

# Recreation and Sports

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Georgetown Chrysler Raiders sharpshooter Ian Ellis unleashes a hard slapshot at the Streetsville Derbys net during first-period play in the Provincial Junior A game last Tuesday in Streetsville. Ellis went on to count a first-period marker, but the Raiders bowed 7-4.  
photo by Simon Wilson/HHTW

## Raiders and Derbys not very festive

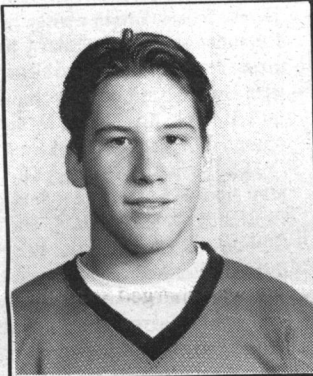
By Mike Zrostek

No one told the Georgetown Chrysler Raiders and the Streetsville Derbys 'tis the season to be jolly last Tuesday in Streetsville, in a contest that saw the host Derbys defeat the visiting Raiders 7-4.

The teams combined for 83 penalty minutes and five game misconduct's, featuring Derbys' coach Mike Kalapaca getting the heavenly early in the third for arguing with referee Dean Warren.

Trevor Elinesky with two and Ian Ellis scored in the first for the Raiders as the teams battled to a 3-3 tie after the first period.

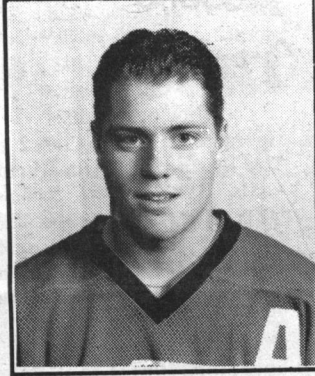
Streetsville had a 5-3 lead



Doug Sheppard

after the second, before Doug Sheppard pulled the Raiders within one on a power-play goal 12 seconds into the third.

The Derbys added two goals mid-way through the third to ice the win and hand-



Trevor Brandt

ed the Raiders their sixth loss in a row.

Ellis, Trevor Brandt and Chris Monk each had two assists and Kris Arro had one.

With the loss the Raiders are 6-24 on the season and safely positioned in seventh place in the Provincial Junior A Hockey League West division, 13 points back of the Derbys and 12 ahead of the hapless Royal York Rangers.

Other than the Raiders two wins in late November and one in December against Royal York, Georgetown hasn't defeated another West team since beating Oakville 6-4 Oct. 29.

Hopefully - for the Raiders - the streak will end tonight (Sunday) as the Raiders and Derbys face each other again, 7:30 p.m. at Gordon Alcott Memorial Arena.

Last year's Boxing Day clash saw the Derbys edge Georgetown 11-9

Following tonight's joust, the Raiders are off to the Newmarket Junior "A" Tournament on Monday where Georgetown will face two Provincial Junior A Hockey League East division teams.

At 9 a.m. they take on the division's last place Lindsay Bears and then, at 4:30 p.m. play the second place Newmarket 87's at the Newmarket Recreation Complex.

## Time to hit the slopes

By Mike Zrostek

You couldn't tell by the recent mild weather conditions in southern Ontario but it's time to wax the skis and hit the slopes, as all ski areas including Glen Eden are open for business thanks to snow-making machines.

Glen Eden, located just northwest of Milton off Tremaine Road, opened last week even though there hasn't been a significant snowfall yet.

"We had hoped to open earlier, but it was just been too mild for us to make any snow," said Theresa Goddard, program superintendent at Glen Eden. "The temperature has to be at least -3C for the machines to operate."

The 20 computerized snowmaking machines take water and convert it to snow, that enables Glen Eden to provide a covering

on the 10 slopes from December to March.

Throughout the skiing season, the machines are expected to operate for over 500 hours, using over 83 million litres of water to cover 65 hectares (160 acres) to a depth of 30 centimetres (one foot).

Last year, Glen Eden drew 113,000 visitors compared to 45,000, 11 years ago, and a major reason may be the high cost of going to larger locations in New York and northern Ontario.

"We've been fortunate over the last couple years," Goddard said. "We've noticed a bit of decline in season passes being purchased, but an increase in day use."

Goddard says Glen Eden draws skiers from all our immediate area and including Guelph and Hamilton.

"A big reason is people

are much busier now, and just don't have the time to drive all the way somewhere up north so they come here where it's just a short drive away," said Goddard.

Glen Eden, offers many programs for beginner skiers from the ages of three to seniors on different days and times, as well as special events during the winter months for the more experienced skiers.

Some events include, family days, ski-school challenges and events sponsored by Q-107 and Diet Coke.

During the week the slopes are open from 10 a.m. to 4:30 p.m. and from 6:30 p.m. to 10 p.m.

Glen Eden is closed Sunday nights and the Saturday evening hours don't take effect until after Christmas.

## Tune up for the slopes

This is the first article in a regular series during ski season.

By Doug Leeming  
Special to HHTW

It was a great summer, but now is the time to start thinking about two important items for the coming winter - flexibility and your equipment.

Your personal fitness will have a lot to do with your enjoyment of skiing. Taking a few minutes every day or even every other day will make all the difference.

It's important before any training program to make sure you have your physician's okay if strenuous exercise is in question.

For the average skier, develop a warm-up, followed by lots of light stretching, some sort of cardiovascular exercise and a cool-down period. Concentrate on a complete stretching of the whole body and not just the legs. This includes the neck, arms, shoulders and upper torso. These areas can sustain injury in the simplest of falls and we all know how

### Ski Tips

easily this can happen on those first few runs.

One area you may want to concentrate on in the upper body would be the rotator cuffs in the shoulders. This area, along with the wrists, take the impact in the slightest fall.

Flexibility of the neck can also eliminate some sore muscles at the start of the season. It is amazing how even stress can tighten this muscle group.

In the lower body concentrate on stretching of the hip abductors, lower back, hamstrings and quadriceps. Of course, these are only a few areas to focus on, but they do seem to be some of the major problem areas for skiers who do not stretch out.

There are many good articles, fitness clubs which can help you formulate a program. Of course, your doctor can help you as well.

The second important item is your equipment.

No matter how fit you are, it will not help if you

cannot depend on your ski equipment.

If you are purchasing new equipment (skis, boots and bindings), they should all be set up by a professional. This is very important when it comes to your safety.

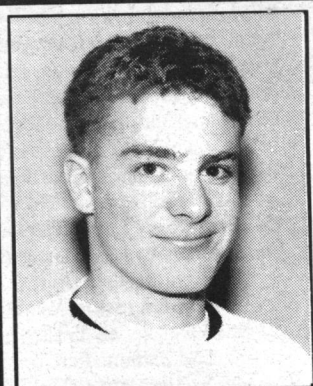
If you are purchasing skis or bindings separately, it is a good idea to take whatever existing equipment you are going to keep from last year with you to the store. This way, the equipment can all be adjusted to your ability and weight for proper release of the bindings.

Your ski equipment should be tuned up and checked for the proper release functions to ensure your safety. It also helps when your skis are waxed and sharpened to provide self-confidence and control.

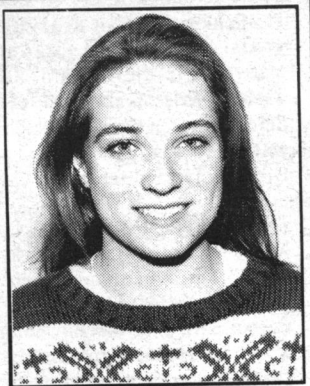
With a finely-tuned body after training, and ski equipment that has been tuned up, you are now ready to ski: Enjoy your upcoming ski season.

Doug Leeming is the ski school director at the Glen Eden Ski Area.

## Athletes of the Week



Glen Oomen and Justine Colton are this week's Georgetown District High School Athletes of the Week. Glen is a member of the Rebel boys swim team. Justine is a member of the Rebel girls swim team.



Dave Turple and Krista Keir are this week's Acton High School Athletes of the Week. Dave plays on the Redmen junior boys basketball team. Krista plays on the Redmen senior girls volleyball team.



## Midget tournament is near

The 27th annual Georgetown Midget Hockey Tournament is ready to get underway Sunday Jan. 2 with 18 teams in competition through Sunday Jan. 9. at Gordon Alcott Memorial Arena.

Three local teams from Halton Hills will be playing in the week-long tournament. The Halton AAA Hurricanes will be in the lone AAA division along with five other teams from York-Simcoe, Oakville, Guelph, Chinguacousy and

Don Mills.

The Hurricanes first game is Tuesday Jan. 4 against York-Simcoe at 9 p.m. Saturday Jan. 8 the Hurricanes are in action at 9 a.m. against Don Mills and against Guelph at 3 p.m.

The Georgetown AA Sunny Acre Farms will be in a pool consisting of Parry Sound, Aurora and Thornhill.

Georgetown gets the tournament started Jan. 2 at 1 p.m. against Thornhill. They then take on Aurora

Jan. 4 at 7:30 p.m. and finish the round-robin Jan. 7 against Parry Sound.

Acton is in a group consisting of Burlington, Vaughan and East Enders of Toronto.

The Acton squad plays Vaughan Jan. 2, Burlington Jan. 3 at 6 p.m. and East Enders Jan. 6 at 6 p.m.

All semi-final and final games run from 10 a.m. until 8 p.m. on Sun. Jan. 9 at Gordon Alcott Memorial Arena.