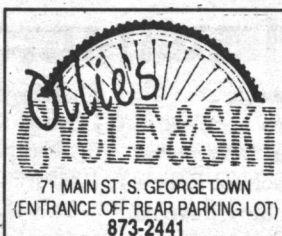


Recreation and Sports



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Raiders come close to taking two

By Mike Zrostek

A win was just what the doctor ordered and last place Royal York made the house call Friday as the Raiders with a 9-5 win snapped a seven game losing streak, before losing the next night 6-4 to Hamilton Kilty B's on Saturday at Gordon Alcott Memorial Arena.

The Raiders didn't waste any time against Royal York, scoring six in the opening period on goals by Will North, two from David Bouskill, Randy Bond and a pair from Ian Ellis and went up 6-2 after one.

Another Ellis goal and two from Doug Sheppard in the second would be more than enough as the Raiders coasted the rest of the way for the win.

Ellis continued his amazing scoring pace thanks to a seven-point night while Bouskill had two goals and three assists.

Raider goalie Paul Stinnett finally got the monkey off his back with his first win of the year stopping 16 of 19 shots in the first two periods.

Geoff Beuparlant came in for some work in the third



stopping 12 of 14 but would get more action than expected against Hamilton.

Saturday night, Ellis scored his 21st of the year on a dandy shot that found the top corner of the net at 5:02 of the first for a Raiders lead.

Beuparlant was sent in at the 8:21 mark of the first after Paul Stinnett was drilled by a point blank shot that caught the Raiders goalie squarely in the mask, sending him to the ice and to the hospital, where he was treated for a concussion then released.

After Hamilton added two goals in the first and then one 14 seconds into the second period making the score 3-1 the Raiders caught a break on fluke play.

Trevor Brandt lifted the puck high into the Kilty's zone from outside the blue-line that handcuffed Hamilton goalie Aaron MacCormick and bounced its

way across the goalline.

Sheppard stuffed home his 14th of the year just 21 seconds later on a rebound as the puck sat right behind MacCormick following a shot from the point.

Hamilton added one more on a 3-on-2 giving them a 4-3 lead after the second period that saw the Raiders taking the play to the Kilty's.

To this point, Hamilton looked a little sluggish, no doubt because of battling to a hard fought 7-7 tie with Milton the night before.

Bouskill tied the game 1:31 into the third on a backhand that went between MacCormick's legs.

Minutes later, the Raiders were awarded a six-minute powerplay following a fight between Dave Milek and Hamilton's Dennis Cybalski. The hometown favorites however, never got any sustained pressure going and that was pretty much the game for Georgetown.

Hamilton took the play from there and scored the eventual game winner at 13:30 of the third on a Matt Turek rebound. The Kilty's added an empty netter for the win.

Beuparlant played great in place of Stinnett making 38 saves while getting some lucky bounces around the net that helped the cause.

Raider head coach Gary Ford was very pleased with Beuparlant and Bouskill who both had big weekends but wasn't happy with the team's effort.

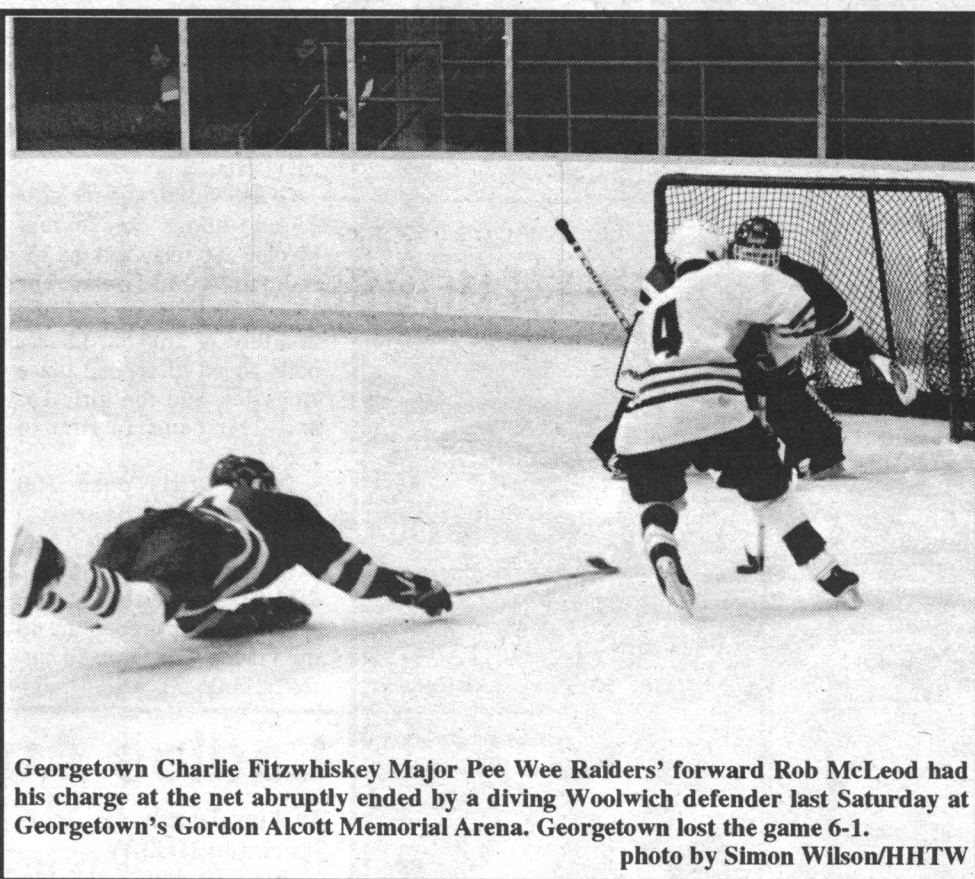
"He's (Bouskill) taking that extra step and bump and it's really paying off for him," said Ford. "Too many guys tried to do it alone. They've got to want the puck. Geoff played a hell of a game. He came in against a top team and held us in the game."

The Raiders are in Royal York tonight (Wednesday) and then travel to Oakville Friday to take on the Blades at 8 p.m.

Georgetown returns to Gordon Alcott Memorial Arena Saturday to face the Burlington Cougars at 7:30 p.m.

HEY SPORTS GROUPS!

Halton Hills This Week wants to publish your results. Drop them off at our office: 232 Guelph St., Unit #9, Georgetown or fax them to us at (905) 873-3918



Georgetown Charlie Fitzwhiskey Major Pee Wee Raiders' forward Rob McLeod had his charge at the net abruptly ended by a diving Woolwich defender last Saturday at Georgetown's Gordon Alcott Memorial Arena. Georgetown lost the game 6-1. photo by Simon Wilson/HHTW

Rebels bow out in style

By Mike Zrostek

All great things must come to an end and so it did for the Georgetown District High School senior Rebels boys volleyball team Friday in Hamilton, as they lost a close match to Hamilton's Barton in the Golden Horseshoe Athletic Conference final.

The Rebels, who had defeated Burlington's M. M. Robinson two days earlier to claim the Halton Region championship came up just short against Barton losing 15-11, 13-15 and 5-15.

Coach Bob McKay called the first game won by the Rebels "the best single game we played all year." The opener went 40 minutes thanks to some great rallies by both teams.

"We were definitely good at the net, I think we controlled them and blocked them very effectively," said McKay.

Game two appeared to be heading the Rebels way as they grabbed a 12-9 lead but McKay says that's where the wheels fell off.

"I felt we were dominating up until that point (12-9) but then they changed their game plan a bit and we couldn't stop them."

Barton fought back and won the second game thanks to some timely hitting at the net and some Rebel mistakes.

The third game saw Barton jump out to an early three-point lead and the Rebels never did recover as Barton simply outplayed GDHS the rest of the way.

"They (Barton) were on top and adjusted to the middle game, they dug the ball out and got points out of it. I think we were the creators of their confidence," said McKay, referring to some Rebel mistakes in the third game.

The Rebels are already looking forward to defending their Halton title next year with six players returning. Dave Sands, Matt Deruchie,

Andy Elliott and Martin Sommer enjoyed their last year with the senior Rebels.

"The guys are already talking about next year. We had a

good year, won a couple tournaments brought the Halton title back to GDHS and played well in every game," said McKay.

Rasslin' Rebels take to the mats

By Mike Zrostek

Georgetown District High School Rebels wrestling team's season officially got underway with tournaments in Hagersville and Grindale.

The rookie Rebel wrestlers were in Hagersville for the Rookie Wrestling Tournament along with young grapplers from 25 other schools and finished a very impressive third overall.

Bill Stokes, Dave Campbell and Chris Cunningham won gold medals, while Ryan Boudreau was a silver medal winner and Mike Egerton won a bronze in their respective weight classes.

Matt Hamp also wrestled well, finishing fourth in his weight class.

Saturday in Grindale at the Matmen Classic "Intermediate" Tournament, the Rebels also had a strong showing highlighted by Mike DeRyck's second place finish in the 127-pound weight class.

Jason Titus was fourth in

the 119-pound division and Mike Roe finished fourth in the 169-pound division.

Doug Dutchburn, Mike Large and Colin Kay competed in the Club Tournament with Dutchburn finishing second in the 95-pound division and Kay was fourth in the 163-pound division.

Other wrestlers competing from GDHS were Mitch Dodd, Jason Dinney, Rick Malbeuf, Scott Snyder, Ian Cox, Phil Elliot, Sean Goodwill, Al McCaughy, Kevin Withers, Shawn Barnes, Jim Norton, Danny Hope and Dave Campbell.

Coach Jim Hall was very pleased with all the wrestlers efforts on the weekend and thought it was a great start to the wrestling season which should be a great one.

Next action for the Rebels wrestling team was today (Wednesday) with tournaments in Guelph and at Burlington's Pearson High School.

Tough start for Rebels

By Mike Zrostek

It wasn't a great start to the 1993-94 Halton Secondary School Hockey League for the Georgetown District High School Rebels as they dropped their first two games of the year - both by shutouts.

The Rebels lost 5-0 against M.M. Robinson Friday in Burlington and 7-0 in their home opener at Memorial Arena Monday against Aldershot.

As is the case for many teams in the Halton League's Richardson division, the Rebels are rebuilding with only Jeremy Hamp returning from last year's squad.

With a small team, coach Neil Cotton says the Rebels will have to rely more on speed and finesse rather than bumping and grinding with other teams.

The Rebels next game is a home encounter Monday, 3:30 p.m. at Memorial Arena, with Lord Elgin of Burlington providing the opposition.

Activity Line

Describing stress

By Laurie Burns
Exercise Physiologist

Just defining stress is stressful. The term is used most often in at least three major ways: 1) stressors, events that one experiences as stressful, such as the death of a loved one, financial difficulties; 2) physical stress such as inactivity, body weight and 3) mental stress such as worrying, etc....

The common sense view of stress implies that stressful events lead rather inevitably to stress reactions. A given event becomes a stressor when it is perceived and defined as a threat and except for a few universal stressors such as starvation or exposure to extreme cold, most stressors appear to exist in the eye of the beholder.

When we allow ourselves to become "stressed" we put our bodies through a multiple of reactions. These include increased cardiac output, increased stroke volume and systolic blood pressure, increased blood flow in skeletal muscles, increased muscle strength plus many, many more physical reactions.

When people speak of "their hearts racing", "shaking with fear", "breaking out in a cold sweat", or "choking", they are describing sympathetic nervous system activity, which also includes tense muscles in the neck and upper back, bracing with the shoulders raised, an accelerated heart



rate, plus many more nervous reactions.

Stress responses can be divided into three categories: alarm, resistance and exhaustion. The "alarm stage" is the stress itself, the "resistance stage" is when we try to bring ourselves back to a normal state "homeostasis." If the stress response continues, the "exhaustion stage" will follow. Our severe reactions to "stress in our lives" can lead to disease.

We all have suffered from severe reactions to stress at some point in our lives. To combat stress in this day and age, we need to make sure that our physical well-being is a priority in our lives. Since most reactions to stress cause physical reactions, doesn't it make good sense to get your physical self in better shape to help you cope with stress when it enters your life?

Laurie Burns is an Exercise Physiologist and operates Work That Body Fitness Programs Inc. in Georgetown.