

Stouffville Sports

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Spirit puts Terriers on short leash; takes 3-0 lead in playoff series

The Stouffville Spirit could be walking into a war tonight on the outskirts of Orillia.

And the junior A hockey team may also be walking out of Rama with a series sweep in its first-round, best-of-seven-playoff set.

The Spirit leads the Couchiching Terriers 3-0 in the best-of-seven series, following a rough and tumble 5-1 win at the Stouffville Arena Sunday afternoon in front of 500 fans.

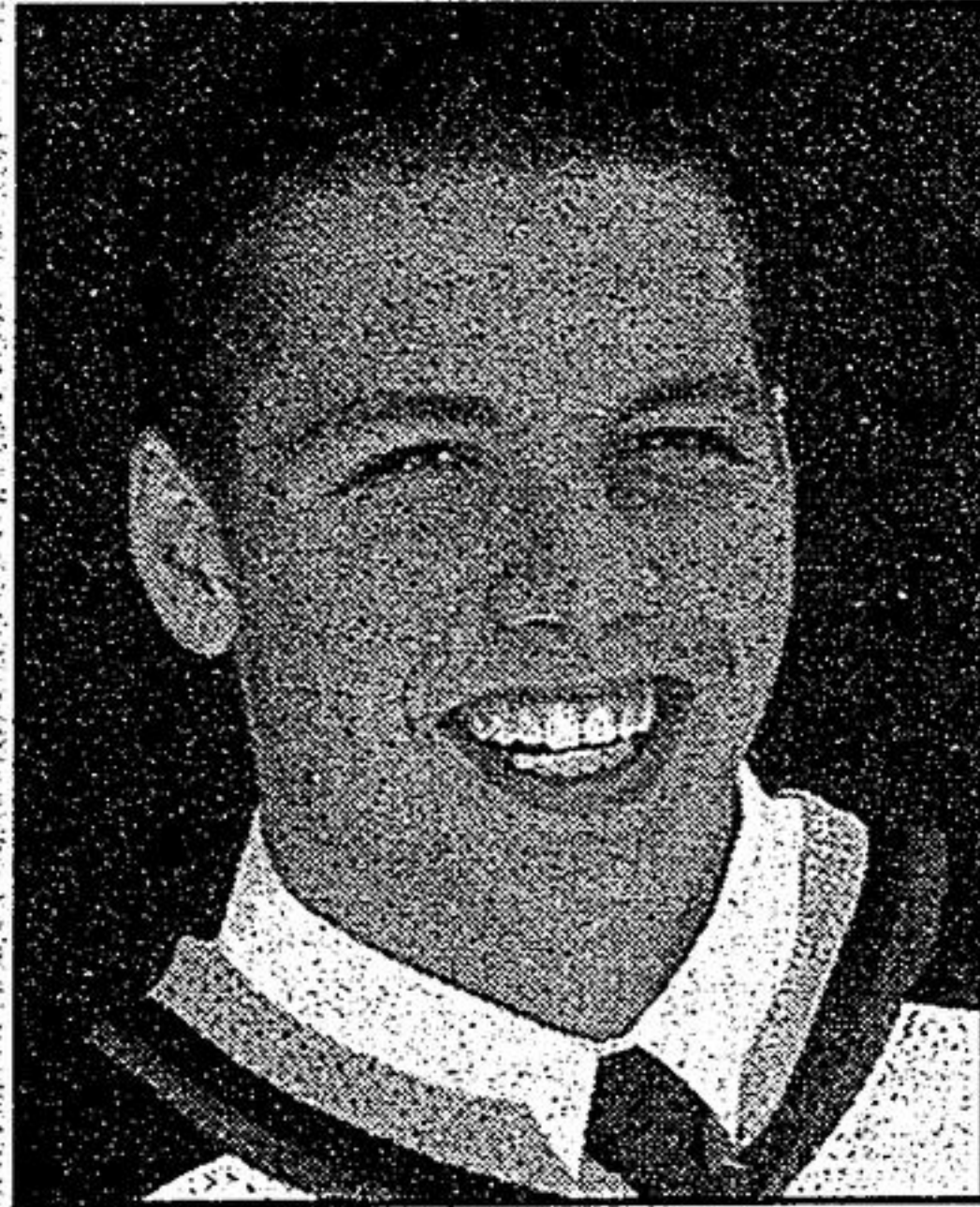
The Spirit won Games 1 and 2 by identical 3-2 scores. Stouffville trailed 2-0 in both games before staging late comebacks.

No comeback was necessary Sunday afternoon. The Spirit held period leads of 1-0 and 3-1. Up 4-1 late in the game, things got chippy leading to several fights and ejections. At one point, three sets of players were paired off in fights.

Mark Versteeg-Lytwyn and Andrew Dennis scored power play goals and Mike Forgie scored the back breaker on a shorthanded breakaway. Michael Comisso and Mike Sullivan had the others. Ian Staal and Mark Mitchell had two assists each.

Michael Andreoff has earned all three wins in the Spirit goal.

"It was an ugly win," said Spirit coach Brian Perrin. "We didn't play very smart hockey. I know we



MIKE FORGIE

can play much better than that."

"We were adamant that we didn't want to leave it for a third-period comeback again," said Forgie. "We wanted to get our crowd into it early and take (Couchiching) out of the game."

At Couchiching Friday, the crowd and the Terriers got ugly after Brent Chandler scored with 32 seconds left in the first overtime to give the Spirit the win. Chandler was pushed from behind into the crease, only to have the puck bounce off his cage and into the net. Several of the hometown faith-

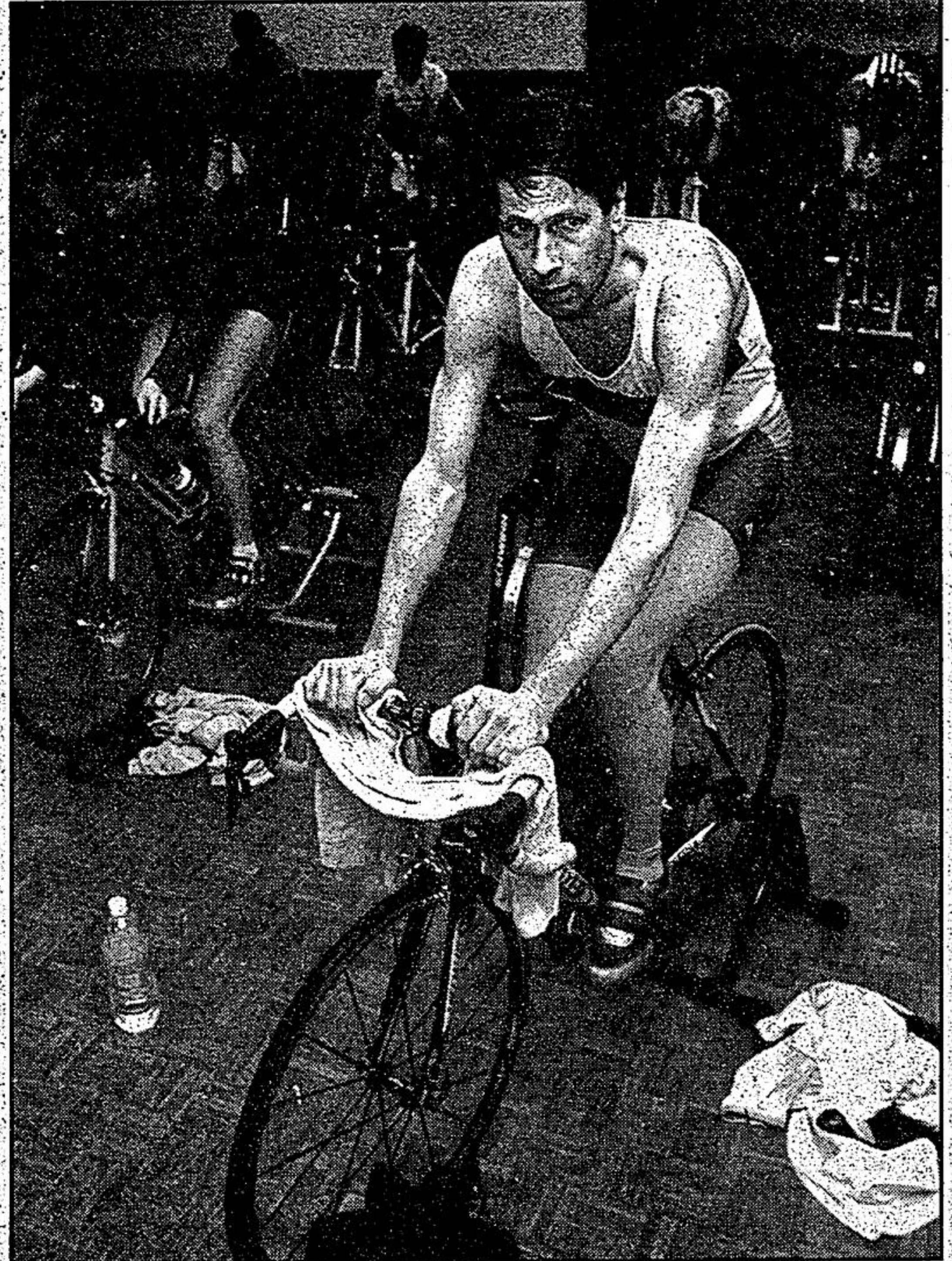
ful argued the puck was batted into the goal. At least five Terriers smashed their sticks over the glass in protest.

Stouffville minor hockey grads Jordan Mabley and Sullivan scored in the third period to send the game into overtime.

The Spirit has outshot the Terriers handily in all three games, including 46-20 Sunday and 64-28 Friday.

Winner of the Spirit-Couchiching series will likely face the Newmarket Hurricanes in the second round. Newmarket leads Ajax 2-1 in their series after losing 6-4 at home Sunday.

SPIRITED NOTES: The Terriers were without one of their best players, Ryan Hamilton on Sunday. He was called up to the Barrie Colts of the OHL Sunday morning. Terriers head coach Ray Flaherty told the Orillia Packet & Times after Game 3 the series would not end in four games. Former Spirit sniper Mike Ramsay attended Sunday's game with Peterborough Petes teammates Eric Staal and Mark Flood. Staal, the top-ranked North American for this year's NHL draft, is the first cousin of the Spirit's Ian Staal. They live next door to each other near Thunder Bay. ex-Spirit defenceman Grant Buckley was sent home by the OHL's Plymouth Whalers for disciplinary reasons. Sunday's crowd was the largest and noisiest of the season.



INSIDE WORK: Mark Berger, former national team member, provincial cycling coach and exercise physiologist spins with other indoor cycling enthusiasts during a 90-minute workout at the D'Ornellas Fitness Factory North at the Rolling Hills Golf Club in Gormley.

BILL ROBERTS PHOTO

Cycling winter days away in Gormley

By Adam Malik
 Stouffville Sun

Eon D'Ornellas is cycling's saviour.

Whether it is casual, competitive or anything in between, cycling has always been a hobby shared by many enthusiasts.

But when winter rolls around, trails are closed or blanketed by snow, forcing cyclers to stand pat and wait for spring.

"There is really nothing here to provide people with the chance to cycle in the winter," expressed D'Ornellas. "Other gyms have spin-bikes, but they don't give the satisfaction people want," he added.

That is why he opened up D'Ornellas Fitness Factory in Scarborough two years ago.

"This is very successful... There are classes of around 60 people," said D'Ornellas.

Due to the success at the Scarborough facility, D'Ornellas opted to open a second club in Whitchurch-Stouffville on Jan. 4.

"People who live in Markham, Stouffville, Thornhill and Richmond Hill were always telling me that Scarborough was too far for them to travel," D'Ornellas revealed.

Operating out of an indoor

facility at the Rolling Hills Golf Club, D'Ornellas' goal is to give indoor cycling participants a great workout and train them so that their body is at its best.

What makes his workout regime unique is that you can use your own personal bike, store it in his facility and have a personal trainer.

The bike remains in a stationary position by using a device called a trainer.

"You can loan a trainer from us if you want but you're better off buying one," he suggested.

Trainers can be bought at a starting price of around \$200.

As a bonus, D'Ornellas allows cyclists to store their bikes at his club so they don't have to transport it to and from their residence.

The personal instructors are not just your average person.

"We have Olympic athletes helping you," revealed D'Ornellas.

The D'Ornellas Fitness Factory, which is 3,000-square feet in size, also has music and movies to complement the workout. Because the Stouffville location is relatively new, classes are held on Mondays, Wednesdays and Thursdays at 7 p.m. and Saturdays at 8 a.m.

For more information on indoor cycling, contact the D'Ornellas Fitness Factory at 416-752-3838.

SPIRIT AT A GLANCE

SCORES

Stouffville 3, Couchiching 2 OT (Game two)
 Stouffville 5, Couchiching 1 (Game three)



WHO'S HOT

Brent Chandler, Mike Sullivan, Mike Forgie,
 Jordan Mabley, Ian Staal, Michael Andreoff

Stouffville at Couchiching, Tuesday, 7:30 p.m. (Game four)

*Couchiching at Stouffville, Thursday, 7:30 p.m.

*Stouffville at Couchiching, Friday, 7:30 p.m.

*Couchiching at Stouffville, Sunday, 5:30 p.m.

*if necessary

PROVINCIAL JR. A LEAGUE NORTH CONFERENCE

FINAL REGULAR SEASON STANDINGS

TEAM	GP	W	L	T	OTL	GF	GA	P
Aurora	49	43	3	2	1	265	103	89
Newmarket	49	31	14	1	3	221	163	66
Stouffville	49	29	18	2	0	241	154	60
Collingwood	49	23	25	0	1	204	176	47
Couchiching	49	21	23	4	1	178	184	47
Huntsville	49	2	46	0	1	121	406	5

one point for overtime loss

Novices advance

The Stouffville novice A Clippers captured the second round of their Ontario Minor Hockey Association playoff series against TNT with a 4-1 win in last week's fifth and deciding game.

After losing the first game 3-0, the Clippers retaliated to take the next two contests by scores of 2-1 and 4-3.

TNT, however, forced a deciding game after skating off with a 3-2 win in the fourth game.

Scoring for the Clippers in the series were: Joseph Deveny seven goals; Alex Popper, Jordan Barkey one goal, one assist; Christopher Jupp, Trevor Carrick and Bradley Harley, one goal; Adam Kostandoff, six assists; Craig Hasler, James Lovett, Brandon Hughes and Brandon Francey one assist; Francey, and Connor Timewell shared netminding duties in the series.

