



Coach Donohue's Tips

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

Learn from children

Learn from children and children will learn from you. When athletes are learning skills, they hardly ever do them perfectly the first time. The main reason is that learning, a processing of information, has certain limitations. The limitations are present in four areas:

1. Gathering Information

No one can deal with all the information in a given situation, and beginners forget quickly. To help your athletes, select only three or four key points, present these concisely, and let the athletes practise immediately.

2. Making Decisions

Learners are uncertain, so they make decisions slowly. This in turn slows reaction time. Help athletes by telling them, briefly, what to attend to, and why.

3. Performing

The main limitations on performing sport movements are athletes' skill, fitness, growth stage and motivation. Depending on the limitation, help athletes to practise more, or to develop more endurance or strength or flexibility. Make sure the tasks you give them match their stage or motor and emotional development. Be alert to possible motivation problems.

4. Evaluating Performance

Beginners can't always feel how they did. Also, because their movement experience is limited, beginners can't always understand your corrections. To help, place them in position, give lots of varied drills, say the same thing in different ways, and be patient!

It is important to note that each limitation listed above can be the source of, or reason for, an error in performance. You need to be able to determine quickly which limitation is causing the problem so that you can give an appropriate and specific remedy.

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.

Squash results

Men's B Inter-Club

The youthful inspiration of Cameron Ower was not enough to prevent a 1-4 loss to the Archdekin Club in Brampton on December 18. The consensus was that Cameron's "good legs" were responsible for his 3-1 win. Paul Strandberg played 2 brilliant games before he "vacated the zone" and lost the next 3. Murray Jans and Terry Madill endured identical 1-3 losses. Alan Kogon was in a pre-holiday slump and suffered a 0-3 defeat.

Men's D Inter-Club

The D team travelled to Brampton's Regency Racquets Club this past week. As it turned out, the highlight of the evening was the delectable post-game meal served to the Georgetown visitors, since the GRC squad had to endure a 5-0 drubbing. The unfortunate victims included David Redman, Paul Duval, Christine Kogon, Graham Tyler and John Jones.

Junior Development

A Junior Clinic will begin on January 18th of the new year, and will run for 6 consecutive Saturdays until February 22nd. The program will be conducted by well-respected squash professional Gene-Duval. It is open to all interested young people between the ages of 9 to 16 and is not restricted to Club members. Basic skills will be emphasized, along with drills and rules. A nominal fee of \$15.00 is being charged. For more information contact Murray Jans at 877-1730.



We're moving now

Brothers Matthew (in front) and Eric Tremblay shoot down the snow packed hills of Cedarvale Park in Georgetown during their Christmas break. (Herald Photo by Steven LeBlanc)



Final preparations

Glen Shoebridge (left) and 12-year-old son Ron prepare to hit the ice last week for some free public skating at Gordon Alcott Memorial Arena. (Herald Photo)

Harrison Public School looking for capable ski instructors

Harrison Public School is going to be busy throughout the new year as they offer assemblies, ski instruction and special visits for students and parents.

Harrison Public School is looking for ski instructors to downhill or cross country skiing to Grade 4 and 5 students.

Contact Mr. Elliot, Mr. Bairstow or Mr. Murphy at 877-4421 for further details.

A parent's information meeting is scheduled for Jan. 16 at 7:00 p.m. at George Kennedy School, to discuss french immersion alternatives with parents of future kindergarten students.

Harrison's Peacemaker Assembly will be held Jan. 9 at 2:30 p.m. The assembly will feature playground problems and show how "Peacemakers" peacefully resolve the problem.

Parents are welcome to come and watch participating Peacemakers receive their badges.

The Lung Association will visit Harrison Public School on Jan. 10 to show Grades 3, 4 and 5 children how smoking affects people's lungs.

The Grade 3 Celebration Assembly is also scheduled for Jan. 23 at 2:30 p.m.

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