

TOP GERMAN-West German netminder Klaus Merk (left) accepts a silver tray as the team's Most Valuable Player in Thursday's game with Sweden. Merk was a deserving winner, having faced 53 shots in the German goal. (Herald photo)



TOP SWEDE-Team Sweden's Mikael Andersson (right) accepts his silver tray after being named the Sweden Most Valuable Player in Thursday's game. Andersson had three goals and an assist in the 10-0 win. Andersson went to the Sweden team on loan from the National Hockey League's Buffalo Sabres. (Herald



ADMIRING FAN-A member of the Swedish junior team signs an autograph for a fan after his club's game with West Germany Thursday. There were many autograph seekers waiting for the Swedes after their 10-0 win at the Alcott Arena.



Cross country skiing

By JOHN PEAKER Herald Columnist

Aerobic fitness is determined by the ability of the cardiorespiratory system to transport oxygen from the lungs to the working muscles. Training to improve aerobic fitness increases the capacity of the body to use oxygen, by strengthening the respiratory muscles, by improving the pumping efficiency of the heart, and the quality and quantity of the blood. Aerobic-fitness training increases not only the maximum power for aerobic work, but also endurance (the length of time for which aerobic work can be continu-

The most important and only investment you will have to make initially is the purchase of quality running shoes. Look for shoes with good cushioning in the heel area. This allows the heel to absorb the shock of hitting the ground and will help to prevent leg and foot injuries.

To prevent injuries such as pulled muscles and other running related injuries.

Exercise Number One With both hands lean against a wall. Extend one leg in a straight position behind you with the heel touching the floor. With the foot of that leg start to exert some pressure as if you were pushing an object. Repeat six or more times until you can feel some stretching of the muscles. Alternate both legs. This exercise helps to prevent hamstring muscle injuries.

Exercise Number Two Another excellent stretching movement is to place one leg at a time on the back of a chair, or other object elevated to about the waist level. Slowly lean forward and gradually touch your head to your knee, or until you feel some stretching of the muscle. Repeat six or more times and alternate the

Exercise Number Three The same as Exercise Number Two, with one exception. Instead of leaning forward, rock slightly backwards on the stationery foot. This is an excellent exercise for the

inside thigh muscle.

Exercise Number Four The famous Achilles Heel injury has seen the demise of many a great athlete. It is most important to stretch this area before starting out. Simply stand with both feet on a step facing the top of the stairs. The balls of your feet should be on the edge of the stairs, your heels protruding over the edge. Now raise and lower your heels using the front of your feet for leverage. This exercise can be performed on any elevated surface. Repeat 10 to 12 times. You are now ready for your aerobic work out.

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Pee wees nipped in tourney playoff

The Georgetown Optimist Minor Pee wees made it to the semi finals of the Milton Beaver Tournament over the holidays before being nipped by Niagara Falls 3-2. In that game Georgetown led 2-1 on

goals by Trevor Elinesky after Niagara Falls first scored. However, the Niagara Falls team went ahead 3-1 before the second period ended and added another goal in the final period. Bob Lang had an assist.

Georgetown advanced to the semi final with a 5-4 win over the host Milton squad. Elinesky had the winner in the third period after Milton overcame a two-goal deficit to tie the game. Adam Hilts and Sean Guistini added assists to the game winner. Brad Tutt, Trent Cull, Dave Lawrence and Elinesky

rounded out the Georgetown scoring. Hilts and Guistini also added two more assists as Elinesky, Lang and Adam Hagen had assists.

Georgetown opened the tournament with a 2-0 win over Oshawa as Hilts had both goals with assists being drawn by Lawrence and Elinesky. Dusty Lane had the shutout.

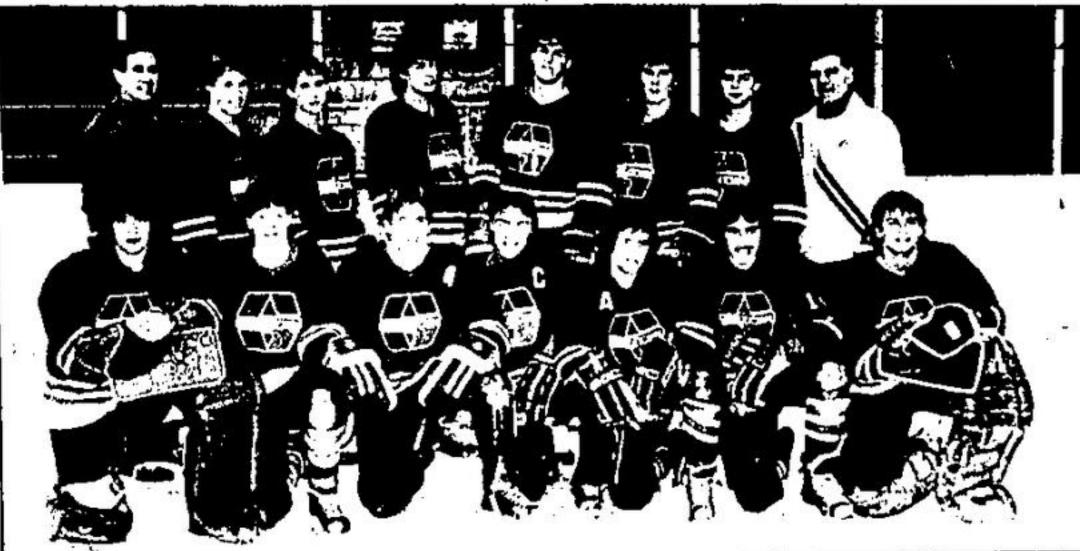
Georgetown then defeated Niagara Falls 3-1 as Brad Amato, Lawrence and Hilts had the goals. Tutt, Jason Smith and Hagen had assists. The locals however dropped a 4-3 decision to Oakville as Elinesky, Lawrence and Cull had the goals. Hilts, Brown, Duane Lewis had the assists.

For their efforts both Lawrence and Elinesky were named to the tournament all-star squad.



GROUP RESPONSIBLE-When Georgetown was named site of a World junior hockey championship game, an organizing committee made up of Georgetown Chrysler Raiders and Georgetown Minor Hockey Association

members was formed. The Hockey Group members included (left): Finn Poulstrup, Keith Bennett, Dave Martin, Jan Ward, Bob Hooper and Barry Whitworth, Missing are Wayne Pries and Ron Faulkner. (Herald photo)



MIDGETS READY-The Sunuy Acres major midgets are ready for this year's GMHA midget tournament, which began play last night as Georgetown played Brooklin-Whitby. Team members are (front row from left): John Lantz, Mark Zebedee, Mike Teetzel, Chris Marling, Brian Dumouchel.

Doherty, Dan Kent and Joe Balson. (Back from left): Mike Marshall, coach, Tim Wilson, Dan Bertrand, Rory Kennedy, Mark Dunning, Tim Bennett, Bob Anderson and manager Stu Teetzel, Missing are Bernie Kent (ass't coach) and Al

Lilley Resources atoms win second hockey title

Lady Luck helped the Lilley Resources Major Atoms travel safely through blowing snow and whiteout conditions to Burford Dec. 27 where this squad won the consolation championship, their second in as many

Georgetown suffered a 4-3 loss to Beamsville in Game One and went to the consolation side of the board. Hot goaltending was enjoyed by both teams but Beamsville was one goal better.

Busy puck schedule for major pee wees

The Hanman Electric "AA" major peewees blanked Orangeville Sunday Jan. 5 at Memorial Arena 14-0 after suffering a 6-1 loss to Dundas Jan. 4. The lone goal for Georgetown being scored by Andy Pearce, assisted by Jim English and Wes McCauley. In the blitz against Orangeville markers were counted by Mark Mininch, Wes McCauley, Dave Watts, Dale McNiven, Chad Bailey (2), Jim English (4), and Andy Pearce (4). Earning assists were Craig Cooper, Mike McElroy, Dave Watts, Pearce, Mininch (2), English

McNiven (3) and Bailey (4). During Christmas break the Hanman squad participated at the Richmond Hill peewee tournament meeting Oshawa, Warren Park and the East Enders, the last two teams being Toronto clubs. Georgetown played their three guaranteed games coming home with a 1 and 2 record. Goals for the locals were notched by Mike McElroy, Dave Watts, Mike Melville and Andy Pearce (4). McElroy, Wes McCauley, Jim English, Melville, MacDonald, Pearce and Wade

Serjeantson with 3 assisted. (2). Bill MacDonald (2), McCauley (3), Major atoms victorious During Christmas break, the

participate in a tournament. This proved to be an excellent tournament with good hockey displayed at the minor and major levels. Unfortunately, the first game was against one of the regular season teams, the Streetsville squad who Georgetown has yet to beat this year. Play was extremely fast and at times a little rough and Georgetown could not seem to get on the scoreboard due to an excess of penalties and Streetsville used this to an advantage resulting in a 5-1 loss for our blacks. Georgetown's marker was registered by Greg Dobbin with assists going to Tim Presswood

McNally Construction-Firelighters

major atoms AA travelled to Orillia to

and Andy Elliott. The second game Saturday evening played against Oshawa was more like the Georgetown team should have played. Again the pace of the action was fast with end to end rushes and lots of passing, but the game did not contain the penalties and with a full squad plays can be completed and the 7-1 resulting victory for Georgetown

proved this. Goalie Marc St. Pierre played all three games between the posts and proved a definite asset to the game. When saves were needed Marc came through for the black and red. Robbed of hat tricks were Ken Kosziwka and Ryan Pells who both notched in two goals on one shift. Teamwork was evident in this impressive win. Goalgetters were Kosziwka (2), Pells (2), Presswood, Brent Wasylenko, and Shaun Curry with assists by Dobbin, Pells, Curry, Shawn Pearson, Kosziwka, Jake Mashinter and Jeff Pettigrew.

Sunday afternoon Georgetown played the home team from Orillia and this proved to be the best played, most evenly matched game of the three. Both goalies made excellent saves for each team and forwards and defense were evenly matched in skating and passing skills. This 3-1 victory for Georgetown was in the writer's opinion the sweetest of the victories as the team really had to work hard and work together for it. Goals were scored by Pells, Dobbin (2), with assists going to Pella, Presswood, and Curry.

Lilley markers were counted by Scott McGuigan with two and "Rooster" Pearce assisted by Jeff Wright, Stephen Leoni, Gord Buchan, Kevin Patrick and Jeff Pasma with two.

Having to win Game Two to stay alive the locals met Langton and played a solid game winning 5-1. The first frame was fast end to end action and remained scoreless. Georgetown counted first in the second frame with a goal by McGuigan from Steven Wright and Pearce. Langton made it even but could score no more as Georgetown goalies Tom Diardichuk and Kevin McMurray showed their ability in net. Kevin Patrick notched two and Steve Wright tallied one assisted by McGuigan, Pasma (2) and Pearce (2) before Greg Dawson put the icing on the cake scoring on an end to end three way breakout passing play from Pearce and Brad Cuthbert.

Georgetown was pitted against Norwich for the final match scoring two markers in the first period by McGulgan and Patrick from Dawson, Cuthbert, 'Leoni, and David Osborne. Jeff Wright made it 3-0 in the second frame counting on a beautiful pass from Gord Buchan. Norwich retaliated with one goal, only to have Brad Cuthbert and Leoni add two more from McGuigan, Steve Wright, Osborne and Pearce to guarantee the hardware for

Georgetown. Coach Dave Martin received compliments from the tourney chairman on the excellent sportsmanship of the team and particularly the example set with handshakes for the referees and opposition coaches. Burford was impressed with this Georgetown

squad. Hosting Orangeville at Memorial Arena Jan. 5 the Lilley Resources Major Atoms got the new year off to a good start with a 4-1 victory. Stephen Leoni counted with less than a minute left to play in the first period from

Steve Wright. Orangeville tied the game but Scott McGuigan pulled the locals ahead by one counting on a pass from Ryan Kurnell with a deke and a shot in the open side. The third frame was all Georgetown. Kurnell fed Rooster Pearce in the slot, whose quick release beat the orange and white goalie. Goal number four was put home by Jeff Wright while on his knees - a great second effort assisted by Troy

Gardner.

Sunny Acres team ready for tourney

Georgetown's Sunny Acres major midgets did everything but put the puck into the net in their championship final with North Toronto and those missed chances were crucial in the final analysis.

The Toronto team netted a 5-1 win, but a combination of hot goaltending, pucks off of legs and goal posts kept the Sunny Acres team off the scoresheet in the first period. By all accounts it was a period the locals dominated.

"We outplayed them in the first period," said Georgetown coach Mike Marshall. "We ran into penalty trouble in the second period and it hurt us."

Georgetown didn't score a goal until the final frame when Dan Kent tallied, but the game was in hand for North Toronto at the time. Georgetown qualified for the final by winning their division by virtue of a 2-0-1 record. Monday's game was played at the Terry Miller Arena in Toronto. The next tournament for the

midget team will be the 20th annual Georgetown Minor Hockey Association midget tournament. The locals start off play with a game against Brooklin-Whitby that was held Tuesday night at the Alcott Arena, Coach Marshall is confident his club could at least make it to the championship final.

"There is no reason why we couldn't be in the final," Marshall said. "That is if we can stay out of the penalty box. The talent is there."

Marshall sald his club is solid in all positions. Up front players like Mike Teetzel and Brian Doherty provide the offensive spark while defencemen Mark Dunning, Mark Zebedee and Tim Wilson are "as good as any defencemen in (the Tri-County) league," Marshall said.

To help with the defence Marshall has had former Georgetown Chrysler Raider Jim Blair helping out. Blair played junior hockey in Oshawa with Bobby Orr.

Successful Sweden trip

The minor bantam team in Sweden has had a successful time of it hockey-wise...

The team won a tournament there. winning its four games by scores of 8-0. 8-1, 6-0 and 6-2. The team also played the number one and two Stockholm teams in Stockholm and dropped an 8-1 and 6-2 decision respectively.

The team returned tonight after having spent Tuesday on a seven-hour bus tour of Copenhagen. No goal-scorers from all the games

were available.

Also, Georgetown Minor Hockey Association referee-in-chief Gerry Perkins has even officiated some games there.

As well. Marshall is confident about goaltenders John Lantz and Joe

"We have got two of the best

goalies in all of "AA" hockey." Marshall said. Lantz was hurt for most of the

Silver Stick tourney and thus Balson saw most of the action. Marshall also said the play of his five minor midgets has helped too. He

said with the likes of Balson, Alain Dumouchel, Rory Kennedy, Dunning, Zebedee and Tim Bennett the Sunny Acres team is in good shape for next Should Georgetown win its first

game the locals will play Thursday night at the Alcott Arena starting at 8:30 p.m. against the winner of the Richmond Hill-Stratford game. If Georgetown loses, they will play the loser of the Richmond Hill-Stratford contest the same day but at 7 p.m.

The championship final is set for 5 p.m. Sunday at the Alcott Arena.

Midgets win, lose

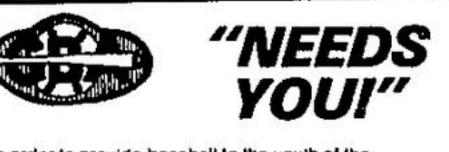
Georgetown's Sunny Acres major midgets split their Tri-County games by defeating Burlington "AAA" 6-2 Saturday and losing to Dundas 4-1 Sunday.

Tim Wilson opened the scoring Saturday, assisted by Rory Kennedy. With 6:45 left in the first frame Brian Doherty scored from Mike Teetzel. Burlington scored with 44 seconds left in the first as Georgetown led 2-1.

Burlington opened the scoring early in the second, but less than a minute later Wilson scored his second of the game to break the 2-2 tie from Kennedy and Tim Bennett, Bennett followed at the 11:58 mark with assists going to Mark Dunning and Doherty to make the score 4-2 at the end of two periods.

Dan Kent scored at the 1:38 mark of the final frame from Kennedy and Teetzel and Kennedy rounded out the scoring at the 7:57 mark from Bennett. Kennedy played his best game of the year and minor midgets Jason Arnold and Terry Dixon played well in helping out the major midgets. A major reason for Georgetown's first win over Burlington was self discipline throughout which resulted in just four penalties coach Mike Marshall sald.

Self discipline went out the window Sunday as Georgetown dropped a 4-1 decision in Dundas. The midgets ran up 26 penalty minutes plus a 10-minute misconduct, all of which contributed to the four Dundas goals. Bennett scored the lone goal for Georgetown with 6:52 left in the first frame from Arnold and Dunning. Dundas scored all of its goals in the third period.



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