



GDHS athletes

Matt Brain and Megan Lusby were selected as Georgetown District High School's athletes of the week for their efforts as members of Rebels track and field team at the Golden Horseshoe Athletic Conference meet, held at McMaster University on May 16. Lusby placed first in senior girls 800 metre and fourth in senior girls 1500 metre. Brain placed second in midget boys high jump and javelin. (Herald photo)

Brown Bantams win two

Harry Brown Excavating Bantams of Limehouse have picked up where they left off last year with two straight wins to start this year's baseball season.

Limehouse, the league and playoff champions of last year, defeated Lowville 12-5 and Glen Williams 10-0 last week.

In Lowville, thanks mainly to five walks in the first inning, Lowville jumped out to a quick 2-0 lead. Limehouse got those runs back in their half of the second inning on a two run triple by Mike McArthur.

Jamie Willett drove in the go ahead run in the fourth with a single, scoring Sheldon Stuckless, who had doubled. The Lowville team scored three runs in their half of the fourth on five walks and two errors to take a 5-3 lead into the fifth inning.

Limehouse scored one run in the fifth on a double by McArthur and an RBI single by Fred McDonald.

In Limehouse, May 16, Glen Williams fell behind early and never had a chance to get back in the ball game as pitchers Eric Bodin and Jamie Willett tossed a two hitter and allowed only three walks while striking out 11 bat-

ters. Limehouse scored four runs in the first inning on a two run homer by David Osborne and a two run single by Jason Bouman. Sheldon Stuckless started the third inning with a double and scored when Osborne doubled. Jamie Willett walked, stole second and was moved to third on a single by Kevin Willett. The two Willetts then pulled a

double steal, with Kevin moving to second and Jamie scoring from third to make the score 6-0 Limehouse. The final four runs were scored in the bottom of the fifth inning with RBI's going to Patey, Stuckless, Bodin and Osborne to make the final score 10-0.

Limehouse travels to Hornby on May 21 and then host Hornby in Limehouse on May 23.

Coach Donohue's Tips

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

Suitable drills

To improve, athletes need to practice. But what they practice is as important as how many times they practice. Drills should be suitable for each athlete, and they should produce game-like responses.

To determine if your drills match the skills of your athletes, you need to know two movement patterns:

- *what the athlete is capable of
- *what the drill calls for

There are seven stages that athletes go through when learning a skill:

1. Basic idea of the fundamentals
2. Awkward attempts
3. Selected movements
4. Smooth, consistent performance under complex situations
5. Personal adaptations to competitive situations
6. Spur-of-the-moment invention of responses
7. Super-star creations

Once you know the movement stage of both athlete and drill, you can compare them, and thus determine whether a drill is suitable. If the stage of movement required by a drill does not match the athlete's skill stage, the drill fails to meet the athlete's needs and is wasteful of time.

Drills that are too easy or too difficult both waste time and frustrate participants. Ideally, the drill's requirements should slightly exceed an athlete's ability. This allows for some success, but also provides a challenge, encouraging growth.

Since all your athletes will not be at the same stage of learning for any one drill, design the drill to meet the needs of the majority. Then add challenges for the more advanced athletes, and give special help to the less skilled children. Everyone should experience some success; no one should be successful all the time - yet!

Lawn bowlers open season

News From The Log Cabin Bowlers

By Rhoda Geggie

A two-game Jitney followed by a pot luck supper, marked the opening of the Georgetown Lawn Bowling Club's 1991 Season. Prizes were won by Don Murray, Norris Hobbs, Beth Anderson, Ruby Roger, June Gilson and Bette Barclay.

Archie Pollock is President this year, with Valerie Caruso, 1st Vice President and Myles Gilson, 2nd Vice President. Bette Barclay is Secretary/Treasurer and Jack White, Greenskeeper. Alice Gray and Bill Geggie are

Tournament Secretaries.

Fees are unchanged at \$60 per person for the season. The club is open for new members and anyone interested is invited to join us at the Log Cabin Club House on Edith Street on Monday, Tuesday or Thursday evening at 7:00 p.m. Instruction is offered to newcomers and the club will loan bowls for the first season.

The 5th Annual CANADA BOWLS CHALLENGE TOURNAMENT will be held at the Georgetown Lawn Bowling Club on June 22. This has become a very successful event and local organizations and service clubs are invited to participate again this year.

Last year, \$722 was raised and forwarded to the War Amps of

Canada CHAMP programme. In a letter received from them, the organization said that the funds raised by Lawn Bowlers across Canada were "used to purchase artificial limbs for five youngsters in the CHAMP programme. The type of limbs range from a standard walking leg to waterproofed swimming arms, waterproofed swimming leg and for an eight-month-old infant, his very first baby mitt."

Starting at 10:00 a.m. on June 22, two eight-end games will be played. Lunch will be provided between the games and entry fee is \$5 per person.

LET'S BOWL FOR THE CHAMPS. Come and Bowl with the club and help a child amputee become an independent young Canadian.

STEVEN C. FOSTER
B.A., LL.B.
BARRISTER & SOLICITOR

37 MAIN ST. SOUTH
GEORGETOWN, ONT.
L7G 3G2

873-4961 FAX: 873-4962

FAT TIRE FESTIVAL
JUNE 1st & 2nd
Registration Forms at Office
All Ages and Abilities

71 Main St. S. Georgetown
(Entrance off rear parking lot) 873-2441

JAKE'S AUTO CLEAN

- Steam Cleaning
- Interior Shampoo
- Under Car Oiling
- Scotch Guard

877-3802

DON'T FORGET OUR ADDRESS CHANGE!

265 GUELPH ST. SINCLAIR PLACE Next to Belamy's

- Fire Retardant
- Engine Shampoo
- Perma Sheen
- Paint Touch-Up

GEORGETOWN

NELL'S DRIVING SCHOOL

NEXT COURSE
4 DAY "CRASH" COURSE
JUNE 24 '91 27 - 9:30-3:30

For Information About Courses or Private Lessons
PHONE 877-2671

Riverside Fitness

SUMMER SPECIAL

\$99 NOW UNTIL LABOUR DAY WEEKEND

OR

\$19 PER MONTH

PRE-OPENING SPECIAL
At Our Women's Downtown Georgetown Club
CALL NOW! 873-8383

NO INITIATION FEE

- INDOOR/OUTDOOR POOL
- FREE WEIGHTS
- UNIVERSAL EQUIPMENT
- LIFE CYCLE/LIFE POWER
- SAUNA/HOT TUB
- AEROBICS
- TENNIS COURTS
- FITNESS TESTING
- AIR CONDITIONED
- CORPORATE GROUP RATES
- BEACH VOLLEY BALL
- INDIVIDUAL PROGRAMS

HWY #7 WINSTON CHURCHILL NORVAL **873-7766**