

# Minor Novices challenged in playoffs

As a warmup for the tri-county playoffs, Georgetown Minor Novices played two exhibition games against Brampton on Feb. 16 and 17.

The first game was tied 2-2 and the second was a 5-3 loss. Georgetown got the first goal of the Feb. 16 game 44 seconds into the first period, scored by Matt Walinga from Martin Lefebvre.

Brampton came back with a score at 6:45 and the second period saw a tough battle, but was scoreless.

In the third period, Brampton got the first goal and Georgetown came back at 3:41 for the tying goal by Jamie Reynolds, assisted by Andre Lefebvre.

In the second exhibition game Georgetown lost 5-3.

The tri-county playoffs begin for Georgetown in the last week of February. In the series against Streetsville, Georgetown is down two games, along with one tie.

In the first game on Feb. 23, Georgetown lost 5-1. This goal was had by Jamie Reynolds,

assisted by Ryan Inglis and Matt Walinga. In the second game, played on March 2, the team lost 8-5.

In the first period, Streetsville got three goals in the last six minutes of the period and Georgetown got two goals in the last two minutes by Matt Walinga, assisted by Ryan Inglis and a breakaway score by Andrew Lefebvre.

The second period saw one goal from Streetsville and two more for Georgetown. Todd Kerwin and Ryan Inglis got the first goal with 38 seconds remaining and Ryan Inglis and Matt Walinga got the second score with 12 seconds remaining. At the end of the period the score was 5-4, for Streetsville.

In the third period, Georgetown got one more goal by Ryan Inglis, Matt Walinga and Jamie Reynolds.

In the Brampton series, Georgetown's standing is one win and one loss. The first game, on Thursday, Feb. 23, Georgetown won 3-2.

The first period was scoreless for both teams. Georgetown got two goals in the second period, one by Greg Bidwell, assisted by Corey Forbes and Billy Jackman, and the other by Andre Lefebvre, assisted by Simon Saulnier. Greg Bidwell got the winning goal at

2:11 of the third period assisted by Jamie Reynolds and Ryan Inglis.

The second game against Brampton Sunday was lost 5-0.

Georgetown is to play Brampton and Streetsville one more time each.

## Major Atom

# Fuels tuned for playoffs

After a quick exit from the OMHA playdowns, Star Fuels Major Atoms tuned up for the Tri-County playoffs with a come from behind 3-2 win in an exhibition game against Acton.

Scott Herbert played a strong game in goal for the winners. Andrew Bevan (2), and Danny Cabral (1) provided the goals with assists going to Rick Clark, Allan Rasmussen, Jeff Telford, Bevan and Cabral.

In the opening game of the playoffs against Orangeville on Thursday night, the boys weren't so lucky as they suffered a 4-2

defeat.

Cameron Hunter and Danny Cabral scored for Georgetown, with assists going to Rasmussen and David Papadopoulos (2).

On Sunday evening, Georgetown took on Milton at Thompson Arena. Fuels had lots of chances but could only manage three goals as Milton scored six.

Defenceman Cameron Hunter drilled home a high one from the blueline for the second game in a row. Bevan and Steve Smith counted the other two, with assists going to Cabral, Bevan and Hunter.

## Juvenile Volleyball

# Locals juice opposition

By JAY KERSLAKE  
Herald Special

Last weekend, Georgetown Juice Volleyball team rolled over all their competition at the Challenge Cup Juvenile Girls OVA tournament.

The tournament victory qualified the girls for the Ontario Volleyball Association Tier I provincial championships to be held on April 12 and 13 in Sudbury, Ontario.

The victory was a surprise for the players, considering that several team members were unable to make the tournament and the team had to play the whole day of volleyball with only eight people.

This is the first year that the club has been in operation at this level. The team is made up of some of the elite athletes from Georgetown and Milton and is coached by Jim Lawrence, a Georgetown District High School student. He has put countless hours of planning and gym time into this team in order to build spirit and a feeling of confidence in the girls.

On the weekend, the team had to fight through the round robin matches with one substitute, but came away with eight wins out of 12 games to finish first in their pool and advance to the finals.

The girls had begun to show some fatigue in their later matches, but when they hit the semi-finals they got the juices flowing. They disposed of Hamilton Seekers in two games straight and showed no mercy, pounding spikes into the ground and playing flawless defence to win by scores of 15-1, 15-1. Nicole Remedios and Mylene Benito led the furious offensive attack and the center blocker, Michelle Doyle, was like a wall.

Tracy Rehberg was outstanding at setter, as was Andrea McNeily. Michelle Gaffey did an excellent job as power hitter and always seemed to be in the right place to make the play. Kim Mizener and Lily Lam hit the floor many times to make saves and keep the rally alive.

In the finals, the team faced Genesis, from Oshawa, a team

# Top Track Finishes For Georgetown Students

Several Georgetown students earned some top finishes at the East York High School Invitational Track Meet held at York University on Feb. 22.

Matt Deruchie placed first in midget boys 60 metre race by putting in a time of 7.3 seconds. Dave Sands won the midget boys 60 metre hurdles, while the team of John Buckles, Matt Brain, Deruchie and Sands won the 4 x 200 metre relay.

Other results included a second place in the midget boys high jump by Matt Brain and an eighth place effort in senior boys 60 metre race by Kevin Dyer.

Scott Hobbs turned some heads while competing in the open boys

jumping events. Up against boys three years older than himself, Hobbs placed second in the triple jump and third in long jump, surpassing his own personal records in each event.

Dan Campbell, competing in the open boys 3000 metre race, placed seventh, while senior girls athlete Jeanette Bradford placed 10th in long jump and 13th in the 60 metre race.

John Taylor, one of the organizers of the newly formed Georgetown Athletic Club, is looking for people interested in joining the group's track team for this season. Anyone interested in more information can call him at 877-7885.



**Focus on Fitness**  
by Laurie Burns  
Exercise Physiologist

## Cross training benefits

The concept of crosstraining is not new - it just has a new name. For many years people have run, played racquet sports and lifted weights for a whole body workout.

The benefits of crosstraining are numerous. By developing a sensible program, you can experience:

- Complete cardiovascular conditioning
- Reduction in injuries
- Total body training for muscular balance
- Balance between cardiovascular conditioning, strength, flexibility and coordination
- Skill enhancement
- Variety makes exercise more exciting and enjoyable.

Olympic cross-country skiers and triathletes cross-train with as many as six different activities each week to balance workout stress and train all systems.

Specialists like marathoners cycle and swim to protect their knees. Executive cross-train to stay motivated, relieve tension, save time, and maintain muscle balance. A well rounded program helps everyone avoid being sidelined by injuries such as lower back pain.

### Crosstraining Helpful Hints:

- 1) No matter what your activity, monitoring your heart rate is the best gauge to see if you're pushing hard enough - or too hard - in your workout.
- 2) Leave a 24-hour recovery break for every hour of highly stressful workout. Your body needs that time to repair itself.

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