



# Clinton Athletics

## CLINTON NEWS

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- Hooray for Fall Sports! Clinton Football (girls' and boys'), Slo-Pitch (girls' and boys') and grade 2-6 Cross Country Teams are in full swing. Go Clinton Go!
- Could Terry Fox have ever predicted how long his legacy would last? He is truly a Great Canadian Hero. This year Clinton raised over \$1000 at our annual T.F. run.
- As the weather changes, REMEMBER TO SEND PROPER GYM SHOES. For safety reasons, STUDENTS *MAY NOT PARTICIPATE IN GYM WITH BOOTS.*
- Don't forget to check the sports board (near the office) and the [Clinton Athletics Page](#) ([www.clintonpublicschool.ca](http://www.clintonpublicschool.ca)) for up-to-date information about sports and games at Clinton.
- The leaves are changing already! Send me a photo of your family enjoying the Fall colours outdoors: I'll pick my favorite one for next month's newsletter.

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October 2016

### Upcoming Events

- ☺ **Cross-Country Running meets:** Oct. 6, 19, 27
- ☺ **Grade 1 Cross Country Meet at Bickford Park:** Oct 5
- ☺ **Football Tournament:** Girls Oct 17 Boys Oct 11
- ☺ **Slo-Pitch:** Girls: Oct 20th ,Boys: Oct 6th
- ☺ **Clinton Scottish Highland Games:** Nov. 23

## CLINTON PHYSICAL EDUCATION



This past month your child may have: escaped from Mars, bridged a crocodile-infested river, survived a shipwreck, or saved Clinton from a radioactive melt-down! September was cooperative games month! In the gym, we start the year off with a series of team challenges to develop our teamwork, communication, and problem-solving skills.

### Coming up in October/November:

Invasion & Territory Games! Can you unscramble this popular *Invasion/Territory* Sport?

B A L K A B L E T S



### House League News

- ☺ House league sports will begin in October.
- Grade 1&2: Indoor Soccer  
Grades 3&4, 5&6: Basketball
- Sign up for **The Clinton Athletic Association** (Grade 5&6) will begin soon, for students who wish to referee and coach house league sports.

# CLINTON EXTRA-CURRICULAR SPORTS

The Boys' and Girls' Football teams are preparing for their upcoming tournaments. Wish them luck

The Slo-Pitch Boys' and Girls' teams gear up for some exciting tournament action in mid-October.

With almost 80 Cross Country runners ranging from grade 2 to 6, Clinton will be well-represented at the September 30th meet at Ashbridges Bay. Their coach is very proud of all the hard work and early mornings they have put in this season. And a special thanks to the parent volunteers who have come out to run. Stay tuned for the CLINTON RUNNERS CLUB (hopefully) starting up in mid-October.



Cross country runners at morning practice (N. Cardwell)

## Current Practices

- ☺ **The Clinton Cross-Country Running Team:** students moving on to the second meet will have a revised practice schedule T.B.A (Mr. Ball)
- ☺ Football (Mr. K):  
M/W/F 8:00AM
- ☺ Slo-Pitch (Mr. Ball)  
Girls: M/Th 3:30-4:45  
Boys: T/F 3:30-4:45

## HEALTHY LIVING

Our Healthy Living Theme in October is **Personal Safety and Injury Prevention**

Does your household have a fire escape safety plan? Here are some Tips for creating and practicing your escape plan from the Red Cross:

- *Everyone in your household should know two ways to escape from each room in your home.*
- *Decide where to meet once you get outside.*
- *If a fire starts, you may have just two minutes to get to safety. So time your fire drills and find out: what's your escape time?*
- *Smoke is dangerous. Practice low crawling.*
- *Teach household members what to do if their clothes catch fire: stop, drop and roll.* (American Red Cross)

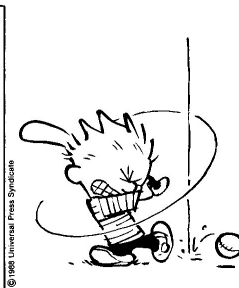
During a home fire, working smoke alarms and a fire escape plan that has been practiced regularly can save lives.

## SPORTS NEWS

GO JAYS GO!!



Congratulations to the 2016 Paralympic Team who represented Canada in Rio! They brought home 29 medals.



## Hop

Movement Skills

A take off from one foot landing on the same foot.



- Stand on one foot with the other leg flexed at the knee
- Swing both arms back at the same time as the flexed leg swings back
- Swing both arms forward and upward
- Push off from toes of standing leg and swing flexed leg forward to produce force
- Land softly on the ball of the foot with the knee bent to absorb impact

## Jump

Movement Skills

A take-off from two feet landing on both feet.



- Bend knees
- Lean body forward
- Swing arms back
- Explode with legs upward
- Swing arms forward and upward
- Extend body fully
- Land with knees bent to absorb impact
- Extend arms slightly forward to maintain balance