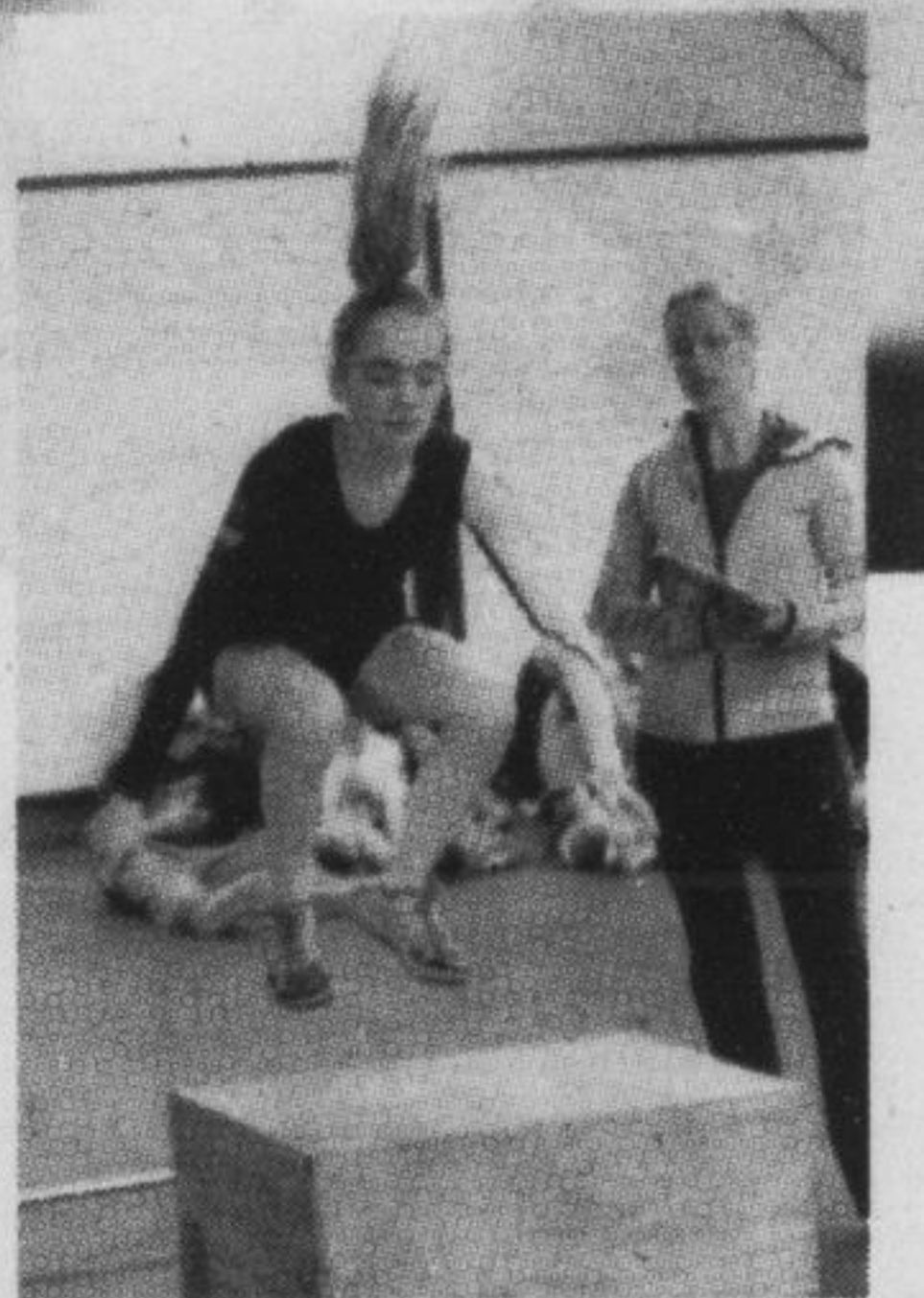




Up to the challenge

Area teens were challenged with a number of exercises during the recent CrossFit Teen Gauntlet at FirePower for Kids. Ben Smith took top spot in the novice male ranks, while winning the junior varsity female division was fellow Miltonian Nada Hassan. Other top-three finishers from the local club were Kendra Smith (2nd in jr. varsity female), Jessica Porciello (2nd in novice female) and Ethan Fifle (2nd in novice male). Above, Smith tests his strength. Inset, Porciello competes in the box jump. *Eric Riehl / Canadian Champion (Follow on Twitter @halton_photog)*



Stellar defence, netminding leads Twisters to Ontario silver

Drama, dominance and downright stellar goaltending.

North Halton's B novices enjoyed all three during the recent provincial championships in Mississauga en route to a silver medal finish. With 17 shutouts already under her belt and a formidable defence in front of her, Caelan McDonald blanked the opposition four more times to backstop the Twisters to the final, where their title run was finally halted.

Sienna Bullen put North Halton ahead early in the championship — netting her fifth goal of the weekend — but Ottawa evened things up at the end of the first and then notched the winner midway through the third to prevail 2-1.

The nail-biting final followed the Twisters' 6-0 semifinal rout of Kanata, with a productive start and well-balanced attack factoring heavily into the decisive win. Bullen, Avery Sachdev, Rowen King, Mackenzie Noyes, Lorraya Felipe

and Brianna Falls did the scoring.

A scoreless tie and two convincing shutout wins earned the Twisters a direct bye to the quarterfinals. There,

King highlighted a five-goal tournament with some overtime

heroics against Belmont — scoring on a breakaway with 30 seconds left in the first sudden death session to cap a 2-1 squeaker.

Sharing the spotlight was Yasmina Tomkin, who delivered the equalizer with 1:10 remaining.

Noyes finished the weekend with four goals, while 11 Twisters contributed at least one point.

North Halton placed first in the Lower Lakes Central West Division at 15-5-2 and secured a gold and two silvers in tournament play this season.

Making up the rest of the squad were Hailey Dykstra, Shayne Klimsiak, Emma McCarthy, Emma McIntyre, Madison McMartin, Julianna Melchionna and Kalysta Song.



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