "having a feeling of accomplishment" and "helping others" are most important to recreation volunteers.

Many are supported by their employers.

• Two-thirds of recreation volunteers in Ontario were employed full-time and about three-quarters of their employers supported their volunteer work by allowing them to use company facilities or equipment, allowing them time off work or flexible

work hours or giving them recognition for the volunteering.

#### CONCLUSION

An overview of the information collected on the status of volunteerism in sport, fitness and recreation in Ontario suggests an essentially healthy sector that makes an invaluable contribution to recreation opportunities in the province. As for the concerns that were identified, the study provides recommendations focussing on three main goals. These goals can be accomplished through a variety of strategies that are outlined in detail in the full report. They involve all of the recreation partners in Ontario.

1) Expand the pool of volunteers.

Expanding the pool of volunteers, for example, involves promotion of the value and benefits of volunteerism as well as the creation of support mechanisms to facilitate the involvement of people of diverse backgrounds in volunteer work. While some of these strategies may be undertaken at the community and organization level, there is also a role for the Ministry of Tourism and Recreation in such related areas as volunteer recognition and targeted recruitment programs.

2) Enhance organizational effectiveness.

Enhancing organizational effectiveness requires attracting and replenishing volunteers as well as developing adequate problem-solving, decision-making, and planning and implementation methods.

Strategies such as community and regional workshops on organizational practices, provision of consultative services and increased awareness of existing resources could encourage better planning follow-through as well as more effective use of volunteers.

3) Increase the capacity and willingness of municipalities to support volunteers and their organizations.

The third goal relates directly to the role municipalities can play in supporting volunteers and their organizations. Because support at the local level is so critical, strategies involving the development of regional support networks and consultative services would permit municipalities to ensure more successful delivery of programs and service.

The message, then is clear. It is vital that all partners in recreation promote volunteering, emphasizing its value as a community and provincial resource as well as its personal benefits and satisfactions. At the same time, effective organizational and support mechanisms will ensure the most efficient use of this valuable resource.