



# Gymnastics Corner

by Ken St. Amant

With the rapid development of gymnastics in recent years, more attention is needed on physical fitness and training programmes.

Our coaches are very concerned about the physical condition of our gymnasts. It is abundantly clear to our coaching staff that a trained athlete can perform more efficiently and with less risk of injury than a person who is not in good condition.

In gymnastics, like all sports, a fit, well-trained person moves more quickly. Not only do they move with greater precision but are also able to take the strain of vigorous activity.

Total physical fitness involves many aspects. Components of physical fitness such as flexibility, strength, power and endurance are all necessary for successful participation in gymnastics.

## FLEXIBILITY

Flexibility is defined as the range of movement that a joint can be moved. This mobility can occur either with or without an outside force.

Poor flexibility hinders the performing of many skills that are required by a gymnast. Flexibility may be restricted by extra body mass (overweight) and the various tissues and muscles that surround a joint.

Believe it or not, special exercise can increase the range of movement in the joints. Although there are many techniques, the key to success is the need for these exercises to be done on a regular basis.

## STRENGTH

Strength is the ability of the muscles to do work. With an increase in muscle strength, comes an increase in the level of per-

formance. The gymnast is now able to do more and for longer periods of time.

Strength can be developed in many ways. One thing remains constant in all cases. The muscles must go overloaded.

This may be done through the use of weights or moving the body weight against gravity.

Remember, the idea is to make the body work. If the activity can be done more than 10 times, the desired result of increased strength is not being met.

## POWER

Power can be thought of in terms of fast strength.

Basically, it is the rate of doing work; it is the combination of speed and strength.

Once again, power can be increased or developed through selected exercises. These must be performed regularly to be of any value.

## ENDURANCE

Endurance refers to the ability of the gymnasts to do work over long periods of time.

This component is needed to give the gymnasts the ability to practice for great lengths of time. It is also necessary for them

to be successful in competing in prolonged gymnastic meets.

Endurance can be improved by selecting exercises that are repetitive in nature.

## CONCLUSION

As one can see, planing conditioning programmes for our gymnasts is not an easy matter.

Great care must be taken to ensure that all componenets discussed above are included in each and every practice.

We feel that a high degree of fitness will be the major factor in improving the interest, enthusiasm, enjoyment and success that our gymnasts may expect to experience in gymnastics.

## GYMNASTICS CALENDAR

Monday, January 10 -- First night for kindergym, Parkview P.S., 5:30 p.m. - 7:30 p.m.

Tuesday, January 11 -- First night for advanced, 6 p.m. - 8 p.m., Parkview

Wednesday, January 12 -- First night for developmental, 5:30 p.m. - 7:30 p.m. at Parkview P.S.

## Howard closing in on Ontario curling finals

Russ Howard's rink from Midland is a step closer to the Ontario Curling Championship, after winning the Division 10 title in Barrie last Thursday.

Russ, with brother Glenn, Larry Merkle, and Kent Carstairs won the regional Labatt's Tankard over 16 other competitors.

This puts them in a very good position to reach the provincial finals. Next step in that direction is the Inter-zone playoffs in Gravenhurst on Jan. 16. There will be just four teams in the hunt there, and two teams are going to the provincials from Gravenhurst.

In the unlikely event that Howard's rink should fail to qualify for the Ontario finals at Gravenhurst, there are a couple of last-ditch opportunities to qualify. One of these is the West Challenge Round bonspiel to be held at the Midland Curling Club the last weekend in January.

Midland club manager Bill Howard, also father of Russ and Glenn, says the club has been attempting for three years to get this competition for the town.

There will be 16 rinks competing for one berth in the provincials, so all are hungry, and competition is fierce. Should be exciting curling action!



### Two makes a set

Winner of the mascot in the Penetanguishene Kings draw, which raised \$150 for the hockey team, is Jerome Ladouceur, left, beside Nick Boudouris, the team owner. Ladouceur, a Penetanguishene Juvenile, already the owner of a Juveniles mascot, now has a matching set, he says.

**Penetang Kings:**  
they split two games with Stayner Siskins on the weekend, losing 8-2 on Friday, and winning 3-2 in Stayner on Monday night. Details in the Friday Times.

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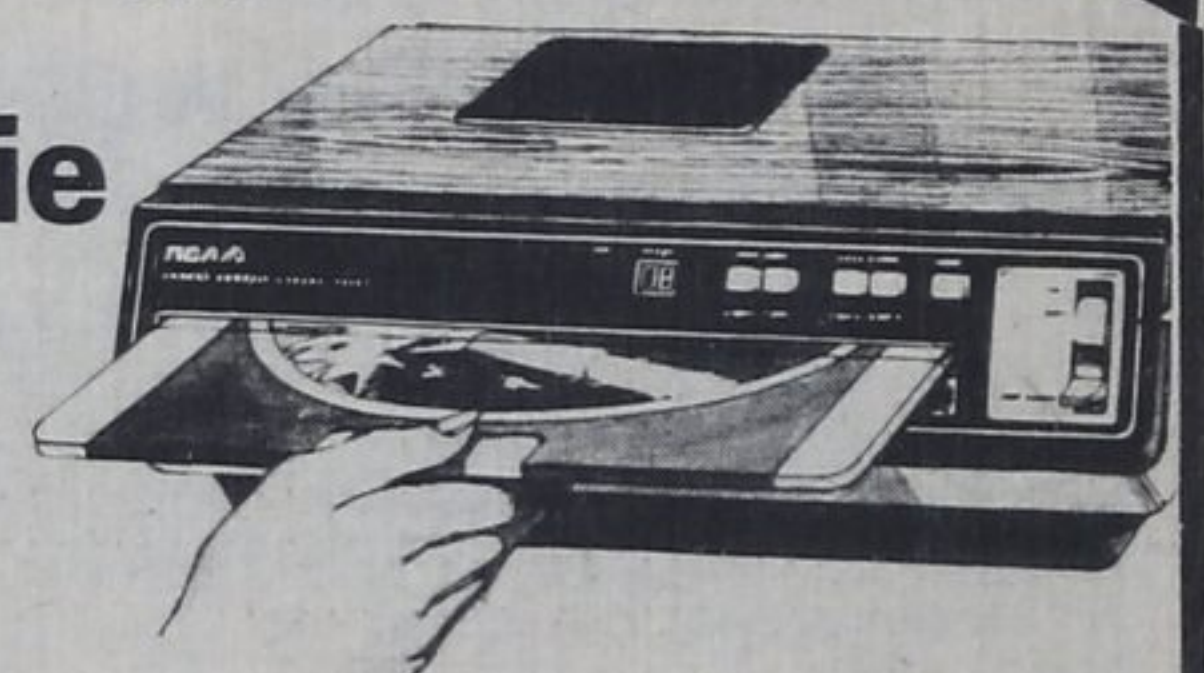
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