

## Grizzlies team to beat in Toronto

# Local broomball squad undefeated

Cross country skiing

By JOHN PEAKER  
Herald Columnist

### Effort needed for fitness

Fitness in any sport does not occur without some effort on the part of the participant. Cross country skiing is no exception. Training is most important in preparing oneself for the season ahead through a planned exercise program. See your doctor prior to starting any conditioning program.

Since most people are not preparing for the next Olympic Games, I do not feel that an intense training program is necessary. I do feel strongly though that some physical conditioning is essential before taking up any sport.

I recommend a two phase program. Phase One involved firming the body and Phase Two develops aerobic fitness. Both should be used together for overall conditioning. Plan to exercise early in the morning, or at night a minimum of 3 times weekly.

#### ANYONE CAN DO IT

Don't worry about what you are like now. Don't let your age or physical condition discourage you. Start slowly and build gradually. You can do it.

#### PHASE 1 - FIRING UP

##### Sit-Ups

To strengthen the abdominal muscles. Lie on your back on the floor with knees bent slightly and hands behind the neck. Now raise yourself up and touch your knees with your elbows. If it is too difficult at first, tuck your feet under a suitable object. Try to do 10 sit-ups at a time (you may only be able to do 5 in the beginning). Increase the number by one, or two each workout, until you work up to 30 or more.

##### Push-Ups

To develop upper body strength. An excellent exercise for the shoulders, chest and arms. Upper body strength is important in cross country skiing as poling, particularly double poling is very demanding. Lie flat on your stomach, with your hands palm down on each side. Keeping your body straight, raise yourself up to a straight-arm position. Lower yourself back down so that your chest almost touches the floor and repeat. Do as many repetitions as you can manage and try to increase the number from workout to workout until you are able to do 30 plus push-ups.

##### NOTE

(Because of their weaker arms, many women who are beginners have trouble doing even one push-up. People who fall into this category can make the exercise easier by doing the push-ups from a knees-on-the-floor position.)

##### Groin Exercise

Sit on the floor. Bring both feet up so that the soles of your feet are touching one another. Gently push down on the inside of both knees until you feel the muscles start to stretch. Repeat 6 times and build gradually to 20-24 times. You will be glad you stayed with this one after the first ski of the season.

##### Hall Squats

To firm up thigh muscles. Stand with your feet 8" apart with your heels elevated 1 or 2 inches on a thick book. Place a broomstick behind your head and across your shoulders. Now bend your legs slowly until you are almost in a sitting position. Hold your position for two seconds, then slowly return to a standing position. Repeat 6 to 10 times. Add one or two repetitions each workout until you reach 30 plus. An even more effective way to get the maximum results from this exercise is to replace the broomstick with light bar bells.

NEXT WEEK: PHASE TWO

By JANICE CLENDENING  
Herald Correspondent  
Well, Georgetown is certainly a name heard often in Toronto, especially if you belong to the Toronto Broomball League. Georgetown Grizzlies have started another impressive season.

Last year they were undisputed champions, remaining undefeated for the year. This year promises to be just as good and at this point the team has a record of eight wins and no losses with 64 goals scored against just two.

Nov. 16-17 the team participated in a tournament in Barrie. In their first game against Alliston Drifters, a goal by Bob Daniels from Steve Belle pulled the Grizzlies out of the

match with a 1-0 win in the second period of overtime. The Grizzlies went into "A" Division, and played Barrie Stars next. Rheel Beaulac from Denis Sobchuk, Tom Hansford from Belle and Mike Clendenning from Aime McFadden gave the locals a 3-1 win. Georgetown defeated Ken Winters Sanitation (formerly Barrie Polly-

anna) and against that team Georgetown won 2-0 with Mike Hendry and Ron Corker scoring, with assists going to Bob Daniels and McFadden.

The win gave the Georgetown team a berth in the finals against rival Figure Design Rangers, formerly Barrie Rangers, who were last year's provincial champs. The Griz-

zies put a goal in early, scored by Belle from Ken Hunt, but the Rangers put two in later in the game. Georgetown pulled their goaltender, and really opened fire on the Rangers, hitting posts, gloves and brooms, but none went in. The locals finished the tournament with \$375 in prize money after the 2-1 loss.

### Human water fountain



Eleven-year-old Jay Kerslake hams it up for the camera during a Halton Blue Fins Swim Club practice Friday at the Georgetown Indoor Pool.

The club was holding time trials Friday and Jay was waiting his turn. (Herald photo by Dan Ralph)

## Scoreboard

### Squash results

Linda Yardley claimed the lone win as Georgetown dropped a 3-1 decision to Bridlewood of Scarborough in Ladies Day League squash competition.

Pat Harris dropped her match 3-1 while Diane Andrews and Gloria Andrews lost their games by 3-0 scores.

In Ladies C play, Georgetown dropped a 4-1 decision to Ontario Racquets Club of Mississauga. Doreen Thompson won the lone game 3-2 while Jan Cook dropped a close 3-2 decision and Diane Andrews lost 3-1. Christine Kogon and Pat Harris dropped 3-0 decisions.

Georgetown claimed a win in Men's D League play by winning 3-2 against the Ontario Club from Mississauga.

Ken Thorn, Murray Jans and Brian Day won their games by 3-1, 3-0, 3-1 scores respectively. Erwin Schandemeier lost 3-1 while John McNally lost 3-0.

In Men's B League play with Oakville, Georgetown lost 4-1 as Alex Furness claimed the lone win 3-2.

Allan Kogon, Terry Madill, Rod Presswood and John Collier all dropped 3-1 decisions.

### Minor Peewees tie

Georgetown Standard Products Minor "A" Peewees visited Burlington Thursday, and came home with a 3-3 tie.

Claude Johnston netted the first Georgetown goal, with assists going to Mike Oldrieve and Jeff Timmons. Burlington tied the game in the first period, and went up by two before Peter Lee and Brad Tutt scored to lift Georgetown to the tie. Tutt and Robert Walker assisted on the second Georgetown goal, while Lee and Walker assisted on Tutt's tying goal.

### Broomball play

Action is well underway as the Mixed Adult Broomball League finishes its seventh night. With promotion by the Halton Hills Recreation and Parks Department, this non-contact league offers excitement for everyone.

Last Saturday night Pompei "B" team had the chance to meet O'Tooles. O'Tooles came out on top with Andy Morrison scoring an unassisted goal and Jim Allan cashing in on a Cathy Kewley pass as O'Tooles beat Pompei "B" team 2-0. Jim McCluskey had the shutout.

Grizzly Old-timers were pitted against Pompei "A" team in another game with the Old-timers winning 2-1. Alain Houle scored the first goal for the winners unassisted, then assisted on Ivan Rivard's goal. Shawn Zuber scored the lone Pompei goal.

### Poppy's pee wees

Poppy's "AA" Major Peewees participated in a fast game at Memorial Arena November 22 against Chinguacousy. Hard end to end play gave the locals a 2-0 edge by the end of the first frame. Goals were scored by Steven Alchin and Wes McCauley with Chad Bailey picking up the assist. Chinguacousy scored once in the second period and tied the game in the final stanza on a penalty shot against Richard Rivard. With 1:17 remaining on the clock the opposition secured their 3-2 win over Georgetown.

Playing in the Early Bird Tournery in St. Thomas over the past weekend Poppy's played only two games. The first game pitted Georgetown against a very strong Owen Sound team and the 6-1 loss suffered by the locals was not indicative of the game played. Georgetown's only marker was counted by Andy Pearce from Dale McNiven.

In their second game of the tournament against Stoneybrook Georgetown suffered a 2-1 defeat. Wes McCauley scored the lone Georgetown goal from Chad Bailey.

## BOWLING

The Georgetown District High School girls 9-pin bowling team will be off to recover the provincial title they lost last year by 2 pins. The locals topped all the competition in the regional roll-off of the 4th Ontario Men's Championships by rolling 2262 on Sunday in Kitchener - 5 pins more than their qualifying score last year. The current team members are Jane Hicks, Julie McCorry, Leanne Burt, Debbie Lane and Dee Dee Haynes. This team ably coached by Wendy Chaplin, will advance to the Provincial Championship on January 27. Coach Chaplin attributed the win to the fine assistance of "Pickles the Parrot".

The GIBS boys team were unable to defend their provincial title this year, placing third in the regional roll-off behind Guelph Collegiate Institute. Team members were Jim Carpenter, Brent Osatchuk, David Hicks, Bentley Hole and David Hice. Their coach Chris Burke blamed the loss on the fact that the girls' team wouldn't allow them access to "Pickles" May "Pickles" endure the girls' team at the provincials and ensure their success.

**BOYS' CHAMPIONSHIPS**  
The Y.B.C. 7-UP Combo Championship District Finals for boys and girls teams are this Saturday, Dec. 1 at Georgetown Bowl at 2 p.m. The winning District Champion teams will receive specially designed plaques and earn a place at the Provincial Championships in Hamilton on March 2 and 3. The local house champions are the girls' team of Kendra Bird (peewee), Sherri Grieverson (bantam), Teri Korack (junior) and Kelly McCorry (senior) and the boys team, Steven Jackson (peewee), Shane Cowbrough (bantam), Sean Miswood (junior) and David Chaplin (senior). The team coaches are Gord Lane and Ralph Miller.

**Golden Agers bowling**

**RESULTS NOV. 21**  
HIGH SINGLE FLAT: Anne Nicholson 260, Gretha Bos 229, Clarence Stevens 230, Bob Harris 226.  
HIGH SINGLE WITH HANDICAP: Jane LeFevre 283, Gretha Bos 281, Clarence Stevens 273, Gerry Bos 262.  
HIGH TRIPLE FLAT: Anne Nicholson 613, Gretha Bos 571, Bob Harris 613, Clarence Stevens 579.  
HIGH TRIPLE WITH HANDICAP: Jane LeFevre 727, Gretha Bos 727, Helen Louth 700, Clarence Stevens 708, Gerry Bos 608.

The first round in the 20 game set of the Zone Finals of the "O.V. Open" Ontario 5-Pin Bowling Championships starts at Georgetown Bowl on Sunday, Dec. 2 at 8 a.m. Sponsored by Carling-O Keele Breweries, the competition offers \$20,000 in Citizen Awards in live events: Ladies Singles, Men's Singles, Mixed Team, Ladies' Team and Men's Team. The Central Zone Champions will compete in the Provincial Finals in Hamilton. All Ontario Champions will receive an expense paid trip to St. John's, Nfld. for the National Championships. Ontario's Men's Singles Champion will be ceded to compete for the \$10,000 first prize in the 1985 P.H.C. 5 Pin Bowling TV Show.

**BOWLING SCOREBOARD**  
Y.B.C. SENIORS: Julie McCorry 721 (274), Debbie Lane 704 (259), Jane Hicks 648 (246), Cindy Kavanagh 629 (229), Marc Bassett 694 (284), Jim Carpenter 666 (256), Brent Osatchuk 662 (228), Brinley Hole 646 (246), Chas. Weathead 638 (218), Marc Miller 613 (228).  
JUNIORS: Sandy Weeks 708 (274), Leanne Burt 660 (230), Barry McLean 635 (225), Brian Bell 616 (260), Chris Somers 611 (221).  
BANTAMS: Alastair Ker-mack 599 (178), Timmy Symons 451 (156), Christina Lane 515 (211), Shari Locke 472 (172).  
PEEWEEES: Alain Larocque 320 (120), Steven Jackson 284 (136), Wesley Burke 275 (103), Dalton Ferguson 273 (103), Kerry Wright 274 (107), Colleen Campbell 263 (101).

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### North Halton team rolls on

The North Halton Sports Novice "AA" team was on a roll this weekend, winning a pair of games.

In league play Blaine McCauley and Doug Sheppard each had two goals to lead the team to a 7-1 win over Orangeville. Other goal scorers included Steve Bewley, Mark Aldridge and Cory Evans. David Kotsos had two assists as singles went to Sheppard, Brent Wilkinson, McCauley, Bewley, Jamie Stephenson, David Bouskill, Matt Lush and Aldridge.

Sunday the team travelled to Hamilton for an exhibition game with the Hamilton Huskies "AAA" team. The contest proved to be one of the more exciting games of the year.

Behind 1-0 in the first

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