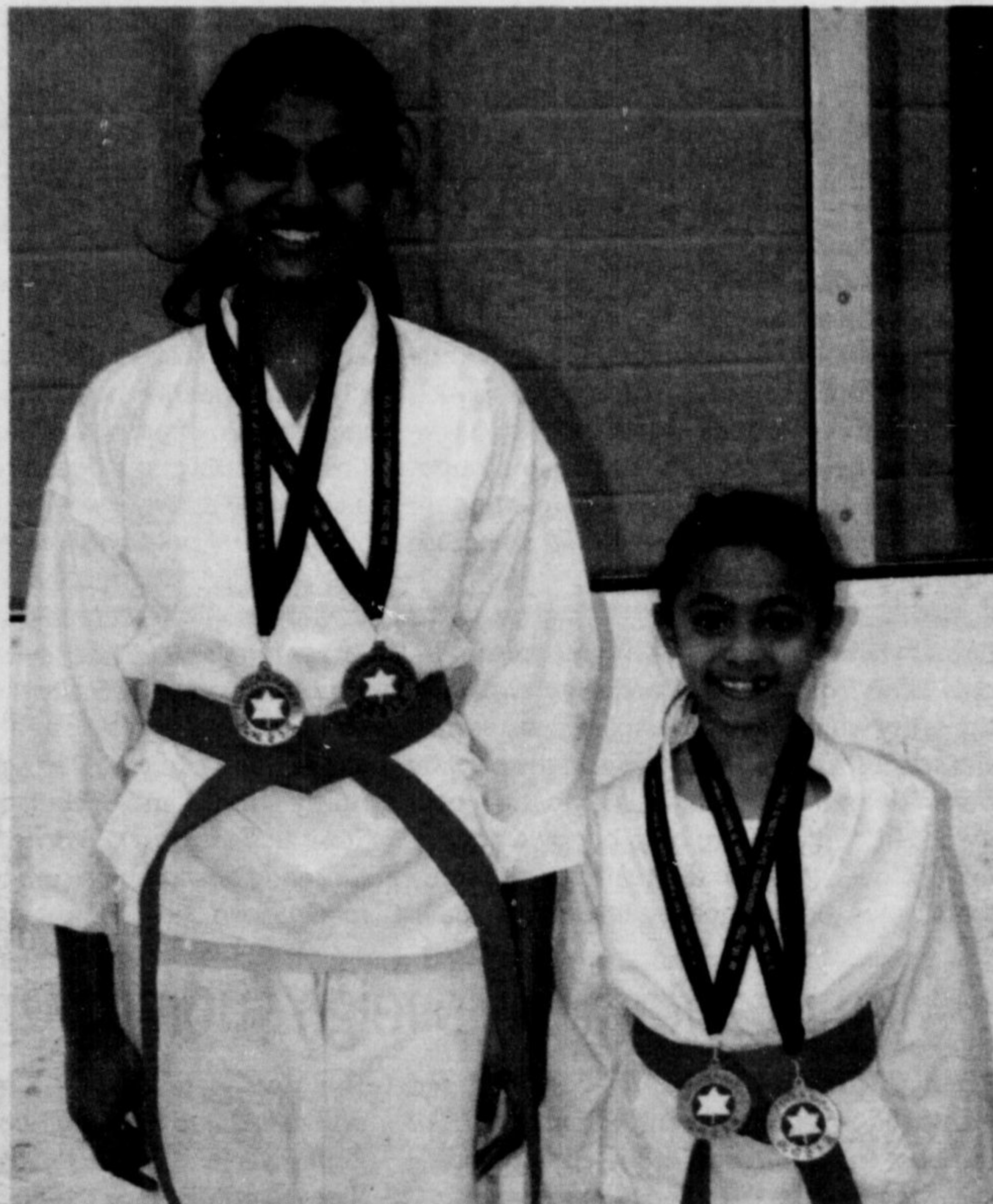


## Golden girls

The Milton Tsuruoka Karate School had a couple of gold medalists on the national stage recently as sisters Tashiya (left) and Shenaya Halahackone both reigned supreme at the Tsuruoka National Karate Championship in Moncton, NB. Each won both kata (forms) and kumite (sparring) gold. Tashiya did so in the 12 and 13-year-old division, while Shenaya turned back all challengers in the eight- and nine-year-old ranks.

Supplied photo



## Shot clock desperately needed: Juzenas

at the association's next meeting in June. Bishop Reding senior boys' coach Alana Juzenas said the shot clock is desperately needed to not only bring Ontario in line (it is the only province that doesn't use one), but also to improve the quality of the game.

"Holding the ball for five minutes, that's not basketball," she said. "You're teaching strategy because of the rules that are in place, but it's painful to watch.

"As a coach, you've got to do it, but at the same time it kills me to do it."

"A player dribbling at half court for four minutes waiting for the defence to fall asleep and make a mistake, nobody wants that," Esteban said. "It distorts the spirit of the rules." Curtis said previous shot clock discussions at the OFSAA level were "usually squashed pretty quickly" mainly due to the cost in-

involved in installing clocks.

Esteban said the systems can cost between \$1,200 and \$1,500. But with the rule changes not taking effect until September 2016, he said there could be an opportunity for schools to budget and split the cost over two years.

Juzenas, who also coaches with the Oakville Vytis, said shot clocks are already in use in rep basketball for high-school aged players. She said the rep programs use two portable shot clocks, placed along the baseline in opposite corners of the court.

Curtis said the earliest a decision would be made for Halton would be at the next HSSAA meeting at the end of June.

"Maybe it's a case of going to it in Tier 1, or anyone vying for an OFSAA spot," he said.



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