

Healey's winner puts Merchants into final

Captain's shorthanded goal gives Milton 2-1 win against tough St. Catharines' team

By BRAD REAUME
The Champion

Fan favourite and team captain Shawn Healey, thrilled the assembled Milton fans with a shorthanded, third period go-ahead goal to lift his Merchants to a 2-1 win and a berth in the all-Ontario junior B final.

Healey's goal came at the 10:53 mark after Mike Dunphy knocked down a St. Catharines pass in Merchant territory, moved out of the zone, and flipped a pass to Healey down the right wing.

Healey had only one man to beat, and he did, with a fake to the boards and then a move toward the net. His backhand shot beat goal-

tender Jon Boeve who played exceptionally well.

The Falcons were in charge early, scoring at the 37 second mark on their first shot, and then carrying the play for the first half of the contest. Randy Arsenault got the goal with assists going to Dale Shannon and Jason Pepin.

Milton edged back into the game when

Jason Ritchie tipped in Todd Blackman's blast from the point with but 14 seconds left in the second frame. It was a powerplay goal.

"We weren't going too well at the start, but we settled down," said Milton coach Rick Bince. "We were flat again offensively so I started moving guys. I got (Brian) Rasmussen,

see FALCONS on page 15



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A real head for the game

Bishop Reding Secondary School's Joanna Miller, 18, of the senior girls soccer team gets in some soccer practice despite the unseasonably cool weather. High school spring sports season starts soon.

Coaches should learn to recognize overuse injuries

Overuse injuries develop over time. There is hardly ever an isolated injury 'episode'. Instead, a pattern like the following is more common:

Pain develops gradually but is more noticeable after activity. In some cases where pain occurs before activity, warming up relieves discomfort.

Next, the athlete feels pain during and after activity, and neither warming up nor continuing activity eases the pain.

Finally the athlete is in constant pain. He/she feels pain whether or not he/she is active.

Overuse injuries are often inflammatory conditions. In such cases, the suffix -itis is



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COACH DONOHUE'S TIPS

added to the name of the injured body part. For example tendinitis — inflammation of a tendon; bursitis — inflammation of a bursa; apophysitis — inflammation of a bone-tendon junction.

Apophysitis is perhaps the most common overtraining injury among growing children. The reason is that the growth plates of bones

are still cartilage and they are weaker than muscles, tendons and ligaments.

The most common sites of apophysitis are at the elbow, just below the knee and at the back of the heel. The symptoms are pain, tenderness and swelling directly at the bone tendon site.

Overuse injuries are usually caused by:

- overtraining
 - repeated stress on a body part such as occurs in throwing, jumping or bending
 - large or sudden increases in intensity or duration of activity
 - change in playing surface
 - ill-fitting equipment
- To prevent overuse injuries:

make sure athletes warm up properly and thoroughly

plan training so that it progresses gradually and systematically

check athletes' equipment

If an overuse injury does develop, early recognition and prompt referral can help avoid long-term disability.

Jack Donohue was coach of Canada's National Basketball Team from 1972-1988 and is a nationally recognized coaching expert. For more information on coaching skills and the National Coaching Certification Program contact the Coaching Association of Canada at 1600 James Naismith Drive, Gloucester, Ontario K1B 5N4.