

# Recreation and Sports

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## Special teams hurt Raiders

By Mike Zrostek

It wasn't so much the even strength goals that killed the Georgetown Chrysler Raiders this past weekend, but rather their inept power play and penalty killing that hurt them in their two losses to Burlington and Oakville.

Friday in Burlington, the Raiders were blown out 10-4 despite a strong third period, and Saturday at Gordon Alcott Memorial Arena, the winless streak reached seven as the Blades scored five first period power play goals en route to a 9-6 win.

In both games the Raiders power play wasn't able to apply any pressure on their opportunities, while the penalty killing, which had been doing the job recently, allowed nine goals.

The Raiders were sluggish against the Cougars in the early going finding themselves down 3-0 after one period.

Goaltender Paul Stinnett was hot and cold throughout the game robbing the Cougars on some great opportunities in front of the goal mouth, but he was guilty of letting two soft goals.

One early in the first period on a shot from outside the blue line and the other a low shot from about 25 feet out with seven minutes left in the period.

He was pulled in the third and replaced by Jeff



Beauparlant, who is filling in for the injured Nick Montessano.

Down 5-0, Ian Ellis got the Raiders on the board with his 17th of the year at the 14:38 mark of the second as his shot went under Cougar goalie Steve Valiquette. Ryan Brown and Doug Sheppard assisted.

With the score 8-1 and the Raiders short handed, Ryan Brown stole the puck at center and scored on the break-away.

Both teams added two more, with Sheppard and Trevor Brandt scoring two goals in 12 seconds late in the third.

Burlington captain Adam Copeland had a big night for the Cougars collecting four goals and four assists.

Coach Gary Ford says the Raiders have to play complete hockey games if they're going to do anything this year.

"We need 60 minutes from everybody and I think that's where we miss Trevor Elinesky. He gets everybody going with his hustle. They just didn't hustle tonight until the third period, unlike the way they did against

Streetsville."

Saturday, the Raiders found themselves down 5-1 after the first, thanks to five power play goals.

Three of those came when Dave Milek was given five minutes and a game misconduct for high sticking, while Colin Hooper and Kevin Lamb took minors right after the major.

Georgetown made a game of it fighting back in the second on goals by Dean Roberts, Brandt, Hooper and Will North, but sandwiched in between were two more Oakville goals and the Blades led 7-5 after two.

Brown made it 7-6 early in the third and it appeared the Raiders were going to come back in dramatic fashion.

Oakville scored with 3:21 left in the period and added a shorthanded empty netter to preserve the win and drop the Raiders to 3-15 on the year. They got one point for an overtime loss.

You've got to feel for Raider goaltender Paul Stinnett, who continues to look for his first win of the year, sitting at 0-10.

However Ford and general manager Finn Poulstrup are optimistic the Raiders will turn things around. The key being getting Elinesky and defenseman Andy Pazaver back.

"Pazaver is nearly ready to come back (broken hand) but Elinesky (hip injury) is still two to three weeks away," said Poulstrup.

Meanwhile, goalie Nick Montessano is still nursing a groin injury and Poulstrup doesn't want to rush the return of the young goalie who has been very impressive this year.

There is good and bad news for the Raiders this week. The good news is that the winless Royal York Rangers are at Gordon Alcott Memorial Arena Friday at 8 p.m.

The bad news is, the second place Hamilton Kilty B's are visiting Saturday, 7:30 p.m., again, at Gordon Alcott Memorial Arena.

Ford and Poulstrup traveled to Oakville Tuesday night to take in a Blades game and talk about their own team as well as possible player movements.

"We're going to discuss the team and see what's available. Realistically we would like a right winger and another defenseman like (Barry) Parsons," said Poulstrup.

Poulstrup said that a couple of players may be gone shortly as the team is looking to sign some local talent as the Dec. 1st deadline for cutting the squad to 21 players approaches. He didn't want to speculate who might be on the chopping block.

"Nobody on this team is guaranteed a spot here," said Poulstrup.



The Centennial Middle School Chargers senior cheerleaders (above) and the Chargers junior cheerleaders (below) have given the school's sports teams lots of support this year. They have an opportunity to make their mark in Ottawa, Nov. 26-27 at a province-wide cheerleading competition. photo by Simon Wilson/HHTW



## Georgetown bowlers are provincial champs

Georgetown Y.B.C. bowlers who "Learn to Bowl the Right Way - the Champion Way" continue to follow "The Law". The newly-crowned Regional Champions, the team of juniors Lindsay Talevski and Paul Larocque with Master Andy Parent went to prove it at the Provincial Championship Finals in Oshawa. And prove it they did by winning the tourney and becoming the 1993 Master-Junior Provincial Champions over 43 other team finalists.

The Georgetown team started slow by only scoring a plus 20 pins-over-average. In the second game the team picked up the slack with Paul Larocque plus 49, Lindsay Talevski plus 42 and Andy Parent plus 61, for a total plus of 152 and 172 overall. Continuing to press on, the third game was the big one, a plus 191 for a total of 363 - Paul plus 96, Lindsay plus 63 and Andy a plus 32. The fourth game only produced a plus 108 for a grand total of 471, putting the Georgetown team in second place for the playoffs with Ottawa in first and

Barrie in third.

The step-ladder playoffs started with Georgetown playing Barrie and winning with a plus 96 to a plus 63. This led to a showdown with Oshawa who had the advantage of bowling on their own lanes.

With a quick start, things look terrific till Andy, after three strikes, ran into three consecutive headpins but his finish with a spare and two strikes and a corner pin ending game his a plus 66. Paul Larocque ended with a plus 25 and Lindsay Talevski a plus 6. Their plus total of 97 was 34 pins better than Oshawa's plus 63.

For a number of years it was a battle between Andy and his wife, Wendy as to who could win and coach more champions. The stellar performance of Andy in this tournament - games of 263, 283, 254, 266, 288 and 257 - a better than 268 average for six games and winning the championship earned him the award of the Master's Ring. Future championship wins will add a diamond to it with an increase in size after each win.

The junior bowlers,

Lindsay Talevski and Paul Larocque each received a tall Provincial Champion's Trophy.

So keep on bowling "The Right Way - the Champion Way - the Georgetown Way" as taught by the instructors and bowlers involved.

**Bowling Scoreboard**  
Juniors: Matthew Walker 779 (285), Paul Larocque 687 (281), Lynn Moreland 547 (216), April Everingham 503 (231), Janice Somers 501 (204), Adam Scurlall 495 (180), Shane Mandarin 480 (179).

Seniors: Ken Armstrong 680 (294), Brian Crocker 641 (225), Ryan Martin 627 (225), Chris Gostlin 621 (265), Jason Dinney 616 (228).

Bantams: Brendan Louth 528 (199), Kelly Klimsiak 520 (215), Gordon Everett 467 (183), Richard Gostlin 465 (184), Willy Walker 426 (154), Lisa Clarke 410 (156), Alex Foster 406 (163).

Pee Wees: Patrick Hole 396, Jason Pshyk 361, Stephanie Palichuk 258, Bryan Kennery 240.

Smurfs: Justin Poirier 249, Heather Foster 210.

### Activity Line

## Winterize Your Exercise Program

By Laurie Burns

Exercise Physiologist

While exercise is always in season, exercise opportunities change with the change of seasons.

Summer heat, humidity and lethargy can take their toll on good intentions. Winter's cold weather, icy precipitation and slippery surfaces challenge the outdoor exerciser. Daylight savings' early darkness keeps many would-be exercisers off the streets.

Research shows that the winter months are the most likely to slow exercise participation. If this is true for you, you need to define the obstacles before you, face them and look for solutions. Early darkness? Slippery streets? Move your exercise to your lunch hour, or first thing in the morning or join a fitness club for the winter months.

Variety is the spice of life and it keeps you motivated to work out all year round. A variety of exercise challenges often leads to better physical fitness. When choosing a new activity, think about which muscle groups and movements you use most in your current exercise programs. Look for



new activities that will help your body move in new ways. These new ways will prevent overuse injuries and will add much needed boost to your workouts. Learning new sports and physical activity may help you find new exercise opportunities. Use the change of seasons as an opportunity to stave off boredom.

Increasing your repertoire of physical activity skills will help you find several activities that you really enjoy, and you will find that exercise becomes a lifestyle instead of a chore.

You might even find yourself looking forward to the changing of the seasons. Laurie Burns is an Exercise Physiologist and operates Work That Body Fitness Programs Inc. in Georgetown.