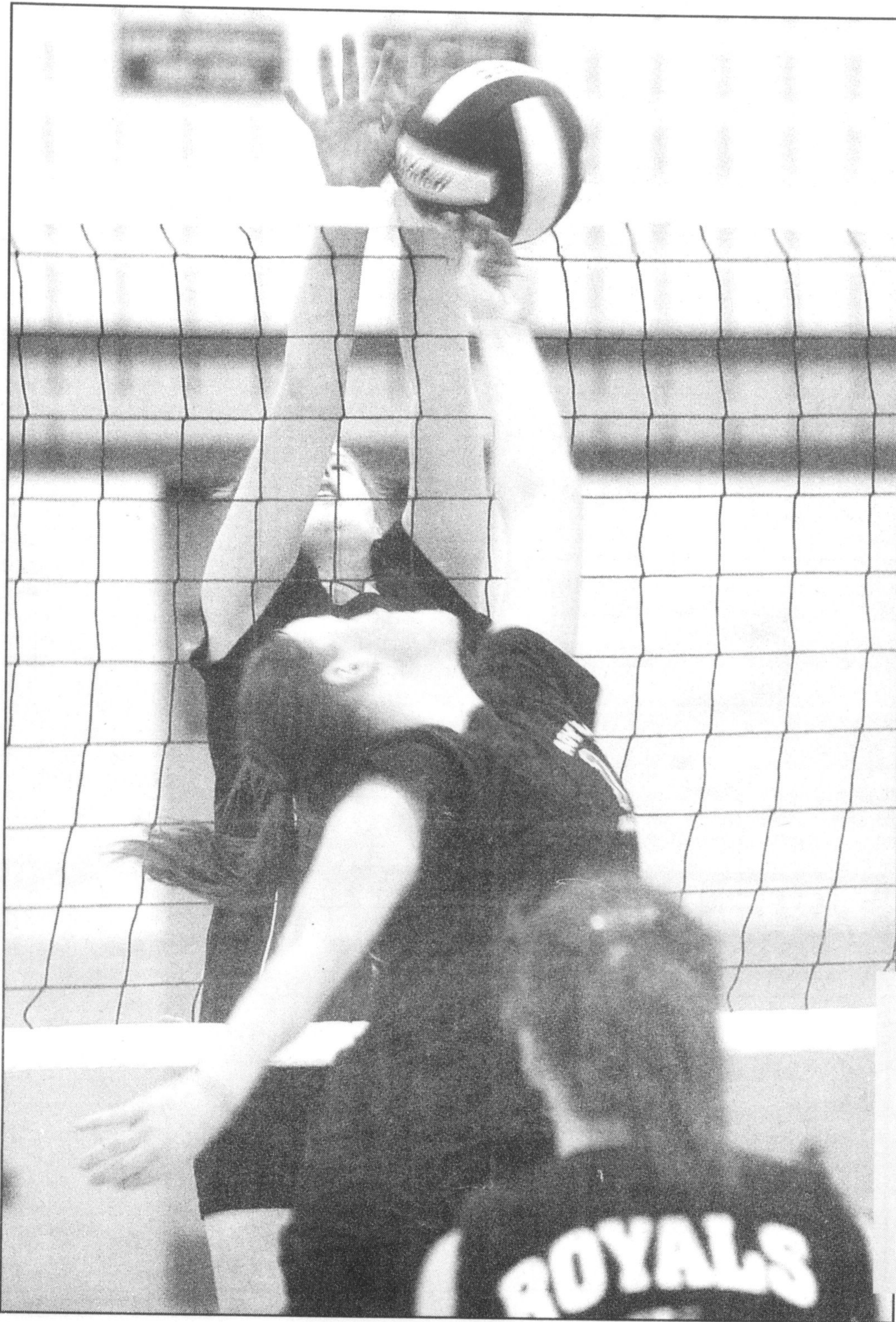


Sports

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IceHawks sending pair to all-star tilt

Shandor Alphonso and Jeff Caister will be in elite company tomorrow evening.

That's when the IceHawk cornerstones will represent their local club at the Provincial Jr. A League All-Star Game in Cobourg — where they'll look to help the North/West squad continue its supremacy over the South/East.

Now wearing the captain's 'C' since his recent return from a pre-holiday shoulder injury, 20-year-old Alphonso has been the IceHawks' offensive anchor all season and became the team's first player to hit the 50-point plateau with a pair of assists in Sunday's 11-1 rout of Bramalea.

Heading into Hamilton last night, the former OHLer had 21 goals and 29 assists in 38 games this season.

Building on a solid rookie campaign, sophomore Jeff Caister is arguably Milton's most improved defenceman this year — at least when efforts at both ends of the ice are taken into consideration.

The 19-year-old assistant captain — who's now sixth on the team's all-time scoring list for blueliners, having moved ahead of Daner Finn Sunday with four

helpers — is handling the puck much better these days and has developed quite an impressive point shot.

Boasting a perfect attendance record since joining the team last year — having played every single game as of last night — Caister has nine goals, all on the powerplay, and 37 assists in 45 games.

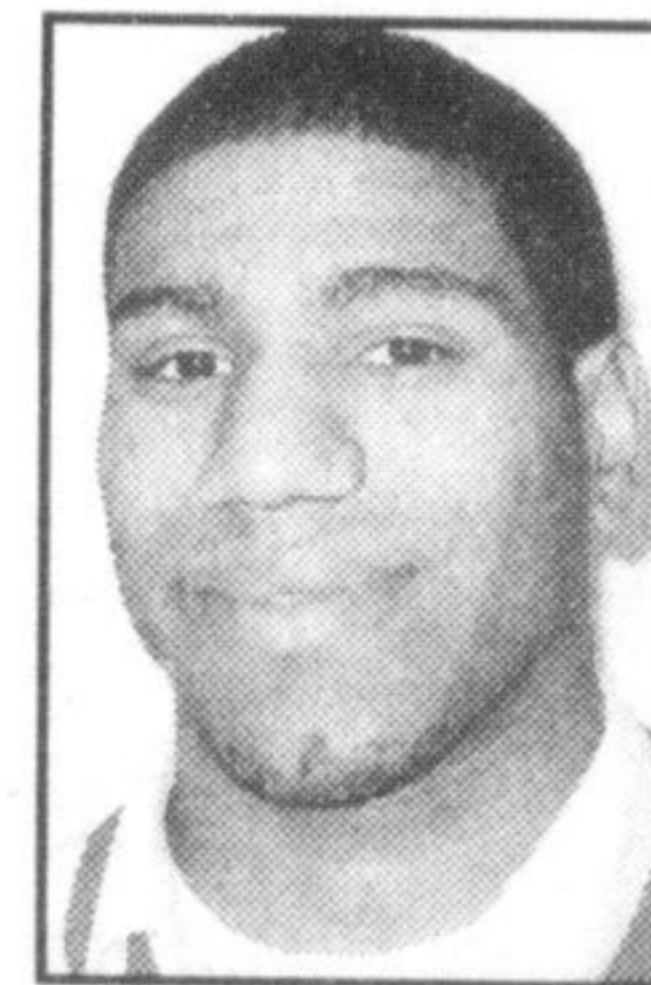
Former IceHawk Ryan Angelow will represent Oakville tomorrow night.

For the second time in three years, the IceHawks have been left off the Western Conference awards list, which was released late last week.

Angelow and Shane Hart of Hamilton shared the MVP title, top defenceman honours went to Buffalo's Shane Simmons, Tim Priamo of Burlington was named rookie-of-the-year, most improved player honours were snagged by Chris Moran of Buffalo, Oakville's Ryan Ellis was deemed most gentlemanly

player and Brampton bench boss and native Miltonian Randy Novak got the nod for coach of the year — having made huge strides with the Capitals.

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Shandor Alphonso



Jeff Caister

Net gains

Milton District's Emily Rigo tries to block a trip at the net by Erika Minkhorst of Bishop Reding during last Tuesday's junior girls volleyball tournament at BR. MD went on to prevail in three sets — winning 25-20, 20-25, 15-13 — and finished second overall, while the host Royals clinched third with a 25-21, 25-18 decision over Holy Trinity of Oakville. Oakville's St. Thomas took top honours, despite losing to BR 25-21, 25-24 in round-robin play.

Photo by GRAHAM PAINE

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