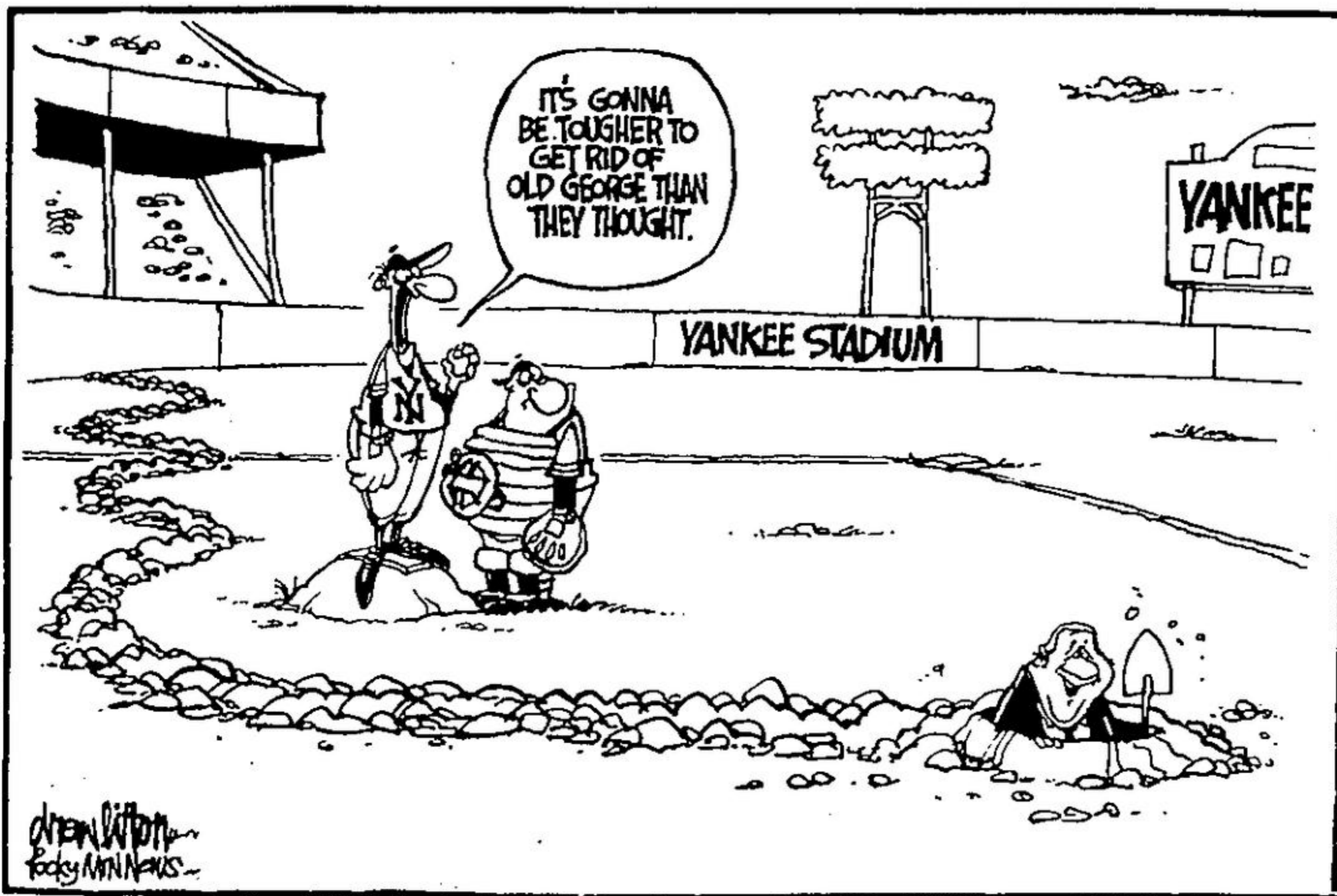


win, lose & DREW



Girls Rep Soccer

Dominion Knitting impresses

By ED TOONE
Herald Special

Very little has been written over the last two seasons about the Under 18 Girls Rep Soccer Team, this year sponsored by Dominion Knitting. This is about to change.

The team is now at a stage where they can hold their own with others in their league.

This past weekend they played in the Oakville Tournament and put up a tremendous effort, losing out in the semi-finals to Oakville. Playing short-handed throughout most of the tournament, the team emerged on top of their division without defeat, posting two wins and a tie against good opposing teams.

Saturday's first match against Richmond Hill ended with a 2-1 victory for the town with only 10 players on the bench. The goals were scored by Joanna Miller and Nichole Remedios, with the defense of Carol Ferguson, Sheril Cave and Kim Mizener coping with lots of pressure from Richmond Hill.

Stephanie O'Brien and Leanne Ingles were given their first introduction to rep soccer, being called up to help with the depleted team and handled themselves very well.

Saturday's second game against Oshawa saw Georgetown with only nine players. Maryanne Longo played an excellent game in net and at half time the town was down by 1-0. Late in the second half Georgetown drew level when an injured Carol Ferguson, with help from Tracey Fowler and Andrea McNeily, hit the ball from outside the 18 yard area into the top corner of the net to give a very tired team a well deserved 1-1 tie.

Sunday saw the final game of divisional play against a strong Scarborough team. Georgetown was at full strength and came on in

the second half after a scoreless first, thanks to good midfield play from Cheryl Buck and Janet Seida.

Joanna Miller opened the scoring for Georgetown early in the second half, followed quickly by a goal from Cindy Harnden on a pass from Melanie Booth. Scarborough pulled to within one a few minutes later then Harnden scored her second of the game to ensure a well earned victory for Georgetown 3-1. This win placed Georgetown on top of their division and a semi-final berth against Oakville on Sunday afternoon.

It was a very tired team that came out onto the field for the semi-final game, but the town team gave it their all, being only 1-0 down at half time. During the second half, fatigue took its toll with Oakville netting three more before the final whistle.

In their regular league play the team is now a match for anyone in their division and the girls are on a three game winning streak.

When the team has lost, it is usually by the odd goal with Georgetown dominating most of the play.

They are still in the league cup having eliminated Waterloo earlier in the season.

Coaches Ed Toone, Yan Letarner and manager Sally Remedios would like to thank the parents and fans for their support at last weekends tournament and throughout the season with a special thanks to the team. Well played girls.

Regular team players missing from the squad due to prior commitments were Sheri Nairn, Anna Toone, Lisa Johnson, Jenny Ryan, Cara Gogan and Wendy Padilio.

Country Lane cooks pizza

A duel between the two top teams in the Georgetown Men's Slo-Pitch League turned into a battle of the titans in which Country Lane Bulls were victorious over Royal Pizza.

A home run by Phil Lewin, an excellent defence play at short-stop by Bill Stubbins and first-base by Dave Hicks accounted for numerous outs to keep Royal Pizza at bay.

Superb pitching by Dave Tarzwell kept Country Lane in the lead. 17-7 was the final score.

GEORGETOWN CUSTOM CAR SOUND

"THE CAR STEREO EXPERTS"

55 SINCLAIR AVE. GEORGETOWN 877-2425

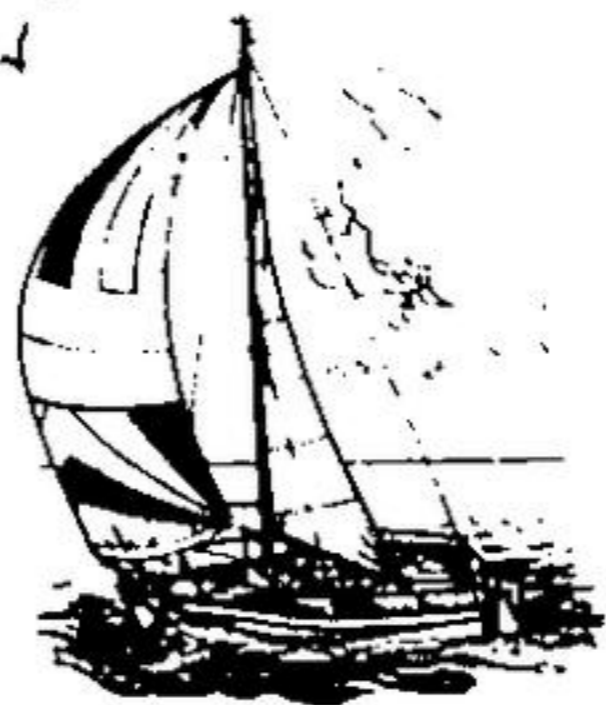


SAVE YOUR BODY!

NORTH END NISSAN 878-4137
610 Martin St., MILTON

Canadian Power and Sail Squadrons Course

Georgetown Squadron will again provide a Week Boating Course in the Fall for those interested in boating.



REGISTRATION
GEORGETOWN DISTRICT HIGH SCHOOL

Monday, Sept. 10th and Tuesday, Sept. 11th, 1990
7:30 p.m. to 9:30 p.m.



Course Commences September 17/90
FOR FURTHER DETAILS CONTACT
ELMER ENGLERT

873-3104



Focus on Fitness

by Laurie Burns
Exercise Physiologist

Fitness leaders should be properly certified

Fitness Leader Certification

Does your fitness leader keep current in their industry? Does your fitness leader update their knowledge and qualifications?

If they don't, you should ask yourself if your class is safe, effective, and fun. A fitness leader in Canada does not require a license to lead fitness classes, but there is a new voluntary certification process now being offered in Ontario and a leader who considers themselves a professional should be preparing to become certified.

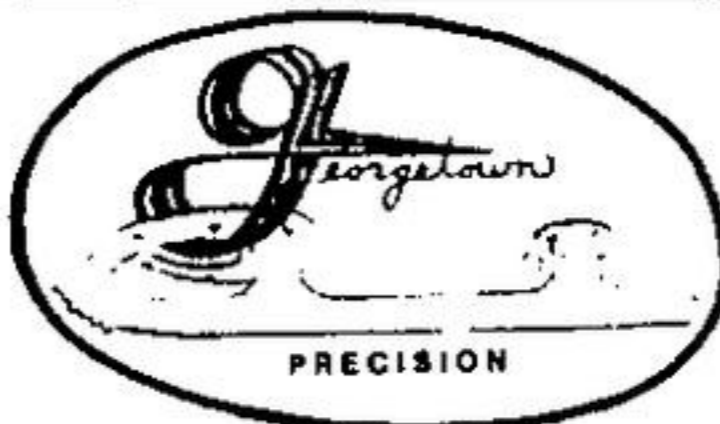
To become certified a fitness leader will have to write an exam based on NFLAC Performance Standards (National Fitness Leadership Advisory Committee) and pass a comprehensive practicum. The fitness leader will also have to be certified in CPR and first aid at the emergency level.

Beginning this month fitness leaders who wrote the theory exam in June will be able to best tested on the practicum. There are only 30 certified instructors in Ontario at this point and these 30 assessors are ready to go.

Through this process you, the consumer, will be assured that your fitness leader meets a minimum level of expertise and in the long run you will come out a winner.

When you join a fitness program this fall, ask your fitness leader about the Ontario Fitness Council certification process; are they planning on becoming certified, and if not, why not.

A qualified fitness leader will not hesitate to become a certified fitness leader.



ATTENTION ALL SKATERS!

Georgetown Precision Teams

Three Introductory and Training Sessions will be held on:

TUESDAY, SEPTEMBER 11, 18 and 25, 1990

4:00-5:00 p.m.

Alcott Arena, Georgetown

COST: \$3.00 Per Session

The Georgetown Figure Skating Club Precision Teams

Registration Days are:

September 12, 6:00-7:30 p.m.

September 14, 6:00-7:00 p.m.

September 17, 6:00-7:00 p.m.

All registrations are at Alcott Arena.
All teams open to skaters from all clubs.

TEAMS: JUVENILE — NOVICE — JUNIOR

PLEASE CALL 877-4108 FOR MORE INFORMATION



\$4,000⁰⁰

SHOPPING SPREE
VALUE STORE

NEED YOUR CAR
CLEANED?



SUPER LUBE

MOUNTAINVIEW N. & ARMSTRONG AVE.

877-9394

RECYCLING.

It only works if we all do our part!

Please Remember to
Recycle This Newspaper



DISTRIBUTORS
SPORTING
GOODS & CLOTHING
SPECIALIZING IN TEAM
& CORPORATE WEAR

873-0500

71 Main St. S., Georgetown