

A & S Engraving routs Al and Al's 14-3

BANTAM

In Bantam house league hockey on Saturday at the Community Centre, Acton Team I fell 5-2 to Kennedy Flags of Erin.

Jeremy Rhynold and Gavin Hall potted goals in a losing cause.

George Kerr and Gavin Hall assisted on the Rhynold marker.

PEEWEE

Joey Zinke scored four of his team's goals as Washington embarrassed Craigwood Farms 8-0 in Pee wee action on Saturday.

Two goals each from Blair Williamson and Derek Nolan rounded out the scoring.

Chad Edwards led the assist

parade with four. Curtis Archibald counted three, while Scott King, James Mashinter and Jesse DeForest added one.

In other Pee wee action at the Community Centre, Nathan Irving's five goals helped Acton Auto Tech drive over M & M Pro Sports 9-1.

Pete Drexler, Ruben Rivers and Dan Stanhope were the other marksmen.

Rivers had five assists to lead Auto Tech. Other assists went to Irving, Rob Bonus and Greg McMillan with two apiece, Billy Royds, Ben Reynolds and Adam Milligan.

Mike Goldwick, with help from Brett Timakus, scored the lone M

& M Pro Sports goal.

ATOM

Mike Luty Transport Sabres whipped Mr. Mugs 7-1 in Atom play at the Community Centre Saturday.

Joey Thompson paced the Sabres attack with three goals and one assist.

Jay Waples and Adam Durfly each scored a pair.

Three assists went to Adam Lindsay, while singles were garnered by Waples, Michael Varanelli and Jonathan Hicks.

Eric Gilmour was spectacular in the Sabres net.

Shane Haslam scored the only Mr. Mugs goal. He was assisted by Nathan French.

Robert Morris made several big stops in the Mr. Mugs net.

Chris Stanhope completed his hat-trick with the game-winning goal as Mike and Al's Transport edged Nellis Construction 6-5 in the other Atom matchup.

Marty Gordon with two and David White also scored.

Mike Rowsell found twine four times for Nellis.

Arron Beck pocketed the other.

Assists went to Rowsell, Kendal Brown, Eric Sousa, Shane Kilgour, Robbie Price and Robbie McMillan.

NOVICE

In a defensive battle, MacKenzie-Chapman defeated MacMillan's 2-0 in Novice play at the Community Centre.

Brendan Dick and Jacob

Kentner scored the goals.

Adrian Chabassol and Chris Galda grabbed the assists.

While they were held scoreless, MacMillan's coach Steve Carr noted his team played well. He mentioned Matt Chapman and William Denny were effective in net.

In the other game, Daniel Payne and Josh Bowen powered the Legion Branch 197 Maple Leafs to a 6-0 pasting over Galvcast.

The two Leafs each scored twice, while Dwayne Gregson and Adam Mills had singles.

Gregson, Neal Dawkins and Shawn Meilleur supplied assists.

TYKE

In one of three Tyke games, A & S Engraving crushed Al and Al's Red Brand Meats 14-3 on Saturday.

Mike Kuiprey scored six goals and assisted on two others. Kyle Winters potted three goals to go with two helpers and Chad Artem had a hat-trick and two assists.

The other goal scorer was Steven Terry with two.

Other assists went to Michael Krasney with three, Adam McDonald with two, Terry, Dylan Medland, Greg Henry and Brad Near.

Tyler Holmes replied with two for Al and Al's Red Brand Meats. Troy Ethier contributed the other.

Lee Dunbar assisted on Holmes' two goals, while Paul Sharples set up Ethier.

In other games, Best Transfer

routed Acton Terminal Warehouse 7-3, on the strength of Kyle McDonald's four goals.

Tim Pembleton, Jeff Brill and Kuris McArthur scored the others.

Brett Manes with two, Pembleton, Patrick Glatt and Joe Douglas recorded helpers.

Robbie Rolf scored twice for A.T.W. Andrew Marcoux netted the other.

Kyle Murray chipped in with two assists.

Michael Wood scored two goals and added an assist in Halton Hills Furniture's 4-3 victory over McIntyre Fuels.

Scott Williams and Candice Anderson had single markers.

Darcey O'Driscoll had the other two assists.

Matthew Locke had two McIntyre Fuels goals. Nicky Newby counted a single.

Assists went to Fraser Anderson, Corey Grace-Wilson and Kory Killingbeck.

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Checking from behind: education, prevention

The most common cause of serious spinal injuries in hockey is when a player is checked, pushed or bumped from behind, and goes head first into the boards.

Such injuries have left some victims paralysed for life.

As a coach, it is your responsibility to ensure that your players develop the proper attitudes and skills to protect themselves and opponents from dangerous hits from behind. Education must begin at the start of the season.

Coaches at all levels, contact and non-contact, must help players develop respect for opponents and rules.

Players must be aware of the consequences of checking, shoving or bumping an opponent who is in the "danger zone," the three to four metres of ice in front of the boards. Teach your players to treat opponents as they like to be treated themselves.

Coaches in categories with contact should recognize that checking is an advanced skill which must be taught using proper teaching progressions and only once the players have mastered all skating skills.

Safety must be the first priority when teaching checking skills.

Here are more coaching suggestions:

- ensure your players stretch properly before all games and practices;
- make sure your players include exercises to strengthen neck muscles in off-ice training programs;
- teach your players the proper technique for receiving checks and to always be alert when in the "danger zone;"
- encourage referees to enforce all rules that penalize checking from behind.

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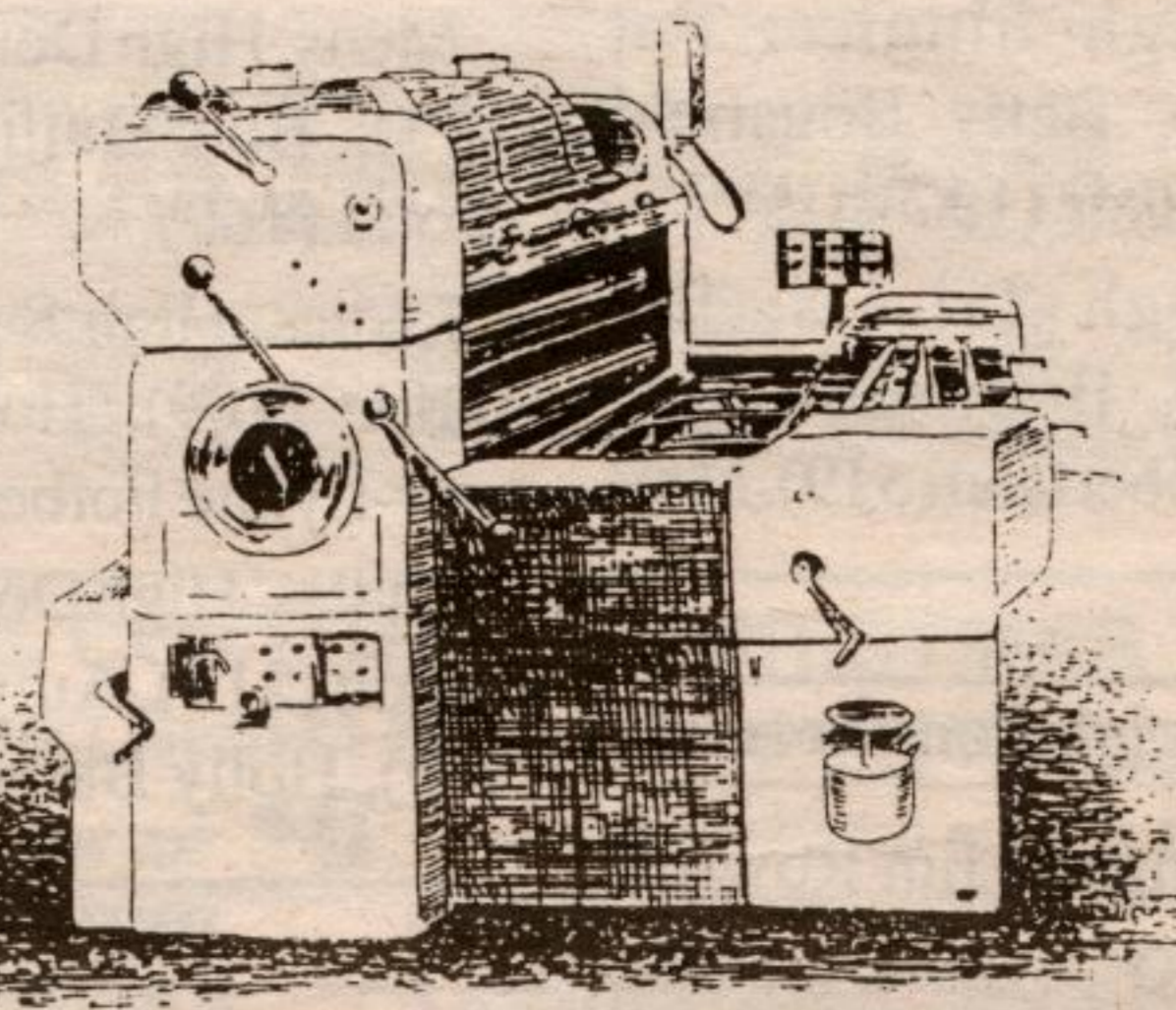
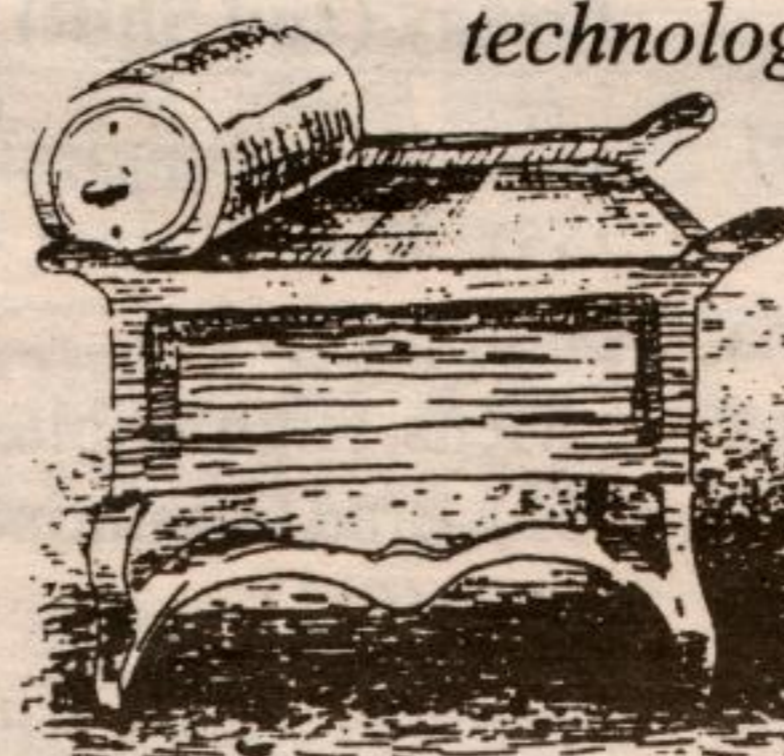
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