

Sports & Leisure

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Trentadue provides therapy to athletes

Former hockey player for Stouffville and Uxbridge Paul Trentadue is giving something back to the athletic community he was once involved in.



Sports Notes

Marissa Stapley

The 25-year-old former Uxbridge Bruins player has worked as a massage therapist at the Myo Rehab Therapy Clinic in Markham (16th Ave. and Hwy. 48) since last October.

He also attends Sutherland-Chan School in Toronto, where he takes a Massage Rehabilitation Therapy course.

At Sutherland-Chan, Trentadue has learned massage anatomy theory, and become informed about nerves and muscles.

"There are all things massage therapists need to be aware of so we don't do more harm than good," he says.

The Myo clinic specializes in sports therapy, and also treats neurological conditions, pregnancy problems and stress through massage therapy.

The clinic has treated several figure skaters and hockey players, as well as athletes from the Toronto Marathon and the Special Olympics, says Trentadue.

"When I was playing hockey I never used massage therapy," he concedes.

"I think if I had, I would have been a lot quicker on the ice, and recovered from injuries better."

Trentadue now only plays hockey "once in a while," but his name was once well-known in Stouffville and Uxbridge hockey circles.

He began playing hockey in Stouffville, and stayed from novice to bantam level.

He then played for the Newmarket AAA team and the Nepean Tier 2 Junior A team.

In the '93/94 season the former Stouffville resident began playing for the Uxbridge Bruins.

He was the team's top goal scorer in their '94/95, and helped lead the team to victory in the '95/96 Central Ontario Division Championship in his last season.

ATHLETIC EXPERIENCE AN ASSET IN NEW FIELD OF WORK

Now he is using his athletic experience to treat athletes and their injuries.

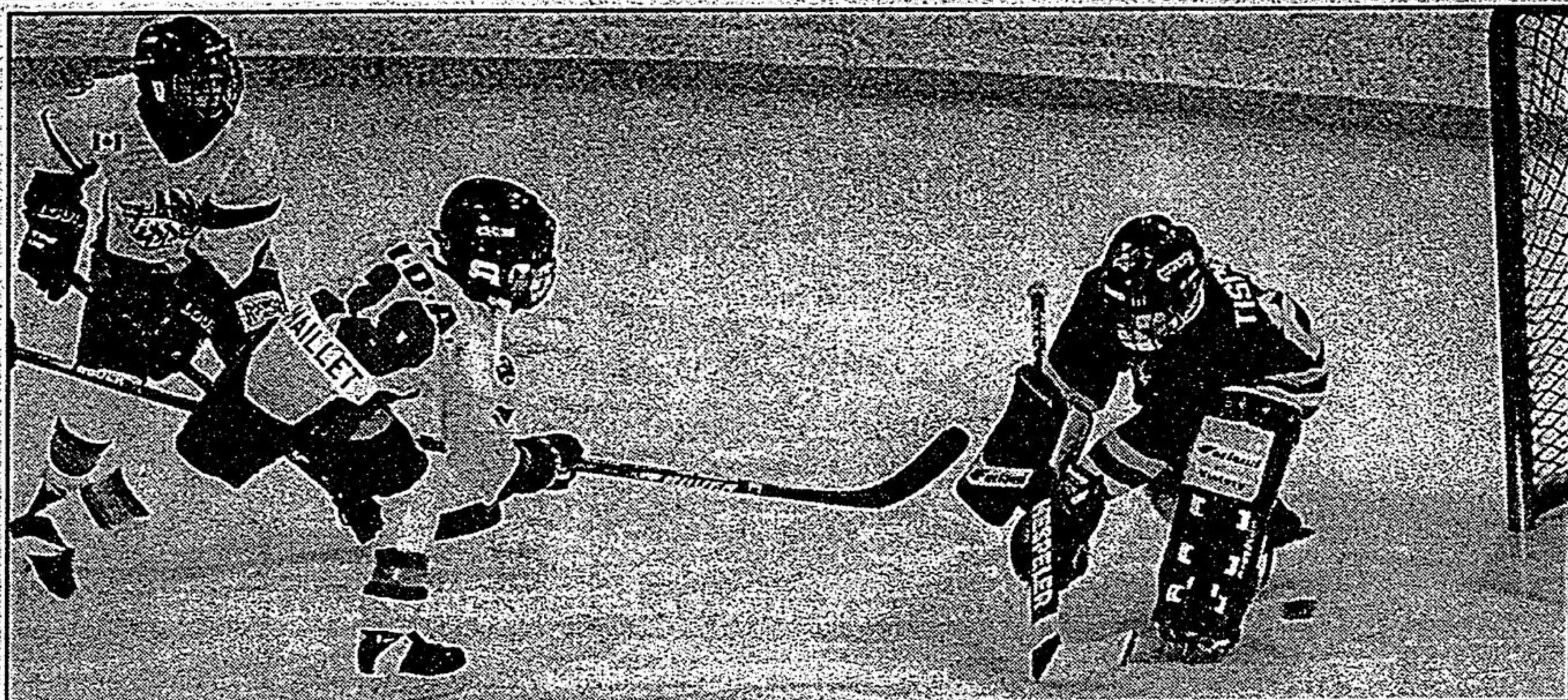
But Trentadue has also realized the benefits massage therapy can have for people with high stress jobs.

Along with a partner, former semi-professional tennis player Bonnie Cudahy, he has started a massage therapy company called "Healthworks."

Taking their trade to the streets, the partners visit office buildings in Toronto and Markham and offer massages on site.

Trentadue and Cudahy regularly visit Levis, Strauss and Co. to offer massage therapy, and are working on contracts with All State and Robin Hood.

"Business can be high stress, and we offer people a chance to have a massage and relax right at their desks," says Trentadue.



HE SHOOTS, HE SCORES: Stouffville Clippers major novice forward Nick Mailet (19), begins the scoring onslaught as he drills this shot through the pads of Team Illinois goalkeeper Zach Tisdale for a goal during action in the Whitchurch Stouffville Minor Hockey Association Tournament at the Rec Centre on Saturday. The Clippers won this game 6-1. Looking on at the play is Clippers' forward Brandon Jupp.

Photo by SJOERD WITTEVEEN

Major and minor novice Clippers sail off with titles

The I.D.A. major novice Clippers set the table for their own tournament at the Rec Centre over the weekend, but they refused to share the feast.

The Clippers, who proved perfect hosts as they presented pins to a visiting team from Illinois, won all four games to take the title at the Whitchurch-Stouffville Minor Hockey Association (WSMHA) sponsored competition.



Stouffville goalkeeper Jake Balsdon limited opposition shooters to just five goals while the Clippers broke loose for 26 markers.

The Clippers routed North York 13-1 in their opener before prevailing 6-1 over their guests from Chicago, Ill. The Stouffville squad advanced to the championship game with a 3-0 shutout win over Bradford then edged Lindsay 4-3 in the final.

All Clippers players shared in the scoring.

Luke Mabley had five goals and four assists, Taylor Campbell and Chris Schell each managed four goals and two assists, Adam Craig, Chris Stewart and Nick Mailet had three goals and an assist apiece.

Other point getters were Warren Tayles, four assists; Stephen Brown, three assists; Nick Jago one goal and two assists; Brandon Jupp one goal and one assist; Chris Normandeau a goal; Eric Gainsbrook and Luke Harrison an assist each.

MINOR NOVICES ICE TOURNAMENT TITLE

The Birckett-Hassard Insurance minor novice Clippers combined a balanced attack with a stellar defence as they swept to the title at their own home tournament at the Rec Centre over the weekend.

The Clippers racked up wins of 3-1 over Keswick, 6-0 against Oshawa and 7-3 versus East Gwillimbury before using an overtime goal to subdue Inn-

isfil 3-2 in the championship game Sunday.

Kyle Miller had four goals and an assist for the champions, with Jeff McGuckin, Mitchell Raithby and Nathan James each figuring in six of their teams goals. McGuckin had three goals and three assists, while Raithby and James had two goals and four set ups each.

Other Clippers scorers were Wes Witenbols (one goal, three assists), Matthew Briggs (two goals), Richard Downing (two goals, one assist), Justin Lacey (one goal, three assists), Evan Tsiopoulos (one goal, one assist), Liam McNeely (two assists), Simon Kennedy (one goal) and Jeff Gibson (one assist).

Burly defencemen Ryne Parsons and Michael Bigioni kept opposition forwards at bay, while Clippers goal keepers Tyler Neil and Tyler Lorenzen were outstanding between the pipes as they shared the wins and the shutout.

MINOR ATOMS FALL SHORT

The State Farm Legrow Agency/Cobequid Life Sciences minor atom Clippers fell two goals short of advancing to the championship round at the WSMHA tournament at the Rec Centre over the weekend.

The Clippers won two and tied one in the preliminary round robin, tying with Whitby, but were denied a berth in the finals when Whitby was given the nod based on a two goal edge in goals for and against.

The Clippers edged West Hill 2-1 in their opener as Zach Popper scored the winner with 1:5 seconds left in the game to nail down the game's MVP award. David Del Zotto had the other Stouffville goal. Popper, Cameron Allan and Shayne Patterson were the Clippers marksmen in a hard fought 3-3 draw with Whitby in game two. Allan was MVP. The Clippers closed out their weekend with a 4-0 win over Agincourt as goalkeeper Matthew Cartwright earned the shutout to pick

up the game's MVP award. Goals came from Del Zotto, Popper, Trevor Greenham and Brook Stachel.

Assists for the three games went to Greenham (3), Alex Bruno (3), Devon McDougall, Allan, Popper, Landon Wideman and Kevin Rainbow.

Oak Ridges downed Whitby 5-2 in Sunday's title match.

MIDGETS IN CONTROL

The Print Service midget Clippers are one win away from a berth in the Ontario Minor Hockey Association (OMHA) championship finals.

The Print platoon skated to a pair of lopsided victories over Fort Erie in the first two games of their best-of-five OMHA semi-final series over the weekend.

The Clippers had little difficulty finding their stride after the long bus ride to Fort Erie as they handed the host squad an 8-2 defeat in Friday night.

The Stouffville crew prevailed 8-4 Sunday at the Rec Centre in a hard-hitting second match.

In Friday's opener Tyler Markle, Brad Clubine and Cory Turgeon were dominant as all three players managed a pair of goals. Clubine and Turgeon each had three assists, with Markle setting up a goal as well. Tyler Armstrong and Brett Jennings rounded out the Clippers scoring. Andrew Korb, Chris Howland and Brett Boyd also had assists.

Clubine managed another pair of goals, while setting up two more, in Sunday's return match up. Boyd scored twice and had an assist. Other goals came from Korb, Markle, Turgeon and Armstrong. Also earning assists were Kyle Harrison (3), Chad Kerswill (2), Markle, Boyd, Brad Johnson, Howland and Lawrence Bungaro.

The Clippers will bus their way back to Fort Erie on Friday as they look to sweep the series. Game four, if necessary, will be played Saturday at the Rec Centre.