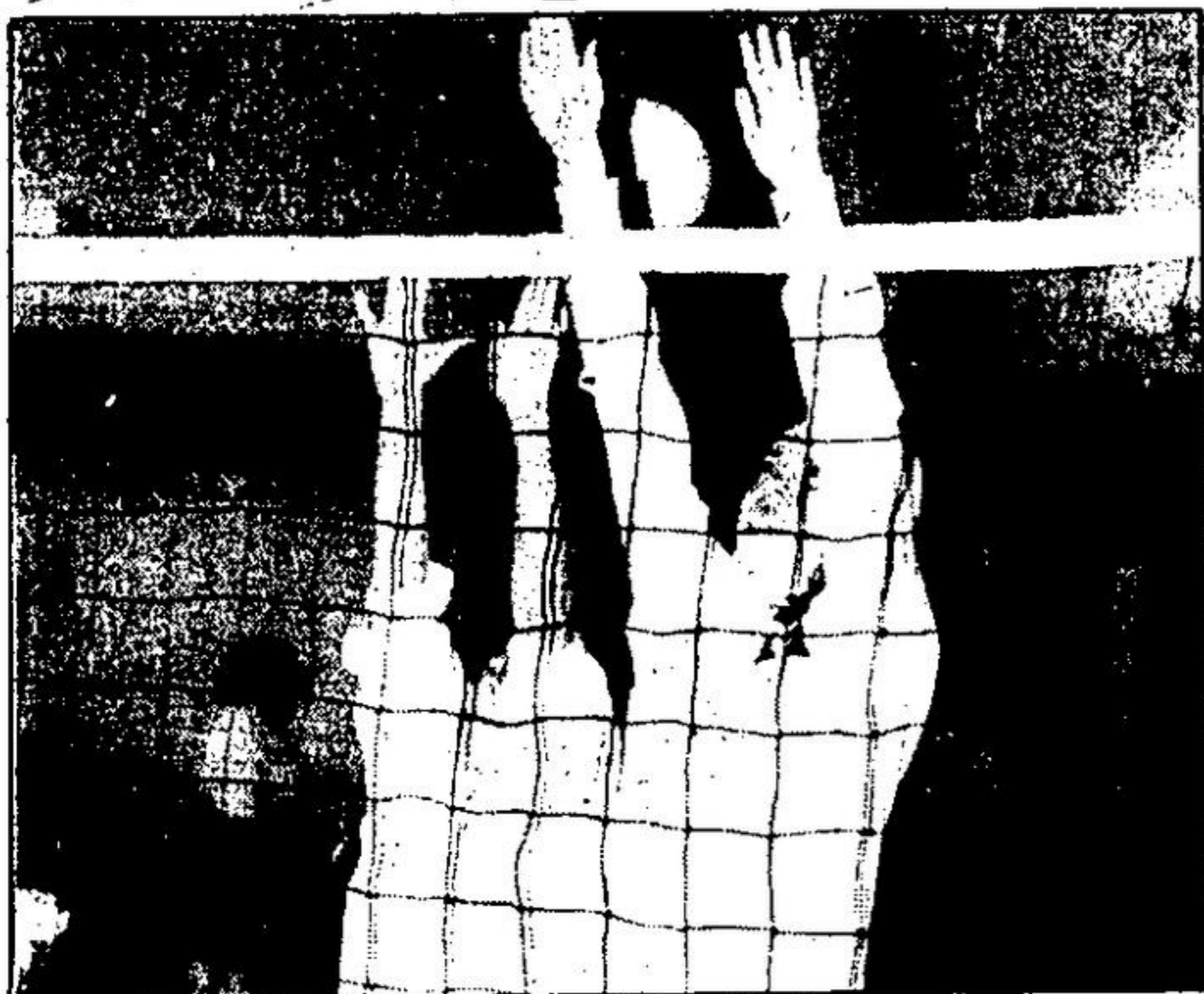


Local volleyball Bantam team earns top ranking in Ontario



Georgetown Bantam Girls volleyball team is the top ranked team in Ontario after winning their second provincial tournament at Mayfield last weekend. Here, players Amber Lyons (left) and Beth Crocker are pictured here practicing with the team of Stewarttown Public School on Wednesday. (Herald photo)

Georgetown's Bantam Girls Select Volleyball team is now seeded first in Ontario after winning their second provincial tournament at Mayfield last weekend.

The team earned the top ranking after capturing the Provincial Cup in Hamilton last November, going undefeated in 10 games. In December, Georgetown hosted the MacGregor Cup, finishing with the silver after losing to Hamilton Seekers in the final.

Last weekend at Mayfield, Georgetown started out slowly in pool play, finishing second with a 5-4 record. In the playoffs however, Selects defeated Waterloo in two straight sets.

Georgetown met up with their arch rivals Seekers in the semi-finals and prevailed 15-9, 9-15, 15-11. In the final, Selects met Scarborough, losing the first set 9-15, but coming back 15-10, 15-11 for the victory.

Coaches Brian Cosgrove and Jim Atkinson said they are looking forward to the championships coming up in February and also appreciate the support they have received from the parents this season.

Masonry tykes beat Montego

McFarland Masonry goaltender Alex Barkhouse held Montego Construction to just one goal as he helped his team earn a 4-1 victory Jan. 19 in Tyke house league action.

Barkhouse's teammates Matt Terry and Graham Ovenden did the scoring, with Terry getting a hat trick and Ovenden netting one.

Derek Naylor, Matt Tales, Brandon Pearce, Mike Cook and Jeff Thibideau assisted for McFarland. Scott Rostry scored

for Montego, while Anna Mansfield and Andrew Hodgson assisted.

Terra Cotta Cookies narrowly continued their winning ways by edging Armstrong Insurance 3-2 in a strong netminders contest between Terra Cotta's Chad Fleming and Armstrong's Jordan Armstrong.

Danny Wallinga got two goals and Kyle Findley scored one for Terra Cotta, assisted by Joel Hamilton, Matthew Pignatelli, Michael Irvine, Andy Burns and

Jason Forbes.

Vincent Burke scored both markers for Armstrong, assisted by Trevor Smith, Jason Hunt, Blake Wilson and Aidan Jenkins.

J.V. Clothing and Eagle Landscaping fought to a 5-5 tie, with each team winding up with one hat trick.

Byron Jacome got the three goals for J.V. Clothing, while Sean McNally managed the triple for Eagles.

Minor Peewees

Hamilton downed 8-3 by Halton Hurricanes

Halton Minor Pee wee centre Todd Miller played a big role in his team's 8-3 victory at Hamilton Jan. 13, scoring three goals and assisting on three others.

Things did not start off all that well on that afternoon.

The game start was delayed for 40 minutes waiting for referees, and Hurricanes would face Ms. Tonia Pinnelli, the only female goalie in their league.

These distractions seemed to work in Hamilton's favour as the Wings jumped out in front with two goals in the first two minutes of play.

Justin Davis raised the curtain with Halton's first goal at 8:11, assisted by Darin Finlayson.

Miller scored his first at 6:01, set up by Doug Janjevich and Finlayson.

At 4:39 it was Peter Mashinter scoring assisted by Miller and at 3:53 it was Miller again from Atley and Steve Roy to make it 4-1.

In the second, Colin Page started it off by scoring a short handed goal, once again set up by Miller. This was followed with an unassisted marker from Janjevich at 3:57.

Hamilton managed to squeeze one in with just 23 seconds left in the period and then it was Miller with the hat trick at 6:46 of the third, set up by Jamie Briggs.

Curtis Carr was the closing act.

scoring Halton's eighth at 5:38, assisted by Mashinter and Miller. On Tuesday evening, the Minor Pee wees returned home to face Barrie at Alcott Arena. Regrettably, the script had been rewritten and it was Barrie going north with the win.

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If you are over 40, we recommend that you consult your doctor before beginning an aerobic exercise program. This advice holds true even if you are under 40 and have heart disease risk factors (such as high blood pressure).

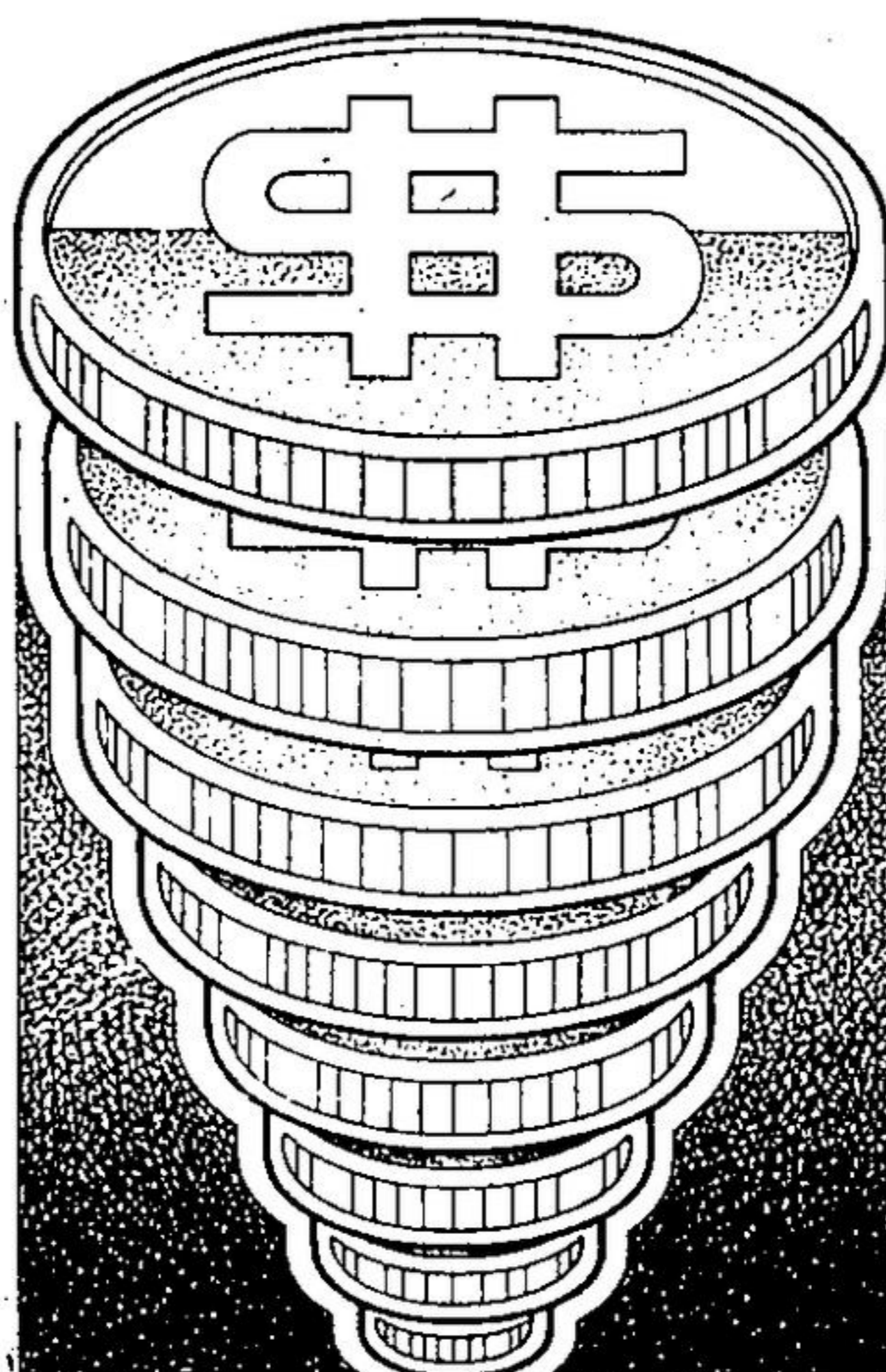
Anyone starting a new exercise program should take it easy during the first few weeks.

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