

SPORTS

BEHIND THE BACK



STAFF PHOTO/SJOERD WITTEVEEN

Brother Andre Cardinal Michelle Davies tries a behind the back shot on Stouffville Spartan goalie Lynette Cressal as Spartans (from left) Amy Hoover, Christine Barkey, and Jasmine Harding come to the rescue in first period action at Brother Andre on Friday. The teams played to a 0-0 draw.

Three medals for racewalker in Italy

BY MIKE HAYAKAWA
Staff Writer

As Kitty Cashman prepared for the racewalk at the World Masters Athletic Championships in Riccione, Italy, she felt she might claim a bronze in the 5K event and finished fourth or fifth in the 10K.

But when the 47-year-old Stouffville resident exceeded her expectations.

Cashman walked away with the silver in the 5K and a pair of bronzes in the 10K individual and team event in her 45-49 age group division.

A triple-gold medallist in the 2003 games, she also fielded a silver in the 10K team and bronze in the 5K in 2005.

"I'd been training really hard for this year's championships," she said. "But this year was definitely more of an accomplishment because the competition was tougher and my times were much faster."

"I actually beat the racewalker who

was ahead of me in 2005. My time in the 10K was almost one and a half minutes faster than 2005 and I was only 27 seconds slower than the second-place finisher this year. I was only 20 seconds slower than the first place finisher in the 5K."

"I find racewalking keeps me in shape and controls any stress I (encounter), so, I'll be racing for a while."

A sprinter before she was injured in 1999, Cashman was introduced to race walking in 2000 through her aunt, who was also competitive racewalker in the mid 1980s.

Cashman attributes her success to the direction she has received since 2003 from her Etobicoke Track and

Field Club coach Stafford Whalen. It was through Whalen's guidance where she learned to refine her technique.

"I've been training really hard and working on my technique. In racewalking quick cadence and efficient style results in a faster time. I just changed my technique in March of this year," she said.

While happy to come away with three medals, Cashman isn't finished yet.

Her intentions are to go to Finland in 2009 for the next Worlds Masters. In between that time though, she competes in close to 15 races a year at the provincial, national and international level.

Just as important though, she feels her craft enables her to maintain a sense of physical and mental well being.

"I find racewalking keeps me in shape and controls any stress I (encounter), so, I'll be racing for a while," she said.

3 games in 3 nights for .500 Spirit team

LAST WEEK: Friday - lost 5-3 against Aurora Tigers. Now 4-4-2-8 on season, fifth place in North Conference.

COMING UP: Thursday vs. Seguin Bruins, 7:30 p.m.; Friday at Collingwood Blues 8 p.m.; Saturday vs. Newmarket Hurricanes, 7:30 p.m.

GAME NOTES: While the Spirit ended September on a winning note, the Provincial Junior A Hockey League club is still searching for its first win in October. Coming off a disappointing 7-4 loss last Thursday against the visiting Orangeville Crushers, the Spirit took to the road Friday for a game against the defending RBC Cup champion Aurora Tigers and suffered a 5-3 loss. The Spirit dug themselves into a hole early when the Tigers capitalized on two power-play opportunities to take a 2-0 lead in the first period. One of the goals was inadvertently scored by Spirit defenceman Trevor Smith. But before the period came to a close, the Spirit got a power-play goal from Tyler Gubb to cut the deficit when the two clubs went to the dressing room.

The Spirit fed off of that momentum to start the second period as Ethan Werek, on a power-play effort, and Scott Johnstone scored unanswered goals just 43 seconds apart to give the Spirit a 3-2 lead. The Tigers replied with two unanswered goals before the period concluded to take a 4-3 lead. The Tigers iced the game by scoring the lone goal of the final period.

NOTEBOOK: Spirit captain Randy Johnston remains at camp with Charlotte of the East Coast League... Spirit grad Shawn Frank has five points in six games this season with the Barrie Colts of the Ontario Hockey League. The 18-year-old Thornhill resident had six points in 51 games with the Colts last season... Ian Brunt, who captained the 2006 North-West champion Spirit team, is playing for the new University of Ontario Institute of Technology Ridgebacks team in Oshawa. The Unionville native, who played four years in Stouffville, finished his Jr. A career last year in Powell River, B.C. Justin Hulshof and Chris Lombardo, both 17-year-olds from Stouffville, are rookies with the Uxbridge



Bruins Jr. C team... Seguin (1-7-0) won its first game of the season on Saturday 4-3 over Villanova in overtime.

GENERALLY SPEAKING: "Our loss to Orangeville was one of our weakest games to date. Maybe we were a little overconfident and we had a lack of mental preparation," Spirit head coach Dave D'Amizio said. "But in our game against Aurora we had our chances to win. It was a great game and a great effort by our guys."

"Hopefully, we can build off of that game with three big games coming up in three nights (against Seguin Thursday, at Collingwood Friday and hosting Newmarket Saturday). We just need to play with some consistency and avoid costly penalties and bear down. So far, we've played well against the top teams in our division."

INSIDER: For live scoring and updates, go to pointstreak.com

For more on the Spirit, go to stouffvillespirit.com

—Mike Hayakawa



TYLER GUBB: Spirit forward scored in 5-3 loss to Aurora on the road Friday night.

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