



Gymnastics Corner

by Ken St. Amant

There is a lot to be said about exercise and its effect on the growth and development of our youth. It is a well-known fact that physical activity helps to make one's body more efficient and graceful.

This is the reason why coaches, such as myself, are always concerned about the physical condition of our athletes. Many tests have shown that well-trained athletes can perform more efficiently and with less risk of injury than a person who is not in good shape.

It is common knowledge that fit, well-trained persons move more quickly and with greater precision. They are able to take the strain of vigorous practices as well as competitions.

EFFECTS OF GROWTH

Training forces a person to use their muscles not only more frequently but more vigorously as well. As a result, this causes the muscle cells to become thicker and stronger. If muscles are to develop in the best possible way they must be used regularly.

Well-developed muscles are not only stronger, but are more efficient as well. Therefore, an athlete does not tire so quickly and can enjoy any activity much more fully.

There are plenty of good side effects. For example, good fitness makes one more graceful, agile and attractive.

In the gym club, many of the girls are concerned about developing bulky muscles that are unsightly. This cannot physically happen. They do not have the proper hormones in their system to stimulate this kind of muscle growth.

On the other hand, weak-muscled persons have little energy and they do not carry themselves as well as they might.

Adolescents who work out for at least an hour of vigorous activity each day are less likely to become fat than those who do not.

TRAINING

Training is very specific. By this I mean that training in one sport does not necessarily

improve one's ability in another. Programs of training will vary greatly from one sport to another.

However, all training programs are based upon the knowledge that there are basically three ways in which muscles may be trained to do their job. The coach would focus his/her attention upon the following areas: 1) improving skill; 2) increasing muscle strength; and 3) increasing muscle endurance.

Skill is obtained and improved through many hours, weeks, months, and years of practice. This skillful use of muscles is seen in most athletic activities. To attain the muscular control to do such skills requires long and careful training of the muscles involved.

Muscle strength is increased by doing exercises that stimulate the muscle cells to get bigger. The increase in strength results from an increase in size of the muscle cells and not an increase in the number of muscle cells. An example of this type of exercise is weight lifting. However, I do not encourage children to start this kind of program until they have reached puberty and then only under the direction of a qualified person.

Muscle endurance is improved by increasing the efficiency of the whole body. The system for getting oxygen to the blood, then to the muscle and carbon dioxide back to the lungs is of prime concern here. The lungs have to develop a larger capacity. The heart has to be able to pump blood more rapidly to the muscles.

The blood vessels supplying the muscles must also increase in size. Training for endurance involves planning a program that will meet the needs of the sport that the athlete is involved in.

GYMNASTIC CALENDAR

Sun., April 10—Second qualifying meet for boys in Toronto.
Sat., May 7—Annual Penetanguishene Lion's Club meet for Elementary Schools (at MSS)

Minor atoms win again

Gervan, Jones and Davy minor atoms are still at it.

Midland's hottest pucksters won their Georgian Bay playoff series against Camp Borden Braves Wednesday night, by edging Borden 2-1 in a thrilling double overtime encounter.

Mike Boyd converted

the game winner on passes from Craig Dempsey and Steven Graham at 7:24 of the second extra period.

Sean Lavin scored the first Midland goal, while goaltenders Dean Scott and Chris Irvine provided out-of-this-world defence.

Brad Proulx of Camp Borden was also ex-

cellent in net. This was the final game of the best-of-three set. First game was won by Midland 5-4, and the second game went to Borden 3-0.

Next playoff opponent for Midland Gervan, Jones and Davy minor atoms will not be known until sometime this weekend or early next week.

Commodore ties Pen Rec final

Commodore Hotel has stormed back to tie the best-of-seven Penetang Rec Hockey League championship series against Hindson Marine at two wins apiece.

Commodore scored a pair of wins this week, including a 5-2 win Tuesday night and a 5-1 triumph on Sunday morning.

Tuesday, Bill Beauchamp continued his hectic scoring pace with two goals and an assist, and Bob Monteith also scored twice for Hotelmen. Jules Duquette the other goal.

Ray Hook was superb once again in Commodore's net.

Summer small game tag no longer required

If you're hunting for small game in southern Ontario this summer, you won't need a resident's summer small game tag.

"I am pleased to inform resident hunters that the validity date on their licence to hunt small game has been extended to cover the period between April 1 and August 31," Natural Resources Minister Alan Pope said. "This is applicable to the Southern Region of the province only."

Hunters planning to hunt only during the summer will still require a small game licence but will not have to purchase an additional summer tag as in the past.

Powder Puffs meet April 21

All women interested in playing Powder Puff Baseball this season, as well as anyone interested in volunteering to coach or umpire, is asked to attend the general meeting Thursday, April 21 at the Midland Arena. Registration (\$15) begins at 6:30 p.m. No cheques please. For further information call 526-3212 or 526-6904.

Hockey Trivia Answers

1. Edmonton in the Smythe Division
2. Chicago improved by 32 points and Washington by 29.
3. Pittsburgh slid the farthest, losing 30 points from last year's total. New York Islanders slid 22 points.
4. Winnipeg 33, Vancouver 30, Detroit 21
5. Los Angeles.
6. Pittsburgh went from 12th overall to 21st and last this year.
7. Chicago, from 15th to 4th
8. Washington
9. Vancouver-Calgary and Philadelphia-Rangers.
10. Toronto.

That's 15, try for 10 and take what you get!

An angler's delight Pink salmon gaining in the Great Lakes at last

They may never reach the exalted Hollywood heights of the Pink Panther or the musical madness of Pink Floyd, but the day may yet dawn when pink salmon whet the appetites of Ontario residents as one of their favorite homegrown fish plates.

For the past few years, pink salmon have been appearing in the Great Lakes -- Superior, Huron, some in Erie, and a small number in Lake Ontario. There are not a lot but there are enough to attract the interest of our province's fisheries experts.

Dr. Tony Kwain, principal scientist of the Ministry of Natural Resources' Sault Ste. Marie Fisheries Research Station, wrote in 1978 that "the upper Great Lakes have the first and only self-sustaining population of fresh water pink salmon in the world." A year later, in 1979, they appeared in Lake Huron and Lake Erie. It now looks like they're here to stay.

And it's all due to an accident in 1956, when experimental stocking was planned for the native people along Hudson Bay and James Bay. Hundreds of the

fingerlings escaped their Department of Lands and Forests captors at the time, and 21,000 more were freed from surplus holding troughs. Otherwise, the pinks might still be swimming in ocean waters off the British Columbia coast instead of the cold, fresh waters of the Great Lakes.

In 1959, to the surprise of anglers and biologists, pink salmon were caught in a couple of Minnesota streams leading into Lake Superior. Two years later some were caught on the Ontario side of the lake.

Because they are smallest of the Pacific salmon, usually not exceeding three-quarters of a kilogram in fresh water, they'll never become trophy fish. But what pinks lack in size, they make

up for in flavor. At their best during the first two weeks of spawning, these spunky salmon make mouth-watering eating -- baked or pan-fried.

In the Wawa area -- which has become a virtual mecca for pink salmon -- more and more residents are canning fresh catches.

Fresh and wildlife supervisor Evan Thomas said substantial runs are common in the district, something that happens nowhere else in the province.

"Anglers found the species rather difficult to catch by conventional means, so we introduced an experimental dip-net permit about four years ago. But what we really want is to encourage angling and eventually phase out dip-nets here altogether," Thomas

added.

He said "some new lures from the west coast" should help anglers in his district entice fish to bit.

"I'd estimate 100,000 pink salmon in the Michipicoten River



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