



### Driving the lane

Acton Redmen Shary Atenaude moves the ball up court during a vallant 24-16 loss to Guelph Colegate Vocational Institute Saturday morning at the Redmen Invitational Senior Girl's Basketball Tournament. Acton lost the consolation game 22-21 against Oakville Trafalgar. (Herald Photo by Lisa Boonstoppel-Pot)

## Hurricanes Hockey

# Hot weekend for McNally novices

The Georgetown McNally Construction AA Minor Novices played two games this past weekend and emerged undefeated.

On Saturday, Georgetown played the second back-to-back game against Burlington, this time on Burlington's home ice, and defeated them again, by a score of 3-1.

During the first period, the team struggled with the unfamiliar larger ice surface and lacked offense, not getting a single shot on net. Burlington scored the first goal near the end of the period.

In the second, Georgetown regained their confidence as Ryan Busby scored the tying goal

on a power play, assisted by Chris Henderson.

The 1-1 tie endured through most of the third, but with 1:46 remaining Ronny Larocque scored the winning goal from Bradley Snow and Graham McCulloch. Then with only 35 seconds left, Kevin Binsell scored the third goal, assisted by Kyle Findley and Mark Fantegrossi. Each of Georgetown's three offensive lines contributed a goal to this winning effort over Burlington, improving the club's record to 4-5.

On Sunday, Georgetown had home advantage at Alcott Arena, taking on the Chinguacousy Blues for the second time this season. Georgetown played a strong

game, outshooting the Blues, but in the end they had to settle for a 2-2 tie.

Less than a minute into the game, Kyle Findley got the home crowd on their feet with a quick rebound goal from Mark Fantegrossi's shot on net. Later in the period, Ching tied it up with a short-handed goal.

Midway into the second, Chris Henderson gave Georgetown the go-ahead goal, assisted by Ryan Busby and Corey Forbes. The one goal lead held up until just past the halfway point in the third, when Ching tied it up with a shot in the 5-hole.

This Saturday Georgetown faces the Ching Blues again at Victoria Park Arena.

# Leaver Peewees crush Burlington

After a disappointing Oct. 16th 7-4 loss to Brampton, the Leaver Mushrooms Major Peewees rebounded to soundly blast undefeated Burlington 6-1.

Justin Davis put on a Gretzky like performance as he figured in all scoring for the Hurricanes netting 4 goals and assisting on 2 others. He opened the scoring with 2 unassisted goals. Burlington potted their lone marker

on a screen shot at 2:15 of the second period.

The rest of the scoresheet belonged to Halton as Peter Mashinter clicked on a power play pass from Davis to put the team up 3-1. Davis unassisted, again completed his hat trick to make it 4-1, then Davis with his 4th of the game from Tom Baynton took it to 5-1.

Baynton from Davis ended the

second frame 6-1. The third period was marred by a rash of Burlington penalties including a game misconduct.

Other standouts were Jon Atley and Jamie Walker. Matt Vervoorn seems to have found a spot as he moved to defense and flattened any player who ventured near him. Jeff Langille was unbeatable in goal.

## HALTON DART LEAGUE

### REGION OF HALTON DART LEAGUE

Results of Mon., Oct. 22

Ed Kouyoumjian, Jeff Henderson, Tony Marrows, Paul Goudie, Alex Tough, Gord Grozier, Paul Mousseau, Mike Sinnaeve, Kevin Baldwin, Doug Hole, Al Murphy, Luke Hiekamp, Bruce Stevens, Wyman Sommers, Ed Belder, and Dave Scutt had a 140.

Dave Nicholls, Pete Pickering, Mark See had 2 and Hugh Smid scored three 140's. Brock McEachen shot a 156. Terry Hancock and Kim Smid both shot a 180.

### TEAM STANDINGS (as of October 22/91)

| Team              | GP | PW | PL | DP | TP |
|-------------------|----|----|----|----|----|
| O'Toole's 2       | 83 | 64 | 19 | 0  | 64 |
| O'Toole's 3       | 84 | 59 | 25 | 0  | 59 |
| Hollywood 2       | 84 | 57 | 27 | 0  | 57 |
| Timeout Roadhouse | 84 | 50 | 34 | 0  | 50 |
| George-Drag 1     | 83 | 48 | 35 | 0  | 48 |
| George-Drag 2     | 69 | 48 | 21 | 0  | 48 |
| Legion 1          | 84 | 47 | 37 | 0  | 47 |
| O'Toole's 1       | 69 | 39 | 30 | 0  | 39 |
| Copper Kettle 1   | 83 | 35 | 48 | 0  | 35 |
| O'Toole's 4       | 84 | 28 | 56 | 0  | 28 |
| George-Drag 3     | 83 | 26 | 57 | 0  | 26 |
| Hollywood 3       | 70 | 26 | 44 | 0  | 26 |
| Legion 2          | 70 | 23 | 47 | 0  | 23 |
| Copper Kettle 2   | 70 | 18 | 52 | 0  | 18 |
| Hollywood 1       | 70 | 17 | 53 | 0  | 17 |

GP - games played PW - points won PL - points lost DP - default points TP - total points

# M and M Transport Atoms fight to 4-4 tie with Orangeville

Matt Hotham continued his torrid early season goal scoring pace with three goals to lead the Georgetown M and M Pro Sports Minor Atom team to a hard fought 4-4 tie with the Orangeville Pizza Pizza team.

The first period featured tight checking and solid goaltending from Tyler Pearce who stopped a breakaway plus a number of point blank shots before Orangeville opened the scoring with a goal at 4:49. The game began to open up midway through the first period with Michael Corlett and Josh Travers having excellent scoring chances for Georgetown.

Early in the second period, Georgetown was rewarded for its strong forechecking efforts with Matt Hotham's first goal of the evening. Assists went to Ryan Bobor, who had three assists in the game, and Roddy Heinz. About a minute later, Brent McClung took off on a dazzling end-

to-end rush and scored an unassisted goal to put Georgetown in the lead.

The second period scoring was capped off with a precise three-way passing play that saw Brent McClung feed Ryan Bobor who then set up Matt Hotham for a short handed goal at 6:29. This fast paced period featured additional scoring opportunities from Jamie Larocque and Trevor Cash as well as tight defensive coverage from Jason Hayes, Bryan Stuttard and Michael Rovere.

The Orangeville team "found its legs" in the third period and came back strongly to score three unanswered goals. Their final goal came with only 20 seconds remaining on the clock and tied up the game at 4-4. Orangeville applied pressure throughout the third period and it required outstanding defensive plays by Roddy Heinz, Jason Campbell and Dan Smith to keep

the game close.

Tyler Pearce, who was ably backed up by Ryan Carter, continued his strong play in the third period and insured the tie for Georgetown with a save at the buzzer.

## Men's Hockey League

The Acton Men's Non-Contact Hockey League is in need of additional players to round out this season's team rosters.

The Georgetown team is looking for players, ages 27 or over. League games are held at the Acton Arena.

Fees for this hockey league are \$200. For more information, contact Bryan Gilmore at 877-5884.



## Focus on Fitness

by Laurie Burns  
Exercise Physiologist

## Eating right

What you eat before the game is as important as when you eat. Timing the pre-game meal can greatly influence the blood sugar level which in turn can make an athlete reel at the peak of condition or slightly off. Meals taken 2-3 hours prior to game time or competition seem to give athletes the edge.

This allows the body time to digest the food. If a meal is eaten too close to an event, the digestive system will compete with the exercising muscle for the blood supply, and if it is eaten too early the energy source from food will not be at its peak and your performance will suffer.

Certain foods such as onions, cabbage and beans which are gas-producing may cause distension of the stomach and discomfort during the performance. Because fats take longer to digest, your pre-game meal should be low in fat and high in carbohydrates. Complex carbohydrates are ideal for maintaining the correct blood sugar level because they are absorbed more slowly than sugar but more

quickly than protein or fats.

### EATING BEFORE THE GAME

The key points for before game eating are timing (so that food is not left in the stomach) and comfort.

The general guidelines for pre-game meals are:

- Load up on complex carbohydrates (fruits, juices, breads, cereals, pancakes, pasta, rice, potatoes and other vegetables).

Special note: Beware of what types of sauces and extras that you add to your vegetables and pastas, many toppings are very high in fat.

- Drink plenty of fluids for proper hydration, avoiding sugar and carbonation.

- Stay away from fats and high fat-foods because they delay digestion.

- Avoid gas-producing foods (some vegetables and dried beans) and large amounts of roughage (salads) which can cause discomfort.

- Keep portions of protein foods small because they delay digestion as well.



## Georgetown Soccer Club

# Annual General Meeting

Wednesday, November 6, 1991

7:30 - 9:30 P.M.

at Alcott Arena

- Election of Executive and Officers
- Financial Reports
- Proposals From The Public Welcome
- Coaches, Managers, Convenors & Referees Needed

All Those Interested In Youth Soccer Are Urged To Attend