

# Women's league proposed

From page 32.

sidered more recreational in nature than the former, though emotions can run high in both groups.

"We have more fun here," says Steve Morgan, a member of MP Woodshop, a squad for which many members have played for a decade or so and chose to remain in the B division despite earning a promotion by winning the playoff championship. "It's a little quicker up there."

Like many of the 14 teams in the two-tiered league, the Bengals have been together as a team for several years. Though connected through friendships or a friend of a friend, occasionally a fellow sitting quietly in the parking lot minding his own business suddenly gets the call to replace someone who has failed to show up for the game.

Bengals' place kicker Dave Carnaffan falls into that category.

*'It's all about timing and at the time most of the kickers were entrenched.'*

Four years ago, a buddy set up the Palgrave resident with his team. However, when game day arrived, the team had enough players and passed on his services. The better strategy would have been to at least give the former Canadian collegian and CFL hopeful a chance to exhibit his skills before turning him away.

"They didn't know what I could do," grins Carnaffan, 34, whose field goal kicking range seems to be anywhere from mid-field and in.

Turns out Carnaffan played at the Canadian university level and had a one-game pre-season tryout with the Ottawa Rough Riders some years ago.

Unfortunately, he came along at a time when the kicking game in the CFL might have been at its very best and teams were reluctant to move away from established veterans. He also considered a tryout for the expansion Ottawa Renegades this season, but realized he couldn't afford the pay cut from his job as an elementary school teacher.

"It's all about timing and at the time most of the kickers were entrenched. Most teams aren't willing to take a chance on a new guy," said Carnaffan.

Seeking a fill-in player, the Bengals welcomed Carnaffan's booming right leg and it has been a pleasant match ever since. After all, in a sport where the kicking game provides a huge advantage, it doesn't hurt to have a guy who can split the uprights from great distances. It also saves wear-and-tear on the QB.

"You sure need a good kicking game and defence," says Dale Pegg.

While the league is the lone flag football outlet for men in York Region, a women's league based in Markham is proposed for the 2003 season. The sport is also popular among high school girls.

"For serious women athletes it's finding another sport in which they can use their skills," says Steve Morrell, who coached the C.D. Rockets team at the recent women's national flag football championships in Scarborough.

John Cudmore will be off for the next few months. Please email comments to sports@econsun.com



STAFF PHOTO/STEVE SOMERVILLE

Staff writer Linda Johnson works with trainer Lisa Schklar while trying out Pilates which was developed as a form of rehabilitation.

## Pilates builds co-ordination

From page 32.

their second location, in January.

Their first location, a block south, was started 2-1/2 years ago and also teaches yoga.

When she says "awareness," Lisa is talking muscles. "We work the smaller muscles first and then work out to the larger muscles."

Strength is one of the four key principles of Pilates, along with breath, balance and alignment. Before every exercise, position and stress in related parts of the body are checked.

It demands and builds co-ordination. That's especially true when it comes to the breathing aspect. No exercise, whether it's on the mat or equipment, is done without constant attention to breathing.

It's surely a sign of the peace and calm of Pilates that I can hear the rhythm of inhaling and exhaling as my fellow trainees, all advanced, slowly curl forward or roll back on the mat.

Which brings us to one of the main differences between an average aerobics class and Pilates. I can hear every word of the instructor. No pounding music, no voice yelling the countdown across the gym, no thumping feet.

Classes are small. The maximum number of participants at Pilates North is six. The instructor gives constant cueing. She can see everyone, how

they're doing the exercise and, if needed, just walk over and help.

"Your ups are good," Lisa tells me, as she puts her hand behind my back to correct my downs.

Actually, I'm not doing too badly but I think they're being easy on me. Most of the participants in this class have been doing the exercises for about two years. And even they dread the "hundred", a classic Pilates move.

Lying on their backs, they raise both head and legs off the ground. Then they do 100 hand pulses, a quick up and down motion accompanied by 100 breaths. This is the type of co-ordination one must learn — you cannot be born with it, I say.

From the mat, we move on to equipment. The principles are the same. Slow, careful moves to stretch muscles and build strength in different parts of the body.

Pilates was invented after the First World War by Joseph Pilates as a form of rehabilitation. It was later modernized to conform with more recent research on biomechanics.

Most participants today look to Pilates for an exercise alternative to aerobics or weight-training. The exercise is adaptable to all age groups.

Pilates North is located at 6 Scott Dr., just south of 16th Avenue off Yonge Street. Training is available in private or group sessions.

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### Appointment Notices

## York Region Newspaper Group Advertising Management Team



**Dawna Andrews**

New Business Development and Distribution Sales Manager, York Region

York Region Newspaper Group Director of Advertising Nicole Mathieu is pleased to announce the appointment of Dawna Andrews as New Business Development and Distribution Sales Manager, York Region. Dawna is a Metroland veteran with more than 20 years of service at both management and employee levels in Richmond Hill, and Newmarket. She was most recently Senior Account Representative at The Era-Banner.



**Anne Beswick**

Retail Manager, Vaughan Citizen

York Region Newspaper Group Director of Advertising Nicole Mathieu is pleased to announce the appointment of Anne Beswick as Retail Manager, Vaughan Citizen. Anne has been with Metroland since 2000, when she joined our company through its acquisition of Citizens Communication Group. Anne was Publication Manager for the Stouffville Sun and the Georgina Advocate.



**Steve Kane**

Retail Manager, Economist & Sun, Stouffville Tribune and Stouffville Sun

York Region Newspaper Group Director of Advertising Nicole Mathieu is pleased to announce the appointment of Steve Kane as Retail Manager, Economist & Sun, Stouffville Tribune and Stouffville Sun. Steve's Metroland career includes more than 15 years of service in distribution and sales. He was Distribution Sales Manager for The Era-Banner and later Retail Manager for The Liberal and Vaughan Citizen.



**Stephen Mathieu**

Advertising Manager, Richmond Hill Liberal and Vaughan Citizen

York Region Newspaper Group Director of Advertising Nicole Mathieu is pleased to announce the appointment of Stephen Mathieu as Advertising Manager, Richmond Hill Liberal and Vaughan Citizen. Stephen has been a Metroland employee for 15 years, serving in Metro Toronto, Burlington and York Region. Most recently, Stephen was Retail Manager for the Economist & Sun/ Stouffville Tribune.



**Neil Moore**

Retail Manager, Georgina Advocate

York Region Newspaper Group Director of Advertising Nicole Mathieu is pleased to announce the appointment of Neil Moore as Retail Manager, Georgina. Neil has been with The Era-Banner for five years, where he has been special Publications Co-ordinator for Good Life, York Region Business Times and Wheels. Committed to community service, he also serves as municipal councillor in the Town of Georgina.



**Phyllis Ritchie**

Retail Manager, The Era-Banner

Phyllis Ritchie has been with Metroland for 18 years, having served as Classified Manager and then Retail Manager for the Economist and Sun, Stouffville and Uxbridge Tribunes. Phyllis joined The Era-Banner four years ago where she remains Retail Manager. Phyllis also manages The Era-Banner's vertical publications, including Good Life and the York Region Business Times.