



Members of the Regional Silver Stick Championship-winning Halton Hills atom AE Thunder (front, from left) are: Goalies Jaden DeZeeuw, Jesse Bodin. Second row: Michael Arsenault, Owen Burd, Noah McCutcheon, Colten Munnings, Anthony Kalo, Daniel Arsenault. Third row: Andrew Spraggett, Luca Lofranco, Noah Capetola, Logan Santori, Jackson Gognavic, Will Homan, Carter Johnson, Riley Targett, Nathan Parkinson. Back row: Manager Stephanie Spraggett, parent liaison Tony Capetola, assistant coach Randy Flynn, head coach Robert Burd, assistant coach Bob DeZeeuw, trainers Ray Johnson, Blain Parkinson, Lisa Parkinson. Submitted photo

Atom AE Thunder aiming for International Silver Stick

The Halton Hills atom additional entry rep Thunder became Regional Silver Stick minor hockey champions last week in Alliston after defeating the TNT Tornados 1-0 in an overtime thriller to earn a spot in this week's International Playdowns in Niagara Falls.

The atom AE Thunder will play its first game of the International Silver Stick Championships Thursday at the Gale Centre in Niagara Falls against the San Jose Jr. Sharks beginning at 7 a.m.

At the Regional Playdowns in late December, with 2:07 remaining in the extra frame, Thunder captain Noah McCutcheon netted

the winning goal on a breakaway.

Halton Hills outscored the opposition 18-4 during Silver Stick Regionals, including three shutouts, with Jaden DeZeeuw posting two clean sheets and Jesse Bodin earning another.

Recognized by the tournament for their hat tricks were centerman Owen Burd and left-winger Andrew Spraggett.

Head coach Robert Burd's squad used outstanding goaltending and defence along with a persistent offence to reach the international playdowns. The Thunder finished up the regular season this past weekend with a 15-10-3 record and two tournament victories.

Kri signed to NLL Rock's practice roster

Acton's Brad Kri has returned to the National Lacrosse League team that drafted him three years ago.

Toronto Rock owner, president & GM Jamie Dawick announced the signing of the 23-year-old defenceman to the team's practice roster.

The former Halton Hills Jr. B Bulldog was originally selected by Toronto in the second round, 14th overall, in the 2012 NLL Draft.

Kri spent the entire 2013 campaign on the Rock's practice roster and signed as a free agent with the Vancouver Stealth during the 2014 NLL regular season. After getting into just three games in 2014, Kri dressed for 14 of Vancouver's 18 games in 2015. He racked up five points with his lone goal coming against the Rock last January and picked up 48 loose balls and caused 19 turnovers while collecting 19 penalty minutes.

CrossFit competitor inspired to keep healthy for kids Fitness regimen for Fishback uses some unorthodox methods

By Eamonn Maher
emaher@theifp.ca

Looking for some inspiration to get you started on those New Year's exercise resolutions?

You may have seen local resident Charlotte Fishback—or someone else from the growing CrossFit community—around town, climbing fences, guardrails, playground equipment and other peculiar obstacles as part of their training for one of the many competitions held throughout the year.

"People think it's weird but we live in a community where you can find obstacles everywhere, running the local trail systems and even parks meant for kids that can be used by adults after hours," said the 38-year-old stay-at-home-mom Fishback, who has lost 120 pounds since making the commitment to get fit in May 2010, in large part with her two children Ally, 5, and Andrew, 8, in mind.

"I quit a pretty big job (as a legal assistant) in downtown Toronto and I needed something to fill that void of just what 'me' time looks like. I'm never going to be an Olympian or go to the CrossFit Games. So what's the hardest thing that I could challenge myself for today and see if I can go for it?"

The daily two-litre bottle of cola had to be eliminated and Fishback's weight-loss routine began modestly enough, before taking up a burpee challenge at her church in which participants had to perform 100 reps of the exercise daily for a month.

In 2013, she became interested in CrossFit, beginning with the Sprint distance (5 km) and quickly moved up to the Super (12 km), where now Fishback is a Level 1 CrossFit trainer and meeting-room leader for Weight Watchers.

She's also completed the almost-barbaric Tough Mudder, which involves obstacles such as the Arctic Enema and a lengthy crawl under barbed wire, along with many surprises that take the athlete out of their comfort zones.

Over the past couple of years, she's competed

in half-marathons, Spartan races, completed the Trifecta twice, as well as a personal-best result at the Stadium Series event at Fenway Park in Boston, where she placed 20th in her age group.

CrossFit is said to be the truest test of a person's fitness, with challenges like carrying 125-pound logs, ascending steep hills or gymnastics-type exercise that require balance and strength at a high level of intensity, with surprise obstacles thrown in to make the participants improvise.

Failing to successfully conquer an obstacle comes with a penalty of 30 punishing burpees.

Continued on page 39



It's not unusual to find Georgetown's Charlotte Fishback using non-traditional means of keeping fit and prepared for gruelling competitions by taking on such obstacles as fences or guardrails to test her balancing skills, because when you've got two young children, getting to the gym for twice-a-day workouts isn't always an option. Photo by Eamonn Maher



COUNTDOWN TO THE
RAIDERS
NEXT HOME GAME

Sat. Jan. 9, 2016
7:30 pm at Mold-Masters Sports Plex
Georgetown Raiders
vs.
Buffalo Jr. Sabres

312 GUELPH ST.,
GEORGETOWN
905-877-2296



www.georgetowntoyota.com