

Laws hopes to cage national under-17 gold

Gormley resident earns a berth on provincial basketball team

BY MIKE HAYAKAWA
Staff Writer

To those who attended the Basketball Ontario under-17 provincial team trials at York University, Scott Laws might have been seen as the mystery player.

When programs were distributed during the trials in late June and early July, Laws' name wasn't included on the roster for the Central East team.

Breaking some small bones in his left arm while playing with his York Region Avengers club team in the spring, the 16-year-old Gormley resident wasn't sure if he would be healthy enough to play by the time the regional team rosters had to be submitted for publication.

But when the 12-man squad was officially announced upon conclusion of the four-day camp, the six-foot, three-inch off guard made his presence known to those watching in the stands.

Particularly, the Team Ontario coaching staff, who named Laws to the 12-man roster.

Entering Grade 11 this fall at Sacred Heart Catholic High School in Newmarket, Laws is expected to be a vital ingredient to the club's chances in trying to win

the gold medal at the national championships in Vancouver from Aug. 1 to 5.

Shawn Collins, a former Markham resident who is an assistant coach with the under-17 provincial team, noted Laws' selection was warranted.

While playing with the provincial under-15 team that won the gold medal last year gave him some valuable experience, Collins was quick to note Laws had other upsides.

Most notable was his athleticism. "He might be just six-foot, three, but he plays like he's six-foot, five," Collins said. "He's a good athlete and he can dunk on people if they get him mad."

Complimenting his quickness and hops with a physique looking far beyond his current age didn't hurt his chances either, Collins added.

"He's a chisled athlete. He's 16 (years old), but he looks 19. His appeal is that he's still young and physically mature," he cited.

Still nurturing his on-court skills, Laws' dedication to improving his game was another factor that earned him a berth on the team, Collins hinted.

During the previous high school season, Laws played for the Sacred Heart senior boys team that won bronze at the Ontario Federation of School Athletic Associations AAA playdowns.

For more, see www.basketballontario.on.ca

Morad claims three checkered flags

SPORTS DIGEST

Daniel Morad has been driving in the fast lane in the Bridge-stone Racing Academy Series.

Taking to Mosport International Speedway last weekend for the fourth, fifth and sixth rounds of the series, the 16-year-old Markham native captured the checkered flag in each race.

As a result, the Sunoco Team Ultra 94 racer holds down top spot in the overall series standings with 111 points. Included in those points was a victory in the third round after missing the first two races of the season.

The next rounds in the series will take place Sept. 22-24.

Morad is competing in the Formula BMW series and will in San Jose, Calif. this weekend for the ninth and 10th rounds of this competition.

In the seventh and eighth rounds in Indianapolis, Morad had mechanical difficulties and posted a pair of 13th-place results.

For more, see www.danielmorad.com

Gibbons ninth in CASCAR Edmonton race

Peter Gibbons drove his Canadian Tire/Monroe Brakes Chevrolet Monte Carlo to a ninth-place finish in last Saturday's CASCAR Super Series Griddy Headz 100 at the Grand

Prix of Edmonton race

The Stouffville resident started the 14-turn road course from the 16th position before completing the 32-lap event in ninth place.

Jason Hathaway drove the Stouffville-based Team Red Snap-on Tools/Arctic Cat Super 8 Dodge Charger to a 16th-place finish after starting the race in the 23rd position.

Through five races this season, Gibbons is in 10th place overall with 816 points.

The next CASCAR Super Series event is Aug. 4-6 in Trois Rivieres, Que.

For more on the CASCAR Super Series, log on to: www.cascar.ca

Majors, Lightning tie

The Markham Majors and Lake Simcoe Lightning played two extra innings in Tuesday's Oshawa City and District Football League contest in Sharon.

The game ended in a 3-3 tie.

Pete Dzilums ignited the Majors' attack with three hits and scored two runs while Paul Webb and Brent Gram each had a hit and one RBI. Mike Samways, Jon Halbert, Jeff Wilson and Cam Western also col-

lected one hit apiece.

Jeff Wilson pitched the entire game and struck out 15 batters.

Now 5-8-1 on the season, the Majors' next home game is Monday against the Stouffville Mennos at Centennial Park North at 8:30 p.m.

Storm mites sting Oshawa

The Stouffville Storm mites got off to a slow start in Wednesday's Durham York Softball League contest against the visiting Oshawa Stingers but gathered momentum to prevail 16-5.

Patrick Henri and Kerrick Brown led the Storm offence while Tyler Simcoe provided strong running on the bases.

Josh Burkholder was the winning pitcher and received strong defensive support from infielders Matthew Avoleto and Luke Simcoe and outfielder Braeden Halse. The Storm's next game is in Port Perry Aug. 2 at 6:30 p.m.

Pioneers rout Reds

Jesse Dynes smashed a three-run homer in the eighth inning and Mark Cheeseman tossed a complete game to propel the Markham Pioneers to their fourth straight victory with an 8-0 verdict over the Thornhill Reds in Eastern Ontario Baseball Association senior action Wednesday at Milliken Park.

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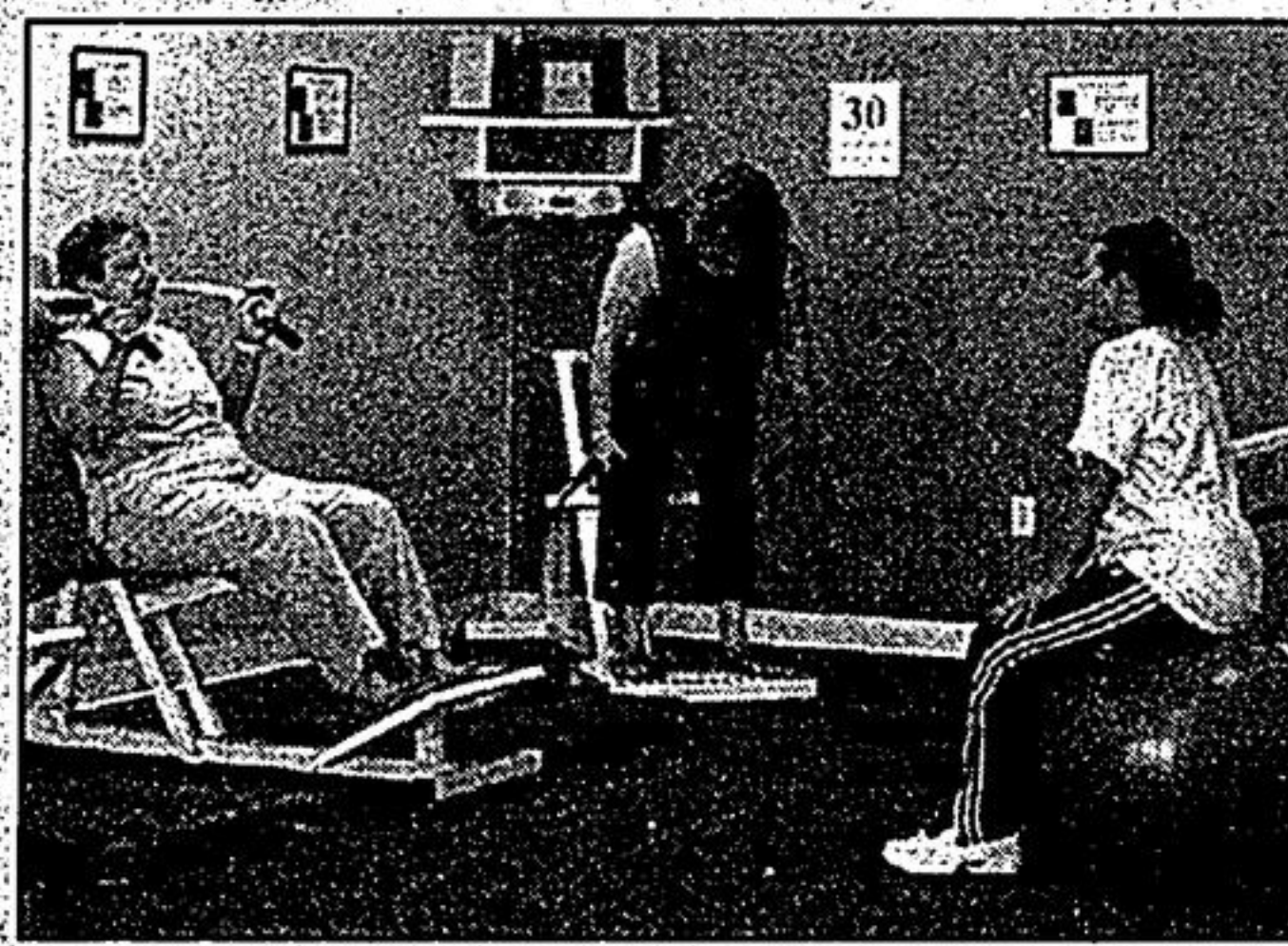
First in Ladies Fitness

Changes for Women is not the first to come up with the concept of a thirty minute women only circuit workout, they just added a Canadian flare to make it even better! They met the demand for an effective exercise alternative to suit women's busy lifestyles and created a superior circuit training experience to that of their competition. Changes for Women strives to excel in every possible aspect of the industry: from their custom-made, state of the art, hydraulic machines to unparalleled customer service. Their mission is to become the most successful Canadian franchise for women's inch loss centres by providing a positive and energetic atmosphere so that women of all ages, size, race, religion and national origin can achieve a healthier and more deserving lifestyle.

Changes for Women provides just the atmosphere the busy woman needs to feel good and stay motivated in the pursuit of health and fitness. The low-impact workout is comprised of twenty-four stations and the members move from machine to cardio board at a set time interval. Each machine features two way resistance, working two opposing muscle groups, enabling an hour long workout to be done in half the time. Unlike free weights or machines that have stacks of adjustable weights, the resistance provided by hydraulic exercise equipment depends on the force exerted by the user, which limits the fear of injury. When you push or pull harder and perform faster movements, you will be met with more resistance. The Changes circuit grows with you; the stronger you get, the faster you are able to move on the machines, the more resistance is created. For this reason, this is the perfect workout for any woman, whether they're a beginner or an expert.

What is it that makes Changes for Women so unique? Aside from being a Canadian franchise, Changes offers much more than just the regular 30-minute circuit workout. They have different time intervals, which range from 30 - 45 seconds, to challenge your muscles in different ways and maximize on inch and weight-loss goals; the shorter interval for increasing strength and the longer interval for endurance. The most unique addition to the circuit is how Changes incorporates scheduled classes into the workout. These classes focus on a variety of targeted needs and are instructed by trained coaches. There is a 'Cardio/Kick', 'Cardio/Weight', 'Abs, Butt and Thigh' and coming soon a 'Core Strength' class.

Motivating and creating a warm, nurturing environment at Changes for Women in Markham is the staff's focus. Changes' knowledgeable coaches are friendly and approachable, and they genuinely care about their members. By getting to know the ladies on an individual basis, it enables them to work together to achieve health and fitness goals; their members' goals become their own. The small touches, such as member newsletters and calling those 'missing in action', are great motivators. Also, the club regularly



holds challenges for their members based on inch-loss as well as different components of a great fitness routine. The biggest 'losers' and most dedicated participants always win fantastic prizes! At Changes they not only have a great workout, but offer medically designed health and weight-loss programs. Their members find it convenient that both are available under one roof. During everyone's workout orientation, a free health profile is also scheduled. The weight-loss successes openly shared by some members are truly inspiring and heartwarming. Consultations on any of their programs are provided to their members at no extra charge.

Community support is important to both the owners and staff of Changes for Women in Markham. Not only do they donate prizes for various community raffles, sponsor minor sports teams, they raise money for local charities, these have included Canadian Cancer Society and The Markham Food Bank.

So often, women put other people's needs ahead of their own. The recommended thirty minutes a day of exercise is often neglected as women run errands, taxi their children all over the place or look after their significant other. Exercise should be fun. It's our member's chance to take time for herself. This is why at Changes for Women we focus on ensuring that our members feel good about working out.

For any exercise program to impact our lives in a positive way it has to become a part of our lifestyle and in order to achieve this it needs to be enjoyable! Ladies are welcome to come and meet other dedicated members, and experience all Changes has to offer. Everyone gets a free trial. Changes is open 7 days a week and is fully air-conditioned, the hottest thing about the club is their super summer deals.

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