



# Gymnastics Corner

by Ken St. Amant

One aspect of sport safety that is often overlooked, is injury prevention.

It is every athlete's right to participate in sports which is as safe as you or the coach, can make it. In general, coaches should have background information about prevention, care and rehabilitation of sports injuries.

In this article I would like to focus primarily on prevention of sports injuries.

Sports injuries are either self-induced, caused by other persons or objects, or caused by the place where people have to practice or compete.

### PREVENTION TECHNIQUES

If one can identify the causes of injuries it is then possible to think of ways to reduce them.

Be aware of the health status of your athletes. There are several ways to get this information. As a coach, you may require your athletes to have a medical exam.

You can also get their health history from the athlete, parents, family doctor, teammates or previous coaches. If possible, get reports on previous injuries-especially chronic ones.

Having your athlete in top-physical shape is another means of preventing sport injury.

Athletes can accomplish this by following specific conditioning exercises that are directly related to the sport. Coaches must promote the development of strength, flexibility and endurance when planning a fitness program for their athletes. Take care of minor injuries quickly so they don't become major ones. A first aid kit should be readily available and stocked with the kinds of stock required for your particular sport. The coach should become knowledgeable in the care of minor injuries by taking a first aid course.

Regular checking of the athlete's equipment is a must. See that it fits and is kept in good condition. Have the equipment checked at the start of the year. Teach the athletes how to care for and maintain their equipment. The coach must spot check equipment during the season. The coach should be knowledgeable of the equipment used by their athletes.

As a coach, you must try to anticipate problems in the practice or competitive environment. This means checking out the equipment before your athlete starts using it.

It is important to seek help from other coaches.

Meet with them to discuss proper teaching progression and common safety problem. Encourage exchange of ideas and coaching techniques.

Don't be in too much of a hurry to put the injured athlete back into practices and game situations. Before returning to action make sure your athlete demonstrates normal flexibility, strength, absence of pain and psychological readiness.

Keep records of the injuries that do occur. Watch for patterns in your athlete's injuries that might indicate causes.

### CONCLUSIONS

Injuries will happen, no prevention program is perfect. As a good coach, certain measures can be taken to cut down on the number of injuries that occur in sports. Coaches must run safer practices and competitions. They must identify potential causes of injuries and therefore prevent them from happening. Conduct a proper warm-up. Develop an effective injury prevention program. Coaches must effectively care for injuries when they do happen and lastly they must recognize the special problems of injury prevention in growing athletes.

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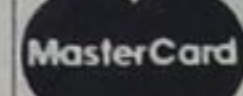
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## Midland hockey

Midland Juveniles have been a busy bunch lately.

Last weekend, they took part in the hockey tournament in Elmvale, and ended up winning the consolation title.

Midland lost the opening game to Stroud by the score of 5-4 on Friday night and then went on to play Elmvale on Sunday at noon in their next game. Steve Charlebois scored twice to lead them to a 4-2 win.

Later on Sunday they met Ayr for the consolation championship and rolled over them by

a 10-0 score.

Peter Wright, Owen Quilty, and Steve Charlebois each scored twice in the win. Singles went to Tom Hook, Marlon Gieseler, Mark King, and Bill Richardson.

Monday night Midland travelled to Collingwood to open the Georgian Bay league playoffs.

Midland trailed 3-2 with just 20 seconds left in regulation time, when Pat Abram scored to send the game into overtime. In the 10-minute extra period,

Steve Charlebois and Peter Wright scored to give Midland a 1-0 lead in the best-of-five series.

Drew Varley and Charlebois scored the other goals in the game.

Wednesday night in Midland, the local lads couldn't take advantage of the home ice and went down to a 2-1 defeat. Pat Abram scored Midland's only tally, and Varley and Brian Leonard set it up.

Goalie Pat Madaire of Midland was superb, but the two goals he gave up were one too many.

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