

HSSAA launches new website for sports fans

The Halton Secondary School Athletic Association (HSSAA) has launched a new website to make it easier to follow your favourite high school teams.

The new site, <http://www.hssaa.ca>, will allow users to sort schedules by sport, school and date, including daily, weekly and monthly calendars. In addition to scores, the new site will also have the capability to list top scorers as well as tournament results.

Players, coaches, parents and fans can sign up for nightly e-mail or text updates and follow tweets by using the 'follow your team' link.

The winter season kicks off this week with games in boys' basketball, girls' volleyball, boys' and girls' hockey. Schedules for the other winter sports— curling, wrestling, swimming and alpine skiing/ snowboarding have also been posted on the site.



Bret Allonby-Swan (left) and Drayden Patey of this year's Halton Hills Tier 1 midget Bulldogs pose for a photo at the Bell Centre following their 14-8 win as members of Team Canada over the Iroquois Nationals last month.

Submitted photo

Local pair shine for Canada

Two members of the Halton Hills Minor Lacrosse Association recently represented Canada in an under-17 boys' exhibition game against the Iroquois Nationals the Bell Centre in Montreal and came out on the winning end of a 14-8 result.

Goalie Drayden Patey and defenceman Bret Allonby-Swan were selected to represent the Canadian Lacrosse Association event, which also featured a rematch of the 2011 World Indoor Lacrosse Championship between Canada's senior men's national team and Iroquois Nation.

Acton's Allonby-Swan dominated in the faceoff department, taking all but one draw in the game, while Patey of Georgetown was superb in the Team Canada goal.

The 16-year-olds were also key figures in helping Team Ontario capture the CLA midget boys' championship in August with a 7-6 overtime victory over Team Iroquois in Whitby.

Host Rebels take third at GDHS Tip-Off tourney

Bolton's Hawks defeated St. Thomas Aquinas of Brampton 57-35 to emerge victorious from the 13th-annual Georgetown Tip-Off Tournament this past weekend in senior boys' high school basketball action.

The host Georgetown Rebels finished up as third-place champions, downing Oakville's Iroquois Ridge Trailblazers 46-36 as Scott Chapman led his squad with 13 points.

Georgetown's seniors began the eight-team tourney on Friday afternoon with a 35-19 victory over St. Michael's of Bolton, led by Chapman's 10-point effort.

Aquinas then edged the Rebels 33-32 in the championship semifinals on Saturday, with Murray Hendry netting 10 points for the home side.

In the consolation final, Bramalea beat Woodstock's Huron Park 62-50.



Owen Martel of the Georgetown Rebels soars above a couple of St. Michael's defenders during the opening game of the annual GDHS Tip-Off Tourney held this past weekend. The Rebels defeated the Bolton school 35-19 and after a one-point loss in the semifinals, went on to earn the third-place championship.

Photo by Ted Brown

Ask the Professionals DIRECTORY

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Q: How old would you say children should be for their first dental exam? Five or Six? In years past, it was rare for a child to see a dentist before five or six years old. Would most dentists agree that is too long to wait?

A: Today, most dentists recommend the first dental exam to be scheduled around the age of two. Because not all the teeth are present, this visit is mostly a consultation. Parents can ask questions about their child's teeth. The dentist can also show how to best clean the infant's teeth and advise the parents on the best dietary habits for their child's optimum development. This visit also helps the child to realize the dental office isn't something fear. As the child gets older, it is important that the parents not discuss their own negative experiences with dentists. Questions should be answered truthfully and with a positive attitude. Modern day dentistry is much better than when we were children. Keeping your children's teeth healthy begins with timely visits to your dentist.

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Gerry Ross
 H.B.Sc. PT, MCPA, res.CAMT

Q: What can I do to make my holiday season happy & safe?

A: Keep salt and sand in a place that makes it easy to use, like on a chair by the entrance to your home or business.

- Check the weather forecast prior to retiring for the evening so you can set your morning alarm earlier than usual to clear any snow with less haste.
- Plan your morning tasks, such that your cars' defrost has a chance to ensure proper visibility, perhaps review your day's plans or sort your mail while waiting.
- If you just can't stand looking under the hood to check your car's windshield washer fluid, get gas at full serve stations during the winter months, it's less costly than the accidents caused by poor visibility.
- Neck pain sufferer's benefit from using high coat collars and scarves throughout the winter. Muscles will automatically tighten if you're cold in an effort to generate heat.

Thank you all, clients, family and so many others, for your support and patronage. On behalf of all of us at Ross Physiotherapy, I wish you a happy holiday season and a great new year. ~ Gerry & Kristie

"By changing nothing, nothing changes." ~ Tony Robbins