DOMOTTS



BALANCING MIND AND BODY

TED BROWN, Independent/Free Press

A new, eight-week session of tai chi, with instructor Paul Lloyd, begins April 22. Classes will take place Monday mornings at Ecole Sacre Coeur. The Halton Hills Recreation and Parks Department is

offering the chance to explore the ancient Chinese art, which is said to improve flexibility, circulation and balance, ease stress and, for many, open the link between body and spirit.

Former WLU cheerleader leads team to title in first-ever competition

Centennial's cheerleaders are junior varsity champions

month to compete for the Central Western Ontario title.

It was the first ever competition for the new team, launched last September, but they competed with the maturity of veterans and placed first in the Junior Varsity championships.

The team has cheered its way through the boys' and girls' volleyball and basketball seasons and finished up in Milton at the North Halton basketball finals, where they wore for the first time their new uniforms.

The team is coached by French teacher Steve Morrison, a former cheerleader himself at Wilfrid Laurier

Centennial Middle School's Charger cheerleaders University. Morrison stresses safety as a necessary travelled to the University of Guelph earlier this ingredient of the program, particularly in building and dismounting from pyramids two and a half body lengths high.

> Cheerleading has become a very athletic activity. The Ontario Cheerleading Federation, an organization started seven years ago, is endeavoring to standardize rules and regulations concerning both game cheerleading and competitive cheerleading.

> The progression of cheerleading since the Federation's inception has been considerable.

> There are also other cheerleading bodies, such as Cheerleading Dynamics Canada, which runs instructional camps and clinics to properly educate coaches and athletes in techniques and safety.



New kids on the block and already champions, Melissa Coe, Shannon Patriquin, Shannon Shein, Inglis, Lisa Boulanger, Melanie McFarlane, Melis- Heather Hiseman, Karen Fairs, Mary Walker, sa McFarlane, Nicole Brookes, Erica Schlegel, Faydra Goodlet and Amy Ballinger.

the Centennial Chargers cheerleaders are Rachel Cindy Bisson, Stacey Brown, Sarah Hiseman,

Minor Midgets are AAA champions

Halton's Minor Midget AAA Clay Vervooln and Tooley in the Hurricanes have won the Central second. Barrie swept the game 5-2. Ontario crown by shutting down Barrie three games to two in a series clinched in overtime last Sunday night.

Sunday's 8-6 victory in the closely fought final gives the Minor Midgets a shot at the Ontario championships in a series against Agincourt that began last night (Friday).

Halton travels to Agincourt's turf tonight, but is back at Thompson Arena in Milton tomorrow at 7 p.m. Agincourt hosts the fourth match next Saturday, and the fifth, if needed, would be at Thompson next Sunday night.

The local squad got off to the right start in action against Barrie, giving the bad guys a 9-4 pounding to open the series.

The first period ended with Halton ahead 4-1 following goals by Tom Baier (from Jamie Janjevich and Jim O'Driscoll), Derek Robson (from Shawee Tooley and Dave Osborne), Janjevich (from Mike Rusk and Baier) and Jake Mashinter (also from Rusk and Baier).

Janjevich scored again off Baier and O'Driscoll to begin a five-goal drive in the second period, when Barrie could manage only a lone marker.

Sonny Cardillo was aided by Osborne and Janjevich for the next goal, Robson scored alone, Mike McPhail went in with O'Driscoll, and finally, Trevor Thompson netted number nine on his own. Barrie came up with two more goals in the third period, but Halton had a 9-4 victory.

two goals in Game 2. Janjevich scored off Baier and Osborne in the first period, while Derek Ellard netted the other with assists from

Halton bounced back in the third match-up, snaring a squeaker 7-6 to go ahead in the series.

Goals by Janjevich (from Cardillo and Rusk) and Baier (from Janjevich and Cardillo) tied the first period. In the second, Thompson (alone), Mashinter (from McPhail) and McPhail (from Vervooln and Mark Lunn) kept Halton one step ahead in a 5-4 result.

Thompson helped Ellard net the sixth, while McPhail came through on a game-winning penalty shot to clinch the game.

Refusing to yield, Barrie won Game 4 in a 7-5 battle. Scoring for Halton were Janjevich, Lunn, Baier, Vervooln and Thompson. Robson and O'Driscoll recorded two assists each, with Baier, Cardillo, Lunn and Osborne contributing singles.

The stage was set for a tense finale, and Halton didn't disappoint, coming out on top of an 8-6 win in overtime.

In the first period, Cardillo got a hand scoring from Janjevich and Rusk, but Barrie was meanwhile banging in three to get a big head

Thompson (from Ellard and Chris Barrow) and Janjevich (from Baier) had things tied up by the end of the second period, and in the third, it was a neck-and-neck race to a 5-5 tie. McPhail (from Lunn and Vervooln) and Tooley (from Ellard) did the scoring there.

Overtime gave Barrie just one more marker, but Halton came up with three: Robson (from Janjevich and Rusk) Robson again (from El-The Midgets were held to only lard) and finally Cardillo (from Janjevich).

> That's all Barrie wrote, and Halton is pumped for the Agincourt series. Good luck, guys!

Beaver Lumber tied in playdowns

The Georgetown Beaver Lumber "AA" Major Novice hockey club skated to a well deserved 2-1 victory over the Oakville Ranger M.O.H.A. hockey school in the fifth game of the tri-county playdowns.

With this victory, the Lumberman are tied with Oakville for first place in the playdowns.

Matt Hotham scored from the slot at the 7:02 mark, ably assisted by Dan Smith and corner work by Scott Ellis. The first period ended

Ryan Carter held the Lumberman intact with some great goaltending in the second period. One particular blocker save at the 9:17 mark of the second period prevented Oakville from taking the lead. Oakville finally tied the game at 1-1 at the 2:50 mark on a scramble goal while shorthanded. The second period ended 1-1.

Derrick Elliot found himself in the clear at the 1:35 mark but a good save brought the period to

an end.

Brent McClung brought the crowd to their feet in the third period at the 7:12 mark with an excellent goal high on the glove side, from the top of the face off circle.

This power play goal was assisted by Jay Campbell and Dan Smith.

Oakville tried in vain to find the equalizer, but came up short. Final score, Georgetown 2 -Oakville 1.

Notable Georgetown contributors included Trevor Cash, Scott Ellis, Jamie Larocque, Ryan Bobor and Joshua Travers. A solid victory for the Lumberman - the kids deserved to win.

The Lumbermen lost a heartbreaker 2-1 to the Flamborough Stewart Fuel club at Carlisle Arena on St. Patrick's Day, their first loss of the playdowns.

Flamborough scored a power play goal at the 3:02 mark with both Brent McClung and Matt Hotham off for tripping at the 4:52 and 4:28 mark, respectively.

Flamborough made it 2-0 with another scramble goal at the 2:50 mark as the Lumberman failed to clear the puck out of their own end. Dan Smith finally put the Georgetown team on the board with a great forehand shot low on the glove side to score with the hard work of Jay Hayes to set the goal up at the one second mark to bring the period to a close at 2-1.

The third period saw Georgetown desperately try to even the game up but despite a valiant effort, the score remained 2-1 in Flamborough's favor.