

Minor hockey teams just sitting and waiting

By JEFF PASQUALE

For now, it's a matter of hurry up and wait. Everyone involved with minor hockey in Milton, is waiting, up to and including the Jr. B Milton Merchants.

The reason everybody is waiting, is the war going on between the factions which control minor hockey in Ontario. The Ontario Hockey Association (OHA) is fighting the Ontario Minor Hockey Association (OMHA) and the Metro Toronto Hockey League (MTHL), which have banded together and withdrawn from the OHA. The new outlaw league is the Central Canadian Hockey Association (CCHA).

All of these groups used to be under the umbrella of the OHA, but in the last couple of years the MTHL and the OMHA, the two richest groups, began complaining they should get more of a say in how the OHA runs, seeing

as they put in most of the money.

The OHA, in essence, told them to sit down and shut up. This year they finally reacted.

How does this affect Milton and the Milton Minor Hockey Association (MMHA) as well as the Central Ontario Jr. B Milton Merchants?

Unless an agreement is hammered out between the OHA and the CCHA allowing players to cross over and play for both leagues, it means the MMHA won't be able to affiliate with the Merchants, thus preventing the Milton rep midget team from being used as a Merchant farm team.

MMHA president Terry Brandt doesn't think it will come to that, though.

"We haven't been asked to choose between the two groups yet, and we may not have to," said Brandt, the longtime president of the MMHA. "I think the OMHA and the OHA are

going to sit down and work something out."

If it comes down to making a decision, although Brandt wouldn't give a definite answer, he implied the MMHA would probably head with the OMHA.

"We've survived for two years without affiliating with the OHA," said Brandt of the two-year cooling of relations between the MMHA and the Merchants. "If it came down to going with the OHA just for the four or five players who would be back and forth from the midgets, it probably wouldn't be worth it for the other 1,000 kids in the organization."

The outlaw league has also taken with it the Metro Toronto Jr. B Hockey League and renamed it the Metro Toronto Junior Hockey League. Three members of the Central Ontario Jr. B Hockey League, of which the Milton Merchants are members, have jumped ship to join

the new junior league. The Central league has decided to remain with the OHA.

The three teams that jumped ship are Richmond Hill, Vaughn and Mimico. In order to fill the gap, the Central league has admitted Peterborough and Lindsay. Peterborough will join the Merchant in the West Division, replacing Mimico. Milton coach Rick Bince explained how the new system will work.

"We still have the same 42-game schedule and all seven teams will make the playoffs," said Bince. "The only difference in the schedule will be we'll play only three times in Peterborough and they'll travel here three times. Their extra games will be made up against Lindsay. It will be the only inter-division play in the league this year."

Meanwhile, everyone is still sitting around and waiting.

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Early season action

The Milton Merchants, of the Central Ontario Jr. B Hockey League, beat their opponents to the ice by at least a week, according to Rick Bince, the coach of the squad. Here the Merchant hopefuls scrimmage before the watchful eye of Bince. The first local practise for the squad is Thursday evening at 8:30 p.m. when they hit Milton Memorial Arena.

Scannell wipes out, doesn't finish race

By JEFF PASQUALE

In the racing game it happens to everyone, and this weekend it was Howie Scannell Jr.'s turn to watch metal meet concrete and end his race a little earlier than anyone else's.

Scannell crashed his Richardson Chev Olds Camaro on the 10th lap of the Players GM Motorsports Series race held at Mosport Park as part of the Mosport 24-hour weekend. He was in 15th place at the time of the crash.

"Howie was trying to pass a slower car on the outside and he just spun and bumped into the wall," said Howie Scannell Sr., the baker and chief mechanic of the Scannell Racing Team. "Howie's fine and the car isn't too badly damaged at all."

"He just bent the steering and fender a little. He drove the car off the track under its own power and it wasn't for the damaged steering, he would have been able to finish the race."

The poor finish almost officially knocks Scannell Jr. out of consideration for rookie of the year, as the driver he was chasing, Ken Wildon of Burlington, took fifth in the race. Richard Spenard of Shannonville won the event ahead of Ron Fellows of Mississauga.

"Crashing, of course, was a very disappointing way to end this race, but overall we're happy with the way the season is progressing," said Scannell Sr.

The most promising thing about the Mosport race, which is one of the toughest racetracks to set up a car for, was the qualifying time Scannell turned in.

"We qualified 17th for this race, an improvement of 10 spots and two minutes over the last race here," said Scannell Sr. "This is definitely a come-down after last week (where Scannell turned in a fifth-place finish at Cayuga). We're improving, though, to where we're going to be able to run with the big boys next year."

The one thing holding the team back, said Scannell, is the lack of a full-time crew.

"We're competing with professionals and we're only doing this part-time. It's definitely a time-consuming hobby."

The eighth race in the series is Sunday, August 27, in Trois-Rivieres, Quebec.


The Scannell team still has hopes of finishing in the top 10 in the overall standings this year, so every remaining race is still important.

Speed finally enters training program

Now that your long run for the week is up to 45 minutes, it is time to introduce you to two different types of runs.

A variable speed run, just as the name indicates, is one in which you run parts slow and parts fast. The slow part gives you time to recover so you can run fast again.

Training Tips
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As an example, in this week's schedule there will be a 40 minute

variable speed run with four pick-ups of three minutes and three minutes recovery between pick-ups. You will start this run by doing a 10 minute easy run, after which you go hard for three minutes, then you go easy for three minutes.

You go as easy as you need to recover, but you

must keep moving, then three minutes hard, three minutes easy, three minutes hard, three minutes easy, three minutes hard and finally you run easy for 10 minutes. Take note that all variable speed runs start and end with a 10 minute easy run.

The second type of run I will talk about today is the steady hard run. In this type of run you do a 10 minute jog before you start, then you relax for a couple of minutes and you go to it.

For example, this week you will have in your schedule a 20 minute hard run. Warm up with a

10 minute run, do some stretching and then go hard for 20 minutes. You can't sprint for 20 minutes, but you can push yourself during this 20 minutes. After the run, relax for about five minutes and then go for a 10 minute jog.

Here is the work for this week. Thursday, a 40 minute variable speed run as described above; Friday, 30 minutes; Saturday, rest; Sunday, 45 minutes; Monday, 35 minutes; Tuesday, a 20 minute hard run as described above and Wednesday, 30 minutes.

Hockey league now taking registrations

The Halton Men's non-contact hockey league is once again looking for players over the age of 24 from Milton, Oakville, Hamilton and Burlington to stock their league.

The league provides recrea-

tional and organized, non-contact hockey and has been in operation for more than 30 years. The league is expected to have about 330 registrations.

The league plays its games Sunday morning and Monday

evening, with each team playing only once a week, in prime time.

Registration forms are available at River Oaks arena in Oakville or Mainway arena in Burlington, or by phoning 849-9712.