

Caledon horse trials big success

On Sunday, September 8th, 1991, the Caledon Horse Trials held the Ontario Training Championships.

The second event this year held at the Caledon Riding and Hunt Club was another success. This was due in no small part to the

many volunteers necessary to run an event such as this. Over 140 competitors were entered, thirty in the Training Championship Division. All enjoyed the home cooked food and the hospitality for which the Caledon Horse Trials are famous.

RESULTS

Ontario Training Championship Division - \$1,000.00
1st Kilibear - Jennifer Franks. 2nd Balalaika - Julie Frost. 3rd Lucky Devil - Joni Peters. 4th Silver Bench - Lee Anderson. 5th Avitza - Peter Gray. 6th Nordic - Chris Hary. 7th Legacy - Wendy Dell. 8th Friendly Persuasion - Vanessa Koper. 9th Gold Allegro - Sheryl Plain.

Training Division - \$450.00
1st Tonka Toy - Vanessa Taylor. 2nd Gamblin Jack - Joanne McCartney. 3rd King Ruckus - Sandra Dustin. 4th Plutonium - Mary Jane Island. 5th Lord Ramsay - Michael Haughy. 6th Kennamon - James Rudolph. 7th Welton Solitaire - Cindie Jamieson. 8th Lisa Halwach. 9th Winter Break - Ingrid Carsten.

Pre-Training Division - Prizes to 4th Place
1st Kings Road - Lyn Ormiser. 2nd Kirchesse Bartok - Kelly Rae. 3rd Bold Intention - Alex LeFeuvre. 4th Holly - Janet Wright. 5th Red Willow - Shirley Morden. 6th Magic Ruler - Samantha Douglas. 7th - Stormy Sky - Tamara Hamilton. 8th Octillian - Jody McDonald. 9th Dial-A-Register - Eva Lievo.

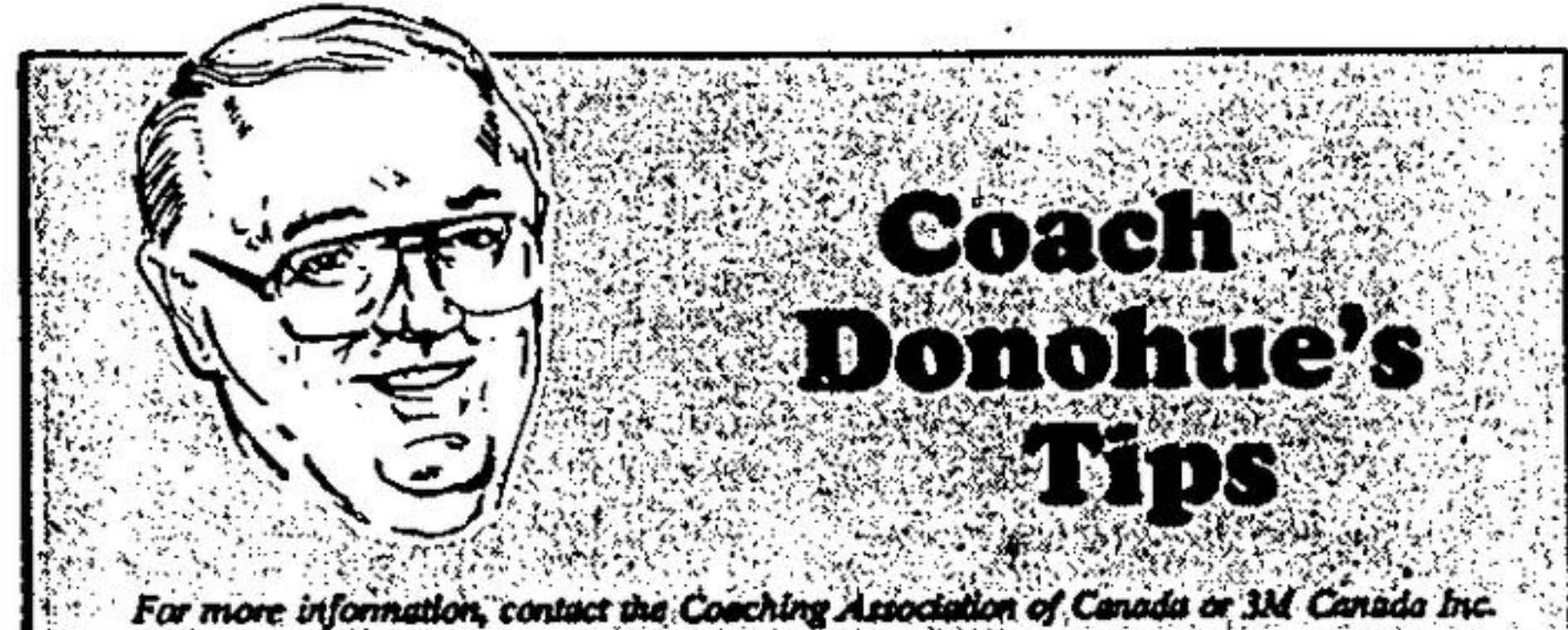
Hockey trainers clinic

The Ontario Minor Hockey Association has developed a Hockey Trainers' Certification Program for all coaches, managers, trainers and team assistants involved in minor hockey. Topics such as basic first aid and injury prevention specific to hockey injuries are included. Program will run Thursday, September 19, 6:00 to 10:30 p.m. at Acton District High School. Pre-registration is a must. Register at the Acton Indoor Pool, or the Civic Centre building. For information contact the Halton Hills Recreation and Parks Department at 873-2600, ext. 268.



In your face buddy

One-on-one competitors Victor Estevan (left) and George Perdue begin preparation for the new men's basketball league at Georgetown District High School that will be playing Monday evenings.



Coach Donohue's Tips

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

What do ovens, bubble gum and athletes have in common? They all need warming up to work efficiently! A proper warm-up for athletes has three components.

1. **Progressive, Vigorous Exercises.** These exercises heat the body, especially such deep parts as muscles and joints, and get the energy systems ready to work.

2. **Stretching Exercises.** These exercises stretch muscles, tendons and muscle sheaths, especially those used in the activity to come.

3. **Simulation Exercises.** These exercises prepare athletes for training or competition by stimulating them both mentally and physically.

Progressive vigorous exercises usually consist either of rhythmic, large-muscle activities such as jogging, skipping, swimming, or of full-body calisthenics. Athletes should start slowly and steadily increase their pace until they break into a light sweat. The exercises should continue for at least five minutes.

Stretching exercises typically consist of the exercises the athletes do for their flexibility training.

Simulation exercises are basic skill exercises that athletes do under controlled conditions. They are structured and rhythmic, and provide a mental as well as physical transition into the workout or competition to follow.

Here are some tips on warm-ups:

- Be systematic. Find and follow an outline that works for you.
 - Vary exercises. Have a repertoire of different exercises for each part of the body and of the warm-up.
 - Allow for individual differences. Everybody needs a different mix of exercises.
 - Do more. If there is any doubt about whether the athletes have warmed up enough, have them do a little more.
- After the practice or competition, don't forget to have the athletes cool down.

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.

Youth Softball

A's thump Jays in Pee wee gold final

A'S THUMP JAYS IN PEEWEE GOLD FINAL

It was a thunderous 20 hit attack by the Optimist A's that led them to a strong victory over the G and W Woodworking Blue Jays on Saturday, Aug. 24 at the GBA's "Day of Champions."

The coin toss was won by the Jays who took to the field.

1st Inning - A's

Lead off walk Darren Mansfield. Triple Ryan Poyntz. Single Matt Borg. Double by Derek Ross. Triple by David Pegg for total of 5 runs.

1st Inning - Blue Jays

Lead off walk. Next three batters retired. 2 strikeouts, 1 out at first scoring the Jays only run of the inning. Excellent pitching by Matt Alexa.

2nd Inning - A's

Chris Myers opened with a lead off double followed by a strike out, two walks and a fly out. Tom Collicott hit a strong double to score two runs.

2nd Inning - Jays

Lead off walk, a strikeout, then a hard hit ball for a double by Alan McAuty. The next batter was walked then Blair Jackson had a single to score a run. Richard Laroque had a double to score 2 runs. Chris Myers threw out the runner at 3rd and another strikeout concluded the inning.

3rd Inning - A's

Two quick outs to start the inning. A single by Daniel Estevan with the game's only home run by Matt Borg to score two runs.

3rd Inning - Jays

Lead off strikeout then came the fire. A single by Shane Copeland, a triple by Andrew Terrella to score a run, a double by Hutzal to score a run, a single by Rob Harrison to score a run, a strikeout, and a double by

McAuty for two more. The score was 9-9 after 3.

4th Inning - A's

Lead off double by David Pegg, two fly balls caught, a double by Scott Connell to score a run, a strikeout to retire the A's.

4th Inning - Jays

Derek Ross pitching for the A's retired the Jays in order.

5th Inning - A's

Lead off walk, double by Tom Collicott to score a run, a single by Darren Mansfield to score a run, a long triple by Ryan Poyntz to score a run, a single by Daniel Estevan and a double by Matt Borg to score the 5th run of the inning.

5th Inning - Jays

A nice line drive catch by Matt Alexa, a strikeout and an out at 1st concluded the inning. Strong pitching by Daniel Estevan.

6th Inning - A's

David Pegg drove one to left

centre for a lead off double. Shane Copeland caught a rocket at 3rd, a single by Connell to score a run and a strikeout put the A's in the field.

6th Inning - Jays

Jays lead off walks by Geoff Wilson and Andrew Terrell and a single by Rob Harrison were left on base as the runner at third was thrown out. A fly out and strike out ended the inning. Score 16-9 for A's.

7th Inning - A's

No scoring for A's.

7th Inning - Jays

Two walks, a single and a double scored three runs then a strikeout, a fly out and the final out of the game was made with a runner caught stealing with a strong throw by Jason Bakker to Darren Mansfield at 2nd base. Final score Optimist A's 16, G and W Woodworking Jays 12.

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Eric Connolly, M.O.A.A., M.R.A.I.C., and Dan Chalykoff, R.A.I.C. Syllabus, are pleased to announce the opening of their architectural studio in Georgetown at 114 Mill St. the firm specializes in institutional and residential building types with interests in heritage conservation and urban design.

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