

Coach Donohue's Tips

For more information, contact the Coaching Association of Canada or 3M Canada Inc.

Sport's benefits

Sport has a lot of positive benefits. If you accentuate these benefits in your practices, in the ways suggested below, you can make sport a special experience for children.

Friendships

- Call each child by name
- Have the children learn each other's names also
- Speak to every child at every practice
- Help children who may be shy
- Use partner and small group activities
- Rotate partners and members
- Organize team events
- Involve parents

Skill Development

- "Talk an ounce, practice a ton"
- Design activities to minimize waiting
- Vary drills
- Create challenges
- Give children activities to practice at home

Fitness

- Develop habits of stretching, warming up, warming down
- Set a good example

Fun

- Make sure every child experiences some feeling of achievement
- Scale down your sport if necessary
- Have lots of equipment
- Have a rewards system
- Ensure different children win each week
- Cultivate your sense of humour

Success and Self-Worth

- Have realistic expectations
- Emphasize performance, not results
- Measure and reward individual improvement
- Offer specific, honest praise
- Provide constructive "try this" feedback
- Give personal attention to each child

Positive Values

- Stress teamwork
- Play by the rules on and off the "field"
- Discourage cheating. Reinforce fair play
- Be happy but humble in victory, dignified in defeat
- Be proud of your efforts.

Erinoak to host regional games for the disabled

MISSISSAUGA - Erinoak Serving Young People With Physical Disabilities, a rehabilitation centre located in Erin Mills, serving over 900 children and young people in the Peel and Halton areas has been chosen to host the 1991 South Central Regional Games for the Physically Disabled.

This one-day event will be held on May 26 at The Woodlands School, 3225 Erindale Station Road in Mississauga. Over 200 participants will be coming from Haliburton, Peterborough, Niagara, Durham, Waterloo, Elgin, Perth, Haldimand-Norfolk areas as well as Peel and Halton. Official opening ceremonies will be at 9 a.m. and the games will conclude at 5 p.m.

The Regional Games are held each year to promote sport for persons with physical disabilities and to provide a venue for athletes to qualify for higher levels of competition. The athletes are given the opportunity to participate, learn and enjoy sport. A number of athletes will qualify to participate in the Ontario Games and from there they may qualify for National and International events.

The events that will be taking place are Boccia, Slalom and Track and Field which includes precision throw, javelin, discus, long jump, triple jump and high jump.

This marks the 15th year that the Regional Games have been conducted in Ontario. This year also marks the third time that the City of Mississauga has been the site for the Regional Games. Everyone is welcome to come out and support the athletes.

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REBEL REPORT

Georgetown District High School selected Kelly Cotton and Aaron Gooding as their athletes of the week for their efforts recently. Cotton placed third in women's badminton singles at the Halton Richardson Division championships at Notre Dame on April 5, qualifying for the Halton finals, held today at Loyola. Gooding placed second in his weight division at the Halton championships, held April 4 at GDHS, qualifying for the Golden Horseshoe Athletic Conference Championships held yesterday (Thursday) in Hamilton.



Aaron Gooding



Focus on Fitness

by Laurie Burns
Exercise Physiologist


NUTRITIONAL CHOICES

How do you make better nutrition choices for wellness? Where do you start? You decide. First take a minute to assess your nutrition by answering each of the questions below. This way you'll identify the areas of nutrition that may be problems for you.

Remember: When it comes to nutrition the smaller the change, the longer it lasts. By making one or two small changes, you can start making a big difference in your health and well-being.


1. Do you tend to eat the same thing for lunch every day? Yes ___ No ___
2. Do you eat fast-food burgers and fries more than you eat a chicken dinner? Yes ___ No ___
3. Do you choose breads and cereals made with white flour over whole grain baked goods? Yes ___ No ___
4. Do you have more than three or four high-sugar desserts or sweets each week? Yes ___ No ___
5. Do you often eat processed meats like hot dogs, salami and smoked meats? Yes ___ No ___
6. Do you have more than one or two drinks a day or let drinking interfere with your appetite? Yes ___ No ___
7. Can you pink more than one inch at your waist or thigh? Yes ___ No ___
8. Have you recently felt too tired or achey to finish (or start) your workout? Yes ___ No ___
9. Do the daily pressures of life often seem unmanageable? Yes ___ No ___
10. Does your lifestyle make it hard to eat well, because you eat out, travel, or are single? Yes ___ No ___

If you answered "Yes", each "Yes" targets an area for improving your nutrition.



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Georgetown Baseball Association

LATE REGISTRATION

Thursday, April 18th/91
7:00-8:00 P.M.
Cedarvale Park Board Room

Fee: \$70.

