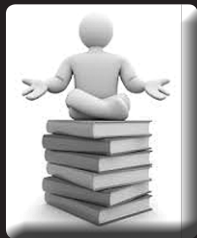


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Gerry Ross  
H.B.Sc. PT, MCPA,  
FCAMT

**Q:** My children play a lot of sports. Should they be stretching to prepare for activity?

**A:** Youthful tissue is more resistant than older tissue to strains and sprains but these types of injuries do occur in children. It is also important to consider that habits formed during youth lay the foundation for adult behavior and from this perspective it is crucial that young people are taught the principles of pre-game preparation and post-game cool down so that they are more likely to enjoy the benefits of being active throughout their lives. Performing drills prior to sports enhances mental alertness and reflex responses and stretching prior to sports exposes the tissues to forces that may be encountered during the sport but do so in a more controlled manner, thus preparing the tissue without the risk of injury. Stretching after activity is one of the best ways to stimulate lengthening of tissues because the tissues are warm and therefore more pliable. This also "wings out" muscles which possess irritating chemicals such as lactic acid.



## TOP 25 CANADIAN IMMIGRANT Awards

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## Notice of Public Open House Premier Gateway Phase 1B Employment Area Draft Secondary Plan [haltonhills.ca](http://haltonhills.ca)



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### NOTICE OF PUBLIC OPEN HOUSE PREMIER GATEWAY PHASE 1B EMPLOYMENT AREA SECONDARY PLAN STUDY

**Date:** Thursday, March 1st, 2018  
**Time:** 6:30 p.m. – 8:30 p.m.  
**Location:** Mold-Masters SportsPlex  
Gordon Alcott Heritage Hall  
221 Guelph St. (Hwy 7), Georgetown

You are invited to attend a public open house related to the Premier Gateway Phase 1B Employment Area Secondary Plan Study.

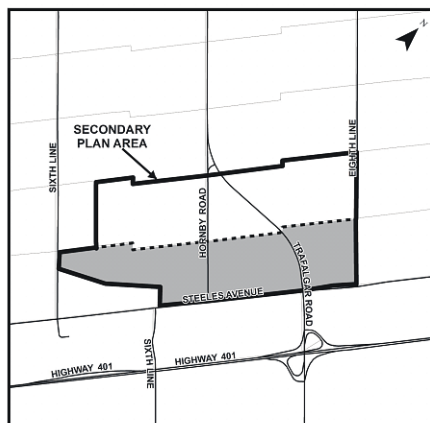
#### Purpose of the Study:

The purpose of the secondary planning exercise is:

- To develop a comprehensive Secondary Plan with appropriate land use designations and policies for the Phase 1B Employment Area.
- To identify up to 75 ha of additional land to be designated for employment and added to the Phase 1B Area to replace the shortfall of employment lands to the 2021 planning horizon in the Town as a result of GTA West/HPBATS Corridor Protection.

#### Study Area:

The Secondary Plan Area is illustrated on the map to the right. The greyed area represents the already designated Phase 1B Employment Area, while the lands which are being considered for the location of up to 75 hectares of additional employment land are also shown within, and are being planned as part of, the comprehensive Secondary Plan Area.



#### Purpose of the Meeting:

The purpose of the meeting is to update residents and land owners on the current status of the Secondary Plan and supporting background studies and to obtain public input on the draft Land Use Plan and draft policies for the Secondary Plan Area. Public input gathered at the meeting will be considered prior to finalization of the Draft Secondary Plan to be brought forward to Council for adoption.

#### Meeting Format:

The format of the meeting is as follows:

Doors Open/Drop In 6:30 p.m.  
Presentation 7:00 p.m.

Attendees are invited to participate in a Question and Answer period as well as a small group exercise following completion of the Presentation component.

#### RSVP:

In order to assist with the preparation of this event, those interested in attending are requested to register in advance with the Town.

RSVP should be made with: Christine Maiorano, Planning and Sustainability Department, 905-873-2601 ext. 2377, [christinem@haltonhills.ca](mailto:christinem@haltonhills.ca)

#### YOUR INVOLVEMENT IS IMPORTANT:

For more information on the study or to submit comments, please visit the Study Webpage:

<http://www.haltonhills.ca/initiatives/Phase1B.php>

#### Study Contacts:

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Tel: 905-873-2601 ext. 2254  
Fax: 905-877-3524

#### Note:

This Study is being carried out in accordance with the requirements of the *Planning Act*. Transportation and Water and Wastewater Servicing Master Plans and a scoped Subwatershed Study, which are components of the Secondary Plan, are also being carried out in accordance with the requirements of Phases 1 and 2 of the Municipal Class Environmental Assessment process (which is an approved process under the *Environmental Assessment Act*). Information will be collected in accordance with the Freedom of Information Act. With the exception of personal information, all comments will become part of the public record.