

Sami Jo's Road to Torino



By SAMI JO SMALL, TEAM CANADA'S HOCKEY GOALTENDER & 2002 OLYMPIC GOLD MEDALIST



Hi, me again. I'm currently 18 hours into a 24-hour travel day. I'm on British Airways flight somewhere over the Atlantic; a little delirious, very tired yet very excited to be only 6 hours away from going home. We've been training now for a month centralized in Calgary and just last week we left for Finland to test our skills at the 4-Nations Cup. It's been a trying month for me. Getting myself sorted in a new city, some exhaustive training, meeting after meeting, yet the month has culminated with a 2-1 victory in the Final game versus the Americans. My smile couldn't be bigger!

I won't go into too much detail about our coaches. I respect all of them as people and for their knowledge of the game. However, since being cut last year (still traveling to the World Championships as an alternate) I've definitely developed a chip on my shoulder. It's been difficult to smile, laugh and joke with the people who caused me so much pain, however, this month has been about rebuilding those relationships. I can't say it's been easy, but dealing with the boss never is. Despite my brother, with a naturally charming personality, being a great brown-noser, and my mother trying to instill the art of sucking up at an early age by buying all my teachers Christmas presents, I have never been too good at it. I'm stubborn and, like most women, I hold grudges. However, the past month has been filled with one-on-one meetings with various people from the head coach to the goalie coach. I've had to bite my tongue on numerous occasions, never an easy task for me, but as the lines of communication have opened gradually, practices have become more positive and more fun. Ultimately, I have to make them like me, I have to convince them that I am a valuable commodity on this team...perhaps Christmas gifts might be in order!

After our week of testing when we first arrived in Calgary, the coaching staff bombarded us with two grueling weeks of training. Not much rest was to

be had, as our schedule consisted of four hours of ice time, two hours of off-ice and numerous sports-psych, nutrition and team building sessions. To top it all off, our goalie coach was in town from Orillia, ON. He's a schoolteacher so his schedule only permits limited time off during the school year to fly to Calgary to work with the three goalies. Having him around meant extra

goalie sessions on top of all the work we were already doing. I was exhausted at the end of each day, barely able to scarf down some food before my eyes shut at 9:30pm. I'd then drag myself out of bed the next morning and the routine would start all over again. A mind-numbing couple of weeks, but some great progress was made by our team, despite tempers flaring due to the lack of rest.

Our schedule finally settled down in the week before leaving for the 4 Nations cup. Our National Under-22 team was in town as was Team Finland so finally we got to play some games. Practicing is fun and all...however games are why we play! We suited up against our U-22 squad three times and against the Finns once. I think we expected to walk all over the junior squad, however, they put up quite a fight showing us the depth of Canadian Hockey.

I only got to play one game of the four playing in a 2-1 victory, but it was fun to actually get to play again. To feel the pressure, have the butterflies, go through the warm-up and play for 60 minutes was quite a thrill.

Also, I was told early in the week by Mel, our head coach, that the 4 Nations Cup Tournament was going to be my tournament. She was putting the pressure square on my shoulders to perform. No matter what I knew going into the week that I was going to get to play the USA twice in the course of the week. A big responsibility, made even bigger by the fact that the coaches were leaving five of our veteran players at home, including our captain Cassie Campbell and our assistant captain Vicky Sunohara and our oldest player and brilliant play maker Danielle Goyette. I really had no idea what to expect traveling across the Atlantic with a very young team. At 29 I was the second oldest player. Also, to add to our shock was the fact that the American team had just released Cammi Granato from their Olympic Team. She had been the face of USA hockey since 1990 and their team captain since I joined the National Team. When I think of the Americans I can see Cammi setting up down low on the power play just waiting to snipe the puck past me.

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NOTICE - PUBLIC MEETING POSTPONED

DEVELOPMENT CHARGE AMENDING BY-LAW

Credit for Conversion of Existing Buildings in the Milton Infill Area

The Public Meeting related to the above amendment, originally advertised to be held on Wednesday September 28, 2005 will be rescheduled to Wednesday October 19, 2006 as follows:

	Cancelled	New Public Meeting
DATE	Wednesday, September 28, 2005	Wednesday, October 19, 2005
TIME	1:30 p.m.	1:30 p.m.
PLACE	Halton Room, Halton Regional Centre 1151 Bronte Road, Oakville	Halton Room, Halton Regional Centre 1151 Bronte Road, Oakville

PUBLIC MEETING
Halton Regional Council recently directed staff to prepare a Background Study and amendments to By-laws 57-04 and 102-03. These amendments are to provide the Milton infill area (as shown on the map below) a development charge conversion credit for water and wastewater that is consistent with the conversion credit policy in the Region-wide DC By-law.

"The Halton Development Charge Background Study for the Conversion Credit Policy in the Milton Infill Area" has been available to the public since **Tuesday, September 13, 2005**, and can be obtained at the office of the Regional Clerk at 1151 Bronte Road, Oakville, Ontario, L6M 3L1.

A map illustrating the affected area is included below.

Public Meeting
The Development Charges Act, 1997 requires that at least one public meeting be held prior to the passing of an amendment to a development charge by-law(s). The purpose of this public meeting is to present the proposed amendments to the development charge credit for the conversion of existing buildings within the Milton Infill Area.

The public meeting will be held at a meeting of The Regional Administration and Finance Committee as noted under the "New Public Meeting Date" above.

All interested persons are invited to attend the public meeting and to make representations. It should be noted that the proposed amendments to the conversion credit policy may change as a result of the meeting and any further staff reports.

For Further Information
Any questions should be directed to Paula Kobli at 905-825-6000, ext. 7184, Toll Free 1-866-4HALTON (1-866-442-5866), TTY 905-827-9833, The Regional Municipality of Halton, Corporate Services Department, 1151 Bronte Road, Oakville, Ontario, L6M 3L1.

If you wish to appear as a delegation at the Public Meeting, please call Ms. Pat Crimmins, Deputy Clerk at 905-825-6000, ext. 7256, 1-866-4HALTON (1-866-442-5866), TTY 905-827-9833.

Monica Wallenfels
Regional Clerk

SCHEDULE "A" TO BY-LAW.##-05

Legend
HUSP Area (excluding North Oakville)
Milton Infill Area

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