

# Uranick, Gidman train, train, train for future fame



George Gidman and Doreen Uranick are two dedicated athletes being trained by high school coach Bruce Andrews. Gidman and Uranick are running up to 50 miles a week.

For most people running a couple of miles a day is enough exercise to get into shape, but for two Acton High School students 80 miles a week may be barely enough.

George Gidman and Doreen Uranick, both 18, are working towards competing in international track and field as they burn up 80 miles of local roads a week.

Gidman, a grade 13 student, and Uranick, a grade 12 student, are currently involved in a rigorous training program run by high school coach Bruce Andrews.

The runners began training with Andrews a year-and-a-half ago and optimistically they said they should be ready for international competition in about ten years.

Uranick said she gives up so much of her spare time to train because she loves running. "I'd like to run internationally and I'll continue training for it for as long as it takes."

Gidman said he started running to lose weight. "I found I really liked the sport and I really like to win. With the training program

I'm on it's possible I could be in competition with the best runners in the world in a few years and maybe I could win against them too," concluded Gidman.

According to coach Andrews the two runners are the most dedicated athletes he has come across in a long time. "I think that as well as the possibility that they (Uranick and Gidman) could compete internationally, they could also receive scholarships for their athletic prowess," remarked Andrews.

The two athletes are on a yearly training cycle divided into 11 months. The first step is a preparatory period from September to January. Uranick and Gidman start their week with a five mile run first thing in the morning. In the afternoon they weight train and box jump to strengthen their muscles and joints.

On day two the runners work on building up their legs and upper bodies with more weight lifting and then run an additional 14 miles in the afternoon.

"Although it may not sound like it," said

Andrews, "they have an easy day then a hard day."

Each week the routine varies as the runners work themselves up to running 14 miles a day and workouts 12 times a week. Every seventh day the two athletes relax their schedule just a bit to give their bodies a rest.

"The system under which Uranick and Gidman are training is used by many European athletes," remarked Andrews. "It takes a long time to condition an athlete for international competition," continued the coach, "and it's not only physical readiness that wins a gold medal. You have to be prepared psychologically as well."

"That is why another very important part of the training involves the mind as well as the body," concluded Andrews.

As part of the training Uranick and Gidman learn how to relax when they're under stress. "I use mental imagery and positive thinking," continued Andrews. "When an athlete is relaxed he is able to learn much faster and when he can see in his mind what he is about to do his performance can im-

prove dramatically."

The year's training will peak twice in a year, said Andrews. "We've timed it so both Uranick and Gidman will be in their best shape for the Canadian Indoor Games in February and in March for the outdoor meets."

The final phase of the year's training is a transition period. For one month the athletes will stop their training program and play golf or canoe or swim. It's more of a mental break than anything," said Andrews. "They still remain active but in different activities."

The coach and athletes all hope to continue training together for the next few years, said Andrews. Both Uranick and Gidman hope to attend York University in Toronto when they complete their high school studies.

Uranick and Gidman said they hope to achieve their B.A. degrees as well as continue their athletic endeavors.

Perhaps the local runners will one day be representing their country in the Olympics.

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## Sabres take third win of season 7-5

After chalking up 56 minutes in penalties and a game misconduct the Acton Sabres managed to hang onto the lead for a 7-5 victory against the Thornhill Thunderbirds.

In their third win of the season a scrappy Sabres squad hung onto a first period, two goal lead against the Thunderbirds Friday night.

While on a power-play Randy Coverdale opened the scoring race at 7:55 in the first period with assists from Paul Fraser and Ken Franklin.

Coverdale's goal was quickly followed by another Sabres' marker at 11:39 as Ken Kavanagh, assisted by Mike Yalowica and Vince Paradiso, out-manoeuvred the Thornhill defense.

While managing to stay out of the sin bin for a few minutes the Sabres found themselves in another powerplay situation and increased their lead to three goals with Kavanagh's second goal of the night.

Unassisted, Kavanagh slipped behind the Thunderbirds' defense and blasted the puck past the opposing netminder.

The Sabres were still on a roll at 18:42 as Kavanagh managed his third goal, short-handed.

With a healthy four goal lead Acton seemed to slack off a bit and the Thunderbirds came roaring into the game.

At 19:03 and 19:36 Thornhill assaulted the Sabres' net with several blistering shots managing to beat the Sabres' goalie Rick Landry, twice.

At the end of the first period it was the Sabres four and the Thunderbirds two.

Coming into the second period Acton came back to life increasing their lead as Kennedy, assisted by Clint Watts and Paul Cargill, pounded the Thornhill net until the Thunderbirds gave up another goal.

The Thunderbirds, by this time, were in a fit of temper and questionable officiating sent several Sabres and a Thunderbird to the penalty box.

With as many as three penalties at any one time the Sabres did an incredible job of penalty killing for the rest of the second period.

The Sabres were even rewarded for their excellent defensive abilities when

Kavanagh intercepted a Thornhill pass and dumping the puck up the ice to Fraser the Acton Squad was again ahead by three markers.

Although enjoying a healthy lead, the Sabres found they couldn't take a break, because at 5:59 in the third period the Thunderbirds rallied for the first of three third period markers.

At 11:03 the Thunderbirds struck again while on a power-play and moments later they found themselves only one goal away from the Sabres.

During the final moments of the game the Acton club managed to muster enough energy to clinch the game with a goal by Denis Kirton. Assisted by Brian Canary and John Turner, Kirton let fly with a devastating slap shot from the point. The puck was in the Thunderbirds' net before their goalie could figure out what was going on.

"The Sabres' coach, Gary Hudson, remarked after the game, "The boys were a little sloppy out there tonight. I think we could've kept a lot bigger lead throughout the game."

"The officiating was a little questionable at times as well," continued Hudson. "We ended up doing a lot of time in the penalty box for things that Thornhill started."

On Tuesday night the Sabres travelled to Streetsville to play the top-seated Derbys and according to coach Hudson if the Sabres were playing anyone else in the league they would have won.

"The team played extremely well Tuesday night," emphasized Hudson. "They played together and it was one of the best games they've ever played."

The Derbys managed to outshoot the Sabres 47-23 in their 6-1 win and the game remained scoreless until the second period.

Streetsville opened the scoring at 1:32 in the second period but their one goal lead was short-lived as Ken Kavanagh, assisted by Yalowica and Franklin, pounded the puck past the Derbys' goaltender.

The Sabres will travel to Barrie December 8 and on December 9 the local club will be hosted by Oakville. The next home game will be December 16 as the Sabres take on the Georgetown Gemini.



The Sabres goalie, Rick Landry, looks to see where the puck went after he stopped a blistering Thornhill shot with his stick. Acton hung onto a two goal lead for the second win of the season.

## Mimico edges Sabres 7-5

The Acton Sabres kept close tabs on the Mimico Monarchs Saturday night but a last minute rush by their opposition left them suffering a 7-5 defeat.

The Sabres opened the scoring early in the first period with a goal by Brian Demone at the 1:04 mark. Assisted by Denis Kirton and Ken Franklin, Demone managed to blast the

puck past the Mimico goalie.

The Monarchs, however, were not to be left behind and at 6:56 the game was tied.

At 9:11 the Acton squad attacked again and their diligent efforts rewarded them with an unassisted goal by Vince Paradiso.

Then, midway through the opening period, Mimico took advantage of a Sabres' penalty

to once again tie up the game.

Ken Franklin, assisted by Kirton and Demone, soon had the score back in the Sabres favor, though, as he out-manoeuvred his opponents.

At the beginning of the second period the Sabres found the Monarchs were determined not to take a loss and a goal at the 3:24 mark tied the game again.

As the second period reached mid point the Mimico squad rallied in front of the Acton goal and pushing the puck past Fred Fess the Monarchs found themselves in front.

Then, just moments later, Demone grabbed his second goal of the evening with assists from Ken Kavanagh and Paradiso.

At the end of the second period the game remained tied but again the Mimico offense refused to take second best.

Coming into a new period the Monarchs were ahead again with a quick goal.

However, a determined Sabres fought back and at 7:31 Demone, assisted by John Turner, had a hat-trick and a tie game.

For the remainder of the third period neither team could gain the advantage until the Mimico assistant captain got hold of the puck and blasted it into the net twice.

The game was tied with less than two minutes left on the clock and Mimico clinched the game.

## Redmen Juniors take top honors

Before a capacity crowd in the Acton High gym, the Junior Redmen Girls' Basketball team defeated Milton 31-24 to clinch the Halton championship November 29.

Both teams were evenly matched in the competition as neither could gain more than a two point advantage for most of the game.

Acton opened the scoring early in the match and Milton was close behind dunking two quick baskets. For the remaining quarter fans from both Acton and Milton saw that no sooner than one team took the lead the other rebounded for a tie.

Most of the second and third quarter was a see-saw affair as both squads played a defensive style of ball, shutting down all but a few offensive plays.

For the most part the Redmen managed to hang on to a one or two point lead, but mid-

way through the final quarter Milton rallied for a six point lead.

Coming from behind Acton managed two rushes that rewarded them with four more points. Boo Tufford was fouled inside the key for two more points and the game was tied 24-24.

With only three minutes left on the clock another Redmen rush put the local team ahead and all the heart went out of the Milton squad. The Redmen pounded through the Milton defense and managed another six points.

Milton couldn't gather any steam during the final moments of the game and another foul shot for Acton, with one second left on the clock, clinched the game for Acton.

High scorers in the Halton finals were Boo Tufford with nine points and Janice Jickling with eight.



The Acton High Junior Girls Basketball team played Milton last week for the Halton region championship and the final result saw Acton take a 31-24 victory. From right to left the Junior Girls are: back row, coach Anne Lepth, Susan Craig, Carolynne Hoare, Karen Little, Janice Jickling, Lee Ann Johnson and coach Lyn McLaren. Front row are, Lois Grandy, Boo Tufford, Judy Thomson and Diane Hancock.



Susan Craig looks for an opening as the Junior Girls Basketball team took on Milton for the Halton Regional Championships. Acton finally won the close match 31-24.

## Ron Waples honored Horseman of the year

Rockwood resident Ron Waples has been named the Ontario Jockey Club's Horseman of the Year for the fifth time in his racing career.

Waples, who drives and co-owns the number two harness racer, Ralph Hanover, was named after a 21 member panel of judges awarded him six-and-one-half points in the competition. Waples' nearest competitors, Doug Brown and Stew Fritotte, were awarded four points each.

Waples has won 200 races this year and over \$1.6 million in prize money, while Brown has chalked up 250 wins and over \$1.75 million in prizes.

"I was a little surprised when I heard,"

said Waples, who won the award in 1975, '77, '78, and '79. "It's all right, it might give me a good dream some night. I'm not really shocked though. Nothing shocks me any more in this business although I thought Brown might win the title. He's been ahead of me all year."

Waples' horse, Ralph Hanover, was also decorated at the judging as he was named the second most impressive horse in the circuit. Ralph Hanover was awarded six points in the competition and Cam Fella was awarded top honors with 12 points.

Waples and the three year-old pacer have been racing at the Greenwood and Mohawk tracks.

**Sabres sold**

Acton Sabres...  
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