

# GMHA honors top house league hockey performers

By STEVE LeBLANC  
Special to the Independent/Free Press

The best of the Georgetown Minor Hockey Association house league squads were out in full swing last Saturday at Alcott Arena during the GMHA's annual Tim Hortons House League Day of Champions.

In tyke, Mathew Velten of the Terra Cotta Cookies was named league Most Valuable layer (MVP). Andrew Buck of J.V. Clothing was the league's Most Improved Player (MIP) and awarded with the Most Sportsmanlike Player (MSP) honor was Michael Rudat of the McFarlane Masonry team.

In the tyke Copper Championship, which McFarlane Masonry scored a 2-1 victory against Montego Construction, Aaron Cardon of Montego

Construction and Travis Bland of McFarlane Masonry were each named MVP for their teams.

Gary Rya was named MIP for Montego Construction and Taylor Gabel won the MSP award. For McFarlane Masonry, Ryan Maracle was the MIP and Jason Richardson earned the MSP award.

Kyle Russell of the Hockey Moms was named MVP for his squad while Bradley Henderson was the MVP for the Terra Cotta Cookies. Hockey Moms player Anthony Murphy was the MIP while teammate Ryan Hirtle won the MSP honor. The MIP for Cookies was Jimmy Present while Andrew Fedora won the Sportsman award.

Todd Gilmore was named MVP for Cakes of Elegance while Marcus Sargent was the MVP for Eagle Landscaping.

Corey Colarossi was named MIP

for Cakes of Elegance while teammate Ryan Alber was the Sportsman award winner. Eagle Landscaping's Graham Knoepfli was the team's Most Improved Player and Thomas Elinesky was the MSP award winner.

The MVP's for the tyke finalists were J.V. Clothing's Gavin Aldridge and Kevin Field of Armstrong Insurance. Armstrong Insurance took down J.V. Clothing 5-2.

Picking up the MIP for J.V. Clothing was Daniel Sliasis and teammate Dean Spittal won the MSP award. Armstrong Insurance's MIP was Chris McCulloch and taking home the MSP award was Derek Naylor.

In novice action, Firestone pulled off an exciting 4-3 victory over Admor Doors.

Kyle McIlvenna of Firestone was named league MVP while Admor

Door Systems' Dustin Weger was the MIP. The MSP award went to Ryan Norton of Firestone while the Vezina (goaltender's) award was claimed by M & Ms' Ryan Louth.

The atom championship was won by Varian, who scored a 2-1 win against Pizza Pizza.

Greg Bidwell was named atom house league MVP while Rajveen Hundal was named Most Improved Player. The MSP award went to Tristan Temple and the Vezina award was won by Paul Dimarco.

Taking the peewee championship contest was Georgetown Rent-All, who beat Georgetown Toyota 5-2.

The peewee league MVP was Danny Cabral of the Georgetown Firefighters and teammate Ross Stevenson was the MIP. The Most Sportsmanlike Player award went to Georgetown Toyota's Brendan Alexa.

A tie saw David Clark of Georgetown Rent-All and Nick Toris of Georgetown Toyota score the Vezina Trophy honors.

Gary McLean was the bantam league MVP and winning the MIP award was Jason Myers. Steve Sheppard won the MSP award while netminder Brad Friend claimed the Vezina trophy.

Millwood edged out Georgetown Honda 3-2 for the bantam championship while McGibbon Hotel took a 7-3 win over the Lions Club in the midget/juvenile final.

The Most Valuable Player award for the midget league was Steve Boyle and picking up the MVP honor for the juvenile league was Jamie Tripp. The Most Improved Player award went to Randy Geerts and the Sportsman award was presented to Dave Steer. The Vezina trophy was claimed by Dave Frost.

HALTON HILLS  
WEEKEND

## SPORTS

ACADIAN POOLS & SPAS

VISIT OUR SPA SHOWROOM  
134 GUELPH STREET  
873-3320

Carl's Catering  
Company Limited

Bino Brampton 457-2813 Since  
Dall Georgetown 873-2277 1959



### Sports

#### SHORTS

##### Golf Scramble

The Optimist Club of Georgetown is holding the second annual Optimist Mayor Russ Miller Golf Scramble, July 13, Georgetown Golf and Country club. Contact Shell Lawr, 877-9109 or John Fendley, 877-6901.

##### Chess Club

Halton Hills Community Chess Club invites chess players of all ages and levels to attend our spring season. Meetings held every Wednesday evening 7-10:30 p.m. at the Georgetown District High School. Both casual and tournament play. For further information call Dave Bowman, 877-9924 or Peter Welling, 877-4154.

##### Youth Activity Night

Hey, kids, Grades 6, 7 and 8! Drop in at Ecole Sacre Coeur on Wednesday nights for sports activities with your friends. This Recreation and Parks Department program is a pay as you go series, \$3 each Wednesday from 7-9 p.m.

##### Gourmet Mother's Day

Learn how to cook a gourmet breakfast delight for Mom on her special day. This two-hour class is designed for one adult and up to three children aged 7-10 years. \$5 per person registration fee. Saturday, May 8 in both Georgetown and Acton. Call the Halton Hills Recreation and Parks Department at 873-2600, ext. 275 for info.

##### Indoor soccer

The Acton Soccer club is continuing with its indoor training sessions at McKenzie-Smith gymnasium each Sunday until the end of the month, excluding today (Easter Sunday). Youngster are asked to bring running shoes, t-shirt and shorts. For more information on times for your age group please contact Sheila Bailey at 853-3866.

##### Self defence for teens

Don't be scared... be prepared! Learn the basics of self defence from this program offered by the Recreation and Parks Department. Wednesday, April 28 from 7-10 p.m. \$20/person.

## Black belt main goal for Kato

On the surface, Georgetown youth Cara Kato appears much the same as any other teenage girl - she's young, small, attractive and interested in school and having fun just like everyone else.

To look at her, one would hardly imagine she could be an expert in the art of judo, a powerful martial art which originated in the East.

However, this is exactly what this 18-year-old former Georgetown District High School student is. Since the time she was able to read, Cara has been studying the sport of judo.

Her entry into the martial art came at age four when her and older brother Paul, now 20, decided to join their father's judo class at the Brampton YMCA. Father Bill Kato (a first degree black belt) has been involved in judo for over 26 years now and has been his children's instructor since their beginning.

"My father was teaching classes very often when I was young and at one point I just wanted to see what he was doing," explained Cara.

Since their induction into the sport, Cara and Paul have been moving up the ranks of competition at both the provincial and national level. Paul has since stopped competing but not before the siblings collected a basement full of trophies and medals.

The high point of Cara's career in judo came last October when after qualifying to compete with the Junior National Women's Judo Team, she made the trip to Argentina to take on the best from all countries at the 1992 World Junior Judo Championships.

Although she was beaten out by a girl from Japan in her first fight and eliminated early in the competition, it was an experience Cara looks back on with fond memories.

"We were there for about a week and although there was a lot of practicing to do, we did get to see some of the country," explained Cara.

In qualifying to compete for last year's World's, Cara turned in some of her best efforts to date and captured first place honors at the Canadian National Junior Women's Judo Championships last May in the 56 kg. weight class. It took her six wins to score the gold including three challenging matches against Quebec opponents.

"I was very excited (about making the national junior team)."

The year before at age 17, Cara also took home the gold at the Nationals, held January 25 and 26 in Winnipeg. Facing two opponents from Ontario and another from New Brunswick, Cara did battle with the previous year's champ Sylvia Valais of Quebec in the finals and emerged victorious.

With her 19th birthday coming next month, Cara has already qualified to compete at the 1993 World Senior Judo Championships, set to be held in Hamilton this summer. She qualified to compete during the first of three qualifying



Cara Kato displays some of her numerous awards.

meets held last fall and winter.

However, unless she can get her weight down to 52 kg. (the weight in which she qualified in) she won't be competing.

"I qualified in the 52 kg. weight class and I'm a few pounds more than that now and I've been having some difficulty bringing the weight down."

Cara explains that judo differs from other forms of martial arts in that it is geared more towards self-defence. Quite similar to Aikido, Judo focuses on a series of throws and restraining holds designed to defend one's self against attackers.

During her high school years, Cara competed at invitational judo meets all across Canada and the United States. During the height of the season, she would take part in up to three competitions each month. Her first trip to the Junior Nationals came when she was 14 years old. She placed third and took home the bronze that year and had failed to place since, up until two years ago.

"The traveling that goes along with competing is something I really enjoy," said Cara.

She had also been involved in teaching judo to a small group of youngsters at Old Fellow's Hall in Halton Hills last year, after receiving her teaching certificate in May 1991.

Since this time, Cara has graduated from GDHS and is currently in her first year at George Brown College in Toronto, where she is studying fashion design.

With living and going to school in Toronto, Cara's training schedule has been cut down to two classes a week in Brampton. Presently a brown belt in the sport, Cara says her main goal once school finishes up next month, will be to focus on gaining her black belt in judo this summer.

"With the other belt levels, your instructor decides when you are ready to move up but with the black belt, you must go before an official board and demonstrate your skills and techniques."

Should she be successful, she will join her father and brother, who already have their black belts.

Although she loves to compete, Cara says she isn't sure where her involvement in judo will take her at this point and appears content to continue her training and focus her energy on succeeding at college.

With her hard working nature and skills in judo, Cara's two big goals of earning her black belt and making it in the world of fashion design are sure to be met with success in the months and years ahead.