New hockey training facility will offer alternative to ice time

BY MIKE HAYAKAWA Staff Writer

Kolya and Tamara Pelowich were looking for a hockey facility where their son Nicholas, then seven years of age, could work on his goaltending mechanics last summer.

They wanted a surface with ice that was close to their home in Stouffville.

There wasn't much available, so they got busy.

The Pelowichs starting making plans for a centre where their son and other aspiring players could raise their games to the next level.

Their plans are to create a 10,000-square-foot practice facility in the Greenline Forest Products complex, on Hwy. 48 between Sam's Way and 19th Avenue, called The Hockey Lanes.

"We stumbled upon the world of synthetic ice and its many uses from skating shows in Las Vegas to hockey training facilities in the United States and Canada," Tamara said. "Our idea grew from many hours of research, meetings and discussions."

The facility, which is slated to open in December, will have four or five puck shooting lanes, 10-feet by 24-feet each. They will resemble sta-

▶ For more information, log on to: www.thehockeylanes.com

tions at a golf driving range, Mrs. Pelowich says.

"My husband, Kolya, decided that the puck shooting lane idea would be beneficial to players of all ages where shots can be practised on a level surface, as opposed to your driveway, with your skates on, using your regular ice stick," she said. "The idea isn't new. But the convenience of having dedicated individual lanes for practicing is something we wanted to incorporate in our concept."

The Pelowichs hope local teams see their centre as an alternative to driving kilometres to other facilities, of the real or synthetic variety, especially during the summer.

Synthetic ice boasts 10-per-cent more resistance than natural ice and provides an excellent venue for training as actual speed increases upon return to refrigerated ice, Mr. Pelowich, a player during his youth in Scarborough, said. "Custom boards and glass built around the synthetic ice provides an alternative to renting ice at a distant arena. Temperature and refrigeration are not concerns with synthetic

ice which affords its users realistic training while on skates."

Besides individual shooting stations, the facility will include a 40-foot by 80-foot training rink, weekly classes and team training.

"A skating treadmill and puck drill area will complement our mission to correct and add power to your skating stride," Mrs. Pelowich said. "An off-ice stretch and strength area as well as board rooms, dressing rooms and a pro-shop will complete the complex."

The Hockey Lanes will operate on evenings and weekends to accommodate team sessions, weekly classes, goalie lessons, reserved puck-shooting lanes, private one-on-one lessons and birthday parties. Full programs are slated to begin in early January.

"The Hockey Lanes gives us a chance to get involved with the development of children and provides a positive environment for the youths in our community to thrive," Mrs. Pelowich said.

"We've made personal commitments to provide a state-of-the-art facility for the development of our youth. This is our passion and we are realizing a dream."

Penalty-prone Spirit paying for disobeying GM/coach

In his pre-game speech Thurs-day, Stouffville Spirit general manager and head coach Mark Joslin warned his troops they had to be disciplined in their Ontario Junior Hockey League game against the visiting Cobourg Cougars.

Especially since the Spirit are among the league leaders in penalty minutes and the Cougars have one of the top power-play scorers in Patrick Jobb.

Joslin, apparently, wasn't taken seriously as the Cougars erupted with three second-period power-play goals, including two by Jobb, en route to a 6-5 win.

NINE STRAIGHT MINORS

"I preached for 10 minutes before the game that we had to play with discipline. During the game, we got nine penalties in a row between the first and second periods and we give up three power play goals," Joslin said.

"I thought if we stayed out of penalty trouble we would have won the game. Our guys have to learn we can't take penalties."

In a first period that saw several momentum swings, the Spirit held the upper hand on three different occasions only to see the Cougars respond to tie the game at 3-3 through 20 minutes.

Matt Viola scored twice for the Spirit and Myles Gomes once.

When the Cougars tied the game at 2-2, Joslin pulled starting netminder Michael D'Angelo in favour of Kori Coelho.

LAST PLACE

The Spirit mounted a comeback in the third period as Jason Heydon scored a power-play goal and Dustin Laren lit the red light at the 17:46-mark to cut the deficit to 6-5. But that would be as close as the Spirit would get.

Still in last place in the Central Division with three wins and 13 losses, the Spirit outshot the Cougars 36-30.

"We've got to focus on special teams and watch video and try to regroup," he said. "We've got a big week coming with games against Hamilton (Monday), Cobourg (next Thursday at the Stouffville Arena) and Wellington (Friday) coming up."

Joslin also hopes to add two 20year-old forwards to the roster.

"We've got to try and alleviate some of the pressure on our defence and our young forwards," he said.

– Mike Hayakawa

Dry Skin? Try our Fall Tune-up Fall exfoliating facial with pumpkin sugar & spice body scrub \$99

MediSpa Laser Clinic

Stouffville 905.640.0092 www.medispaclinic.com info@medispa.com

SANDY'S AUTO SERVICE LTD. SAVE AT THE PUMPS FALL MAINTENANCE TUNE-UP OFF LABOUR

176 Bullock Dr., #8, Markham 905-294-3868

* Not to be used in conjunction with any other special.

** Parts, PST & GST extra. Offer expires November 10, 2008

To Advertise in

FOCUS ON BUSINESS

Call Your Sales

Representative at 905-640-2612

FOCUSon Business

Reshape the way you view cellulite

Stop blaming yourself for your cellulite

Did you know?

 Cellulite is a condition that affects more than 85% of women.

It is not the result of poor diet or lack of exercise.
Increased body fat does not account for the

Increased body fat does not account for the appearance of cellulite.
 Cellulite can be appearant an account.

 Cellulite can be apparent on even very lean females but is rarely seen in males.

• The development of cellulite is primarily cause by hormones, vascular changes and inflammation.

Cellulite can be improved with a series of painless treatments.

When fat cells just under the skin swell or engorge and the once flexible collagen bands become brittle and no longer stretch properly, the dimpled skin known as cellulite is formed. SmoothShapesTM system uses proprietary technology to liquefy fat and move it out through the lymphatic system, smoothing the appearance of your skin. It is a safe, comfortable procedure providing long lasting results with improved skin tone and texture. Your skin will feel tighter and clothes fit better!

We clear acne!

Many people – teens and adults, men, women and adolescents – struggle with acne. The results of this struggle are low self-esteem, low confidence and a feeling of unattractiveness. MediSpa Clinic on Main introduces the Isolaz™, a breakthrough aesthetic platform using painless, light-based treatment. No pain, no drugs, results are immediately noticeable, and the procedure has been proven to significantly decrease "breakouts". Isolaz™ is the world's only aesthetic technology that combines vacuum with a painless laser: The Isolaz™ vacuum applies gentle pressure on the



skin's pores while the painless laser helps destroy the acne-causing bacteria. This helps soften and remove blackheads, dead cells and other debris from deep in your pores resulting in radiant, clear skin that is purified from the inside out. IsolazTM is quick, easy and painless. In fact, many people have their treatments done during lunch without any downtime. Additionally, patients have found their skin feels tighter and has a healthy radiant glow following this therapy. Isolaz™ is effective on all skin types. A recent clinical study shows that, in addition to acne reduction, 64 percent of acne patients who had not responded to oral medications, topicals and traditional lasers in the past had shown greater than a 75 percent clearance of acne lesions after treatment with the Isolaz ™ system.

If you or someone you know can benefit from the confidence and self-esteem clear, beautiful healthy skin can bring, call MediSpa Laser Clinic today. MediSpa offers the very latest techniques in advanced laser, medical skin care and aesthetics. Call 905-640-0092 today to make an appointment for your free initial consultation.



Our design team is ready to help Discover our ABCs of decorating

- Affordable
- Beautiful
- Comfortably Canadian!

Creating the home of your dreams has never been easier! In-home decorating service available.

The Queensbridge Mill 4160-19th Avenue, Markham, 905-887-1127 Between Warden & Kennedy www.queensbridge.com

york region com It clicks home

York
Region's
Best Online
Business
Directory