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SECTION B, THE HERALD, Wednesday, May 17, 1988 - Page 1

Lifter hoists up Canadian title

A Georgetown man has pushed, pulled and heaved his way to the 1988 Canadian Masters Powerlifting Championship.

Forty-eight year-old Melvyn Burton of Prince Charles Drive won the 40-49 year-old category in the 67.5 kilo weight class at the national powerlifting championships held on April 30 in Kitchener. Burton turned in a three-lift total of 487.5 kilos (approximately 1072.5 lbs.) to win the title for the second consecutive year.

Burton hoisted 185 kilos (407.75 lbs.) in the squat, 115 kilos (253.5 lbs.) in the bench press and 187.5 kilos (413.25 lbs.) in the deadlift on his way to the Masters crown.

Burton's 1988 totals topped those he turned in while winning the 1987 championship in London. Last year he lifted 180 kilos in the squat, 112.5 kilos in the bench press and 185 kilos in the deadlift.

His victory has earned him a trip to the World Masters Powerlifting Championships set for July 30 in Birmingham, England.

If Burton travels to England for the world championships it will mark a homecoming for the native of Yorkshire and it will mean his lifting career has, in essence, come full circle. Burton began lifting weights in England over 20 years ago.

"We had eight guys using one barbell when I first started out in my home town," mused Burton on Monday. "But that bar was always moving."

Burton returned to competition in the Masters category after an extensive break from powerlifting. Prior to entering the over-40 competition he had been an accomplished Olympic lifter and powerlifter in his native England.

In 1964 and 1965 he claimed the British powerlifting title in his

weight category and narrowly missed qualifying for the 1964 British Olympic team in the Olympic disciplines, snatch and clean-and-jerk.

Today Burton works out three times weekly at Ian Crichton's Muscle Works Gym in Georgetown where he specializes in the three powerlifting movements.

His training also includes some running and a variety of assistance exercises in the gym, designed to strengthen the muscles which assist the major muscle groups in powerlifting movements. "I do some incline press, hyper-extension for the lower back, squats at all heights, dips and lat pulls," said Burton.

The veteran lifter is a strong advocate of the squat movement which he claims is the "best exercise for all athletes." Anyone who wants to build power into their physique should squat, says Burton.

Burton maintains his body-weight practically year-round and finds he only has to shed about seven pounds to make his weight category before competing. He is a firm believer in eating a balanced diet and he avoids supplements.

"Vitamin-C is about the only supplement I take," he explained. "If you eat sensibly you can get all your vitamins and protein in a good diet."

According to Burton, who holds a British weight lifting coaches certificate himself, there is still a need for more qualified lifting instructors in Canada. "You can have all the equipment but the main facility is still the coach," he maintains.

So what advice does a Canadian powerlifting champion give to budding young title-chasers? "Learn to lift properly," he says. "Weight lifting can provide a lot of enjoyment if it's done properly."



High flying Rebel
 A GDHS Rebel soars above a Nelson Bulldog to take possession of the ball during senior rugby action in Georgetown on May 3. The Rebels came up just short of winning, however, as they dropped an 11-6 decision to their Burlington rivals. The GDHS midgets fared better by edging Nelson by a 15-13 count with outside centre Jim English leading the attack with one try and one penalty. (Herald photo)

Hockey Moms fold

The Georgetown Hockey Moms have packed it in.

The executive of the five-year-old volunteer organization delivered a letter to the GMHA on Monday spelling out its intentions of folding the group. The Moms cited lack of support and a dwindling interest in the group as foremost among their reasons for ceasing operations.

"We're just tired," said secretary Gall Bennett on Monday. "In the beginning we had about 18 to 20 mothers and the numbers have since dwindled to a handful."

"The helpers have always been there," added Mrs. Bennett. "But nobody seems to want to take it on anymore."

Mrs. Bennett said the organization was staffed by some mothers who also split their time as members of the GMHA executive. She said although the Hockey Moms received GMHA approval they were not the recipients of "a lot of assistance from the GMHA."

Although disappointed with what they feel is their only logical decision, the Hockey Moms are hopeful that a hockey mom committee may be set up on the GMHA board.

During its five-year tenure the Hockey Moms group raised over \$43,000 for minor hockey.

"We served our purpose, we proved we were worthwhile," said Mrs. Bennett. "I'm not sure how the GMHA will react to our decision."

Baton twirler advances to nationals

Georgetown's Susan Thibodeau has earned the right to compete at the 1988 Canadian National Baton-Twirling Championships after a winning performance last Saturday in Pickering.

Susan, a student at GDHS and daughter of Muriel and Al Thibodeau, competed at the 1988 Ontario Provincial Freestyle Championships on April 30.

This is her third year in this event, which combines 15 compulsory moves with a three-minute freestyle program. Competitors must place in the top five positions in the province to qualify for the Canadian National Championships, which are being hosted in Toronto in early July.

For the past two years Susan has competed in the Junior Women's division which includes competitors 14 years and under. Both years Susan has just missed making the top five.

This year, although Susan is only 14, she turns 15 in the fall which means she must now compete in the Senior Women's division (15 years and older). With this being her first year in senior all Susan hoped for was a solid performance.

Her top five placement was a welcome surprise and now she is training for the upcoming Eastern Canadian Championships in Montreal on May 20-21.

Susan is a member of the Baton East Twirling Team coached by Darlene and Tim King of Burlington.

Susan placed first in medley, first in solo dance twirl and third in compulsory moves on Saturday in Pickering.



Wins gold

Melvyn Burton of Georgetown proudly displays the gold medal he won recently at the Canadian Masters Powerlifting Championships in Kitchener. The 48-year-old barbell buff hoisted over half a ton on his way to his second national title in two years. (Herald photo)

Under-17 team

Cooper earns Ontario trial

By PAUL SVOBODA
 Herald Sports Editor

For most minor hockey players the 1987-88 season is officially over. But for Georgetown's Craig Cooper a new hockey season is just beginning.

The 16-year-old Glen Williams resident is preparing for a shot at the Ontario Under-17 hockey team which will represent the province at an international tournament in Montreal next Christmas.

"I think I have a good shot at making the team if I keep playing as well as I can," said Cooper last week.

After patrolling the blue line for the Georgetown M and M Pro Sports Major Bantams last season Cooper received an invitation to the regional Under-17 camp held in Kitchener last month.

Major Bantam coach Keith Bennett had been asked by members of the GMHA's Program of Excellence to submit three names from his hockey club for the opening camp roster on April 22-24. Cooper made the trip to Kitchener along with right winger Jim English and goaltender Paul St. Pierre.

Cooper's showing impressed the camp's coaching staff enough to earn him an invitation to the next round of the selection process, a camp to be held in London on June 2-5. Cooper will be one of 70 skaters at the London session from which 15 players will ultimately be selected to

advance to the next round of the Under-17 competition in Waterloo.

"Craig is the first player from Georgetown to advance beyond the first round," said Bennett. "He's a hell of a defenceman. He's got a lot of promise."



Craig Cooper

Cooper compiled some impressive statistics with the M and M Pro Sports squad last season including a 44-point total of 17 goals and 27 assists. Despite playing a rugged, physical brand of hockey the 6-foot, one inch 160-pounder picked up only 12 minutes of penalties over 60-plus regular season, tournament and playoff games, making him the least-penalized member of the Major Bantam team.

"Craig likes to hit," says Bennett. "And he hits clean."

Bennett is also quick to point out skills other than Cooper's obvious physical talents that should help him at the Under-17 camp. "He has good leadership skills," contends Ben-

nett. "He was an assistant captain last year and he's always ready to play hockey."

The competition at the London camp, one of six across the province, will be, "pretty stiff," according to Bennett. He says there are certain areas of the game that Cooper will have to concentrate on in order to advance to round three of the selection process.

"He needs to work on his shooting," said Bennett, who added that the backhand shot is probably the most neglected skill among the majority of today's minor hockey players. "Craig's a fast, but unorthodox skater and he anticipates well."

Meanwhile Cooper is working hard to prepare himself physically and mentally for the London tryout camp. He is currently playing summer hockey in Meadowdale and is working out with the GDHS track team as a sprinter.

As for future hockey aspirations the Grade 10 student says he'd like to step up the ladder to junior hockey and possibly earn a crack at playing in the NHL someday. "I'd like to play in the OHL," he confided. "I'd also like to play in the NHL, hopefully, although that will be pretty tough."

For now Craig Cooper will be happy enough to hit the ice next Christmas as a member of the Ontario Under-17 hockey team.

Bowler of the Year

On Sunday, May 8, the prestigious "Bowler of the Year" Championship Tournament was held at Georgetown Bowl to declare the House Champion. The "Bowler of the Month" for each month during the past season in each division vied for the "Bowler of the Year" honors.

The most impressive showing was put on in the junior section and since most are graduating it augers well for a strong competitive senior division next year. Andrea McNelly took the house championship by bowling 126 pins over her average closely followed by Carrie Walsh and Joey Robichaud. Next in order were Scott Hobbs, Robert Harrison, Shari Loke and Christina Lane.

The bantam division produced many favourable comments, especially when Ryan Martin surged in front with 108 better than average. He was followed by Geoffrey Beauparlant, Cindy Clarke, Julie Lounds, Alain Larocque and Robin Zander.

The peewee section certainly showed great promise for the future

with largest number of pins-over-average bowlers of any division. Brendan Smithson led the pack with plus 83 and Matthew Walker pressing him tightly. Then came Lynn Moreland, David King, Bryan Foster, Paul Larocque and Janice Somers.

The seniors appearing tired after a tournament in Guelph in the early afternoon, nevertheless had a battle for first place. Brian Bell rolled 677 for a minus eight below average, and Sandy Weeks just one pin behind him. Others in the competition were Trina Bassett, Tracy Weeks, Dee Dee Haynes, Chris Somers and Cindy Kavanagh.

Now, the division winners will be prepping for the zone finals.

Challenge

The Town of Halton Hills has challenged the Town of Oakville in the CrownLife ParticipACTION Challenge.

On Wednesday, May 25, 1988, during Canada's Fitweek, the ParticipACTION Challenge will take place. The object of the event is to motivate residents to participate in any physical activity for 15 minutes and report their activity to the Town by calling 673-2828.

As part of the Challenge, the community with the lowest percentage of participation must agree to fly the winning municipality's flag at their municipal office from May 26-30, 1988.

Guelph Platers likely to pick Bennett in May 28 OHL draft

Adam Bennett knows exactly where he'll be on May 28 and he also has a pretty good idea where he'll be playing hockey next season.

The 17-year-old member of the Georgetown Gemini (now Raiders) will be sitting rinkside at the North York Centennial Arena on May 28 where he is expected to be the first pick, third overall, of the OHL's Guelph Platers in the annual midget draft.

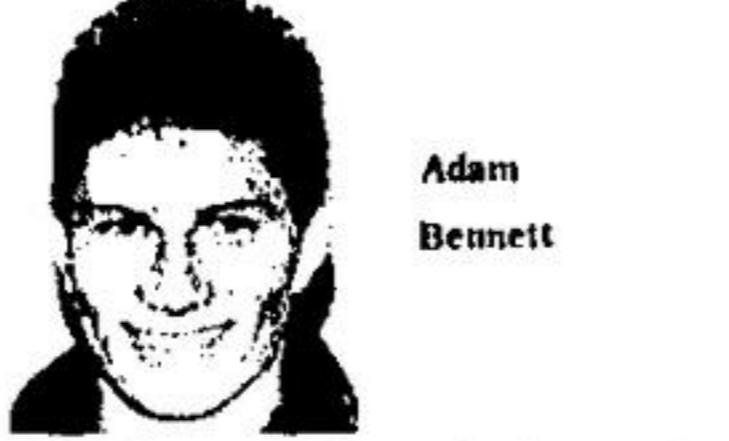
"Guelph visited my home and they've called my dad," said Adam during an interview on Monday. "I won't be doing any worse than Guelph."

According to Bennett, the revamped Kingston Raiders (nee Canadians) have already indicated their choice for the first overall pick. Sudbury selects second, just before Guelph, and Bennett said he has not been contacted by the Wolves. If they did notify Bennett of their intention to draft him, he said he would pass on the offer.

"Sudbury hasn't contacted me but if they do I'll turn them down," said Bennett. "Guelph will be a nice team to play on."

Bennett's imposing size - six-feet, four-inches tall and 210 lbs. - combined with a 37-point production total (nine goals and 28 assists) has also attracted scouts outside of the OHL.

The strapping defenceman said he has received letters from the recently-crowned NCAA hockey champion Lake Superior State Lakers as well as NCAA Division II



Adam Bennett

Hamilton College from New York State. But Bennett said he will take the OHL route as a stepping stone to what he hopes will someday blossom into an NHL career.

"I hope to play in the NHL," he says. "That's why I'm taking the OHL route. I think it's a better route to go if you want to play in the NHL."

To prepare for his debut in the ultra-competitive OHL, Bennett has undertaken a demanding training regimen. Daily weight training, running three times a week and biking will round out a program already based around summer hockey sessions. Bennett also hopes to add a physical labor job this summer to increase his fitness level.

But on May 28 Bennett won't be anywhere near a shovel or a barbell or even a hockey stick. "I can't wait," he said, in reference to the upcoming OHL draft. "The countdown has begun."



Georgetown's Susan Thibodeau twirled her way to a berth in the 1988 Canadian National Baton-Twirling Championship by copying a pair of frisks and a third in the Ontario finals last weekend in Pickering.

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