

Buying or Selling?

List With Success!

NRS BRAND REALTY INC.



Georgetown
873-0300
Erin
819 833-2773

SPORTS

and Recreation

Raiders staff sets sights on improved hockey season

By ROBERT RISK
Herald Sports Editor

Due to a high number of returning players, a good turnout for summer training and a full training camp expected at the end of the month, Georgetown Jr. B. Raiders staff are looking to play. At least 500 hockey this season.

Last year, Raiders finished with a 12-29-1 record and were bounced from the first round of the playoffs in three straight games by Brampton. Raiders Coach Charlie Hanman and General Manager Finn Poulstrup said the team is definitely going to have better results this time around.

"We have quite a few veterans, like John Williamson, Rob Doucette, Charlie Officer and Marty Savoy who will give us more experience. A lot of them have been training all summer to stay in shape and we're expecting a lot of competition to make the team at the camp which starts on August 25."

Poulstrup backed up that claim by revealing that the camp will be attended by 18 players from the Northern Ontario Hockey Association, along with several other new faces from around the province.

"We're confident that we will get at least one or two quality players who can really put the puck in the net, which is what we needed most last year," said Poulstrup.

The Raider GM also stressed that the team will be stronger than last year's due to the sum-

mer physical conditioning program that many of the players undertook. Organized by assistant coach Mike Marcolini, the eight week program was designed to improve muscle strength and increase the participant's size.

"We had about 15 guys really working on it steadily. Mike feels it can really improve their strength and they will be better equipped to control the puck and hack it out in the corners. I believe we're leaps and bounds ahead of last year's camp."

Poulstrup said in addition to the conditioning, the team has been holding skating practices every Thursday in Brampton, which have been attended by about 30 players on a regular basis. Another chance for the players to improve will be a special Junior 'B' tournament, organized by the National Hockey League Officiating Department. The six team event, held August 30, 31 and September 1, will be played at Centennial Park Arena in Etobicoke.

"It's a tremendous opportunity for our players. There will be scouts there from universities, the OHL (Ontario Hockey League) and colleges from the United States and Canada. The scouts will also be telling the players what they are looking for in a player when making out their reports."

Raider remarks: The team will sorely miss Corey Ames this season. Unfortunately, Ames was involved in a serious traffic acci-

dent earlier this summer and was just recently released from intensive care. Dan Fournel, one of the toughest checkers in the Central Ontario Jr. B League, will be playing for Tier II Jr. A hockey for Timmins this year. Goalie Jason Sirota has been trying to make it to the Tier II Jr. A level in British Columbia, but a decision won't be made until the Labor Day weekend.



Raiders Golf

Georgetown Raiders Jr. 'B' hockey team is holding its annual Scramble Golf Tournament August 22 at the Georgetown Golf and Country Club. So far, over 60 golfers have signed up and tournament organizers are looking for anyone else interested in having some fun. Cost is \$75 per person (\$300 per foursome), which includes dinner, prizes and a golf cart. For more information, call Nick Lorito at 877-5165.



Ladies champion

Georgetown resident Phil Monton, (right) a long time member of North Halton Golf and Country Club, was the low net winner at the club's annual Ladies Invitational Golf Tournament Tuesday. Presenting Monton with her trophy is organizer Debra Adams. Her net score for the day was 65. (Herald photo)

LADIES' FLAG FOOTBALL

CIBC blanked by Transport

By LEANNE FOURNIER
Herald Special

CIBC has seen better days as Burns Transport silenced them 10-0 on Sunday. Arnie's Body Shop should have been charged with assault and battery as they pummeled O'Tooles 52-6. West Insurance defeated JV by a score of 18-12 while Mobile Sound beat Michael's Restaurant 14-0.

The question remains, is CIBC a team of has beens now relegated to third place in the Georgetown Ladies Flag Football League? Time will tell. Burns got on the scoreboard first with a Joy Thompson touchdown after Michelle Miehms halted a CIBC drive on the three yard line with an interception. Janet Arnold kicked the convert.

CIBC threatened again later, but the clock ran down before they could capitalize after a Marg Walinga interception. Early in the fourth quarter, a hero was made as Janet Arnold chipped in a field goal to give Burns a 10-0 lead. CIBC could not cross the goal line, which ultimately crushed their hopes of a higher finish in the standings.

Arnie's could be unstoppable this year. They scored fast and furious as Sue Ferguson and Kelly Cunningham tied up the scoring race with Donna Davey after posting 14 points each. Barb McKeeman outdid both with three TD's while Barb Davies returned an interception for a touchdown. Donna Brown and Sue Ferguson each had an interception. Patti Waters had O'Tooles only score.

West Insurance moved into a tie with O'Tooles for fifth with a narrow win. Michelle Robertson scored twice for West, one TD as a result of an interception return. Newcomer Kim Boismier had the other touchdown. JV showed signs of consistency as Francine LeBlanc threw a fine

game. She found Linda Bottero and Janet Allison for majors to keep West Insurance worried until the final whistle.

The double quarterback system seems to be working for Mobile Sound as both Lisa Allen and Rosemary Gale Wysocki had a great game. Rosemary had a touchdown and an interception while Lisa pulled in eight points.

Two Michael's Restaurant players intercepted passes, but the players were unidentified.

The match of the season occurs at 11:15 a.m. on Sunday as Arnie's and Burns go head to head.

Game Stars: Michelle Robertson (WI), Francine LeBlanc and Janet Allison (JV), Janet Arnold (BT), Barb McKeeman (ABS), Rosemary Gale Wysocki (MSS).

HERALD SPORT SHORTS

AAA Hockey

Halton Hurricanes 'AAA' hockey organization is holding its tryouts on Saturday (tomorrow) at Thompson Arena in Milton.



The times are as follows: Minor Novice - 12:00 noon to 1:00 p.m.; Novice - 1:00 to 2:00 p.m.; Minor Atom - 2:00 to 3:00 p.m.; Atom - 3:00 to 4:00 p.m.; Minor Pee wee - 4:00 to 5:00 p.m.; Pee wee - 5:00 to 6:00 p.m.; Minor Bantam - 3:00 to 4:00 p.m.; Bantam - 7:00 to 8:00 p.m.; Midget - 8:00 to 9:00 p.m.; Juvenile - 9:00 to 10:00 p.m. For further information, call Terry Brandt at 878-4627.

Squirt tourney

Acton Squirt Boys Baseball is holding its annual tournament at Prospect Park today (Friday) and tomorrow. There are two games tonight at 6:30 p.m., with the others beginning Saturday at 9:00 a.m. Everyone is welcome to come out and cheer on their favorite team.

Bantam Baseball

In the final game of the regular season against Acton on Monday, Harry Brown Excavating maintained its first place standing in the Halton Rural Bantam Boy's League with a 15-0 win.

David Patey had an R.B.I. in the first inning and Fred McDonald matched it in the second. Shortstop Jason Bouman kept Acton off the board with a fine save in the third.

Brown's Excavating had a big inning in the fourth. Sheldon Stuckless and Ian Sinclair had two R.B.I.'s each, followed by Jason Bouman and Derek Robson with one each for a total of six runs. David Osborne with an in the park home run which opened a five run final inning.

Focus on Fitness
by Laurie Burns
Exercise Physiologist

Proper posture

There really is no trick to walking, it is an instinctive form of movement that we adapt according to our individual body structure and needs so that we develop a natural flow of motion and stride length that is correct for each of us.

There are biomechanical principles of movement, however, that affect the way our joints and muscles work together to create body balance so that movement is comfortable and effective without any excess strain. Individual differences in walking technique are normal, if you try to match another persons stride, it may not be correct for you.

However, developing the following posture alignment has proven to be the most comfortable and stress-free walking posture. Adjust the following techniques to your own walking stride length keeping your alignment in mind and what feels comfortable to you.

Head: Hold your head erect with your ears in line with your shoulder, avoiding any forward thrust of the head, which can cause neck strain. Try to keep your eyes straight ahead.

Torso: Keep chest and rib cage lifted, shoulders relaxed and pulled down to keep your back straight. By readjusting the sternum, your abdominal muscles are held in firmly.

Arms: Your arms should hang relaxed and swing freely and naturally in opposition to the legs.

Knees: Make sure your knees are aimed straight ahead and you're leading with your knee and not your foot. Keeping your knees relaxed and slightly bent as you walk will avoid any jarring impact.

Feet: Avoid landing flat-footed or on the balls of your feet. Instead, roll forward from the front of your heels through the balls of your feet while you relax your toes. Try to avoid toeing in or out - your feet should land as straight in line as possible.

Breathing: Normal, steady rhythmic breathing is best. If you can walk and maintain a conversation, it's likely you're walking at a proper level.

Stride Length: The length of your legs, flexibility of your hip joint and forward rotation of your pelvis will determine a comfortable stride length. Your walk should be smooth and your stride effortless.