



Gymnastics Corner



by Ken St. Amant

Gymnastics tends to be an exact science. By this I mean that every move has to be done in the same manner every time. The gymnast must control every muscle throughout each movement pattern. Each skill has to be rehearsed hundreds of times in order to be mastered. This kind of control and repetition requires a great deal of discipline on the part of the gymnast.

This is true of both the psychological and physical aspect of these gymnasts. In order to help develop this discipline our club has developed the Ten Commandments for the gymnast.

COMMANDMENTS

1) Each member must appear and act like a gymnast at all times. During each training session the gymnast must be properly dressed for the work out. By proper dress we mean; a body suit for girls, T-Shirt and shorts for boys, hair tied down for the girls and no gum chewing. Even if they are not in the mood for practice, every effort must be made to take an active role in the training session.

2) Each gymnast must keep an accurate record of all routines that are going to be used in competition. These must be updated regularly. Each gymnast should get in the habit of keeping a workbook which includes not only the routine but a list of various skills that they have mastered.

3) Each piece of equipment must be treated with respect. Ideally, the gymnast should think of the apparatus as a part of him or herself.

4) Gymnasts must be willing to help each other; not so much by spotting, but by encouragement and advice.

5) A serious tone must be maintained throughout the practice session. Obviously we want the gymnasts to have fun, but fooling around and horseplay will not be tolerated.

6) The gymnasts must be selfmotivated. They have to be willing to work on their own without instructions from their coaches. They must take the bull by the horns and work without assistance. During the gymnastics meets they are on their own so they must develop this feeling of independence.

7) Although easy to do, the gymnast must avoid developing the feeling of discouragement and impatience when they are having difficulty mastering various skills.

Remember success takes time and only comes with hard work.

8) The gymnast must resist comparing him or herself to other gymnasts. They must channel their energies into meeting the goals and objectives laid out by the coaching staff. Competition at gymnastic meets is the only valid form of comparison.

9) Under no circumstances are gymnasts allowed to make fun of the efforts of another gymnast. No matter how funny or awkward they might be, proper respect is a must. Don't be quick to criticize. They must put their efforts towards their own ability.

10) Total contribution is a must. We need an all-out-effort at every practice. Not just for the workout itself, but for all the little things as well. For example, setting up or taking down the equipment. The effort put forth on these kinds of things sets the tone for practice sessions.

Conclusions

It should be noted that these commandments are not listed in any particular order. They are presented to the club members to serve as a guide to foster the best possible feeling towards gymnastics and themselves. Hopefully, through these commandments a member coming through our club will not only be a better gymnast but will also be a better person.

Gymnastic Calendar

Mon. Jan. 4th--First night of competitive session
Tues. Jan. 5th--First night of Pre-Competitive session
Wed. Jan. 6th--Registration for all other sections at Corpus Christi Public School 5:30 to 8:30 p.m.
Wed. Jan. 6th--Clinic for all coaches of the Hurons at Corpus Christi Public School 6:30 to 8:30 p.m.

Fleming scores to help Steelers

Brent Fleming scored an empty-net goal with 36 seconds remaining to ice a 4-2 Elmvale Steelers victory over the Wyevale Autos in Elmvale and District Senior Hockey League action Thursday at Elmvale Arena.

In other games, the Oro Oilers clobbered the Perkinsfield Perkiess 11-4 and Barrie American Hotel blanked the Minesing Islanders 4-0.

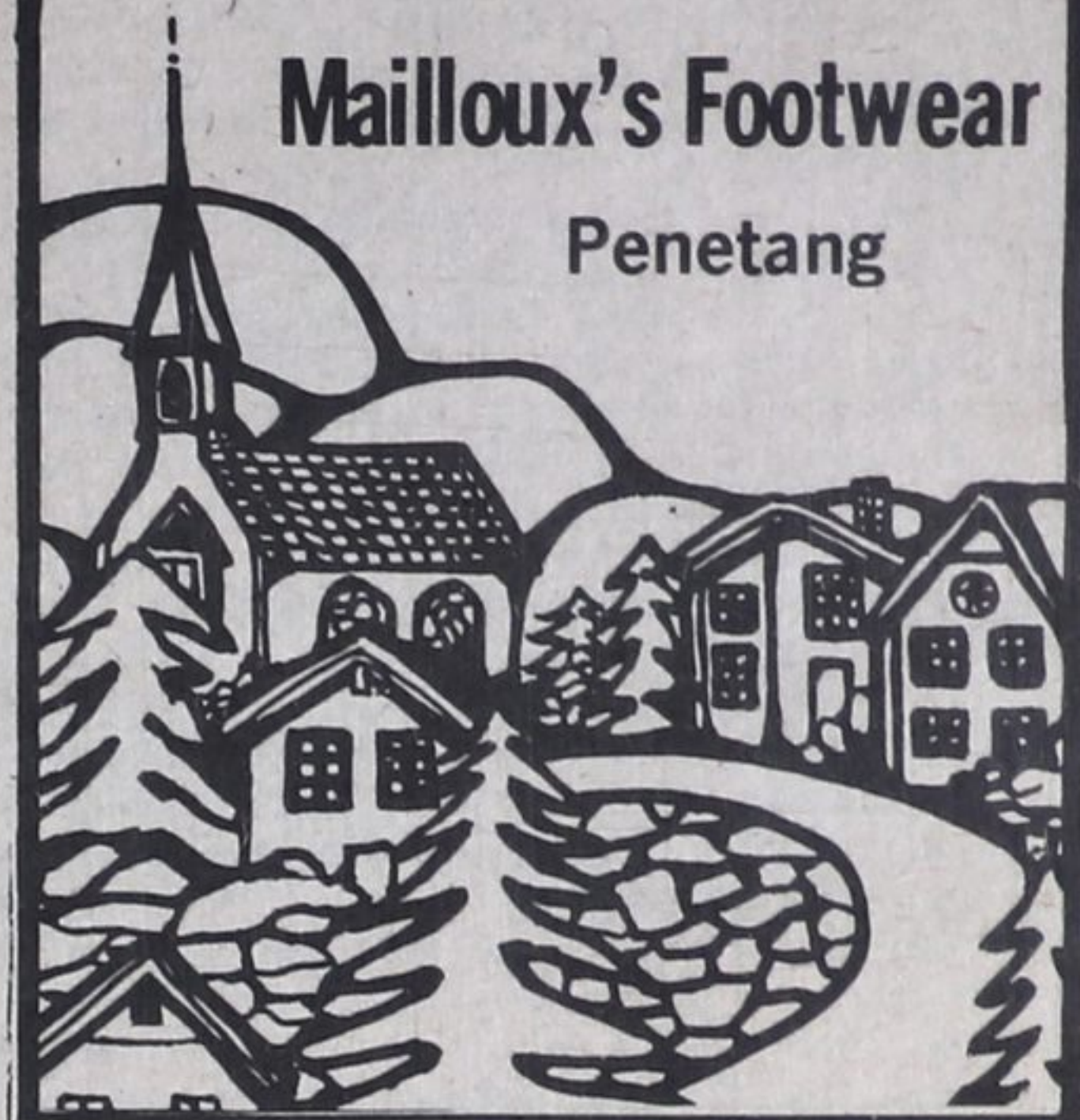
Jamie Robitaille and Martial Marion scored two each for the Perkiess.

Howard Simpson did the netminding chores for the Oilers, Allan Poole and Louis Lesperance shared the duty for the Perkiess.

CHRISTMAS JOY

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Entry fee \$1

Entry fee for the Dec. 29th open volleyball tournament at the Midland YMCA is \$1 - not \$10, as appeared in last Wednesday's Sports Report.

Anyone interested in playing may be registered for allocation on a team by showing up at the Little Lake facility Tuesday between 6:30 and 7 p.m.

NOEL



Hope your holidays are just heavenly! Greetings to all!

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