

Three-peat for Pakmen duo

For the third straight year, 15-year-old Georgetown residents Dylan Thring (left) and Tucker Johnson have helped propel their Mississauga Pakmen under-16 Gold squad to an Ontario Volleyball Association Tier I championship following the recent provincial championship tournament in Waterloo. Johnson, a 6-foot-4 middle, and Thring, a setter and side hitter, started for the Pakmen, who incredibly won all 12 of their matches during the three-day marathon at RIM Park against the top teams in Ontario. Five times during the tournament the Pakmen Gold were pushed to three sets and they prevailed in all of them, including two tiebreaker wins apiece over the London Volleyball Club and the Ottawa Longhorns. In the final, Missis-



sauga downed Aurora 25-16, 25-22. The Pakmen Gold now move on to the Canada West Championships in Calgary.

Submitted photo



Survival of the Fittest

Grade 9 student Miranda Brennan emerges from the military crawl section of the obstacle course used during Georgetown District High School's second-annual Fit Day last week. This year's theme was "Be a Hero - Fight Hunger" for the GDHS Avengers, whose fitness was put to the test on Kiwanis Field. Organizer Laura Gatey said that the food items collected on Fit Day as registration for the competitions will be included in the school-wide drive for the Georgetown Bread Basket.

Photo by Eamonn Maher

Jaguars turn out lights on opponents

Nine different scorers found the mark for Christ the King's Jaguars as they defeated visiting Frank Hayden of Burlington 9-3 this past week in the last Friday Night Lights game of the varsity high school boys' field lacrosse season.

Drayden Patey, Quinn Harding, Braidyn Vidler, Zack McNall, Brett McNall, John Vezina, Bret Swan and Stevie Rosa had the CtK goals.

In varsity girls' action, Kar-

lee White and Meaghan Hector each had three goals in CtK's 9-7 victory over the Orangeville under-15 team. Jessie Oreskovic, Hope Giangrande and Monica Laurysen rounded out the scoring.

CtK's junior varsity squad hosted a day-long tournament last week and ended up finalists in the B division.

The JV Jags won their opener 10-6 over Lorne Park as Meaghan Hector (6) and Sarah

Laurysen (4) supplied the offence. Hector (2), Jenna Bathgate, Julia Findlay and Corie Pogbee had the goals in a 10-5 loss to St. Peter's, while Hector (4), Lucia Beram (2) and Sarah Laurysen scored in an 8-7 OT loss to Keswick in the B final.

CtK will host the Halton varsity boys' finals on May 21 and the Trillium Cup provincial championship tournament May 28-29 is slated to take place in Georgetown.

All downhill for Lavictoire

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Starting last out of four riders, the Ontario Snowboard Club member passed two on one berm and finished up second overall. Lavictoire has given up football and AA rep hockey in order to focus on snowboard cross and has taken up a strength training program in order to reach his goal of competing in the Winter Olympics.



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Manon Dulude celebrates the 16th International Coaching Week

The profession of coaching continues to grow and evolve. It is gaining in recognition and credibility with individuals, leaders, and organizations around the world. The International Coach Federation (ICF) now celebrates its 16th International Coaching Week, and aims at promoting coaching as an effective human development approach.

ICF defines coaching as partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential. Ultimately, coaches help people improve their performances and enhance the quality of their lives. A professional coach is trained to listen, to observe and to customize their approach to individual client needs and to provide support to enhance the skills, resources, and creativity that the client already has.

When seeking the services of a coach, selecting an ICF credentialled coach will insure that you are working with a professional who has demonstrated a specific level of training and competencies. Know your objectives for working with a coach and interview more than one coach to decide who to work with. Beyond choosing an ICF Credentialled coach, the most important aspect to consider when selecting a coach is your sense that this professional will create with you a powerful partnership to support you through your transformation.

Here are some questions you might ask a prospective coach:

- What are your ICF credentials?
- What is your coaching experience? (# of individuals, years, types of situations)
- What is your coaching specialty or areas in which you most often work?
- What specialized skill or experience do you bring to your coaching?

Manon Dulude holds a Ph.D. in Human Development and Coaching and is a Professional Certified Coach with the ICF. She can be reached at 905-873-9393

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SUSAN S. POWELL

Q: I have been separated from my husband for several months but we still live in the same house. I want to buy another house but someone told me my husband could claim one-half of it? Is this true?

A: If you and your husband have decided to separate you would be considered to be living separate and apart in the matrimonial home. Any assets you acquire after your separation are your assets and your husband can not claim an interest in them.

The new house would be your asset. Be careful though, as you will likely not be able to obtain a mortgage unless you have a Separation Agreement and have divided your property and settled other financial issues such as support. The bank will require a copy of your Separation Agreement before they will advance you the money for your new house.