



Argos Coffee Service

The Georgetown Tim Horton's Donuts store was one of many across the country which invited local celebrities and dignitaries to pour coffee at their businesses on Wednesday. Monies raised from all coffee sales went to support the Tim Horton's Children's Foundation. Here, Argos player Ian Beckstead pours a cup of coffee for store owner John Malinosky during the special event. (Herald photo)



GDHS Athletes

Scott Hobbs and Shelby Daponte, both members of Rebels track and field team, were chosen as Georgetown District High School's athletes of the week for their recent successes. Hobbs qualified for the Canadian Junio Championships to be held in Winnipeg this summer with a 13.35 metre triple jump, setting Rebel Relay and GDHS records at the local meet on April 18. Daponte helped the midjet girls 1600 metre medley place first, also winning a silver in the Open Girls Novelty Relay and a bronze in the midjet girls 100 metre race at the Burlington Relays on May 26. (Herald photo)

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Coach Donohue's Tips

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

Positive coaching

Self-image refers to how people see themselves. It is moulded by the reactions of others - parents, peers and coaches, for example - and further shaped by experiences in life. People's view of themselves strongly affects motivation, learning, athletic performance and personal relationships.

The two most important things you as a coach can do to help athletes develop a positive self-image are to care about them and to manage them positively.

Show you care by:

- *Calling them by name
- *Paying them personal, individual attention
- *Asking about them, their interests and families
- *Praising good effort, good behaviour, good performance - all the "goods"

*Encouraging them after a "mistake"
 *Making them feel important as people.
 Feeling accepted should never depend only on an athlete's performance.

Manage athletes positively by:

- *Emphasizing their self-responsibility, giving them time to try things, practice skills and show what they can do well
- *Showing confidence in their ability to take on and master tasks
- *Encouraging them to ask questions and make suggestions, and by listening to them
- *Making sure tasks are appropriate for their stage of development and ability
- *Encouraging them to give each other positive comments
- *Supporting them during difficulties
- *Applying a clear set of rules fairly and consistently

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