



Oakville pianist Jeff McLean and conductor, Diane Murray-Charrett is pictured with the award-winning Gaudeamus Boys Choir of Halton Hills.

## Gaudeamus Boys Choir are golden at festival

The Gaudeamus Boys Choir of Halton Hills recently partnered with the Oakville Children's Choir Boychoir to perform at the Guelph Kiwanis Music Festival.

As the result of their performance, the boys were awarded a Gold Level Standing and were recipients of a festival scholarship and trophy, which was presented to them last month at the Final Awards Concert of the Festival. Both boy choirs are conducted by Georgetown resident Diane Murray-Charrett.

The boys are now busy preparing for an upcoming special concert. The Gaudeamus Choirs of Halton Hills have teamed up with P.O.W.E.R. to present *Sing of the Land, an Earth Day Concert*, which will be held at St. John's United Church, 11 Guelph St., on Earth Day, Tuesday, April 22 at 7 p.m.

## Physio News

by Robin Collins

B.H.Sc. (P.T.), B.Kin., Dip. Sport P.T.  
Registered Sport Physiotherapist

### ATTENTION ALL BASEBALL PLAYERS

The spring has arrived and baseball/softball season is now quickly approaching. I treat many shoulder injuries in baseball/softball players, which are related to throwing. Shoulder tendonitis, muscle strains and joint sprains are the more common injuries.

#### Why is my shoulder at risk of injury when throwing a ball?

The shoulder has an incredible amount of mobility. Overhead activities, such as throwing, require high-speed muscle contractions and power while putting the shoulder at the extremes of movement.

#### How can I prevent a shoulder injury?

- Include rotator cuff and shoulder blade exercises in your training
- Avoid a rounded shoulder posture because it makes it easier for structures to get pinched and inflamed.
- Gradually build up your distance and speed of throwing.
- Have your coach watch your technique to see if there are any abnormalities.
- Always warm up before you begin throwing.
- If you have injured your shoulder and your symptoms do not resolve within three to four days, seek professional attention.

Our Physiotherapists can provide you with a thorough assessment to evaluate the cause of your shoulder pain. The treatment we provide will often consist of manual or hands on therapy, specific throwing exercises and the use of pain relieving modalities. Physiotherapy is aimed at improving the strength and function of your injured shoulder in order to return you to your sport as soon as possible. Have a safe and happy baseball/softball season.



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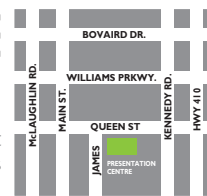
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