



McKenzie meet

Jamie Birrell, a member of the McKenzie-Smith Elementary School, competed in the open boys 200 metre freestyle relay at Acton Pool on Tuesday. The local school was well represented at the meet, featuring the most swimmers and dominating most races, however, results were unavailable at press time. (Herald photo)

Tyke House League Terra Cotta wins two as championships near

Georgetown's Tyke house league continued its march towards the Day of Champions on April 6 by completing weeks three and four earlier this month, with Terra Cotta Cookies maintaining a slight edge in the standings.

Terra Cotta won both its most recent games, defeating Montego Construction 4-1. Cookies' Chad Fleming led the way, scoring two goals with Kyle Finley and Jason Angyal getting one each. Sean Reynolds got the single for Montego.

Cookies continued its winning ways in the second match last Saturday, trouncing Eagle Landscaping 9-1. Kyle Findlay got a hat trick in this one, as did Daniel Walinga. Joel MacDonald, Chad Fleming and Andrew Burns got one each. Mathew Seaman got the single for Eagles, assisted by Kyle Taylor and Sean McNalley.

J.V. Clothing also earned two victories recently, shutting out McFarlane Masonary 7-0 on March 16 and beating Montego Construction 6-2 last Saturday. Travis Brook Bisschop earned the shutout for his team, while brother Ryan notched a hat trick.

Kyle McIlvenna also scored three and teammate Robbie Alcorn got the single.

Last Saturday, Ryan Brook Bisschop scored four on Montego goaltender Donnie Lane, with Douglas Martin and Robbie Alcorn each getting one. Montego's Daniel Roffel and Sean Reynolds got one apiece.

Armstrong Insurance rounded out house league play with a win and a tie most recently, defeating Eagle Landscaping 4-2 and finishing their game with McFarlane Masonary at 1-1.

Thomas Temple led the team to victory on March 16, scoring two goals while teammates Jeff Boyce and Vince Burke each got one. Eagle's Matthew Seaman replied twice for his team.

In last Saturday's game, Brian Arnold got one for Armstrong, assisted by Vincent Burke and Ted Morris. McFarlane's Mathew Terry combined with Dereck Naylor for the tying goal. The last round robin playoff game is tomorrow (Saturday) at Alcott Arena, with the Day of Champions on April 6.

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M and M's win one in Novice house league playoffs

After losing their first three games in the playoffs, M and M Pro Sports chalked one up for the win column with an 8-3 victory in Novice house league play last weekend.

The star of the game was M and

M's leading scorer Jeff MacIntyre, who ended the game with six goals and one assist, upping his playoff totals to 13 goals, two assists, for 15 points in four games.

Also playing solid offensively

was Ron Dillabough who upped his total to six points, closing within three points of Michael Noonan who remains the team's second leading scorer in the playoffs.

Although MacIntyre's seven

points may have overshadowed goalie Matt Travers in some people's opinion, his play between the pipes did not go unnoticed by his coaches and teammates as he made several saves to keep the lead his offense provided.

Focus on Fitness
by Laurie Burns
Exercise Physiologist

Exercising realism

People who really believe in exercise can be guilty of making exercise sound like a miracle drug. Appropriate lifelong exercise does have many health and fitness benefits, but they do not happen overnight. How do you know if your exercise program is working for you?

Sometimes it's hard to know where to start when beginning an exercise program. It may seem that optimal fitness is a far away goal, out of reach to all but those who are very dedicated and well disciplined.

However, after several weeks of regular activity you begin to notice some changes, maybe better muscle definition, a little more energy left by the end of the day, an easier time climbing the stairs. It's working.

People exercising to control high blood pressure or to lose weight may find that exercise alone is not a complete solution, they may still need to watch what they eat or take medication. Don't be disappointed if this is the case. Exercise will increase the benefits of the eating plan and the medication.

People who exercise may find that they must still deal with a chronic health condition, but they are stronger, daily tasks are easier, and they can manage stress better.

Fitness improvements happen fast and are most obvious in the most out of shape to begin with. Many exercisers may find that after several months or even years of exercise, they maintain a personal in-shape plateau. This sounds somewhat discouraging, but there is something to be said for maintaining fitness, since as we age fitness tends to decline.

We are each born with a genetic limit on our body shape and muscle development, plus most of us have a limited amount of time to exercise.



Making the play

Robin Fitzpatrick of the Burgundy team returns a shot during the last game of the Georgetown Ladies Recreational Volleyball League season at Georgetown District High School on Monday night. Fitzpatrick's team was the top seed this year, winning the championship night as well. (Herald photo)

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