

ARC to represent Canada

The floor hockey team from Midland's Adult Rehabilitation Centre will be representing Canada in a floor hockey tournament planned for San Diego, California.

They will be the only team to enter from Canada but team coach, Paul McDonald feels that it is important that the team from Midland enter the tournament because of the educational value involved.

He added it is also important for everyone to know that these people can do something good despite their handicaps.

The entire trip, including accommodation and travel expenses will cost about \$9,000 and most of that will be paid out of the pockets of the players themselves.

McDonald will be joined by Bob O'Hara in the coaching duties and together, they will lead the 15 player squad.

The team has been in formation for five years and in that time, they have won several trophies.

In 1978, the team was the runner up in Ontario competitions in Maple Leaf Gardens in Toronto and they also won the Huronia Regional Games that year.

The following year, they repeated that feat, taking the Huronia Regional Games and winning a tournament in Mississauga.

The team will leave Jan. 28 for the three day tournament where they will compete with 30 teams from across North America.



Top class curlers

Lynn Morton's rink from Midland Curling Club will be off to Kitchener-Waterloo later this month for the Southern Ontario Divisional Ladies Curling finals after the Midland foursome this week won the "A" section of Provincial Division Curling

Playoffs at the Penetanguishene Curling Club. The gals won two straight games in their double knock-out series. Front row left: Vivian Shaw and Marg Bourgeois. Back row from left: Skip Lynn Morton and Gwen Milley.

Second series split in St. Margaret's bowling

At the end of the first series in St. Margaret's Monday Night Bowling League in Bayshore Lanes in Midland, the team of Rick Laurin had won 32 games and lost only 10 for 75 points.

June Burtch's team came very close to catching up to Laurin with 73 points, winning 30 games and losing 12.

Third place was also a close team with 71 points for Audrey Newman at 29 wins and 13 losses.

The rest of the league shaped up with Aggie Burgess in fourth with 62 points, Theresa Quesnelle with 49 points in fifth, Brenda Widdis with 48 points in sixth, Brenda Wright tied for sixth with 48 points, Cathy Richman with 39 points in seventh place, Rick Newman in a tie for seventh with 39 points, Debbie Rumney with 37 points in eighth place, Norm Watson in ninth place with 33 points and Lizz Desjardins in tenth place with 14 points.

Since the beginning of the second series, the teams of Norm Watson and Lizz Desjardins have been disbanded and the players absorbed by the rest of the league.

In addition to those changes, the team of Cathy Richman will be under the guidance of a new captain, Janet Duquette who has taken over due to Richman's leaving.

In the first week of the second series, Jan. 5, it was tight competition with the 10 league team split into two distinct groups.

Five of the teams have won two games and lost one for five points while the other five teams won one game and lost two for two points.

The five first place teams are Aggie Burgess, Theresa Quesnelle, Rick Newman, Brenda Wright and Debbie Rumney.

The five teams occupying second place are Rick Laurin, June Burtch, Audrey Newman, Brenda Widdis and Janet Duquette.

Top male bowler in the league is Jim Burtch who has the high single at 323, high triple at 798, and high average at 204 for men.

Alva Campbell holds the high single and high average for ladies with a 311 single and an average of 203.

Ann Deguire has the high triple for ladies with 722.

The league is presently looking for about 10 more bowlers and given enough interest, they might go back to a 12 league team.

Anyone interested, call Larry Atkinson at 526-3713 or 533-2621.



PENETANG - MIDLAND GYM CLUB Gymnastics Corner

by Ken St. Amant

This article is directed to any teacher, coach, parent or gymnast who wants to develop a skill in a logical and orderly manner.

Did you ever stop to think what goes into developing a skill like an aerial cartwheel? (An aerial cartwheel is one with no hands.) It does not happen overnight. It takes many hours of training to master. Below is an outline of the progression that our club follows in order to help the gymnast master this difficult skill.

The Cartwheel

In order to master the more difficult moves we must start with the simplest element of skill: the cartwheel.

There are some general teaching points that are used for the majority of these progressions.

When teaching the gymnast a cartwheel one should stress the following points: emphasize even timing in the placement of the hands and feet; we want 1,2,3,4 rhythm; look for straightness of the body; insist that the gymnast's arms hide their ears throughout the entire movement; each and every cartwheel must start and finish from the lunge position; instruct the gymnast to use a line to develop

straightness; both hands and feet must land on this line; when starting the cartwheel the gymnast must look behind the arm, not in front of it.

Although these are not all the teaching points, they cover the majority. Other special pointers may be needed to solve individual problems as they crop up when teaching the cartwheel.

Progressions

These moves make up a series of stepping stones or plateaus that the gymnast must follow in order to achieve desired success. Obviously progress is not achieved at the same rate by every gymnast. The coach has to have a little flexibility in both the progressions and the time spent on each to allow for individual differences.

The first skill that the gymnast must be able to do is the plain basic cartwheel. Not only must a gymnast learn it from their strong side but they must master it from both sides. That is to say, they must be able to do a cartwheel from both the left and the right sides. This is not as easy as it sounds. Many gymnasts have trouble doing this.

Lunge position

Then, in order to develop the lunge position

and the full utilization of the leg muscles we have the gymnasts do cartwheels for distance. We strive to have them travel twice their body distance.

Next, we have the gymnast do cartwheels in a series. At first, they must do this with no steps between each move. This develops spatial awareness and proper technique. Eventually, we will allow a Pas Chasse (step, together, step) between each cartwheel. This develops the idea of tumbling combinations and sets the stage for routine work.

We now move into various types of cartwheels. First, they learn a step-in cartwheel. This is where the trail foot comes in and meets the first foot. This is a set-up for backward movements. Another cartwheel that allows for backward movement is the step-three. On this one, instead of coming in, the trail leg comes through and the gymnast ends up facing the way from which he came. The last one of this series is the step-out cartwheel. The gymnast now faces the direction which the cartwheel was going. This one may be used to allow for forward movement patterns to follow it.

Aerial Cartwheel

Now, the progressions become a little more difficult. We now have the gymnast doing

one-arm cartwheels. Placement of the arms is most important. The second hand touches the floor. The free arm swings sharply across the body. This gives the gymnast the required upper body rotation.

After this comes the dive cartwheel. This is done from a hurdle step. The coach has to stress the up and out aspect of the dive. When the gymnasts are ready we have them try one arm dives. Ask them to delay putting down the arm. Keep delaying until they eventually do an aerial. Discourage the big run and insist that all moves come from the hurdle step.

Conclusion

It is important to realize that if gymnastic skills are to be properly, effectively and safely learned each progressive element must be used and followed by the coaches. Not only must the coach present the progressions they must also make sure that these elements are perfected by their gymnasts.

Gymnastics Calendar

Thursday, Jan. 15, 1981 - Development section of Huron starts. For further information contact Ken St. Amant at 526-3992 or John Turner at 526-6007