



**GREEN CHAMPS:** The Under-17 Georgetown Soccer Club Green team edged the Maroon team 3-2 to take the championship game at the Dufferin Rural Heritage Centre in Acton last Tuesday. — Submitted photo

## HOUSE LEAGUE

### TYKE

#### Eramosa Physiotherapy – 6 Acton Referees – 5

Eramosa goals: Campbell Gallant (3), Brayden Kalverda, Jacob St.Pierre, Ethan Davidson. Assists: Caden Gidge, Daniel Wood, St.Pierre, Gallant (2), Sierra Kendall, Will Phyllis, Annabel Hart. Acton Referees goals: Albert Ladesma (3), Brody Nyitrai, Connor Brown. Assists: Aiden Stewart, Alexander McCauly, Gaby Jennings, Jeremy Mercer, Ladesma.

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#### Sunny Motors – 6 T&R Paving – 3

Sunny Motors goals: Ryan Soares (2), Zachary Marshall (2), Owen Wilson, Hayden Hamilton. Assists: Marshall (2), Preston Borden (3),

Cormac Mcphee (2), Soares, Wilson. T&R Paving goals: Nicholas Cordingley, Nathan Morrow, William Horne. Assists: Jacob Andrews, Adam Champagne, Ethan Malcolm, Ashlin Chalmers.

### PEEWEE

#### Acton Firefighters – 5 Mortgage Edge – 3

Acton Firefighters goals: Lucas Scully (2), Elisha Tanton, Makayla Dee, Brady Borges. Assists: Borges (3), Christian Jander, Dee, Stihl Northey, Tanton, Scully. Mortgage Edge goals: Ethan Constable, Jordan Carachi, Cameron Shoebridge. Assists: Constable (2), Jennifer Parsons.

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#### H.E.L.P. Safety – 5 Nellis Construction – 3

H.E.L.P. Safety goals:

Jack Timmerman (2), Spencer Waight, Ryan Griffiths, Matthew Dunne. Assists: Keiran Lawson (3), Cater Macpherson (2), Ben Rushlow, Josh Wilson, Jack Mowat. Nellis Construction goals: Andrew Grant, Devonte Teves-Benjamin, Brandon Kri. Assists: Joe Graham (2), Andrew Grant (2), James Nelson-Alves, Jake Case.

### BANTAM

#### Dominos Pizza – 2 R/M Construction – 4

Dominos goals: Michael Alain, Tommy Renaud. Assists: Matthew Cull, Alain, Rachel Thornhill. R/M Construction goals: Mitchell Pengelly, Jacob Pirri (2), Brodey Northey. Assists: Northey, Pengelly (2), Madeleine McArthur, Colin Masse (2), Pirri.

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#### Bill & Lia McNally – 2 Endzone Sports – 3

Bill & Lia McNally goals: Matt Meihm (2). Assists: Jacob Bruce, Andrew Wright. Endzone Sports: Blaine Boyce-Walker, Curtis Bee, Roberto Mongiat. Assists: Mongiat, Ty Martin,

Boyce-Walker, Kenneth Herrington (2).

### MIDGET

#### Fraser Direct – 1 Acton Precast – 0

Fraser goals: Ian Thompson. Assists: Owen Jubinville, Alexander Armstrong. Shut out: Justin Gear.

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#### Atlantis Photo – 5 Macmillians – 1

Atlantis goals: Colin MacDonald (2), Billy Mowat, Angus Agnew, Chris Dunlop. Assists: Christine Bennett (3), Mowat (2), Mitchell Lauzon (2). Macmillians goals: Kurtis Scott. Assists: Simon McNally, Eric MacCallum.

## Hydrate and wear protective equipment

The spring sports season is a popular time for school-aged children who after being cooped up indoors, are ready to spend time in the fresh air. Organized team sports are one way they can burn energy and learn lessons in camaraderie and problem-solving.

Spring sports season presents a host of opportunities for athletic youngsters. But the secret to a successful season has little to do with wins and losses and a lot to do with making sure children have fun and take the necessary precautions to reduce their risk of injury on the playing field.

According to the Na-

tional Institute of Arthritis and Musculoskeletal and Skin Diseases, nearly 40 million children and adolescents participate in organized sports across North America each year. Although sports are an ideal way to socialize and get much-needed exercise, they also can increase participants' risk of suffering a sports-related injury. The Centers for Disease Control and Prevention state that millions of children age 15 and under are treated in hospital emergency rooms for sports-related injuries every year. Some of the more common injuries include sprains and strains, growth plate injuries, repetitive motion

injuries, and heat-related illness.

Safety precautions for track and field competitors revolve heavily around the athlete's conditioning. Allow for ample warm-up periods and make sure athletes always wear supportive footwear. Players should always consume a good deal of water or other fluids to remain hydrated, and take sufficient breaks when the weather is warm.

Parents can help prevent sports-related injuries by insisting kids stay hydrated when exercising and always wear the proper safety equipment when playing.

**Acton Minor Ball**  
www.actonminorball.com

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**EARLY BIRD REGISTRATION ENDS MARCH 25, 2013**

For more information, go to [www.actonminorball.com](http://www.actonminorball.com) or email: [info@actonminorball.com](mailto:info@actonminorball.com)

**WANTED:** Players for Bantam team born 1998 or 1999.  
25% fee reduction for any referral