

Challenging sport: Quart

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ketball as a youngster means she has better hand-eye co-ordination, ball skills and a shot than many other women," explained Gregory, who guided the Mississauga team to their dynamite debut at the nationals and often plays alongside his wife on various mixed teams.

Quart admits she thought the sport looked a little scary the first time out. And that's hardly a unique initial reaction to canoe polo, given that kayaks slam into each other throughout a match and players are frequently tipped — or pushed — over by opponents.

With that in mind, the ability to right one's self quickly — and get back in the play — is paramount to a team's success.

That's something Quart has made noticeable improvement at in the past year, but still needs some work on.

"There's some very specific techniques to it and it's got to be done effortlessly. I'm still not 100 per cent yet. It's one of those things that you can't even think about, you just have to do it."

Otherwise, the local canoe polo player certainly held her own in Quebec — following up an impressive team qualifying campaign with some exceptional passing and rock-solid positional play.

This served as an effective complement to the fierce attack of captain Tamlyn Bohm, who'll be representing Canada at the world championships next month in Milan, Italy.

"Sarah's got great game sense. She knows where the ball and her teams are at all times and is almost always in the right place at the right time."

While quite prominent in many areas of the world — like the U.K. and Australia — canoe polo is still virtually unknown across North America.

That, Quart noted, makes for some pretty vocal reactions when people happen upon a tournament like the one on the Beauharnois Canal.

"It's like 'What the heck is going on there?'" she quipped. "But that's how we pick up a lot of players. Kayakers happen to catch a game and instantly want to try it out. It can be a nerve-wracking sport, but it's really fun."

Sr. Sox cap regular season with double-header split

The Senior Red Sox haven't been able to build up much in the way of momentum over the course of this year, but head into the COBA playoffs with a fair amount of that — having won four of its last five regular-season games.

The most recent of these came at Brian Best Park Sunday afternoon, where Milton thumped the Glanbrook Grizzlies 8-2 to kick off a double-header. Workhorse Ian Zettle went the distance, scattering six hits and two earned runs over seven innings, while the Red Sox out-hit their guests 9-6.

Stepping into the designated hitter role, Liam Tennant clubbed a two-run homer and added a bases-clearing double to cash in five runs. Kevin Cooper accounted for the rest of the scoring with a three-run homer.

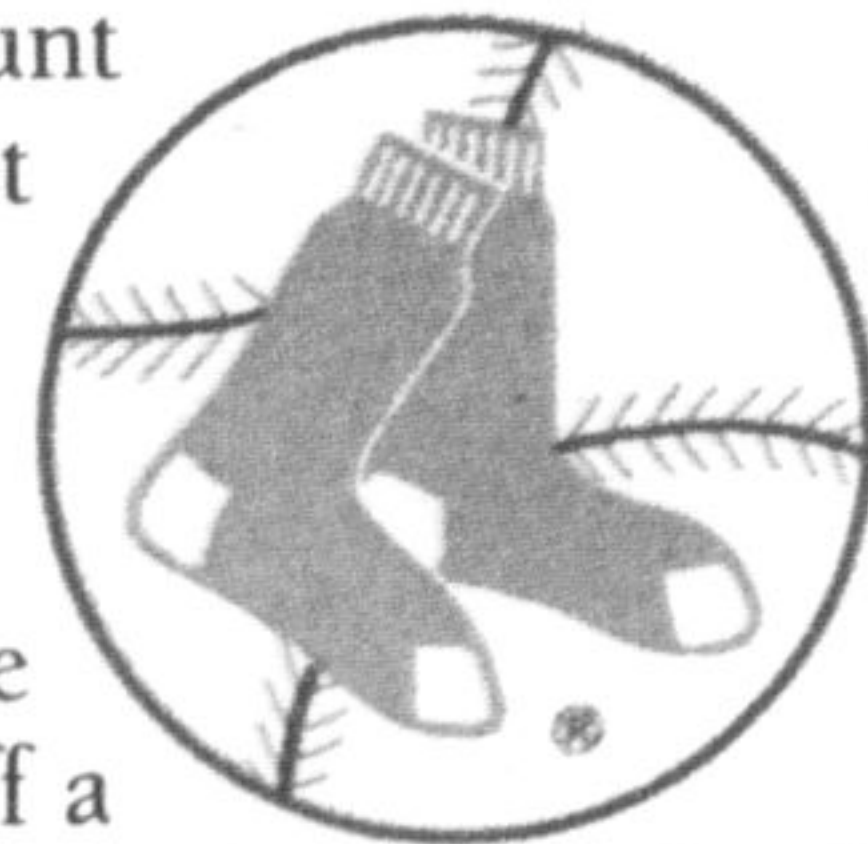
It was an entirely different story in game two, as Glanbrook held their hosts to four hits and prevailed 5-0.

Scott McTrach suffered the loss, surrendering 11 hits and four walks in a tough complete-game outing.

Milton began the weekend with a 6-1 win over the Mississauga Twins Saturday.

Tennant held them to five hits over the full nine innings, while Adam Mills highlighted the offence with a two-run double. Steve Lauzon contributed a pair of hits.

Finishing the regular season at 12-13-3, the Red Sox begin the initial round of double-knockout playoffs this weekend. Their first opponent had yet to be determined at press time. COBA's final four surviving teams will clash at Brian Best next weekend for the league championship.



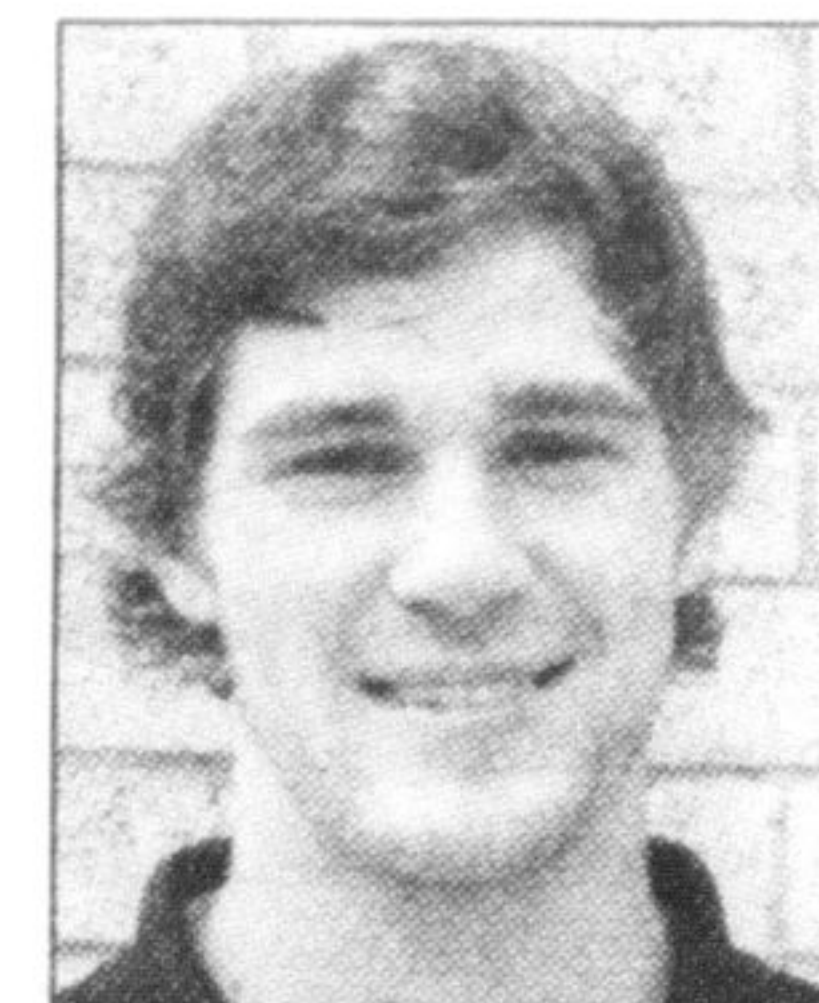
Explosive start to Founder's Cup

Still riding high from their provincial championship win three nights earlier, Ethan O'Connor and the Halton Hills Bulldogs enjoyed a commanding start to the Founders Cup Tuesday afternoon — annihilating the Onondaga Redhawks 17-3.

O'Connor scored once and was

part of a defensive unit that held the Redhawks to a single goal until well into the third period.

The 'Dogs continued the national Jr. B championship tournament past press time yesterday evening against the Calgary Mountaineers. The Founders runs until Sunday.



Ethan O'Connor

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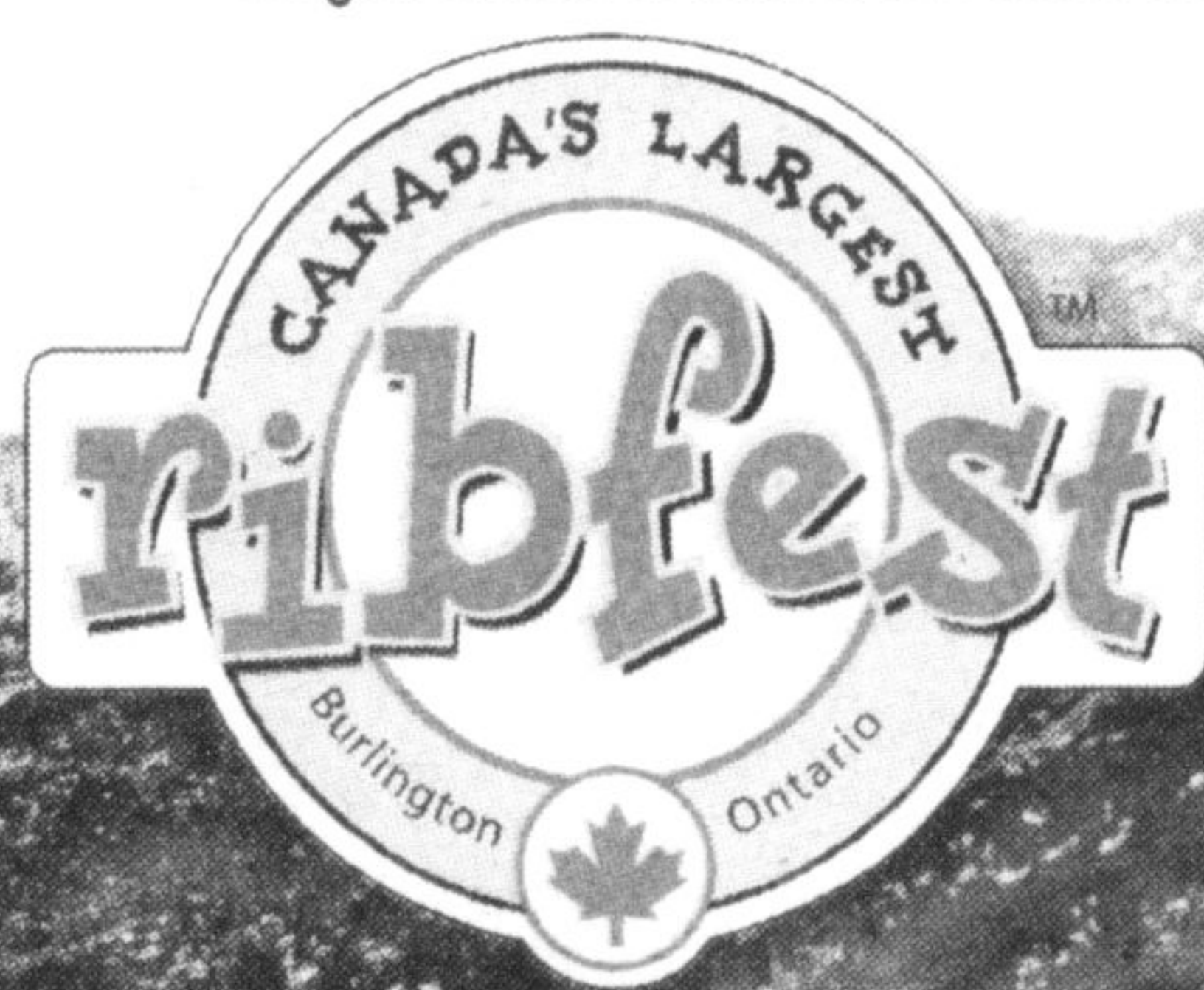
Labour Day Weekend, September 3rd to 6th, 2010, Spencer Smith Park, Burlington, Ontario

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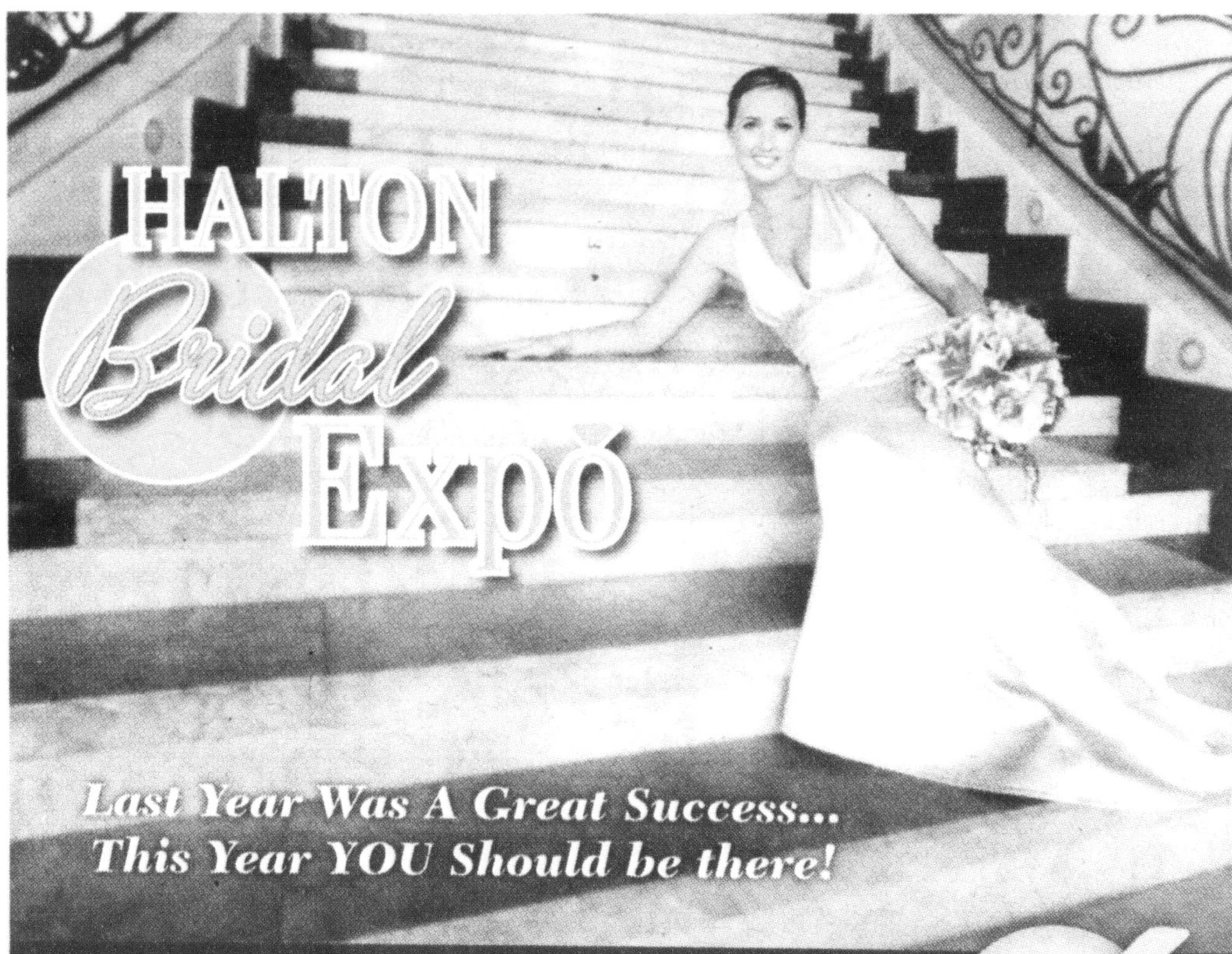
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