



# SPORTS

THE CANADIAN CHAMPION

FRIDAY APRIL 12, 2002

Jennifer Porenta recently delivered a strong performance at the Commonwealth Games Trials in Winnipeg.

File photo by  
GRAHAM PAINE



## Porenta gives impressive effort at Commonwealth Games Trials

By STEVE LeBLANC

*The Champion*

Jennifer Porenta continues to gain ground — or rather water — on the country's best swimmers.

Providing further evidence of that late last month in Winnipeg, Milton's 16-year-old pool shark delivered three top-six finishes during the week-long Commonwealth Games Trials.

Those collective efforts put the local teen within striking distance of a trip to the international showcase this summer in England.

"I feel really good about my performance. There was so much more pressure there (at trials)," said Porenta. "Now I feel like I'm at their (top swimmers) level, not just trying to catch them."

Surprisingly, Porenta's best result at the long-course competition came in her secondary stroke — the butterfly.

Among 50-metre long course competitors on day two, she shattered her per-

sonal best mark by about a second-and-a-half — capturing bronze in a sizzling 28.52s.

"Oh yeah, that was definitely a surprise. It (50m butterfly) was just suppose to be a fun event," explained the local teen, who was just four one-hundredths of a second behind the silver medalist. "But I've been training a lot more in the (butter)fly and been getting off the block and accelerating better lately."

Porenta was nearly as impressive in her two bread-and-butter races — the 50 and 100m freestyle. In the longer distance, she started strong with a second-place showing and new individual benchmark in the preliminary round. Unfortunately, that initial momentum fell by the way and was replaced by a solid but somewhat disappointing 57.51s swim — good enough for sixth spot — in the finals.

But Porenta would end her Commonwealth Games Trials campaign

on a solid note during final-day competition — when she finished fourth in the 50m free with 26.61s performance that was just slightly off her personal best.

Among those she placed ahead of in that event was former Olympian Maryanne Limpert.

Though Porenta didn't quite earn a trip to the big show this time around, international competition isn't likely to elude her this summer during the Canadian Long Course Championships, which will serve as a stepping stone for both the senior and junior Pan-Pacific Games — being held early next year in Japan and Australia respectively.

The nationals will be held in August in Victoria, British Columbia.

Meanwhile, fellow Miltonian Kristen McLroy also competed at the Commonwealth Games Trials.

Her best efforts were reserved for the 200m backstroke, in which she reached the 'B' class finals and placed 15th.

## Midgets ready for All-Ontario championships

By STEVE LeBLANC

*The Champion*

Just showing up won't be good enough this time around.

When Arnie Parcels last guided Milton's AA midgets to the provincial championships five years ago, the team was just thrilled to qualify.

Consequently, adequate preparation was not put forward and the Winterhawks — who may well have been the most talented team there — placed a disappointing fourth.

"We didn't go in prepared," recalled Parcels. "We were so happy to win the OMHA title, and as a result we didn't put forth the effort in our preparation that's required to win (All-Ontarios). On paper we were probably the best team, but we just weren't prepared."

Determined to learn from past mistakes, Parcels has made every effort to keep his 2002 OMHA champs motivated in the two-and-a-half-week respite between winning the league title and this weekend's provincials in Sudbury.

And truth be told, maintaining a high work ethic during that lengthy hiatus hasn't been that challenging. "If anything, they're going harder than they ever have. I think these guys recognize that winning the OMHA title is just one milestone on the way to the big prize, the OHF championship," said Milton's skipper, whose team begins provincial play this morning against the Alliance's Waterloo.

Added captain Connor Sweeney, "We were a little worried at first about having such a big gap (in play), but we've been working hard at practice and done a good job keeping ourselves motivated."

The Winterhawks' impressive work ethic may be their greatest ally this weekend, but their versatility and overtime track record are certainly close behind.

Milton has prevailed in all five sudden death encounters through the playoffs and has displayed an ability to match their opposition with either speed or grit — the latter of which was needed in ample supply during physically-demanding showdowns with Stoney Creek and Barrie. Remarked Parcels, "We've definitely shown that we're adaptable. If you look at our goals-against average (just under 2.50), we're very defensive in nature and I think we'll be competitive with anybody there."

Along with Milton and Waterloo, the OHF championships will include host Sudbury, the Northern Ontario Hockey Association's Sault Ste. Marie and the West Mall Lightning of the GTHL.

The Winterhawks will play two games both today and tomorrow. The top four teams after round-robin play advance to the semifinals Sunday morning, with the winners battling it out for the provincial title in the afternoon.

• MOUNTAIN • BMX • HYBRID • ROAD • TRIKES • SCOOTERS • MOUNTAIN

**NORCO GT**

**Truckload Blowout Sale**  
**April 13 - 14, 2002**

**SPOKES 'N' SLOPES**

**905-876-7676**  
**www.spokesnslopes.com**

YOUR ONE STOP BIKE AND SKI SHOP!

**89 Ontario Street N.**  
**(Hwy. 25) Milton**

• MOUNTAIN • BMX • HYBRID • ROAD • TRIKES • SCOOTERS • MOUNTAIN • BMX • HYBRID • ROAD • TRIKES •

AT COST OR BELOW COST

GRIMECA DISC BRAKES front or rear  
Regular \$410 NOW \$249<sup>99</sup>

ARROWHEAD Regular \$700 NOW \$499<sup>99</sup>

AVALANCHE 0.0 Regular \$2800 NOW \$1600

TEMPEST Regular \$930 NOW \$599<sup>99</sup>

XCR2000 Regular \$3000 NOW \$1799<sup>99</sup>