SUMMER SLIM-DOWN SPECIAL

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Cristy Nurse of Georgetown (left) poses with her Canadian teammates after earning gold medals in the women's 4s race at the Holland-Beker international meet in the Netherlands late last month. Also in the photo (from left) are Christine Roper of Victoria, B.C., Ottawa's Sarah Black and Natalie Mastracci of Thorold, Ont. Submitted photo

Nurse back in the paddle

Georgetown's Cristy Nurse has graduated from law school and is back on the water representing Rowing Canada at international events.

The 26-year-old recently finished her studies at the University of Ottawa and is managing to compete despite a hip/back ailment that kept her out of the silvermedal-winning Canadian senior women's 8s boat at last year's Summer Olympics in London, England.

Nurse helped the Canadian team earn two gold medals at the recent Aegon Koninklijke-Holland Beker in the Netherlands, a competition that is considered a tune-up for the World Rowing Cup in Lucerne, Switzerland July 12-14.

Nurse, an Ottawa Rowing Club member was aboard both the women's 4s and 8s teams that won their Holland-Beker races convincingly over Dutch and New Zealand entries.

Henderson new Blue Fins' head coach

The Halton Hills Blue Fins didn't have to look too far to find the new head coach of their swim club.

Chris Henderson began his association with the Halton Hills Blue Fins many

years ago when he proudly wore the "Blue Fins Blue" as he competed at provincial and national Age Group meets.

He graduated from the University of Waterloo with a BA in Social Development Studies and a diploma in Social Work. In 2008, he returned to the Blue Fins' coaching staff under the direction **HENDERSON** of head coach Mike Thompson.

The 29-year-old Henderson has worked with all levels of our competitive and non-competitive programs and is an NCCP Age Group Certified coach, a FINArecognized Open Water Coach and was selected as an assistant coach for the On-

tario Summer Games in 2010. He will take over from Thompson, who has moved on to the Oakville Aquatic

Club, on Aug. 1.

"I'm very excited about the opportunity the executive has given me and I'm excited to put my own stamp on the club and further strengthen and build HHBF to bigger and better things," said Henderson, who resides in Georgetown with wife Mallory and 18-month-old

daughter Sophie.

Tide wants another shot at Wolverines

CHRIS

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North Halton has just one regular season game left, a home tilt Sunday at Kiwanis Field against last-place Clarington at 3 p.m., before getting a bye through the first post-season round.

It was a clean sweep of the Sunday tripleheader in Georgetown for the Wolverines, as the senior varsity squad downed North Halton 47-17, after Peterborough's bantams clinched first place in their division with a 36-20 win over the 4-2 Tide.

UP FOR THE CHALLENGE: The Halton Hills Minor Football Association will hold its inaugural Children's Wish Football Challenge tomorrow (Friday, July 12) at Kiwanis Field.

The festivities kick off at 6 p.m. and a flag football game between the Georgetown Fire Fighters and the HHMFA executive will take place at 8 p.m., with the atom and house league teams playing before the contest and at halftime.

A silent auction, barbecue, 50/50 table and kids' activities are also planned, as well as a radar gun to measure running and throwing speed. Funds raised by the event will go towards the Children's Wish Foundation and the HHMFA.

