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for Fall

Sports

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SWING, BATTER! Acton Marzo Glove batter Brett Timukas takes a rip at the ball during a Central Ontario Baseball Association Bantam tourney match against the Waterdown Jays at Prospect Park on Friday. Meanwhile in league action, Marzo Glove lost two games to Waterdown I last week. See Page 12 for details. (Doug Harrison photo)



GOOD HUSTLE: Under-15 call-up Amanda Paton prevents the ball from reaching the sidelines under the pursuit of a Mississauga III opponent in an Under-17 Girls' North Peel-Halton soccer battle at M.Z. Bennett last Wednesday. Paton scored her club's lone goal in a 3-1 loss. More details on Page 13. (Doug Harrison photo)

Aquatic swim passes!

There are one-month, three-month, six month and yearly memberships available. Passes can be purchased at the Acton Indoor Pool.

Rockwood No-Stars improve to 10-1

Special to the Acton Tanner
The Rockwood No-Star Ladies' fastball team's record was upped to 10-1 after two victories at home.

The first victim at Lloyd Dyer Park was Millgrove, which succumbed 22-15 to the locals.

The No-Stars bats came alive in the fifth inning and they proceeded to stave off the Millgrove bats in the sixth and seventh frames.

Last Wednesday, the No-Star ladies played a spectacular game against Freulton "B," prevailing 12-10.

Both games were pitched by Carol Death and Lori Savage.

The No-Stars' next home game is tonight (Wednesday) at Lloyd Dyer Park against Jerseyville. Game time is 8:30.



BALL HOCKEY BATTLE!

Jason Lowrie (on the ground) tries to maintain possession for the Blue team while under pressure from John Beatty, left, and another White team opponent during a ball hockey encounter at the arena last Tuesday. The Acton Men's Ball Hockey League runs every Tuesday night from 7:30 to 10:30 at the Community Centre. (Doug Harrison photo)

Competitive sports: How to keep kids motivated

Competition has its place, but too often children get the wrong message about the benefits of playing sports. Here are a few pointers for parents to help keep their children motivated:

- Help your child to value the game rather than the outcome. A focus on winning rather than enjoying the game in its own right can decrease motivation.

- Focus your child's attention on developing skills rather than on the outcome. Failing to win is likely to be a highly negative experience, so shift the focus on improving his or her game.

- Provide honest performance feedback. Children who lose but receive positive feedback feel better than those who win but receive negative feedback.

- Select a good coach with an informational style. Coaches who are perceived by children to provide more positive feedback and social support tend to have more satisfied participants.