

## Players feel upset still possible

# Geminis still remain confident

By DAN RALPH  
Herald Sports Editor  
The Georgetown Geminis might be down, but the players don't feel they are out by any means.

The Geminis are down 2-0 in their best-of-seven quarter-final series with Barrie Colts. Barrie won the opener 6-3 in Barrie Thursday, and beat Georgetown 5-3 at the Alcott Saturday.

either way. I think if we can capitalize on our chances we can still catch them."

Cull said he has been impressed with the play of Barrie goalie Steve Lourin. He said if the Geminis can put a couple goals past him early, Georgetown would have a chance of grabbing at least the next game.

"We have to play three whole periods, and if we can get the bounces I think we can take them, at least for one game," Cull said.

The Geminis will

travel to Barrie Thursday for Game Three, then be at home for Game Four. Cull said winning Thursday's game is imperative for the Geminis. If required, Game Five will be played Sunday afternoon in Barrie, which Cull feels won't hinder the locals.

"If we can get a win, we'll want to keep it going," he said.

Goaltender Chris Sparrow said he knows Georgetown can beat Barrie.

"All we need is a good three periods. We just



**TODD CULL**  
don't have the consistency right now," he said. Although the Colts

finished first in the Central Ontario Junior "B" League standings, Sparrow said they have not played like a first-place team.

"Barrie is not playing as well as I thought they would. They don't look as good as Oakville or Streetsville," he said.

Streetsville finished second while Oakville was third in the final league standings.

Sparrow too said a win Thursday is crucial for the Geminis.

"We can catch them.

but we are going to have to work for it," he said. "The key is going to be a consistent effort, hard work, bearing down and making no mistakes."

"If we can play a whole game like we did in the third period of Saturday's game, we can beat them," Sparrow said.

Forward Wayne Morrow also said he felt Georgetown outplayed the Colts Saturday.

"But we gave the puck away which cost us," he said. "We are going to have to stop giving the

puck away."

Morrow said if Georgetown can continue playing the man on the Colts, their chances for a win should remain good.

"I know they keep looking over their shoulders in the corners," he said. "Their goalie has played well, but have also made him look good by shooting right at him."

"There was a little pressure at the start, but now there is more pressure for us to win on Thursday," he said.

## Cross country skiing

By JOHN PEAKER  
Herald Columnist

The diagonal stride is similar to walking, only with a more fluid, gliding motion. It is the single most important technique that you will learn and is the main means of propelling the body forward. Practice the following using your poles for balance only.

With the back straight and the body at a 15 degree angle, place your weight on the ski that you intend to use to "push off". This is your "kicking" ski. With the leg bent slightly at the knee "push off" and straighten that leg. Now, transfer your weight to the opposite ski and glide on that ski. Just as the glide ends, your "glide" ski now becomes your "kicking" ski. The other ski will now be the gliding ski. This is the kick and glide method - a process to be repeated over and over again.

The secret of the kick-and-glide process is "weighting" and "unweighting". Just like walking on a trampoline, the weight is transferred from one foot to the other. When practising this weighting and unweighting process don't be afraid to exaggerate. In other words, bend the leg at the knee as low as possible and spring upwards straightening the leg (just as you would on a trampoline). Shorten your glide, shift your weight to the gliding ski and repeat the kick with the opposite ski. Fast repetitions are best as you will achieve a sense of rhythm more rapidly. As the weighting and unweighting process becomes second nature you can then think about lengthening your glide. Incidentally, this fast weight transfer exercise will stand you in good stead when it comes to climbing slight inclines.

To this point we have concentrated on the diagonal stride. The proper use of your poles will not only assist you with the diagonal stride, but will increase your forward thrust and speed considerably.

Each planting of the pole should coincide and be alternated with the "kicking" ski. The pole should be planted at a point just a few inches ahead of the boot beside the "kicking" ski. Apply downward and backward pressure until the arm is fully extended, then open the palm of the hand to relax. The arms should be swung in a pendulum action.

As experience is gained you may wish to employ the double pole, single kick technique to relieve fatigue, or to initiate a change of pace. This technique will be detailed at the end of this chapter.

The skating technique used in cross country skiing is basically the same as in ice skating. Naturally, skating on skis is more awkward due to the length of the skis. There are two skating methods used - which I will refer to as the "full" skate and the "half" skate.

This method is employed on the "flats" where there are no set tracks. Let's take a look at how to become proficient at the full skating technique.

To initiate the skating technique, place your weight on the inside edge of one ski and "push off" to one side (whichever side feels most comfortable). Both poles can be used at once to assist you to gain momentum at the precise moment of "push off". The other ski is now lifted and placed on the snow at a 45 degree angle to the "push off" ski. Make sure the tail of this ski is ahead of and clear of the "push off" ski.

**TRANSFER OF WEIGHT**  
Now transfer your full weight from the "push off" ski to the "gliding" ski. As the glide ends, the "gliding" ski now becomes the push off ski and the process is repeated. Your posture should remain erect during the skating process, with the trunk of the body leaning slightly forward. Be careful to keep the poles clear of both skis while skating. As your balance and confidence in skating improves, you should eventually be able to hold both poles behind your back with your hands together. This is the "classic" skating technique.

You will be amazed at the speed that can be attained over a prolonged period of time using the skating technique.

## Local skiers place well

Three Georgetown cross-country skiers did well at the Kawartha racing event held recently.

Kevin Peaker took top honors in the 17-18-year-old class, covering the 80 kilometer course in a time of five hours, 42 minutes. Andre Oulmet finished third in the 35-44 class with a time of five hours, 25 minutes. Herald columnist John Peaker was third in the 45-54 category with a time of six hours, 37 minutes.

The three were racing as members of the Chinguacousy Nordic Ski team out of Bramalea. Bruce Neilson of the team won the 45-54 class with a time of five hours, 32 minutes. Also, the squad of Neilson, Oulmet, Bob McKerron and Malcolm Wheeler won the team award.

Oulmet's 10-year-old son Gilles won the gold for winning his class in the 12 kilometer race.

All of the mentioned skiers, excluding the younger Oulmet, received Award of Excellence medals for their performances.

The team travelled to Hull, Quebec this weekend where they took part in the Galtneau 55, Canada's only world Loppet cross-country event.

## Second diving course set to start soon



Garry Kirkpatrick shows fine form in showing how to correctly perform a backward entry. Kirkpatrick was one of the students taking the SCUBA course that was offered last November.



Kirkpatrick and his fellow divers finished the practical portion of the course then had to go write the exam needed to obtain his SCUBA certification. (Herald photos)

Now that his initial SCUBA course has gone off successfully, Joe Letts would like to continue offering such courses right on into the summer months.

Letts was the instructor of the SCUBA (Self Contained Underwater Breathing Apparatus) course that finished Sunday at the Acton Indoor Pool. Of the 19 people who enrolled, 18 will become certified divers. The other person had to drop out of the course before it finished.

But there was a time when Letts might not have thought his initial course would ever get started. As the Nov. 24 starting date got nearer, not many people seemed interested.

"I think that was because it had never been done before, and it was a big commitment for people to make, and they wanted to be sure they could make it before getting involved," Letts said Sunday. This time however, only 12 people will be

accepted into Letts' course that will tentatively start Feb. 24 and run eight weeks. It will look at improving one's swim skills, skin diving, and then SCUBA diving.

Letts said for some people, the weekly trips to the pool for diving instruction will be missed.

"I know some people have indicated to me they will. Once they get their feet wet, they like it. It's good fellowship and people are sharing similar interests."

With the new crop of graduates, Letts said it is quite possible a diving club will be formed.

"It's important to find people genuinely interested, then provide them with another vehicle, such as a club. It looks like we're on our way in getting one."

"What I get out of this mostly is seeing people who finish the course and knowing they can handle themselves safely in the water," he said. At least one member of Letts' class would like to take his diving one step further.

"One guy asked me

for more information about the diving school at Harbourfront in Toronto (where they train people for career jobs in diving). He is thinking about it as a career."

The second course will cost interested people \$150, and will take place at Georgetown Indoor Pool (pending completion of repairs). Letts would also like to hear from experienced divers about what they would be interested in doing.

For more information, people are asked to call Letts at 877-1074. Those interested must provide their own mask, fins and snorkel.



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## Royal City players have busy week

It was a busy week for the Novice "A" Royal City hockey team as the squad laced up for five games.

Milton was in town for the first contest, and

took a 7-1 win. Timmy Diardichuk had the only goal for the locals, assisted by David Boere.

In a tournament held in Whitby, Georgetown

dumped rival Chinguacousy for their first win of the season. Diardichuk was the MVP. The second game was more successful for the locals.

Georgetown dumped rival Chinguacousy for their first win of the season. Diardichuk was the MVP, scoring both Georgetown goals in the

win. Boere assisted on the first goal while Hackett had the other assist in the 2-1 win.

But Georgetown was soundly beaten in the consolation final 12-1 as Diardichuk had the lone goal. Joe Stephens was the team's MVP. Georgetown did not leave empty handed as both teams were given finalist medals.

Chinguacousy returned here Sunday in a game that was scoreless until the final two minutes of the game when the visitors scored. The locals pulled their goalie and with 10 seconds left the visitors scored again. Darryl Stansfield, Paul Ingram and Jim Katsiliteris played well for the home team.

## Poppy's Major Pee wees record playoff victory

Chinguacousy came back in this round to even the series at one game apiece February 4, with a convincing 5-0 win on their home ice.

Game Three of this best of five series took place at Memorial Arena February 5. Poppy's downed the visiting squad 7-4. Georgetown held a convincing 4-0 lead after almost two complete periods of hockey with goals scored by Andy Pearce (2), Wes McCauley and Dale

McNiven. Credited with assists were Jim English (2), Bill MacDonald, Steven Alchin, and Wes McCauley. The visitors counted at the 1:50 mark of the second frame only to have Jim English connect on passes from Andy Pearce and Steven Alchin to pull ahead 5-1.

Georgetown's lead diminished by two as the visitors attempted a comeback and managed their fourth counter late in the final stanza. Hard working Dale McNiven set up Wes McCauley for a shorthanded goal and Jim English finalized the Georgetown scoring with an empty net marker to complete the match 7-4.

Georgetown played Game Four with a great overall team effort resulting in a 4-3 victory over their opposition. The score saw-sawed back and forth with Georgetown counting the only goal in the first period. Dale McNiven's hard shot beat the netminder on the short side to go up 1-0.

Chinguacousy tied the game ten seconds into the second period. With less than two minutes remaining in the frame a poke check by goalie Chris Cambouris to Rod Pasma allowed Andy Pearce to break in alone and pull the locals ahead 2-1. Chinguacousy again tied the match early in the third. Wes McCauley made it 3-2 for the locals on a three way passing play from Andy Pearce and Mark Mininch. The host team again rallied to tie the game before Jim English picked up a rebound from Wes McCauley and Andy Pearce on a goal mouth pass to cement the win 4-3 and end this series.

This squad will next meet Brampton and the winner of this next round will advance into the OMHA Provincial Playoffs.

## Royals lose

By JAMIE ROPELLARD  
Herald Correspondent

The Hillsburgh Royals concluded their Ontario Hockey Association Intermediate "C" regular season on a sour note, as they dropped a 9-4 decision to Mount Forest Rams Saturday evening in Hillsburgh.

The Royals finished with a respectable record of 13 wins, eight losses, and three ties for 29 points in their inaugural Intermediate "C" season.

Play was close throughout the opening and middle periods as Mt. Forest led only 4-3 after the second stanza. But in the third period the Rams netted three goals in a span of two

minutes and 45 seconds to break the game wide open.

Jeff Baker, Tim Andrews, Herb Cowan and Wayne Cherry each fired two goals to pace the Rams attack. Neil Brown added four assists.

Steve Bronizewski replied three times for Hillsburgh, while Paul Allison connected once for the Royals.

Hillsburgh will now face Palmerston in a best of five series beginning Thursday at 8 p.m. The second game will be 7:30 p.m. Saturday in Hillsburgh.

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