

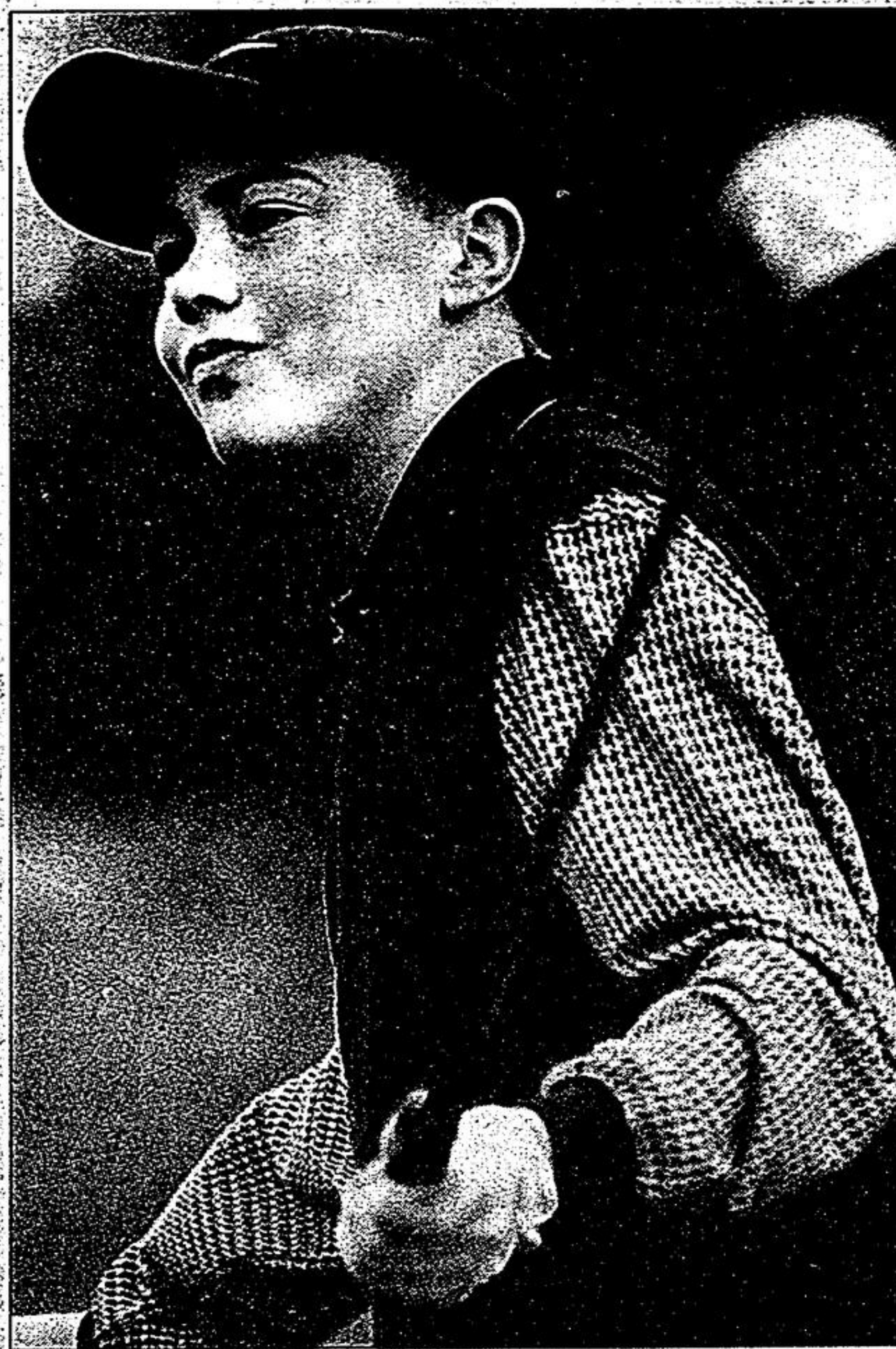
Be a Big Brother it's kids stuff.

905-727-1251

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TEED OFF

Cameron MacLean of Markham Distric High School tees off on the first hole at the York Region Athletic Association golf championships at Rolling Hills Golf Club in Gormley on a chilly Tuesday.



STAFF PHOTO/SJOERD WITTEVEEN

Curling uses mental, physical skills

From page 25.

"All you need is a pair of running shoes and appropriate clothing. We provide slip-on sliders or sliding tape and we also provide brooms," Ms Poole says.

In little rocks curling, the stones are about half the weight of full-sized rocks, which weigh more than 40 pounds.

When seen on TV, the sport might not seem as if there's a great deal of physical exertion involved.

But those who have thrown rocks or swept a broom argue otherwise.

"A competitive sweeper can burn as many calories as a tennis player," says John Nicol, a bantam girls coach and instructor at the Unionville Curling Club. "And there's also balance and flexibility that's required."

"There's also good cardiovascular in terms of sweeping," Ms Scott adds.

At the same time, the game is like chess on ice, forcing players to work together as a cohesive unit.

'Communication is important, where all four players on the ice have to understand what's going on. All four players can influence a shot. (Curling) is a slow, but a mental game.'

"Curling is definitely a team game," Mr. Nicol says.

"Communication is important, where all four players on the ice have to understand what's going on. All four players can influence a shot. (Curling) is a slow, but a mental game."

Mr. Dalton says this team element makes the game attractive for a youngster seeking a winter sport.

"It's not an individual sport like golf or tennis. You have four kids to a team and that can be a drawing card."

Those who run youth programs are quick to point out the main aspect they try to sell is the fun the game can offer, as well as the social advantage of making new friends.

"It has to be fun first and then we teach them the fundamentals. We try to keep it balanced," Mr. Dalton says.

"Let them play and be used to being on the ice and have fun," Mr. Nicol adds.

If youngsters develop a keen interest in the sport, Mr. Nicol says they can pursue it on a more serious level.

"It's a lot like golf. Curling can be a sport that can be played at a recreational or competitive level. It's what they put into it."

There are curling facilities in York Region, including pay-as-you-play and private, that run introductory classes and competitions.

They include the Unionville Curling Club at 905-477-2711, York Curling Club in Newmarket at 1-905-898-2155, Richmond Hill Curling Club at 905-884-6597, Thornhill Country Club at 905-881-3000, Bayview Country Club at 905-889-4833 and Sutton Curling Club at 1-905-722-3307.

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Wed. daytime Oct. 16, 23 - 9:00 - 12 pm & 1 - 4 pm

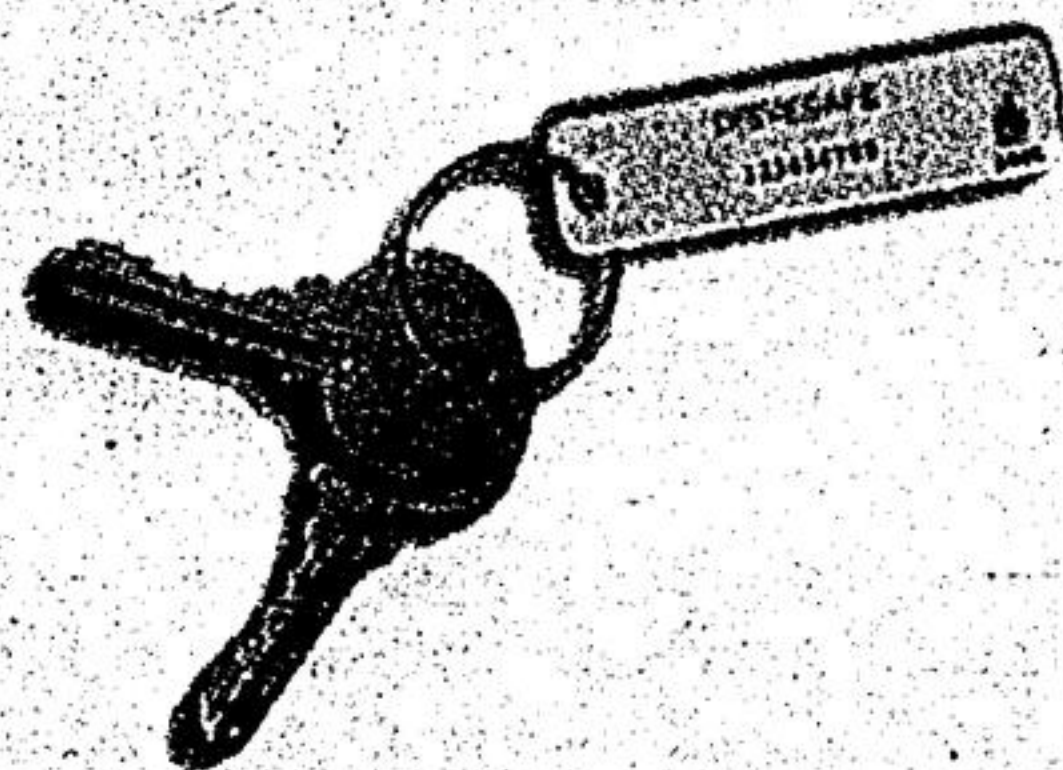
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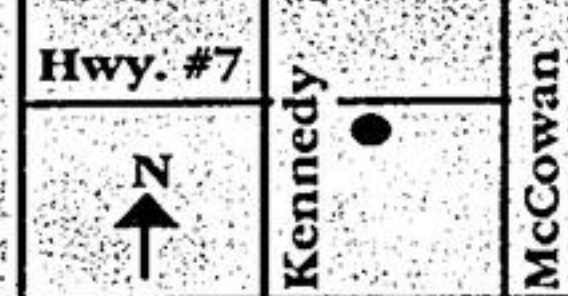
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ANNOUNCEMENT

ANDRE E. KOZAK B.A., L.L.B.

and

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are pleased to announce that

they have agreed, effective

September 1, 2002, on the sale of

Mr. Kozak's law practice to Mr. Pelman

Mr. Kozak is closing out his existing files until December 31, 2002 after which date he will be retiring from the practice of law.

Mr. Pelman is continuing

Mr. Kozak's practice at

6290 Main Street, P.O. Box 940

Stouffville, Ontario

L4A 8A1

Phone: 905-640-2211

Fax: 905-640-8161

Email: wslaw@sympatico.ca

Mr. Pelman will also continue his practice at:

Thomas and Pelman

4701 #7 Highway East

Unionville, Ontario

L3R 1M7

Phone: 905-477-2233

Fax: 905-477-7668

Email: thomasandpelman@thomasandpelman.com