

Raiders staying Junior B

An emergency meeting of the Ontario Junior B Hockey Association Wednesday, Sep. 4 to

decide whether or not the Central Ontario Junior B League should recategorize as a Junior A league.

ended in a majority decision to discard this idea.

This meeting followed a decision by the Metro Toronto Junior B league to rename themselves as a Tier Two/Junior A league.

Lengthy discussions were involved at this meeting, which had 12 of the 16 Central Junior B teams deciding not to restructure itself as Junior A.

"It makes sense from a recruiting standpoint, but the brand of hockey would be the same," explained Georgetown Raiders president and general manager Finn Poulstrup. "There would also be increase in finances with this change in terms of the cost of ice time and referees."

Seniors golf tourney

Gordie Tapp of Hee Haw will be the celebrity guest at a special golf tournament, to raise funds for Georgetown and Acton senior's centres, tomorrow (Thursday) at Blue Springs Golf Course in Acton.

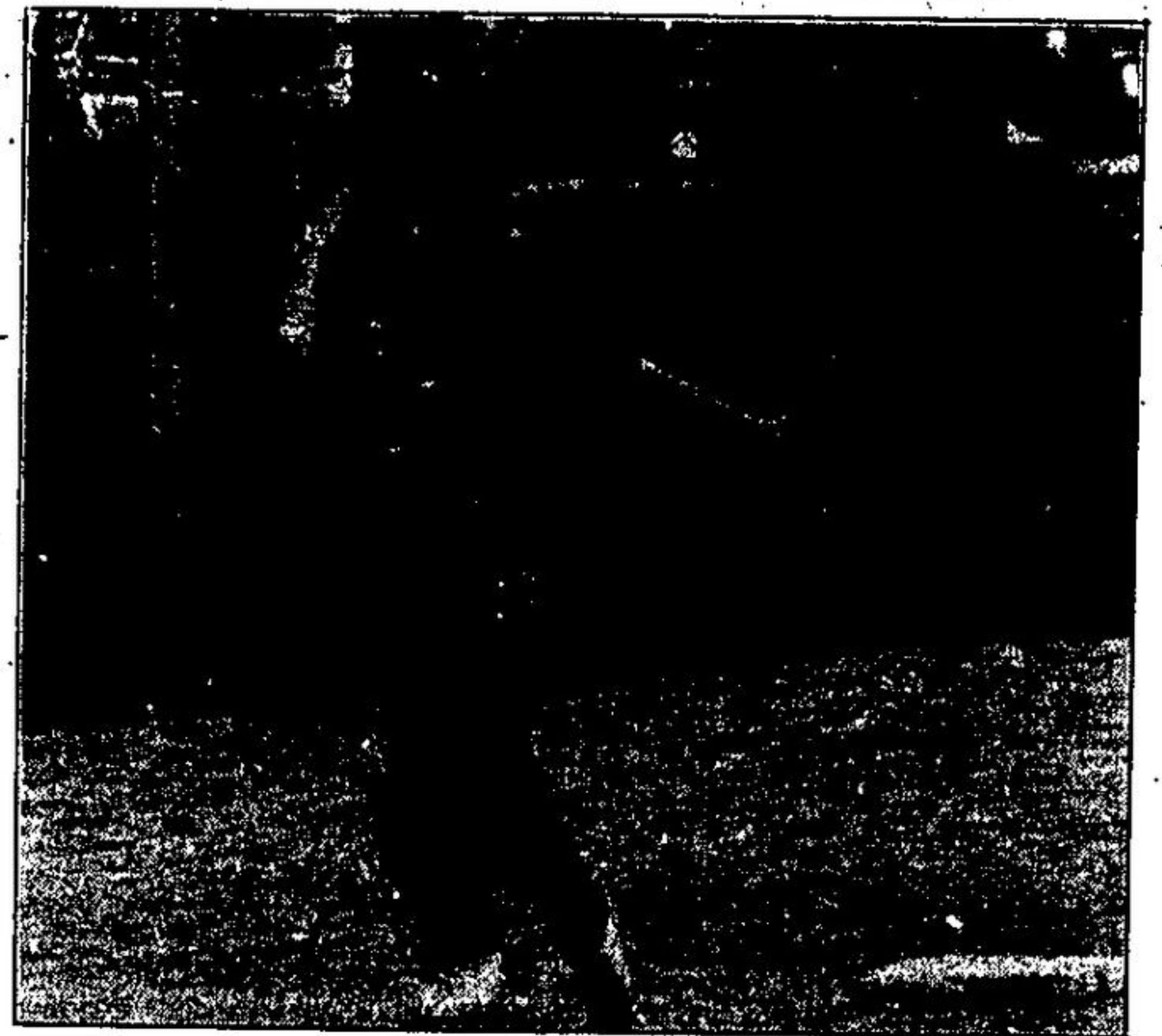
At a public relations meetings on March 20, Regional Chairman Pete Pomeroy made a recommendation for such a project in order to raise funds for both the Georgetown and Acton Senior's associations.

Since that time, he has done most of the work towards getting the golf tournament off the ground.

"It's the first major fundraiser for both the Acton and Georgetown senior's groups," said Les Mellish, president of the Georgetown and District Senior's Association. "Any of the credit for this fundraiser should go to Mr. Pomeroy."

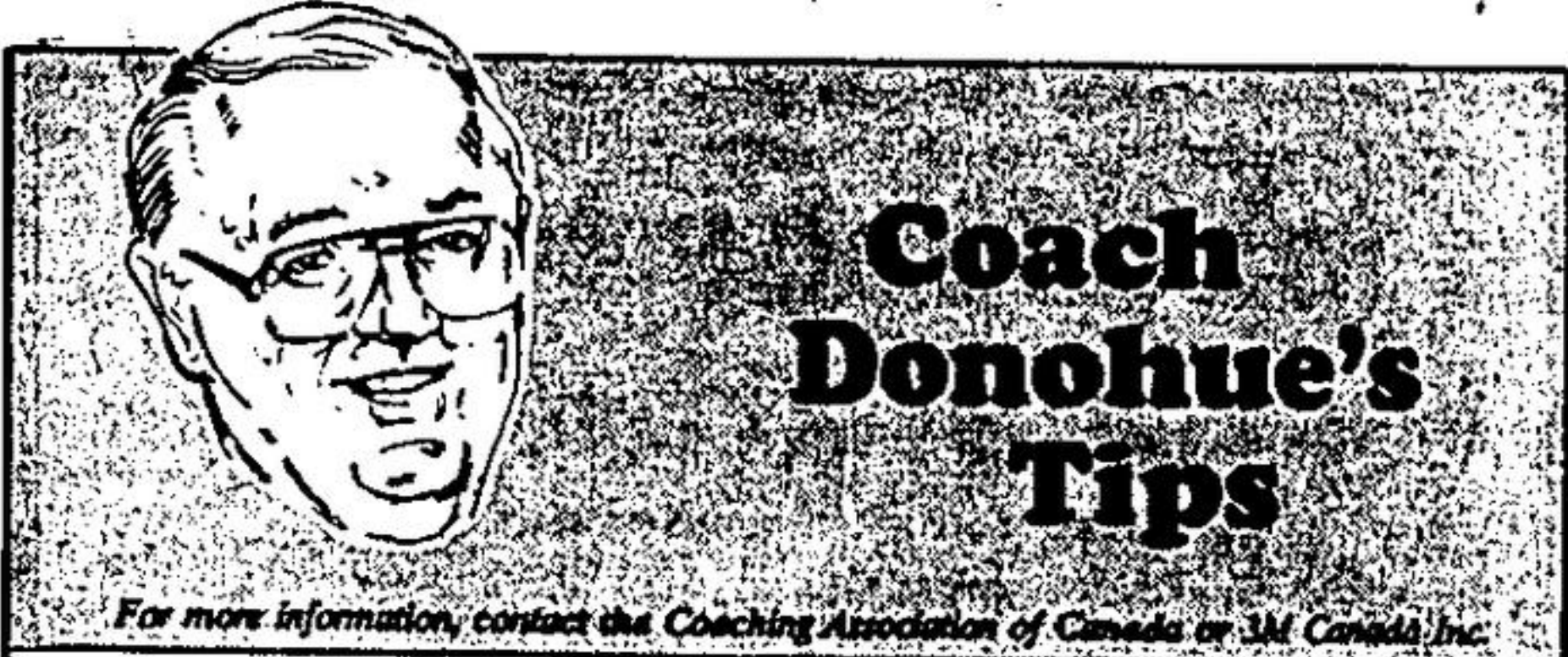
Mr. Mellish explained this tournament demonstrates community backing for local seniors. Many businesses in the area are sponsoring this golf tournament.

Registration for the tournament, which will include a day of golf and a dinner to follow, will begin at 11 a.m. and cost \$115. A shot gun start for golfers will be at 1 p.m. and the dinner will be held at Jack Tanner's Table in Acton.



Heading for home

Optimist Club player Amy French heads for home during the early innings of the Kinsmen Girls Softball Finals against Pictures and Presents. While Amy scored easily on this attempt, her team was unsuccessful in stopping P and P's strong offense and lost 18-13.



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

The changes in bone, muscle and the energy systems that occur as children grow and develop affect every aspect of life. As a coach, you need to know how these physical changes specifically affect performance in sport.

Athletes of the same age can be vastly different in physical maturity.

Tips:

*allow some flexibility in all group programs to permit some sorting of athletes by maturation level

*match partners or choose opponents by height, weight, experience, rather than by chronological age

Motor development which is linked with skill learning slows down during periods of rapid physical growth.

Tips:

*explain to the athlete what is happening

*set realistic goals during this period

The ends of the bones in prepubescent athletes are vulnerable to permanent damage from overuse.

Tips:

*limit extensive jumping, bending and throwing activities

*do not permit heavy weight training until after puberty.

The anaerobic lactic energy system (used in intense exercise lasting 10 seconds to two minutes) matures later than the other two systems.

Tip:

*for young athletes, limit bouts of intense activity to about 30 seconds and allow longer pauses between repetitions.

Keep young athletes fired up. Don't burn them out!

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.

Cross country

1991 CROSS COUNTRY MEETS NORTH HALTON ELEMENTARY SCHOOLS

North Junior - Grades 3-6, Bronte Creek Provincial Park, Oct. 3, 10:00-2:30.

North Senior - Grades 6-8, Bronte Creek Provincial Park, Oct. 3, 1:00-2:30.

Includes all Milton, Campbellville, Georgetown, Acton schools.

Halton County - Grades 3-8, Bronte Creek Provincial Park, Oct. 8, 10:00-11:30.

Halton County - Grades 6-8, Bronte Creek Provincial Park, Oct. 8, 12:30-2:30.



THE CORPORATION OF THE Town of Halton Hills

1 Halton Hills Drive - P.O. Box 128
HALTON HILLS (Georgetown), Ontario L7G 5G2
873-2600

COURTESY NOTICE OF PUBLIC MEETING WARD 2 / TENTH LINE / REGIONAL ROAD NO. 23



Council for the Town of Halton Hills will conduct a Public Meeting to examine and discuss a proposed amendment to Zoning By-law 74-51 to permit a farm implement dealership and garden centre operation.

The subject property is located at the intersection of the Tenth Line and Regional Road No. 23, with the property being described as Part of Lot 18, Concession 11, Town of Halton Hills (Esqueving).

Further information is available in the Planning Department.
ALL INTERESTED CITIZENS ARE WELCOME

Time: 7:00 p.m.
Date: Monday, September 16, 1991
Location: Council Chamber
Halton Hills Civic Centre
1 Halton Hills Drive
Halton Hills (Georgetown)

File No: D09/Moon

AD No: 7437

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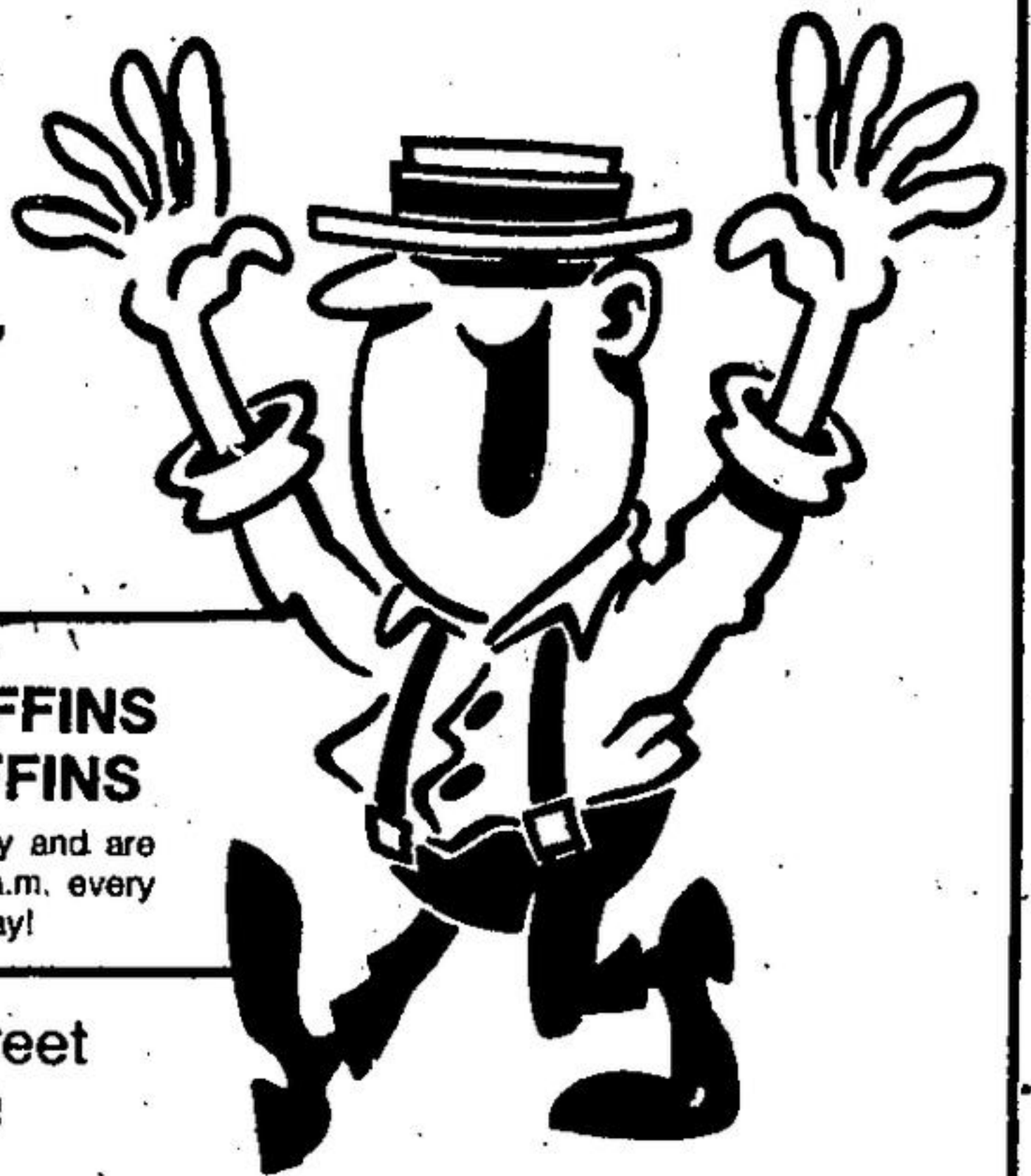
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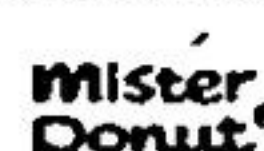
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