SIX ALEX TOUGH

Here we are again, happy as can be, considering I have torn two muscles in the past couple of weeks or so. Although we are still in the throes of winter - snow, fog, wind, rain and generally cold - socceri folks have been busy organizing for the upcoming season.

With youth registration days commencing on Mar. 22 it is time to wipe the dust off the typewriter and flex the fingers into action. Four youth teams are going into Peel Halton and coaches, Bob Burns, Doug Gray, George Baines and Dave Maloney are in the gym on Sundays and looking for aspiring players to contact them for times. There is also an attempt being made to put an under 21 team into competition. This latest team requires a Level 1 coach to make it go. George Baines informs me that there are a couple of clinics coming up next month for coaches and he is ready to assist any budding coach with the course details. Incidentally, a message to the youth rep players from Maloney - get in touch now for the gym training camp sessions, your place is no longer automatic. Players from Acton, Caledon, Hillsburgh and even Brampton are willing to play. More commitment is needed.

As reported in the paper a week or so ago the youth club has its official 'papers' certifying incorporation and are now the Georgetown Soccer Club. There is an indication that there may be feelers going out to some of the senior clubs to assist with late season tournaments and eventual amalgamation under one banner in the future.

The Inter County senior league will have at least two new teams this year. At the recent General meeting applications were accepted from the Master Mariners, a second entry from the Ancients and to be coached by Ivan Bird and Dave Fear. Do not be amazed to see several of the original Ancients turn out for the Masters. The other team is from Streetsville and should provide lots of interesting games for the other members. At this time The Ancient Mariners and Varian Vikings are likely to play in the 1st Division with Meteors Blue and White and Acton Villa 'A'. There is a possibility that Ajax may also move up. They are in division 2 with Park Avenue, Milton F.C., Milton Rangers, Acton Villa 'B' and the two new

News of the ladies is sometimes hard to come by and this week is one of those weeks. Steve Swinscoo is trying to put a team together. Since coming to Georgetown several years ago Steve has played rep soccer and has been an Ancient Mariner for the past two seasons adding some cracker goals and enthusiasm to the gang. He has also coached girls teams and is now looking to take the seniors through this season. The C.R.S.C. team of Haddy Smedema are going to be a smartly turned out team this year. And, after last year's success on the field are reckoned to be one of the better playing teams again for the coming summer.

On a wider front - this is World Cup year and as you should all know Canada is there. A tremendous achievement for one of the lower ranking countries in soccer terms. As a tribute to the achievement, and do not expect more than one from three games, the new Georgetown Soccer Club are donating \$1000 to the March for Mexico campaign. A tentative date for a special presentation to Gary Miller, on behalf of the CSA, is set for April 22.

Talking of a Gary, here is another . Gary Morrow, who informed us a few weeks ago that he will be turning out for Hamilton Steelers, who are to form part of the new Canadian professional league.

I believe the column has become a little stale over the past couple of years and my own enthusiasm for writing has waned considerably, to the extent that I seriously considered retiring the column However, in talking this over with several friends in the game, the column continues. I hope to have a different type of column as a result.

Among items lined up for the future are coaching and referee hints, rules explained, guest writers, some local listory from the originators together with news from each faction of the playing side of the game; youth boys and girls, seniors - ladies and gents, and the reps as well. Not everyone has been approached yet, you will be, so please assist. This is your column as much as mine from now

Next week Dave Maloney presents the first coaching hint and Luc Bertrand will have some referee news for us.

Finally, whilst mentioning referees, Luc, Vic Zubacs and myself are off to a referee grade 2 clinic this coming weekend. See you later.

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

Former Raider back in U of T uniform

York gave captain Lowe the Blues

By DAN RALPH Herald Sports Editor TORONTO-This year was a home-

coming 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

TORONTO-Chris Sparrow knew

he wouldn't see much playing time

this season. With first-team Ontario

Universities Athletic Association

(OUAA) goalle Kevin Hamlin in

But the 20-year-old former

Georgetown Gemini, Georgetown

Chrysler Raider did get to play

against a Japanese semi pro team.

It was in Vancouver at a tournament

the University of Toronto Blues at-

"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

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 tour-

naments and got a lot of good ex-

posure. 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

"I enjoyed it (season)," Sparrow

said, "I didn't get to play much but

we went on a lot of road trips and got

With the Blues Sparrow said the

club practised every day. Also, there

was a goaltending coach on hand at

"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

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

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

Tuesday the locals evened their

Tri-County round robin record at 1-1

with a 3-2 win over Burlington.

Thursday they tied Dundos 2-2.

Representing Georgetown at the

Timmy Tyke tournament the team

tied Warren Park 3-3 and beat Thor-

nhill 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

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 remain-

ed 1-0 until Burlington tied it up on

the power play with 11 seconds left to

play 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

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 lert. Steve

Melykuty started the play with a

nice blueline to blueline pass to

Bond. Goalic Trevor Knight was

sharp between the pipes for

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

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

Against Thornhill Sunday the

Resitors gave their fans fits again as

they almost blew a 3-0 lead in the dy-

ing 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

Kayanagh 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

This week the team will compete

in the ifth annual Niagara Falls

Atom "AA" event with games Thursday and Friday against

Chatham, Nepean and Pickering.

and knotted the game at 3-3.

make it close.

Playing their best game of the year the locals defeated Burlington

Maple Leaf Gardens Mar. 30.

ranked team in the United States.

a lot of good exposure."

each session.

can't see.'

four outings.

assisted.

Georgelown.

minutes to play.

camp it was no wonder.

tended.

First year exciting

for rookie Sparrow

said.

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

Athletic Association (OUAA) play played for Pittsburgh Penguins of

The reason being after playing for the Canadian Olympic team Lowe the National Hockey League on an amateur tryout. University rules dictate anyone playing in a pro league is ineligible for play for one

Sparrow is in his second year taking

because you can specialize a bit and

take what you want to," he said.

position on next year's squad.

"I like it better in university

Even though Hamlin is graduating

this year, Sparrow said he isn't tak-

ing any chances about assuming a

"I'll probably play summer

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 dandilions warms the

Thoughts of spring bring

thoughts of getting back in shape.

It might be nice to get a little ex-

ercise in before baseball, golf and

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

EQUIPMENT

runners have to worry about are

shoes. There's no need to spend

\$100 on shoes whether you're a

novice or expert. Forget ap-

pearance 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

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

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 alraid to use vaseline on

110W TO START

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

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 uncomfor-

table. 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

RUNNING SHORTS

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 314 hour

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shape of your life.

50 km race.

After your first episode with

those areas before you run.

blisters the first week.

or New Balance. Something in

The only equipment beginning

tennis scason is upon us.

you start exercising?

Runner's

notebook

hockey this year to stay sharp," he

physics and astronomy.

Last season Lowe was declared ineligible for Ontario University

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

As a result, Lowe played senior

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

Holy Cross champions

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 quarterfinals I might have been interested,"

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 thistory

Lowe said. "But when I knew our

season would go longer I knew I

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

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

chance to go on and maybe win a



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 Parentl, 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 win- DeSousa, Joe Plazzo, John Shaw, Michael O'Neill, Jay ning 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

Kerslake and Louis Previte. Back - Dennis Spudic, Mike Hughes, Don Barnett, Alex Plazza, Steve Kokelj, Joe Borges, Todd Hare, Dan Frainik and coach John Shaw.

Exeter eliminates Koyals

shots in the Royals goal.

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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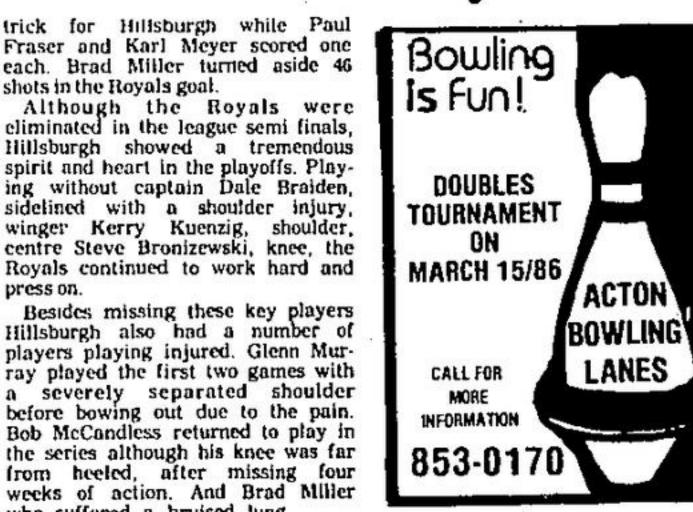
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