

Buying or Selling?
List With Success!

NRS BRAND REALTY INC.

NRS Georgetown 873-0300
Erin 833-2773

Sports and Recreation

ROB RISK - Herald Sports Editor

877-2201

Lacrosse Rams 18
Golf Tournament 18
Slowpitch Results 19
Ladies' Football 19
Sports Calendar 19



Blue Fins' best

The Halton Hills Blue Fins held its annual awards celebration at St. George's Hall on Monday to recognize the efforts of its swimmers for the past season. Pictured here (left to right) are Laurie Anne Crocker, winner of the Wendy Bull Memorial

Award for best spirit and positive attitude, Alison Duby, winner of the female swimmer of the year award and Neil Scudder, who received the male swimmer of the year award for the second time in a row. (Herald photo)

Halton AAA history troubling for GHMA

By ROBERT RISK
Herald Sports Editor

Unpaid ice time that often wasn't used and registration procedures of the Halton Hurricanes AAA organization has caused the Georgetown Minor Hockey Association some concern.

As preparations are being made for the upcoming season, problems experienced last year by the new hockey group have prompted the GMHA to seek a meeting being moderated by the head of the Halton Hills Recreation and Parks Department.

GMHA President, Hal Pells, said 50 hours (\$4,000 worth) of ice time given to Hurricanes by his organization wasn't utilized, which he said was a shame because there are so many other groups which could have used it.

"The ice was completely idle. The so-called triple 'A' organization let it go vacant. As a result, we (GMHA) booked all of our own ice first this year and then gave them what was left."

Terry Brandt, vice-chairman of Halton Hurricanes said AAA had to take all the ice time in a block as part of the contract and that most of the unused hours were very early weekend times.

"Having an opening at 6:00 a.m. on a Saturday is not, as far as I'm concerned, a very good practice time. When you're bringing in players who live in Orangeville or Flamborough to practice in Georgetown, it's asinine."

Brandt said he has requested more weekday ice time from both Georgetown and Milton's hockey groups, but with each centre cut-

ting the hours given to Hurricanes and the GMHA choosing its hours first, he wasn't sure if that would happen.

Pells said the GMHA's main concern this year is that the Town of Halton Hills will be coming to his group seeking ice fees booked to AAA, which were contracted directly to Hurricanes in 1990-91. Brandt acknowledged that Hurricanes just paid its last bills to Halton Hills two weeks ago and still owes Milton \$5,000.

Pells said the GMHA would now be responsible for those costs if Hurricanes ran out of money again, forcing him to set up a new payment arrangement.

"They seemed to run out of money around February last year and we don't want to be stuck with any bills. To avoid this, we're going to get each month's ice payments in advance or they won't get to use it. Tom Shepard (director of Halton Hills Recreation and Parks), is sending them a letter to set up a meeting for sometime next week."

Pells said another items up for discussion at the meeting will be about the Hurricane organization registering players before the youngsters have done so with their local minor hockey group first. He said that is something AAA agreed to last year and are now going back on its word.

Brandt admitted registrations have taken place, adding that the fees have been going to pay off last year's bills. However, he said only players who were on Hurricane teams previously were being signed on.

Coach Donohue's Tips

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

SPORT SHORTS

Lawn bowling

This Saturday at 10 a.m. the Georgetown Lawn Bowling Club will host the 5th Annual Canada Bowls Challenge Tournament. Local Service Clubs and Organizations will be competing for the Club Trophy which was won in 1987 by Kinsmen, 1988 by British Canadian Club, 1989 by Royal Canadian Legion, Branch 120 and 1990 by Kinsmen.

As well as the trophy, Club Pins will be presented to the winning team and a Pick-Your-Own prize table for the runners-up.

Come to the Log Cabin Club House on Edith Street to play the game of Bowls, to support the players or just to join in the fun. All proceeds go to War Amps CHAMPS programme.

Charity Football

This Saturday, starting at 9:30 a.m., the 4th annual Georgetown Ladies Flag Football Mixed Charity Tournament will kick off. Six teams are involved including Global TV, Halton Police, Montreal, Burns Transport, Michael's Restaurant and Men's and Ladies League mix.

Throughout the day there will be gift certificates, prizes, hamburgers, hotdogs, muffins, juice, pop, and treats for kids. There's a silent auction on a shower door (approx. retail value \$325.00), car window tint by Tidy Car (approx. value \$250.00), golf bag (approx. value \$200.00), and a walkman (approx. value \$100.00). A raffle draw will be held at 4:00 p.m.

Admission is free. All proceeds to Shriners Hospital For Crippled Children in memory of Bob Copland.

Proper practices

A practice at the start of a season is very different from a practice just before a major competition. To help you plan an appropriate progression of practices over a season, follow these steps:

1. Assessment - There are several aspects to sport: technical, tactical, physiological, mental, social. At the start of your season, assess the skills of your athletes in each. Identify their strengths and weaknesses.

2. Goals - Decide with your athletes what you want to accomplish by the end of the season in each aspect of sport. Make sure the goals are challenging but achievable, and within your control.

3. Objectives - List what you and your athletes must do to achieve your goals. Make these objectives measurable.

Since you cannot do everything at once, divide your season into phases. Phase 1 is usually the longest, Phase 2 the next longest, etc. Evaluate progress at the end of each phase. Revise your goals and objectives if necessary.

- Phase 1. Lay the Groundwork
- *Review basic skills and tactics
 - *Develop general fitness
 - *Teach a mental skill

- Phase 2. Blend all aspects
- *Solidify skills and tactics
 - *Work on fitness specific to your sport
 - *Try out the mental skill in different situations

- Phase 3. Practice competing
- *Use and refine skills and strategies in minor competitions
 - *Perform fitness drills at competitive intensity
 - *use and refine mental skills under stress

Throughout these three phases, work also on your social goal, eg. cooperation, respect for all others.

Phase 4. Go for your goals!

At the end of the season, encourage your athletes to remain active in other sports.

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.



Long jump effort

Chris Seads, an 11-year-old competitor from M.Z. Bennett Public School, gives it his best effort during the boys long jump event at Acton High School on Tuesday. Several north Halton area schools took part in the meet, but results were unavailable at press time. (Herald photo by Rob Risk)