

# Athletes prove their dedication to sport

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News Reporter

It's all sweat and no tears for three athletes training this summer at the Lakeshore Recreation Centre in Port Elgin. For Brett MacLean, Miles MacLean and Brandon Little, all of Port Elgin, speed, agility, coordination and quickness (SACQ) training is a major part of their weekly routines and they will all eat, sleep sports in aspiring to their goals.

The athletes, who have been working with personal trainer Leah Warner, are up in the early hours to beat the heat and prove their dedication and perseverance for the sport.

"More and more athletes are realizing that to compete at the higher levels and achieve success, they need to do additional training to enhance their performance," said Warner. "SACQ training... focuses on all of those things, plus power and reaction time." She said in any sport, it is vital that an athlete can respond as quickly and as powerfully as possible.

"The drills that they do during these

workouts are beyond tough," Warner explained. "It is high intensity and takes a lot of heart as well as stamina, and requires all the cardiovascular benefits and strength gains that the athlete has made from their other workouts."

She said while some of the drills can be fun when there are two or more athletes working together, others are just about digging down and getting through it. The different routines taken on by the athletes can be anywhere from six seconds up to a minute in duration, and Warner said seeing what they are willing to go through to maximize their performance is something she finds very inspiring.

For Brett MacLean, training will help him seal a deal in continuing in his professional hockey career, while Miles MacLean and Brandon Little hope their hard work will be awarded with scholarships.

Brett, 21, who was selected 32nd overall by the NHL's Phoenix Coyotes in 2007, has played professional hockey for the OHL's Erie Otters, the Oshawa Generals, and the AHL's San Antonio Rampage.

see SPORT Page 32.

from Page 25

Brett said he will be dedicating his summer to training 15-16 hours a week before leaving in the last week of August to attend to the Phoenix Coyotes training camp in September. Brett's future in professional hockey looks bright as he said he hopes to be playing for the Phoenix Coyotes next year.

Talent in hockey and dedication to the sport clearly runs in the MacLean family as Miles, 19, also aspires to play the sport professionally. The teen, who said he works out 3 hours a day in his regime in hopes of achieving an NCAA scholarship. Miles, who attends McMaster University in Hamilton part-time hopes that the scholarship will pay his way through his education.



## Half-marathon, full heart

Photo submitted

On Sept. 11, several women from Saugeen Shores travelled to Toronto for the Toronto Island Half-Marathon in support of breast cancer research. The local women made it an even more special day as they made the run a mother-daughter event. Pictured from left to right are Darlene Welsh, Jill Welsh, Cathy Little, Jaime Little, Frankie Ziegler and Megan Zeigler.

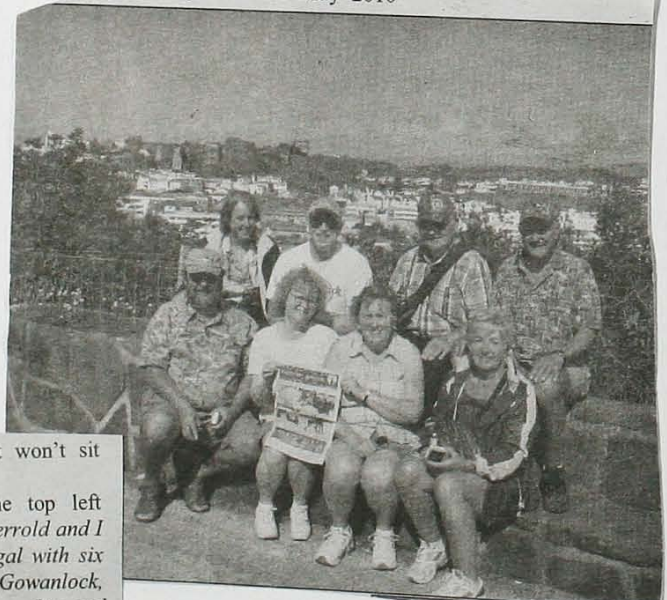


Miles MacLean, 19, wearing a 32lb vest, stayed focused on the sport while training Friday morning.



Brandon Little, 19, power leaped across the court while pulling a resistant Brett MacLean.

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The old Advocate just won't sit still. Susan Beech sent the top left photo and the following: *Jerrold and I spent two weeks in Portugal with six friends Doug and Linda Gowanlock, Bruce and Shirley Moulton, Jim and Sharon Westenburg.*