

SDSS battles to York final

Advance to OFSAA in Oshawa, York title game vs Br. Andre

BY MIKE HAYAKAWA
Staff Writer

The Stouffville District Secondary School Spartans achieved one of its goals by reaching the York Region Athletic Association's Tier One hockey title.

The Spartans swept the best-of-three semifinal series over the Markham District High School Marauders, capped off with a 3-0 win at Markham Village Arena.

"Our goal this year was to just play in the York Region final and right now the guys are battling," head coach Jamie Hewitt said.

The Spartans jumped out to a 1-0 first-period lead and padded it to 3-0 after two periods. Jamie Wise, Phil Wood and Chris Boake, on a penalty shot, each scored.

Brad Whittingstall handled netminding duties and posted the shutout.

In Tuesday's series opener at the Stouffville Arena, a similar scenario unfolded as the Spartans jumped out to 1-0 lead after one period and padded it to 3-0 after two before skating off with a 5-2 victory.

Andrew Stewart, Sam Carrick, Steve Moller, Wise and Boake scored.

Hewitt was more pleased than surprised by the wins.

"I told the guys afterwards (Thursday) that this was the best effort a Stouffville team has given in the eight years that I've coached here," he said. "Every single guy did everything that was asked discipline and system-wise."

Most pleasing to Hewitt throughout the



STAFF PHOTO/SJOERD WITTEVEEN

Markham High's Casey Lennon crashes the crease as Stouffville Secondary goalie Brad Whittingstall and teammates Jamie Wise and Dennis O'Shaughnessy corral the puck in semifinals in Stouffville Wednesday. The Spartans won the set and will play Brother Andre for the York final.

series was the work of the defence, which allowed Whittingstall to see most shots.

As well, he felt the 2-3 forechecking system he had first employed in the second game and decisive overtime session of the Cardinal Carter quarter-final series and used in the semifinals, stymied the Marauders.

"I don't think Markham could handle our forecheck," Hewitt said.

On the offensive end, Hewitt felt their ability to take the lead early was another key to the series.

"It was definitely good to get the lead in both games. We didn't want to give Markham a chance to come back.

"We believe that if you outwork the opposition then you won't lose," he said.

By winning the series, the Spartans will face Markham's Brother Andre Catholic High School Cardinals in a one-game final with the date, site and time to be determined.

Both teams will qualify for the Ontario Federation of School Athletic Associations play-downs.

The Spartans had declared for the AA division while the Cardinals will be going the AAAA route.

Both tournaments take place March 22-24 in Oshawa.

Hughes sisters lift girls to semis

The Stouffville District Secondary School Spartans girls hockey team advanced to the York Region semifinals with a 4-1 win over the Brother Andre Catholic High School Cardinals in Thursday's single game quarter-final contest at the Stouffville Arena.

Hayley Hughes scored twice while her younger sister Heather and Kirstie Hembruff added singles.

Carly Henderson replied for the Cardinals.

The Spartans will face Sacred Heart Catholic High School (Newmarket) in a first-to-three point semifinal series. The series opens Tuesday in Newmarket.

For more on high school sports, go to www.yraa.com

THE PLAYOFFS - GAME 3



Thursday, March 1, 7:30 vs. Collingwood Blues

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Sometimes stress is good for us (it can spur us on to do more than we may think we can) but other times it can leave us feeling overwhelmed and unable to cope. Stress is an almost inescapable part of our hectic lives.

The Key to successful stress management is reacting in a healthy manner. To do this, the Heart and Stroke Foundation suggests that you try the following:

- Be physically active. It can relieve that "uptight" feeling, relax you and even energize you. The added bonus - being active helps to reduce the risk of heart disease and stroke.
- Share your feelings. Talking to a friend or family member can help. If you feel your problem is serious, seek professional help from a psychologist, psychiatrist, doctor or social worker. Knowing when to ask for help may avoid more serious problems later.
- Take care of yourself. Don't short-change yourself in order to meet the needs of others. Take a relaxing bath, read a good book or have lunch with a close friend.
- Do relaxation exercises. For example, try imagining a soothing, restful scene. Try stretching, tensing and relaxing muscles, meditating or deep breathing.
- Lead a healthy lifestyle. The best defense against the harmful effects of stress is to lead a heart healthy lifestyle. Be smoke-free. Eat a well balanced, lower fat diet. Eat regularly.

February is National Heart Month. In addition to door-to-door canvassing, the Heart and Stroke Foundation is staging many fund raising events across the country, helping us to reduce the risk of disability and death from heart disease and stroke through research, education and the promotion of healthy lifestyles.

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