

## Mills and Popovic dominate

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**First:** Laura Adamson — 100 metre breaststroke (1:45.15).  
**Second:** Jessica Roselle — 200 metre individual medley (3:21.34).  
**Third:** Laura Adamson — 200 metre breaststroke (3:51.88).  
**Fourth:** Jennifer Dumencu — 100 metre breaststroke (3:07.23).  
**Fifth:** Jessica Roselle — 200 metre freestyle (3:07.23), 200 metre backstroke (3:21.91).  
**Sixth:** Jessica Roselle — 50 metre freestyle and 100 metre freestyle.

The relay team of Miller, Dumencu, Adamson and Nicole May swam to a fourth place finish in the 200 metre medley relay and a fifth place in the free relay.

### Girls nine and 10

Milton's sole representative in this division, Nicole May swam to respectable finishes in the 50 metre freestyle (46.41), 50 metre backstroke (59.11), and 100 metre backstroke (2:06.07) and 50 metre breaststroke (1:00.79).

### Boys eight and under

Matthew Ishoy and Sam MacLean swam a terrific meet with great improvements in their times.

**First:** Matthew Ishoy — 100 metre individual medley (2:18.28).

**Second:** Matthew Ishoy — 25 metre freestyle (21.18), 100 metre individual medley (2:18.28); Sam MacLean — 50 metre freestyle (47.51), 50 metre backstroke (58.61), 25 metre breaststroke (30.81), 25 metre butterfly (28.22).

**Third:** Sam MacLean — 25 metre freestyle (21.57); Matthew Ishoy — 50 metre breaststroke (1:01.95).

**Fourth:** Matthew Ishoy — 50 metre freestyle (51.15), 50 metre backstroke (1:01.59).

### Boys nine and 10

Petar Jokic was the only Milton representative in this category.

**Second:** Petar Jokic — 50 metre butterfly (50.87), 100 metre butterfly (2:00.66).

**Third:** Petar Jokic — 100 metre freestyle (1:33.81), 50 metre breaststroke (55.10).

**Fourth:** Petar Jokic — 50 metre freestyle (42.91), 100 metre breaststroke (2:03.46).

### Boys 11 and 12

**Second:** Nick Popovic — 50 metre freestyle (37.81), 100 metre freestyle (1:27.28).

**Fourth:** Noel Kent — 50 metre freestyle (40.00), 200 metre backstroke (3:39.53).

**Fifth:** Nick Popovic — 200 metre freestyle (3:17.40), 200 metre backstroke (3:42.94); Noel Kent — 200 metre breaststroke (4:10.71).

**Sixth:** Noel Kent — 100 metre freestyle (1:31.12), 100 metre backstroke (1:51.68), 200 metre individual medley (3:46.02); Nick Popovic — 200 metre breaststroke (4:13.14).

The relay team of Popovic, Kent, Jokic and Andre Popovic took second place in both 200 metre freestyle and medley relays.

### Boys 13 and over

**First:** Scott Mills — 50 metre freestyle (32.24), 100 metre backstroke (1:21.96), 200 metre backstroke (2:58.18), 200 metre breaststroke (3:15.51); Ivan Popovic — 100 metre freestyle (1:10.05), 100 metre breaststroke (1:30.14).

**Second:** Scott Mills — 100 metre freestyle (1:13.87), 100 metre breaststroke (1:31.83), 50 metre butterfly (36.94), 100 metre butterfly (1:29.03); Ivan Popovic — 200 metre freestyle (2:40.31), 100 metre backstroke (1:24.52), 200 metre backstroke (3:05.73).

**Third:** Ivan Popovic — 50 metre butterfly (40.71).

Matthew Crisci swam to a personal best of 44.61 in the 50 metre freestyle.

Relay team of Crisci, Nick and Ivan Popovic and Mills swam to first place in the 200 metre freestyle relay and a second in the 200 metre medley relay.



Milton Mayor Gord Krantz cuts the ribbon to officially open the Milton Springers Gymnastic Club's new facility. He is joined by club president Karen Anderson, while head coach Janet Campbell and senior gymnast Vicki Chlischczyk look on.

## Gym club opens

The Milton Springers Gymnastic Club officially opened their new location at 180 Nipissing Road in late March.

Mayor Gord Krantz and Ward Two town councillors Art Melanson and Colin Best, as well as past and present club members were on hand to enjoy the festivities.

Performances by the club's masters, competitive and pre-competitive gymnasts provided an entertaining afternoon, befitting the club's 19 year history.

## Communicating well with athletes

To coach well you need to communicate well. But communication is more than just talking. It's a people process, a matter of sensitivity and responsiveness. Communicating is a skill, and communication can happen only if the wish to communicate is there.

Communicating well is also a continuous process, something you need to be working on all the time. Be alert to new communication strategies. See what works for other people, and find out whether it works for you.

Similarly, watch for signs that communication is not working and take the steps necessary to correct the situation.

The keys to communicating well are: 1. Communicating openly; 2. Communicating positively; and, 3. Communicating clearly.

### COACH DONOHUE

with JACK DONOHUE



To communicate openly share yourself and ask for feedback. What you share has meaning, what is clarified prevents misunderstanding. Use phrases like: "In my opinion..."; "It seems to me..."; "Do you mean..."; "Can you tell me more?"; and, "What do you think?"

People respond far better to positive signals than to negative ones.

To communicate positively you should be courteous and tactful in all situations. You must really accept mistakes that athletes make. Be tolerant, they are trying their best.

In addition, keep your temper.

When you must criticize, deal with the mistake or the idea, not the person. Be sincere and show loyalty.

To communicate clearly you must say exactly what you mean in simple language. Speak clearly, not loudly, and look at the people you speak to. You should be patient if athletes seem confused and try to explain your point in a different way. It's important to have your body language say the same thing as your words.

Jack Donohue was coach of Canada's National Basketball Team from 1972 to 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.

## Ward runs well in Boston Marathon

Milton's Steve Ward, 36, ran the 96th edition of the Boston Marathon, finishing in two hours, 56 minutes and five seconds. Ward's time was good enough for a top 250 finish among the more than 10,000 who started.

Race conditions were uncomfortable. It was humid and more than 70 degrees Fahrenheit (20 degrees C) by the halfway point in the race. The heat began to affect

the runners just in time to make the normally tough Heartbreak Hill section, at about the 20 mile mark of the 26 mile, 385 yard course, especially difficult.

Ward has run 1,000 miles this year in training, much of it on the Niagara Escarpment, in preparation for the gruelling course. Ward ran some near marathons of about 20 miles during his training.

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