

# Georgetown volleyball players compete at Penn State

This weekend, two Georgetown athletes, members of West Side Juvenile (18 & under) Volleyball Team, will be competing at State College, Pennsylvania following an invitation from the Penn State organizers.

Since the club's inception in 1984 there has been a continuing tradition of West Side attracting high level athletes from GDHS's volleyball programs.

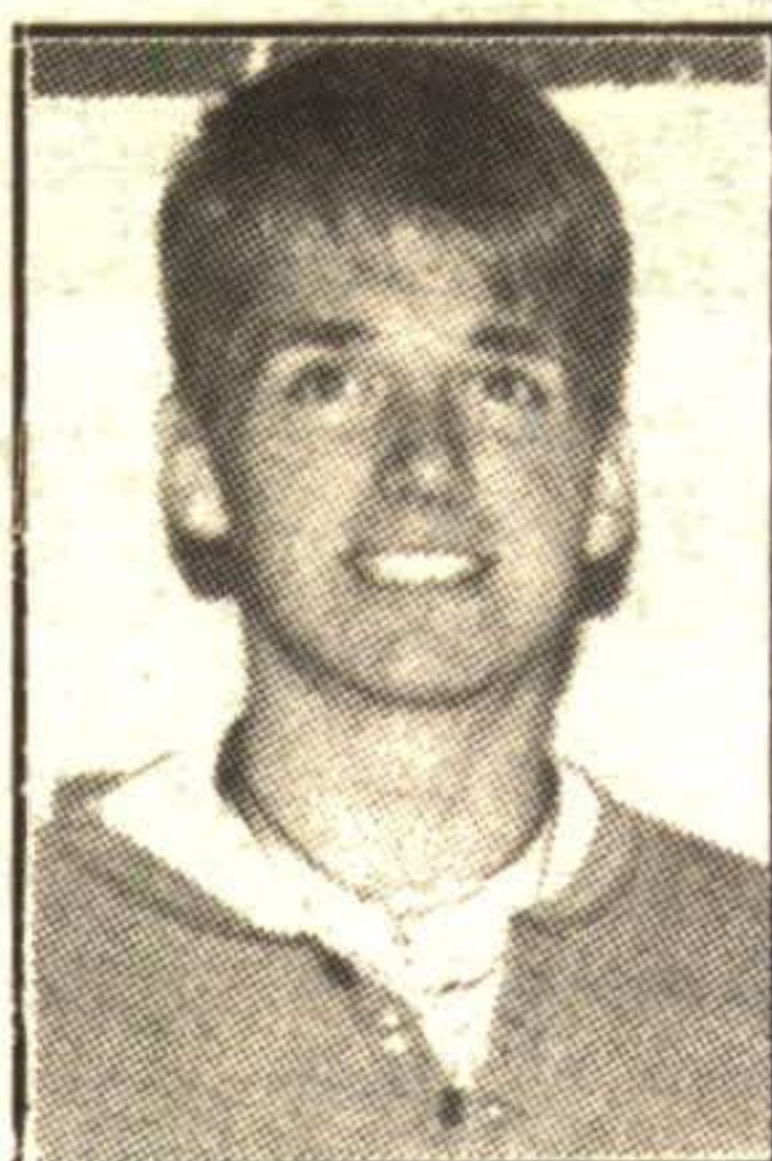
Returning veteran David Sands marks his fifth year with West Side. An OAC student at GDHS, Sands was captain of last season's Senior Boys Volleyball Team which claimed the 1993 Halton County Championship and narrowly missed going to OFSAA.

Fellow Senior team-mate Ron Harrison, a Grade 12 GDHS student, returns to West Side

for his second year after a great rookie start.

The Oakville-based club is the single Canadian entry in this tournament which is drawing 16 teams from as far afield as Maryland, Massachusetts, and Wisconsin. The invitation was extended based upon the team's reputation and success achieved so far this season with four first-place finishes and one second-place in both its own age group, the Junior (age 20 and under) Division and matches in the U.S.A.

Commenting on the invitation, Coach John Burt stated that this is a great opportunity for the team. This tournament will twin with an



DAVID SANDS

NCAA tournament being held the same weekend with coaches from the six top Division 1 universities in the US east and midwest. This parallels one of the club goals of creating opportunities through volleyball for players with this level of personal and academic commitment. Promoting the athletes within the sport and creating opportunities beyond are certainly two of the keystones of this club's philosophy which is further enhanced by the players sense of worth and earned

confidence. The tournament is one more step leading towards the team's goal of qualifying for the Canadian Nationals to be held in May

in Saskatchewan.

Sands said he was really pleased with the team's most recent success in the junior division and counted his high kill ratio (56 per cent) and low error percentage (12 per cent) in the recent Rochester tournament as one of the highlights of his playing career. Harrison says he has found the transition to a starting player to be challenging and rewarding especially given his statistics of over 50 per cent on his hitting percentage. "It's really great being able to run the middle as often as we do on our team, especially now that I'm starting."

The next local tournament will be at the Jr. Open in Oakville at Oakville-Trafalgar High School which will draw teams from

HALTON HILLS WEEKEND

## SPORTS



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### Leisure

#### Lines

##### Bowlers second

The Georgetown contingent in the Dairy Queen's "Kids & Golden Agers" Tournament traveled to Cambridge on Sunday, Jan. 23. The team of bantams Kelly Klimsiak and Lisa Clarke with Joan Archibald and Mabel Hives placed second, only ten pins behind the team from Elmira. The coach-chaperone Debbie Hole said that an exceptional number of corner pins made the going too tough.

The men's team of bantams Eric King and Willy Walker with "Golden Agers" Gord Morton and Bill Stansell also found the going too rough. Rob Harrison said the team could not get untracked and so ended up in fourth position.

The bantam bowlers will still have time to go for gold as the qualifying rounds for the "Master Bantam" Championships start this coming Saturday.

##### Locals compete

Many young riders from within the Halton area competed in the Trillium Provincial Championships in Ottawa last fall.

These riders qualified for the Championships by finishing in the top 7 in the Central West Division of the Trillium circuit after 10 Shows throughout the 1993 season. Someday Farms, Halton School of Equitation, Touch 'N Go Farms and Mileston Stables were some of the local riding establishments well represented in Ottawa.

Among the competitors was Tina Royce, a Georgetown resident, who rides at Someday Farms, situated just north of Georgetown and is trained by Robert Sharpe and Amy Fredeburg.

Tina finished the season in 3rd place in the Childrens' Division and 7th in Equitation B on her horse Solida. At the Ottawa Finals she was also successful in both Divisions receiving 3rd and 6th ribbons in the Childrens' Division, 10th in the Hunter Classic and was the Champion red ribbon winner in the Equitation B Over Fences.

##### Hurricanes split

The Halton Minor Novice AAA Hurricanes split a pair of 7-0 decisions last week, downing Streetsville and losing to Barrie.

Tim Jasperson and Peter Schultz each scored two in the win while Adam Kemp, Tyler McMaster and Todd Gilmore netted one each. McMaster and Gilmore also earned two helpers each, as did Jason Russell and Robert Scarbosa. Tyler Czuba and Patrick Sherren picked up single helpers.

### Dunbar, Hoddinott speak to 100

## Sports injuries topic of local seminar

By STEVE LeBLANC

Special to The Independent/Free Press

Halton Hills coaches, managers, trainers and athletes came away Tuesday evening with a greater understanding of the prevention and treatment of sports injuries - from two of Canada's leading experts in the field.

Sponsored by Young's Pharmacy and Homecare of Georgetown, the "Evening of Sports Medicine" at North Halton Golf and Country Club featured in-depth discussions by local physician Dr. Boyd Hoddinott and former Argonaut trainer Fred Dunbar. Approximately 100 residents attended the seminar.

"The first thing I tell people getting back into sports is 'Don't run a marathon the first day'," explained Dr. Hoddinott, "Plenty of adults get back into sports after a number of years, and the next day they're in my office."

Dr. Hoddinott stated that many of the injuries he comes in contact with are due to poor weight lifting techniques. He explains that muscle building must be balanced out (in order to work all adjacent muscles) and that a regular stretching program is very important.

He said several injuries including shoulder injuries, petular injuries and knee injuries can result from improper weight training.

Dr. Hoddinott focused on ankle injuries and explained that these are the most poorly treated, because people don't consider them very serious.

The R.E.S.T. (Rest, Ice, Compression, Elevation) technique is always the best treatment possible, he stressed, and that it's important to find out if it's the person's first ankle injury.

The local physician's portion of the seminar also included 'his' method of doing situps, which is to make fists with the toes while doing the situp - which apparently makes the exercise much more



Local residents came away with better knowledge of prevention and treatment of sports injuries Tuesday during "An Evening of Sports Medicine". Guest speakers were

ex-Agro trainer Fred Dunbar (left) and local physician Dr. Boyd Hoddinott. The event was sponsored by Neil Young (right) of Young's Pharmacy and Homecare.

challenging.

"I know plenty of athletes who can't do even one of these situps that way."

Fred Dunbar's discussion time focused on treatment for knee and ankle injuries and included demonstrations on proper icing and taping jobs.

Those in attendance learned that icing a knee or ankle injury for 10 to 15 minutes, then leaving the ice-pack off for 5 to 7 minutes and repeating the process for four to six hours will help bring the swelling down. "You must take the ice-pack off once the area starts to

feel numb," said Dunbar.

This is the technique he used when basketball star Bob Sharpe was injured during the University of Guelph's trip to the CIUA finals in the 70s. Waking the star up every hour the night before to ice the injury allowed Sharpe to play and eventually won Guelph the championship.

He also demonstrated a proper taping job and explained that a good therapist will give people with knee and ankle injuries special exercises to do between therapy sessions - and that these exercises are vital to full recovery.

"I think coaches should have a basic knowledge of warming up, stretching techniques and of CPR because we are entering an era where coaches are going to be held more responsible for player injuries," Dunbar said.

Neil Young of Young's Pharmacy said he was quite pleased with the large turnout and with the excellent discussions by both guest speakers.

"I was concerned with people being able to understand the terminology, but the seminar was very straight-forward and fairly easy to understand," said Young.

## Sunny Acre Farm midgets rally for win over Thorold

The Georgetown Sunny Acre Farms Midget Raiders turned in a great third-period comeback and recorded a big 7-3 victory over Thorold in game one of their best-

of-seven OMHA playdown series at home last Thursday.

The local midgets went into the third period down 3-2 but went on the attack and fired five goals past

the visiting netminder while local goalie Steven Heinz shut-out Thorold attackers.

Leading the way for Georgetown was Mark Aldridge who turned the

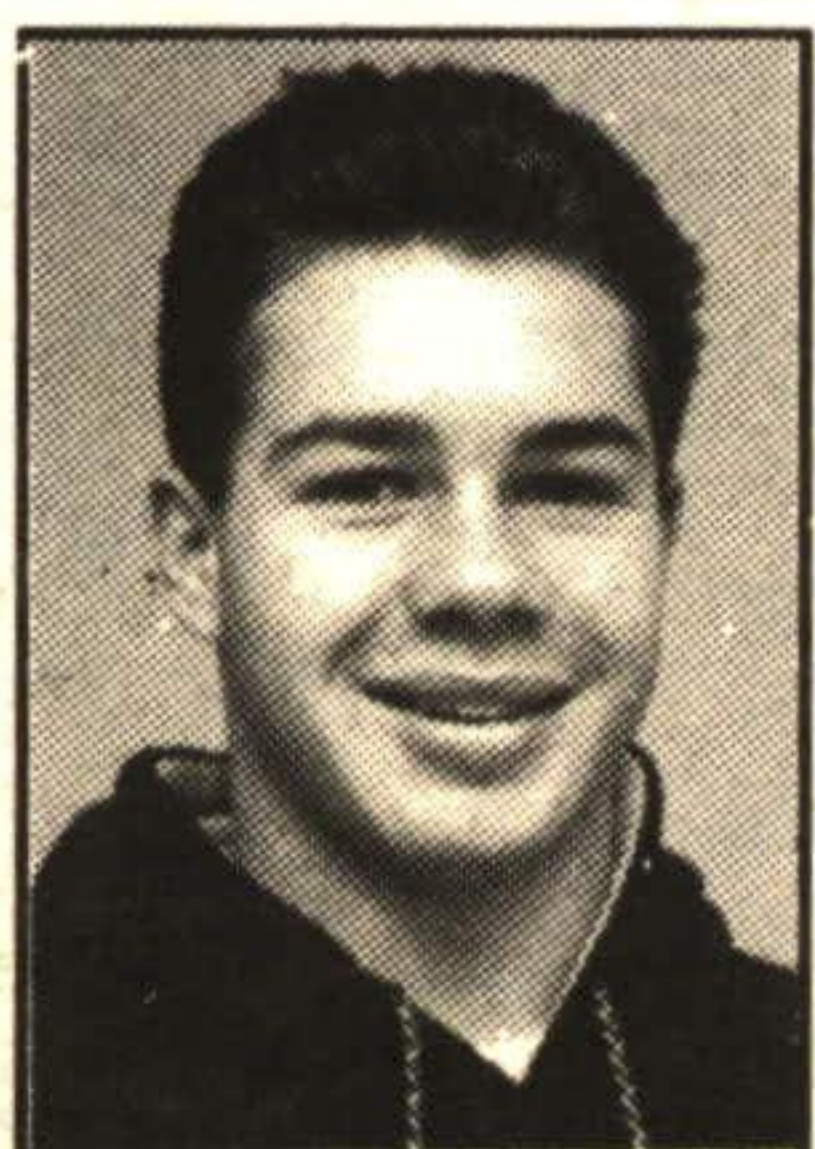
hat-trick while teammate Mark Boucher netted two. Recording singles were David Boere and David Doole. Will Pomp also had a big game with four assists.

## Athletes of the Week

GDHS Athletes of the Week are Bridget Campbell and Ryan Martin. Bridget was chosen for her outstanding power on the junior Rebels volleyball team. Ryan, a point guard on the junior Rebels basketball team, was effective in a recent game against Aldershot. Acton High School Athletes of the Week are Pam Olsen and Giancarlo Scappin. Pam has been a strong player on the senior Redmen volleyball team, and helped the team win against Assumption, recently. Giancarlo, who wrestles for AHS with the GDHS wrestling team, won first place in his division at a recent meet at E. C. Drury in Milton.



BRIDGET CAMPBELL



RYAN MARTIN



PAM OLSEN



GIANCARLO SCAPPIN