



Cross country skiing

By JOHN PEAKER
Herald Columnist

How to get into shape for ski season

GETTING STARTED
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 involves 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 three 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, building gradually. You can do it.

PHASE I - 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 five 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 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 on 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 six times and build gradually to 20-24 times. You will be glad you stayed with this one after the first ski of the season.

HALF SQUATS:
To firm up thigh muscles. Stand with your feet 8" apart with your heels evaluated one or two 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 six 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 barbells.

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Sportsmanship aim of hockey tourney

For the second consecutive year the Georgetown Minor Hockey Association has given atom and peewee house league hockey players an avenue from which sportsmanship and chance to travel can be attained and experienced. Friday the second annual Georgetown Atom-Peeewe House League tournament kicked off with the atom half of the event being held. The peewee portion of the

tournament is being played today, but results weren't available by press time. Tournament director Carson Mininch said the whole idea behind such a tournament is to give house league players the chance to get outside their community and enjoy playing hockey. "Having the kids get out and enjoy the game is the whole idea," he said. "There's a lot of time involved in organizing this, but it is

all worth it to see the kids come out with smiles on their faces." Brampton took the championship with an 8-1 decision over Dixie Friday night. Georgetown's Kinsmen Club entry did fairly well in advancing to the semi finals before losing to Dixie 6-2. In that game Chris Breedon and Paul Gogan had the goals. In their first game Georgetown defeated Milton 6-3 as Stephan Lacroix had two goals while singles went to Breedon, Billy McNally, Jeff Dickey and Kevin Shaw.

A total of eight teams took part as along with Brampton, Milton, Dixie and Georgetown Preston, Chinguacousy, Oshawa and Burlington all made the trip to the Alcott Arena. Last year both the peewees and atoms played together in the tournament, that spanned over a couple of days. This year it was decided to hold the different events on separate days in order to limit the driving and expenses for the competing teams. "We try to promote sportsmanship," Mininch said. "The peewee tournament will be run exactly the same way (as the atom tournament)."

After the championship game, Joanna Alchin presented the Brampton team with the Hockey Moms trophy, given to the tournament victors.



WINNING CAPTAIN-Joanna Alchin (left) presents Brampton captain Raymond Marks after his team defeated Dixie 8-1 to win the Georgetown Atom tournament championship. Alchin was presenting The Hockey Moms trophy. (Herald photo)

Mustangs in gear

The offence was in gear as Mustangs averaged 88 points in the two Georgetown Ladies Basketball League games they played. The Mustangs defeated Cougars 72-61 and downed Capricorns 104-53. The two wins put the Mustangs in top spot in league play with eight points. Cougars are second with seven while Capricorns are third with four points. Trojans are alone in fourth with three. In other games Cougars defeated Trojans 62-49 and Capricorns defeated Trojans 67-58. In the Mustangs' wins Anita Stankus had 25 points in the victory over Cougars. Corrine Buisman had 20 points while Sue Tesar had 15. For Cougars Sue Cockburn had 18 points while Chung Kim had 16. Alice Ogden chipped in with 12. In Mustangs' second win Lorraine Brown had the big night with 33 points.

Tesar chipped in with 28 points while Stankus had 13 and Buisman had 12. Melanie McCracken also had 10 points. For Capricorns Kerry O'Neil had 18 points while Tracey Yorke had 14 and Lisa Bell had 11. In Cougars' win over Trojans, Kim had 20 points while Cockburn had 12 points and Rebecca Caverly had 10 points. Ogden had eight while Patti Barton (six) and Daiga Zelek (four) rounded out the scoring. Jane Power had 15 points for Trojans while Lynn Cartwright, Kyra Kristensen-Irvine, both had 14 points. In Capricorn's win over Trojans O'Neil had 20 points while Yorke had 18 points while Maureen Kerr had 10 points and Laurel Heinz had nine points. Power had 22 for Trojans while Kristensen-Irvine had 15 points and June Nicholson had 13 points.

Two teams on hockey exchange with AMHA

Norwegian puck teams arrive

Two Norwegian hockey teams are well into the activities arranged for their 10-day stay as part of a hockey exchange that began last year. Last year two Acton Minor Hockey Association (AMHA) teams made the trip to Norway, and this year two teams from the European country are here for a similar exchange. The Norwegian major peewee and midget teams arrived at Lester Pearson International airport Friday afternoon, and were taken to either their billets or the Holiday Inn in Guelph later in the day. Saturday the teams played in a doubleheader in Tavistock,

and Sunday went to see the sights in Niagara Falls, then took in the Buffalo Sabres-New York Islanders National Hockey League game in Buffalo. Today is a free day for the team, and tomorrow they will take on a pair of Acton minor teams. The peewees will play a peewee team and the midget squad will take on a major bantam team. In the evening a New Year's Eve party has been arranged for the 72 Norwegians, which comprise evenly of players and family members. New Year's Day both teams travel to the Six Nations Indian Reserve near Brantford, where they will each play

games, then take part in a cultural display after. Thursday the Norwegians will be in Fergus for a pair of games there in the evening. Saturday the teams will attend a Toronto Maple Leafs' practice in the early part of the day, then travel to Waterloo for a pair of exhibition games there later in the evening. Both teams will finish their hockey schedule Saturday when they take on two more Acton minor hockey teams. After, a reception has been planned for the Acton Legion as a final send-off

party for both teams. The Norwegians will return home the following evening when they board a flight in Toronto. The Acton Minor Hockey Association planned the entire exchange activities, which consumed a lot of time, said AMHA president John Rogers. "There's much more work involved than when we went over," he said. "They (Norwegian teams) play six games in eight days and if you take away the days they arrived and leave it will be quite busy."

With all the work involved, it took a while for the people to get enthused about the trip, Rogers said. But now that the teams are actually here, people are becoming more excited about the exchange. "Due to the established friendships of last year we tried to keep the billets the same from last year and have the same teams who played last year play this year," Rogers said. "That's what it is all about: friendship between countries."

Novices enjoy hockey success

The North Halton Sports Major Novices "AA" hosted Dundas Sunday in Tri-County play and showed little in the way of Christmas spirit. The visitors entered the game with thoughts of first place, but Blaine McCauley, David Bouskill and Doug Sheppard led the locals to a convincing 5-0 win. McCauley had a goal and two assists while Bouskill had two goals and an assist. Sheppard added a pair of goals. Assists went to Robbie Wands, Cory Evans, Jamie Stephenson and goalie Jeff Whorley. North Halton moved the puck out of their end smartly in turning in their best effort of recent weeks. Whorley made several outstanding saves in recording the shutout. Boxing Day saw the locals opening the Milton Beaver tourney in similar fashion. The team passed the puck crisply and as a result scored an 8-1 win over Oakville. After falling behind 1-0 on the game's first shift, the locals dominated play. McCauley had three goals and an assist while goals went to Evans, Bouskill and Duane Erler. Stephenson had two assists while singles went to Sheppard, Erler and Mark Aldridge. Friday Georgetown again played sound hockey and ensured themselves a berth in the tournament championship round with victories over Unionville and Toronto Hillcrest by 7-2, 4-1 scores respectively. Against Unionville Gavin Glaser opened the scoring with McCauley assisting. However the halfway point of the game saw the score still knotted 1-1. Erler rounded the defence for the go-ahead goal and from there Sheppard took over scoring four goals with McCauley adding a single. Assists went to Glaser, Bouskill, Mike Kotsos and Wands. The four-goal game earned Sheppard a game puck from tourney organizers. With Hillcrest as the opposition Bouskill gave the locals a 1-0 first period lead on passes from McCauley and Joe Stephens. Erler, unassisted, stretched the lead to 2-0 early in the second period and later re-established the two-goal advantage with a tip-in of a Glaser shot with Evans also assisting. McCauley closed out the scoring with a shorthanded goal assisted by Sheppard. Goalie Steve Bewley made many key saves in both games. Saturday Georgetown beat Oshawa 3-1 in a closely fought encounter. The win advanced the team to the playoffs, and gave them first place in their division.

McCauley, taking an Aldridge pass, broke in alone to open the scoring. Erler scored the winner and insurance tally assisted by Kotsos and Brent Wilkinson. In the playoff game Sunday North Halton ran into hot goaltending and Lady Luck as Thornhill won 4-2. The Flyers dominated play and were down by a goal in the first two periods. McCauley, taking an Aldridge pass, broke in alone to open the scoring. Erler scored the winner and insurance tally assisted by Kotsos and Brent Wilkinson. In the playoff game Sunday North Halton ran into hot goaltending and Lady Luck as Thornhill won 4-2. The Flyers dominated play and were down by a goal in the first two periods.

Georgetown fell behind 3-0 before they started a late rally that saw McCauley score on a breakaway, assisted by Sheppard and Erler score with less than a minute left assisted by McCauley. Thornhill scored into an empty net in the closing seconds. Glaser was presented with the game MVP award for Georgetown for his outstanding effort.

Geminis play host to Blades

Friday night in Oakville the Geminis suffered a 9-3 defeat. The game was a tight one for a period and a half (3-2 for Oakville) before the Geminis began taking penalties and took their minds off the game, Russiani said. Oakville was able to score three shorthanded goals and a pair of power play markers in the win. Darrin Shaw had two goals for Georgetown while Terry Elwood had the other. The Geminis also dropped a 3-2 decision last Sunday to Barrie there. Morrow and Demone scored the goals.

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To date Georgetown has a record of nine wins, 13 losses and eight ties. The Geminis next home game will be Friday night when Oakville is in town. Sunday afternoon the team is in Vaughan. NOTES-Defenceman R.J. Farnworth isn't with the club anymore. He is attending Brock University this coming semester and felt the travel would be too much. The Geminis gave his release to Thorold of the Golden Horseshoe League. Former Gem and currently with the Kitchener Rangers Steve Marcolini was at Saturday's game and even won a pair of tickets to the next Georgetown game. He was wearing a cast on his left hand, the result of an injury he picked up in a game recently in Guelph. However, Marcolini said he doesn't expect to have the cast when the Rangers resume play in the New Year.

All-star game thrill for local

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enough with Harrison's play that they named him to the Central League all-star team that played the West German national junior team. The exhibition game was played last Monday in Milton and it was a 7-7 tie. However, he was the only Steamer dressed as Bob Landry had to sit the game out due to an injury. "Being the only guy from Milton I wanted to do well," Harrison said. "They (West Germany) were a big team, but they never finished off their checks.

We were able to push them around and mix up their game plan." When the Steamers' season does come to an end, Harrison's Junior "B" days will be finished. He isn't sure about what is in store next winter. "I'll have to play it by ear," he said. "Hopefully now we can catch Nobleton and get into the playoffs. "If we do meet Streetsville I think we would have a shot at knocking them off. We play well against them."

Raiders playing 'Builders' in series

Continued from page 8
last five minutes of the game Flamboro was using him for target practice.... Raiders' defenceman Joe Pannica was given a match penalty for "molesting a referee" after Flamboro's seventh goal late in the final frame. Flamboro's Barkovich (attempt to injure), Pat Graham (attempt to injure) and Woltawicz also received match penalties.... The Raiders only had two centres as Graham Craig was away for the holidays. Also, the Raiders were missing defenceman Bruce Kinsman.... No word on if forward Derek Booth will return to the team. He hasn't played since Georgetown's 6-5 loss in Flamboro.... Gary McFadyen switched to using a visor on his helmet after getting a stick near the eye Friday.

Sabres' contest cancelled

The Acton Junior "C" Sabres had their Friday game with Grand Valley cancelled due to the inclement weather. No plans have been made to re-schedule the contest.

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