



Gymnastics Corner



by Ken St. Amant

With the first provincial qualifying gymnastic meet just around the corner (Dec. 5-6) many of our local gymnasts are starting to panic. This first meet is very important for a couple of reasons.

First, it sets the tone for the season. Second, it gives the coaches an indication of their chances at qualifying for the provincial championships.

Structure

Proper placement of gymnasts is very important for individual success. Many factors come into play: age, ability, years of experience and the number of hours of practise per week. The Ontario Gymnastic Federation (OGF) publishes rules and guidelines to assist the coach in placing his gymnasts in the correct category. Below is a brief outline of the Womens' competitive structure in Ontario.

National Stream

Presently there is a two-stream system in existence. Girls working on national testing and training for the Canadian

tryouts are grouped into the National Stream. These gymnasts are considered the top in Canada. Because of the Huron club's short experience, it is obvious that none of our gymnasts are in the National Stream. Therefore, at this point in time, no further discussion on this stream is warranted.

Provincial Stream

There are three age groups and within each are at least two or more ability levels in the Provincial Stream. This is the stream in which our club is interested.

The youngest level is the Argo. Gymnasts in this group must be under 12 years of age as of Jan. 1 of the competitive season. It is recommended that the minimum age for competition be nine years old.

Within the Argo division, there are three levels based on ability. For example, first-year gymnasts enter the Argo 'C' and they are allowed no more than 12 hours per week of practise time.

Argo 'B' is reserved for those of higher

ability and/or second-year gymnasts. They are allowed 14 hours per week of training.

Argo 'A' athletes are the best of this age group. They are allowed 16 hours per week of practise and can move to the National Stream if the gymnast has a successful season.

The next age grouping is the Tyros. These gymnasts must be under 14 years of age as of Jan. 1 of the competitive season. Again, there is an ability grouping. These are Tyro 'A' and 'B'. The top gymnasts of this age group would be placed in Tyro 'A'. Those gymnasts who are entering competition for the first time or those who need more exposure to competition would be placed in Tyro B.

The Junior level is an open age one. As in the Tyro division, there are two ability levels, 'A' and 'B'. 'A' level is considered to be more advanced while the 'B' category is for those who want to compete with those of their own ability level. But don't underestimate the skill level of these 'B' gymnasts—they are good!

The last competitive level is Senior. Although this is an open-age category, these gymnasts tend to be the older ones who want to continue to compete on an advanced level. It is reserved for all former Junior and Senior competitors not competing in the National Stream.

Conclusion

The purpose of this system is to provide a broad base for competition. The objective of this structure is to keep as many girls involved in gymnastics as possible. We are finding that gymnasts who compete in OGF at any age group or ability level have to be extremely well trained. Competition is very tough indeed and, as a result, I am not sure if this structure allows fulfillment of its objectives.

Gymnastic Calendar

Week of Nov. 28 -- Hurons' Gymnathon Sat., Dec. 5 -- First girls' preliminary qualifying meet, Toronto Sun. Dec. 6 -- First boys' qualifying meet, Toronto.

Port McNicoll

by Eileen Hocken

DanceFit will be offered in Port McNicoll in January on Tuesday and Thursday evenings, from 8 to 9 p.m., at the Community Centre.

This is a program put on by the Midland YMCA. The instructor will be Vicky Duncan.

DanceFit Canada is a cardiovascular fitness program using the fun of dancing to provide the students with an excellent cardiovascular work-out.

As for who joins DanceFit classes, we hope to see that everyone gets the opportunity. Not only is DanceFit a terrific program for women, but men, children and even senior citizens also benefit from a good cardiovascular work-out.

Cardiovascular fitness is the physical conditioning of our heart, blood and blood circulation.

Also available is the morning class, Mondays and Wednesdays. Anyone interested can phone Vicky Duncan (534-7311).

Port McNicoll Recreation Board is very pleased to report that the Hallowe'en Teen Dance at the Community Centre on Friday was very successful. The youngsters were well behaved—gave no trouble whatsoever.

Attendance at one of their dances was the best yet with 130 youngsters showing up—most of them in costumes too.

Two \$5 cash prizes went to Ted Black and Jessie Perrault for most original costumes.

Thanks are extended to the chaperones, Cheryl Edwards, Pat Armstrong, Donna Jackson, Elsa Kovacs and Jean Knight. There was one more male chaperone but his name escaped the attention of the Recreation Board.

Nevertheless, his help was appreciated also.

The Recreation Board have two new members to help out with

recreation in the village. They are pleased to have Pat Armstrong and Frank Kelly join the group.

The Recreation Board is busy finalizing plans for the grand opening of the Community Centre on Nov. 14th.

Port McNicoll Senior Citizens Club had their monthly Euchre Party last Thursday. There were 104 people in attendance (26 tables of euchre players), the largest turn-out this year.

In the 50-50 draw there were four prizes—three of \$10 each and one of \$5.

In the woman's high score there were two women tied with 84, Mrs. Chmeilak and Yvonne Ward. The cash prize for first and second was split between the two ladies.

In the men's high score Frank Zabisewski

won first prize with 83 and Jennie Palmer playing on a man's card won second with a score of 79.

Most lone hands (5) went to Mrs. Rita MacMillan. Booby prizes were won by Mrs. Irene Dockray and Grace Maurice.

A nice lunch was served and a good time had by all.

The Senior Citizens have been preparing for the big opening day at the Community Centre. They will be holding a bake sale there that day and will also have a craft table set up.

They will donate part of the proceeds to the new Community Hall.

Apple Day, which took place a week ago Saturday, was quite successful in Port McNicoll again this year. The weather co-operated, which is

always a help.

Fran Leroux, who was in charge of this event, wishes to thank the many drivers who took the boys around the village.

Thanks are also ex-

tended to Mr. John Moreau and Mrs. Sandy Aiken who judged the boys' decorated baskets. The winners were Shane King (Cub) and David Audern (Boy Scout).

Jazzy way to keep fit

Pen Twin Theatres

#1 WED-THURS-FRI-SAT NOV 11-12-13-14 **CONDORMAN** 7:30

SAT. MAT. - 1:30 Condorman
SUN-MON-TUES NOV 15-16-17 **Caddyshack** 7:15

FRI-SAT NOV 13-14 7:15 **CARBON COPY**

Russ Meyer's **Beneath the Ultravixens** SUN-MON NOV 15-16 7:15

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ORILLIA CINEMA 3 COLBORNE ST 326-3338

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