

The Acton Free Press

Sports & Recreation

The Acton Free Press, Thursday, Dec. 28, 1978

11

Colts, Blades, Thunderbirds

Sabres streak at longest of season, three more losses brings total to nine

Acton Sabres suffered three straight losses this week to produce the team's longest winless streak of the season. After showing a definite promise by downing the Burlington Cougars a month ago before a home crowd the

Sabres have dropped nine straight decisions. The previous season high was seven at which time they snapped the streak at the mercy of the Thornhill Thunderbirds. This time it was the other

way around, the Sabres, once again, had a chance to end their streak against Thornhill but this time the Thunderbirds soared to a 6-3 win.

Since the Thornhill loss the Sabres have fallen to the Barrie Colts by a 6-3 count and Oakville 8-4. The loss to Barrie was the first time the Colts have beat the Sabres in three tries and could prove costly for the Sabres. Barrie who are just ahead of the Sabres, battling for the last play-off spot, moved five points ahead with the win. If Acton had been able to come up with the victory they would have been just one point behind Barrie and three out of a play-off position.

Oakville's win keeps them at the head of the large group battling for play-off positions three through six.

In the three games of the week the Sabres found trouble in filling the line-up card with, at the most, 14 players dressing for a game.

Paul Salvisbury missed the first pair of contests due to work commitments, Kelly McArthur missed all three games to vacation in Florida and Jeff Shields was absent from the Oakville contest to travel home for Christmas. Added to the list were Scott Malcolm who suffered a back injury against Barrie and Drew Gareau who suffered a broken hand in Georgetown and may be out for the rest of the season.

Acton netted the twine first in the Thornhill contest as Neil Anderson found the range from Bob Aillsop and Kelly Shaw before the midway point of the first period.

Thornhill came back with a powerplay goal at 11:34 while Anderson was off serving a tripping penalty. The Thunderbirds took the lead for keeps with 2:20 remaining in the opening frame.

Thornhill, with their second powerplay goal, jumped up by two at the 35 second mark of the second only to have Jeff Shields tally from Glenn Murray 18 seconds later.

The Thunderbirds added three more before the period ended to take a commanding lead into the dressing room.

The Sabres came out flying in the final frame throwing 19 shots at John Morris in the Thunderbird net. Morris was equal to the task as the Sabres managed only one goal, that off the stick of Denis Charbonneau from Kelly Shaw and Jeff Shields with 16 seconds left to play.

Thornhill managed only one shot at Rob Bremner in the Acton net over the final 20 minutes. In the game the Sabres outshot the Thunderbirds 40-22.

The Sabres outshot their opponents again in Barrie, this time by a 39-21 margin, but again came out on the bottom end of a 6-3 decision.

Barrie jumped up 3-0 in the first period before the Sabres got untracked and played the Colts even.

Mark Schinkel was the first Sabre to find the net from Paul Henderson and Bob Aillsop at the midway point of the second period. That goal pulled the Sabres to within one as they were getting the opportunities, outshooting the Colts 13-4 in the second.

A Colts powerplay goal at the seven minute mark of the last period put the game out of the Sabres reach.

Kelly Shaw added a powerplay effort at the midway point of the final frame from Shields and Matt Lambert counted one with five minutes remaining from Henderson and Schinkel to finish the Sabres scoring.

The Colts tallied twice in the last ten minutes to match the powerplay efforts of the Sabres.

Despite scoring two powerplay goals in the final frame the Sabres must have a better

percentage of powerplay goals. Barrie took 32 minutes in minor penalties compared to only 12 for the Sabres.

Coach Fred Buchanan was disappointed with the losses to Thornhill and Barrie feeling his club had 'outplayed both' and should have come away winners.

"We are starting to play better" he said "and with a few wins we can catch that final play-off spot."

In the Sabres only home game of the week it looked as if it was going to be more like a football game in the first five minutes as Oakville took an early 3-1 lead.

Oakville tallied three times in the opening four minutes and it looked as if the twelve Sabre skaters dressed for the game would be no contest for Oakville.

The first shot the Sabres took at Ian Roberts in the Oakville net came from Wade Vickery as he faked out the defenseman and rifled a shot into the lower lefthand corner, just as Vickery had done. Brad Buchanan assisted.

Murray's second counter tied the game with five minutes remaining in the opening frame. Goaltender Rob Bremner picked up his third assist of the season on



DREW GAREAU
Out for season?

The Sabres pulled to within one shortly after as Glenn Murray tried to duplicate the Vickery shot. He stepped over the blueline and let go catching the lower lefthand corner, just as Vickery had done. Brad Buchanan assisted.

the play. Jamie Ryan added the other.

A shorthanded goal by Oakville gave them a brief lead before Wade Vickery tallied the tying marker from Neil Anderson and Kelly Shaw as the period came to a close.

That was all for the Sabres as Ian Roberts settled down and held the Sabres off the scoresheet over the final two frames.

Oakville tallied once in the second frame and three more in the third.

The scoresheet shows the Sabres outshooting Oakville by the wide margin of 47-29 although Fred Buchanan questions that his Sabres fired that many times at Roberts.

The Sabres hosted their cross town rival Georgetown Gemini last night in hopes of regaining some of their winning form.

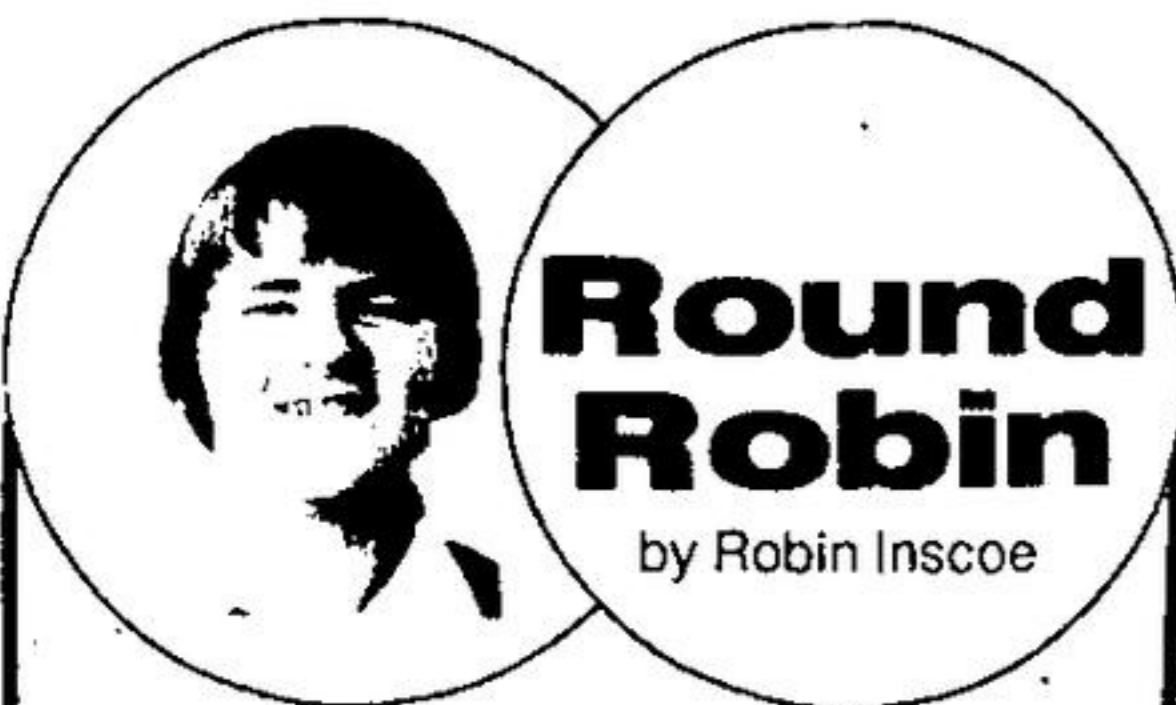
The game scheduled for the Community Centre for Friday night has been cancelled

as the Streetsville Derbys vie for the gold medal at the Ontario Winter Games.

Saturday night the Sabres are in Orillia. Their next home game is January 12 when Brampton will be the

visitors. SABRE SHORTS: In the absence of all the players coach Fred Buchanan was forced to use defenseman Jamie Ryan on the forward line for the Oakville game.

Glenn Murray is back on the Sabres blueline after moving up to the forward line for several games. Buchanan feels he "plays better hockey" from the defensive position.



Round Robin

by Robin Inscoc

The Streetsville Derbys, starting today (Thursday), will once again try to outdo their arch rival Stratford Cullitons.

The Derbys are in Kingston trying to bring home the gold at the Ontario Winter Games.

The toughest fight for Streetsville is expected from the Cullitons, two time Ontario and Winter Games Champions. For the past two seasons the Cullitons have downed the Derbys in the Ontario finals and two years ago in the game's final.

There will be six teams, Bramalea Blues, Marathon A's, Ottawa South Canadians, Thessalon Flyers, Stratford Cullitons and the Streetsville Derbys, vying for the crown.

The tournament will work as a round robin with the Derbys, Flyers and A's making up one division and Blues, Canadians and Cullitons composing on the other.

The first place team in each division will tangle with the second place finisher of the opposite. The winners will meet for the gold and silver while the losers of the semi-finals will challenge for the bronze.

Despite what area people think of the Derbys we must wish them good luck and hope they can bring the gold to the Central Ontario Junior 'B' League.

After ten weeks of industrial hockey action at the community centre on Sunday nights the Family Cleaners sponsored team is still undefeated.

The team's captain Ed Hillier is walking away with the scoring title scoring 16 goals while assisting on 13 others. His nearest competition stands in Russ Van Fleet with 20 points. It should take some miraculous work on the part of Van Fleet to overtake Hillier, even if Ed were to sit on the sidelines for the remaining games. Van Fleet is averaging two points a game. If he continued at that pace he would wind-up the season with 30, one point ahead of Hillier's points total today.

The chances of somebody catching Family for first place are just about as remote. Blow Press is presently two games back of the first place Cleaners and get the opportunity for revenge only once, the final week of the season.

The unsportsmanlike incidents have decreased in the league this year and the teams are sticking to a little more hockey instead of the rough stuff. Last year the league handed in the neighborhood of 12 to 14 misconduct penalties through the regular season compared to only four or five at this point in time.

Acton Sabres' top point-getter Jeff Shields is slowly falling off the pace in the Central Ontario Junior 'B' Hockey league scoring race.

Shields, fifteenth in the league standing leads the Sabres in scoring with 12 goals and 29 assists for 41 points. League leading scorer Frank Carnevalle of Oakville, added four points Saturday night to bring his totals to 31 goals and 47 assists for 78 points.

Mark Litton of Burlington, is second with 35 goals and 29 assists. Ex-Sabre Paul Pickard has 32 goals and 14 assists for eighth spot overall.



Neil Anderson used an unusual method of tying up the opposition in front of the Acton net on Saturday night. Mark Schinkel and an unidentified Oakville Blade look for the loose puck. Blades won 8-4.



One Oakville Blade took two Sabres out of the play here to give the Blades time to set up a play in their offensive zone. The teams scored four goals each in the first period and then settled down. Unfortunately for Acton the Blades settled down in time to score an 8-4 win. It was the Sabres' ninth loss in succession.



Cross Country Skiing is fast becoming one of Canada's most popular winter sports. The Canadian Association of Nordic Cross Country Ski Instructors have distributed a series of

Cross Country Skiing

This is the first in a series of articles on cross country skiing from the Canadian Association of Nordic Ski Instructors.

Pre-Season Conditioning CANSI, the Canadian Association of Nordic Ski Instructors, is a national association developed to standardize and improve cross country instruction in Canada. Now into its third season of operation, CANSI has 1150 registered members.

This winter, in addition to helping you in the track, CANSI can assist you through its column, SKI CROSS COUNTRY. Throughout the season CANSI will present brief bi-weekly glimpses of all aspects of North America's fastest growing winter sport.

Cross country skiing is easily learned. It's merely an extension of basic walking and running movements, but on snow, using poles and skis.

Develop your own program or join with friends two to three times per week, in sessions of 20 minutes. These sessions should include a mixture of walking and jogging, warm up and warm down exercises such as leg stretching, arm and trunk rotations.

Gradually increase length, distance, and energy use during sessions. Avoid hard sprinting and running. Build slowly.

Buy good running shoes, sufficiently cushioned to lessen the pounding of jogging. Shoes (35 to 45 dollars) should be warm and considered as a long-term investment for a season or two of conditioning.

When running avoid, if possible, cement or asphalt surfaces. Instead, select grass, sandy or soft earth areas.

Pre-Season Conditioning: Part II Once you've spent a week or two walking, jogging, and stretching, try using a pair of poles during exercise sessions.

Pre-season use of poles will develop your skiing muscles, accustom you to some of the techniques used while touring, and contribute to improved balance.

Adjust your pole straps to suit a bare hand or the wearing of a thin glove. Adjustable straps always give you control of the poles. Poles should be used as if on snow. Handles must rest between your thumb and fore- (continued on page 12)

articles which will be seen in the Free Press periodically. Joan Morris and son Stephen are two of the local enthusiasts.