

Spirit opens hectic week with wild loss

The Stouffville Spirit scored at will in the second period Thursday at the Stouffville Arena,

Problem was, it couldn't score at any other time, including the shootout, and lost 7-6 to the Toronto Junior Canadiens in the Ontario Junior Hockey League.

The Spirit earned a point with the loss and has three points in its first four games.

It's in the middle of playing four games in five nights, including last night at St. Michael's in Toronto.

The Spirit plays the Canadiens again Sunday at 9:30 a.m. at the league's Governor's Showcase Weekend in Bowmanville and visits the surprising Cobourg Cougars Monday.

The Spirit scored six times in the second period Thursday to lead 6-4. But the Canadiens tied it in the third and got the only goal of the shootout, by Paul Rodrigues, to win 7-6.

Stouffville resident Pat McEachen, who will play at the University of Maine next year, had four assists for the Spirit. Rookie Massimo Lamacchia had a goal and leads the Spirit with six points this season.

The Spirit has allowed 23 goals in four games and leads the Central Division with 103 penalty minutes.

- Jim Mason

New look, name for league

BY JOHN CUDMORE
Staff Writer

It's a fresh new face for Junior A hockey in Ontario.

The Ontario Junior Hockey League, which includes the Stouffville Spirit, made the first step toward a new look to become more attractive to its fan base and others.

The league, known for several years as the Ontario Provincial Jr. A Hockey League, announced Thursday a name and logo change effective immediately.

"We're pushing forward," said Lloyd Stockley, chairperson of the 37-team league in a news release. "We've got a lot of issues to clear up. We've made some changes but there are more to come."

In addition to the name and logo changes approved at a recent board of governors meeting, a new website was to be launched Friday. Provided by Pointstreak, the site will provide the OJHL a network capability to bring all teams together under one network, similar to the National Hockey League's nhl.com

Among the features is a live scoreboard available in real time for all games.

The new website is available at the league's former



address, www.opjhl.ca

The OJHL is also working on a deal which would see all its games broadcast live on the Internet on a pay-per-view basis.

The moves are the first in a series of upgrades the league pondered during the off-season to make its product more attractive to players aiming to advance to the next level of hockey and programs pursuing those players.

During the off-season, the Ontario Hockey Association launched a pilot project, the Central Division, featuring eight teams in the Ontario-based league.

Although still part of the OJHL, the pilot project group has been aggressive in establishing itself as a progressive program cognizant of the needs and desires of players seeking to advance their careers to college, university and major junior levels.

REGISTRATION



Markham Soccer Club
Lighting Division



Competitive Team Tryouts for 2009

All tryouts are held at Mount Joy Indoor Soccer Centre
Mountr Joy Community Centre, 6140 Sixteenth Avenue (just east of Highway #48), Markham
Website: www.markhamsoccer.org

Please note: there is a \$5 tryout fee per player per session payable at the door upon entry.

Age Division	Year of Birth	Date of Tryout <small>(2 tryouts per age division - players are required to attend both tryouts)</small>	Day	Start Time
BOYS:				
Under 8	2001	September	29	6 pm
Under 9	2000	September	29	7 pm
Under 10	1999	September	29	8 pm
Under 11	1998	October	2	6 pm
Under 12	1997	October	2	7 pm
Under 13	1996	October	2	8 pm
Under 14	1995	September	29	9 pm
Under 15	1994	September	29	10 pm
Under 16	1993	October	2	9 pm
Under 17	1992	October	2	10 pm
GIRLS:				
Under 8	2001	October	1	6 pm
Under 9	2000	October	1	7 pm
Under 10	1999	October	1	8 pm
Under 11	1998	September	30	6 pm
Under 12	1997	September	30	7 pm
Under 13	1996	September	30	8 pm
Under 14	1995	October	1	9 pm
Under 15	1994	October	1	10 pm
Under 16	1993	September	30	9 pm
Under 17	1992	September	30	10 pm

If you are interested in becoming a Competitive Team Coach, please contact
HEAD COACH - SANFORD CARABIN at 416-873-3287 email - info@markhamsoccer.org



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PHOENIX FITNESS

The school buses are running again so summer is officially over. Fall is a great time for fresh starts; you can attain a more active way of life by embarking on a balanced fitness program that includes both traditional exercise and regular, daily physical activity.

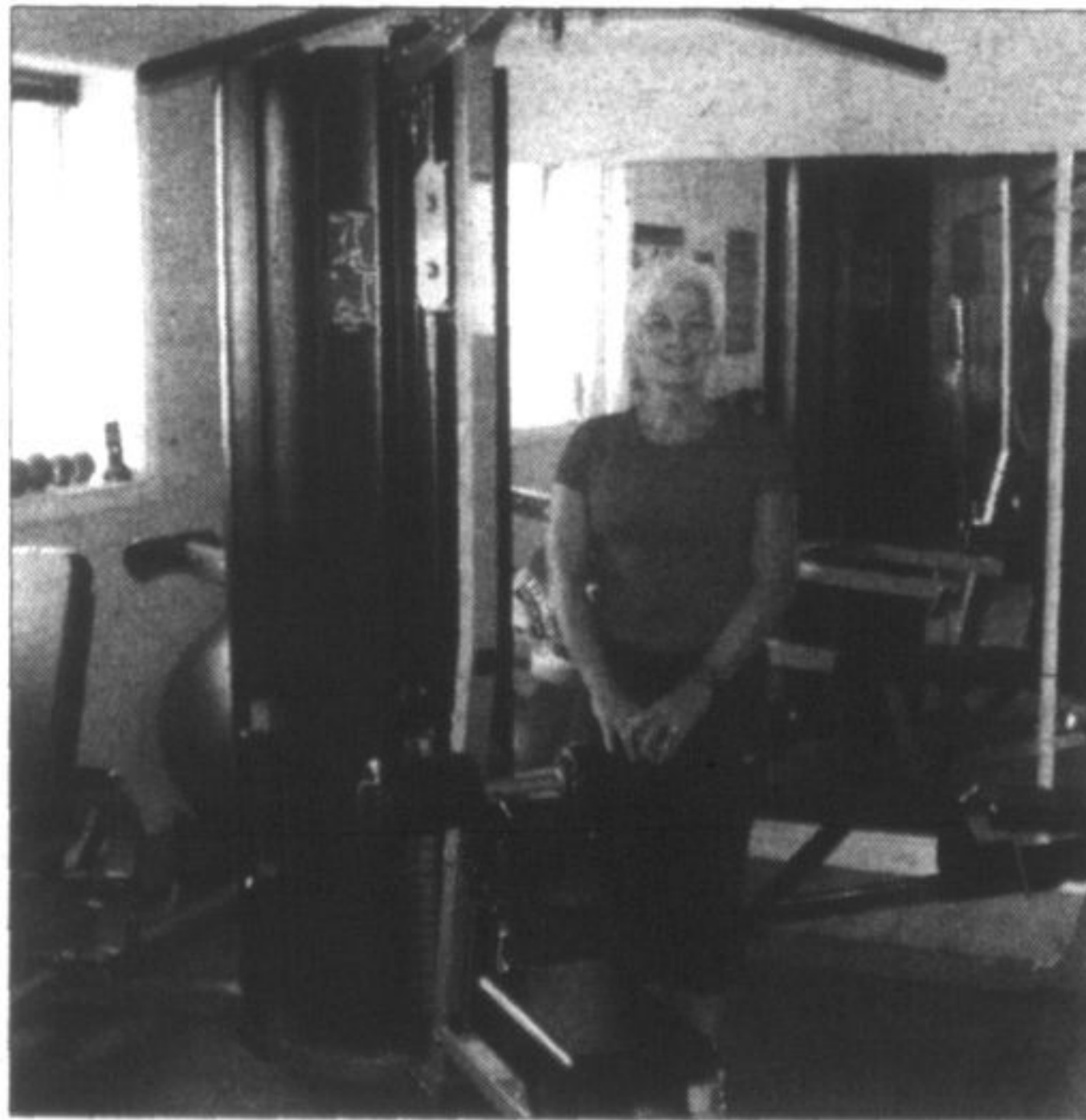
Phoenix Fitness in Stouffville offers personalized fitness programs tailored to help clients realize their individual goals.

In addition to personal fitness training, clients have access to yoga classes, weight training, and cardio- and dance-based fitness classes. Low-impact exercise programs using stability balls and bands are also offered.

"Personal training is not about going from machine to machine," says certified trainer Caroline Frenchman. "At Phoenix Fitness we design an exclusive program that will address your individual goals and needs."

Yoga, Caroline points out, builds strength and stamina, increases flexibility, improves circulation, helps you to focus and induces an overall sense of well-being. "Yoga is an excellent way to deal with the stress of pregnancy, and helps to develop the skills necessary to be a more patient and connected parent."

Cardio workouts are designed to improve cardiovascular fitness and help burn fat, while the sensual movement dance classes build muscle tone, improve flexibility and balance,



while helping women get fit and find their 'sexy side' at the same time.

One-on-one training or working with a stability ball are also among the most popular programs at Phoenix Fitness. "Good health is the ultimate wealth," says Caroline.

And there are no membership fees or long-term financial commitments involved in wellness programs at Phoenix.

Visit Phoenix Fitness at 458 Service Road, Unit 1, behind the No-Frills Plaza. For a free fitness workout and private evaluation,
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