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# Sportsweek

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## Blue Fins swim meet

The Halton Hills Blue Fins hosted a meet recently against swimmers from Mackenzie Smith Middle School and Queen Elizabeth Park Middle School.

While the age groups were for Gr. 7 and Grade 8 boys and girls, our younger experienced swimmers also swam in these older age groups and fared very well. The very young Blue Fins were in a separate category (Grade 5 and under).

The following are the results:  
**Gr. 5 and under BOYS AND GIRLS**  
 25 m. bk. 1st Natalie Ramaker, 2nd. Sophia Djuk, 3rd. Dawn Newman.  
 25 m. freestyle: 1st Jason Ockenden, 2nd Natalie Ramakers, 3rd. Sophia Djuk.

25 m. breast: 1st. Natalie Ramaker, 2nd. Sophia Djuk, 3rd. Dawn Newman.

**Grade 7 GIRLS**  
 25 m. back: 1st Jenny Melville, 3rd. Kim Weidrick.  
 50 m. back: 3rd. Shannon Abonyi, 4th Sarah Silcox.  
 25 m. breast: 4th Sharlene Berezuk, 5th. Christine Weidrick.  
 50 m. breast: 5th. Sarah Silcox, 6th Christine Weidrick.

**Gr. 7 BOYS**  
 25 m. back: 4th. Scott Carscallen, 5th Jason Ockenden.  
 50 m. back: 2nd. Kirk Sarjeantson.  
 25 m. freestyle: 1st Kirk Sarjeantson, 5th Scott Carscallen.

50 m. free: 1st Kirk Sarjeantson, 2nd Scott Carscallen.

50 m. breast: 3rd Scott Carscallen, 6th. Kirk Sarjeantson.

**Gr. 7 GIRLS**  
 25 m. free: 2nd. Sharlene Berezuk, 3rd Beth Young.

**Gr. 8 GIRLS**  
 25 m. back: 1st. Beth Young, 4th. Tina Newman, 6th. Kerry Dryden.  
 50 m. back: 2nd Jenni Lusby, 5th Sylvia Piqueras.  
 25 m. free: 1st Tina Newman, 5th. Jennifer Lovely.  
 50 m. free: 1st Jenni Lusby.  
 25 m. breast: 2nd Tina Newman, 5th. Monica Ramakers.

50 m. breast: 2nd Jenni Lusby, 3rd. Tina Newman.

**Gr. 8 BOYS**  
 25 m. back: 1st Pat Tyhurst, 3rd. Mark Preston.

50 m. back: 1st. Pat Tyhurst, 3rd. Mark Preston.

50 m. free: 1st Pat Tyhurst, 3rd. Mark Preston.

25 m. breast: 1st. Pat Tyhurst, 2nd Mark Preston.  
 50 m. breast: 1st. Pat Tyhurst, 2nd. Mark Preston.  
 The meet finished up with several fun relays in which all participated.  
 The next home meet is planned for March 7.

## Gemini-Oldtimer game

Once again the still young at heart stars of yesterday, with the help of Absorbine Jr., knee braces and rust remover, will pit their experience and knowledge against the youth and stamina of the Jr. B Geminis.

Oldtimer line-up for the January 30 match (or mis-match) includes: Al Arnold, Jim Blair, John Boyce, Neil Cotton, Fred Cowbrough, Jack Gudgeon, Dwayne Hay, Blake Inglis, Max Korzack, Terry Lane, Phil Lavell, Bob Moncton, Ken Morrow, Dave McMenemy, Don Norton, Brian Peavoy, Pete Pomeroy, Rod Preswood, Doug Richardson, George Riddal, Kent Robinson, Paul Robinson, Dave Shepherd.

## Novice 2s win 4-1

**NOVICE**  
 The Orangeville Novices visited our Georgetown Chrysler Tier II this past Saturday and returned home with a 4-1 win.

The visitors connected for goals at the sixteen and forty-six second mark of the game to jump into a quick lead.  
 The boys from Georgetown settled down to skate with Orangeville throughout the remainder of the game but were still outscored 2-1.

Geminis players roughing it up in the corners: University study has a warning for teen-age hockey players — Keep your head up! The warning follows a rash of serious neck injuries in the past two years.

## A warning for young hockey players: keep your heads up!

By BOB WHITTON  
 Herald Special

KITCHENER - Dr. Patrick Bishop, sports medicine expert in the University of Waterloo's kinesiology department, has a warning for hockey players of all ages: Keep your heads up!

Dr. Bishop's warning follows a rash of serious neck injuries among teen-aged hockey players during the past year or two.

"There have been half a dozen broken necks in the last 18 months — more than there have been in the previous 30 years," he says.

He's been directed by the Hockey Ontario Development Committee to study the problem. He is chairing a committee that includes three other UW kinesiology professors — Drs. Robert Norman, Richard Wells and Donald Ranney, as well as Dr. Greg McNeice, a civil engineering professor with expertise in the area of stress analysis.

The committee members are looking for potential causes of neck injuries and are beginning their investigation by examining the influence of the helmet and face mask on the dynamics of a hockey player's neck.

prevent head injuries and face masks were designed to prevent facial injuries, but neither was designed to prevent neck injuries," Dr. Bishop says. "At the same time, no testing has ever been done relating to the effect of helmets on hockey players' necks."

**FORWARD POSITION**  
 Some people feel helmets and face masks tend to change a player's head orientation...causing a player to carry the head in a more forward position, he says.

It may be, Dr. Bishop suggests, that some youngsters have trouble keeping their heads up because of the weight of the equipment (helmets and masks) and this may especially be the case when young players begin to tire.

"By and large, most players seem to skate with their heads up. Possibly the answer will be to get young players to strengthen their neck muscles through special exercises, and to be particularly cautious when they start to feel they are tiring," Dr. Bishop says.

However, the problem of serious neck injuries has so far been confined to players in older age groups (17 to 21) and for this reason Dr.

Bishop feels other factors may be contributing to their cause.

Some individuals and groups have been promoting the use of neck braces as a possible solution to the problem but Dr. Bishop says he isn't confident these devices would make any difference.

"Neck braces are fine when it comes to keeping the neck from snapping back," he says, "that is, from suffering hyperextension or whiplash. But these broken necks are not being caused by hyperextension."

"Rather they are being caused by flexion or hyperflexion, which tends to straighten out the normal curve of the neck, making it very vulnerable to axial and shear loads when the head strikes the boards, or when it strikes another player."

He worries that neck braces might actually contribute to this sort of injury because they may force the neck into a flexed position, rendering the wearer vulnerable.

In their initial studies, Dr. Bishop and his colleagues are looking into the extent to which wearing hockey helmets and face masks

Con't on page 5

## Atom 2s salvage point

Georgetown hosted Burlington "B" team Saturday January 23rd and had to play catch up hockey throughout the contest. Burlington opened the scoring in the first period and Mike Wilkins evened up the game before the period ended.

Mike's goal was assisted by Dale McInven and David Inglis. Burlington again took the lead in the second.

Jason Knight, playing an outstanding game, was rewarded for his effective puck handling by assisting on Bill Utt's the getter. Goalie Paul Smith then preserved the tie by making several difficult saves.

Monday night Georgetown travelled to Burlington to play their "A" team. Although the final score was 3-1 for the host team, Georgetown played one of their best games of the year.

Georgetown outskated and outplayed Burlington for the first half of the game and opened the scoring with a lead pass by Stephen Lee to Cameron Herman. Herman using Donnie Guest as a decoy blazed the puck past the Burlington netminder.

out employing effective backchecking and hustle. Burlington however tied the

game in the second period and then added two unanswered goals in the third.

**GEORGETOWN GEMINIS VS "GEORGETOWN OLDTIMERS"**  
 Saturday, Jan. 30th  
 7:00 p.m.  
 Gordon Alcott Arena  
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