

Halton Hills Blue Fins find better training is key to success

Better training for members of the Halton Hills Blue Fins Swim Club is the key that club organizer John Duncan is hoping will help the group continue to improve on its recent successes.

Duncan said about eight of the older Blue Fins swimmers have been receiving dry-land training with Laurie Burns, operator of Work That Body in Georgetown, as a way of increasing their performance.

"It's a good way for them to improve and the kids have responded to the idea. I believe it has made a difference for them and will continue to do so."

Duncan said although the club has roughly the same number of swimmers it did last year, the local girls and boys have been taking part in many more competitions than they have before.

"The various meets give our people the chance to become more experienced with the ways the events are held and get more confident in the water. There are a lot of car pools involved for the travelling that goes on now. For

two meets we even stayed over because of the distances involved."

While Duncan said the club now has two or three coaches present all year to work on training, which has helped, the Blue Fins need volunteers to help with the timing and starts for the races.

"It's something we always seem to be a little short in. We're trying to organize more of our own officials courses to get people certified to handle timing duties or be starters - becoming more self-sufficient instead of relying on others."

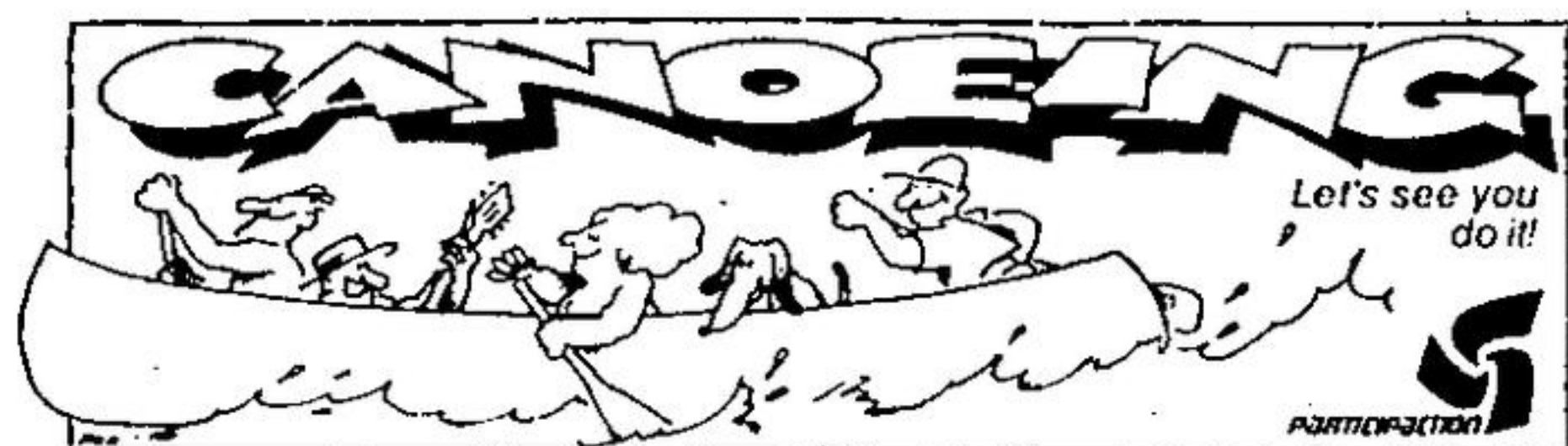
Another project in the works is convincing a business to sponsor one (or more) of the races held at the swim meet the club hosts every year. Duncan said the sponsorship would help reduce costs for the members.

"We also sell cheese during the year and hold a barbecue at the meet to help raise money for our expenses during the season. There is also a dance and a beach party, making things a little more fun for everyone."



Halton Hills Blue Fins Swim Club (with many of its members pictured here) has worked on improving its finishes at various meets this year and is looking to give its athletes an extra edge by in-

roducing some of them to extra training outside of the pool. The club is also trying to increase the number of timekeepers and starters to help the group operate more smoothly. (Herald photo)



Say: "I saw it in The Herald"

Have you seen who's reading

The Halton Hills
HERALD
lately?



EVERYBODY!

This year we are
CELEBRATING
OUR 125th YEAR
of service to the community

The Herald is seen by ALL of Halton Hills and is the only newspaper to give the readers one complete news and advertising package featuring local stories about local people and events which concern our community. If you want your business to be seen by everyone give our display advertising department a call. Our professionally trained representatives can answer all your questions!

The Halton Hills
HERALD

45 Guelph St., Georgetown 877-2201



"I said build a central vacuum so totally reliable, we can guarantee it to the year 2000!"



And we did."
President's Edition
2000

Gillian Smart
Gillian Smart,
President, Beam of Canada Inc.

A limited production run that puts all this in one top-rated package for the first time ever:

- Most powerful vacuum motor we've ever offered!
- Deluxe electric powerhead, and Soft-Touch electric hose.
- Plus... full set of attachments, and choice of decorator inlets.
- No bags, no filters, no maintenance!

All for only \$ **699.** (3-inlet system, Power Unit 371 PE, complete with everything needed to install and clean)

Order now and don't be disappointed!

SMART CENTRAL VACUUM SYSTEMS
FREE YOU FOREVER FROM LUG-AROUND VACUUMS!

We've Moved To Our New Location

HALTALARM

164 GUELPH STREET
GEORGETOWN

LOOK FOR THE BEAM SIGN
873-2500