

FIT FOR FALL

6 Week Challenge



October 2 to November 11

This challenge is the *perfect fit* to kick off the fall season!

What you get:

- 2 Consultations and assessment with a certified trainer (30 minutes)
- Weekly group training sessions
- Weekly Bao+FIT training passes
- 2 Programed workouts to do on your own
- Nutritious meal plan with recipes
- 6 week membership

\$189 Members
\$199 Non-Members




baoinstitute.com

Locally owned and operated since 2005
905.877.0771
 232a Guelph St., Georgetown
www.baoinstitute.com

FALL BONUS

Join now for 2018 and receive the **REST OF THE SEASON INCLUDED!**
 See website for details.



You Belong Here!



MELANIE FRAZER
 905-877-5236, Ext: 400
mfrazier@nhgcc.ca | www.nhgcc.com

*HST APPLIES ALONG WITH OTHER FEES. PLEASE CONTACT THE CLUB FOR DETAILS.



Local lacrosse youths give praise to coach!

This letter has been drafted by many former members of the early Halton Hills Bulldogs (and Georgetown Gators) teams. We are writing in response to the June 27th article printed by The Independent titled *Hall-of-Fame lacrosse coach Lyons of Halton Hills accused of verbally assaulting*

child. Now that some time has passed, we hope that we can contribute to the discussion in a less polarizing way. We want to preface this letter by stating that we are in no-way making claims about the contested incident, as we were not there, and therefore cannot attest to the incident. Rather, we are speaking to our personal, first-hand experiences with Coach Gordy over a timespan of two decades.

From a general standpoint, the coaching profession is not easy and it is common in all sport contexts (e.g., football, baseball, lacrosse, hockey, soccer) and settings (e.g., professional, amateur) for coaches to display behaviours of emotion and explicit verbiage (e.g., cursing/swearing). Take Youtube clips of Bruce Boudreau or John Tortorella from the NHL 24/7 Road to the Winter Classic for instance. In competitive sports, and as competitive athletes, we are expected to be held accountable to a higher standard whereby we put forth maximal effort, prosocial behaviours, positive emotions, good body language. As leaders in our respective communities, we are expected to stand up for what we believe in. Competitive sport is a privilege and not a right. We play to compete, overcome adversity, and achieve success. In that process, as athletes ourselves, we have all been met with our own boiling points. In coaching, sometimes when we as athletes do not meet these high standards, we frustrate our coaches who only receive up to 7 hours a week to enhance our life skill development, quite often on a volunteer basis. Because of the coach's passion and desire to make us both better athletes and people, when we as competitive athletes do not put forth our best efforts, we see the emotion come out in the coach. More often than not this is because they want the best for us, and expect the best from us in the short time they have to work with us.

As athletes, we are extremely proud that the child mentioned in the article stood up for what he believes in. In no way, shape, or form do we object to his decision. But, as with most polarizing issues, we believe this provides everyone in our community a learning opportunity. In competitive contexts emotions can, and do, boil over. However, it is important for us all to reflect on what the intended effect of these emotions are. As former players for Gordy, we know that he always has the best interest of his players and wants nothing more than to see them develop into young leaders within our community, who will hopefully someday give back and contribute their time and effort as volunteer coaches and assist the development of our future generations of youth athletes in Georgetown/Acton.

Much like the young athlete mentioned in the article, sport has taught us to also stand up and support what we believe in. That is what leads us here today. We want to reiterate the intentions of Gordy Lyons and his passion for the development of our communities youth through the vehicle of sport. Now, have there been moments where each one of us has become angered or annoyed by Gordy with his – as the article states, “old school” – ways? Yes, of course we have all been there before. The same can be said for most of the coaches we have had at the Junior, NCAA

and Professional levels of lacrosse and hockey. But for every ounce of anger or frustration, we have an unquantifiable amount of gratitude for the positive impacts Coach Gordy has had on our lives. We know that without the long afternoons on the Farm, or the evening practices at Alcott, we likely would not have grown into the individuals we are today.

Amongst the authors and supporters of this letter, there are – professional lacrosse players, professional hockey players, JR.A and JR. B Lacrosse players, JR.A and OHL hockey players, police officers, volunteer coaches, professional coaches, NCAA student-athletes, investment bankers, electricians, firefighters, roofers, entrepreneurs, wealth managers, philanthropists, graduate school students, accountants and, most importantly, – young adults who remain committed to the Halton Hills community and the growth of the sport we learned to love at such a young age. Gordy always reminded us to take pride in the town that we come from and to always look out for one another. To this day, Gordy's original Bulldogs are there to support one another in both times of tragedy and great accomplishment. Regardless of where life takes us, we all know that we have a support system back home that Gordy Lyons is responsible for nurturing.

We felt it necessary to submit this letter on behalf of all the athletes who look back on their time with Coach Gordy very fondly. Again, we can only speak to our own experiences and we are in no way making claims about how other players/parents have perceived his coaching. But our parents, too, watched Gordy first hand. Perhaps sometimes they were also annoyed by his tone or profanity, maybe even a bit more than annoyed at times. But they instilled trust in him to do things his way and he helped mold a group of young individuals into a cohesive community.

We are all extremely grateful that Coach Gordy taught us how to be selfless, respectful, motivated, accountable and hard working adults. We know that our parents and grandparents would agree with this and are also thankful for Gordy's commitment to our community's positive youth development through sport. In times when emotions run high such as scenarios like this, when irrational decisions can be made, fingers can continue to be pointed, and accusations can be made, we ask that everyone take a moment to breathe. View this incident from above rather than in the trenches and reflect on the events that have taken place to utilize this situation as an opportunity for us all to learn from. Let's remember that this is a game and not lose perspective of the context and setting. The intentions of Gord Lyons would never be to degrade or demoralize a youth within our community. He is there for their development and his actions would only reflect his heartfelt intent to develop his athletes.

Lastly, Congratulations to Coach Gordy, his staff, and most importantly, the players on the PeeWee Provincial A championship.

Respectfully,
 Liam Heelis, Dan Patterson, Justin Reid, Jordan Dance, Bradley Kri, Casey Lyons, Kody Lyons, Brendan Gingras, Adam MCGourty, Adam Dobis, Justin Rasmussen, Jack Matthews, Chris Haynes, Russel Peacock, Ryan Kelly, Keegan Witton, Robert Murden, JJ Laforet, Cameron Flint

