

## PENETANG — MIDLAND

### GYM CLUB



## Gymnastics Corner

by Ken St Amant

Over the past several years, the Canadian Gymnastics Federation (C.G.F.) has been promoting gymnastics through a system called the Development Program. Many clubs as well as many local schools have begun to use this program. Below is an outline of this system.

#### History

The Development Program was first proposed in December of 1976 at the C.G.F. Technical meetings. Between January and May 1977, the committee researched existing programs throughout Canada. By August of 1977, the first draft of the program was circulated to selected coaches, administrators and teachers across the country.

The feedback received from these selected people was a major factor in the formation of the program as it is today. By March 1978 the program was ready for the art work. This was finalized in December.

#### YMCA's Influence

The Canadian Gymnastics Federation has always enjoyed a close working relationship with the Canadian YMCA, and is particularly pleased with the close collaboration which has resulted in the production of the program that is now available to all Canadians from coast to coast.

The format of the Development Program is one that was developed originally by the YMCA gymnastics program and has been used in the YMCA nationally for several years.

Technical input from many sources has altered the technical content of the program and although produced under a separated cover, the program of the YMCA of Canada is essentially identical to this Canadian Gymnastics Federation Development Program.

#### Introduction

The Canadian Gymnastics Federation's Development Program benefits to motivate young people to participate in and enjoy the benefits of gymnastics. There are two major parts to the program: A) Participation B) Achievement.

A) Participation: This section is basically for those who have little or no experience in gymnastics. Its goal is to promote enjoyment and participation in basic gymnastics, while learning the basic skills presented utilizing the methods introduced by the CGF Coaching Certification Level 1 Program. It is comprised of levels with a crest being awarded at the end of each level: Red, White, Blue.

B) Achievement: This section is for those gymnasts who have a thorough understanding of the six basic movement patterns and mastery of elementary skills.

It leads directly to the artistic and competitive aspects of the sport, offering four progressively more demanding levels of achievement derived from the concepts introduced by Level I and Level II of the Coaching Certification Program. Crests are once again awarded at the completion of each level: Merit, Bronze, Silver, Gold.

Each level contains skills from each of the four women's apparatus (Vault, uneven bars, balance beam, and floor) and the six men's apparatus (vault, pommel horse, rings, parallel bars, floor, and high bar).

#### Gymnastics Calendar

July 27—Second session of the Summer Gym Camp begins: 8:30 a.m. advanced; 1 p.m. beginners at Corpus Christi P.S.

Aug. 8—Balm Beach Summerama Display.



## Good season

Midland A.E. LePage Novice Lacrosse squad is having what you would call an excellent season, being tied for second place with three wins in four starts. In those four games, they have only allowed seven goals against while tallying up a

total of 46 goals for. Back row from left: Jim Peden, manager; Brian Walser, assistant coach; Dave Chalmers, coach. Front row from left: Shawn Price, Gary Moore, Chris Walser, Greg Scott, Shane Asselin, John Brophy, Shane Nichols,

Jamie Peden, Shawn McIlravey, David Chalmers, Donald Kruger, Jason LeClair, Neil Snowden, Jessie Perrault, Michael Waltenbury, Darren Nicholson, Steven Graham, Shawn Desjardins.

## Stayner jinx broken at lawn bowling club

by

Walter McGilvray

What turned out to be one of the finest days for lawn bowling tournament play was staged at the local greens in Little Lake Wednesday afternoon.

At long last, the highly competitive rinks from the Stayner club were turned back when the Midland team of Bruce MacArthur, skip; Margaret Stamp, vice-skip and Orvil Kitching, lead, took the high these games of the day with total points of 43.

The top prize for the event was the beautiful trophy which had been presented to the local club in 1978 by the Centennial committee, marking the town's one hundred years as a municipality.

Runners up for the second top spot was the Joe Besse rink of Stayner with three wins and 39 points.

High two game winner went to Lillian Marshall's team from the Allendale Club with 49 points and a plus of two.

Our Midland rinks came in for the high one game effort with James Norfolk, skip; Eleanor McMillen, vice-skip and Clare Atkins, lead. Mr. Atkins is a new member of the Midland club - their points overall being 33. All the greens were filled for this

event, it being a mixed triple tournament and 48 bowlers participated. Many complimentary

remarks were offered on the excellence of the playing surface.

The ladies under the

supervision of Margaret Stamp served tea and muffins between the first and second games

and a delicious sandwich and pie lunch served after the second game.

## Softball action

Midland Therriens Ladies Softball team have played two very close games their last two times out, winning their first but dropping their second game.

Both of those games were highlighted by one run spreads, their game last Tuesday ending in a 13-12 decision over the home team Sturgeon Bay.

Winning pitchers were Norma Jean Lediard and Sharon Borrow while Bev Roper drew the duties on the mound for Sturgeon Bay.

Roper only walked one Midland batter while the two Midland pitchers walked a total of 13 batters.

Top hitters for Sturgeon Bay were Jane Gillim with three hits for three times at bat and two walks, Sue Cathy with three hits for five times at bat and one walk, Dale Duffy with three hits for four times at bat and one walk and Bev Roper with two hits for three times at bat and two walks.

For Midland, Anne Lemieux hit four for four, Trufy Fontaine hit four for five and Sue Grigg hit three for five.

Sturgeon Bay left 13 batters on base while Midland left seven.

#### Another close one

In their game Wednesday night, in Penetanguishene, Midland Therriens bowed to Penetanguishene G & C in a close match, the score in that game 6-5.

Winning pitchers for G & C were Sue Brock and Cindy King while Sharon Borrow was on the mound for Midland.

The two teams were tied 2-2 at the end of the first inning, then both went scoreless for the second inning.

Penetanguishene took the lead in the third inning, driving in two runs while Midland only brought one runner across plate.

Therriens tied it up in the fourth inning while holding Penetang off the scoreboard but the tables were turned in the next inning with

Penetanguishene going ahead once more.

In the sixth inning, the two teams traded single runs but that still left G & C ahead by one going into the seventh inning.

G & C kept Midland from scoring in the top of the seventh inning which meant they didn't have to go back up to bat.

Top batters for the winning G & C squad were Deannie King with three hits for four bats, Penny Tessier with two hits for three bats and Sandy Dubeau with two hits for four bats.

Midland's hitters were Linda Vessair and Gail Latour, both with four hits for four bats and Marilyn Morasse with four hits for five bats.

#### Action packed

Other games for the week saw Penetanguishene Royal Canadian Legion Branch 68 down Christian Island 24-5 Sunday in five innings of play, Cathy Jackson the winning pitcher in that game.

Tuesday night it was an upset victory for Phepston 7-4 over Branch 68, Bunny White leading her team to their sixth win of the season.

Penetanguishene Stoneleigh Pontiettes trounced Sturgeon Bay Tuesday night, led by the excellent pitching of Nancy Bell.

Wednesday night, Branch 68 edged out Sturgeon Bay 11-10, Sue Desroches doing the pitching on the mound for Branch 68.

#### Standings

League standings as of Thursday morning-look like this:

	W	L	T	Pts
G & C	8	0	0	16
Phepston	6	2	1	13
P.S.P.	5	0	1	11
Branch 68	4	4	1	9
Midland	3	4	0	6
Sturgeon Bay	2	6	1	5
Port McNicoll	1	6	0	2
Christian Island	0	8	0	0



## Start of eight mile ride

Reeve Art Stewart, right front, standing in for Penetanguishene's mayor, cut the ribbon Monday afternoon to start the bike-

a-thon organized by the Tiny-Tay Huronia Handicapped Association. The riders travelled eight miles between the

Penetanguishene arena and the Dock Lunch. One of the participants went around twice in his wheelchair.