

Centennial volleyball teams strike gold

Boys and girls Chargers win Provincial Championships



Charger male champs

Centennial Middle School boy's volleyball squad took this year's Provincial Cup Nov. 9 after defeating a tough Ticumseh team, 15-8, 15-9. Front row (left to right) Ryan Taylor, Darin Finlayson, Peter Mashinter, Derek Downey, and Dave Welburn. Middle row (left to right) Assistant Coach

John Vandermolen, Neil Smith, Kevin Adema, Mike French, Shane Thompson, and Coach Dave MacFarlane. Back row (left to right) Wes Blight, Ryan Howatt, Matt Jolliffe, John Bilik, and Garry McNiven. (Herald Photo)



Charger female champs

Centennial Middle School girl's volleyball team came from behind to beat Bliss Carmen of Scarborough in the final game of this year's Provincial Cup in Durham County. Front row (left to right) Rachel Inglis, Julie Bottomley, Cortney O'Brien, and Lisa Boulanger. Middle row (left to right)

Assistant coach Brain Cosgrove, Shannon Nolan, Danay Guignard, Leagh Shilliton, Cheryl Rinard, and Coach Jim Atkinson. Back row (left to right) Amy Hayes, Lisa McDonald, Kate Potosky, Karen Fairs, and Colleen Campbell. (Herald Photo)

M and M Pro Sports lose legs and fall 3-0 to Oakville

The M and M Pro Sports Minor Atom team lost their legs in a hard skating, well played game to the Oakville Rangers Sunday at the Maple Grove arena in Oakville.

From the first faceoff Georgetown took the play to the Oakville team. Georgetown kept the puck in the offensive end through the first three shifts of the game.

All three lines had good scoring chances. One of the best opportunities was by Trevor Cash during the second shift. The team found themselves shorthanded at 5:05 for interference which only made the guys work that much harder.

Brent McClung made a great short-handed rush but shot just wide of the net. Both Ryan Bobor and Matthew Hotham had good scoring chances while shorthanded. In the last minute of the first period the Oakville goalie robbed Jason Campbell of a goal with a great save.

The teams went into the second period tied at one. Georgetown went short handed early in the second period as the result of an unnecessary slashing penalty at the 9:16 mark. The boys skated hard to keep the Oakville Rangers off the scoreboard.

An Oakville player broke in alone on the Georgetown net-minder but Ryan Carter made a great stand up play to keep the game scoreless.

There was good end to end action throughout the second period. Jason Campbell had a good scoring chance as well as Daniel Smith who found himself in all alone on the Oakville goalie after a great burst of speed but came up on the short end of the goaltenders stick.

The beginning of the third period found both teams still without a goal. Michelle Lowe made a great defensive play blocking his first of two painful shots of the period. Brent McClung made two end to end rushes in the same shift but still could not find the trigger.

At 9:36 of the third period Oakville got their first of three unanswered goals to beat the Georgetown squad. After that first goal the game belonged to Oakville. Georgetown simply lost their legs trying to play catch up. Several great saves by Ryan Carter kept the score respectable at 3-0.

The rematch at home next weekend promises to be a great game if they can keep their legs through the last ten minutes.



Coach Donohue's Tips

For more information, contact the Coaching Association of Canada at 1-800-387-2222.

Communicating tips

To coach well, you need to communicate well. But communication is more than just talking. It is a people process, a matter of sensitivity and responsiveness. Communicating is a skill, and communication can happen only if the wish to communicate is there.

Communicating well is also a continuous process, something you need to be working on all the time. Be alert to new communication strategies. See what works for other people, and find out whether it works for you. Similarly, watch for signs that communication is not working and take the steps necessary to correct the situation.

The keys to communicating well are:

- communicating openly
- communicating positively
- communicating clearly

To communicate openly, share yourself, and ask for feedback. What you share has meaning, what is clarified prevents misunderstanding. Use phrases like:

- "In my opinion..."
- "It seems to me..."
- "Do you mean..."
- "Can you tell me more?"
- "What do you think?"

People respond far better to positive signals than they do to negative ones.

To communicate positively:

- Be courteous and tactful in all situations
- Be tolerant. Really accept mistakes athletes make. Assume they are trying their best.
- Keep your temper
- When you must criticize, deal with the mistake or the idea, not the person

- Be sincere

- Show loyalty

To communicate clearly:

- Say exactly what you mean, in simple language
- Speak clearly and not loudly
- Look at the person you speak to
- Be patient if athletes seem confused. Try to explain in a different way

Make sure your body language sends the same message as your words. 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, 1800 James Naismith Drive, Gloucester, Ontario, K1B 5N4, or 3M Canada Inc., P.O. Box 5757, London, Ontario, N6A 4T1.

