

## Youth bowlers shine



Bantam bowlers Matthew Walker (left) and Nicki Verheul bowl their way to a 1st and 3rd place respective finishes Saturday morning during their session of the Youth Bowling Council League of

Georgetown. Matthew bowled a triple 437(174) and Nicki bowled a triple 388(135). (Herald Photo by Ben Dummett)

## Bowling Results

### Hammond captures men's high triple

Georgetown Bowls senior division is reaching new plateaus of excellence as each week goes by.

With Brad Hammond capturing the mens high triple of a 668 (274), followed close behind was Jason Ogden with a 644 (295) and Ryan Martin a 640 (230).

As weeks have gone by the ladies division is still topping the boards with high averages, high singles and of course high triples. This past Thursday Christina Lane took the high triple with a 692 (285) while only a short stride behind Cindy Clarke bowled a 654 (254).

It's that time of year again when tournaments begin, to start off the tournament season the seniors will take part in the senior mixed on Sunday, Oct. 20th. The girls will be bowling in Streetsville while the boys are in

Orangeville.

#### Bowling Scoreboard Georgetown Y.B.C.

Juniors: Tanya Martin 601 (226), Lynne Moreland 521 (188), Kim Conrad 507 (173), Michael Richardson 490 (211), Monica Beauparlant 477 (204), Paul Larocque 468 (208), Kevin Shapcott 462 (188), Chris Gostlin 451 (164).

Bantams: Matthew Walker 437 (174), Michael Cluney 421 (154), Nicki Verheul 388 (135), Jennifer Grace 368 (140), Shawn McCullough 361 (137), Suzanne Larocque 353 (126).

Peewees: Alex Foster 391 (141), William Walker 337 (128), Chris Styles 318 (111), Jordan Scuralli 312 (112), Gordon Clarke 269 (113).

Smurfs: Amanda Edwardson 218 (82), Jason Pshyk 206 (75).

## Golden Age Bowling

After a few minor changes the league has settled down to 14 teams of 5 members each.

TEAM	Pts.
Braves	22
B.J.s	21
Snowbirds	19
Orioles	19
Dumb Bells	16

Happy Ones	14
Misfits	13
No Name	13
Super Six	13
Alley Cats	12
Go Getters	12
Looneys	11
Honey Bees	7
This Time	4

## Acton senior volleyball team hits hot streak

By STEVEN LeBLANC  
Herald Sports Editor

The Acton Redmen Senior boy's volleyball team spiked and volleyed their way to two exciting victories over St. Thomas and Loyola last week to improve their record to 4-3.

Acton's 13 player squad, led by coach Ken Ellis, had a relatively easy time defeating St. Thomas Oct. 7. The Redmen overpowered their opponents 15-5 and 15-6 to win their best of three match. Acton then used third string players for the third game and lost 15-10.

During this match against St. Thomas, Acton Redmen Jimmy Sale served for nine straight points in one game.

On Oct. 9, Acton was back in ac-

tion against Loyola Hawks in Oakville. The boys took a heart breaking 17-16 loss in the first game. The second game proved to be the most exciting of the week for Redmen fans.

Acton was down 11-1 and looked to be all but finished before Jake Jovanov served for eight straight points and led his team to a 16-14 victory.

Acton made quick work of the Hawks in the third game, beating them 15-1.

The Acton Senior boy's volleyball team is now in 5th place in Volpe Division of Halton which consists of nine teams.

"We are definitely looking to make the playoffs this year," said

coach Ellis, "I'm very impressed with the team's performance this year."

**Coach Donohue's Tips**

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

## Positive teaching

Everyone learns best in a positive environment - one that supports learners to the fullest. As a coach, you can create such an environment for your athletes by:

- helping develop their self-image
- setting goals with them
- emphasizing team harmony

Team harmony does not necessarily mean that everyone likes each other. It does mean that everyone respects and appreciates each other.

Being together is not enough to develop team harmony. You need to work on it together, throughout the season. Team harmony begins with you, the coach. Because you are an important role model, how you treat each member of the group will be copied. You should:

- treat everyone equally and with respect
- communicate honestly
- share ideas, philosophy, goals

Athletes start to realize they depend on one another. This interdependence is the basis of team harmony.

One of the ways of developing the environment and communication that will best promote team harmony is to give each of your athletes the following questionnaire. Follow up individually as a group with their answers, always stressing the positive.

#### ENVIRONMENT

- To increase my teammates' enjoyment of the sport, I can ...
- To increase my enjoyment of the sport, I expect my teammates to ...
- To increase my teammates technical performance, I can ...
- To increase my technical performance, I expect my teammates to ...

#### COMMUNICATION

- Phrases or comments I like to hear at practice:
- Phrases or comments I like to hear at competition:
- The times I like it quiet are ...

Jack Donohue was coach of Canada's National Basketball Team from 1972-1988, and 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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