

Rookie honors

Charlie Humber received Georgetown Raider's rookie of the year award from Firestone representative Ray Russiani and his nephew Travis as coach Gary McFadyen stands nearby. Humber was recognized for his efforts at the junior team's awards night at Alcott Hall on Wednesday. (Herald photo)

Minor Midget Hurricanes edge out Barrie to face Agincourt for title

Halton Hurricane Minor Midgets edged out Barrie Colts in five games on Sunday in Barrie, advancing to challenge Agincourt for the Ontario title, beginning tonight (Friday) at Thompson Street Arena in Milton.

Halton and Barrie traded wins straight through the six point series, with Hurricanes taking the important first game 9-4 in Milton on March 11. Jamie Janjevich led the way with two goals and an assist, followed by Tom Baier, who opened the scoring and assisted on three other Halton markers.

Barrie responded with a 5-2 win at home on March 13 to tie the series, but Halton replied with a 7-6 overtime win the next evening at Barrie. Mike McPhail was the hero in that match, scoring the winner on a penalty shot, as well as netting one other and assisting on another.

Last Friday in Milton, Barrie again tied up the series, defeating Halton 7-5. The deciding game on Sunday in Barrie saw four overtime period goals, three of them by Hurricanes who won 8-6.

Derek Robson has had the biggest night for Halton, scoring two goals, including the winner in overtime. Sonny Cardillo had

opened and closed the scoring with Mike Rusk getting two assists.

Halton opens their series with Agincourt tonight in Milton, starting at 8:30 p.m. Saturday's game

is in Agincourt, followed by game three in Milton at 7:00 p.m. If necessary, game four will be played March 30 in Agincourt and game five will be in Milton on March 31.

Limehouse Minor Sports 1990 SOFTBALL REGISTRATION

GIRLS AND BOYS AGES 4 TO 17

DATE: Saturday, March 23, 1991

LOCATION: Limehouse Community Centre
(corner of 5th concession and Route 43)

TIME: 10:00 a.m. to 1:00 p.m.

1991 REGISTRATION FEES

T-ball \$20.00

Rural League \$60.00

(\$45.00 each additional child)

Registration Fees include team sweater and photo.



Midget

Halton advances to finals

Canada Brick Halton Hurricanes Midget team advanced to the Central 'AAA' finals with a 4-3 overtime win against Oakville on Sunday night.

Leading the six point series four to two, Canada Brick came up with a determined effort to defeat the home team. The Hurricanes played with only nine

skaters, two lines and three defenced, due to injury, suspension, vacation and the minor players playing their own series.

Peter Downs earned the win in goal, with help from defencemen Wade Burrows, Damien Dulren and Rob Laing. All six forwards got on the score sheet and the total team effort allowed for the come from behind victory.

Oakville opened the scoring, but before the end of the first period, Canada Brick's most effective skater on this night, Trevor Elinesky, went in alone and score through the five-pole unassisted to tie the game.

In the second period, Oakville again scored first while on the power play, Patrick Hennenberry, in a goal mouth scramble, pushed in a rebound of a Ken Kosziwka shot to tie it at two.

The third period opened with Oakville flying and they scored early to take the lead. However, Halton's powerplay again came to the rescue. Shawn Bourgeois dug the puck out of the right corner and fed Rob Laing at the point. Laing's low slap shot was tipped in by Kosziwka to again even the score.

Overtime was the last thing the tired Halton squad needed, but Oakville made the mistake of taking another penalty with a little more than four minutes remaining. The power play dug deep and came up with the game winning goal with 3:36 remaining.

Todd Mulley worked the puck free along the boards at centre ice and passed to Sean Juistine, who looked up and fired a perfect pass to a streaking Elinesky. Elinesky wheeled in and fired a low wrist shot that found the corner of the net for his second goal on the right and the one that ended Oakville's season.

Downs preserved the win, robbing Oakville with big saves twice during the dying moments. The win was sweet for the tired Halton team after coming off a disappointing showing at the Richmond Hill International Classic Tournament where they failed to advance losing to Hamilton and Windsor before defeating Guelph.

Canada Brick now awaits the winner of the Hamilton-Burlington series, for the Central 'AAA' Midget Championship.



Focus on Fitness

by Laurie Burns
Exercise Physiologist

Easing back pain

Do you have recurring back pain? Does this back pain stop you from working? Seventy-five per cent of people with back pain are overweight; this weight causes a weak and protruding abdomen and swayback, which puts pressure on the lumbar region (the lower back).


Other causes of back pain include poor posture and psychological stress. Under stress, people tense their muscles, which can cause the muscles to go into spasm. Spasms, in turn, restrict blood circulation to the muscles involved, which, if already weak, can become painful.

Only 10% of back pain is caused by actual structural defects. It is generally agreed that exercise is the best way to prevent back pain and to strengthen a back that has already given you problems. Exercise helps to reduce weight, strengthens supportive muscles and increases circulation of nutrient-carrying blood to the spine.

There are a number of critical do's and don'ts for persons who have back pain.

1. Be conscious of standing tall, pulling up out of your torso, holding your abdomen in.
2. If you must stand for long periods of time, place one foot on a stool or footrest, approximately four to six inches off the floor. This relieves swayback and the resultant pressure on the lower back.
3. Don't wear high heels all the time. They shorten the Achilles tendon (the tendon between the heel and the calf muscle) and put pressure on the soft tissues in the lower back.
4. When lifting heavy objects, keep your knees bent and your back straight. Use your arm and leg muscles to do the work.
5. Never lift heavy objects over your head, which causes the back to arch.
6. Avoid prolonged sitting. Get up and stretch and walk around every hour.
7. When sitting, your knees should be higher than your hips when your feet are flat on the ground. Short people when sitting should put a low stool under their feet if their knees drop below their hips or dangle in the air.
8. Never use a chair that sticks into the small of your back. The back of the chair should be firm, giving flat support to the upper lumbar region.
9. Sleep in a firm bed. If your mattress is soft, put a three quarter inch plywood board under it. A thinner board will not provide enough support.

If you have had a back injury, have a chronic defect or are experiencing prolonged back pain, you will need more specific instruction from a qualified professional - and remember, if an exercise causes pain in your back, don't do it!



GEORGETOWN SOCCER CLUB


GENERAL REGISTRATION

For Boys and Girls 6-18
PROOF OF BIRTHDATE REQUIRED.


Saturday, March 23 — 2:00-5:00 p.m.
Wednesday, March 27 — 6:00-9:00 p.m.
At Gordon Alcott Arena

Volunteers Needed for Coaching & Committee Work

For Further Information
Steven Lee Gail Houghton
877-8027 877-4215



Georgetown Baseball Association



REGISTRATION HOUSE LEAGUES

T-BALL	Ages 5, 6, 7	PEE WEE	Ages 12, 13
SQUIRT	Ages 8, 9	BANTAM	Ages 14, 15
TYKE	Ages 10, 11	MIDGET	Ages 16, 17

House League T-BALL players must be at least 5 years of age by August 31, 1991. All other house league ages are as of December 31, 1991.

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REP TEAMS

T-BALL	PEE WEE	MIDGET
TYKE	BANTAM	JUVENILE

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REGISTER AT THE
HIGH SCHOOL CAFETERIA

Thurs., Mar. 21 — 7:00-9:00 p.m.
Wed., Mar. 27 — 7:00-9:00 p.m.
Sat., April 6 — 10 a.m.-4:00 p.m.

