



Gymnastics Corner

by Ken St. Amant

As the Metro-West second qualifying meet draws nearer, many people from Huronia are becoming increasingly interested in the judging aspect of gymnastics.

Enjoyment of gymnastics increases when you know what to watch for in each routine. The judges' decisions are based upon how accurately and gracefully a gymnast completes a routine while incorporating the following qualities.

Flexibility: No sport demands as high a degree of flexibility as gymnastics. All movements require incredible mobility but bends and front walkovers, seen on the floor exercises and on the balance beam, demonstrate perfectly the degree of body control required.

Balance: Some people are born with a good sense of balance, but gymnasts develop theirs to a fine point. Balance is particularly vital on the beam. Anyone who has tried to walk a sidewalk curb can appreciate the difficulties.

Strength: Men's gymnastics calls for strength moves, on the rings and parallel bars, for example. Strong arms and shoulder muscles are a must for both men and women in order for them to have the control they need to turn in a good performance.

Although women's gymnastics do not have any specific strength movements even the most elementary movements on the uneven

bars require firm, strong stomach muscles.

Control and Presentation

Approximately 50 per cent of a gymnastic score is based upon how well the athletes execute their routines. Signs of awkwardness, poor posture, hesitation and bent legs can cost vital points. Landing or dismounts must always be controlled. Hand movements and pointed toes are very important in a good performance.

Scoring

Now that you know what to look for, match the points which you would give a performance with what the judges give. Points range on each exercise from 0 to 10.

Each competitor starts with 10 points and the judges make deductions for flaws. Improper form, omission of parts or compulsory moves and unnecessary pauses or movements all result in points being deducted.

The gymnasts are judged individually on each piece of apparatus. The athlete with the highest number of points in all events is declared the all-round winner.

Gymnastic Calendar

Sat. April 17 -- Metro-West 2nd qualifying meet. Hosted by the Hurons - at M.S.S. (girls only).

Sat. May 8 -- Penetang Lion's Club Elementary School Gymnastic Meet - at M.S.S. (boys and girls).

'DREAM TEAM' • Cont'd from pg. 9

For backup, Thompson has the opportunity to enlist the offered experience of Bun Deschamps ("40-50 years of baseball experience"), Bob Scott, Gord Dymont, Larry Green and Ken Edgar—all skilled, all talented, all thoroughly familiar with the players, the personalities and the baseball issues in Midland and environs.

So the bricks have all arrived. Now comes the masonry.

Armed with a strong team management and irrefutable evidence of interest among players, Burgher set out for Ivy last night to relay his confidence to a meeting of the South-Simcoe Baseball League leaders (the meeting was postponed from Sunday).

"If they've got a spot for us, fine," Burgher said Tuesday. "And they will."

South-Simcoe league secretary Vic Hayward told the Times two weeks ago that the league would be receptive to a Midland entry.

Hayward said then the league would include teams from Barrie, Alliston, Orillia, Collingwood, Owen Sound and Ivy, and was considering an application from Newmarket

(though Proulx said Tuesday that the Owen Sound team will be admitted on an exhibition basis).

There are still many problems to be ironed out, the most prominent being scheduling and facilities (some minor alterations will have to be made at Tiffen Park to accommodate the team's most basic requirements).

But Proulx and the rest of the organizers want to take it all one step at a time; they recognizing the importance of an inaugural season, and realize how the whole project must be brought along slowly, surely and with confidence.

"One thing leads to another," says Proulx. "At this point we have to have some flexibility, but it will work. I'm not going to say we're going to win a championship in our first year, but we'll definitely be competitive. Everybody will be watching, and watching closely to see what we can do and how we do it."

"This is the year," adds Bun Deschamps, "that we have to prove ourselves." The dream has become a reality. The cornerstone is in place.

Now, the building begins.

CANADIENS • Cont'd from pg. 11

Buttineau's championship effort by adding two goals each and singles were had by Sean-Bisschop and Scott Fedorowich.

Stuart Restrup replied for the North Stars with four goals and Perry Quesnelle had the other.

Tim Dion led the way for the Nordique in their consolation win, Rob Desroches added two and singles were contributed by Brad Banks, Richard Letourneau, Pat Counahan and Matt Capps.

Wayne Desjardins answered with three for the Islanders and Al Geere chipped in one.

Ronald and Buttineau had two apiece in the

Canadiens' semi-final victory, and singles were provided by Steve Mailloux, Dubeau and Fedorowich.

Wayne Desjardins had both Islanders goals in that one.

Mark Dubeau paced the North Stars in their

semi-final by scoring three times. Jim Hartman and Restrup added two each.

Dion answered with three goals for the Nordique and singles were provided by Desroches and Letourneau.

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