



# Clinton Athletics

## NEWS

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- **Fall Sports Update:** Congratulations to our 12 **Cross Country** runners who competed at the South City Finals, and to Leo, Miles, and Thad who qualified to represent Clinton at City Championships! Thanks to all runners and parent-volunteers for a terrific season.



**Clinton St. School**  
**460 Manning Ave**  
**(416) 393-9155**

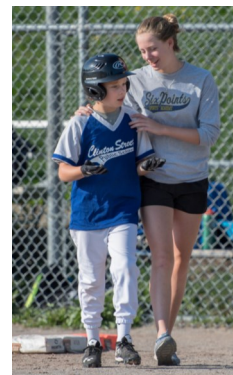
November 2016

### Upcoming Events

- ☺ Boys Volleyball tournament TBA
- ☺ Girls Basketball Tournament TBA
- ☺ Clinton Scottish Highland Games: Nov. 23



**Slo-Pitch** season is over, and check this out: boys: 3-1, girls 4-0!. Thanks to assistant-coach Tillie B. for all her help! Late-fall teams: **Girls' Basketball, Boys' Volleyball.**



- As the weather changes, **REMEMBER TO SEND PROPER GYM SHOES.** For safety reasons, **STUDENTS MAY NOT PARTICIPATE IN GYM WITH BOOTS.**

## CLINTON PHYSICAL EDUCATION

Invasion & Territory Games are so much fun! Yoshi! Knock-down! 2-vs.2 (pictured)! Pirate! Bordenball! Students are learning how an offensive team makes space on a field and how player-to-player defense works. November: Basketball fun!

### House League News

- ☺ House league sports have begun for grades 1-6.
- ☺ Grade 1&2: Indoor Soccer
- ☺ Grades 3&4, 5&6: Bordenball



([www.clintonpublicschool.ca](http://www.clintonpublicschool.ca)) for information about sports and games at Clinton.



Photos: J. Ball, D. Chant, L. Moon-Matthews

## ACTIVE LIVING

Wow, did anyone catch the great Fall colours this October? The Don Valley forest was beautiful and I can't wait to take my family to the Rouge Valley Park to check out the trails. Nobody sent me any **photos of October outdoor fun time** so I will post one of me bicycling north of Peterborough. An early (and chilly) start but a stunning 100KM. Send me some pictures of your family enjoying the outdoors for the December newsletter.



How about **running**? Cross country season is over but that doesn't mean we have to stop running! Our running team "CLINTON RUNNERS" meets every Tuesday and Friday at 8:00AM on the field for a run. Parent volunteers wanted! (you don't even have to run!) All primary-grade runners (grade 1-3) must be accompanied by an adult.

### Current Practices

- ☺ **Clinton Runners:** Tues/ Fri 8:00AM on the field. Grade 1-3 must be accompanied by an adult. (Mr. Ball)
- ☺ **Girls' Basketball:** Mon/ Wed/Thurs 3:30-4:30PM (Mr. Ball)
- ☺ **Boys' Volleyball:** TBA (Ms. Cook)

## HEALTHY LIVING

Our Healthy Living Theme in November is **Personal Safety**

### Talk to Your Kids about Medication Safety

Teach your child that medicine should always be given by an adult. It's important for kids to know that they should not take medicine on their own. Parents and caregivers can help make sure they are taking it correctly.

Don't refer to medicine as candy. While saying medicine is candy may make it easier to get your child to take medicine, it may encourage them to try it on their own.

Communicate to kids the importance of only taking medicine that is meant for them. Taking medicine that belongs to someone can cause harm.

(safekids.org)

"Fall is commonly known as the harvest season, but one thing you shouldn't be harvesting is mushrooms. There are thousands of species of mushrooms, and while many are safe to eat they can be very similar in appearance to the many mushrooms that are deadly.

Eating poisonous mushrooms can result in liver failure or death."

(www.ontariopoisoncentre.ca)

Ontario Poison Centre  
1-800-268-9017



## SPORTS NEWS

Catch ya next year Jays.  
Hello Raps!





## Dribble (Strike with Hand)

Movement Skills

Delivering force to a moving object with the hand at waist level, while remaining stationary or moving.



- Position hand at waist height
- Relax fingers and spread them outwards
- Lean slightly over the ball

- Meet the ball with the pads of the fingers by pushing it downwards and slightly forwards
- Bend hips and knees during the bounce

- Keep the hand at waist level for the next bounce

## Kick (Strike with Feet)

Movement Skills

Delivering force to a stationary or moving object with the foot.



- Stand behind the ball
- Step forward with non-kicking foot and plant it beside the ball
- Swing kicking leg backwards with knee bent

- Swing leg freely from hip and follow through swiftly
- Contact ball with instep or shoelaces just below centre of the ball

- Follow through towards the target
- Use arms to maintain balance