

Coaches clinic in Hill

RICHMOND HILL — Bob Reeves, president of the Richmond Hill Hockey Association, announced this week that Richmond Hill has been chosen as the site for a Level I and Level II Canadian Amateur Hockey Association National Coaches' certification program.

The programs, or clinics, will be sponsored by the Richmond Hill association, in co-operation with the Hockey Technical Director of the Ontario Hockey Association.

The Level I clinic will be held Nov. 6 at Richmond Hill Arena. Registration fee is \$2.00, and registration will be accepted during the minor hockey registrations the week of Sept. 6 at the arena.

Level I certification is the minimum level coaching certification and is three hours in duration. It is recommended that every coach, manager, or trainer should have this degree for any level of coaching, according to authorities.

The class is limited in size and will be on a first-come, first-served basis. If you cannot make it to the arena, please send a \$2.00 cheque, with your name and address to the Secretary, P.O. Box 85, Richmond Hill.

The Level II clinic — a more advanced program — will also be held at the Richmond Hill Arena on Jan. 16 of the new year. It will run from 8 a.m. to 6 p.m., which includes both ice time and lunch time.

This clinic is aimed at people who wish to advance to representative team coaching. Registration fee is \$10, which includes lunch, and is a certificate course.

Those planning to participate should note they must attend a Level I clinic to be eligible for its Level II counterpart.

Again registration is limited and will be handled on the aforementioned basis.

It is expected that, within the next year or two, the CAHA will insist that all coaches attain a level of certification compatible with the area in which they are coaching, so prospective coaches would be wise to grasp the opportunity for certification at this time.

Following distance rules for judging what is a safe distance to follow another car in traffic — "Allow one car length for every 10 m.p.h. of speed." But, the Ontario Safety League emphasizes that this rule specifies the minimum safe following distance, under perfect conditions, such as rain or ice, the distance allowance should be doubled. A "bad condition" calling for extra stopping distance from the car ahead, arises whenever you yourself are being followed too closely by another vehicle. If an emergency occurs ahead, you have to worry about the stopping capability of your own car and also the car behind.

Sunset The days are getting shorter and one of the most dangerous times of day for driving is dusk, when sight distances are quite misleading. The Ontario Safety League reminds you to turn on those low-beam headlights at dusk... not parking lights. It's the law! (Be safe — be seen!)

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