

SPORTS: Jr. A team opens training camp next week

Spirit making move to Sunday matinees

BY MICHAEL HAYAKAWA
mhayakawa@yrmg.com

Ask and ye shall receive.

In the case of the Stouffville Spirit, they had been seeking a change in their home game dates to play more Sunday matinees at the Stouffville Arena.

While the club's lobbying efforts were unsuccessful in the past, their wishes finally came to fruition when the Ontario Junior A Hockey League recently announced their regular season schedule and divisional alignments for the 2010-11 campaign.

This season, the Spirit will host 17 Sunday afternoon tilts.

The first of which will take place with their home opener against the Burlington Cougars Sept. 12 at 2:10 p.m.

Recollecting the occasions when they played home games in the past on Sunday afternoons, club management sensed it attracted more spectators and heightened enthusiasm as compared with their traditional Thursday evening tilts.

Spirit general manager Ken Burrows was elated when the league accommodated their

request.

"We tried to have our home games changed for the last three years," he said. "We think that playing on Sunday afternoons is for the better (when arranging their home schedule for the upcoming year)."

The Spirit will still play some home games on Thursday evenings - six to be exact.

The first (matinee) will take place with their home opener against the Burlington Cougars Sept. 12 at 2:10 p.m.

As well, they will host one Monday contest. That being an Oct. 11 Thanksgiving Day matinee game against the Markham Waxers at 2 p.m.

Playing a 50-game regular season schedule, the Spirit will be part of the league's North West Conference's North Division.

Joining the Spirit in that group are the Aurora Tigers, Colling-

wood Blues, Huntsville Otters, Newmarket Hurricanes, Orangeville Crushers and Markham Waxers.

While the Spirit will play games against their divisional rivals, they will also face teams from the conference's West Division.

Those entries include Burlington, Brampton Capitals, Buffalo Junior Sabres, Georgetown Raiders, Hamilton Red Wings, Mississauga Chargers and Oakville Blades.

As a part of their regular season schedule, the Spirit will also play two games in the league's annual Governors Showcase weekend in Aurora Oct. 7 to 11.

The Spirit will play Hamilton Oct. 9 at 7:30 p.m. and Aurora Oct. 10 at 2:30 p.m.

The Spirit are slated to open the regular season in Huntsville Sept. 10 at 7:30 p.m.

In gearing up for the regular season, the Spirit will commence training camp Aug. 15 with fitness testing at BodySmith International in Gormley.

On-ice practices at Stouffville Arena will commence Aug. 16.

The Spirit will open their pre-

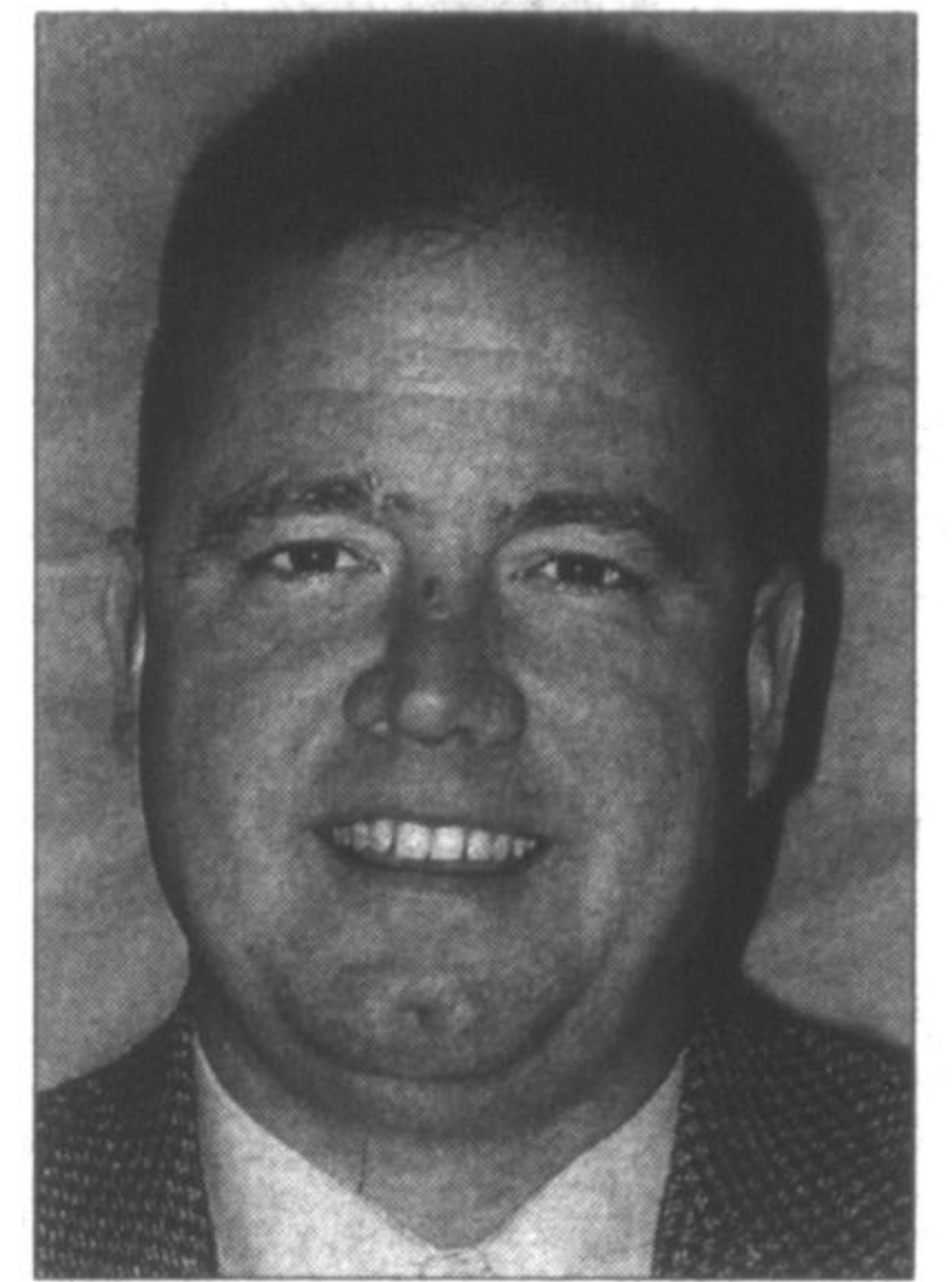
season schedule with back-to-back tilts against the Markham Waxers Aug. 19 at the Stouffville Arena and the following day at Markham Centennial Arena. Both games are slated to start at 7:30 p.m.

The Spirit will then host St. Michael's Buzzers Aug. 26 at 7:30 p.m. before travelling to Huntsville Aug. 27 to 29 to take part in the Cottage Cup tournament.

While in Huntsville, the Spirit are slated to play four games.

The Spirit will conclude pre-season play at St. Michael's Sept. 2 at 7:30 p.m.

NOTEBOOK: Sudbury's northernlife.ca says the Sudbury Wolves of the Ontario Hockey League hope to entice Spirit defenceman Brennan Serville to attend their main training camp. An eighth-round pick of the Wolves in the 2009 OHL priority selection, Serville signed a letter of intent to attend Canisius College in Buffalo, N.Y. starting in 2011. But the Pickering resident attended the Wolves' rookie camp in June and impressed their coaching staff ... David Morley, grandson of



KEN BURROWS: Spirit GM says Stouffville fans like attending Sunday-afternoon Jr. A games.

Stouffville residents Nelda and Wilf Morley, is heading west for his final year of junior hockey to play with the Victoria Grizzlies of the British Columbia Hockey League. The Richmond Hill resident was captain of the Aurora Tigers in the 2009-2010 season.

Good Morning Stouffville
Enjoy a Healthy Breakfast from \$3.99
All Day
We use only fresh ingredients.
gggxperts
5812 Main St., Stouffville 905-642-9983

STOUFFVILLE GARAGE DOORS
Since 1988
Quality Products
Great Service
Affordable Pricing
All Work Guaranteed
64 Sandiford Dr., Stouffville, Unit 12
905-642-3217 • 416-677-3835
www.stouffvillegaragedoors.com

SANDY'S AUTO SERVICE LTD.
Sorry We'll Be
CLOSED FOR HOLIDAYS
Monday Aug. 2nd - Friday Aug. 13th
Returning Monday Aug. 16th
Sorry for any inconvenience this may cause
176 Bullock Dr., #8, Markham-905-294-3868

FOCUS on Business

EGGXPERTS

About 40 per cent of Canadians skip breakfast because they think it will help them lose weight, but research has shown that people who eat a healthy breakfast have a much easier time managing their weight. In addition, improved concentration stemming from a healthy breakfast helps you make rational, nutritious food choices throughout the day.

At Eggxperts, the popular new all-day breakfast spot in Stouffville, owner Bernadine Thomas has put a fresh twist on breakfast with plenty of fruits, vegetables, whole grains and other healthy ingredients.

Eggxperts specializes in Eggs Benedict, pancake dishes and tasty bacon, sausage and eggs, as well as omelets, sandwiches and salads. But Bernadine has thrown a few curves at the traditional breakfast fare, adding several varieties of berries, fruits, cheeses and vegetables to wake up any taste bud.

"It's the most important meal of the whole day and studies show that people who eat breakfast perform better," says Bernadine. "But I wanted to balance the traditional breakfast of eggs and sausage with healthy ingredients like fruit and vegetables."

The casual, intimate atmosphere at Eggxperts makes it welcoming for the whole family and the menu is large enough that even a picky eater will find something familiar and appetizing. And with more than 30 menu items starting as low as \$3.99, it's no wonder Eggxperts is becoming one of downtown Stouffville's most popular locations.

Health, high-quality products in a relaxed and affordable atmosphere - a combination that makes Eggxperts a unique experience.

Enjoy a restaurant experience at fast food prices at Eggxperts. It will be wonderful.

Eggxperts now has a daily lunch menu starting at \$5.99.

Eggxperts is located at 5812 Main Street and can be reached by calling 905-642-9983

gggxperts
All Day Breakfast

Craft Electrical Ltd
Your Local Contractor

- Commercial / Residential
- Maintenance and Service/ Smoke and Carbon Monoxide Detectors
- Renovations / Basements / Fixtures / Fans

Fully licensed and insured ECRA/ESA Lic. 7007798
Save this number and call: 416-707-6281

Since 1947
edmonds *Flexible Payment Plans*

- REROOFING
- EAVES/SIDING
- VINYL WINDOWS
- ENTRANCE/PATIO DOORS

(905) 472-0276
Showroom: 166 Bullock Dr., Unit 1, Markham

MARKHAM GARAGE DOORS
Unsurpassed Products
Quality Workmanship
Unbeatable Prices
Lifetime Warranty's
A Local Company You Can Depend On
905.472.9178
176 BULLOCK DR., UNIT 13, MARKHAM
www.markhamgaragedoors.com