

Dawgs snarl to football title number two

By IRENE MARKOJA
Herald Special

For the second consecutive year, the Dawgs returned to their pound with the Georgetown Men's Flag Football League Championship dangling from their jaws.

Meznic Electric's wires were not strong enough to give the league's number one team an electrical shock - although they were very close in the second half.

Dawgs captain Brad Ferguson felt confident his team would win the finals before the game started Sunday morning.

"We score a lot more points than they do," he said. "They're a defensive team, not an offensive team. The offensive team scores a lot of points, the defensive team keeps the other team from scoring a lot of points ... I think it's going to be close and it's going to be, probably, a little bit rough, but that's just because of the hype of the game itself."

Ferguson added the reputations of some of his teammates were in stake as the game began at 11 a.m. because of the Dawg's 15-1 record during the regular season.

"We have a little something to prove."

Meznic Electric sponsor Dale Meznic, who coached the opposing team for seven years, ending in 1990, was also optimistic.

"Theyt (Meznic) are probably the underdogs, but I think they'll manage," he said. "If they keep their composure, they'll do well."

Meznic guaranteed the score would be 30-6 for his team, but the Dawgs growled to a 28-20 win in a fierce fight for flag football supremacy in Georgetown.

Dennis Hanley scored (no convert) in the top of the first half for the Dawgs.

Hanley has been playing for the Dawgs since its inception in 1989. Although the team lost the finals in the end of its inaugural season, it won the following year. In 1991, both players and a crowd of 35 spectators wondered if the Dawgs would continue winning

post-season games.

Dave Clemens made a good catch within the last 10 minutes of first half action.

Al Pelland scored a touchdown just after Clemens' failed scoring effort. That placed their team further ahead of the pack, holding their own 12-0.

Until that time, however, Meznic Electric wasn't about to take their eventual defeat lightly.

Howie Hulme tried to score for Meznic when he was brought down by the Dawgs. Gary Lockwood was also stripped of his yellow flag when he was close to getting a touchdown five minutes before the half. Those plays, according to Hulme, were "disappointing."

"We sort of gambled in the game," he said. "We took the wrong chances at the wrong time. A few times, we should have taken field goals for points."

The second half, for Meznic, was a mixed bag.

Both Lockwood and Hulme were tagged again in the beginning of the second half before the former scored a touchdown for the team. That helped gain six points, but the team was still losing to the Dawgs 12-6.

But one point was gained by Gary Lockwood, who kicked his team into a 12-7 score. Jeff, who has been in the league since it started in 1976, has also played for Meznic during that 16-year spread.

Two plays by Meznic finally pulled the team ahead of the Dawgs.

Rob Spiteri took six points for his team when he scored a touchdown. Another play - a convert by Jeff Lockwood - took Meznic to a 14-12 lead.

With 15 minutes remaining, the Dawgs tried to go back into the game without success at first.

Things became tense in the dying moments of the game, especially when Frank Bruno earned three points for his field goal.

John Egan, another Dawg, had a flag pulled before Brad Ferguson helped his team score a



Dawg quarterback John Egan (carrying football) breaks through a tight Meznic defence with some great rushing to lead his team to a 28-20 win over

Meznic Electric and the team's second consecutive flag football championship. (Herald Photo by Steven LeBlanc)

touchdown. Bruno kicked a convert before another six points by Duane Wilson gave the Dawgs a healthy 28-14 lead.

A dropped convert by Stasiuslis was equalized by Meznic Steve Crossman's abortive run. Randy Lunn was also tagged after he caught the ball. So were Gary Lockwood and Hulme.

Crossman then scored for Meznic.

Why this sterling performance? "It's a beautiful day

for football," he said. "Temperature's right." In the end, the temperature was more than right for the

Dawgs who held on for the win. A league banquet will be held at the Acton branch of the Royal Canadian Legion on October 4.

Arnie's captures flag football title

By LEANNE FOURNIER
Herald Special

It took eight years, but Arnie's Body Shop finally captured the elusive Ladies Flag Football Championship. Arnie's defeated Burns Transport by a score of

15-6.

Coach Colin Brown had a fine day, as both his men's and ladies teams won their respective championships. The game got off to a sluggish start as both teams tried to shake off nerves.



Burns offensive star Denny Ursel manoeuvres her way around Arnie's defenders Sue Ferguson (left) and Andrea Ford during their championship game Sunday at GDHS. Arnie's Body Shop walked away from a hard fought game with a 15-6 victory and the team's first championship in eight years. (Herald Photo by Steven LeBlanc)

Quarterback miscues and cement handed receivers looked to be the order of the day. Arnie's managed a single on a Michelle Vellinga kick to put them in the lead. Burns offence started to move the ball and as they threatened, Donna Brown picked off a Burns pass. The second quarter saw a pass completion to the wrong team as Sue Ferguson grabbed a Burns pass.

By half time the fans looked restless as these two potentially potent offences could not muster much of an attack.

The third quarter saw Caroline McMillan hit Michelle Vellinga on a perfect pass as she raced for six. McMillan converted to give them a seven point lead. Burns got a jump-start as Brenda Hamilton made a superb grab to bring her team close. Hamilton took a shovel pass off the line to bring them within one.

Burns moved into the fourth quarter with the hopes of a defensive turnover. It was not to be as McMillan threw a pass to the outstretched arms of Carol Kovacevic. McMillan was again good on her convert attempt. With six minutes left Burns offence had to score a major and a two point convert.

They moved the ball but a second championship was not to be. In the game, Michelle Vellinga put the final nail in their coffin with another single on a punt. With three plays left in the game, Sue Ferguson pulled in another interception to end the game.

Banquet tickets for the dance will still be available at the door until 10 p.m. The tickets are \$10 per person and a reminder that the door prize is a trip for two to Las Vegas.



Focus on Fitness

by Laurie Burns
Exercise Physiologist

We often promote the fitness benefits of sports involvement as many sports do improve cardiovascular endurance, muscular strength and endurance, but flexibility and weight control are often not improved. As well, sometimes playing a sport can be hazardous to your health, especially if you are a weekend athlete.


One of the problems with many sports is their seasonal nature. It's not uncommon for people to go for five or six months with very little physical activity, then jump head-long into a favorite seasonal sport, forgetting how those months of deconditioning have affected their fitness level.

Can't wait for the ski season to get here. What are you doing to get into shape for skiing? Have you joined a winter league - basketball, volleyball, bowling, badminton, hockey? Once a week activities will not improve your fitness level and if you are only active once a week you may be setting yourself up for various types of injuries.

Get yourself in shape now for your sport by doing exercises that will improve your body and prepare it for seasons activities.

Remember: to improve your present level of fitness, you must exercise a minimum of three times per week. Three times per week activity must be maintained throughout your sports season to prevent your body being injured.

Weekend exercising can be fun but don't forget the benefits of week-day workouts too.



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