

Local skaters shine at COSIC qualifier

The Milton Skating Club showed strongly at the recent Midway West Inter-club Championships in Brampton.

The club amassed a dozen top-three performances, while seven skaters finishing top two and advanced to the Central Ontario Section Inter-club Championships (COSIC), scheduled for February 27 to 29 at Caledon's Teen Ranch.

Representing Milton at COSIC in two events each will be Julia Cenedese, Hugh Ritchie and Angela Schrempf, while also qualifying were Kendra Paguaga, Ally Sereda, Laura Stratton and Sonia Zaichuk.

The following is a list of how local skaters fared in Brampton:

Freestyle events

Julia Cenedese: 1st, Pre-Preliminary Ladies Freeskate

Kendra Paguaga: 1st, Preliminary Ladies Freeskate

Angela Schrempf: 1st, Senior Silver Ladies Freeskate

Ally Sereda: 1st, Senior Bronze Ladies Freeskate

Laura Stratton: 1st, Junior Silver Ladies Freeskate

Sonia Zaichuk: 2nd, Junior Bronze Ladies Freeskate

Danielle Clarke: 3rd, Junior Bronze Ladies Freeskate

Melanie Koso: 5th, Senior Bronze Ladies Freeskate

Lisa Petrie: 5th, Junior Silver Ladies Freeskate

Alana Petrie: 7th, Senior Silver Ladies Freeskate

Katie Preisner: 8th, Pre-Preliminary Ladies Freeskate

Rosslyn Schultz: 8th, Preliminary Ladies Freeskate

Interpretive events

Angela Schrempf: 2nd, Bronze Interpretive

Jennifer Roskam: 7th, Bronze Interpretive

Dance events

Julia Cenedese and Hugh Ritchie: 1st, Preliminary Mixed Dance

Hugh Ritchie: 1st, Pre-Preliminary Men's Solo Dance

Julia Cenedese: 3rd, Preliminary Ladies Solo Dance

Kendra Paguaga: 3rd, Senior Bronze Ladies Solo Dance

Sarah Williams: 4th, Senior Silver Ladies Solo Dance

Katie Preisner: 5th, Junior Bronze Ladies Solo Dance

Melanie Koso: 6th, Senior Silver Ladies Solo Dance

Leanna Ritchie: 6th, Junior Bronze Ladies Solo Dance

Rosslyn Schultz: 6th, Senior Bronze Ladies Solo Dance

Jillian Mlot: 7th, Preliminary Ladies Solo Dance

Laura Stratton: 7th, Junior Silver Ladies Solo Dance

Rebecca Cherry: 8th, Pre-Preliminary Ladies Solo Dance

Lindsey Mindenhall: 8th, Pre-Preliminary Ladies Solo Dance

Ally Sereda: 6th, Junior Silver Ladies Solo Dance

OT victory for 'Hawks

Milton's AA minor atoms squared their OMHA second round series in dramatic fashion Sunday afternoon, shading the host Stoney Creek Warriors 2-1 in overtime.

Liam Robinson scored in sudden death — putting the finishing touches on a nifty play he initiated — while assists went to Kevin Friesen and Sameer Kalia. Netminder Brandon Bodiam and defencemen Daniel Nikolich and Liam Venerus shone in the Winterhawks' end, while also scoring was Mathew McPhail.

The narrow victory knotted the best-of-five showdown at 1-1-1. The series continues tomorrow evening at Milton Sports Centre. Game time is 7:30 p.m.

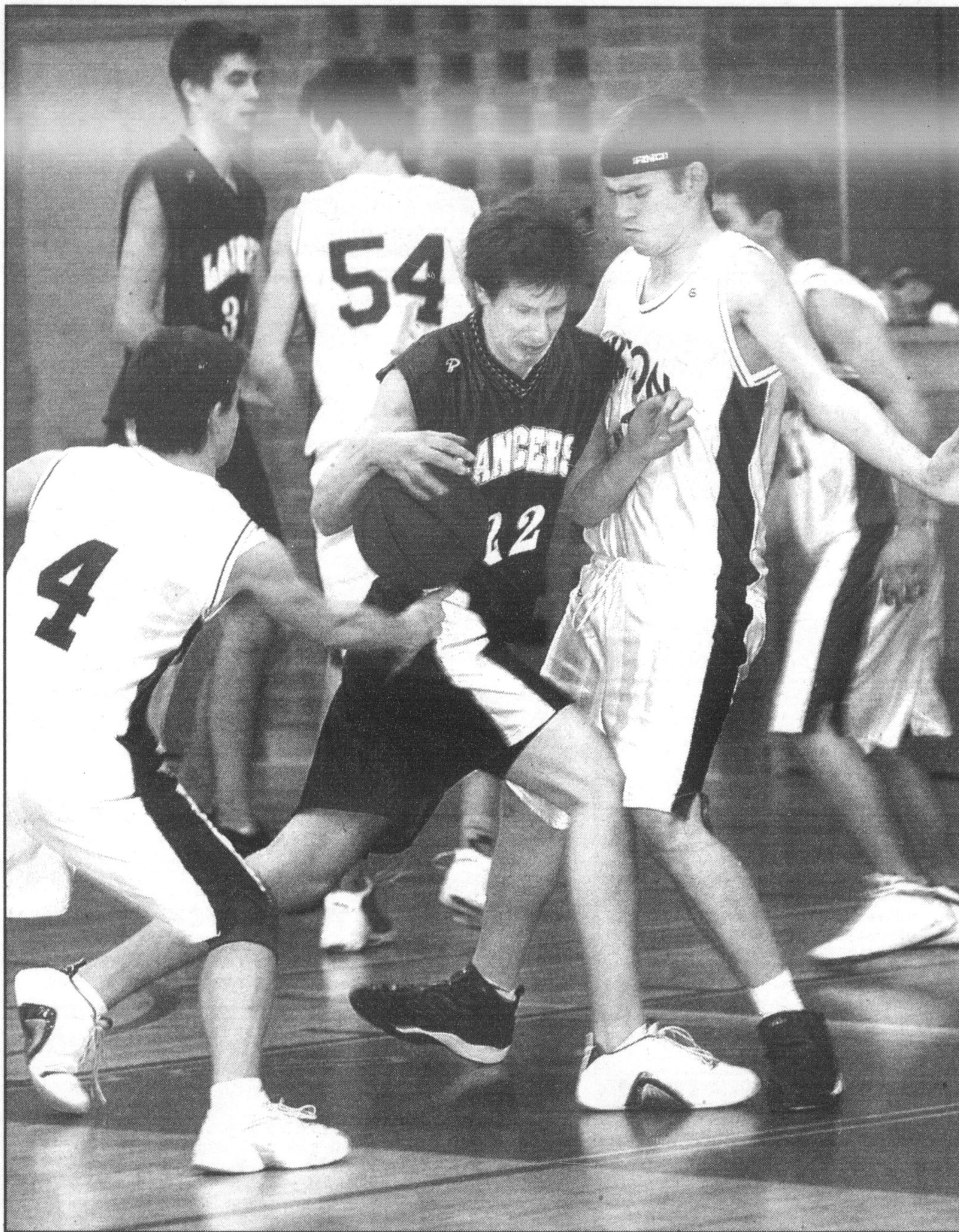


Photo by GRAHAM PAINE

Just passin' through

Lord Elgin's Matt McGuire tries to drive to the basket while pushing off of Milton District Mustang Chris Ferrier, as teammate Craig Harding (4) moves in to help during senior boys basketball play at MD Wednesday afternoon. Lord Elgin — the Richardson Division leader heading into the final week of regular season play — handily beat the Mustangs 75-47. Lord Elgin will return to Milton for a pivotal clash with 8-1 Bishop Reding tomorrow afternoon.

Introduction to jiu jitsu not as painful as expected

I figure it would take Darlene Kelsh about 30 seconds to break every bone in my body. Not quite so long if she was rushed for time.

Fortunately for me, visiting the Milton School of Jiu Jitsu last week was more of an eye-opener than a bone-breaker.

Darlene is a four-time women's world jiu jitsu champion, and operates the school alongside father Robert Kranstz, who was a world champion three times. In fact twice they won in the same year, and both are members of the World Hall of Fame.

The sport of jiu jitsu in this country and even the world has some of its roots right here in Milton. Bob put together the first children's program in Canada 30 years ago, motivated mostly by his daughter's desire to become involved. Later he wrote the rules for sport jiu jitsu, which have been adopted worldwide.

Jiu jitsu is different from other martial arts because it encompasses all elements of self-defense, according to Darlene, including the ability to adapt to any situation.

"It teaches you to have control, discipline, awareness of our own abilities, and awareness of self and others," she explained. "It's not just fighting, but also physical expression — an art form with the benefits of physical fitness."

Darlene takes me on a tour of the dojo, which I have learned means hall of training. The walls are filled with decades of history and trophies and photographs. The mats extend the length of the large room, with various apparatus from end to end, including BOB.

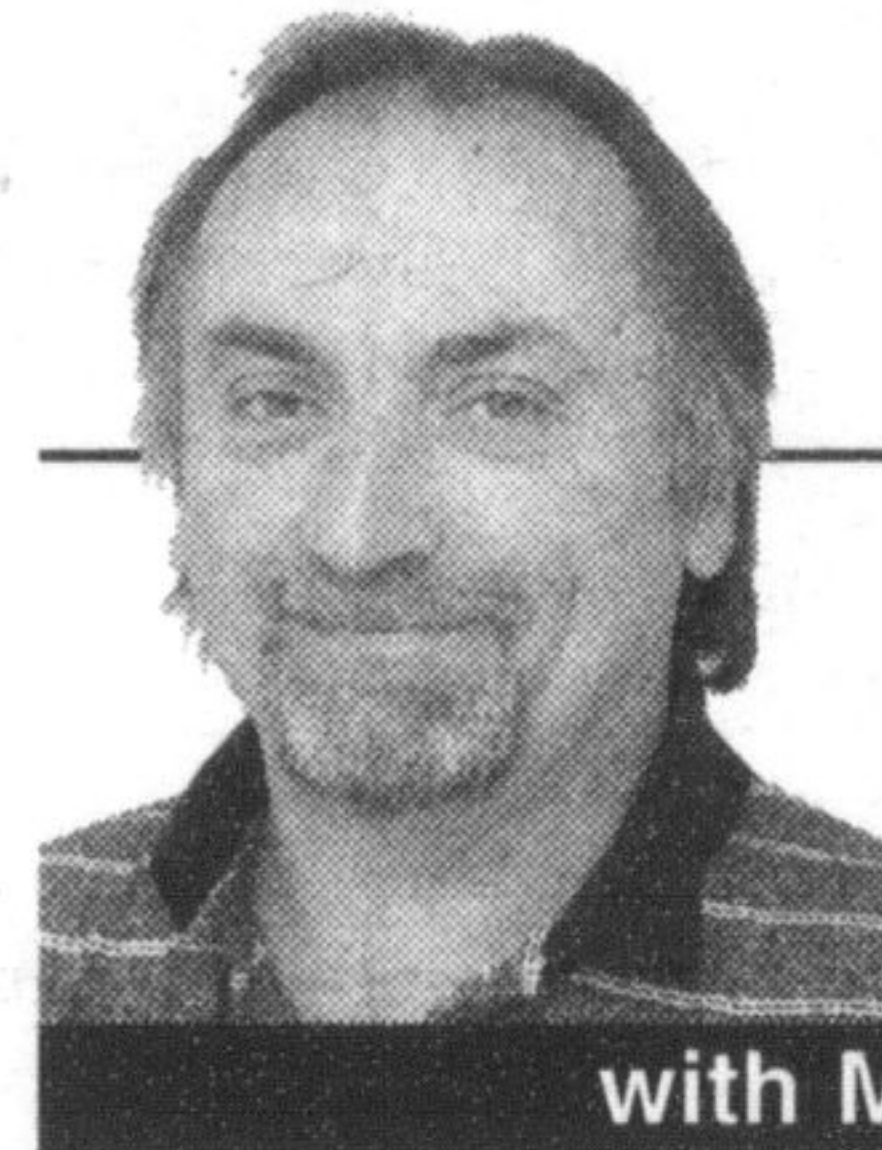
BOB stands for 'Body Opponent Bag', and is a rubber figure of a man's upper body and head whose name, I guess, is Bob.

I could beat Bob silly if given half a chance, but Darlene has other ideas. She's going to teach me the sweeping throw takedown, which has the potential of being more effective than my previous method of defense, learned from a lifetime of watching The Three Stooges.

The school has programs for kids, families, and adults, including one for women's self defense. Darlene suggests that attackers are most likely to prey on the weak and meek, but that there are ways to combat it. She said, "Little things create a more confident, aware being who's less likely to be a victim."

She teaches women how to create an air of assertiveness that would discourage potential attacks, as well, of course, as what to do should one actually occur.

Darlene is five feet five inches and 120 pounds. At half my weight, she'd be little match



Out in left field

with MURRAY TOWNSEND

for my manly strength and athleticism. I was thinking this even as she tossed me on the mat like a rag doll and ran through the various joints she could re-adjust to end my life as I know it.

To say I was impressed would be an understatement. I looked over at BOB to see if he was watching, but he kept staring straight ahead, apparently having seen this all before. More and more I'm not liking BOB's attitude.

She would teach me how to do it in about two minutes. It was so easy, even a kid could do it. In fact, it was so easy, even I could do it.

I wondered aloud what learning jiu jitsu could do to a schoolyard full of children, but Darlene assures me that their kids programs accomplish something well beyond aggressive behaviour. "We make sure they're aware of what's right and wrong. We talk about bad situations and how to

make them better," she stressed.

A big component of their kids programs is learning respect for others at the same time as they're building their skills and adding to their accomplishments through the awarding of different coloured belts. As it turns out, a child with jiu jitsu training is less likely to be aggressive toward other kids.

"It helps create focus on a task, and it teaches respect," she said.

BOB, I figure, is someone who needs to learn respect, and I pay close attention as Darlene runs through the sweeping throw takedown in slow motion. Five steps and a couple attempts and I'm ready to do it for real. I do it perfectly — to my own astonishment — and Darlene goes down on the mat with a loud bang.

Once again I'm impressed, this time with myself. Very impressed. Although later when showing the moves to my daughter she punches me in the stomach before I get to step two, making me think I have a lot to learn.

That's no doubt true, but I know enough to take care of BOB. Now that I have a bit of jiu jitsu training, I'd like to meet him in a dark alley sometime.

• for more local sports, see page 35