this weekend

In honour of Ontario Coaches Week (April 18 to 26), Milton will join with countless other communities across the province in offering a comprehensive coaches clinic.

It's set to run this weekend, at the Milton Sports Centre on Saturday and the Boyne Community Hall on Sunday. Both sessions — an NCCP Introduction to Competition and Multi-Sport Module — run from 9 to 4 p.m.

Open to coaches off all levels and in all sports, the clinic is a multisport theory course covering the basic design of a sports program, teaching and learning and basic mental skills.

The clinic is free, thanks to grants from the provincial and federal governments.

To sign up or for more information, e-mail Steven.Palmer@milton.ca.

Dynamos' season now underway

The Milton Dynamos Wrestling Club has begun its 2009 season, but it's not too late to join.

Practices for the feeder program of E.C. Drury High School - open to Grade 4 to 8 boys — will be held Mondays and Wednesdays from 6:30 to 7:30 p.m. at the Kombat Arts Training Academy inside Pur Fitness at Derry Road and Bronte Street.

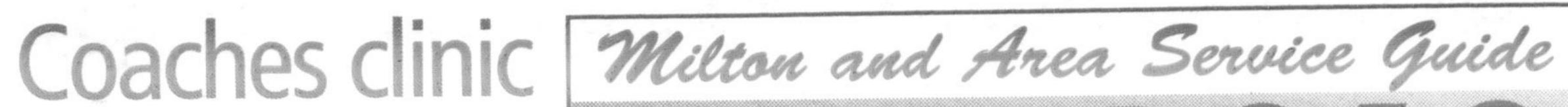
The season runs until late June, with tournaments held throughout the spring.

The cost for the season is \$50, and participants can register at any practice.

For more, visit www.drurywrestling.ca.







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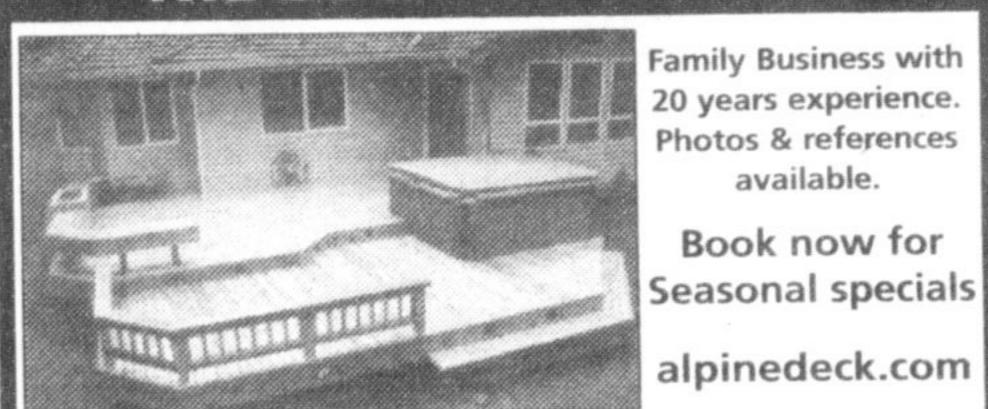
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