

Learning and teaching skills is a skill in itself

Learn from children and children will learn from you. When athletes are learning skills, they hardly ever do them perfectly the first time. The main reason is that learning, a processing of information, has certain limitations. The limitations are present in four areas:

Gathering information: No one can deal with all the information in a given situation, and beginners forget quickly. To help your athletes, select only three or four key points, present these concisely, and let the athletes practice immediately.

Making decisions: Learners are uncertain, so they make decisions slowly. This in turn



COACH DONOHUE'S TIPS

with JACK DONOHUE

slows reaction time. Help athletes by telling them, briefly, what to attend to, and why.

Performing: The main limitations on performing sport movements are athletes' skill, fitness, growth stage and motivation. Depending on the limitation, help athletes to practice

more or to develop more endurance or strength or flexibility.

Make sure the tasks you give them match their stage of motor and emotional development. Be alert to possible motivational problems.

Evaluating Performance: Beginners can't always feel how they did. Also, because their movement experience is limited, beginners can't always understand your corrections. To help, place them in position, give lots of varied drills, say the same thing in different ways, and be patient.

It is important to note that each limitation

listed above can be the source of, or reason for, an error in performance.

You need to be able to determine quickly which limitation is causing the problem so that you can give an appropriate and specific remedy.

Jack Donohue 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.



SPORTS

THE CANADIAN CHAMPION

KARATE WORLD GYM & AEROBIC CENTRE

SUMMER SPECIAL \$165.00

FOR 4 MONTHS

• Includes Weights and Aerobics •

885 Main St. Unit 7 **875-4257**

FRIDAY, MAY 8, 1992



Photo by GRAHAM PAINE

Getting their heads together

The Oakville Trafalgar Red Devils downed the E.C. Drury Spartans 3-1 in senior boys soccer action on Monday at E.C. Drury.

Juvenile reps field strong team

By BRAD REAUME
The Champion

Look out for the Canada Brick juveniles.

They're not a band of brick-wielding hooligans, no, they're a Milton rep baseball team, and a good one.

Manager Gerry Dubien and coach Dave Dermo have assembled a strong team this year as they push for the Ontario Baseball Association (OBA) juvenile C title. The letter designation refers generally to the size of town or city the team represents.

Dubien is hoping to land the 'C' level championship tournament for Milton but he fears the OBA may decide the Milton team is too strong to compete for the 'C' title.

The 1992 juvenile squad will carry either 12 or 13 players. They are led by the manager's son Damien Dubien. In this case, however, the manager's son possesses an 85 mile an hour fastball and throws from the left side.

Other pitchers on the team include: Todd Mulley a hard-throwing righthander, Kevin O'Donnell a lefty, and righthanders Ted MacDonald and Craig Holloway. In addition, righties Duane Eggleton, Mike McPhail and Jim Fenn will be

looking for innings.

Dubien pitched this year for Duquesne University in Pittsburgh, Pennsylvania. He was one of only two freshman starters in the whole of the Atlantic 10 Conference. He picked up the win in the final of the Niagara University Fall Classic last autumn and he recently beat West Virginia 1-0.

Mulley picked up a 9-1 win over Streetsville in a recent exhibition game, striking out 13 along the way. Holloway and O'Donnell pitch for E.C. Drury High School as does Fenn while McPhail and Eggleton pitch for Milton District. MacDonald pitches for Bishop Reding.

All those potential pitchers will be throwing to catcher Dave McDuffe, a Milton District student who is getting some scholarship nibbles from Dubien's school. McDuffe is the big stick on the Milton team.

In addition to McDuffe, first year juvenile Jamie Janjevich is looking to fill second base and Glen McAllister, who plays for E.C. Drury will hold down third.

The team has played a pair of exhibition games, beating Streetsville twice, 9-1 and 5-2. They open their season on Sunday at Brian Best Park with a doubleheader beginning at 10 a.m.

Red Sox prodigal sons back

By BRAD REAUME
The Champion

The same-look Milton Red Sox hit the field tomorrow (Saturday) as they host Dundas in their Central Ontario Baseball Association (COBA) senior league season opener at Brian Best Park at 1:30 p.m.

Actually the Red Sox, the Ontario Baseball Association senior 'C' champions last year have a few new old faces. Pitcher Al Dairou and infielder John Blasko, both of whom jumped to the Hamilton Cardinals of the Inter-County League last year, are back in Red Sox uniforms in 1992.

With the addition of pitcher Brian Kempster who played for Leamington last season, and the return of most of their regulars the Red Sox are complete.

Second baseman Tim Roberts and designated hitter Scott Early have hung 'em up. Roberts, 24, has work commitments while Early, 35, counts work and family commitments as significant factors in his decision.

The Red Sox field a formidable line-up. Tim Chapman, on scholarship to

• see SAME on page 16

Mustangs begin track season with successes

By BRAD REAUME
The Champion

The Milton District High School track and field team has been working out for several weeks. They recently attended two meets in

preparation for the Halton Track and Field Championships held on May 12 and May 14 at Nelson Stadium in Burlington.

On the weekend the Mustangs attended the Cardinal Carter Meet at Centennial Stadium in Etobicoke. Due to the heavy rain most of the

long distance events and the field events were cancelled.

Russ Fleming managed a personal best in the midget boys 800 metres where he came in first at 2:10.05. He duplicated the feat and added a school record in the 400 metres cross-

ing in 55.12 seconds.

Amongst the junior boys, Adam Flatt was first in the javelin throw with a toss of 38.76 metres. Teammate Dave Gage was second, throwing the javelin 37.26 metres. Gage also

• see AMING on page 20