

Minor atoms lose three, tie one in gruelling week

The Bank of Montreal-Milton Pro Sport Halton Hurricanes continue to play tough, aggressive hockey in the minor atom AAA rep division, but the best they could manage recently was a 2-2 tie with Guelph.

In other games, Halton lost 5-2 to Burlington, 6-2 to Oakville and 6-1 to Barrie.

In the loss to Burlington it was hot goaltending that limited the Hurricanes to only two markers. Down by three goals, Halton's Nick Bayley fired a hard wrist shot, assisted by Nick Ferretti and Thomas Houlihan,

REP AAA HOCKEY

to get on the scoresheet.

Seconds later Brandon Valente knocked in his own rebound to narrow the margin to one. However, two late third period goals sealed the victory for Burlington.

In Guelph, the Hurricanes controlled the game and nursed a 2-0 lead late into the third period. But Guelph scored twice, and the tying goal came with only a minute to play.

David Brooks opened the scoring for Halton with a hard shot from the point. The second goal was the result of a nice passing play as Caleb Mofat fed Casey Woodman, who ripped a low wrist shot into the net.

Goalie Kyle Lodberg was outstanding for Halton, ably assisted by defencemen G.T. Clarke, Kyle Kack, David Brooks and Houlihan.

Against Oakville Halton fell behind early and could not muster the offence to get back into the game. Ryan Wetherall scored the first Halton goal, assisted by Eric Fallon and Valente. On a powerplay, it was Houlihan who took a pass from Valente and picked a top corner with a wrist shot.

A tired Halton team faced Barrie in Barrie for their fourth game. Halton was soundly outplayed and could muster few good scoring chances. Evan Jeans, a tireless worker all game, scored the solo goal. Fallon assisted. Matt Watters was also a standout by his work ethic.

Michael Knoepfli started things off for Halton against Brampton, scoring early in the first unassisted.

Moments later, defenceman Jacob Bayley scored his first goal as a Hurricane, with help from Butterworth and Watters. Konkle netted the next one, assisted by Joel Petkoff, then Petkoff did the honors, assisted by Konkle and Alarie.

Carter Trevisani, Jordan Jeans, Frasier Komow, Butterworth and Bayley played solid defence for Halton. Strong offensive play came from Tyler Grinyer, Craig MacDonald, Jeff Brownlee and Scott Naim.

one, with Ellis assisting.

Mike Ley played strongly on the wing. Josh Vanderbreggen and Adam Sturgeon were solid on defence for Halton.

Against Guelph, Halton had difficulty gaining momentum. The opposition capitalized on the opportunities Halton afforded them. The Hurricanes were forced to play catch-up for the entire game.

Ellis scored Halton's first goal, assisted by Schott. Sturgeon levelled a blast from the point for Halton's other goal.

Novices earn shoutout to gain split

The Halton Hurricane Flux Cored minor novice AAA reps split in recent action, losing to Barrie 3-1 but shutting out Guelph 4-0.

Barrie outplayed the Hurricanes, with Milton's Peter Schultz scoring the lone Halton goal.

Against Guelph, the Hurricanes were flat in the first period until they scored. In the second frame, Halton turned up the pressure. Good passing was the key to the Halton victory, coaches said.

Ian Boileau recorded the shutout win. Robert Sgarbossa and Robert Ogle played strong games. Daniel Powers scored twice for the winners. Tyler McMaster and Jason Russell added the other markers. Todd Gilmore, Russell, Nat Wicken and Tyler Czuba picked up assists.

Time to tune and tone for incoming ski season

It was a great summer, but now is the time to start thinking about personal fitness and equipment for the upcoming ski season.

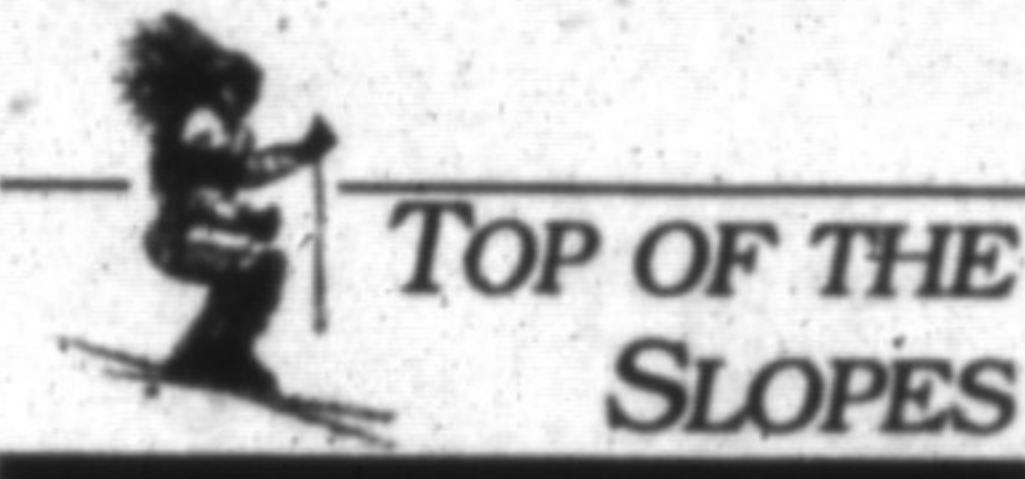
Your fitness level will have a lot to do with your enjoyment of skiing. Taking a few minutes every day or even every other day to exercise will make a lot of difference.

It's important before any training program to make sure you have approval from your physician if your ability to do strenuous exercise is in question.

The average skier should concentrate on a program made up of warming up, lots of light stretching, some sort of cardiovascular activity and a cooling down phase.

Concentrate on a complete stretching routine involving the whole body, and not just the legs. Include the neck, arms, shoulders and upper torso. These areas can sustain injury in the simplest of falls, and we all know how easily falls can happen on the first few runs.

In the lower body, concentrate on



stretching the hip abductors, lower back, hamstrings and quadriceps.

These areas are often the source of problems for skiers who don't stretch out. In the upper body, it's a good idea to concentrate on the rotator cuffs in the shoulders. This area, along with the wrists, takes impact in even the slightest fall.

Flexibility of the neck can also eliminate some sore muscles at the start of the season. Stress can greatly tighten neck area muscles.

With regard to equipment, if you are purchasing new skis, boots or bindings, they should be set up by a professional. This is important when it comes to safety. No matter how good shape you are in, it won't help if you don't have good and properly adjusted equipment.

Atoms get three of four points

The Halton Hurricane major atom AAA reps took three out of four possible points in recent action as they tied Guelph and beat Brampton.

The squad, sponsored by Big Arn's Sport's and Don Cherry's Restaurant, battled host Guelph to a 3-3 tie at University Arena, then moved on to shut out Brampton 4-0 in Brampton.

Matt Kerfoot earned the Halton shutout.

Scoring for Halton against Guelph were Chris Alarie, Scott Naim and Brydon Butterworth. Jarrett Konkle, Mike Watters and Jordan Jeans notched assists. Andrew Penner played solidly in net for Halton.



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