

Pin Chatter

by Dennis Brabant

The Hi-Low doubles tournament scheduled for last weekend was cancelled due to the stormy weather. This tournament is now scheduled for this Sunday at Bayshore Lanes with start time being 7:00 p.m. The top five couples will win prizes and the top couple will represent our local association at the Provincial Finals in Barrie. Good luck to all!

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The fourth annual Commodore Hotel mens' team tournament was held last Saturday at Knight Haven Lanes. Twelve teams from northern Simcoe County participated with Midland's Bayshore Lanes team coming out on top with a five-game score of 6,702. The bowlers on the Midland team were as follows: Maurice Lapensee (1,244), Dennis Brabant (1,182), Sam Poole (1,150), Rodney Todd (1,083), Paul Buttineau (1,074), and Bob Fortin (969).

The Midland team picked up \$360 for their effort and were closely followed by an Orillia team (6,605), Bracebridge (6,506), and Penetang's Commodore Hotel team (6,497) who took the last place money of \$108.

The three high fives were rolled by Shawn MacCormack of Bracebridge (1,260), Maurice Lapensee (1,244) and Ron Desroches of Penetang (1,227) each winning \$25.

High singles were rolled by Al Armstrong (331), Rex Dorkings (328), and Harvey Fraser (311) of Orillia, each winning \$15.

Shawn MacCormack cleaned up in the doubles competition pairing up with four different partners and winning money with three of them as follows:

- 1st Shawn and Jack Wells 2,408 (\$100)
- 2nd Shawn and Al Armstrong 2,385 (\$50)
- 3rd Shawn and Bill MacCormack 2,343 (\$30)
- 4th J.P. and Ron Desroches 2,335 (\$20)

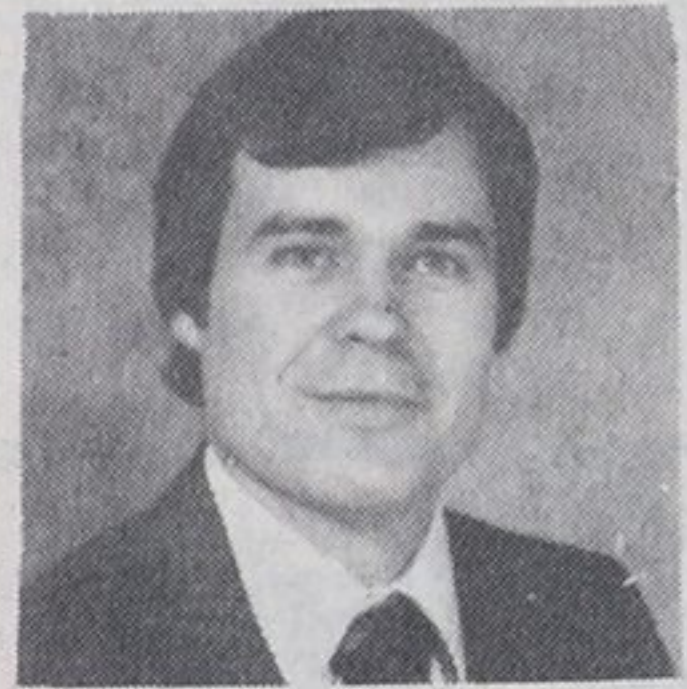
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In the next two weeks bowlers will be approached to sign up for the National Classified tournament. Men and ladies bowl against bowlers who are in their own average class, e.g., Mens Class I (165 or less average) or Mens Class 5 (215 and over average). The scores will be counted during regular bowling during the week of Feb. 1-6 and one bowler out of every five entering will advance on to the regional finals.

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Around the Leagues

Some big games were rolled in the Midland Industrial League on Wednesday night with Jules Marion rolling a 363 single and Maurice Lacroix rolling a 356 to round out an 859 triple.



Gymnastics Corner



by Ken St. Amant

Last November I had the good fortune of attending a Level I certification programme in trampoline. This two-day workshop was conducted by David Ross of Kingston. His expertise in the field of trampoline was of great value and an eye-opener to many of us who were in attendance.

In this week's article I would like to take a closer look at the trampoline and its use in physical education and recreational programmes.

Benefits

The trampoline, when properly supervised, can provide most of the requirements necessary for developing youth.

Strength development is most noticeable in the postural muscles. Agility develops as a result of a person being freed from his normal gravitational limitations. He can then experience a freedom of movement unknown in any other type of activity. Although short turns are recommended, cardio-vascular fitness can be improved through proper bouncing.

The learning threshold on the trampoline is low. However, skills on the apparatus become difficult very quickly. Initially, students acquire skills quickly and easily and everyone can feel an immediate success at the sport.

Trampolining helps the participant to develop an awareness for his orientation in space and improves balance. The successful completion of skills and routines helps to improve self-confidence and body image.

Trampolining is fun, creative and challenging. It is an activity for everyone. The nature of the sport allows anyone regardless of size, weight, age or sex, to experience the wonderful feelings of weightlessness and supergravity.

Limitations

Understanding the limitations of the sport of trampolining is as equally important as knowing the benefits.

It should be pointed out that if the apparatus is left unsupervised or is supervised by someone who is not familiar with the limitations of the tramp, accidents may and do occur.

Somersaulting is potentially dangerous. It takes special training to be able to coach somersaulting activities safely. Somersaults in themselves are easy to do; however, there is always a chance that the students may become "lost" and have a serious accident. At the Level I course they did not teach us how to spot a somersault. It was constantly impressed upon us that somersaulting is potentially dangerous. It should be noted that 90 per cent of all serious tramp accidents occur while the participants are somersaulting.

The prevention of accidents in the trampoline comes from an understanding of the mechanics of a skill, as well as knowing the most common errors and how to avoid them. The most important tool for preventing problems in a trampoline programme is a good deal of common sense.

Conclusion

I found the course very worthwhile. During the two day programme we focused on topics such as safety and prevention, warm-ups, classroom methods and the psychology of coaching trampoline. We also spent a large part of the time on teaching the skills of Level I.

Although the sport of trampolining is a recognized sport under the umbrella of the Canadian Gymnastics Federation, each province has a trampoline association or a committee under its gymnastic parent organization. For more information or for a list of provincial chairmen and organizations contact the C.G.F. office at 333 River Road, Ottawa, Ontario.

Gymnastics Calendar

Friday, January 8 — coach clinic at Corpus Christi (6:30-8:30)

Monday, January 11 — start of kindergym program at Parkview (5:30-7:30)

Tuesday, January 12 — start of Advanced Program, Parkview (5:30-7:30)

Wednesday, January 13 — start of Developmental Program, Parkview (5:30-7:30)

Weekend of January 16-17 — exchange with the North York Gyros

Saturday, January 23 — Huronia Games (Girls) Barrie

Sunday, January 24 — Huronia Games (Boys) Barrie

Saturday, January 30 — 1st qualifying meet — O.G.F. in Toronto

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1 GHOST STORY 7&9 Restricted	2 NEIGHBOURS 7&9 AA Not for children	3 PENNIES FROM HEAVEN 7&9 Restricted
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Elmvale Juniors are best in area

The Elmvale Junior team, consisting of skip Tim Belcourt, vice Arnold McAuley, second Brian Belcourt, and lead Marty Ritchie, were recently up against teams from Barrie, Orillia, Parry Sound, Bracebridge, Shelburne and Cookstown.

Elmvale went through the competition without a loss even though it was a double knockout system where a team had to loose two games to be eliminated from further play.

In their first game, on Jan. 2, Elmvale squared up against Parry Sound, and even though they were down 4-1 after two ends they fought back and took the game by a 9-6 score.

They were then matched up against Cookstown and played so well they never allowed the opposition a point as Elmvale easily disposed of Cookstown 11-0.

The next day, Elmvale met Mark Hudell's Barrie rink, which had previously been unbeaten in both league and tournament play.

However, this didn't stop Elmvale as they took a 9-5 lead and hung on to win 9-8.

Elmvale then had to wait until this past Sunday to see who would come up the loser's side to meet them in the finals. And as expected, it was Barrie again. Elmvale was confident going into this match as they had to lose two games to be eliminated. On their way to Stroud the team was involved in an accident and Marty Ritchie couldn't com-

pete in the final match. So with three players Elmvale showed Barrie again that they were a well matured and poised team, as Tim Belcourt made a final shot take-out in the 10th end to gain Elmvale a 6-5 victory and the division title.

Winning their division enables Elmvale to compete with the winners of three other divisions in Midland this Sunday. From these four teams the top two will move on to the Ontario Junior Curling Finals in Kitchener.

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