

This week in the MMHA

It was a big weekend scoring bonanza for Bike Shop in Novice division play in the MMHA. They scored a pair of lopsided victories, 9-4 over Bourgeois Motors, and 9-0 over Coldwater 2. In the Bourgeois game, Sean Traynor had four goals, Jeff Carruthers three, and Adam Decon two. For Bourgeois, it was Martin Kraftsick, Daryl King, Dave Ferris, and Cory Rioux each getting singles.

Jeff Carruthers paced the win over Coldwater with a hat trick, while

Adam Decon and Sean Traynor got two each. Mark Thompson and Kevin Sturgenor scored one each.

Bourgeois came back to avenge their earlier loss with an 8-2 trouncing of Elmvale. No scorers were available in this one. In other games in Novice, Georgian Bay Realtors dropped Oro 4-1 behind two goal showings by Shawn Asselin and Shawn Rourke. Stoneleigh Motors beat Coldwater by the same 4-1 score when Trevor Quesnelle, Craig

Slama, Jana Jenkinson and Jeremie Dickie all scored.

Everybody split their games in MMHA Atom play. A. E. LePage topped Realty World behind two goals from Greg Moreau and one each by Jerry Pauze and Dean Moreau. Realty goals came from Joel Magnan with two and Jeff Duval with one. LePage then dropped a 3-1 decision to IGA when Dave Forest scored twice and Mike Muxlow got one. Cory Hanson scored for LePage. IGA then lost a close one, 2-1

to Milk Maid. Brandy Spring and Shawn Deschamps scored for Milk Maid and Dave Forest replied for IGA.

Realty World came back to win their second game by a 4-2 score over Milk Maid. Joel Magnan scored twice again for Realty World, while singles went to Jamie Pilon and Sean Armstrong. Milk Maid scorers were Jeff Callans and Shawn Deschamps.

Peewee action included five games, highlighted by Billy Rankin's shutout, as

Midland Police stopped Dowan's Construction 7-0. Kevin Esterbrooks scored two goals to lead the scoring, while Chris Jones, Derek Storey, Greg Hawke, Shane Nicholls and Neil Snowden all scored once. John's Catering split two games, beating Midland Times 4-2, with Doug Rourke scoring two goals and Fred Melynk and Chris Quesnelle getting one each and losing to Century 21, as Scott Parrell and Robert Lee netted goals for the winners. Chris Quesnelle scored for the losers.

TIMES TIES

Midland Times recovered to tie Penetanguishene 2, 4-4. Ted French notched two for Times, and Mike Waltenbury and Greg Leclair scored once each. Leclair and Graig Patenden scored in the loss to John's Catering. Meatland beat Century 21 5-1 in the other peewee game. Sean Magloughlin, Jerry Shaw, Jim Ball, Dave Merkly, and John O'Rourke scored for

Meatland, and Chuck Quesnelle got the only goal for Century 21. There were two one sided encounters in Bantam / Midget action. Free Press whipped Smith Mobile Homes by 8-0, as Mike Hoy got the hat trick, and Billy Scott scored two. Mike Shaw, Trevor Scott and Gary Asseline

scored the others. The other game saw Buildall trounce Walker's Electric 7-1. Mickey St. Amant managed to score four times, and Andrew Duckworth scored twice. John Cook scored the other goal for the winners and John York replied for the losing Walker's Electric

Hindson still first in Pen Rec

James Dupuis was the player of the game as Hindson Marine topped Pollard's Refrigeration in Penetanguishene Recreational Hockey action last Sunday.

Dupuis scored twice and set up two others in leading the first place Mariners to their 4-1 win. Other goal-getters for Hindson were Steve St. Amant and Dwayne Storey. Trent Maracle scored the only goal for Pollard's.

Chalet Sports held on to second place in the league with a convincing 6-3 win over Dock Lunch. Fred Akerman was named Commodore Hotel player of the game for his two goal performance for Chalet. Mike Duval,

Rick Duval, Don Bazinet, and Gerry Lethbridge tallied the other Chalet goals. Aime Gignac, Rick Desjardins and Ken Edgar replied for Dock Lunch.

Marc Duquette's four goals led Commodore Hotel over Tilson T.V. in the other game of the day. Jules Duquette scored once and had two assists to garner player of the game honour.

Other Commodore scorers were Bill Beauchamp, Terry Kennedy and Gary Lizotte. Paul Lefaive scored three times for the losers, while Rob Quesnelle had the other Tilson goal.

Safe skiing is common sense...

Safety rules for skiing, says Steve Podborski, are "mostly common sense - a lot like driving. Be familiar with what you are doing. And don't forget about things like maintenance. Bindings should be checked regularly to make sure they open and close properly. If you're prepared with things like that, you can concentrate on the skiing and enjoy it to the fullest."

Courtesy is another recommendation. "If you're approaching a group of people," he says, "Slow down."

The downhill champion might also point out that one reason for his successful skiing record is that he learned to race with a coach, and even today never races on a hill that is not totally closed.

When entering a trail or starting downhill, yield to approaching or descending skiers.

Wear retention straps or devices to prevent runaway skis.

Keep off closed trails and posted areas and observe all ski area signs.

John Leu, Executive Director of the Canadian Ski Patrol System (CSPS) says his 5,000 patrollers are asked for assistance only about 15,000 times a winter - for anything from a cut finger to a fatal accident. With roughly 18 million visits to ski hills in an average winter, this works out to one chance in 1,000 that an alpine skier will have a mishap.

Leu says that nordic skiers have less chance of being hurt "but if injured, they could be in danger if they are any distance from help". The ski patrollers work constantly to prevent any such occurrence, however. They are on duty at 70 per cent of

Canada's 650 ski centres (Leu is looking for more nordic patrollers), and concentrate much of their time on promoting safe, enjoyable skiing.

In recent years they also have held a series of binding clinics. This winter CSPS is handing out - to both alpine and nordic skiers - a Fitness for Fun Booklet, promoting pre-season fitness and warm-up exercises.

Being in good physical condition, Podborski will confirm, is important for skiers who want to ski well and enjoy the sport. He works at keeping fit all the time. Skiing is a sport that makes sudden, explosive demands on all parts of the body, thereby requiring a good balance of stamina, strength and agility. The pre-season conditioning program,

supplemented by pre-skiing warm-up exercises will make a valuable contribution to a season of skiing enjoyment in the wonderful days of winter ahead.

(There are an estimated 2.5 million alpine skiers but a Ski Canada magazine survey indicates only 900,000 ski regularly; the average number of outings has been put at 11.)

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