

Knox on national team's radar

University goalie faces star players at Calgary camp

BY MIKE HAYAKAWA
Staff Writer

Liz Knox enrolled at Wilfrid Laurier University last fall and played for the school's women's hockey team for two seasons.

The 19-year-old Stouffville resident, who tended goal for the Golden Hawks, did so because the school has a strong tradition in Canadian women's ranks, as evidenced by its participation in the Canadian Interuniversity championships this year.

Also, Golden Hawks head coach Rick Osborne had some strong connections with the national team program.

That link proved beneficial for Knox.

The Stouffville District Secondary School graduate was one of 17 goalkeepers from across Canada invited to the inaugural national women's program goaltending camp in Calgary, Alta.

Eight of the netminders were in the under-19 age category while another eight, including Knox, were in the under-22 category. The other was Sami Jo Small, a member of the national team.

"It was a great opportunity, it was incredible and I thought it went well," Knox said of the four-day



LIZ KNOX: Stouffville District Secondary School grad tends goal for Sir Wilfrid Laurier University.

camp that concluded Sunday.

The invite came after her last-minute participation in the program's initial camp a month ago.

Another invitee got hurt one day before the camp commenced, and Knox received a call from Hockey Canada asking if she would like to fill the void. She quickly agreed and boarded a flight to Calgary the next day.

"There were eight goalies from that camp and all eight were asked to come back," Knox said.

Knox speculates Osborne suggested her name to Hockey Canada. Not just because she played for him, but dur-

ing her freshman year, Knox sported a respectable 1.31 goals against average in 12 games.

"When I went to Wilfrid Laurier I knew the team excelled on the ice and our coach has a strong affiliation with the national team. It was a good foot in the door," she said.

The biggest thing Knox learned at the camps was to put her diminutive five-foot, five-inch frame to good use.

"I learned a few little tricks," she said. "At the camp, they told me how to use it to my advantage in terms of cutting down a lot of depth so shooters can't see as much of the net."

Just as important, Knox felt she gave a good account of herself against some shooters from the starry national team, including Gillian Ferrari, Vicki Sunohara and Hayley Wickenheiser.

"When they first stepped out onto the ice I was a little in awe. It was like living a childhood dream. But from there it was just a matter of stopping pucks," Knox said.

Four goalkeepers from the under-22 grouping will be asked to attend another camp in August.

From there, two will be picked for the under-22 national team.

Knox feels her chances are as good as any to be one of the two to be chosen.

"I thought I held my own and I left it all on the ice," Knox said. "But if I don't get the call, I know I'll have to work harder."

Del Zotto to Team Canada under-18 auditions

Stouffville's Michael Del Zotto has been invited to audition for the Canadian under-18 squad hockey team Aug. 4-9 in Calgary.

Forty players will be competing for 22 spots on Team Canada, which will compete at the Under-18 Memorial of Ivan Hlinka, formerly the Junior World Cup, from Aug. 14-18 in the Czech Republic and Slovakia.

Del Zotto, 16, the second player chosen in the 2006 Ontario Hockey League draft by the Oshawa Generals, had 10 goals and 47 assists in 64 games in his rookie season.

He played minor hockey in the Whitchurch-Stouffville and Markham Waxers organizations.

For more information go to: hockeycanada.ca

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Stouffville Sun-Tribune



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What you can do

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- Change water in bird baths weekly
- Remove water that collects on pool covers
- Turn over items such as wading pools, wheelbarrows, and small boats
- Clear leaves and twigs from eavesdroppers, storm and roof gutters
- Unclog drainage ditches so that water flows freely
- Make sure swimming pool pump is circulating
- Clear out dense shrubbery where mosquitoes like to rest
- Turn over compost frequently
- Fill in low depressions in lawn areas
- Check door and window screens are tight fitting and in good repair
- Drill holes in the bottoms of containers so water can't collect

For more information about West Nile Virus contact York Region Health Services Health Connection

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