

Soccer



By DAN RALPH
Herald Sports Editor

TORONTO—This year was a homecoming of sorts for Darren Lowe.

The former Georgetown Chrysler Raiders player was able to don the blue and white sweater of University of Toronto varsity Blues, a sweater he last wore two seasons ago.

"I was pretty excited about getting the opportunity to play," Lowe said in an interview Friday. "It was

where I got my start and a lot of good things happened to me here."

Last season Lowe was declared ineligible for Ontario University Athletic Association (OUAA) play. The reason being after playing for the Canadian Olympic team Lowe played for Pittsburgh Penguins of the National Hockey League on an amateur tryout. University rules dictate anyone playing in a pro league is ineligible for play for one

year. As a result, Lowe played senior hockey in Georgetown last year while still practising with the Blues.

"I can't say there was much of an adjustment because I've played at so many levels before and have been able to adjust," Lowe said. "I was just glad about coming back."

Being a senior member of the team Lowe was made team captain. However this year was quite different from the other two he had spent as a Blues player.

"One thing I had to get used to was a lot more extra attention paid to me on the ice," Lowe said. "I was checked a lot more closely this year. That probably hurt my personal stats some, but it left others more free to have good seasons. Also this year we lost five games where in my first two years we lost only one regular season game."

The Blues finished third in OUAA standings behind York and Laurier. After emerging victorious in the first round of the playoffs the Blues met up with defending national champ and cross-town rival York.

As expected, the series was quite close with York winning 2-1 as all three games were decided by a goal and two games went into overtime.

"It's been over three days and it's just now hitting me," Lowe said. "The games were so close. The third

game was 2-1 and it could have been tied up with one shot. The series could have gone only two games if we win both overtime games and the same was with them."

"But it was great for University hockey in Toronto. I couldn't see anyone being disappointed when they left. I could see people being turned on to college hockey."

York went on to meet Laurier in the final and won the series in two straight, which didn't surprise Lowe.

"Both teams work well on the team concept but York has a few more talented players and I think they have more momentum having beaten us," he said.

But the Blues' season isn't necessarily over. They could still be in the hunt for a national championship. This year wild card selections are being made in the regional playoffs with teams likely selected on their spot in the rankings.

If No. 1 Moncton can defeat Dalhousie in its Atlantic final series, the chances are good the No. 4 Blues will be a wild card team. But if Moncton loses, it will likely be a wild card selection, not the Blues.

"It's not the greatest way to get into a final and end the year. But with this likely being my last year I welcome it," Lowe said. "It's a chance to go on and maybe win a

championship."

Lowe said he had been approached about coming to play in Georgetown this year. However, with the length of the Blues season it didn't leave Lowe with much time to play elsewhere.

"If we didn't make the playoffs or had been eliminated in the quarter-finals I might have been interested," Lowe said. "But when I knew our season would go longer I knew I wouldn't have had time to play in Georgetown. If I had the time I might have been up."

Lowe has thought about his future outside of hockey. He's currently attending teacher's college (history and phys ed) and will graduate this year.

"I knew there'd come a time I'd stop playing hockey and go to work," Lowe said. "I've thought of it the last two years. Last year I didn't play hockey here and this year I wasn't sure what I wanted to do."

"But I enjoy teaching and anything you enjoy isn't really work. I'm interested in coaching but breaking in is tough and I'll likely have to start out as an assistant coach."

"So if you know any influential people in Georgetown tell them you know a good teacher who can coach hockey."

First year exciting for rookie Sparrow

TORONTO—Chris Sparrow knew he wouldn't see much playing time this season. With first-team Ontario Universities Athletic Association (OUAA) goalie Kevin Hamlin in camp it was no wonder.

But the 20-year-old former Georgetown Gemini, Georgetown Chrysler Raider did get to play against a Vancouver semi pro team. It was in Vancouver at a tournament the University of Toronto Blues attended.

"We won 14-4 and they (Japanese) weren't that impressive. We hit them and that intimidated them. But they did play Cornell in their first game and lost 4-2. Cornell ended up winning the tournament," Sparrow said.

The one major change for Sparrow this year was the sheer magnitude of playing hockey at U of T. He found out the team travelled to many tournaments and got a lot of good exposure. The highlight came at Christmas when the Blues defeated Bowling Green at a tournament held in Lake Placid, New York. At the time Bowling Green was the second ranked team in the United States.

"I enjoyed it (season)," Sparrow said. "I didn't get to play much but we went on a lot of road trips and got a lot of good exposure."

With the Blues Sparrow said the club practised every day. Also, there was a goaltending coach on hand at each session.

"With Georgetown last year we couldn't have someone come over (and work with goalies)," he said. "Here with a goalie coach you have someone pointing out the technical things you're doing wrong that you can't see."

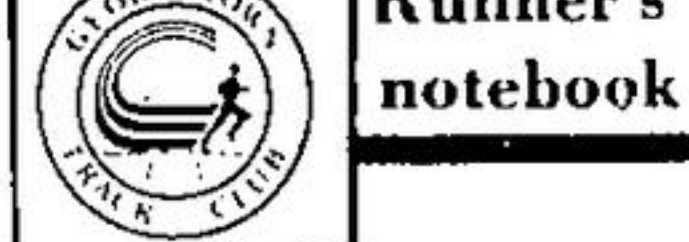
Aside from hockey, the 20-year-old is enjoying his time in university.

Sparrow is in his second year taking physics and astronomy.

"I like it better in university because you can specialize a bit and take what you want to," he said.

Even though Hamlin is graduating this year, Sparrow said he isn't taking any chances about assuming a position on next year's squad.

"I'll probably play summer hockey this year to stay sharp," he said.



Runner's notebook

Looking out the window at the snow which seems to have started sometime in September, it's hard to remember what the lawn really looks like. When will we see the robins, the first crocus sprout and trees in bud? Even thoughts of dandelions warms the heart.

Thoughts of spring bring thoughts of getting back in shape. It might be nice to get a little exercise in before baseball, golf and tennis season is upon us.

A year-long running program of course is one of the best forms of exercise but it's never too late to start. If you're considering a program don't take your existing fitness level for granted. No one's exempt from heart disease. If you haven't had a physical in the last year or two why not go before you start exercising?

EQUIPMENT

The only equipment beginning runners have to worry about are shoes. There's no need to spend \$100 on shoes whether you're a novice or expert. Forget appearance for your first pair and go for comfort. Those racing stripes really don't increase speed. Try and stick with a brand name like Adidas, Nike, Brooks or New Balance. Something in the \$30-\$40 range will do nicely. With any new pair of shoes remember to put bandaids on the back of your heel to prevent blisters the first week.

Just use common sense with the rest of your clothing. The first time out you may find two or three areas that rub and chafe. Don't be afraid to use vaseline on those areas before you run.

HOW TO START

After your first episode with running you'll likely wonder why you bothered. Your lungs will hurt, you'll feel "wheezy" and cough for an hour and the next day your legs will likely feel like mush. Don't give up though. It's good for you.

It's smart not to overdo it the first few times. The best way is the walk-jog method of getting started. Start a slow jog until you start feeling a little uncomfortable. Then slow to a walk until you feel better then start jogging again. Repeat this system until you've had enough. Ten to 20 minutes for the first few days is plenty. You'll find the walking stretches will shorten and become non-existent in no time. Then you gradually increase your distance. No more than a five per cent increase per week or you'll be inviting injury. Try and stretch before and after every run and you'll soon be in the shape of your life.

RUNNING SHORTS

Two club members (Bob Parker and Tony Matthews) spent last week in Lake Placid, New York competing in cross country ski competitions. These international events included 15 km, 30 km and 50 km races. Bob was very pleased with his 3½ hour 50 km race.



The Holy Cross boys hockey team captured the Halton title with a 6-5 overtime win over Stewarttown Public School. Team members include: front - John Shaw, Jay Kerslake, Carlo Parent, Stephen Burns, Stephen Lacroix, Scott Ryall, Gordon Arch and Arthur DeSousa.

Back - John Shaw (manager), Andy Domingos, Don Barnett, Brian Montgomery, Richard Herrera, Darren Danylyshen, Mike Hughes, Dave Haskins, Steve Kokelj, Mason Lavs, Dan Fratnik and coach Rick Macdonald. Missing is Michael Simpson. (Herald photo)



The Holy Cross boys basketball team shows off its winning banners, including the Halton championship which came about with a 35-22 win over St. Joseph's of Oakville. Members include: front - Abad Mora, Arthur

DeSousa, Joe Piazza, John Shaw, Michael O'Neill, Jay Kerslake and Louis Previte. Back - Dennis Spudis, Mike Hughes, Don Barnett, Alex Piazza, Steve Kokelj, Joe Borges, Todd Hare, Dan Fratnik and coach John Shaw.

Coach has atoms in peak form

Coach Jim Pirie had his Georgetown Minor Atoms ReMax "AA" hockey team in peak form this week as they won two and tied two in four outings.

Tuesday the locals evened their Tri-County round robin record at 1-1 with a 3-2 win over Burlington. Thursday they tied Dundas 2-2. Representing Georgetown at the Timmy Tyke tournament the team tied Warren Park 3-3 and beat Thornhill 3-2 to advance to the semi finals Mar. 23 against Etobicoke Reps. If successful in that game Georgetown will play the winner of Mississauga-East York in the "AA" final at Maple Leaf Gardens Mar. 30.

Playing their best game of the year the locals defeated Burlington on a last second goal in the final period. Todd Fuller celebrated his birthday as he opened the scoring after seven minutes of play. David Rivard assisted. The score remained 1-0 until Burlington tied it up on the power play with 11 seconds left in the second period. Early in the third the home team took a 2-1 lead only to have Keith Montgomery pulling the trigger on the tying tally. Mark David and Andy Jones assisted.

This set the stage for an exciting five minutes as both teams went all-out for the winner. Steve Boyle was the hero knocking in a Randy Bond pass with six seconds left. Steve Melykuty started the play with a nice blue-line to blue-line pass to Bond. Goalie Trevor Knight was sharp between the pipes for Georgetown.

Thursday in Dundas Georgetown dominated their hosts, out-shooting them 26-6 but could only manage a 2-2 draw. After falling behind 2-0 Melykuty scored on a nice solo effort three minutes into the second period. Bond drove home the equalizer from Boyle with only two minutes to play.

Saturday the team commenced play at the 31st annual Timmy Tyke event at the North York Centennial Arena. Warren Park of the MTHL was the locals' opening opponent and in another hard fought game the team played to a 3-3 tie. Montgomery put Georgetown in front 1-0 after eight minutes of play from the faceoff circle with David assisting. After Warren Park tied it Melykuty put Georgetown ahead with a high, hard shot from the point. Warren Park again tied it up and jumped in to the lead with only six minutes to play. Kelykuty poked checked the puck from a Warren Park player and knotted the game at 3-3.

Against Thornhill Sunday the Realtors gave their fans fits again as they almost blew a 3-0 lead in the dying minutes. Bond put Georgetown on top on a pass from Melykuty and Fuller near the end of the first frame. Early in the second Jimmy Kavanagh made it 2-0 finishing off a three-way passing play from Derek Parsons and Paul Kalbarski. Melykuty scored the winner from Bond and Jeremy Hamp before Thornhill scored two late markers to make it close.

This week the team will compete in the 15th annual Niagara Falls Atom "AA" event with games Thursday and Friday against Chatham, Nepaan and Pickering.

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Exeter eliminates Royals

By JAMES ROBILLARD

The Hillsburgh Royals dropped three games on the weekend and thereby were eliminated from Ontario Hockey Association Central Division Intermediate "C" semi final action by the Exeter Mohawks.

The Royals, who entered the series with a number of key injuries fought gamely throughout the series but in the end couldn't overpower the Mohawks. On Friday (Feb. 28) in Exeter the Royals dropped a 10-3 decision to the Mohawks. Glenn Murray with two goals and Paul Fraser with one were the Hillsburgh marksmen. Bill Glover and Pete Tuckey with two each paced the Mohawk attack.

On Saturday the Royals led by Brad Miller's outstanding netminding just could not tie the score as they were edged by Exeter 4-3. Again Glenn Murray led the offence with a pair of goals, John Barnes added a single.

Sunday in Exeter, the Royals played an outstanding game but dropped an 8-5 overtime count to the Mohawks. Bob Davey had the hat

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SPORTS BRIEFS

Free skating
Take advantage of the free skating at the Acton and Memorial Arenas during the March Break. Again the Georgetown Optimists and the Acton Rotary Club have sponsored this generous opportunity. For days and times call 877-5185 ext. 219, 260.

Swim lessons
Registration for Spring Swimming Lessons begins March 24, 1986 at the Georgetown and Acton Swimming Pools. Lessons begin the first week of April. Please refer to the Spring and Summer brochure for class days and times.