



Firing stance

Georgetown District High School Rebels softball pitcher Shannon Morris prepares to unload a heater during a game against Notre Dame at the Fairgrounds on Wednesday. Morris and company were effective, shutting down Notre Dame 13-1. (Herald photo)

Coach Donohue's Tips

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

Achieving success

Success in sport is often equated with winning. But success can be defined in other ways. If success means scoreboard victories, there are always losers. If success means achieving an objective, there are never losers. Here are five ways to create a successful program in which everyone will "win."

1. **Assess and reward individual progress.**
If you evaluate at all, do so on an individual basis. Compare the person to his/her own past performance, and praise any improvement.
2. **Set achievable goals.**
Make goals challenging but achievable so your athletes feel successful. Once achieved, goals should be progressively increased on an individual basis.
3. **Scale down games.**
For children or beginner adults, reduce the demands of your sport by adapting rules, equipment, areas, goals, etc. This way, skills are easier to learn and thus more fun.
4. **Provide varied opportunities**
Make available different kinds of "positive play" such as:
 - * equal time for all participants
 - * the opportunity to play all positions
 - * individual, dual and team activities
 - * non-competitive, self-paced activities
 - * co-operative activities
5. **Encourage self-responsibility**
Give athletes increasing responsibility for making their own decisions. Encourage them to:
 - * give you their ideas and advice
 - * make up new games
 - * do their own officiating
 - * make their own rules
 - * organize and lead parts of the practice
 - * help one another improve.

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 Nalsmith Drive, Gloucester, Ontario, K1B 5N4, or 3M Canada Inc., P.O. Box 5757, London, Ontario, N6A 4T1.

Juvenile Selects take sixth place

The Peel Selects Juvenile volleyball team travelled to St. John's Nfld. this past week and came away with a sixth place finish at the National event.

After Selects won the Ontario Championship in mid-April the girls stepped up their training schedule in order to compete against the best 17 and 18 year old volleyball players in Canada.

On Friday in pool play, Selects started slow against the eventual gold medalists, Edmonton, losing 11-15, 8-15. Their next two matches were convincing wins against Nfld. 15-4, 15-3 and N.B. 15-8, 15-5.

Selects then played against Joliette from Quebec, who had twice been victims earlier in the year. However, superb defense, which is the trademark of the shorter Quebec teams, proved to be too much for Selects as they lost 12-15, 8-15.

On Saturday in the last match of pool play, Selects had to defeat Saskatchewan in order to advance into the play-offs. In a strong serve passing exhibition, Selects won 15-7, 15-4.

In the quarter finals, Selects encountered the number one team from Quebec, Celtiques. The first game provided exciting side out volleyball with Celtique emerging on top 15-13. A dejected Selects team started slow, down 6-0, in the second game and lost out 15-6.

Selects then played Joliette, the number two team from Quebec and lost 15-9, 15-5, thus placing in sixth place overall.

Coach John Hnatiw had expectations of placing in the top six

and was quite pleased with the girls gutsy performance over the two days.

"These young ladies have a never say die attitude. We competed technically on par with the best teams in the country. Our defense was solid throughout the tournament."

Noteworthy individual performances were highlighted by Georgetown's Holly Sones receiving an All Star award, Diana Cerry showed teams her spiking, blocking and defensive prowess, Sabrina Bouska, captain, from North Park set consistently at a high level while also contributing with a tough float serve.

Sara Broughton gave a steady serve passing demonstration throughout the tournament. Tracy Fowler obtained quite a bit of confidence, starting in power, which should pay dividends next year.

Kathy Daigle, from Brampton Centennial served tough when it mattered and did a great job in middle on short notice after being trained in power for the last four months. Nancyh Zabukovec showed her charismatic defensive expertise in critical points of tough matches.

Other team members are Natalia Zalba who role played in middle, Tammy Salway, Jennifer Lett, Natalie Antkow, Ewa Stryjnik and Kristen Dean, who role played in play set. Georgetown assistant coaches are Dave Bedgood and Jeff Welsh.

Tryouts for next year's Midget and Juvenile teams take place June 4 at Our Lady of Mt. Carmel, Mississauga from 6-9 p.m.

Focus on Fitness
by Laurie Burns
Exercise Physiologist

Canada's Fitweek

May 24-June 2, will be the ninth year for the annual event of Canada's Fitweek. Each year, millions of Canadians participate in some way in this 10-day campaign. This event is the largest celebration of active living in the world.

The theme for this year's event is "Together, Let's Celebrate Feeling Great." Canadians should be proud of their participation in Canada's Fitweek.

The Town of Halton Hills has challenged Brampton this year to see which community can have the larger percentage of its population be active on May 29.

Plan now to be active on that day and make sure you phone the Town's Hotline number (873-2600) to register your participation before 9:00 p.m.

If you coach a team, please call in your entire team's names if you play a sport on the 29th and while you are at it, call in your competition's names as well.

Participation in this event is unlimited. Whether you walk, jog, cycle, work out or dance, experience the fun and excitement of being active. Do it by yourself, with your family, your friends or your co-workers. The key is to be active and have fun at the same time.

Many activities have been planned in the community to encourage you to be active on May 29.

Are you holding a meeting on May 29th? If you are, add a few minutes to your agenda to do an activity. Plan now to change your dress code for Participation Day.

So on May 29 we will be looking all over town for your active participation.

Lace up your sneakers, join in this event and feel the difference. Let's show Brampton what a community with spirit can really do.

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