



Heavy duty challenge

Jasmine Sheehan delivers an overhead press during one of the weekly CrossFit Games Open challenges Friday night at Milton's Reebok CrossFit FirePower. This challenge saw competitors see how many times in 10 minutes they could perform five shoulder to overhead lifts, 10 deadlifts and 5 box jumps. There are three more Friday evening challenges ahead at the local CrossFit, where athletes perform the challenges in front of a qualified judge and log their scores online to see how they rank in their region, across Canada and internationally.

Steven Der-Garbedian / Special to the Champion

Barber's hat-trick not enough in Tri opener

AE tykes edged by Georgetown in start to championship series

By Steve LeBlanc
CANADIAN CHAMPION STAFF

David Barber had just completed a hat-trick and drawn his additional entry tyke Winterhawks within a goal of Georgetown — with just two-and-a-half minutes remaining — when a plea rang out from the raucous Milton Sports Centre (MSC) crowd. "One more, David."

That seemed to be asking a little too much from one player. Or per-

haps not, for those familiar with his scoring exploits.

And the offensive anchor — who now has 66 goals on the season, which matches his jersey number — nearly delivered on that call to close the gap.

Further fueling the dramatic finish he played a major part in creating, Barber wired a point-blank shot toward the opposing net that — despite being screened — the Raiders netminder brilliantly got his pad on to turn away.

Two more denials later and the Winterhawks were eclipsed 4-3 in the Tri

County championship opener Friday.

Distancing themselves from a second-period lapse — with Georgetown scoring three times in the last four minutes — Milton dominated the final frame to keep hopes of victory alive and push their guests to the limit.

Not too shabby for a team that started the year without a clear-cut goalie and was victorious just once in its first 10 games.

Maxwell Oldacre made a handful of impressive saves through the first half, while Jacob Lunshof and Meghan Atkinson showed some great hustle to get back and prevent breakaways.



'A' minor atoms even Tri championship with overtime win

Working overtime to keep hopes of Tri County supremacy alive, Milton's A minor atoms edged Oakville 3-2 Saturday afternoon — knotting the best-of-five series at one win apiece.

Elliot Dutil provided the heroics, burying a goal-mouth scramble late in sudden death after the Winterhawks — OMHA champs last spring — failed to capitalize on the powerplay.

Assisting on the play were Chris Harland and Will Purdie, who delivered great forechecking to set up the golden goal.

The neighbouring rivals exchanged goals early in the third period, while Milton's initial tally came in the dying moments of the second period, following a number of big penalty kills.

Ben Madden buried his own rebound for the first goal and Dutil set up Ryan Pinto in the third with a nifty two-on-one feed.

Ryan Bray was solid between the pipes in a crucial game-two clash that saw his teammates start slow but soon fortify their efforts and turn in an aggressive performance.

Three days earlier at Milton Sports Centre, the Winterhawks had all kinds of quality scoring opportunities but ran into a red-hot Oakville cager. The result was a 3-1 loss, with Harland breaking the shutout on a rebound deposit with under two minutes to go.

Assisting on the play were Duncan Colling and Matthew Oliver. Scott Coulson was between the pipes for the low-scoring defeat.

The series continues tonight at MSC. Game time is 6:30 p.m.

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