Outstanding week for new Senior YBC bowler

The "Bowler of the Week" honours certainly go to Cindy Clarke who made her presence known to every bowler at Georgetown Bowl. In her second week as a senior YBC bowler (last year's top junior) she rolled a triple of 849, which was better than the adult leagues. To achieve this, Cindy bowled games of 226, 350 and 273, thus taking over the lead in her league with a 230 average followed by Carrie Walsh 203 and Christina Lane 202. The top three in the senior boys division are Alain Larocque (for the second week) with a 215 average, Rob Harrison 212 and Brian Crocker 208.

ibility in order to avoid injury.

body part further each time.

ble, then holds the position for 15 to 20 seconds.

methods of stretching.

further each time.

quired in the sport.

better when "worked".)

The next outstanding effort in the YBC was the achievement of bantam Matthew Walker. His triple was 655 with games of 206, 230 and 219.

The teams for the coming season are tentatively formed, and a few bowlers are still needed for a full roster. Thus, more bowlers, former or beginners, will still be accommodated.

GEORGETOWN Y.B.C.

Juniors: Tanya Martin 584 (238), Michel Arsenault 474 (190), Kim Conrad 494 (216), Ken Armstrong 460 (185), Janice Somers 444 (181).

Bantams: Matthew Walker 655 (230), Brendan Louth 478 (174),

Donohue's

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

Flexibility is defined as the range of movement at a joint or series of

joints. It is joint specific. Many athletes require great flexibility to hit

harder, throw further or jump higher. Most athletes need some flex-

Stretching is the technique used to develop flexibility. There are four

1. Stretch-and-hold. The athlete moves a body part as far as possi-

2. Partner stretching. A partner moves the athlete's body part as far

as possible, then the athlete holds this position for five seconds. This is

repeated ten times, the partner gently moving the body part a fraction

3. PNF stretching. The athlete moves a body part as far as possible.

A partner then holds the part there while the athlete tries for five

seconds to return the body part, against his resistance, to the normal

position. This is repeated three times, with the athlete moving the

4. Dynamic stretching. The athlete performs the movements re-

- Athletes should warm up first. (Muscles, like chewing gum, stretch

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 Cer-

tification Program, contact the Coaching Association of Canada, 1600

James Naismith Drive, Gloucester, Ontario, K1B 5N4 or 3M Canada

All stretching programs should follow certain guidelines:

- The methods should be developed in the order listed above.

Partner and PNF stretching should be closely supervised.

Stretching should be done at least once a day.

Inc., P.O. Box 5757, London, Ontario, N6A 4T1.

Major joints should be stretched first, then sport-specific ones.

Tips.

David King 445 (179), Jennifer Cabral 425 (175), Suzanne Larocque 413 (153), Richard Gostlin 389 (131).

Perwees: Alex Foster 416 (170), Chris Styles 296 (127), Ryan Louth 295 (106), Gordon Clarke 291 (104), Jordan Scuralli 283 (103). William Walker 282

Smurfs: Jason Pshyk 327 (119), Amanda Robichaud 233 (88), Amanda Edwardson 205 (75), Patrick Hole 204 (81).

Seniors: Cindy Clarke 849 (350), Alain Larocue 646 (226), Rob Harrison 638 (280), Brian Crocker 625 (262), Blake Smith

611 (214), Carrie Walsh 599 (231), David Leslie 594 (246), Ryan

Martin 581 (215). Georgetown 'Hotshooters' Tues. Niters League: Bob Nor-

more 771 (292). Mon, Men's League: Ed Ortilla 755 (279), Tom Gos 738 (328), Paul Chaplin 712 (279).



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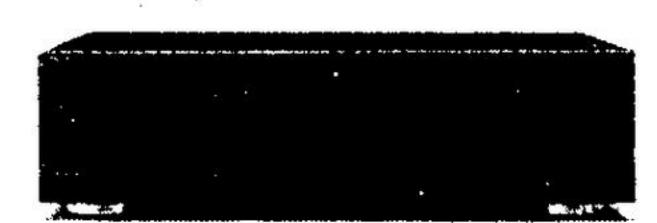


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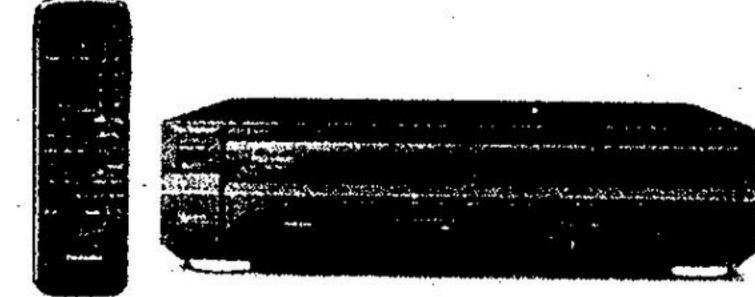
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