

# Mechanical breakdown for Slowpitch Car Club

By JIM ANNETT and JIM READMAN  
Herald Specials  
Kendale Mechanical 12  
Random Car Club 1  
After loading the bases in the first inning, Kendale's Andy Parent settled down and allowed

just eight hits and one run in seven innings while going two for three with two doubles.  
Glen Puckering had a single and a triple while making two outstanding shoe-string catches in centrefield. Bob Boomer McDonald and Brent Telford

went three for three and scored two runs apiece. Dave Wallace, Bob Morrow, and Tony Perkins went 2 for 3 each in a losing cause.

**Optimist 17, Capital Ford 1**  
Keith Ewing held the opposition to just one run and chipped in with four hits while Phil Jones pounded out two home runs as Optimist Club trounced Capital Ford 17-1. Tom Shillington and Dave Ashbee went three for five and crossed the plate three times each.

Mark Coates hit a double and scored in the first inning on a Pete Wanner RBI triple for Capital Ford's only run.

**Elks Club 15**  
**Newfoundland Club 12**  
Ron Osborne and Scott Lauerty led Elks Club with a homerun apiece and put Elks into a first place tie with Kinsmen. Elks scored nine runs in the last two innings to take the lead.

Doug McMullen had two doubles and a triple while Mark Wilson had three doubles and a single. Mike Myers, Robert Hill, John Bonia, and Frank Maddigan all went three for four. Dave Bickford had a triple.

**Royal Pizza 10, Park Lincoln 7**  
Royal Pizza rallied for five runs in the fifth inning to take an 8-5 lead and good defence prevented Park from mounting a comeback. Jim Pirie cashed in three RBIs with two triples and two singles and made a great catch at second base. Don Peacock added an insurance run with a solo homer to straight away centre field in the seventh.

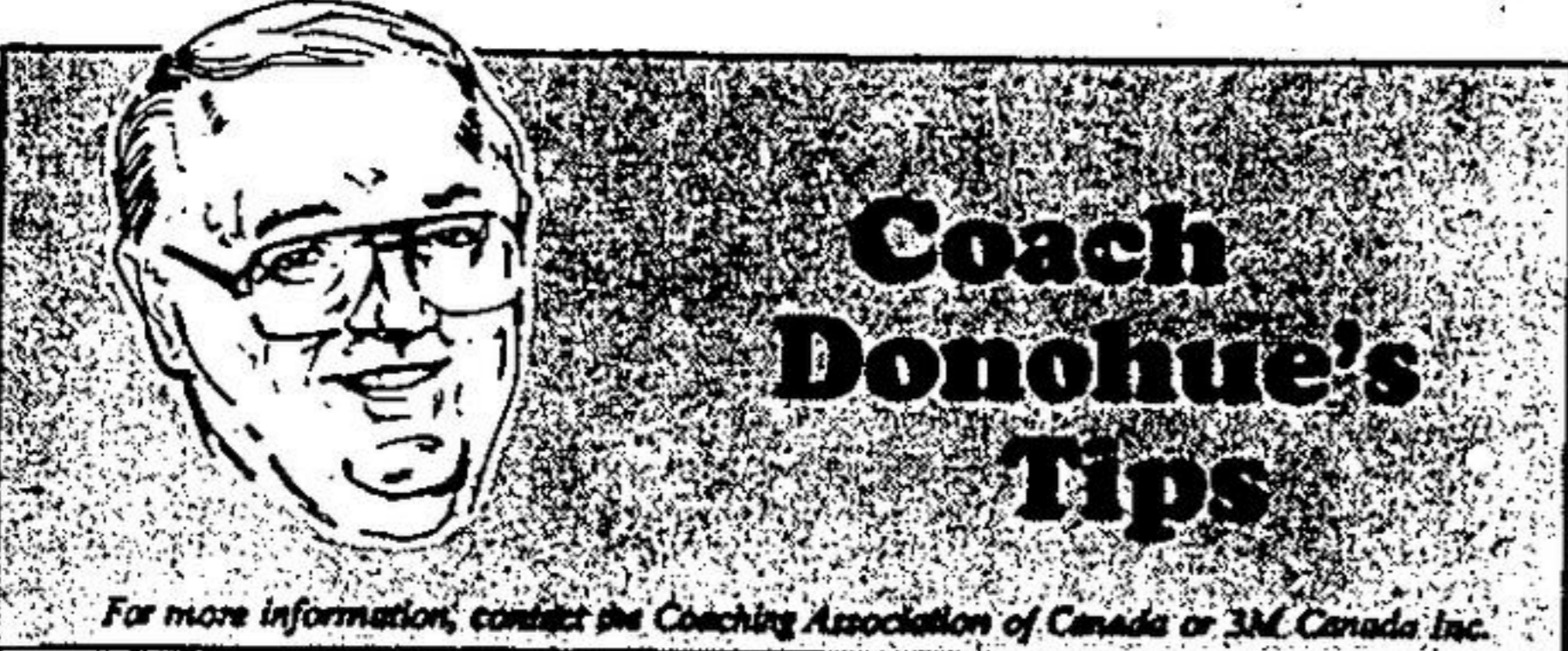
Park Lincoln was hitting early, scoring five runs in the first two innings. Tim Wilson tripled in a run and Eion Hayes added two RBIs with a line drive single. George Kent hustled for an inside-the-park home run in the sixth inning, but Park Lincoln's comeback attempt fell short.

**Lions Club 9, Firemen 6**  
Paul Dodds led the way for Lions Club's first win of the year with excellent pitching, striking out five and hitting a double. Bob Stills hit a home run, Dave Callaghan tripled and five others hit doubles in a winning effort.

Firemen couldn't get the bats going though Ron Appleyard and Rob Quinton each hit a double. Cal Wilson made a great catch in left field to keep the game close.

**Kinsmen Club 19,**  
**Living Lighting 6**  
Kinsmen struck early in this contest, scoring 13 runs in the first three innings. Paul Heron hit a three run homer in the fourth, Larry Lighty and Randy Schaefer each tripled. Bruce McLean hit three doubles with four RBIs and Brian Shirliffe cashed in four RBIs of his own. Good relief pitching by Jim Conolly prevented Living Lighting from coming back as they scored all its runs in the first two innings.

**Kinsmen Club 10**  
**Royal Pizza 5**  
(make-up game from May 26)  
Solid defence all game won this one for Kinsmen. The first four batters of the game scored for Kinsmen as Paul Heron and Bryan Whittaker each doubled in runs. Ron LeFebvre, Paul Heron and Bryan Whittaker each scored twice in a winning effort.



## Coach Donohue's Tips

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

## Program popularity

Several thousand young Canadians were asked what they liked best about sport. Their answers fell into four categories: achievement, affiliation, sensation, self-direction.

From analysis of the children's responses, here are some tips to make your program appealing.

- AFFILIATION**  
This is the most common reason given by participants. So:
- design partner skills
  - teach athletes to coach each other
  - have frequent informal team talks
  - plan social get-togethers
  - help everyone feel valued as a team member

- ACHIEVEMENT**  
The children made it very clear that it is their personal achievement which is important. Too much emphasis on winning turns most of them off. So:
- set realistic goals for each athlete
  - record their progress so they can see it
  - as they improve, set progressively more challenging goals
  - arrange competition with suitable opponents

- SENSATION**  
They liked the feelings, sights, sounds, smells, exhilaration of activity. So try:
- having workouts in pleasant areas
  - warming up to music
  - calculating the right amount of activity for everyone
  - organizing varied fun and novel practices
  - designing interesting challenges
  - orchestrating close games

- SELF-DIRECTION**  
The children liked to feel independent, to make some of their own decisions, to be treated in a responsible way. So let them:
- lead warmups, choose drills, etc.
  - decide what play or strategy to use
  - make up their own routines, moves, plays
  - set, assess and adjust their own goals.

Finally, since every athlete is different, and since each will be motivated by a different combination of four categories, make sure you get to know what motivates each of your athletes.  
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.

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