



by Ken St. Amant

Although our first gymnastics meet is on Dec. 5 it isn't too early to prepare our gymnasts for it. There is so much to do. For example we have to finish composing the routines, measure up for uniforms and the like.

PREPARATION

It is important that the gymnasts walk confidently into the gym and they don't end up standing around not knowing what to do first.

As silly as this sounds, some time must be spent reviewing the various rules that are used to conduct a gym meet. Do they know, for example, that after their timed warm-up at the beginning, they only have 30 seconds on each apparatus just before the actual competitions.

Gymnastics corner



Appearance is of the utmost importance. All measuring and fitting must be done well in advance. The leotards should look sharp and fit properly. The gymnasts should have a practice or two with them to ensure comfort and that they are not pulling or tugging at their leotards.

Some time should be spent experimenting with hair styles. It must not hang in their eyes. Wildly flying hair will take away from the performance. Remember a sharp appearance makes the gymnast look more confident.

The warm-ups must be planned. It is very easy for a team to get psyched out if they end up standing around watching. The gymnast must know where to go and what to do as soon as they walk into the gym.

For example, you may have your team start by doing stretching at the floor mat and move into performing various tucks. Each gymnast should walk through their routines.

This is the opportunity to consider the position of the judge and the crowd. The coach must make sure that all the apparatus are covered in the same manner.

ATTITUDE

It takes time to develop a proper attitude. Each gymnast must know and understand what is expected of them. They must have a realistic goal. It is a shame to see a gymnast walk off the floor and start crying. This doesn't help the moral of the teammates.

The gymnasts must be taught proper etiquette. For example, the gymnasts must present themselves to the judges

before and after all routines. It is important that the gymnasts (as well as coaches) not monopolize any pieces of equipment during the timed warm-up.

These kind of habits wouldn't happen automatically. They must be reviewed, discussed and practised constantly before the meet even takes place.

A well-organized, sharply-dressed team that knows and practices proper etiquette can make an excellent impression on everyone. This is not just in gymnastics but in all sports.

GYMNASTICS CALENDAR

Sunday, Oct. 2, Coaches Clinic in Toronto, 1 p.m.

Friday, Oct. 30, Hurons Dance, 8:30 p.m. - 1 a.m.

PMHA Report

by Dave Dupuis

As has already been mentioned elsewhere in this paper, Penetang Minor Hockey Association action gets underway next week. Again, we would like to stipulate that these practices are not tryouts for the All-Stars or rep teams, but merely two-week hockey camps. We want all players out, regardless if they intend on playing All-Star or House League.

A dance for the PMHA will be held on Hallowe'en night, Saturday, Oct. 31, at the Rooster Trail Dance Hall. Music will be provided by Ron Wiggins.

X This year we're pleased to announce that the Ladies' Auxiliary recently had a good turnout to form their executive under new president Verna Dusome. From the sound of

their enthusiasm and plans for a possible bottle drive, a 50 / 50 draw, and the selling of PMHA pins, it should prove to be a very good year.

Again, a reminder: Sunday, Oct. 4 there will be a warm-up skate for registered players and any players interested in registering. Ten-year-olds and under will take to the ice from 3:30 to 4:45 p.m., and ages 11 and up will go from 5 p.m. to 6:15.

In the arena lounge the same afternoon (between 3:15 and 6:15 p.m.), we'll be holding a get-acquainted party, with the PMHA executive, the Ladies' Auxiliary and coaches all on hand. So, parents, after you've dropped little Johnny off, come up upstairs and have a coffee and doughnut and just say hello. We're looking forward to meeting you.

Kings announce list of signings

Penetanguishene Kings Junior C hockey club yesterday announced the signings of 18 players, including ten returning from last year's team.

Returning are defencemen Terry King, Frank Hall, Al Melnyk and Peter Roi and forwards Carl Cowan, Bob Weatherill, Bruce Graves, Jerry Robitaille, Chris Anderson and Dave

Robillard.

Picked up from last year's Penetanguishene Major Midgets are forwards Phil Cinquars and Brian Forget, and defenceman Dave Gianetto.

Acquisitions from graduates of the Elmvale Major Midgets are centre Brian Norwood, defenceman Dan Whitton and goaltender Kevin Steele. From the Elmvale bantams

comes centre Doug Kirton, and from the Wasaga Beach Major Midgets of last season goaltender Jeff Hogg.

More signings are expected before the club's home opener Sunday.

The Kings open their season tonight in Huntsville against the Huskies, and will meet the Midland Centennials Sunday. Game time is 7:30 p.m.

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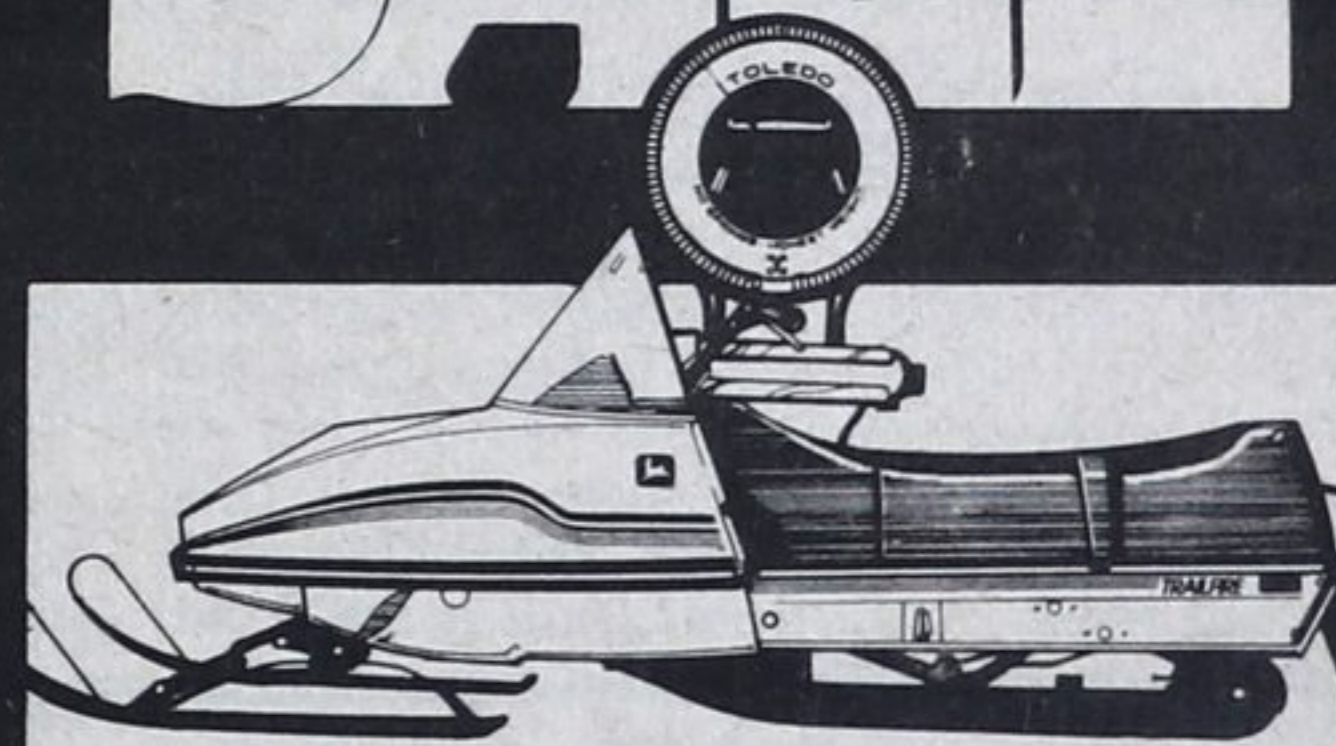


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