

Lynch confident he'll be back this season after shoulder injury

Pitcher now at the Colorado Rockies spring training camp

In spring, hopes are eternal. That's especially true for Milton's Pat Lynch, who's attempting to come back from shoulder surgery that caused him to miss all of last season.

The pitcher is at the Colorado Rockies spring training complex in Tuscon, Arizona where he's optimistic about the upcoming season.

"I feel better than I've felt in the past two years, so I'd say the surgery has been a success to this point."

Lynch had a torn labrum, which is lining in the socket of the shoulder that keeps it all together.

He had surgery last May in Denver and did his rehabilitation in Milton where he also worked on a strengthening program to try and ensure the injury didn't reoccur.

In a strange sort of way the injury has forced him to work even harder than he had before, making it a mixed blessing.

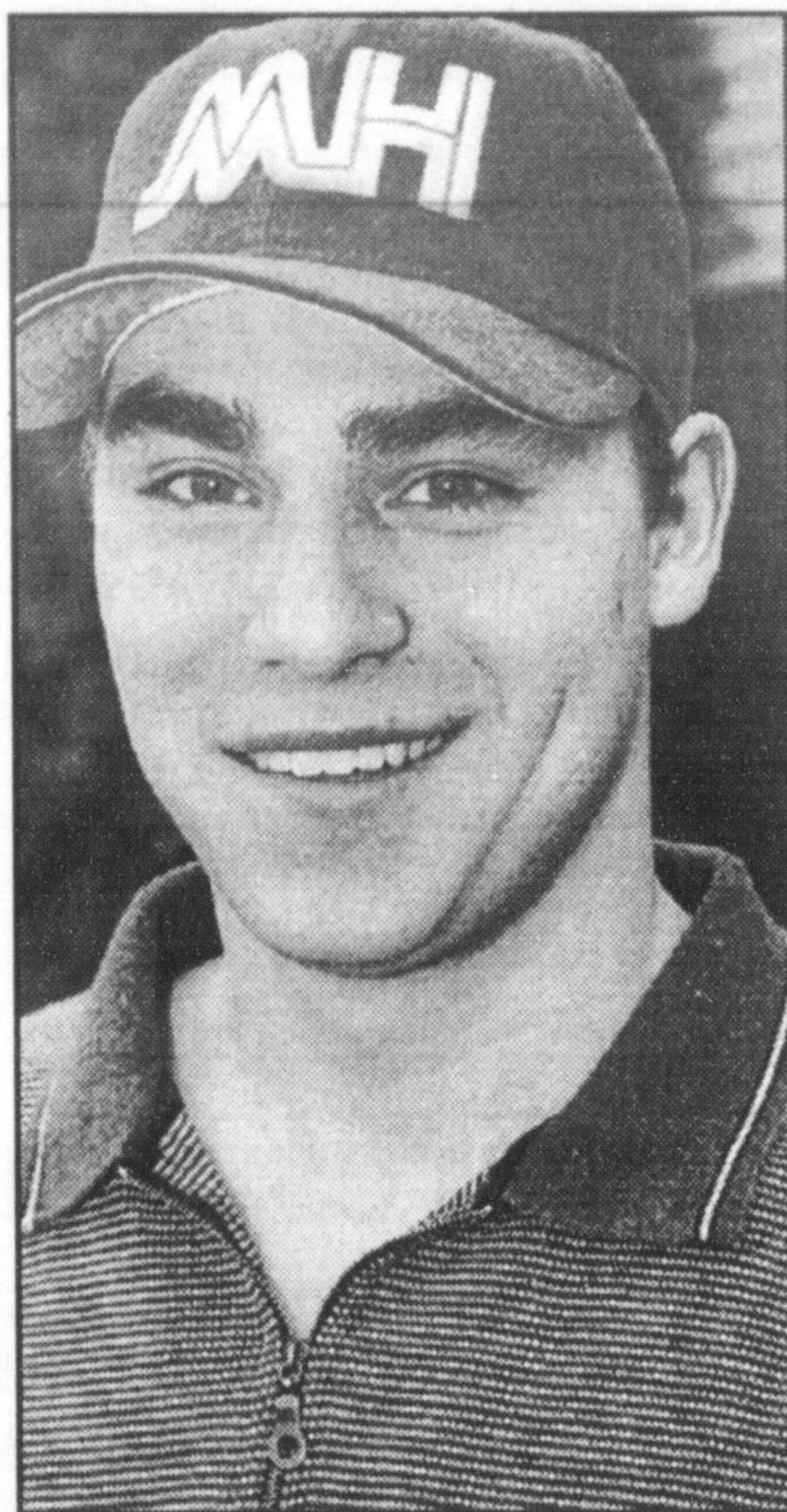
"It helped my work ethic off the field. It has helped me in all aspects of my conditioning and made me work that much harder to keep up with everything."

But, the real test will come in a game situation, which happens this week for the first time.

Lynch thinks that will be the first indication of how his shoulder has healed. The Rockies organization certainly hasn't pressured him.

"They've been helpful through the whole process so it's just a matter of me proving that I'm healthy."

Lynch isn't sure where he'll start the sea-



Pat Lynch says he's confident he can still do well despite last season's shoulder injury.

son because nobody has been told yet, but he suspects it will be in Salem, Virginia in high Class A ball, because that's where he was slated to play last year.

There are usually doubts for a player coming off of major surgery, but not so much in Lynch's mind.

"I've always had a lot of confidence and it's no different now. I'm confident that I can pitch still and do well. I just can't wait for the opportunity to get out there and show the organization that I can still play," he said.



Photo by GRAHAM PAINE

Better luck next time

The Milton Winterhawks Minor Atom AA team lost to the Orangeville Flyers 5-1 Sunday at Memorial Arena in Tri County playoff action.

March 24 & March 31

Lacrosse Skills Clinic

Milton Leisure Center



Milton Lacrosse

2001 Season

Time

Ages 4-10 2 p.m.

Ages 11 & Up 3 p.m.

Bring Stick, Gloves & Helmet



HALTON HILLS GIRLS HOCKEY ASSOCIATION

REGISTRATION FOR 2001-2002

Girls hockey offers house league and representative team play

REGISTRATION:

March 23, 6:00 - 8 pm Acton Arena

March 25, 11:00 to 3:00 pm, Memorial Arena in Georgetown

FOR INFORMATION: 853-5466

Early Registration discounts apply.

Copy of birth certificates for NEW registrants only.

Positions are available for coaches, managers and trainers for both house league and representative teams.

For rep team applications contact Kathleen Bevan at 853-5466. For house league applications contact Craig Baker at 873-8302.

Deadline for rep team applications is March 31st, 2001.

Tryouts for 2001/2002 rep teams will be held late in April and again in September.

A reminder to all that our Annual General Meeting will be held on Monday April 23rd at 7 pm in the Multipurpose room of the Police Station on Guelph Street in Georgetown.

Weekly House League Schedule

Milton Minor Hockey Association

SATURDAY MARCH 17, 2001 TONELLI ARENA

BEGINNERS		
9:00 AM	HUNT PLYMOUTH CHRYSLER	VS LITTLE FIREMEN
10:00 AM	BRUCE HOOD TRAVEL	VS KNUCKLES SPORTSHOP
PRE-NOVICE		
7:00 AM	TIMBITS WHITE	VS TIMBITS BLACK
8:00 AM	TIMBITS GREEN	VS TIMBITS RED

SATURDAY MARCH 17, 2001 MEMORIAL ARENA "GOODLIFE SKILLS COMPETITION"

ATOM		
7:30 AM	ATOM TEAMS 1 - 4	8:40 AM ATOM TEAMS 5 - 8
9:50 AM	MINOR NOVICE	
11:00 AM	MAJOR NOVICE	
12:10 PM	PEEWEE TEAMS 1 - 4	12:50 PM PEEWEE TEAMS 5 & 6

SUNDAY MARCH 18, 2001 TONELLI ARENA

NOVICE		
2:00 PM	GOODLIFE FITNESS GREEN	VS GOODLIFE FITNESS BLUE
3:15 PM	GOODLIFE FITNESS RED	VS GOODLIFE FITNESS BLACK
4:30 PM	HUNT PLYMOUTH CHRYSLER	VS KNUCKLES SPORTSHOP
5:45 PM	SHOPPERS DRUG MART	VS GORRUD'S AUTO

SUNDAY MARCH 18, 2001 MEMORIAL ARENA

BANTAM		
5:00 PM	HOME CINEMA VIDEO	VS BRIAN'S AUTO REPAIRS
6:20 PM	SUNNY OASIS INTERNET	VS KENTUCKY FRIED CHICKEN
7:40 PM	ABSOLUTE TRANSPORTATION	VS HIGH FIVE PHOTOGRAPHY
8:50 PM	RUSSEL METALS	VS KEY CENTRES

MONDAY MARCH 19, 2001 TONELLI ARENA

SENIOR		
7:35 PM	NISKAR PETRO CANADA	VS KWIK KOPY PRINTING
8:43 PM	AUSTEN & NOBLE INSURANCE	VS DOCS & DENTS
9:51 PM	MILTON CHRYSLER DODGE	VS GUS MOWBRAY LTD.



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