

SPORTS

"Quote/unquote"

'It's a completely different ballgame for me now when it comes to competing.'
— Bodybuilder Wojciech Maciejko... see below



CASHh big winner at Coaches Cup

Brad Williams of the North Halton Twisters' coaches bears down on Halton Hills Thunder coaches' goalie Frank Brasil during the third-annual Coaches Cup fundraising contest on the new Saputo rink at the Mold-Masters SportsPlex last Friday night. A little more than \$6,500 was raised for Cancer Assistance Services Halton Hills.

Photo by Eamonn Maher

Weekend split for Raiders

Steven Mueller's second goal of the game on a power play late in the second period stood up as the winner as the Georgetown Raiders edged the host Orangeville Flyers 3-2 on Sunday afternoon in an Ontario Junior Hockey League contest.

Mueller, a 20-year-old forward from Hamilton picked up from the Burlington Cougars just prior to last week's trade deadline, now has four points in three games since joining the Raiders.

Brendan Jacome also scored for Georgetown and rookie netminder Michael Singh made 23 saves for the win in goal.

On Saturday night, the North York Rangers held a 1-0 lead over the 20-16-2 Raiders until the mid-point of the third period when the guests scored two quick goals and skated away with a 4-0 triumph.

In the Raiders' only other personnel moves before the Jan. 10 roster cutdown date, they acquired 18-year-old defenceman Jordan Brown from the Burlington Cougars and released forward Nicolas Lavoie.

The Raiders visited the Toronto Lakeshore Patriots Wednesday and will host Burlington Saturday at 7:30 p.m.

Worth the weight and time

By EAMONN MAHER
Staff Writer

Ballinafad resident Wojciech Maciejko has some big plans for 2014.

The 45-year-old bodybuilder and master trainer at Olympia Muscle & Fitness in Mississauga plans to open a new studio at his home in the coming months while also undertaking a daunting training regimen that will hopefully land him on the podium for the provincial championships.

After only taking up the sport four years ago, Maciejko said he felt rejuvenated last year after a forgettable 2012, having switched trainers and taking an entirely different approach to bodybuilding.

He won the Masters' category (40 yrs. & older) and was second in the open light heavy-weight division at a show in Port Credit and later just missed out on a berth in the nationals after finishing seventh at the Ontario Masters' Championships.

Now under the tutelage of Olympia's Bob Weatherill, a longtime pro IFBB performer, Maciejko feels he's ready to take the next step as a competitor.

"It's a completely different ballgame for me now when it comes to competing," said the native of Poland.

"These guys are professional bodybuilders and trainers with serious experience and it's the way to go if you want to compete and do well — diets, training, everything. If I want to compete against the best bodybuilders in Ontario I had to get the best trainer. (Preparing for the contest) is the most important thing and Bob has been doing this for 30 years."

Maciejko will soon begin his 20-week contest prep for the Toronto Supershow in June, which doubles for the Ontario championships. When ready for the competition, he should weigh in at about 180 pounds, so he's pleased that the Ontario Physique Association has split

the Masters' age group into two weight classes in order to give the lighter competitors a better chance at success.

"It's a marathon, not a sprint," adds Maciejko, whose 14-year-old son Matthew has taken up boxing at Olympia.

"No matter what you do and how you do it, you need time. Your body doesn't grow in one year. You need 10 to 15 years of heavy training and doing the right things and 85 per cent of your success is diet. What I'm doing right now is improving my physique, that's it. Every year when I look at the pictures of myself from before, I know what part of my body I need to work on more. It's how you look in the mirror."



2014 is shaping up to be a big year for Wojciech Maciejko of Ballinafad as he prepares for a number of bodybuilding competitions in Ontario and starts construction on a new studio at his home.

Submitted photo

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