



PENETANG - MIDLAND GYM CLUB Gymnastics Corner

by Ken St. Amant

A male gymnast must be prepared to compete in six events, all of which demand a great deal of co-ordination and strength and stamina.

In competitions such as the World Cup the order of competition is as follows: floor exercises, pommel horse, rings, vaulting, parallel bars and horizontal bar.

I would like to briefly outline and discuss the various components that go into making up each of these events.

Floor Exercises

Each man's performance includes a variety of tumbling, turns, leaps, acrobatics, balances and momentary pauses. The sequences should be original and reveal the

strength, agility, control and personality of the man performing them.

Pommel Horse

The pommel horse event is composed of clean swings, without stops. Scissor movements are performed both forward and backwards, with one of them being executed twice in succession.

All three parts of the horse are used as the gymnasts go through a series of moves.

Rings

This event contains elements alternating between body swing, strength and held parts. Without a movement of the rings the routine must contain at least two handstands on the rings—one executed with strength and one from a swing.

Vault

The vault event is judged on the basis of the

difficulty of the vault completed and the perfection of its execution.

Each vault attempted by a gymnast has a specified difficulty rating. Faults in execution—height, form, etc.—are deducted from the difficulty rating to establish the score in competition.

Parallel Bars

The parallel bars consist of swinging, flight, held and strength elements. Swinging and flight moves predominate in a top class performance on the parallel bars. In executing moves, the gymnast is allowed no more than three stops.

Horizontal Bar

The horizontal bar event is composed of clean swings, without stops, and movements of changing rhythm. As in all other gymnastic events, self-discipline, courage and

determination are the essentials that characterize an outstanding horizontal bar specialist.

Conclusion

Like the female gymnast, each of the men's routines are marked out of 10.

Deductions are made for poor form and incorrect technical execution.

Common mistakes to watch for are: poor position of body parts, stops in routines, falling off the apparatus, touching the body to the apparatus and handstands with bent arms.

Gymnastic Calendar

Oct. 23, 24, 25—World Cup, Maple Leaf Gardens
Saturday, Oct. 24—ABC Wide World of Sports—
World Cup Gymnastic Meet

Action packed hockey

Midland Centennials Jr. C. Hockey Club did very well over the past weekend, winning two games against Huntsville Huskies.

Their first game was played Friday night in Huntsville with the Centennials winning 3-6.

Steve Dunn started scoring for Midland 3:21 into the first period with an assist going to Andy Zurawski.

Huntsville was leading by two goals at this time.

Midland tied the game up 12:04 into the period with a goal from Noel McEachern, assisted by Paul Hahn.

The Centennials went ahead by one goal about three minutes before the end of the period on an unassisted goal by Dunn.

Huntsville opened scoring in the second period at the 2:41 mark but Midland held onto their lead by popping another one in 54 seconds later.

Travis Bonneville did the honors for Midland with help from Dale Denis and Andy Zurawski.

The same three teamed up again four minutes later, Bonneville scoring again and assists going to Denis and Zurawski.

At 18:32 of the second period Andy Zurawski scored an unassisted goal when his team was shorthanded.

Huntsville showed signs of reviving at the beginning of the third period at 1:41 when they scored.

Goal

Yet, before they could develop this goal into a roll, Midland scored twice more, both from Noel McEachern for his second and third goals of the game.

Assists went to Rob Greenlaw and Paul Hahn on his first goal at 7:55 while McEachern's final goal was unassisted at 8:42.

Dale Denis put Midland ahead one more goal with about three minutes left to play, the assist being handed to Rob Greenlaw.

Huntsville put on a little extra drive then and it was remaining time that determined the final score.

Huskies scored with 29 seconds left in the game but Midland managed to hold them off for the 9-6 victory.

5-3 Win

Sunday night, Midland played host to the Huskies on home turf and emerged with a 5-3 win.

Paul Hahn started the scoring off early for Midland with a goal 47 seconds into play.

He was assisted by Ken Mugford and John Witzke on the play.

With 6:57 left in the first period, Dale Denis scored an unassisted goal.

Huntsville came back with a goal with 4:28 remaining in the opening period.

Midland scored twice in the second period, once from Denis and the other from Ken Lagrandeur.

Huntsville didn't score during that period.

The third period was filled with close hockey all the way and Huntsville was the first to tally up, the puck crossing the line with 3:05 left to play.

They scored again with 37 seconds remaining in the game but Midland was sure to clinch the victory by putting the puck in the net one more time for insurance six seconds later.

Ken Mugford recorded that key goal.



Team of the week

Toronto Blue Jays may be under construction, but St. Theresa's senior boys' volleyball team in Midland has reached the heights of their three-year re-building program, under the direction of Rick

Presse, physical education teacher at the Midland School. The team, now ranked second in Ontario are from left back row: Rick Presse, coach; Gerry Crowley, Paul

Cox, Lee Crowe, Bob Heins, and John Quilty. Front row left: Chris Brennan, Jeff Dunn, Chris Weissflog, Paul Duval and Gord Burtch, Mngr.

Vogt gets on swimmingly well

Mark Spitz had better watch out where Greg Vogt of Midland YMCA is concerned.

Vogt recently participated along with other members of Midland YMCA Keegos in their first meet of the season in Cambridge.

Vogt swam in four events and claimed a first in each of them.

In the 15 and over category, he swam in the 100 metre backstroke, 50 metre freestyle, 100 metre butterfly and 100 metre breaststroke.

He also took part in the 200 metre free relay team swim recording a second there and a third in the 200 metre medley relay team event.

Other swimmers in 15 and over boys category were Andre Bourrie and Kerry Heins.

Bourrie had two seconds, a third and two sixths while Heins swam for two thirds, a fourth, a fifth and a sixth.

Elaine Baumgardner recorded a fifth and a sixth in 15 and over girls competition.

Chris Leavens swam for a second place finish in 100 metre butterfly with another fourth in 100 metre backstroke.

Freestyle

He also had two fifths in 100 and 50 metre freestyle swims.

Pat Dion finished in fifth and sixth position in 100 metre breaststroke and 100 metre backstroke respectively.

Tim Bourrie, Pat Dion, Cris Leavens and Alex Therrien were entered in the 200 metre free relay in the 13 and 14 boys category, finishing in third place with a time of 2:16.4.

Lynn Heins swam the 100 metre breaststroke for a fourth place finish, while Molly Wadge claimed a fourth in 100 metre butterfly.

The meet was won by the host club from Cambridge, the team of 12 from Midland finishing in sixth place.

15 teams participated in the Cambridge October Swimfest.

Many of Midland's swimmers had personal bests in the competition, and some came close to their best times.

This year, the team is young and seems to be doing very well considering their age of the team.

Vogt was presented with the Individual High Point Trophy for his performance.

The team will swim again this Sunday at the Midland YMCA, beginning at 10 a.m. and it will be the first meet hosted by Midland in competitive swimming this season.

Spectators are welcome to attend.

Three-year wait over

Hebner's Taxi has been waiting a long time for a win against Roadrunners in Midland Recreation Hockey League play but they made up for their three-year wait Sunday.

They defeated Roadrunners 13-0, their first win in three years of regular season play against that team.

Jim Patchell, Rick Griffis and Briggs Harvey all recorded double goals for

Hebner's with singles coming from Don Hebner, Gary Hamelin, Brennan Crowley, Ken Hamelin, Wayne Miller, Glen Smith, and Warren Duckworth.

Brian Lemieux was between the posts for the shut out for Hebner's. In other games, Duggan's Polar Kings won 8-3 over Performance Sports, enabling them to hold onto first place in league standings.