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Sports Shorts

Race winner

Tim Murdock, a dirt track racer from Georgetown who was chosen as rookie of the year for the Niagara Tri-Track Region has gotten off to a positive start this season.

At the Ransomville Speedway in New York, Murdock placed second at the track's season opener last Friday. The next day, at Merrittville Speedway in St. Catharines, he captured first place. Murdock races every weekend at the two tracks and said his goal is to win the overall points title in the sportsman division this year and possibly move up to the modified division next season.

Bike-a-thon

Town of Halton Hills Mayor Russ Miller will be taking part in the May 26 bike-a-thon that will wind its way through downtown Georgetown.

The event is being held to help raise money to support the North Halton Association for the Developmentally Handicapped, which provides adult residential, Life Skills, vocational and children's programs. People interested in taking

part as riders can contact Mike Arnold at Ollie's Cycle Shop (873-2441) or the recreation department at 873-2600 for pledge sheets and further information.

Flag football

The Ladies Flag Football League begins play on Sunday at Georgetown and District High School, with O'Tooles and Mobile Sound System starting things off at 8:45 a.m.

Local Selects Nfld. bound

Three Georgetown residents will be part of a volleyball team representing Ontario at the Canadian Juvenile Women's Championships in St. John's, Newfoundland, which runs from today until Sunday.

The three locals are Sarah Broughton, Tracy Fowler, and Holly Sones, members of the Peel Juvenile Selects. They are all coached by John Hnatiw (head coach) of Ballinafad and coaches Dave Bedgood and Jeff Welsh, both of Georgetown.



Pre-School Swim Class

The Town of Halton Hills Recreation and Parks Department has gotten its new Friday morning preschool swimming program off to a good start, filling its classes shortly after registration began.

Here, instructor Shelly Russell helps (left to right) Ryan Gray of Georgetown and two Glen Williams residents, John Coutts and Susie Jarvie, with water adaptation. (Herald photo)

Local triple jumper leaping over old records

By ROBERT RISK
Herald Sports Editor

Georgetown District High School student Scott Hobbs has been passing old triple jump records by leaps and bounds, most notably when he shattered the GDHS record at the Rebel Relays on April 16 and qualified for the Canadian Junior Championships in Winnipeg this July.

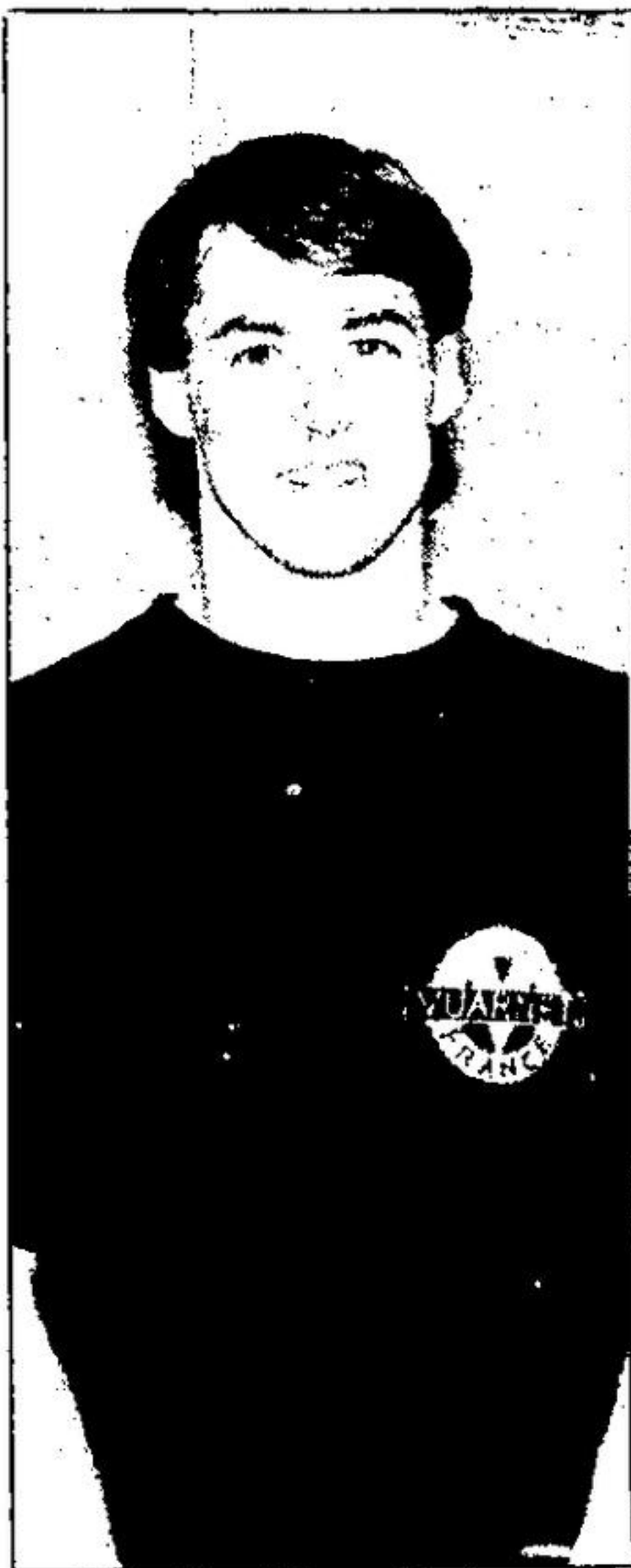
On that day, Hobbs set a new mark of 13.35 metres in the triple jump, surpassing the 11.75 metre distance set by Yannie Letarnéc in 1984. Shortly after accomplishing that feat, he said his goal was to reach the 14 metre mark by the time the Halton championships took place today (Friday) at Nelson High School in Burlington.

"I think I have a good chance of doing it. My coaches (Jim Taylor and Jay Anderson) have been working on improving my arm motion and extension at the end of the jump."

Anderson, head coach of the Rebel track and field team agreed, saying Hobbs' needed a little more work and his timing just a touch of adjustment in order to make a big improvement on his distance.

"When he set the Rebel Relay record, he took off about half a metre behind the marker. It's only a little bit further up and he could easily be jumping that magical 14 metre mark," said Anderson, who pointed out that a jump of that distance would eclipse the Halton record of 13.40 metres, set back in 1971.

Anderson said Hobbs is a "natural athlete", somebody who is able to excel at a sport with little experience or training in a



Scott Hobbs

particular sport. The head coach said after seeing Hobbs try different track and field events, it was a shame competitors are limited to three individual events at the regional and provincial levels.

"Everything he does, he does well in. He just picked up the javelin one day and you wouldn't

believe how far he threw it. At the first half of the Halton finals (held Tuesday), Hobbs placed third in junior boys 100 metre race, qualifying for GHAC (Golden Horseshoe Athletic Conference, being held at McMaster University on May 16)."

Hobbs' talents first became apparent four years ago when he was a student at George Kennedy Public School and was a member of the track and field team.

"I hadn't done much track before and I had never tried triple jump until that year. I did pretty good, coming in first and breaking the school and Halton records with a top jump of 11 metres."

As a Rebel midget competitor last year, Hobbs said he had some trouble. Though he did well against local competition and qualified at the regionals for the provincials, not being able to find his jumping off mark forced him to finish fifth in Ontario.

"Jim Taylor, who also coaches me most of the time, has really helped me improve. He's a triple jumper who is a member of the Canadian team and started the Georgetown Track and Field Club last year."

Since then, Hobbs said his distances have improved, along with his confidence, enabling him to strive to be the best in that event. With Taylor as his mentor, a man trying to qualify for the 1992 olympics, Hobbs said he wouldn't see the Halton championships as a successful outing unless he managed a 14 metre jump.

"He (Taylor) said he's been very impressed with what I've done recently and has told me I am capable of breaking some of the records he set while in high school."



Coach Donohue's Tips

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

Time for training

How much time should you spend training what? Here are three exercises to help you determine this. Your answers should vary depending on the time of year, the event or playing position.

Exercise 1

Rank the following from most to least important for your athletes:
*Physical - conditioning of heart, lungs, muscles
*Psychological - mental skills for coping with the pressures of competition
*Technical - individual and/or team skills required by your sport
*Tactical - strategies required for competitive situations.
Now convert your ranking to percentages to estimate time allotments within physical training.

Exercise 2

Rank the following from most to least important for your athletes:
*Endurance - ability to sustain or repeat intense effort
*Flexibility - range of motion of body parts
*Speed - ability to move the body rapidly
*Power - ability to produce explosive force.
Convert your ranking to percentages to estimate time allotments.

Exercise 3

The answers to the following questions will help you estimate the relative importance for your athletes of the three energy systems:
*How long is the competitive event?
*What percentage of the time does the athlete work very intensely? -moderately? -easily? -rest?
*How long is each bout of activity?
*What is the work-to-rest ratio?

Three Energy Systems

*The anaerobic alactic system equals 1-10 seconds of intense activity with long rests.
*The anaerobic lactic system equals 10 seconds to two minutes intense activity, medium rest.
*Aerobic system equals intense activity lasting more than two minutes: intense activity of any length with very short rests; moderate or easy activity or any duration.

Jack Donohue was coach of Canada's National Basketball Team from 1972-1988, and is a nationally recognized coaching expert. For more information on coaching skills and the National Coaching Certification Program, contact the Coaching Association of Canada, 1600 James Naismith Drive, Gloucester, Ontario, K1B 5N4, or 3M Canada Inc., P.O. Box 5757, London, Ontario, N6A 4T1.