



Serving it up

James Burt, a player on the Rebel midget volleyball team, prepares to fire a serve during an exhibition game against Morningstar, a high school in Peel Region. All three Rebel teams did well, winning each of their series at GDHS on Wednesday. (Herald photo)

Hurricane Peewees impressive at tournament

The Thanksgiving weekend found the Halton Minor Peewees playing in their first AAA tournament.

The Tim Horton Hamilton International AAA Tournament for Major Novice to Major Bantam played host to 48 teams at three different arenas.

There were representative teams from Michigan, Ohio, Illinois, New York, and numerous Ontario AAA centres.

At the Minor Peewee level, there were eight teams in two divisions. The Hurricanes met with the Hamilton Huskies, Mississauga Reps, and the Detroit GPD.

Halton opened against the Huskies on Saturday morning. The first period was scoreless due to solid defensive work by Tom Baynton, Colin Page, Paul Neff, and Ryan Taylor. Jeff Langille also contributed to the defensive effort, with several great stops late in the period.

At 7:43 of the second period, Jamie Briggs scored the games first goal on a rebound from a Justin Davis shot.

Later in the period, Steve Roy and Doug Janjevich came close on a goal crease scramble. Curtis Carr broke in alone only to be

stopped by the Hamilton goalie with a pad save, and Darin Finlayson scored with 17 seconds left in the period only to have it disallowed due to a high stick.

In the third period, Hamilton brought the play to the Hurricanes, tying the game 1-1 at the 9:03 mark. Moments later, Harthold, Mashinter and Walker put pressure on the Huskies' netminder but couldn't find the mesh. With 3:43 remaining in the game, Hamilton scored their second to take a 2-1 lead.

With just over a minute left coach Sharer pulled his goalie in favour of a 6th attacker. At 42 seconds the move paid off. Doug Janjevich won a face off to the left of the Hamilton net, pulled the puck back to Justin Davis who quickly put it in the bottom corner to tie the game at 2-2.

This proved to be the final marker of the game. Jeff Langille was named the game's MVP for his steady play against a hard shooting Hamilton squad.

Halton's second match was early Sunday morning against the Mississauga Reps. The 8:00 a.m. start didn't agree with the Hurricanes and only the solid goaltending of Jim Leworthy kept the game close.



Focus on Fitness
by Laurie Burns
Exercise Physiologist

Caffeine and exercise

Caffeine is quickly absorbed into the bloodstream and affects multiple systems within the body. It stimulates the central nervous system and increases heart rate, digestive secretions, respiration rate, metabolic rate and urine output.

How the stimulant affects overall health is still largely a mystery. It is known that caffeine can aggravate an ulcer or worsen heartburn in some people. Also, women with fibrocystic breast disease often report relief from their symptoms after they eliminate caffeine from their diets.

Caffeine has been alternately indicated and vindicated for its role in several other diseases. However, there is no conclusive evidence that caffeine increases the risk of cancer, high blood pressure, heart disease or high cholesterol levels, or that it causes birth defects.

What is a "safe" level of caffeine? It depends on body size and individual tolerance, but generally an intake of 200 to 300 milligrams daily (about two or three cups of brewed coffee) for adults is considered moderate.

Research continues on the effects of caffeine on performance. In a typical one-hour aerobic class, caffeine probably makes little difference in activity level.

Meanwhile endurance athletes who perceive that their performance is enhanced by caffeine are well advised to keep their intake at moderate levels to avoid any potential ill effects.

Remember some teas, sodas, chocolate and medications also contain caffeine, so be sure to read product labels.

With Mississauga up by one going into the second, the Hurricanes turned it up with some heavy hitting. At 4:58 Doug Janjevich tied the game on a power play goal.

Late in the period, the Reps regained their lead on a deflected shot that just trickled over the line before Leworthy could get to it.

Leworthy made an excellent save on a breakaway early in the third and at 6:37, Doug Janjevich scored his second of the game assisted by Steve Roy and Ryan Taylor. The second game also ended in a 2-2 tie. Justin Davis was voted the games MVP.

On Sunday night, the Hurricanes faced off against the Detroit GPD. This was a must win game as the Huskies had defeated the Reps only moments earlier.

Halton controlled the play through much of the first period with Jeff Langille making two sparkling saves and Baynton, Neff, Taylor and Page controlling their defensive zone.

It wasn't until 4:17 of the second period that Detroit scored the games first goal on a low shot just inside the post. Before the period ended Janjevich left one

on the goal line that Carr was not able to get to before the Detroit goalie smothered it.

Early in the third Andrew Hartholt, Jamie Walker and Peter Mashinter fired a flurry of shots at the Detroit goal with Mashinter just missing on what looked to be the tying goal.

Shortly after this close call the GPD's exploded for three quick goals to blow the game open.

It was not until 3:26 of the third that Justin Davis took a lead pass from Jamie Briggs, beat the last defenceman and deked the goalie for the Hurricanes only goal. Final - Detroit 4, Halton 1. Jamie Walker was voted the games MVP.

Although they did not advance to the semifinal round this young Halton Minor Peewee team played well enough against teams that have played together for many years.

The next home game is Fri., Oct. 12 at Alcott Arena in Georgetown against the Hamilton Wings.

Halton Midgets hanging tough

The Halton Hurricanes AAA Midget team showed lots of the "right stuff" on Oct. 2 as they battled to a 5-5 tie with Brampton, in their second league outing of the season.

Defenceman Brad Amato was the hero of the hour when he potted back-to-back Hurricane goals in the closing minutes of the game to deny Brampton a seemingly comfortable 5-3 victory.

Look a while for the Halton squad to adjust to the speed and aggressive forechecking which Brampton demonstrated and they slipped to a 2-0 deficit on a pair of power play goals, early in the second period.

The Hurricanes quickly rallied when winger Sean Bourgeois beat Brampton's netminder with a low shot from the left point on a set-up by linemates Rob Crowe and Sean Guistini. Halton tied the score 90 seconds later on a tip in by Joe Piazza from a Jim O'Driscoll point shot, with Todd Mulley also assisting.

The Hurricane rally was short-lived due to a couple of defensive lapses near the mid-point of the second period, which allowed

Brampton forwards in alone to re-establish their two goal lead. With 2:30 remaining in the frame, Piazza added his second marker to make it 4-3, after a slick set-up by the hardworking Mike Cox and linemate Mulley. The balance of the period and the game was characterized by hard hitting and end-to-end action.

With 6:55 remaining, Brampton again went two goals up from a deflected shot, which gave Hurricane's goalie Ryan peddie little chance. It was the last goal that Peddie was to concede, thanks to some very solid work between the pipes in the closing minutes of the game. The first of defenceman Amato's game-tying goals came from a round the net manoeuvre by Mulley with the defenceman pinching in to connect with the pass.

Halton's equalizer, with 2:12 left on the clock, was a short-handed effort resulting from tough fore-checking by Cox, and his pass to Amato on the left point. He made no mistake with a high floating shot to the top right corner.

The Hurricanes continued their

league schedule on Sunday in Barrie, but the long trek north was in vain, as Halton suffered their first league-play defeat of the year.

Barrie opened the scoring quickly, after intense early pressure around the Halton net, but the visitors equalized late in the period when a Henneberry pass from the left corner was relayed by Wade Burrows to Dubien who rifled a shot from the right point.

Barrie regained the lead with a power play marker in the second, then added two more early in the third to take a 4-1 lead. The game appeared to turn around with less than 10 minutes remaining when Henneberry leveled the Barrie goalie at the side of the net to free the puck and allow Mulley to score unassisted.

The Hurricanes scored again, 27 seconds later, when Bourgeois converted a Cox-Mulley set up around the Barrie net, to pull back to 4-3. The locals then turned up the heat on a tiring and depleted Halton squad, with three unanswered goals in the closing minutes, to clinch the 7-3 win.

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