

Psychologist feels sports should be fun

By PAUL FERREIRA

Special to The Independent/Free Press

Dr. Gretchen Kerr sees her share of overbearing coaches and parents.

Kerr, a sports psychologist and professor at the University of Toronto, delivered a seminar called "Motivating our Children in Sport" at the Georgetown Cultural Centre Tuesday night. The seminar, hosted by the Halton Hills Gymnastic Club, was attended by 30 parents and coaches.

"Lack of enjoyment is the primary reason why kids drop out of

sports," Kerr said.

This happens when young athletes, coaches and parents do not set and work together toward the same goals.

Kerr stressed that her advice on setting goals and motivation is "not just relevant to sport." She said it also applied to relationships and work.

John Boyce, of Georgetown, was one of those in attendance. Boyce, a father of two, calls himself an "aspiring coach."

"You can apply (Kerr's) advice to a lot of situations," he said,

adding that he will apply what he learned at the seminar.

Kerr, who works with the Canadian Gymnastics Federation, also talked about young athletes and stress.

"At a young age, kids are facing stress," she said. "They perform in public and are evaluated. They learn stress management strategies quickly."

Sometimes, she warned, these strategies differ from those used by parents and coaches. She said athletes should be allowed to handle stress in the manner which is best

for them.

This may not work with some parents.

"I have seen parents in athletic settings getting very involved," said Cheryl Donoghue, the gymnastic club's special events co-ordinator. "A lot of parents should look at themselves."

Donoghue hopes the seminar helps "steer parents in the right direction."

As for Kerr, she will likely be back in Georgetown this September to speak at the gymnastic club's pre-season meeting.

Split decision

The Acton B.P. Vinyl Siding Atom Boys softball team started a home and home series against Glen Williams 1 with a blast Monday night.

B.P. Vinyl Siding tallied four runs on six hits and one walk in the first inning to coast to a 13-10 victory.

Gavin Williams drove in five runs for the winners.

It was a different story in Glen Williams as the home side scored a 19-10 win.

Acton scored seven times in the first but couldn't hold on.

HALTON HILLS WEEKEND

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Tennis lessons

If you LOVE this game or would like to learn how to play, there are still spaces available for our spring and summer tennis programs. Adult and youth, beginner and intermediate classes are offered in Acton and Georgetown. For more information please call Recreation and Parks.

Soccer champs

The Georgetown Soccer Club recently completed a very successful inaugural boys' indoor soccer league season.

Response was overwhelming and there was a waiting list for players in the under 13 division.

Finals day was held on May 1 to determine winners in the two age groups.

In under 9 play, the Navy team won both the league title and the cup, with the Green team finishing as cup runner-up.

In under 13, Royal Blue swept both the league and the cup, while Burgundy settled for cup runner-up.

Next year a girls' league will also be organized. Registration for both leagues is in the fall.

Slo-pitch results

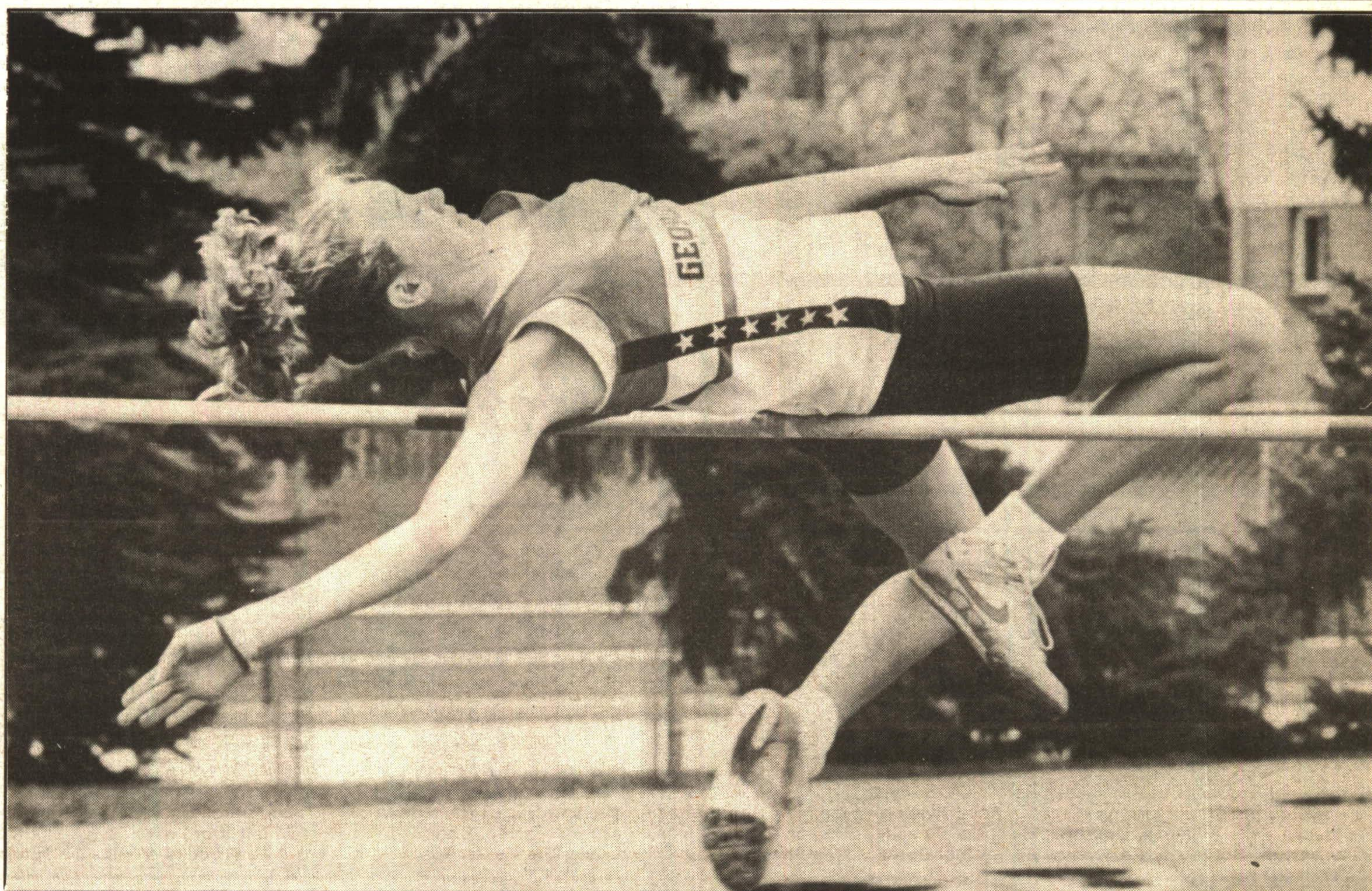
Results from Limehouse Slo Pitch Men's League games played May 14: Curwood 11, Radicals 6; BYOBs 24, Bracky's 5; Charley FitzWhiskey's Tap and Eatery 8, Van Ryan 8; M and M 8, Refs (Stones) 13.

Friday the 13th lucky

Who said Friday the 13th is unlucky? Certainly not for one lucky bettor in the Super Seven wager on the harness races at Mohawk Raceway last Friday, May 13th.

The night began with a carryover pool of \$226,651, and customers wagered over \$269,800 on the Super Seven in addition to the carryover. The payout came to \$426,870.20 after bettors took their best shot at picking the winners from races two through eight.

The lucky tickets was selected at the O.J.C. teletheatre location Zapp's in Sudbury. As of Monday, May 16th, the unidentified person had yet to come forward to claim their winnings.



Georgetown District High School athletes were well represented at the Halton track and field championships in Burlington last week, with 52 qualifying for the Golden Horseshoe Athletic Conference finals. Sarah Arnesen competed in the midget girls high jump event. Photo by GRAHAM PAINE

Halton track and field

Bonnell takes double gold for Acton, Rebels qualify 52 for Golden Horseshoe

By PAUL FERREIRA

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It was a double dose of victory for Acton high school's Amanda Bonnell last week at the Halton track and field championships.

Bonnell finished first in both the midget girls' 400-metres and 300-metre hurdles. In the hurdles race, Bonnell set a Halton record with a time of 49.3 seconds. Her time in the 400-metre race was 62.5 seconds.

Bonnell competed in the Golden Horseshoe Athletic Conference championships at Hamilton's McMaster University on Thursday.

"Amanda should be able to make it to the regionals and then

hopefully on to OFSSA (Ontario championships)," Bruce Andrews, head of the school's physical education department, said.

Two other Acton athletes took part in the Halton meet. Shayna Peddle did not get past the preliminary heats in the midget girls' 100- and 200-metre dashes. Michael Andrews also failed to qualify beyond the heats in the midget boys' 200-, 400- and 800-metre races, although he did set a personal best time of 28.3 seconds in the 200-metre race.

Meanwhile, Georgetown District high school had an enormously successful showing at the meet. Fifty-two athletes qualified for the

GHAC championships. Those with top three finishes were:

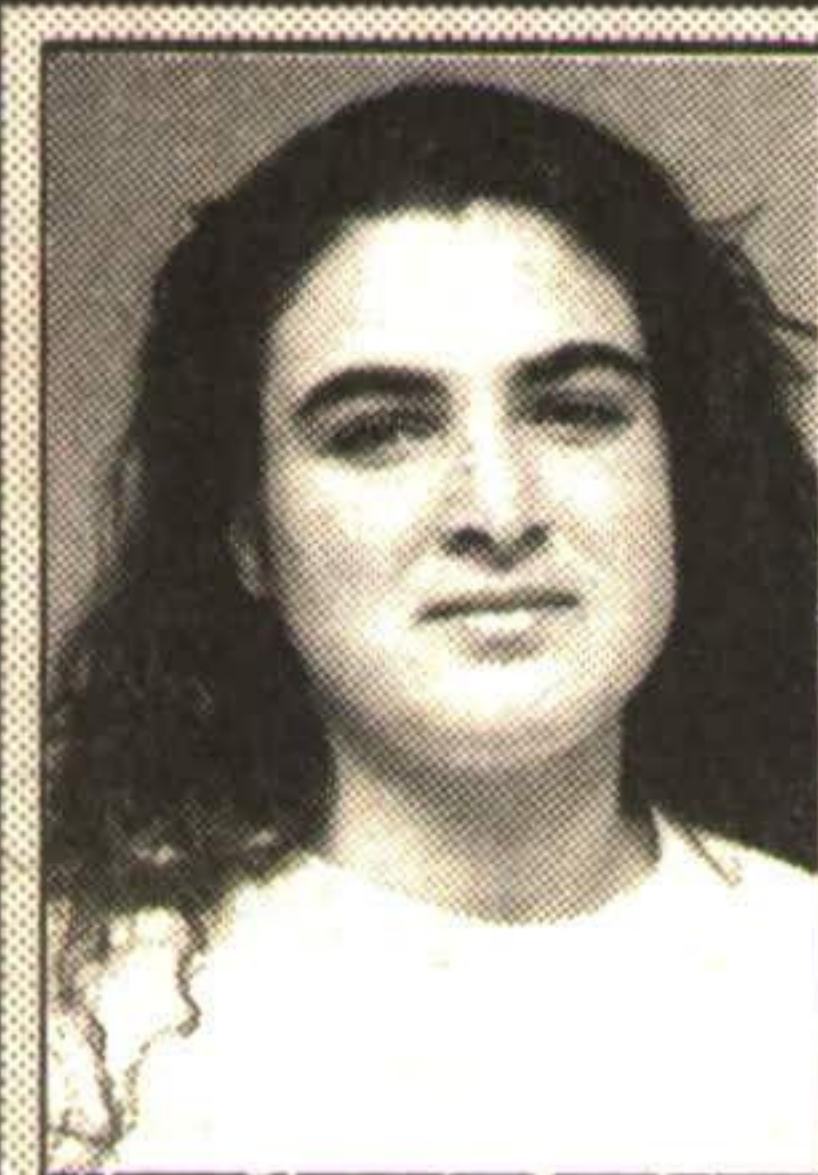
Senior Boys — 2,000m steeplechase-3. Ian Anderson, 7:40.6; 4 x 400m relay-2. Team, 3:45.56; 440m-2. Matt Brain, 55.0; 400m hurdles-1. Randy Bond, 1:02.5; Discus-2. Mike Coutts, 35.59; High jump-1. Brain, 1.67, 2. Matt Deruchie, 1.67; Javelin-2. Brain, 45.86; Shot-1. Coutts, 14.03.

Senior Girls — 1,500m-2. Esther Copland, 5:39.0; 3,000m-1. Copland, 12:16.2, 2. Jennifer Cash, 14:39.3; 4 x 400m relay-2. Team, 4:30.13; 400m-1. Erica Booth, 1:06.5; High jump-3. Kim Wiltshire, 1.2; Sprint hurdles-2. Wiltshire, 19.4; Triple jump-2. Wiltshire, 10.19.

Junior Boys — 300m hurdles-3. Pete Vincett, 42.9; 4 x 100m relay-2. Team, 48.2; 400m-3. Rick Vivian, 56.2; Sprint hurdles-2. Jorg Schmidt, 15.9, 3. Vincett, 17.2; Discus-1. Kevin Taylor, 36.74; Javelin-2. Pete Mashinter, 39.58; Triple jump-1. Schmidt, 11.67.

Junior Girls — 300m hurdles-1. Andrea Le Bannister, 51.0, 3. Melanie Farlane, 57.4; 3,000m-2. Jill McMenemy, 11:18.4; 4 x 100m relay-3. Team, 54.5; 400m-1. Le Bannister, 1:03.9; Discus-2. Lisa McDonald, 24.25; Javelin-1. McDonald, 26.44; Shot-3. McDonald, 7.49.

Midget results were unavailable.



CARRIE SCHENK



S. ONOPRIJENKO

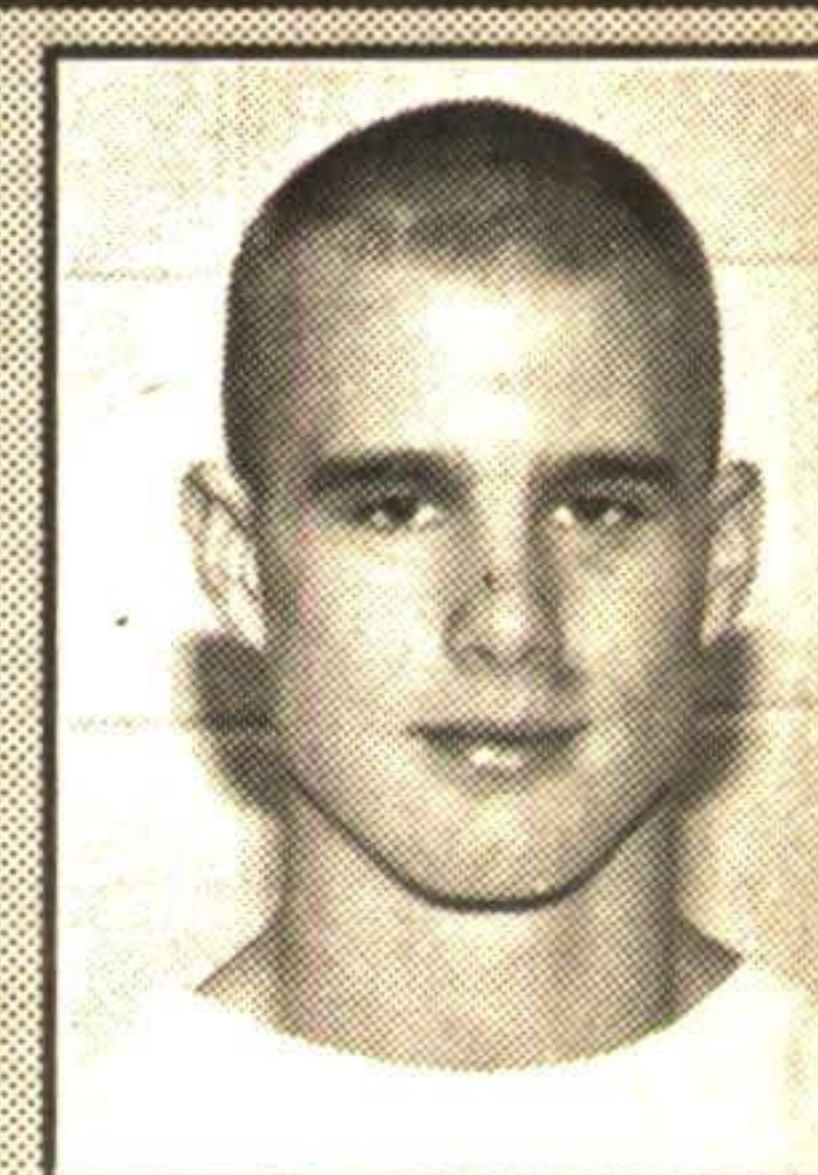
Athletes of the Week

Georgetown District High School Athletes of the Week are Carrie Schenk and Steve Onoprijenko. Carrie was chosen for her outstanding performance on the Rebels ladies fastball team, while Steve was recognized for his contribution to the baseball squad.

Acton High School Athletes of the Week are Amanda Bonnell and Greg Finley. Amanda competed in track at the Halton Finals, finishing with a record-breaking first place in the 300 metre hurdles, and first in the 400 metre event. Greg was chosen for his efforts with the Redmen rugby team. They competed against Centennial in Guelph and Burlington Central last week.



AMANDA BONNELL



GREG FINLEY