



Bend and stretch

Midland Athletics Intermediate A hockey club was doing some extensive workouts Wednesday night in Wasaga Stars Arena in Wasaga Beach as they were preparing for the upcoming hockey season. The team's first game is Oct. 2 when they will travel to Georgetown for an 8:30 p.m. game against the Raiders. Their first homer game is set for Oct. 4 when they will play host to Orillia

Terriers, that game at 8 p.m. In fact, all Sunday home games will be played at 8 p.m., contrary to the first draft of the schedule released earlier. This year, the team will be handled by Hugh Robertson, Bob Monteith stepping down from that position because of a lack of time to devote to the important task.

Marchildon new man behind bench

by Don Lawrence

Ron Marchildon, Arena and Parks Manager for Penetanguishene, is the new coach of Penetanguishene Kings Junior C hockey club.

That announcement was made Wednesday of this week to this newspaper. Marchildon will be replacing Don Tannahill who quit shortly after the end of last season.

Marchildon is no stranger to the Penetanguishene Arena, his office being upstairs in that arena or as he says, "I'm here most of the time anyway."

As far as hockey background is concerned, Marchildon coached bantam hockey several years ago and played junior C hockey in Penetanguishene for the 1959-60 season.

In addition, he played college hockey at the University of Guelph in 1964-65. Marchildon's strongest point though is the fact that he has served 15 years as a referee and he admits, "I know how far I can go with referees".

Marchildon will not be testing the referees as much as he will be keeping a constant eye out for rules that will help his team though.

He has attended a level one coaching clinic recently in Penetanguishene which gives him the basics but while it does not make him the most qualified person for the job, it gives him a working knowledge of the task he is undertaking.

Marchildon looks at coaching as having, "alot to do with personalities" and says, "We've got to concentrate on a total team effort."

Yet, Marchildon has a healthy attitude toward coaching, admitting, "We're going to win some, we're going to lose some", and he will be content with providing the fans with well-played hockey.

He will admit the team is losing some key players to overage and school but as Marchildon says, "It's a challenge because I



Ron Marchildon

don't think we're going to have the scoring power from last year.

Defence looks good though. It's going to be a mobile defence. If we have control of the puck in our end, they're not going to score."

This year's squad looks like it may be made up of some younger players, what with many of the older players gone, but Marchildon doesn't believe that will hurt their chances at being a competitive squad.

In his words, "I wouldn't mind a young hockey club, as long as they give it all they have."

Peter Dubeau, team manager, is confident with the new appointment and says of Marchildon, "He's very enthusiastic, I think he's going to be good at the job!"

All-Ontario

Indusmin bantams head into finals

by Doug Reed

Weather permitting, Midland Indusmin Bantams Baseball Team will be playing host tomorrow afternoon at 1 p.m. to visiting Chippawa in the first game of a best of three All-Ontario OBA final series.

Both clubs were to have played last weekend however rain delayed the series which will see Chippawa here tomorrow and then Midland going back to Chippawa on Sunday.

If a third game is necessary it will be played an hour or so after the second game on Sunday.

The Midland ball club has been holding a number of tough practise sessions since it beat out

Harrow Blues in the semis, two games to one.

Coach Gabe Quesnelle and Doug Gadsby, manager, have the fellows all fired up for this weekend's finals.

Game time tomorrow is 1 p.m. at Tiffin Park. If past games are any indication you can expect to see some exciting hitting and running from Midland Indusmin players.

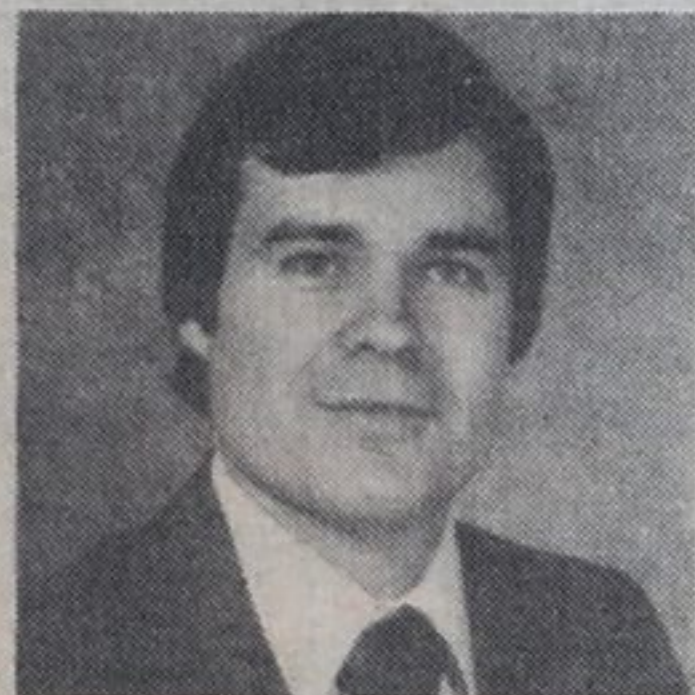
This season has been a memorable one for the squad which didn't win a game at all last year. However under a new regime with Gadsby and Quesnelle at the helm, the club is within striking distance of grabbing the All-Ontario OBA title.

Angels' tourney

Elmvale Angels Ladie's Softball Club will be holding its invitational ladie's softball tournament today, tomorrow and Sunday at the main diamond in Elmvale.

Things today will get underway at 7 p.m. with Elmvale facing the BGM team. Games will follow at 8 p.m. and 9 p.m. with round robin play continuing at 9 a.m., 10 a.m. and 11 a.m. tomorrow.

From there, teams will go into either the championship round or the consolation round. The championship game will be played at 2:30 p.m. Sunday which will be preceded by the consolation championship game at 1 p.m.



by Ken St. Amant

Gymnastics is growing rapidly in Huronia! With its obvious appeal to the local youngsters, one is lead to ask, "What exactly is gymnastics?" This is not an easy question to answer because there are five basic types of gymnastics. These are: Artistic or Olympic Gymnastics, Rhythmic Gymnastics, Trampoline, Educational Gymnastics and Recreational Gymnastics.

Most of the interest in Huronia centers around Artistic and/or Recreational Gymnastics. Recreational gymnastics simply stated is the development aspect of gymnastics. It is here that young gymnasts develop good fundamentals in gymnastics.

Artistic Gymnastics

It is Olympic or Artistic Gymnastics that

seem to have the most appeal. In this form of gymnastics each athlete performs acrobatic exercises on various apparatus.

Gymnasts may compete individually or as part of a team. Due to the differences in equipment, men's and women's meet tend to be held separately. Judges watch each gymnast's performance, called a routine, and decide the score he or she has earned.

Not all gymnasts will compete in gymnastic meets. Many enjoy it to held develop balance, endurance, flexibility and strength. A good gymnast must devote many hours to practice. Most female gymnasts reach their peak in their teens while the male counterpart will peak in their early twenties.

Events

Men's gymnastics consists of six events that are held in a set order. These events

are the floor exercise, pommel horse, rings, vault, parallel bars and horizontal bar.

Female gymnasts compete in four events. In order of performance they are: balance beam, floor, vault and uneven bars.

Judges of gymnastics meets carefully watch each routine for flaws, falls, improper body position, omissions, slowness and stops. The judges also base their decision on difficulty, form and the appropriate combination of moves.

A perfect score for any event is 10.0. The judges subtract points for each flaw. In some routines, the judges may award bonus points for risk or for performing moves that are extremely difficult.

Usually at the provincial meets three and sometimes four judges mark the performance of each gymnast. The scores

are averaged together to give the final score.

Conclusion

This is just a brief overview of a unique sport that is rapidly growing in Huronia. As more people become involved in this sport, a better understanding is bound to evolve.

Gymnastics Calendar

Week of Sept. 14 - 18: - Competitive and Pre-competitive practices begin at Corpus Christi P.S.

Friday, Sept. 25: - Executive meeting, 7:30 p.m. at Corpus Christi P.S.

Week of Sept. 27. - Advanced, Developmental and Kinder-Gym programs start at Parkview P.S.



Gymnastics corner