



# Hockey Coaching Tips

For more information contact the C.A.H.A. or 3M Canada Inc.

Skating agility is an especially valuable skill in today's faster game, and contributes to both offensive and defensive abilities.

Agility is the use of inside and outside skate edges, and the flexibility of muscles in developing balance, up-and-down movement and quick movements. Power turns to both left and right, quick recovery from falls and smooth lateral movements need to be mastered by all players.

There are three types of forward turns: sharp power turns, crossover turns and the forward to backward pivot. When teaching sharp power turns, you should stress that the skate on the inside of the turn is slightly ahead of the other, skates are shoulder width apart and the head and shoulders initiate the turn.

In crossover turns, the outside leg crosses over the inside leg, while the inside leg pushes under the outside leg. To practice power turns, have players skate both directions around cones, and use

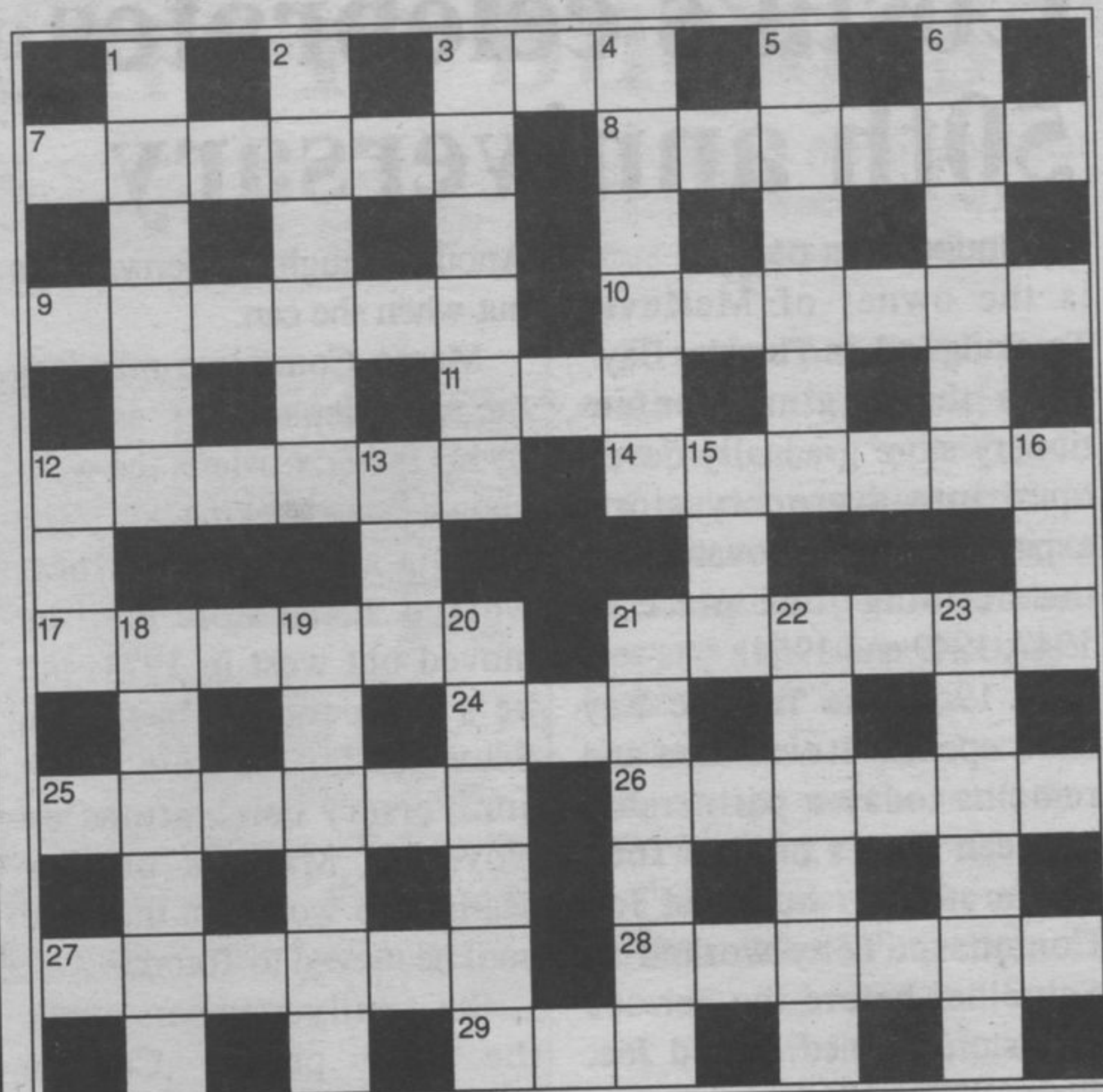
cones and circles to work on crossovers in both directions.

To perfect up and down movements and 180- and 360-degree pivots, have players skate lengthwise performing single and double knee drops, stomach drops, jumping, hopping, and pivots on whistles or at markers.

In moving laterally, players must keep skates perpendicular to the direction of movement while placing the outside skate in front of the opposite skate, rather than crossing legs. To polish these skills, have players move laterally in both directions, progressing from one to five steps, and to a diagonal line.

Remember, agility is as important when you are skating backward as when you are going forward or sideways.

For more information on improving your coaching skills, contact the Canadian Amateur Hockey Association, 1600 James Naismith Dr., Gloucester, Ontario, K1B 5N4, 613-748-5613; 3M Canada Inc. or the Coaching Association of Canada.



### CLUES ACROSS

- 3. Prosecute
- 7. Disappear
- 8. Accident
- 9. Head of diocese
- 10. Motive
- 11. Incite
- 12. Frightened
- 14. Vigor
- 17. Separated
- 21. Tension
- 24. Choose
- 25. Idea
- 26. Revenue
- 27. Retreat
- 28. Talisman
- 29. An affirmative vote

### CLUES DOWN

- 1. Fiend
- 2. Shrivel
- 3. Molded
- 4. Appear
- 5. Flee
- 6. Eastern skirt
- 12. Tree juice
- 13. Ogle
- 15. Snare
- 16. Aye
- 18. Worshipped
- 19. Restroom
- 20. Ass
- 21. Blemish
- 22. Niche
- 23. Order to appear

### SOLUTIONS

#### ACROSS

- 3. Sue 7. Vanish 8. Mishap 9. Bishop 10. Reason 11. Egg
- 12. Scared 14. Energy 17. Parted 21. Stress 24. Opt 25. Notion
- 26. Income 27. Recede 28. Mascot 29. Yea

#### DOWN

- 1. Maniac 2. Wither 3. Shaped 4. Emerge 5. Escape 6. Sarong
- 12. Sap 13. Eye 15. Net 16. Yes 18. Adored 19. Toilet 20. Donkey
- 21. Stigma 22. Recess 23. Summon

## 1992 PROPERTY ASSESSMENT

Attention Property Owners and Tenants in the District of Thunder Bay, excluding the Lakehead Locality Board of Education

The 1992 assessment roll, which lists the assessed value of each property in your municipality, is required to be delivered to your municipal clerk on December 22, 1992.

Your 1993 municipal and school taxes will be based on this value.

The final date for appealing your 1992 assessment is January 12, 1993.

If you have any questions about assessment, if you wish to meet with an assessor, or if you want to know how to appeal your assessment, please call the Regional Assessment Office.

The telephone number is in the Blue Pages under Government of Ontario - Ministry of Revenue - Property Assessment Information.

Pour des renseignements en français, appelez votre bureau régional d'évaluation, dont le numéro de téléphone figure dans les pages bleues, gouvernement de l'Ontario - Ministère du Revenu - Evaluation foncière Renseignements.

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Ni Me Win Cultural Committee of Pays Plat is having a

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For reservations call 824-2541 or 824-2190

TICKETS: \$40 Advance - \$50 At the door

## Seatbelts

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(5), every person who drives on a highway a motor vehicle in which a seat belt assembly is provided for the driver shall wear the complete seat belt assembly in a properly adjusted and securely fastened manner.

(4) Use of seat belt assembly by a passenger-Subject to subsection (5), every person who is a passenger on a highway in a motor vehicle in which a seat belt assembly is provided for the seating position occupied by the passenger shall wear the complete seat belt assembly.

(6) Driver to ensure passenger uses seat belt assembly-No person shall drive on a highway a motor vehicle in which there is a passenger who is under sixteen years of age and occupies a seating position for which a seat belt assembly has been provided unless that passenger is wearing the complete seat belt assembly and it is properly adjusted and securely fastened.

## Make bedtime story time

### ABC CANADA

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