

# Dad wasn't a goalie, but all three sons are

• from NET on page 24 major peewees. which have taken him through the Halton Hurricane ranks and most recently to Milton's AA

## GoodLife is working for teen fitness

GoodLife Fitness is reaching out to their future members and filling a gap left by recent education restructuring.

So says club manager Ken Van de Haar, who recently started a youth exercise program — which is somewhat rare within private sector fitness circles.

"A lot of parents have told me that with all the cutbacks their kids aren't getting enough exercise at school," he said. "The program runs three times a week. It's primarily designed for teenagers, but we've got a few younger kids as well."

Van de Haar says the club's youth program holds an advantage over similar ventures at the school level — where he suggests proper supervision isn't always possible.

He remarked, "The problem is these kids, especially the boys, will often try to outdo each other, which can lead to injuries."

"Here, we're able to control that."

The program currently includes 30 members and is run by personal trainers Steve Lidstone and Collette Watts.

Variety of programs

Their Fitness for Teens class is one of several programs available at GoodLife, who according to Van de Haar have expanded to include most age groups in the community.

A couple of their instructors regularly visit seniors' homes while a qualified expert holds pre and post-natal fitness classes whenever the demand is there.

Concentrated one or two-day classes are also held regularly for the more elite or serious athlete, while plans are in the works to introduce both swing dance and kickboxing lessons.

"Right now we've got roughly 1,400 members which is terrific for only being open seven months," said Van de Haar. "However, we've got the potential for much more."

The club manager said his staff are coming up on a particularly challenging period when many members will indulge in holiday feasting and subsequently feel guilty about ruining the work they've done throughout the past year.

"Don't go over to Aunt Edna's house and refuse her food, just maybe cut back on the portions a little," advises Van de Haar. "The fact is, the body works in hills and valleys so if you deny yourself now you're more likely to binge later."

"It's what you do most of the year that matters. You can't really undo all your work in just a couple of weeks."

come from goaltending stock. Said father David, "I tried it once and got hammered by something like 13-0. That was it for me."

Having three rink rats in the family, he said, has made things quite hectic over the years — especially during a stretch when they were all playing rep.

"One year we went to 16 different tournaments and over 120 games. At least one of the boys had a practice or game every night of the week," Johnston said.

While at times the family has felt that there weren't enough hours in the day, at others all their running around has been in vain.

A case in point was a few years ago when on one particular Saturday games in Port Credit, Milton and Burlington were all canceled — unbeknownst to the Johnstons until they actually reached each destination.

Mother Henrietta says it's not

so much the hustle and bustle of getting the boys to the arena that weighs on her but rather the stress involved once play begins.

"Being the mom of three goalies is hard. You want them to stop every shot all the time and it can get quite nerve wracking. Often it's tough to watch"

Her sons hold a much different opinion of their life between the pipes. Said Tim, "As a goalie you get a lot more attention. You're always a big part of the game one way or another."

The brothers point out that despite their similar stations in the world of hockey, each has individual strengths and strategies with which to thwart opposing snipers.

"Tim covers more net than we did at his age and is probably better at reading the flow of a game," said Mike, who tends the twine in senior house league and is believed to be the quickest of the three. "Jeff is

the most unorthodox goalie I've ever seen. He ties himself up in a pretzel sometimes but still keeps the puck out."

In recent years the older boys have gotten part-time jobs to help pay for their goalie equipment, which dad says has made them even more respectful of it.

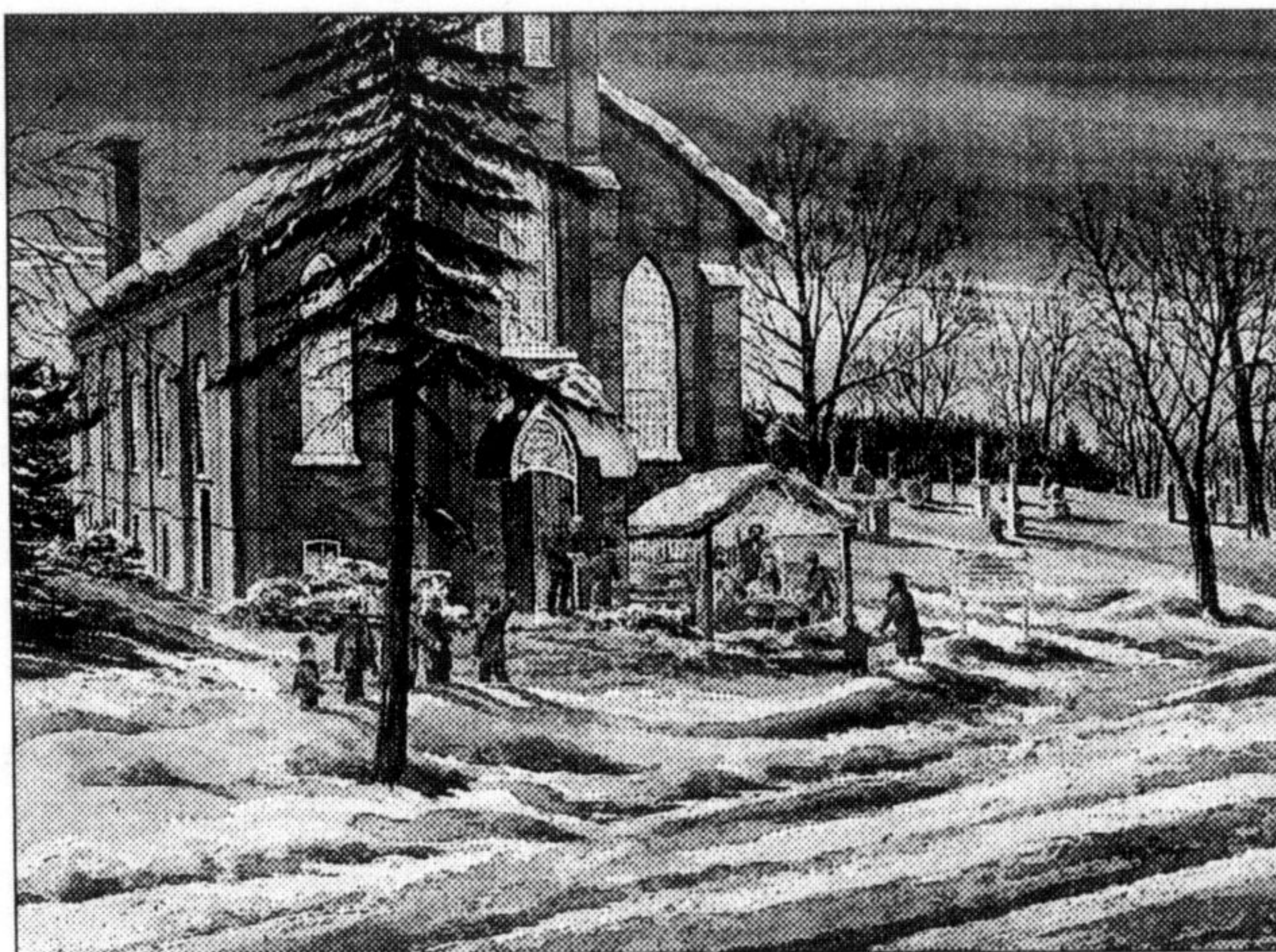
The Johnstons are so attached to their gear, in fact, that they take it just about everywhere

they go — including to Maple Leafs' games, where they were once caught on camera with their gloves and mentioned by Harry Neale.

However, there are limits to their love for goaltending and they don't extend to the street.

"For road hockey, we avoid being goal as much as possible," said Jeff. "That's our break time."

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Canadian Tire	4	2	1	9
Gold Connection	2	4	1	5
Gorrud	1	6	1	2

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