

# Recreation and Sports

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## Raider stars accept U.S. hockey scholarships

By Colin Gibson

Two stalwarts of this year's Georgetown Chrysler Raiders squad won't be a part of the team next season.

Eighteen-year-old defenceman Ante Galic, who won the Halton Hills Tire Centre trophy as Raiders Rookie of the Year and who was also selected the Most Improved Player over the balance of the 1992/93 season, is heading south of

the border, as is 20-year-old net-minder, Jason Sirota.

In his first year with the Raiders, the Galic scored seven goals and added 23 assists in just 45 games. His imposing 6'3", 205-pound frame also caused opposing rushers to have second thoughts when entering his section of the ice.

He has accepted a four-year full ride scholarship at Hamilton College in Clinton New York. Hamilton College plays in Division

II of the National Collegiate Athletic Association's (NCAA) Eastern Collegiate Athletic Conference (ECAC).

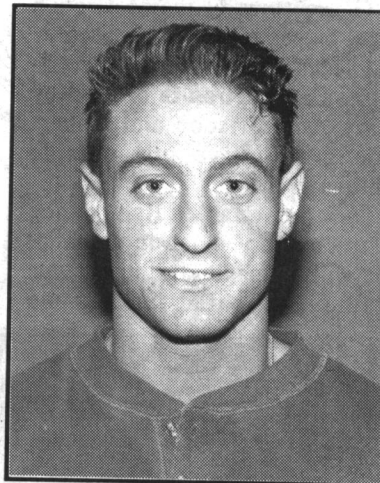
Although he was contacted by other U.S. college hockey hotbeds, Galic says he decided on Hamilton College because of the "Excellent impression varsity coach Phil Grady made on me."

Galic is in his final year at St. Martin's Secondary School in Mississauga and spent his formative hockey years in the Metropolitan Toronto Hockey League (MTHL).

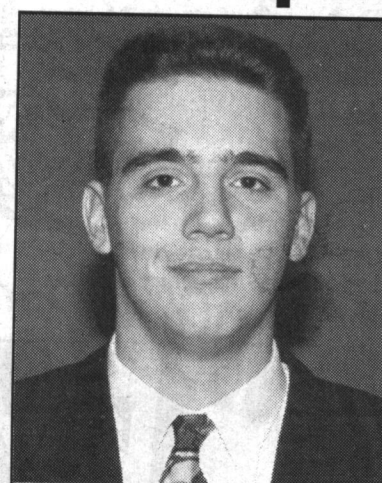
It was in the MTHL that Galic was first spotted by John Ervin, now a scout for the Raiders.

He will be pursuing a degree in Environmental Science at Hamilton College but also feels he would like at shot at professional hockey; if not in the NHL, then in Europe.

Not a big young man by any stretch of the imagination (5'8", 160-pounds) nevertheless, Sirota was often called upon to take on the



Jason Sirota



Ante Galic

mien of Horatio at the Bridge when his mates had one of their 'off nights'. The Thornhill native saw some action for the Raiders two seasons ago, and played last season for Merritt in the Tier Two British Columbia Junior A Hockey League.

Sirota has elected to attend Fredonia State University in upstate New York, but unlike Galic,

Sirota's scholarship will be reviewed year-by-year.

Fredonia plays in Division III of the ECAC.

He is aiming for a degree in Criminology, but admits he would like to test the waters of professional hockey in Europe before embarking on a hoped-for career in the police service.

### Activity Line

#### Physical activity patterns

By Laurie Burns

Are you motivated to keep up your exercise regime or are you bored? Do you get tired of doing the same physical activity (or lack of it) day after day? If so, read on!

I would like you to become aware of your current activity behavior patterns and suggest ways to improve them.

For the next week, follow these guidelines. Circle the guidelines you adhere to each day or circle 'Does not apply'.

1. Exercised with a friend S M T W Th F S Does not apply  
(It's harder to forget about it when you make a commitment to someone)
  2. Exercised the same time each day. S M T W Th F S Does not apply  
(Becomes routine)
  3. Picked an activity I enjoyed. S M T W Th F S Does not apply  
(Why do something you dislike?)
  4. Dressed the part for activity. S M T W Th F S Does not apply  
(More comfortable, free movement)
  5. Thought the part of activity. S M T W Th F S Does not apply  
(Are motivated and have a positive frame of mind to get the most out of it)
  6. Exercised to music. S M T W Th F S Does not apply  
(Music is a great motivator and is inspirational)
  7. Had someone monitor my exercise and daily activity. S M T W Th F S Does not apply  
(We all need help from time to time)
  8. Avoided overdoing. S M T W Th F S Does not apply  
(You don't need lots of aches and pains, rest too is important)
  9. Track my progress, distance and time. S M T W Th F S Does not apply
  10. Keep track of my progress made - percentage of body fat, girth. S M T W Th F S Does not apply  
(Throw out the scale, body fat will tell you more. Have realistic healthy goals)
  11. Tell people about my exercise program and how well I feel. S M T W Th F S Does not apply  
(Patting yourself on the back keeps you motivated and will inspire others)
  12. Took my time to exercise. S M T W Th F S Does not apply  
(It is important and makes you feel good, why rush?)
  13. Made new acquaintances with other physically active people. S M T W Th F S Does not apply  
(Having things in common can be fun)
  14. Learned a new activity. S M T W Th F S Does not apply  
(A change of activity can help keep you going)
  15. Understand the value of exercise. S M T W Th F S Does not apply  
(Knowing the benefits will keep you going.)
  16. Chose activity over T.V. S M T W Th F S Does not apply  
(The benefits speak for themselves)
  17. Used my legs instead of the car. S M T W Th F S Does not apply
- Look over the above statements carefully. Can you identify ways you may be better motivated to exercise?

## Canadian sweep in curling

By Rod Beaumont

Canada gained a clean sweep (no pun intended) at the World Curling Championships last weekend. Both the Sandra Peterson rink of Regina and the Russ Howard rink of Penetanguishene played rock steady (pun intended) to win the women's and men's championships respectively. Personally, I found the international guard-rock rule quite interesting, providing excitement and a lead, never a sure bet till the last end.

I look forward to this format being instituted at the national level next year.

Although Canadian teams have always been strong on the takeout game, this new rule will open up the offense and make the game more interesting for the fans.

For those who are not familiar with the rule it allows guards to be thrown outside the house which can't be removed thus forcing the opposition to go around them into the house.

Don Cherry went wild last Saturday night showing examples of violence in other sports and can't understand why hockey is a scapegoat for so-called purists. Mr. Cherry, in most cases, is very entertaining and exaggerates for impact, but I have to agree this time.

Fights in basketball where fans get involved, fights in baseball after someone was beaned in the head with the ball makes you wonder why the hullabaloo over two guys on ice, dancing around with an

### Rodent's Racket

occasional punch thrown.

I think Ron McLean summed it up best with the remark "There are more stitches in Don Cherry's suits and on baseballs than what combatants have received in hockey fights".

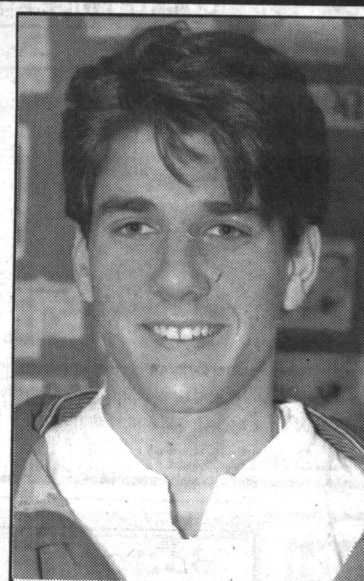
Tip of the hat to the Acton Aqua Ducks who brought home several medals from a meet they attended in Oshawa. Good luck at the provincials April 23, 24 and 25 in

Ottawa.

The Raider awards were handed out April 2, with all recipients deserving. After a season full of disappointments, the awards banquet was a highlight of the season for most. A tip of the hat to all the winners.

Do you have a topic for discussion or an opinion on the past week in sports? Write me care of Halton Hills This Week, 232 Guelph St., Georgetown or phone 873-2254. If it makes me go Hmmm, I'll include it in my column.

### Athletes of the Week



Kristy Johnson and Gordon Buchan have been selected as this Week's Georgetown District High School Athletes of the Week. Kristy competed in mixed doubles with the Rebels badminton team, while Gord competed in men's singles for the Rebel badminton team.

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