

## Activity Line Cross training tips

By Laurie Burns

The concept is not new — it just has a new name. For many years people have run, played racquet sports and lifted weights for a whole body workout. Participating in various activities to achieve total body fitness is Cross Training.

The benefits of Cross training are numerous. By developing a sensible program, you can experience:

- Complete cardiovascular conditioning
- Reduction in injuries
- Total body training for muscular balance
- Balance between cardiovascular conditioning, strength, flexibility and coordination
- Skill enhancement
- Variety makes exercise more exciting and enjoyable

Olympic cross-country skiers and triathletes cross-train with as many as six different activities each week to balance workout stress and train all systems. Specialists like marathoners cycle and swim to protect their knees, to develop full body fitness. Executives cross-train to stay motivated, relieve tension, save time, and maintain muscle balance. A well-rounded program



helps everyone avoid being sidelined by injuries such as lower back pain.

Each activity has its own plus and minus column in the full-body fitness balance sheet.

### Cross-training Helpful Hints:

1. No matter what your activity, monitoring your heart rate is the best gauge to see if you're pushing hard enough - or too hard - in your workout;
2. Leave a 24 hour recovery break for every hour of highly stressful workout. Your body needs that time to repair itself.
3. Exercise changes your body so you use more calories all day, even when not exercising.
4. Cross-training with a carefully selected mix of activities is the safest, more interesting and most balanced way to full-body fitness.

## Monarchs claim crown

The Monarch Bantam Boys Basketball team out of Milton were undefeated in the Brantford Briers Basketball Tournament last weekend, earning the gold medal in the Bantam "A" Division. The annual Briers Tournament involved 102 teams, in 10 divisions with over 1,200 players overall. Teams came from as far away as Pittsburgh, Pennsylvania.

Friday night's game against the Orillia Lakers saw the Monarchs win 45-34. High scorers were Adam Bertolli, Matt O'Brien and David Ham. A hard-fought game Saturday against the Mississauga Marauders was won in the last quarter 58-42 with four outstanding blocked shots by Georgetown's Adam Moy.

The semi-final game Sunday against London's Forest City Ramblers had the Monarch squad

### Heading east

Six GDHS volleyballers will participate in a tournament April 29-May 1 in Fredericton, New Brunswick, representing the Peel Select Midget team based in Mississauga.

Hayley Brown, Bridget Campbell, Jen Murray, Cortney O'Brien, Leigh Shillington and Erinn Stirling will head east at the end of April along with another team, the Scarborough Novas, to play in the Eastern Canadian finals.

The Peel Selects girls midget team was recently ranked second in a tournament in Hamilton, defeating the Hamilton squad in the semi-finals

ahead right from the first tip-off.

The game ended with a 56-43 win for the Monarchs. Thanks to Adam Moy with six blocked shots and the steady play of Sean Postma and Georgetown players Brad Davidson and Todd Bussell.

The action continued Sunday afternoon when the Monarch squad played the Woodstock team in the gold medal final. The game was clinched in the last quarter with baskets by Georgetown's Mat Edwards, Jeff Morgan and strong defense from Mike Timbers and Robin McCall.

The Monarch Basketball Bantam Team consists of boys aged 13 and 14, from the Milton, Georgetown and Campbellville area.

This is only the second year the Monarch Bantams have been together. However, after this gold medal win, they anticipate a strong finish in the Ontario Basketball Association Provincial Championships, scheduled for the weekend of April 30 in Cobourg.

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## Scarlett aims for provincial bulls-eye

By Alex Tough

Ron Scarlett, Beau and Rod Beaumont and I, with Dennis Thorogood and Eric Fuller went off to Hamilton recently in the search for provincial honor at Legion level. Our only success was Ron Scarlett in singles, he qualifying through to the last four and the trip to London next weekend for the finals.

Ron and Beau just failed to make it doubles and our four man team missed the last double (me) to remain in the tourney. It was, nevertheless, a marvelous achievement for us to make it that far. Good wishes to "the Man" in his attempt for glory, which he is well capable of if hitting to his capabilities on the day.

The Industrial closed out the league play last Wednesday. As stated previously, Hustlers won the first division title (again) and new team, Dream Team, won the second division title. Gasketman Cutters are runners up with Westenders and Steeprock second and third. Acadian Pools and Inter-County are relegated to the second division. Second in the lower division are Ensigns and they, with Dream Team, are promoted. For the present, it is on to the playoffs, beginning this evening (14th April) at the Legion.

Hustlers defeated Gasketman by one point in a see-saw match, a close result as befits the two top teams. Westenders took out bottom dogs, Inter County, by 6-3. Enders needed all nine to have a chance if a playoff for second. Steeprock defeated High Rollers 6-3 to consolidate their hold on third spot. Acadian Pools had fun in winning 7-2 over Panthers despite a season losing cause.

Dream Team took all nine points from luckless Bandits in a top versus bottom contest in the second division. Bandits have the unenviable record of not having won a match all season. Ensigns won 6-3 over third place Hotshots, who fell

## Darts

away towards the end of the season. Independents lost 3-6 to Taxmen, both teams being a little inconsistent. Aces left Firemen in second last place with a 5-4 win.

First division playoffs could go to any one of the top four teams, although Hustlers may look favorites. Hustlers tend to be slow starters and this sometimes is fatal. Gasketman, Westenders and Steeprock must fancy their chances.

Dream Team are out and out favorites for the second division. Unless they fail to show, very few will doubt their chance of success. Ensigns and Hotshots will come close and will need to hold the Team to have a real opportunity.

Jim Fisher rolled into the season individual honors list with a late

high finish of 154 to tie Ray See's earlier entry. The high start is held by Jim Carter with 152 and several players have hit 180, Dave Scutt netting three and Dan Fraser two. These all in the first division.

In the second division, Al Murphy leads the 180's with two. High Start is 160 and shared by Eddie Ebbinge and Stan Rhynold. Herman Rhynold holds the high finish with 141.

Last week, the high score was 140 and scored by Beau Beaumont, Brian Ward and Stan Rhynold. Roy Rudiger made the high start of 120, Brian Walton notched 116 and Eddie Ebbinge scored 113. Honorable scores mention got to Jamie Russell (139), Harry Bottoms (133), Dennis Thorogood (135) and Gord Inglis (132). High finish was 106 by Beau Beaumont which was a critical finish at the time.

## Darts Standings

Provisional Final Industrial League								
First Division								
Team	Matches	W	L	T	Games	W	L	P
Hustlers	28	25	3	-	238	173	65	173
Gasketman C.	28	20	8	-	238	148	90	148
Westenders	28	20	8	-	238	145	93	145
Steeprock	28	19	9	-	238	146	92	146
High Rollers	28	8	20	-	238	100	138	100
Panthers	28	9	19	-	238	97	141	97
Acadian Pools	28	8	21	-	238	85	153	85
Interc'y Sports	28	3	25	-	238	70	168	70
Results								
Hustlers	5	Gasketman	4					
Westenders	6	Intercountry	3					
Steeprock	6	High Rollers	3					
Panthers	2	Acadian Pools	7					
Second Division								
Dream Team	28	25	1	-	206	178	25	178
Ensigns	28	19	9	-	224	141	83	141
Hotshots	28	16	12	-	224	127	97	127
Independents	28	14	14	-	224	114	110	114
Aces	28	13	15	-	224	101	113	101
Taxmen	28	13	14	-	215	99	116	99
Firemen	28	9	18	-	215	83	132	83
Bandits	28	0	28	-	224	37	187	37
Results								
Dream Team	9	Bandits	0					
Ensigns	6	Hotshots	3					
Independents	3	Taxmen	6					
Aces	5	Firemen	4					

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