

BANTAM GIRLS' SOCCER

Challengers lose title on penalty kicks

August 9th Result
Green 1, Belamy's Challengers 0
 Team A (Green) beat Belamy's Challengers 1-0 in an entertaining game at Moore Park.
 In the 1st half, a spinning ball, shot from right wing eluded goalie Tracy Kehberg and rolled over the goal line.
 Lisa Vogt, playing with a bruised ankle had an excellent game with Tracy Metler providing some timely runs.
 For the Green team, Tanya McMaster scored the lone goal.
 For Belamy's, Tracy Metler, Helen Tannock and Lisa Vogt were noteworthy players. For Green Angela Fitzsimmons, Jen Appgar,

and Stef O'Brien were noteworthy.
August 14th Result
Belamys Challengers 10, Lions 0
 In a game that saw Belamys Challengers beat Lions by 10-0 score, the star of the game was left half Terri Hunter, who did not score a goal but had her best game of the season.
 Kim Mizner led the way offensively with a hat-trick. The Lions started with only eight players and finished with seven players, due to an injury to Sara Harley.
 Goals were scored by Tracy Metler, Helen Tannock, Lisa Vogt, Cathy Paul (2), Yvonne Bergsma, Anne Donnelly, Kim Mizner (3).
 Noteworthy players were Tracy

Metler, Anne Donnelly and Terri Hunter.
Semi Finals
Milton Consumers Glas 5, Lions 0
 It was a very tough game for the Lions, having a loss of 5-0 for them. But they gave it their best.
 Noteworthy players for Lions Taysha Brankewicz, Sarah Packer, Sarah Williamson, Sarah Fenski, Sara Harley, Tareasa Smith, Tracy Fowler, Maureen Turner, Leslie Scarth, Ruth Burrows, Kim Timmins, Deanne Guignard, Shannon Morris.
Sept. 11 Semi Finals
Belamys Challengers 1, Milton Cooperators 0

Kim Mizner became the hero of the game when her goal gave the team a 1-0 win over Milton Cooperators and eliminated them from further play.
 Belamys was insured of a game in the playoff finals at Cedarvale on Saturday.
Final Day, Sat., Sept. 15
Milton Consumers Glass 3, Belamys Challengers 2
 Belamys Challengers lost 3-2 on penalty shots after 100 minutes of scoreless soccer to Milton Consumers Glass.
 Nothing more could have been asked of 15 young ladies than the 110% effort that they all gave for the whole game and the overtime period. All are winners and they know it.
 Manager Chuck Metler and coach Dave Booth are extremely proud of them all. Congratulations to them.
 Noteworthy players are Yvonne Moore, Tracy Metler, Diane Manning, Heather Donker, Helen Tannock, Lisa Vogt, Cathy Paul, Michelle Boulanger, Yvonne Birsma, Anne Donnelly, Erica Booth, Terri Hunter, Kim Mizner, Eric Gogan and Tracy Rehberg.



Members of the Belamys Challengers under-16 Bantam Girls soccer team pose for a group picture earlier this year. They did well in cup play in the Georgetown Youth Soccer League, finishing in second to Milton Consumers Glass, which was decided on penalty kicks, 3-2. From left to right, front row, are coach Dave Booth, Diane Manning, Terri Hunter,

Tracy Rehberg, Tracy Metler, Erica Booth and coach Chuck Metler. Back row, from left to right, are Cathy Paul, Heather Donker, Anne Donnelly, Lisa Vogt, Helen Tannock and Yvonne Moore. Missing are Yvonne Bergsma, Michele Boulanger, Kim Mizner and Erin Gogan. (Photo submitted)



Four players on the Elliot Custom Brokers Mini Squirt soccer team show off their participation trophies they received at the Georgetown Soccer Club's day of champions, which was held at Cedarvale last week. From left to right, starting in the back, is Josh Sweeting, Christopher Stubbins, Christopher Lechien and Danny Gilben. (Photo submitted)

Focus on Fitness
 by Laurie Burns
 Exercise Physiologist

Why exercise makes you feel good
 People who participate in regular aerobic exercise programs report a sense of control over their health habits and increased self-esteem as fitness manifests itself in a better body.
 Feelings of well-being associated with aerobic exercise have been traced to powerful hormones called endorphins.
 Produced primarily in the pituitary gland, its effect can last for two to three hours. The exact effects of endorphins are not yet clear, however, they seem to be related to pain, emotions, the immune system, exercise, and even reproduction.
 Both physiological and psychological mechanisms are in effect during exercise, and it may be difficult to distinguish the exact role that endorphins play in making us feel good. In fact, we may notice the absence of endorphins more than their presence. This could explain the feelings of restlessness, irritability, or withdrawal which often accompany a lapse in our regular exercise routine. Nevertheless, regular exercise, often labeled as "nature's best tranquilizer," seems to be one of our best ways to release our endorphins.

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