



Gymnastics Corner

by Ken St. Amant

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I would like to focus this article on a brief discussion about the National Coaching Certification Programme.

Basically, watching coaches is what this certification programme is all about. The programme is a well-designed and thorough system for building up the coaching background one needs and for exposing one to coaching methods.

In communities, scattered about our thinly populated country, coaching clinics in the past developed in different ways and rates. They lacked effective national co-ordination, they enhanced regional isolation, they shut out the collective Canadian expertise. This haphazard and insular development meant duplication of time and money and a relatively low level of efficiency.

In 1972, the Inteprovincial Council of Sport and Recreation began developing a model for a National Coaching Program. One new element they wanted to introduce had never really been part of coaching clinics before: the Theory of Coaching.

This theory included the basic aspects common to the job in all sports, thus providing an opportunity for coaches from a wide variety of disciplines to meet, to study, to discuss, to exchange ideas on the basis of a common theoretical denominator.

Meanwhile, through the efforts of the Coaching Association of Canada, national and provincial sport governing bodies met to amalgamate all their talents into the design of technical training courses for each of their sports, setting guidelines and a basic national standard for training coaches.

They also worked out a schedule for practical, on-the-spot application of the theoretical

principles and technical training. The new courses became more than just what the local regions, provinces and territories could offer; they became the best the whole nation could offer.

The N.C.C.P.

In 1974, the first formal courses of the National Coaching Certification Programme were offered. Since 1977, the Certification Council, representing the federal, provincial and territorial governments, the national, provincial and territorial sport governing bodies and the Coaching Association of Canada, has been guiding the Programme towards ever-increasing popularity and effectiveness.

The National Coaching Certification Programme consists of five levels. Canada now has an operational model for its bilingual national coaching programme; something that can be administered in a standard way across this huge country, and something that can be constantly revised and updated in a co-ordinated manner.

Summer Camp

Just a brief message to let you know that the camp is filling up quickly. There are still a few openings in the various sessions. For further information, contact John Turner 526-6007 or Ken St. Amant 526-3992. All programming will take place at Corpus Christi Public School in Penetanguishene.

Gymnastics Calendar

Mon. June 28—first day of the Summer Camp at Corpus Christi Public School
Thurs. July 1—display at the Curling Club at 1:00 p.m., part of Penetanguishene's Summer Festival.

Guest speaker

Warren Jacklin a well known chemistry teacher at M.S.S. was the guest speaker at the May meeting of the Midland-Penetang Field Naturalist's Club.

Mr. Jacklin was introduced by Eva Kaiser one of his former students.

He chose to discuss the necessary chemicals in our foods, and quoted Alice in Wonderland's remark "If you drink from a bottle marked POISON it is sure to disagree with you sooner or later." Mr. Jacklin feels that the Minister of Agriculture and Food makes better provision for cattle and other farm animals than people. In North America millions of people suffer from cardiovascular problems and mental illness. Many students today do not have the stamina of older people. A great deal of this can be helped by diet.

They learn that Vitamin C is water soluble, and that 24 hours after you take it the benefits are half gone. Lack of Vitamin C is the cause of scurvy, and was once the scourge of many sailors. The need for Vitamin C varies with each individual. A person who smokes destroys most of the Vitamin C in his body, and therefore will require more Vitamin C per day than a non-smoker. Vitamin C flushes out lead, iron, mercury and copper from our systems. It aids in bone mending, mental stress, and heals gum problems.

He explained the chemical components of a kernel of wheat, which contains all minerals.

The kernel contains 14 per cent bran and 3 per cent wheat germ. There is 20 per cent protein in bran plus B complex vitamins.

The sources of Vitamin A are liver, fish and egg yolk. We get Vitamin D from liver, milk, cheese, and Vitamin E from milk, eggs, and meat.

Zinc is most important in the diet. It is present in wheat-bran. Lack of zinc stunts growth in humans, which accounts for the

population in countries without zinc being short of stature. Zinc is flushed from the system by refined sugars, white bread and junk foods.

Iron is found in liver, enriched flour and many cereals. Too much iron produces arthritis.

B Vitamins are found in nuts, cereal grain (not refined) and meat. It has been found that

schizophrenia can be cured with chemicals.

B6 supplement has a calming effect on the brain. B12 is the only source of cobalt in food.

Warren had everyone concerned about choosing the proper foods for good nutrition, and following Canada's Health Rules. He made it very clear in a most pleasant way that "We are what we eat."

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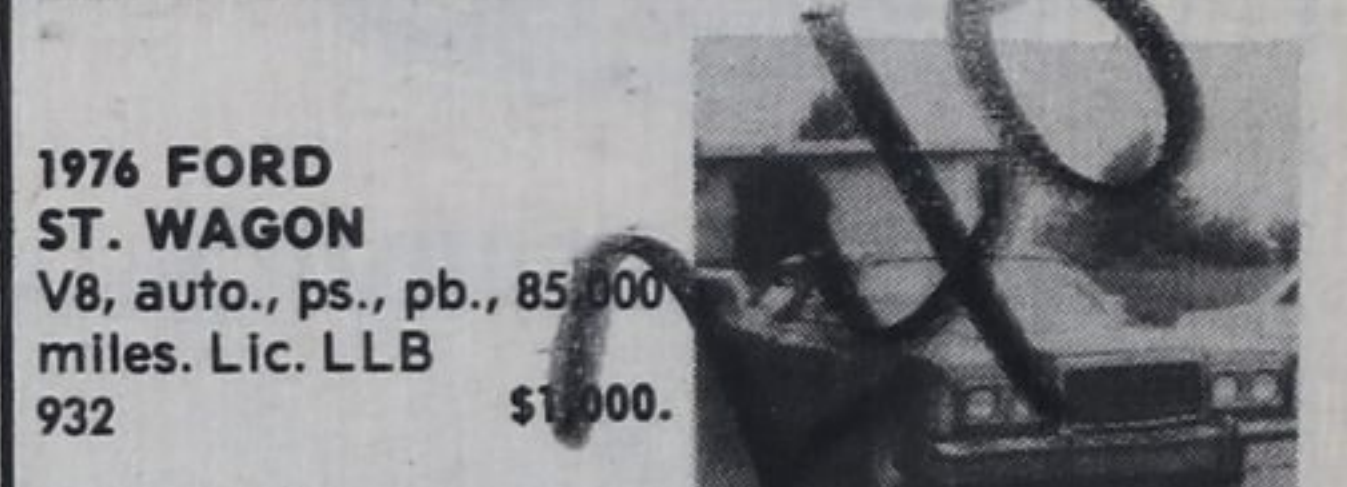
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Summer fun

County of Simcoe Recreation Department is holding a summer Leadership Training Program for youth from the ages 12-15.

This program will run

at various locations in the County and will run 1 week in each location. There is no charge for this program and includes such activities as archery, hiking,

canoeing, orienteering, new games, first aid, water games, etc. Brochures and Registration forms may be picked up in the of-

fice or at the municipal building in the designated areas. This Programme is funded by the Federal Government.

ANNOUNCEMENT

John P. Gorman B.A., L.L.B. is pleased to announce that he remains in practice of Law at 518 Elizabeth St., Midland L4R 2A1 (705) 526-3737-9.

Summer office hours are Mon. to Fri. from 8:30 a.m. to 4 p.m.

Client consultations are by appointment only. For the convenience of clients, office consultations are also available Saturdays.

While Mr. Gorman carries on a General Practice, his preferred areas of practice include Real Estate, Corporate Commercial and Business Law.

In addition to his Midland practice, Mr. Gorman maintains an office in Toronto at the Thomson Building, Suite 1400, 65 Queen St. W. (at Bay), Toronto, Canada (416) 863-1717.

The Knights of Columbus would like to thank all the people who supported them in their **1982 Annual CAR DRAW**

The winners were:

S. Barnanecki-Don Mills Buick
Joyce O'Keefe-Sarnia Chrysler
Omar Rajenesse-Cornwall Ford
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