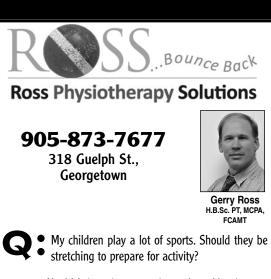


Ask the

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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 "wrings out" muscles which possess irritating chemicals such as lactic acid.



Veronica Appia/Metroland

From left to right: Wendy Molnar, Julie Liddle, Laurie Robinson, Lyn Corbett, and Alyson Findlay

2018 Pink Pyjama Party raises \$11,000 for CAShh

Members of Cancer Assistance Services of Halton Hills have been presented with the proceeds from the tenth annual Our Sister's

COMMUNITY

Pink Pyjama Party - a cheque for \$11,000.

Event organizers Julie Liddle and Alyson Findlay presented the cheque to CAShh on April 11. More than 500 women attended the event on Jan. 19 at Nashville North in Norval.

HALTON HILLS MINOR HOCKEY ASSOCIATION

REGISTRATION REMINDER

Registration is OPEN and the Early Bird Deadline is April 23rd, 2018. After April 23rd, 2018, registration fees are higher.

For more information and to register go to: haltonhillsminorhockey.com and click on the Registration link.