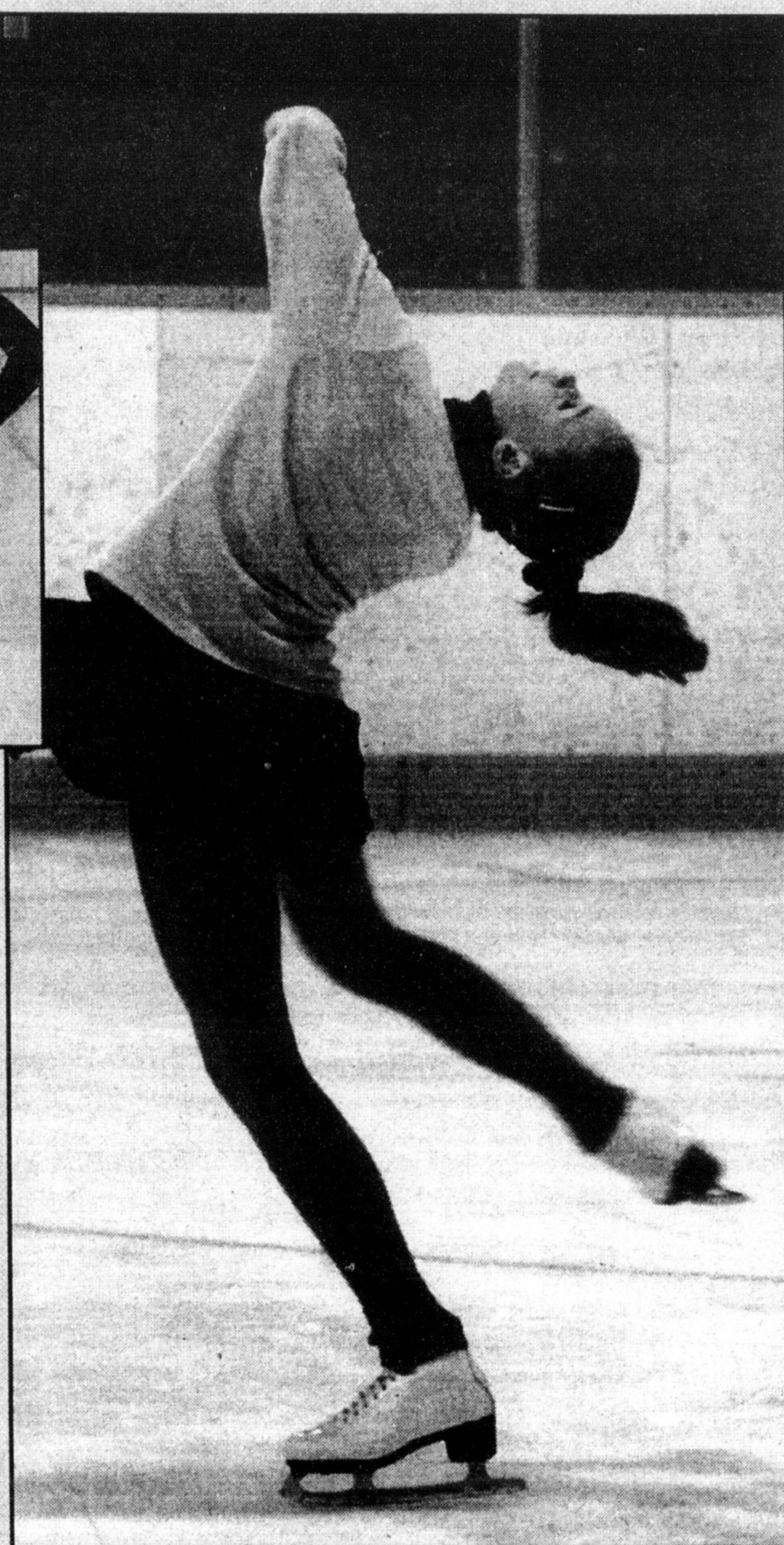
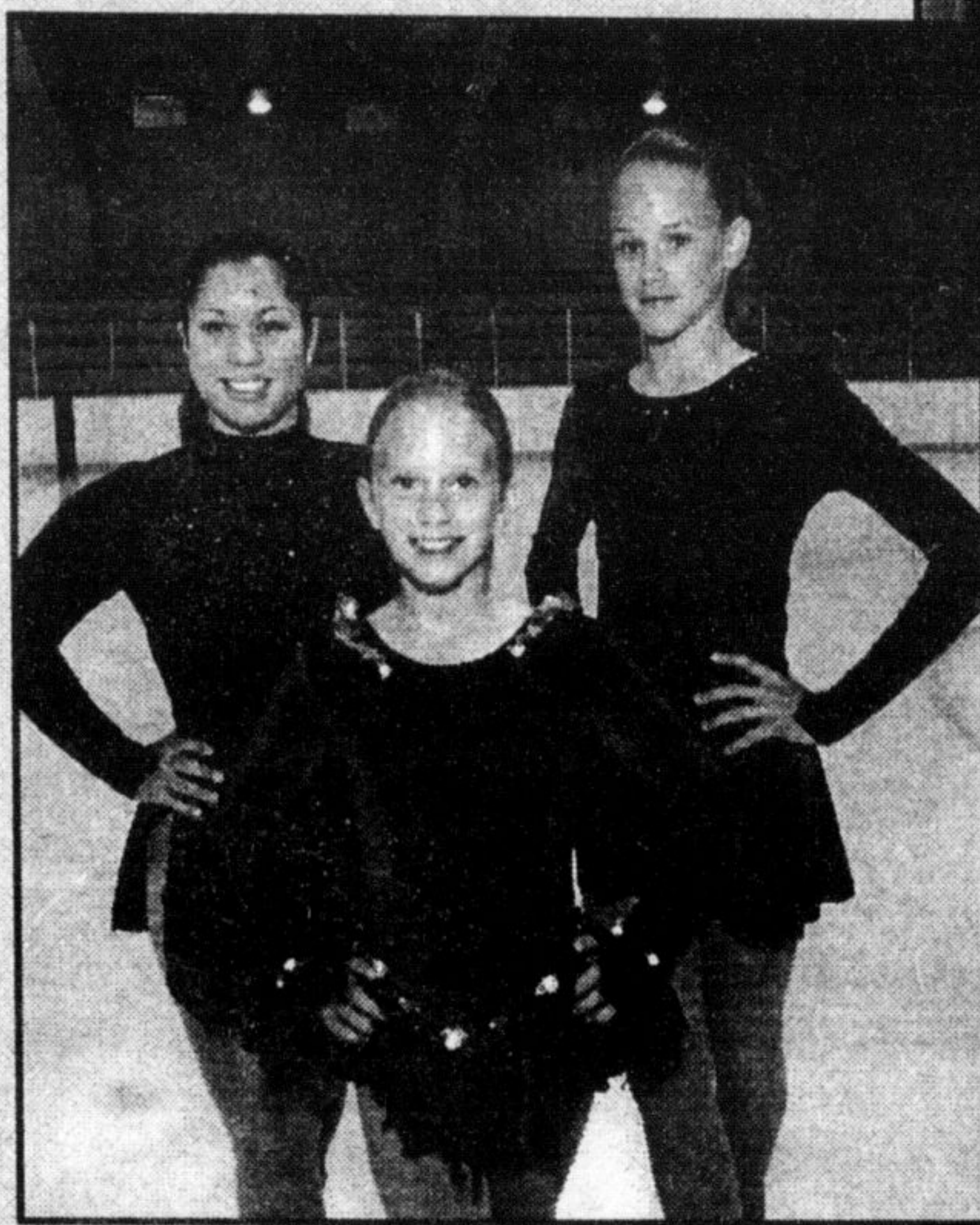




# SPORTS

THE CANADIAN CHAMPION

FRIDAY, NOVEMBER 3, 2000



## Fire on ice

Milton Skating Club's Monique Lizon (above, right and at right) polishes up her routine prior to last weekend's Sub-Sectional Competition in Mississauga. She took 13th in the juvenile division. Meanwhile, Ashley Cupples (above, centre) placed third in the pre-juvenile class and qualified for the sectional finals, which are slated for next Friday, November 10 in Mississauga. Clubmate Sabrina Moran-Grant (above, left) finished eighth in the novice division.

Photos by GRAHAM PAINE

## Reding downs E.C. in Halloween clash

By MURRAY TOWNSEND  
Special to The Champion

E.C. Drury's senior girls basketball team brought a few tricks with them to Bishop Reding for a Halloween day bash, but the final result was no treat for them as they lost 38-31.

The Spartans definitely put a scare into the Royals, however, especially when they jumped out to an early lead and managed to hold onto it for much of the first half. With a record of 1-4 going into the game, they may have thought they didn't have a ghost of a chance, but they showed a lot of spirit throughout the contest.

Tara Jukes opened the scoring for Drury when she carved the defense and sank the pumpkin from 20 feet out. Then Heather Arbuckle drained one to give them a 4-0 lead.

### Slow start for Reding

The Royals' shooting seemed cursed for much of the first quarter, as they got in good position for shots but were having a devil of a time getting them to go in.

Amy Prisniak, BR's bedazzling point guard, finally ended the frightful scoring slump when she went to the foul line and sunk two. Then the Royals did a good job of masking their intentions on an inbound play and Chantal Desroches shelled out a goodie of a pass to Sarah Venema under the basket to tie the game.

Leslie Hicks cast a spell over BR to end the first quarter by scoring five points and gathering in at least that many rebounds to lead the Spartans to an 11-6 lead.

The Royals came back from the dead in the second quarter — with Prisniak, Eva Sitarz, Joanna Sitarz and a blood thirsty Carolyn Coates all scoring before Laura Wellstead, number 13 for the Spartans, had a run of good luck and rattled off two baskets from long range.

Michelle Merritt also sank one from quite a distance out, which appeared to be the Spartans' strength. They rarely drove to the basket, but most of the time were

very patient at working the ball around and finding the open shooter. When they missed, it wasn't by much.

It got a little scary at times late in the second quarter, with the teams appearing to be bobbing for basketballs. During one sequence, the ball changed hands four times within about a two-second time frame, terrifying all four coaches.

### Royals take over

Reding went into the second half with a 19-17 lead, with Sitarz continuing to have a monster of a game.

She did a great job battling under the boards and fighting for the ball all over the court, and looked ready to slay anybody who got in her way. Eva the Vampire Slayer also managed to sink six points and was involved in two spooky plays, befitting the occasion.

One time she was mistaken for a pumpkin head when she was hit in the back of the noggin on an errant pass as she ran up court, and one blood-curdling free throw attempt seemed almost to be closer to her own basket than Drury's.

The Royals put a stake through the heart of the Spartans early in the fourth quarter when Alicia New put on her Superwoman costume and displayed an eerie scoring touch. She scored eight straight points, most of them on sweet handouts from Prisniak, and put Bishop Reding well ahead by a 36-25 score.

The Spartans woke up and returned from the land of the zombies, fighting valiantly to recover from the nightmare, but the closest they could come was seven points.

The problem for them was their outside shooting, which just died after being so effective earlier in the game.

The Royals appeared to be allowing them the shot as long as they didn't try to penetrate their zone. Arbuckle led E.C. in scoring, followed by Jukes, who came close to casting a deadly pall over the Royals, with shots that just refused to fall.

The two teams won't have to wait for next Halloween for their rematch, as they face each other tonight in the Aldershot Basketball Tournament.

## Winter running clinic on soon

The weather may be cooling down, but many avid runners are just warming up.

To that end, Oakville's The Running Company is once again offering its six-week winter weather running clinic which kicks off next Saturday, Nov. 11.

The program is geared toward beginners and focuses on the do's and don'ts of running in the winter.

Experienced runners as well as guest lecturers will cover all the basics of cold weather running including motivation, proper choice of apparel, nutrition and tips

on how to avoid the most common winter-related injuries.

Each morning session — which begins at about 9 a.m. — features a half-hour lecture followed by a half-hour devoted to a slow pace supervised run/walk.

The clinic costs \$40 per person.

Those wishing to sign up or find out more about the program can call Greg McKinnon at The Running Company at 815-1952.

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