

Christopher returns, passes Gold Freeskate

BY DOUG HARRISON
The Acton Tanner

A year ago, Joy Christopher figured she would never skate again.

A nagging foot injury that first hampered the Acton Figure Skating Club member in 1988 had progressed over the next five years to the point where lacing up her skates became unbearable.

Christopher underwent physiotherapy and continued to skate while visiting specialists who repeatedly told her the injury wouldn't heal without rest.

Then she started to play volleyball which didn't help matters.

But nothing was going to stop the then 14-year-old skater who was close to turning competitive.

Nothing, until she was notified that the pain wasn't the constant strain of double jumps and spins, but a tumour requiring surgery.

Now, 14 months later, Christopher's healthy again. She recently threw seven double jumps into a four-minute program to passing her Gold Freeskate test.

"I had the most difficulty with my jump sequence," Christopher said last week, adding four double jumps, a double-double combo and a jump sequence — that included two double jumps — was required. "The foot really bothered me after doing my elements (jumps, spins). It usually doesn't, but it was a long week (before the Gold skate)."

Christopher, who has skated for 11 years, practically lived at the rink for two months before the

test, skating her regular six hours a week and then adding two hours of work four nights a week.

Christopher said she was fortunate to have 15 minutes between the elements and her program. It gave her a chance to seek advice from her coach, Cindy Currie, who then left the youngster to go over her skate in her head.

"Self confidence," Christopher shot back when asked where Currie helps her performance the most. "She wouldn't have put me in the Gold test if she didn't think I was ready. She's very perceptive."

"I had decided I wasn't going to skate again, but then I started to miss the people I skated with," the Grade 11 Acton High student explained. "And I had to miss the Skating Carnival last year which was tough ... I like to jump."

Christopher will be top form at this year's carnival for her solo as the Raging Storm.

She was like a raging bull when she returned to the rink last fall following an intense rehabilitation that included physiotherapy and exercise. "She started doing double jumps. It was like she hadn't missed a beat," remembered AFSC president Barb Metelka. "It was scary."

Christopher will now spend the next few months developing a 150-second short program for her Junior competitive test. Passing this would allow her to compete at the sectional stream which ends at the international level.



ELITE NOVICE SWIMMERS!

These Acton Aqua Duck Novice swimmers recently lowered their times and came home with ribbons from a meet in Oakville. Back row is James Bamberger and Leanne Maxwell. Front row, from left, are Daniel Charland, Jason Charland, Meghan Colvin and Jennifer Tummonds. Absent was Nathan Lui. Story is below. (Doug Harrison photo)

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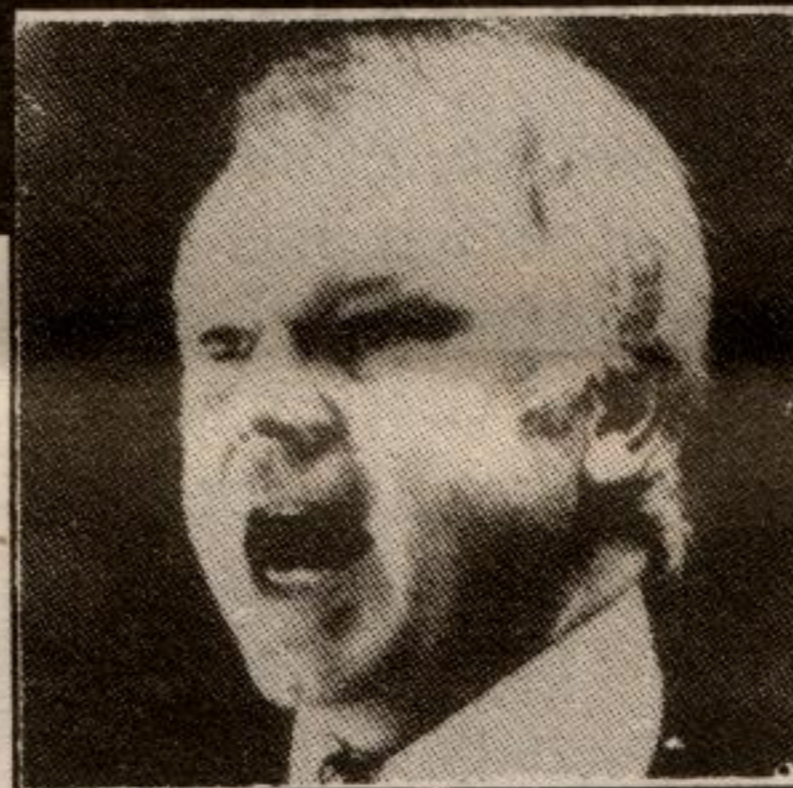
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THE WRATH OF GRAPES

WITH DON CHERRY



More late draft picks

We continue our look at my beauty list of top 10 late draft picks. Let's look at Nos. 7 through 5.

7. **Theoren Fleury** — drafted by Calgary, 166th pick in the draft. An all-star who always gets his share of goals.

In the 1990-91 season, Theoren tallied 51 times. Nobody ever measured the 5-foot-6 forward's heart.

6. **Luc Robitaille** — drafted 171st by the Los Angeles Kings. It's hard to figure why he was a late draft pick, considering he was selected the Ontario Major Junior Hockey League's player-of-the-year and rookie-of-the-year in 1987.

He's not my cup of tea as a player, but take a look at these impressive goal-scoring numbers, starting in 1987 with 45. The next six seasons, Luc fired 53, 46, 52, 45, 44 and 52.

His production won't suffer this season in Pittsburgh.

Come to think of it, Luc and Jagr look like brothers and play like brothers, but in one end only.

5. **Doug Gilmour** — drafted 134th (hard to figure) by the St. Louis Blues.

The year before he was drafted, he set a record for goals and assists. In 68 games, he scored 70 goals to go with 107 helpers for 177 points. He was named 1st Team All-Star and voted the OHL's outstanding player.

Again, like Fleury, they didn't check the size of his heart.



Golfers ...

DID YOU KNOW?

with Len Dodds



GRIPS, PART IV: As I stated in a previous article, the grip is the only physical contact a person has to the golf club itself. The feel you have with a grip is as important as selecting the golf club itself. To most players, the feel of a brand new grip is very important.

While all grips perform well when new, it is the type of material the grip is made of, how much golf is played with the grip and how well the grip is taken care of, that will determine its longevity.

Active golfers (50 to 100 rounds a year) should change grips at least once a year. When playing less than 50 rounds a year, a golfer might get good performance from their grips for two, maybe even three years.

Cleaning your clubs on a regular basis will go a long way in increasing the life span of your grips. Sweat, grease, suntan lotion and the everyday dirt and grime of the golf course will be deposited on your grips during normal play.

Frequent cleaning with soap and water using a nail brush or something similar, followed by drying with a clean towel is recommended.

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