

Late goal propels Raiders to victory

Bailey Molella's 10th goal of the Ontario Junior Hockey League season with just 1:32 remaining in the third period completed the Georgetown Raiders' comeback 3-2 victory over the visiting Oakville Blades Tuesday night.

It was the fourth-straight win for Georgetown and came after falling behind the South Division-leading Blades 2-0 early in the second period.

Jack Jacome and Jordan Crocker scored to tie things up and Raiders' netminder Andrew Masters was again sensational, making 29 saves.

There was just one minor penalty called all evening and the goaltender interference call negated an Oakville goal, although the Blades tal-



lied shorthanded not long afterward.

The 23-10-3-0 Raiders faced off again at home Wednesday against the struggling Mississauga Chargers, before traveling to Oakville Friday for a rematch with the 22-12-2-1 Blades.

A battle for the West Division lead

follows Saturday in Georgetown with the first-place Buffalo Jr. Sabres visiting for a 7:30 p.m. start.

In their first game back from the three-week holiday break last Saturday night, the Raiders blasted Mississauga 7-2 in Port Credit on goals by Andrew Court (2), Molella, Daniel Hardie, Austin Cho, Jack Jacome and Josh Dickinson.

'You can't out-train a bad diet'

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"I have to concentrate on my weaknesses like climbing rope if there's any chance of getting better," added Fishback, who trains at Reebok CrossFit Firepower in Milton and at Good-life Fitness in Georgetown.

"(But) with two kids, you don't go to the gym when everybody else does. I hate running, but without that I can't do a lot of other stuff. And one of the first things I learned is that you can't out-train a bad diet."

Her latest regimen includes two workouts and six or seven small healthy meals a day, although she does enjoy sporadic "cheat days," where her beloved sprinkled donuts are permitted.

Goals for 2016 for Fishback include entering

triathlons as well as competing in the CrossFit Games Open qualifying at the end of February.

"Just because you have kids it doesn't mean your fitness ends," she said.

"For most people, it's just to get fit and active and not about competition or outdoing anybody, just pushing yourself and what your limits are. I'm not into lifting heavy weights, but I like the gymnastics part, like walking on my hands or doing headstands. It's functional fitness. You can try all of those things with strong, individual women who encourage each other, whether it's running a 3K race or signing up for something like The Beast. The big thing for me is to be healthy for my kids and show them that you can do things in really difficult circumstances."

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