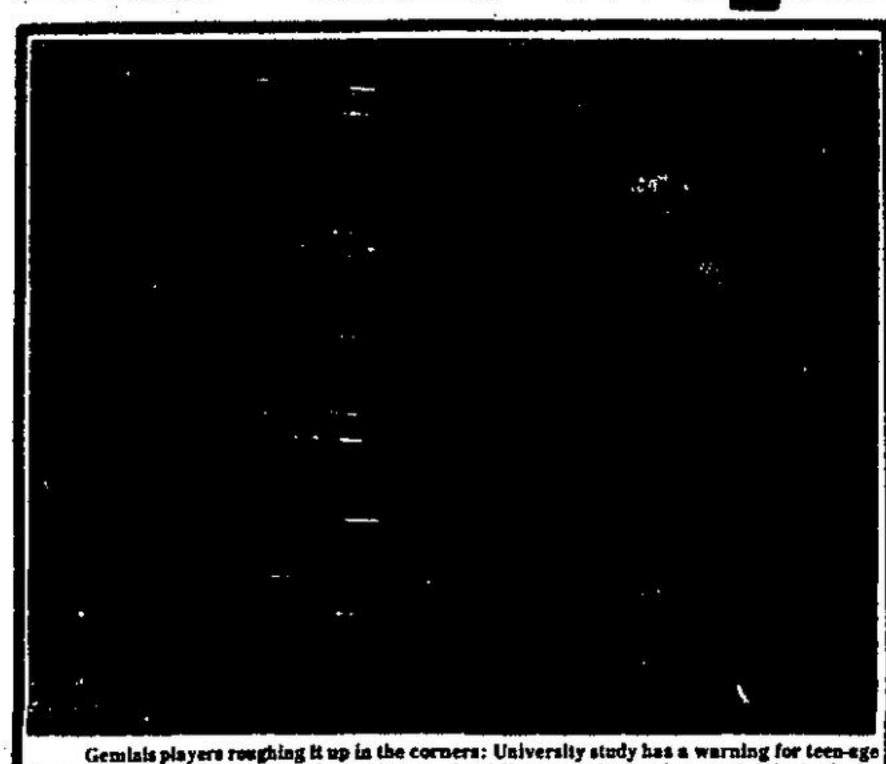
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bockey players - Keep your head up! The warning follows a rash of serious neck injuries in the past two years.

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 Waterico's kinesiclogy 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 nock 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. "Helmets were designed to 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 belmets 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. Blabop

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 play-

ers 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. Rishop 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.

may be contributing to their

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 mapping 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

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 Natalle Ramakers, 3rd. Sophia Djuk.

25 m. breast: Ist. Natalio Ramaker, 2nd. Sophia Djuk, 3rd.Dawn Newman. Grade 7 GIRLS

25 m. back: 1st Jenny Melbille, 3rd. Kim Weldrick. 50 m. back: 3rd. Shannon Abonyi, 4th Sarah Silcox. 25m. breast: 4th Sharlene Berezuk, 5th, Christine Weldrick.

50 m. breast: 5th. Sarah Silcox, 6th Christine Weld-Gr. 7

BOYS 25 m. back: 4th. Scott Carscallen, 5th Jason Ock-50 m. back: 2nd. Kirk

Sarjeantson. 25 m, freestyle: 1st Kirk Sarjeantson, 5th Scott Cars-

50 m. free: 1st Kirk Sarjeantson, 2nd Scott Carscatlen. 50 m. breast: 3rd Scott Carscallen, 6th. Kirk Sar-

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

jeantsou.

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.

25 m. breast: 2nd Tina Newman, 5th. Monica Ram-

50 m. free: 1st Jenni

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. 25 m. free: 1st. Pat Tyhurst 2nd 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 yesteryear, with the help of Absorbine Jr., knee braces and rust remover, will pit their experiene 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 McMenerny, 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 IIs this past Saturday and returned home with a 41 win.

The visitors connected for goals at the sixteen and forty-six second mark of the game to jump into a quick

The boys from Georgetown settled down to akate with Orangeville throughout the

remainder of the game but

were still outscored 2-1.

INSTANT

BUYING POWER

along with being named 'player of the week'. Also having a standout game were Chris Duggan and Jeff Timmons.

Jake Poulstrip played the

part of team leader and

worked hard going both

He was rewarded for his

strong effort with the home

side's only goal of the contest

This week the Tier II Novices travel to Burlington for a tough match with the loop's top club.

Atom 2s salvage point

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

Mike's goal was assisted by Dale McNiven 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 tie getter. Goalle Paul Smith then preserved the tie by making several difficult Monday night Georgetown

travelled to Burlington to play their "A" team. Aithough 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 Burilington netminder. Robbie Doyle was a stand-

out employing effective backchecking and huntle.

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



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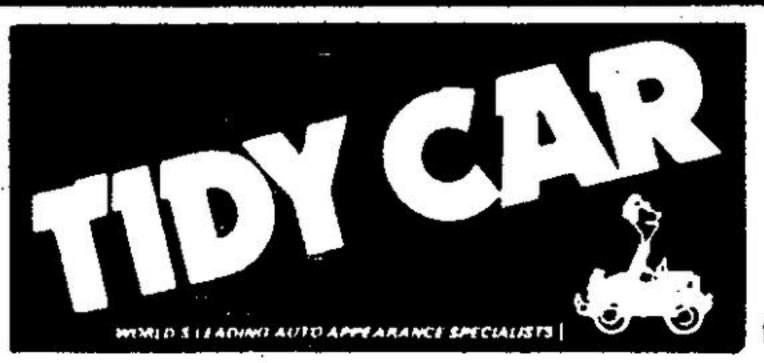
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