

# Concussions send hockey player back to track

*Third serious injury has Barker pursuing throwing scholarship*

BY MICHAEL HAYAKAWA  
mhayakawa@yrmg.com

Greg Barker grew up playing and loving hockey.

But when the Stouffville resident was instructed by his doctor last fall to quit playing the game after incurring his third major concussion, he promptly hung up his skates.

While the ominous news was disheartening for the 17-year-old Barker, it did not spell the end of his athletic exploits.

Rather, he's attempting to carve his niche in another sport involving far less physical contact.

At the same time it's one he's been fairly adept at — throwing the discus and shot put.

He apprenticed in both disciplines during his first three years at Stouffville District Secondary

School, winning a bronze in discus and finishing fourth in shot put as a Grade 9 student and placing fourth in both events as a Grade 10 student at the Ontario Federation of School Athletic Associations championships.

Barker is now training full time with the York University Track and Field Club.

"It was definitely a tough decision to quit hockey since I played it most of my life," Barker said. "But hockey isn't the end of the world. I had something to fall back on. I'm now focusing on track."

Working under the direction of coach Jack Harkness, a former Canadian discus champion, and being symptom free, Barker has experienced some modest success.

In early August, he qualified to compete at the National Youth Track and Field Championships in Langley, B.C.

Making his debut at that meet, Barker recorded a personal best 15.17 metres in the shot put and finished fourth out of 19 entrants.



**GREG BARKER:** Stouffville District Secondary School student after OFSAA medal in final year.

In the discus, he was fifth with a toss of 46.35m amongst a field of 16 entrants.

"I really didn't know what to expect at the meet because it was my first year with the York University club," Barker said. "But I was

definitely happy with the results. Especially the shot put because I struggled with it during the summer.

"With the discus I was happy. In the last month I improved some four to five metres. I definitely feel like I'm progressing in both events."

Undergoing a different training routine to where he's now placing an emphasis on strength work as compared with cardiovascular drills during his hockey days, Barker has also been forced to make an adjustment in his new sport.

The biggest one has been the use of heavier implements.

At the recent National Youth meet, Barker threw a discus weighing 1.6 kilograms versus one that was just one kg. in high school events.

With the shot put he also threw a heavier ball.

"To go with heavier implements is definitely a challenge," he said. "Your throwing techniques, now become different. You have to move

your body in different ways."

Entering Grade 12 this academic year, Barker has some unfinished business to do before graduating.

The biggest aim is to get back to the OFSAA championships, something he failed to do last year.

He would like nothing more than to have a grand send-off to his high school career by winning the gold in shot put and discus.

"My goal is to definitely medal at OFSAA," he said.

At the same time, Barker intends to continue workouts with his York University club in preparation for the indoor season and to go to the Junior Nationals next summer.

With some good results, Barker hopes to parlay that towards his post secondary school days in earning an athletic scholarship at a university south of the border.

Above all though, Barker just wants to continue to get better and remain free of any concussions.

"My goal is to continue to progress," he said.



## YourClassifieds.ca

call: 1-800-743-3353

fax: 1-905-853-1765

Business & Telephone Hours: Monday - Friday, 8:30 am - 5:30 pm

www.yorkregion.com

Stouffville  
**Sun-Tribune**

**gottarent.com**  
find a place to rent

news

**LocalWork**

**WORKOPOLIS**

Adjustments: Every effort is made to ensure the accuracy of your ad. Please check your ad on the first insertion. For multiple insertions of the same ad, credit will be made only for the first insertion. Your advertiser is responsible for the accuracy of the information provided. Cancellations must be made by telephone. Do not rely on e-mail cancellations.

Seasonal Employment

Year round and seasonal opportunities for York Region & Scarborough area.

- **Landscaping Irrigating Technician** Minimum 2 years experience
- **Landscape Maintenance Crew Leader & Personnel** Minimum 2 years experience

Candidates must be customer oriented, energetic and reliable with G or DZ License and a clean driving record.

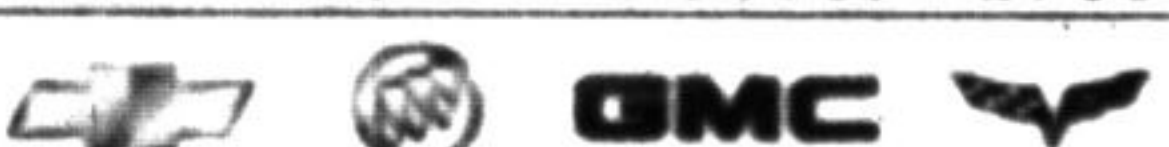
Please fax your resume to 416-291-6792 or email: [neno@clintar.com](mailto:neno@clintar.com)

**york region .com** Find an Apartment!  
It clicks home

Office/ Administration

**ADMINISTRATIVE ASSISTANT**  
Required for a small firm located in Markham. As Administrative Assistant you will be involved in information processing (reviewing, collating, entering files), editing/ finalizing reports and reception duties. You will possess fast and accurate typing/ keyboarding skills, excellent spoken and written English, excellent proofreading/ editing skills and be proficient in all components of Microsoft Office. Flexibility and the ability to work in a fast-paced environment is essential.  
Please e-mail your résumé to: [hr.naal@yahoo.ca](mailto:hr.naal@yahoo.ca)

**Markville**  
CHEVROLET • BUICK • GMC



Requires a **PART TIME RECEPTIONIST**  
Two evenings during the week and alternating Saturdays.

Please email resume to Sheryl: [sgcamm@markvillechevrolet.com](mailto:sgcamm@markvillechevrolet.com)

Office/ Administration

High quality retail food sales professional required for successful business in the heart of Stouffville. The individual should be self motivated, customer friendly, energetic, with a strong disposition. Training provided. Car required with good driving record and insurance for business advancement. Must be able to work Thursday through Sunday. Please bring resume and references directly to Larry Koffman at  
Aaron K. Purveyors Fine Foods  
6420 Main Street, Stouffville  
416-722-9606  
Email: [larryaaronkoffman@gmail.com](mailto:larryaaronkoffman@gmail.com)

Office/ Administration

**Church Administrator**  
P/T starting October 21st.  
Please email resume to: [ebenezer5000@gmail.com](mailto:ebenezer5000@gmail.com)

Health Care/Medical

**Full time Level II Dental Assistant**  
required for specialty office. Monday to Friday.  
Email resume: [employmentopportunity19@gmail.com](mailto:employmentopportunity19@gmail.com)

Teaching Opportunities

Among Friends Daycare is seeking **RECE's** for local school aged childcare centres. P/T Split shifts, Mon-Fri.  
Please email resume to: [amongfriendsdaycarecentres@hotmail.com](mailto:amongfriendsdaycarecentres@hotmail.com)

Your favourite York Region columnists are at

[yorkregion.com](http://yorkregion.com)

Be interactive with your Community Newspaper Site

Teaching Opportunities

General Help

General Help

**Machine Shop Help** required. Plus minus 44 hours per week \$14/ hr. Visit [www.tooldev.com/employ.html](http://www.tooldev.com/employ.html) For more information email resume to [peter@tooldev.com](mailto:peter@tooldev.com)

General Help

General Help

**Still Hiring & Training School Bus Drivers for September & Beyond**

Become part of our team. FREE TRAINING classes are filling up fast

Don't miss the bus on this great opportunity

Call 1-877-914-KIDS or e-mail [canadajobs@firstgroup.com](mailto:canadajobs@firstgroup.com)

We are an equal opportunity employer

**First Student**