

Wednesday, November 30, 2005



New sports reporter joins Independent

The Independent & Free Press is pleased to welcome Eamonn Maher

EAMONN MAHER

as the newspaper's new sports report-

Maher, 36, has spent the past 14 years at the twiceweekly Collingwood Enterprise-Bulletin as reporter, photogra-

pher and sports editor. Maher replaces

Herb Garbutt who recently took a position as regional sports reporter with The Independent & Free Press' sister paper, The Burlington Post.

Sports results can be sent to Maher at emaher@independentfreepress.com or by calling 905-873-0301 ext. 249.



MARY ANN LAPOINTE

Named to national team

Lapointe hopes gym work pays off with faster start

Teorgetown's Mary Ann _Lapointe has joined the J growing ranks of elitelevel golfers who feel that off-season work in the gym can pay off with consistently lower scores on the course.

The 45-year-old bookkeeper and mother of two teenage daughters capped off a successful 2005 season last week by being named to the Royal Canadian Golf Association's National Amateur Golf Team. It means that, as well as representing Canada at a handful of international team tournaments next year, Lapointe and her 15 teammates agree to meet certain fitness standards. The year-round program also encompasses performance-building training methods that include technique development, sports psychology and nutrition.

"One of the reasons why I accepted the invitation to join the national team is that it will motivate me to get into better shape," said Lapointe on Monday. "Some golfers can play

really well and not be worried about their fitness, but then you wonder how much better they could be if they just gave it a try. I'm not a person who has ever liked to work out a lot, but the last four or five years I've had this feeling that you have to do some physical activities during the winter. And the (RCGA) program has really developed over the past couple of years."

She added that despite some career-highlight results in 2005, including being the first-ever international-born player to win the USGA Women's Mid-Amateur Championship and election to the Ontario Golf Hall of Fame, the first few months of the year could have been better.

"I just felt sluggish physically and that was probably one of the big reasons I started slowly," the four-time Canadian Ladies' Amateur champ said. "With the tournaments we've got scheduled for next year, I can't afford to be peaking in September."

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Milton IceHawks' goalie Zach Kleiman denies Alex Paiement of the Georgetown Raiders on a rare scoring opportunity for the home side Saturday in Provincial Jr. 'A' Hockey League action. The first-place IceHawks outshot the Raiders 43-20 on their Photo by Yves Desjardins way to a 5-2 victory.

Raiders' home woes continue

T Tsually one of the tougher buildings in the OHA Provincial Jr. 'A' Hockey League for visiting teams to take two points away from— the Mold-Masters SportsPlex— home hasn't been the friendliest of places for the Georgetown Raiders recently.

The 14-12-1-1 Raiders dropped to fourth place in the league's West Conference standings after a 5-2 loss to the front-running Milton IceHawks on Saturday evening in front of 350 fans. Georgetown has lost three of its last four outings on home ice and dropped all three meetings with their foes from Milton, which is now 21-2-1-1 on the campaign.

Raiders' netminder Ryan Gibb was named the game's first star despite taking the loss, as the powerhouse 'Hawks outshot the home side 43-20.

"It's very uncharacteristic of our team to lose as many at home as we have so far, but we'd rather have it happen now then when it gets closer to the playoffs," said Georgetown general manager Jack Moon. "We feel we're a few players away from being able to (beat Milton)."

With the OHA's roster cutdown date coming down tomorrow (Thursday), Moon said the Raiders are in an enviable position compared to most clubs. They currently have 20 players signed and have five blank playing cards with which to sign reinforcements — who ideally possess some offensive upside. The defending Dudley Hewitt champs brought back a solid group of players from last season's run to the Royal Bank Cup, but can't expect to match the likes of Milton's depth at this point in the season.

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