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Filipek is healthy again

BY DOUG HARRISON

The Acton Tanner

Daryl Filipek can't wait to get back on the ice.

No, the 22-year-old Acton resident didn't forget to attend the Vancouver Canucks' training camp. In fact, that's the reason he was off the ice in the first place.

He suffered his first injury in the past five years — strained ligaments in his left knee — in late September during an exhibition split-squad game against the Calgary Flames.

"I was coming around the net and it was kind of a cheap shot because I didn't have the puck," said the 6-foot-2 backliner last Wednesday before accompanying his American Hockey League Hamilton Canuck (Vancouver's minor league affiliate) teammates to Binghamton for a Friday night game.

"One of their players slid towards my knee and blind-sided me as I was looking up the ice." The Business Administration graduate out of Ferris State University in Big Rapids, Michigan, was sent to the Steel City following the injury and has undergone an effective three-week rehabilitation program with Canucks trainer Mike Burnstein.

Filipek rode the exercise bike and had electric stimulation on the knee twice a day.

"It's healed up really fast. The Canucks thought it would be another week, but I'm ahead of schedule."

And he's rarin' to go.

Filipek said the three-week lay-off seemed like a year. He was practicing at full contact last week and hoped to get his first action with his new mates on the weekend.

It's a step up from U.S. college hockey, and Filipek likes the fact that each player with the Canucks completes their assignments on the ice.

He said the injury didn't play a big factor into being sent down to the sister club Canucks as he knew Hamilton would likely be his home for the 1993-94 season.

"I had a great learning experience with Vancouver," said Filipek of his first NHL training camp. "I went in looking to play solid defence, didn't jump into the offence much and moved the puck around. I accomplished what I wanted to do each time I hit the ice."

The level of play at the NHL level is what amazed the 1993 Central Collegiate Hockey Association's Defensive Player of the

Year.

"Everybody can play the game," he exclaimed. "For the coaches to pick a team, it's such a fine line. Everybody's a good player at that level."

"You have to play at the top of your game in order to compete."

Similarly, Filipek notices the speed factor in the AHL. "Every check is finished here and everyone supports the puck. There's always an outlet," Filipek said.

Not accustomed to this style on a regular basis at Ferris State, Filipek said he will have to alter his approach to the game.

"I concentrated on breaking the puck out in college, kind of a scramble style because there was no red line and you just threw the puck up the ice," he explained. "Here, you have to quarterback the puck and have good mobility."

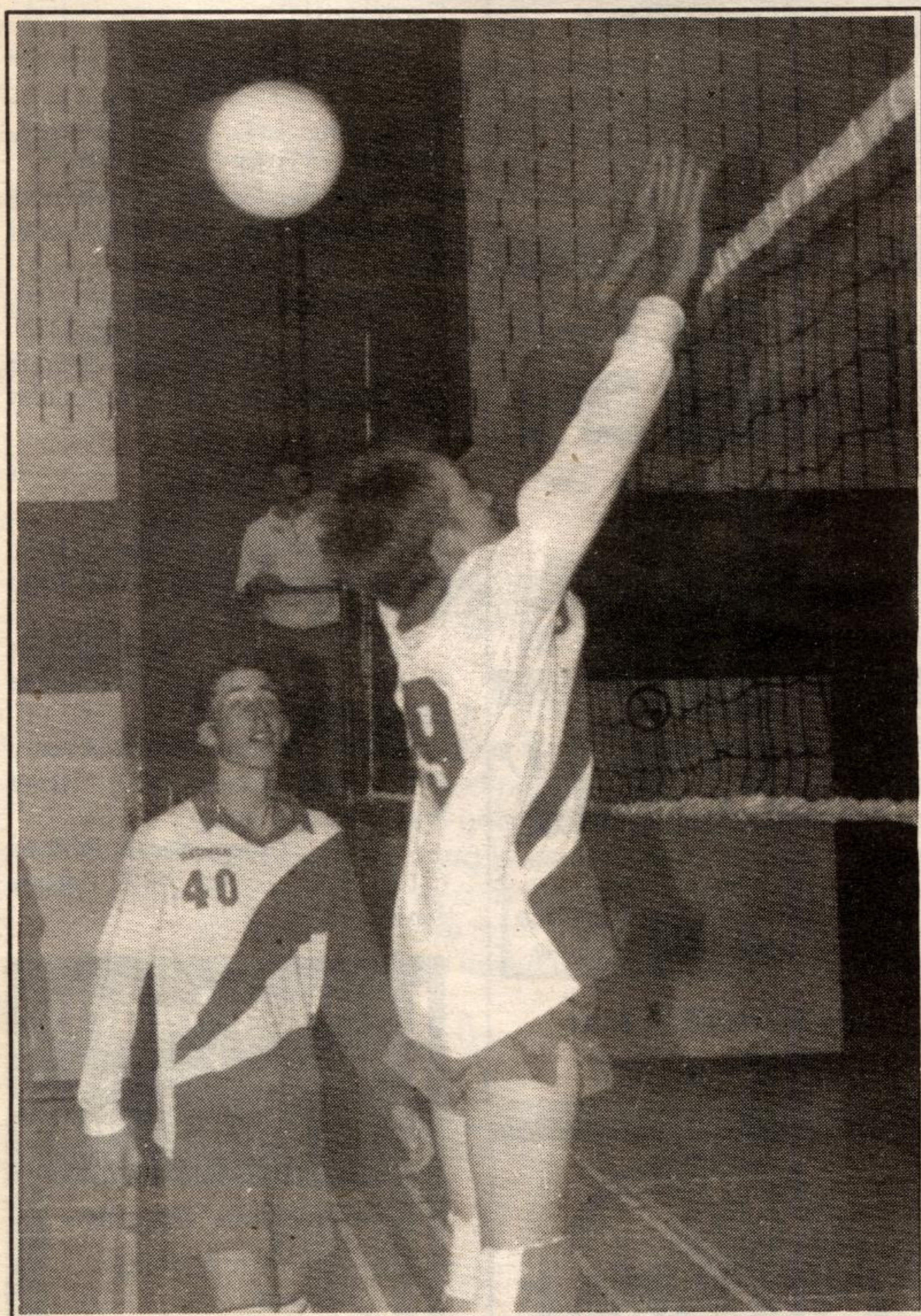
Filipek seems to be mobile enough now to start his professional career and spend at least this year in Hamilton getting familiar with the play needed to garner a call from the big club.

"A lot of NHL teams look for solid defencemen and I think I'm that. Hopefully Vancouver does and maybe I'll get called up some time," Filipek said.

He's healthy. That's a start.



NICE LAYUP! Jenny Goy hit for this layup in practice, but her AHS Seniors had trouble on Thursday during league action on the road at Lord Elgin High in Burlington. The Redmen Seniors lost 42-17, while the Juniors fell 35-15. (Doug Harrison photo)



TOO SLOW: This missed block was a common sight on Thursday in the Acton High gym as the Junior Redmen Boys' volleyball team were too slow and lost 15-6 and 15-8 to Lord Elgin before taking the third match 15-6. (Doug Harrison photo)

Player shortage aids in loss

BY DOUG HARRISON

The Acton Tanner

"It was interesting."

Those were the first words from Anne Andrews when describing Thursday's Senior Redmen Girls' basketball tilt at Lord Elgin.

Andrews took eight Acton High Seniors to Burlington who played with a lot of heart, despite the lopsided 42-17 score.

Four Redmen cagers missed for various reasons — Janis Bailey, who is on a co-op placement, got confused about the game's location and drove to Aldershot High in Burlington's east end and then to Assumption in the centre of the city; Shelby DaPonte plays in the drum corps in Georgetown and missed after Andrews couldn't guarantee she would be back for 7 pm; one player missed because she couldn't find a pair of running shoes; and Michelle Blakey didn't travel because of a family commitment.

The news wasn't much better on the court.

Elgin grabbed an 11-4 lead heading to the second quarter, supported strongly by an effective outside game that produced three 3-pointers.

The Redmen, distracted by the unknown whereabouts of Bailey,

finally put things together in the fourth quarter to, if nothing else, save embarrassment.

Jenny Goy, who is playing Senior ball this year, but later played in the Junior contest as well, led the locals with 11 points. Andrews mentioned Amanda Garwood and Shari Patenaude, who counted two points, played tough in a game that called for it with Elgin's outside shooting prowess.

Under Halton high school rules, Goy was allowed to play in the Juniors' first game of the year if it was played before the Seniors'

second contest.

Krista Keir added four points.

"Elgin had eight players who were not extremely tall, but were good shooters and well-conditioned," said Andrews, who added that the Redmen's shooting was awful, while breakaway layups were non-existent and players who could hit, didn't.

"I think we can put a better effort in with all 12 players. They certainly got a good workout."

The Redmen are home tomorrow against Milton. Game time is 3:45 pm.

Bantams rout

The Acton Firefighter Bantam Ram hockey squad doused Orangeville last Wednesday 11-2 to win their Tri-County season-opener.

Ram Derrick McIntyre notched the home side's first goal at the Community Centre, completing a three-way passing play from Chris Williams and Tim Bonus.

Bonus scored three, including an unassisted effort in the three-goal second period.

Scott McIntyre with a pair,

Trevor Malloy, Marty McKinnon, Steve White, Bonus and Jason Pembleton rounded out the scoring.

Aaron Forrest and Adam DaPonte added two assists. Williams, McIntyre, Pembleton, Bonus, McKinnon, Matt Boycott and Dave Clark added singles.

Acton took an exhibition game in Brampton last Monday 6-4.

Last Sunday, the locals downed Fergus 5-4 in Fergus.