

SPORTS

Goalie plans to make point in Finland

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Liz Knox hopes to prove a point. What the 23-year-old Stouffville resident wants to do is show the Team Canada women's hockey team coaching staff she deserves to be on the roster when they compete in major international competitions.

She had a taste of what it's like after being a goalie with the national women's under-22 squad and earning numerous honours while playing for the Wilfrid Laurier University Golden Hawks team.

That included being named the Canadian Interuniversity Sport's female player of the year during the 2009-10 season.

Knox will have that opportunity after being recently named to Canada's roster for the inaugural Eight Nations Tournament in Vierumaki, Finland, from Aug. 24 to Sept. 3.

"It's always an honour to play for Team Canada," Knox said. "I'm very excited to continue to develop under the leadership and coaching Hockey Canada has put together over the last little while. I've been training harder than ever and it's always rewarding to have it pay off along the way."

Knox's inclusion on the roster is



LIZ KNOX: Stouffville resident playing for national team at inaugural Eight Nations Tourney in Finland.

part of an experiment Team Canada is undertaking by providing other netminders with national team potential the opportunity to gain further international experience through participating in a new international event.

The players were chosen by Hockey Canada's head female scout, Melody Davidson, and Kalli Quinn, director of female hockey.

While acknowledging she wasn't surprised to be included on the ros-

ter, Knox feels her selection to the team was more of a reward.

"Since I finished competing with Wilfrid Laurier this past spring, my focus automatically shifted to making (Team Canada). It was a goal that I had set and had hoped to achieve. But I was not entitled to it," she said.

With the tournament featuring teams from the United States, Canada, Finland, Sweden, Switzerland, Russia, Slovakia and Japan, Knox feels a good performance on her part will not only add to her impressive portfolio.

At the same time, it will show if she can compete on a higher competitive level.

"Experience is really an asset on the national team and any chance I can get to gain experience I will take wholeheartedly," she said. "When the game is faster, the players are stronger and the stakes are higher, you are given a chance to learn something about yourself as a player like how do you react? Those lessons learned are the ones that will be most important to me as I continue my development."

Canada is scheduled to open the tournament Wednesday against Switzerland.

Spirit players at Canada East tryout camp

Two Stouffville Spirit players are auditioning for the Team Canada East squad that will compete at the 2011 World Junior A Challenge hockey tournament.

Defenceman Paul Geiger and forward Kory Kennedy were chosen for the evaluation camp, which will take place in Whitby today.

A Stouffville native, Geiger, 19, had three goals and 31 assists in 50 regular season games with the Spirit last season.

Kennedy, 18, had 17 goals and 18 assists in 45 regular season tilts last season with the Spirit.

Spirit head coach Craig Donovan thinks both players have a legitimate opportunity at making the squad.

"One reason we did so well at the end of last season was the play of guys like Kory (Kennedy) and Paul (Geiger). While they did not always play at the top of our lineup, they were both highly effective players and contributed greatly to our success," he said. "Kory is one of the fastest skaters in our league and competes very hard. His skating ability is ideal for international hockey."

"Paul plays a very simple but effective game and uses his size effectively. He moves the puck well as evidenced by his nearly 30 assists last season."

The 2011 World Junior A Challenge will take place in Langley B.C., Nov. 7 to 13.

U13 Mustangs gain soccer split

The Stouffville Mustangs took the good with the bad after playing in two Central East Soccer League Under-13 Girls Division One matches this past week.

Buoyed by a pair of goals from Amanda Grinnell and Jacqueline Rintjema, the Mustangs defeated host Peterborough 6-1 Wednesday.

Kassandra Goodall and Daniella Grant each added singles for the Mustangs, now 9-2 on the season.

The win by the Mustangs came on the heels of a 5-2 loss to the first-place and undefeated Pickering Power Gold at Ballantrae Tuesday. Vanessa Mangos, Angela Panacci and Rintjema each scored once.

The Mustangs are scheduled to host Kleinburg Nobleton at Ballantrae Wednesday at 6:30 p.m.

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You don't always get what you pay for, especially when it comes to insurance

Are You Paying Too Much?

The motto "you get what you pay for" used to be true of most things, but the times, they are a-changin' and this is no longer true for many things, most notably car insurance. In fact, you could be paying hundreds, or even thousands of dollars more than you should for your coverage.

How is this possible? It is somewhat complicated to explain, but, to sum it up, insurance companies base their rates on their experience with similar driver profiles and cars. Since no two companies' experiences are exactly the same, it is rare that different companies will give you the same potential insurance premium for your profile and car.

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Experience Counts

It has been statistically proven that drivers over 50 years of age have fewer accidents and tickets than the average and this means that there are more potential savings to be found for more experienced drivers. In fact, some companies actually specialize in serving the mature market, so it's definitely worth comparing rates. It's also important to check your rates with InsuranceHotline.com yearly since a company's rates can change quarterly. The company that gave you the best rate last year may not be able to provide the lowest quote again this year.

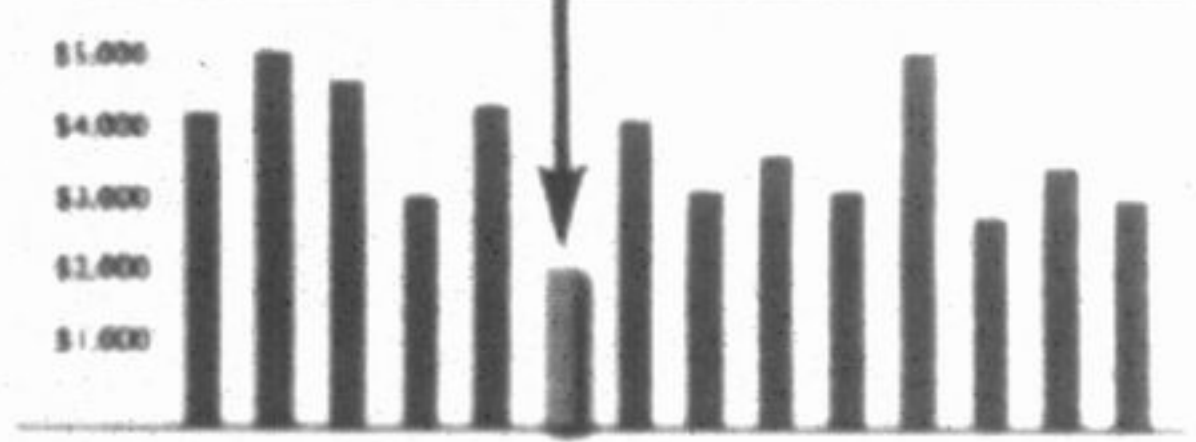
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If you are getting a loyalty discount you might be thinking that you are better off staying with your current insurance provider. This might be true, but it's impossible to be certain without doing some research. You just might find that the potential savings far outweigh any loyalty discount being offered. Once again, it's important for the mature driver to shop around, especially if you have been with your current provider for a while - they might not offer special rates that take advantage of your good driving habits.

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