



The Halton Hills bantam Hawks used some stellar pitching and excellent defence to win all of their games and capture the championship of a tournament in Brampton earlier this month. Team members (front row, from left) are: Kendyl Valenta, Anna Smelsky. Middle row: Jenn Davids, Jess Haffner, Emily Johnston, Tori Marcil, Caitlin Sunnucks, Jess Leslie, Taylor Box, Caitlin Triska, Kelsey Eady. Back row Jaimie Campbell, Mike Leslie, Crystal Chimko, Curtis Marcil, Joe (Garry) Deforest. Submitted photo

Bantam Hawks scoop gold

Just a week after earning silver medals and a trip to the 2007 United States Fast-Pitch Association championships, the Halton Hills bantam Hawks blitzed the opposition in Brampton and captured the tournament title.

Preliminary round— Halton Hills 3, Ancaster 0: Kendyl Valenta (W, 8 Ks; Anna Smelsky, Tori Marcil, Jaimie Campbell (runs).

Brampton 4, Halton Hills 2: Caitlin Sunnucks (complete game).

Halton Hills 3, Waterloo 1: Valenta, Jenn Davids, Campbell (runs).

Semi-final— Halton Hills 10, Ancaster 1: Valenta (W, 5 Ks); Jess Haffner, Smelsky, Davids, Marcil, Campbell, Valenta (runs).

Championship— Halton Hills 12, Brampton 4: Valenta (W, 5 Ks); Kelsey Eady, Emily Johnston, Marcil, Campbell, Smelsky,

Sunnucks, Valenta (runs).

Mite Hawks

The Halton Hills Hawks made it to the championship game of a mite division fast-pitch softball tournament in Barrie, settling for silver medals after losing to Mississauga.

Preliminary round— Halton Hills 15, Brampton 2: Sarah Jane Vezina (HR); Ashley Attard, Samantha Lawr, Rachel Bridges (singles); Emma Keefe (defence).

Mississauga 4, Halton Hills 3: Bridges (13 Ks, HR).

Semi-final— Halton Hills 5, Barrie 4: Chelsea D'Avilar (7 Ks, game-winning run scored).

Championship— Mississauga 7, Halton Hills 2

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What's in it for YOU?

There are so many benefits to starting and maintaining an active lifestyle. It doesn't matter what your activity level may be, the resulting benefits are the same. Whether you're chasing your children, gardening, jogging or rock climbing, you are challenging your body, improving your health, your mind, your ability to respond more quickly and stimulate pro-social behaviour. It's all good - and the best part of it is, you are more than worth the effort!

Are YOU up for the challenge?

The Spring Challenge for Active Living proved to be a great success! Over 375 people logged over 415,500 minutes of physical activity, translating into 7000 hours of fitness! So why stop there? Ask your friends and family to join the Summer Challenge and contribute to the ever increasing numbers of participation in physical fitness in Halton Hills.

What a great way to kick off the Summer! Track your progress during our 8 week Summer Challenge for Active Living and prove to yourself that you CAN do it! The Summer Challenge is an initiative supporting the Town's goal of increasing physical activity by 10% by the year 2010.

It's never too late to join the challenge! Whether you join in the 1st week or the 6th, the benefits remain the same.

How do YOU participate?

It's so easy! Beginning July 10th, the Town will begin compiling information on activity levels for individuals who participate in the Summer Challenge.

All you have to do is... Keep track of your physical activities and log your time, either by picking up a hard copy of our Activity Log and dropping it off at any Town facility, faxing your information to 905-873-1587.

You can also access the Town's Activity Log at www.haltonhills.ca and submit your details on-line. Once we have received your information, we will provide you with regular website updates each Thursday.

Logging your activity each week will allow you to compare your activity levels with the greater community and also enable the Town to measure how close Halton Hills is to reaching its goal for 2010!



Active Halton Hills is an Active 2010 Initiative funded by the Ministry of Tourism & Recreation. For information on Ontario's Active 2010 project log onto www.active2010.ca.

Active Halton Hills! Join Anytime!

For more information, call the Town of Halton Hills at 905-873-2601 ext. 2262.

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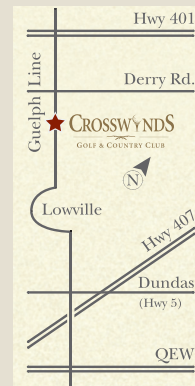
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