

Goals galore as indoor soccer has weekend to remember

This week in Milton Indoor Soccer could be summed up with the word 'goals'.
 The Realty World Steelers opened the day with a 6-0 wipe-out of Acton Villa. First place Flash Gas lost for the first time this season to Hi-Five Hair Design 4-3, Queens Head came out on the top of a wild one 10-7 and the Oakville Coach and Four matched the top total with a 10-3 win over The Dickens.
 The opener was Realty World's win over Acton Villa. Blair Zachary scored the initial and winning goal. His marker was followed by two goals each by Daniel McKeeth and Mark Toale, and a single goal by Steve Haramina.
 Acton Villa suffered by having no substitutes. Realty World's back-up goaltender John Palladino shone, recording his third shutout of the year.
 The second game was Flash Gas' first loss.

Flash didn't seem to be having any trouble in the opening minutes. Kevin Griffin jumped them into a lead as he extended his league leading scoring total.
 Hi-Five didn't quit however as they swung the score back to 3-1 in their favour. Peter Reichlmayer tied the score then brother Tom gave them the lead. Andy Garside made it 3-1 for Hi-Five.
 Flash Gas didn't roll over and die. Peter Ward narrowed the gap to a single goal but just as the momentum was shifting Hi-Five was awarded a penalty shot. Peter Reichlmayer made no mistake. Despite a late goal by Flash Gas they were unable to climb back into the game losing 4-3.
 In the third game of the day Queens Head outlasted MacMillans Frozen Foods 10-7 in what might well be a league record for total

goals in a game.
 Goalies at both ends seemed to be picking the ball out of the mesh all game long. MacMillans' Paul Cannatar opened the scoring with Queens Head's Dave Poustie levelling the score.
 After the initial barrage the lead changed a number of times with Poustie getting the hat trick, Ed Maclau managed four and Robert Anderson, Jamie Smith and Craig Russel rounded out the Queens Head scoring.
 MacMillans was led by Cannatar's second, Dan Schlacter's pair and singles by Bob Little, Paul Nolan and Ian Brimble. Brimble is MacMillans' regular goaltender.
 The last game of the day pitted the Coach and Four against The Dickens. The Coachmen knew if they won this one they would go back on top of the league and win it they did with a

score of 10-3. What more can be said about this match up, as in the previous game the ball just kept hitting the back of the net.
 In the opening part of the game The Dickens seemed to be in with a chance, in fact they took the lead on a Kiam O'Higgins goal. The Coachmen then jumped in front with efforts from Anthony McLaughlin and Gary Mitchell.
 The Dickens hit straight back with Gil Vanderholt making it 2-2. That was it for the Dickens, and the Coachmen forged ahead to make it 10-2. The honours of the day went to Gary Michell who finished up with five goals aided by McLaughlin who notched three more for a total of four. John Moynahan added a single.
 With time running down Ryan McLean showed that the young Dickens' team wasn't demoralized when he knocked home a goal.

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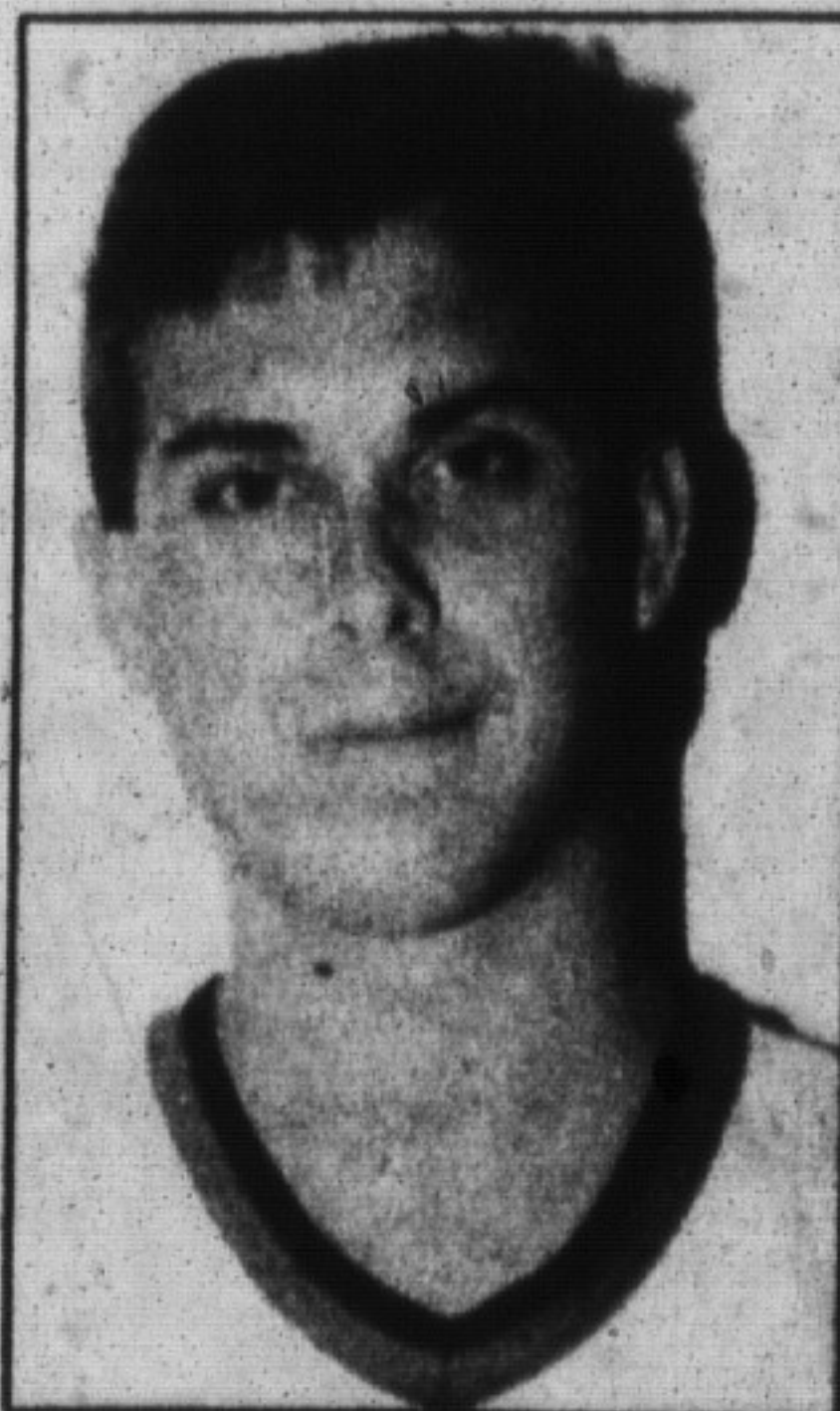
Tournament Champions

Milton District's midget boys basketball team won the 1992 Wildcat Invitational basketball tournament in Oakville recently with a 42-41 win over Mount Carmel (Dufferin-Peel). Rob Hans (centre, back) was selected tournament MVP. Milton defeated Thornlea (York) 55-23, North Park (Brantford) 61-43 and Clarkson (Peel) 33-27 on their way to the final. Along with Hans, Jeremy Ridley was selected to the tournament all-star team. Coaches Bryan Camani and Tony Adams said that the team's tenacious defence and team play with the ball were the keys to victory.

Merchants juggle several players

The last cut down day in the Central Ontario Junior B came and went last week, but not without the Milton Merchants making some moves.
 Dave McDuffe, who had complained of a lack of playing time, asked for a trade but elected to jump to the Metro Toronto A League, an outlaw loop which doesn't conform to Canadian Amateur Hockey Association (CAHA) rules.
 Back-up goaltender David Kennedy, who saw little action this season, was released and Orangeville Junior C goaltender Scott Destefano brought up. Orangeville was runner-up in the OHA's Junior C championship last year.
 Steve Marino was traded to Newmarket for future considerations.
 Rick Emmet, who Bince has been after all season, has

finally joined the Merchants. After a number of appeals to the Ontario Hockey Federation (OHF) the only way to make Emmet eligible was to establish residence.
 His family moved to town a few months ago to establish residence. In all the move to Milton hasn't been too much of a hardship for the family according to Bince, as Emmet's mother works in Streetsville and Cambridge.
 In fact The Sports Network (TSN) is doing a segment of their show 'For the Love of the Game' on Emmet and his struggles in moving to Milton. The show will air on February 24 at 8 p.m. Emmet, 16, was trying to gain his release from the Toronto Young Nats.
 In addition, Greg Lonsdale has joined the team. He's a defenceman who was drafted by Owen Sound though he's been in the outlaw Metro Toronto A league.



Dave McDuffe



David Kennedy



Rick Emmet



Steve Marino

Hockey Royals in touch with top

Bishop Reding Secondary School momentarily snatched first place from White Oaks High School (Oakville) with a 3-1 win over Milton rivals E.C. Drury Spartans in high school hockey action.
 White Oaks beat Loyola (Oakville) 4-3 to claim the top spot back. They lead by one point but Reding has a game in hand.
 Reding goalie Jason Morey had his shutout broken with only four ticks on the clock as Drury scored on a deflection. Eric Mattson scored for Reding five minutes into the first and Joe Piazza copped a pair plus an assist to lead the Royals.
 Piazza's first goal came when he capitalized on a mistake by the Spartan goaltender who put the puck right on his stick. His second marker

came on a pass from Kirk Flood.
 "The kids just worked their tails off," said Reding coach Ange Poletto. "The bounce, on Piazza's goal, the one that broke their backs, just went our way."
 The win puts Reding's record at 5-1-2 good for 12 points, and only a shade behind White Oaks 5-1-3. Reding has eight games remaining, one more than the Wildcats.
 "They've just got that winning feeling," said Poletto. "They should be proud of themselves."
 The fact that none of the Royals were selected to the Halton All-Star Team just gives them more incentive, according to their coach.
 Poletto praised the work of Jay Hutton on defence and Mattson on offence.

And learning, too

Controlling nerves key to athletic success

Nervousness or anxiety is common in sport.

It is accompanied by increased activation or "revving up", usually both physiologically (an upset stomach) and emotionally (feelings of fear).

Activation varies with the athlete and the situation.

Activation which is too high or too low interferes with good performance. Lower activation is needed for learning new skills; higher activation is needed for skills already mastered. Simple, explosive skills require higher activation; complex tasks require lower activation.

Because of the effect activation level has on performance, it is essential that you help your athletes learn to control it.

The optimal level of activation is highly individual, however, so athletes should be dealt with individually.

To help your athletes learn to recognize their activation levels:

- Ask them how they feel.
- Observe them and compare their performances in practices and in competition.
- Keep a log book with them.
- Encourage self-monitoring.
- To help "uptight" athletes reduce activation:
 - Prepare them well.
 - Simulate competitive situations in practice.
 - Remind them of past good performances.
 - Reassure them that you and

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other important people will love and accept them regardless of the competitive outcome.

- Put sport in perspective.
 - Remind them that everyone feels anxious in certain situations.
 - Train them in relaxation techniques.
 - Encourage them to share coping methods.
- To help underactivated athletes "pep up":
- Engineer more competition.
 - Introduce cheering or yelling.
 - Have athletes warm up vigorously.
 - Play lively music during practices.
 - Set a personally challenging goal for the athlete or team.
 - Videotape the event.

Jack Donahue was coach of Canada's National Basketball Team from 1972-1988 and is a nationally recognized coaching expert. For more information on coaching skills and the National Coaching Certification Program, contact the Coaching Association of Canada at 1600 James Naismith Drive, Gloucester, Ontario, K1B 5N4.