

# SportsXpress®

November/December 2013

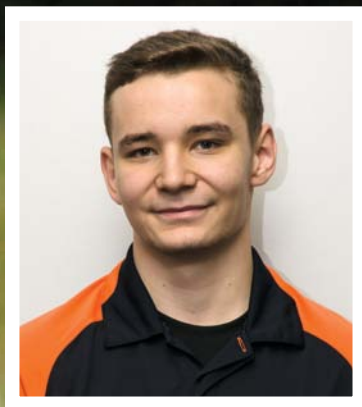
Volume 1 Issue 4

.ca

## Highland Rugby

20 Years Strong

## Curtis Fach Earns National Team Spot



Train Like  
A Pro  
In Guelph





# DREAM TEAM

www.thedreamteamonline.ca

HELPING YOU MAKE YOUR REAL ESTATE DREAMS COME TRUE!

## Athlete Of The Month



Michael Clouthier

Michael Clouthier (Guelph, ON) of the Waterloo Warriors captured the Rookie of the Year honours for the 2013 OUA season. Mike lead the league with 7 home runs and 24 RBI's in 24 games.

Third-year centre Daria Keane (Sarnia, ON) of the Gryphons Women's Rugby Team recently tallied a game-high 15 points as the Guelph Gryphon women's rugby team defeated Laurier 78-0 in an OUA quarter-final.



Daria Keane

### LOCAL REAL ESTATE KNOWLEDGE!

To find out the value of your home in today's market call 519-836-6365 and ask for the Dream Team or go to [www.guelphhousevalues.ca](http://www.guelphhousevalues.ca)

~ Free and Never Any Obligation! ~



Chad McBain\*



Ryan Morris\*



Shelley Adlington\*



Jide Atilola\*



Susan Donaldson\*\*



Brian Spilsbury\*



Bruce Weiler\*



[www.linkedin.com/company/dream-team-guelph](http://www.linkedin.com/company/dream-team-guelph)  
[www.facebook.com/dreamteammguelph](http://www.facebook.com/dreamteammguelph)  
[www.google.com/+](http://www.google.com/+)

\* Sales Representative \*\* Client Care Manager

**RE/MAX**®

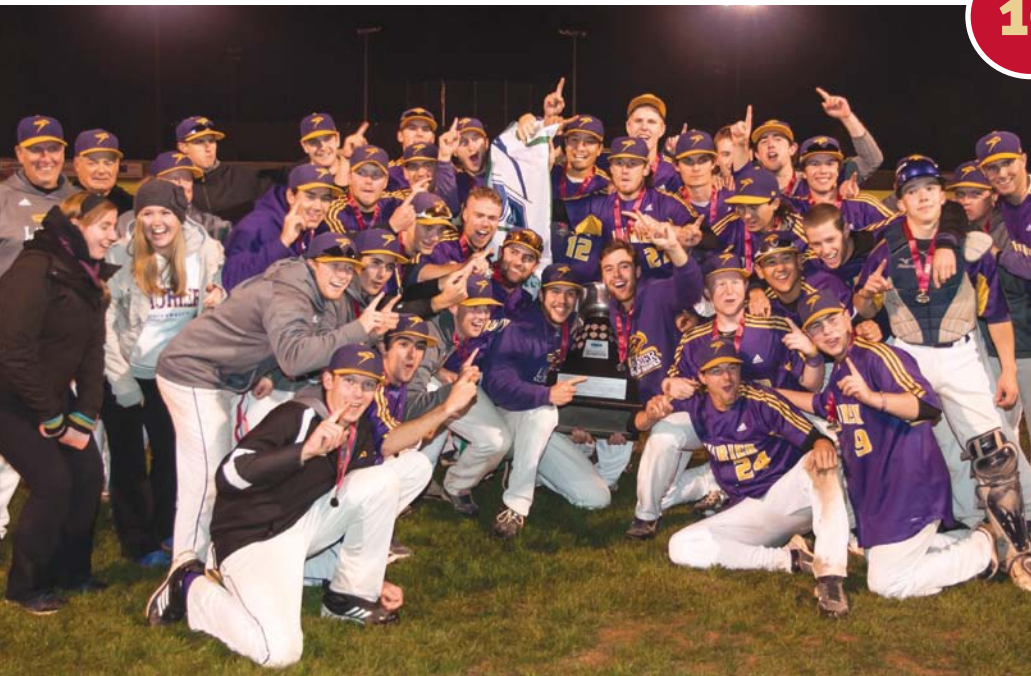
Independently Owned & Operated

Real Estate Centre Inc., Brokerage  
 238 Speedvale Ave West Guelph  
 ON N1H 1C4 519-836-6365

# thelineup

November/December 2013  
Guelph Edition

16



## editor's note

Hello, and welcome to Guelph **SportsXpress**, a magazine all about local sports — the players, teams, families, volunteers and fans. We publish real life stories on the full range of community sports and include all ages and skill levels. Every fan, parent, and sports enthusiast can participate by sharing their experiences with other fans.

We want you to make **SportsXpress** your magazine and [www.GuelphSportsXpress.ca](http://www.GuelphSportsXpress.ca) your website, by sending in your comments, story ideas, opinions, articles and photos. Get in the game with us and be connected with your local community sports!

Give us a call at 519 212-9585 or email us at [pauls@SportsXpress.ca](mailto:pauls@SportsXpress.ca)  
~ from the *SportsXpress* team

## sportsfiles

Profiling community sports in words and photographs.

- 06 | The future looks bright for the Highland Rugby Club!
- 08 | Guelph Youth Basketball Association
- 10 | The evolution of the hockey stick
- 11 | Curtis Fach bowls his way to success!
- 19 | Photographing sports: The three do's
- 22 | Advanced Hockey Training

## sportsatschool

Highlighting all school sports and athletes.

- 16 | OUA Men's Baseball Championship
- 20 | Gryphons Baseball captures major honours

## health&fitness

Informative articles on sports health and fitness.

- 14 | Core strengthening
- 18 | Get fit with INSANITY!



06



08



18

# Get in the Game!



**SportsXpress**  
Your Community Sports Connection  
Magazine • Web • Sports & Event Marketing

## Call your own shots!

### Be a part of the SportsXpress Team!

SportsXpress is a grassroots media provider dedicated to the community sports lifestyle. We're all about the athletes, coaches, their families and fans. We publish real life stories and include all ages and skills.

### We're Growing!

Since 2008, we've grown to over 20 community publications across Canada. We are looking for **sports-minded entrepreneurs** to build new publications throughout the country.

### Are you:

- Passionate about sports?
- Interested in running your own community business?
- Experienced in Sales?

### Join our Growing Team!

Contact Doug Kissick at:  
Cell **226.820.2442** or email **dkissick@SportsXpress.ca**  
Or visit **www.sportsxpress.ca** for more information



**Guelph SportsXpress**  
Your Community Sports Connection

**NOVEMBER/DECEMBER 2013**  
[www.GuelphSportsXpress.ca](http://www.GuelphSportsXpress.ca)

**PUBLISHERS** Paul Spears  
pauls@sportsxpress.ca  
519 212-9585

**EDITOR** Cate Willis

**CONTRIBUTORS** Joe Bowley, Highland Rugby, Derek Farrell, Insanity Training, Guelph SportsXpress, Paul Spears, Francine Dore, Burlington Cougars, Caitlyn Smith, Guelph Basketball, David O'Brien, University of Guelph, Stone Road Mall

**PHOTOGRAPHERS** Paul Spears, Highland Rugby, GYBA, Insanity Training, Advanced Hockey Training

**PARTNERSHIP INQUIRY** [partnership@sportsxpress.ca](mailto:partnership@sportsxpress.ca)

<b>PARTNERSHIP EDITIONS</b>	Kingston Belleville Oshawa-Whitby Mississauga Waterloo Region Halton Region Sarnia-Lambton Newmarket Peterborough	Ottawa Brampton Hamilton London Lloydminster Swift Current Windsor Niagara Brant County
-----------------------------	---	---

**NATIONAL AND REGIONAL SALES** Amy Knowles  
[AmyK@SportsXpress.ca](mailto:AmyK@SportsXpress.ca)

**GRAPHIC DESIGN** Kim Miskovsky

<b>SPORTSXPRESS President/CEO</b>	<b>VP Operations</b>
Walter Browning <a href="mailto:walter@sportsxpress.ca">walter@sportsxpress.ca</a>	Clint Szakacs <a href="mailto:clint@sportsxpress.ca">clint@sportsxpress.ca</a>

**Mailing Address**  
50 Ottawa St. South, Unit 110, Kitchener, ON N2G 3S7  
519.208.9302 or 1.877.588.8856

**Editorial Contributions:** Submissions are welcome from writers, photographers, athletes, coaches and individuals. We assume no responsibility for unsolicited material. Contributors are responsible for obtaining all approvals for the publication of photos and content prior to submission. All submissions may not be used. We may edit, publish, reproduce, distribute and archive submissions in any form or medium without any compensation. We are not responsible for lost or damaged submissions. Contents copyrighted. All rights reserved. Reproduction or transmission of any article, photograph or artwork in any form or by any means without permission from the publisher is prohibited. SportsXpress is published six times per year. For detailed circulation information, contact Sports Express Media Inc. Sports Express Media Inc. is committed to protecting your privacy as our customer. We may collect personal information only if it is required for the proper functioning of our business and only share this information with our business partners. The editors and contributors who write for Sports Express Media Inc. attempt to provide accurate and useful information and commentary. However, the editors, contributors and Sports Express Media Inc. cannot and do not guarantee the accuracy of the information. We assume no responsibility for any actions or decisions taken by any readers based on the information provided.

**view & upload**  
Photos • Video • Articles  
**Xpress box**  
Your Community Sports Report

**SportsXcelerator centre**  
Coaching • Administration • Technology

## The Bishop Macdonnell CHS Celtics are District 10 champions

The Bishop Macdonnell CHS Celtics are the 2013 District 10 Baseball Champions. In a close contest, Bishop Mac defeated John F. Ross CVI 1-0.

**Front row** (left to right): Eric Inglis, Garrett Bryant, Jarrett Blair, Jesse Meyer, Owen Wesseling and Noah MacKillop.

**Back row** (left to right): Coach David O'Brien, Jake Sims, Nicholas Interisano, Tyler Valiquette, Cameron Goetz, Lucas Smit, Chris Barker, Tyler MacKillop, Jordan Inkol and Coach Trevor Smith.



## Want to be a sports journalist?

Get your feet wet with



Volunteer/intern as a:

- reporter
- writer
- photographer
- videographer
- events/promotions coordinator

Apply online at [sportspress.ca/volunteer](http://sportspress.ca/volunteer)

## The future looks bright for the Highland Rugby Club!



By Joe Bowley, Highland Rugby  
Photos by Highland Rugby

The Highland Rugby Club's home is at the Victoria Park fields in the town of Fergus, Ontario. For many years, Highland Rugby had no permanent home. Rugby was played on fields in Elora, at the Centre Wellington Sportsplex and on a farmer's field in Bellwood. It was resurrected 20 years ago as a single team in the Niagara Union for the Senior Men's League; from there, this band of men became champions of the league.

Highland Rugby Club attracts athletes throughout Wellington County and its surrounding areas in Southern Ontario. As members of Rugby Ontario, the club is presently one of the top ten rugby clubs in Ontario based on registered members and has a booming junior program.

The club is an organization built on the foundation of fair play, respect and safety, and it offers new and old skills to keep and introduce new members. Membership has increased and the club presently has more than 320 members from in and around Wellington County.

"We are considered a country club given that we are based outside of major urban centres, and we are currently one of the only



clubs in the province to have team representatives in the Rugby Ontario structure for every competing age group division," explains Joe Bowley, President of Highland Rugby.

In the early developmental stages of the game, Mini Rugby is non-contact. Playing Flag Rugby or Tag Rugby is also a non-contact game whereby each player wears a belt that has two tags attached to it or has shorts with Velcro patches. The mode of play is similar to Touch Rugby in that attacking players attempt to dodge, evade and pass a rugby ball backwards while defenders attempt to prevent them scoring by "tagging" or pulling the Velcro attached tag from the ball carrier. This helps children acquire the skills for both Rugby League and Rugby Union.

"This season saw Highland Rugby officially become the first rugby club in Ontario, entering the first Girls Only team in the U10 division. They competed alongside the boys teams in the Ontario League and put no shame to the tournament," said Bowley, whose own daughter competed on this team. She began the sport at the tender age of five. As a club, Highland Rugby aims to continue the development of these new teams.

He added, "Recently we've had several players from this club represent Ontario on the provisional side, gaining selection for

National Team Canada to compete against our global partners in The World Rugby Union and Rugby League Cup events. Perhaps nothing is more inspiring to these young players than seeing their peers achieve what they have at such a high level. We will continue to help and encourage members in future years."

The Highland Rugby Club is very thankful for its volunteer coaches. Because of them, the club has the capacity to offer teams for boys and girls, and men and women, including co-ed. From the minis to the minor to the junior and senior leagues, the Highland Rugby Club offers all levels in each division. There are 30 plus qualified volunteer coaches in the Highland Rugby Club who have passed the Ontario Rugby Coaches requirements. The club is honoured to include two long-standing Highland members and executives of the club, Juli and Dean Brattan. Juli is the Director of Rugby for the women's side and Dean is the Director for the men's side.

"These two individuals have helped the development of the club. The men and women sides are represented in the entire structure of the club," explains Bowley. This structure secures a permanent future for the organization. "Good coaches build strong teams and encourage more players," he explained. "Each team has two coaches and one manager, as we believe consistency in



player development is a strong goal.”

Creating a well-covered program teaches Rugby players to take care of themselves and their team. As this sport has a reputation as a tough physical game with little protective gear, Highland Rugby Club coaches educate players on the skills and safety of the game. Rugby is a team sport and attracts individuals who are willing to work together as a team.

Rugby is about fitness and strength. It is not a fighting game and is referred to as a gentleman’s game; however, it is a game of evasion, as players try to keep the ball away from the opposite team. For 12-year-olds, the game becomes more similar to the game of Rugby Union as tackling is introduced and play positions are practiced. Coaches teach the players to play with common sense, as these children could get hurt if not coached correctly. The coaches will teach them fitness, technique, the rules of the game, and what to expect from the opposition, keeping the game safe, enjoyable and fast in play. It is about mental and physical preparation.

In 2003, the club found its pitch in Victoria Park, Fergus. So Fergus is now currently the club’s home. There was a relic structure condemned for further usage, but volunteer members re-constructed this building, opening the doors in 2010 to what is now known as the Victoria Park Field-house. The building is also a Community Club, hosting many events for the club and Town. Members, supporters and social members gather here to connect with the community. There are many events held here throughout the year, so please check our website for the latest events.

We have a great relationship with other Rugby Clubs around the globe, as well as other clubs within Canada. Recently, we hosted visitors from The Mont-Tremblant RFC in Quebec where we held a rugby tournament followed by camping, a hog roast and paint balling. Soon HRC will be returning there for a weekend winter retreat.

Other international clubs want to pay a visit to the Highland Rugby Club, as it offers an exchange program. Players from the Highland Rugby Club also partake in exchange programs abroad during the winter months. Players are able to further their skills and gain more confidence by practicing with more experienced players.



*Skills for life...  
...Friends for life*

## HIGHLAND RUGBY

**Rugby is a free-flowing game that features a combination of strength, speed and strategy to move a ball into an opponents territory, it is now recognised as an Olympic Sport. Rugby evolved from football (i.e. soccer) and is often called the ‘game played in heaven’.**

Highland Rugby Club provides opportunities for all ages and for both boys and girls. We encourage participation in the increasingly popular world-wide team game. There are a range of junior and senior programs to suit all abilities and an option to gain lifelong skills and friends of this sport.

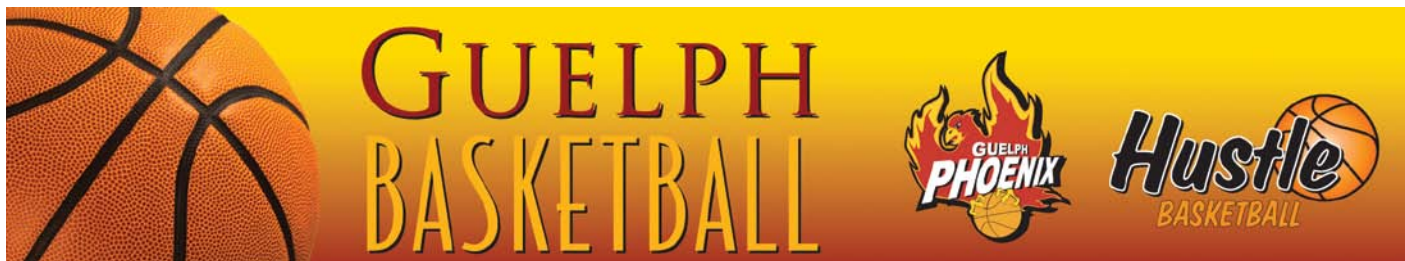
*Get out and get active!*

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

**Registration:** link to the website or see us at the Fergus and Elora Leisure Shows in the Spring

**Rugby is more than a game.. ..it’s a lifestyle!**

**The Highland Rugby Club is a multifaceted organization and it looks forward to helping its current members grow. If you would like more information about the club, please visit [www.highlandrugby.com](http://www.highlandrugby.com) or call (519) 993-2540.**



# Guelph Youth Basketball Association

By Caitlyn Smith, President of GYBA  
Photos GYBA

Guelph Youth Basketball (GYBA) recently kicked off the 2013-2014 season with over 600 Guelph and area youths aged five to 19, picking up their basketballs and hitting the courts in our competitive and house league programs. A big thank you to the 150 volunteers that helped kick off the season!

GYBA marked the beginning of the season with the focus on coach and athlete development. The annual GYBA coaches' clinic brought leading Canadian basketball coach and newly appointed Nipissing Men's Basketball Head Coach, Chris Cheng, to Guelph. Over 40 coaches and local teachers participated in the free training session.



Investing in our Coaches & Athletes!

## Did You Know?

- In 2013, for the first time in history, NBA's first overall pick was from Canada. Anthony Bennett who is a Forward was chosen.
- Team Ontario swept Gold at the 2013 Canada Summer Games and National Championship.
- Women's Team Canada ranked ninth in the world!



Hustle players at Hustle Opening Day!



**Stay Connected!**



Follow us @GuelphYBA

Like us @ [facebook.com/guelphbasketball](https://www.facebook.com/guelphbasketball)

Check us out at [www.guelphbasketball.com](http://www.guelphbasketball.com)





**ESTABLISHED IN 1981**

**THE ESSO MEDALS AND CERTIFICATES OF ACHIEVEMENT PROGRAM  
HELPS INSTILL THE VALUES OF TEAMWORK, DEDICATION AND  
SPORTSMANSHIP IN YOUNG HOCKEY PLAYERS ACROSS CANADA.**



**THE ESSO BRAND IS PROUD TO BE A PART OF THE PAST,  
PRESENT AND FUTURE OF CANADIAN HOCKEY.**



**COACHES, VISIT [ESSOMEDALS.COM](http://ESSOMEDALS.COM) TO SIGN UP YOUR TEAM TODAY.**

Esso is a trademark of Imperial Oil Limited. Imperial Oil, licensee. © Official mark of Hockey Canada.

# The evolution of the hockey stick

By Greg Stamper

As a manufacturer in the sports world (and for hockey stick producers in particular), staying relevant is one of the hardest aspects of this competitive industry. Hockey equipment giants such as Bauer, Easton, Warrior, Reebok/CCM and Sher-Wood rule the stick market and produce several new, unique product lines each year in order to remain competitive. Hockey sticks are constantly evolving, and over the years sticks have undergone some major changes, particularly concerning the materials used to make them:

## Wooden sticks

Since the very first hockey games were played, wood has been the go-to material for producing sticks. Inexpensive and relatively simple to produce, wood sticks were constructed of two pieces of shaved-down wood (the shaft and the blade) which were adhered together using resin. While an effective and efficient material, wooden sticks were not necessarily the strongest, with professional-level players going through many dozens of sticks per year. Wood sticks offer superior puck feel and flex, but eventually they lose their feel and become soft, a deficiency which led companies to develop new stick technology.

## Aluminum sticks

Aluminum sticks with wooden blades became popular in 1980s. The stick shafts were made to be more durable and provide better shot-velocity to the player while being manufactured with a great deal of consistency in terms of flex and weight; however, the new material didn't really take over the game as expected. "Aluminum shafts and wooden blades had also become popular;

although, at that point in time wooden sticks still dominated the market," said Wes Huether, Senior Director at Pro Hockey Life in Vaughan Mills, Ontario.

From a player perspective, aluminum was a step in the right direction, but still not quite perfect. "Aluminum was an

**"Aluminum was an upgrade on shot-velocity and the wood blade helped keep the feel. Shafts would give more consistent performance, but would bend a bit. Blades were put in using a torch to heat it and that would sometimes weaken or break the ends of the shafts,"**

– former NHL defenseman, Jeff Bloemberg

upgrade on shot-velocity and the wood blade helped keep the feel. Shafts would give more consistent performance, but would bend a bit. Blades were put in using a torch to heat it and that would sometimes weaken or break the ends of the shafts," says former NHL defenseman, Jeff Bloemberg. By the early 1990s, the aluminum shaft was off of store shelves, although the idea of a two-piece stick involving a hollow shaft did catch on, leading to the next development in stick technology: composite.

## Composite sticks

Two-piece composite sticks (composite shaft with a wood blade) were introduced in the late 1990s as a replacement for aluminum. This new product, generally a mixture of carbon-fiber and fiberglass (100% carbon-fiber is used in top-end sticks) effectively changed the game as we know it,

wiping out the use of both aluminum and wood sticks at the professional level in a very short period of time.

The combination of the material being super-lightweight compared to wood sticks, and the increased whip the new shafts put on shots, made composite sticks the new standard. "Composite sticks allowed for precise flex and patterns during the manufacturing process and would have that feel and kick like a wood stick, but they bend back into place without suffering from fatigue," says Michael Soule, Team Business Coordinator at Sher-Wood Hockey.

In the early 2000s, the two-piece form of composite sticks was replaced by one-piece composite sticks. Still using the technology and materials of a composite shaft, manufacturers removed the wood blade by starting to produce sticks similar in design to the older wooden sticks, where the blade and shaft were molded together and then sold as a one-piece unit. This new design allowed for manufacturers to create blades out of a mixture of composite materials and foams that were similar in quality, yet also lightweight like the composite shafts before them.

The one-piece composite stick is full of innovative technology and continues to improve, but it is not for everyone, as Bloemberg can attest to. "One-piece composites increased velocity and shot accuracy, but decreased the amount of feel for the puck. Full composites are also quite expensive. My stick of choice today would be a composite shaft with a wood blade; it has the best of both worlds: feel and velocity."

While every player will have their own personal preferences (a very small number of current NHL players still use wooden or aluminum sticks), it is certain that as new technology becomes available, manufacturers will continue to push the envelope in an effort to bring to market the next big trend in hockey equipment.



# Curtis Fach bowls his way to success!

By Guelph SportsXpress  
Photos by Paul Spears

Nineteen-year-old Curtis Fach from Guelph, Ontario, captured a spot on Canada's Youth National Team by placing third in the youth competition at the National Tournament. He also captured a tenth place finish in the adult category. Curtis will now compete for Canada at the Youth Bowling World Championships, which will be held in Hong Kong in June 2014 where over 100 countries will compete.

Curtis has been bowling since he could push a five-pin ball down the lane at the age of one. At three years of age, Curtis picked up, or at least rolled, his first 10-pin ball and he has been bowling ever since. At the age of thirteen, Curtis started to compete locally and, eventually, he began participating in competitions in the U.S. Curtis has two Youth Bowling Tour titles here in Ontario and one Junior Gold title in Detroit where 1,200 competitors bowled for the title.

Eventually Curtis would like to compete in a Professional Bowlers Association (PBA) regional event down in the states. "Turning pro is not something I'm focused on," Curtis said. "But it is always fun to see



how you stack up against strong competition." In this year's Summer League, Curtis bowled an impressive 229 average, which is well above the qualifying average needed to bowl in a PBA regional event.

"Bowling is the only sport in the world that has an invisible course," Curtis said, as he described bowling. What that means is the lanes are different and change with every roll down the lane. The lanes are oiled and the consistency changes throughout the game. You don't see the change, so you have to constantly adjust and/or change balls from shot to shot and from lane to lane.

Curtis will take up to 10 bowling balls to a tournament. Depending on the tournament rules you can use anywhere

from six to 10 bowling balls. Each ball has a different characteristic. Some are better at changing angles or hook to hit the pocket just right and, for a strike, others are better to throw for a spare.

Curtis currently bowls out of Woodlawn Bowl in Guelph. Not only does he get the opportunity to bowl every day, but Curtis is also a manager there. Working as well as competing in the sport has given Curtis the drive to open his own bowling centre one day. Curtis is not the only bowler in his family; his older brother Graham Fach attends Urbana University in Urbana, Ohio, and bowls for the varsity team.

2014 looks to be a big year for Curtis. We wish him the best and will follow his progress over the coming years.

*Feed Your Passion*  
Liaison College | Culinary Arts



## Become a member of our Team

- Become a Professional Chef in less than a year
- Ontario's largest trainers of Chefs and Cooks
- Over 90% placement rate
- Hands-on training
- Small Classes
- Commercial Grade Equipment
- Certified Chef-instructors

**LC**

**COLLEGE OF CULINARY ARTS  
ENROLL NOW!**

L I A I S O N  
C O L L E G E

50 Ottawa St. S. Kitchener ON • 519-743-8335 • [www.liaisonkitchener.ca](http://www.liaisonkitchener.ca)

# Healthy recipes for growing athletes



## Pumpkin Walnut Bran Muffins

### Ingredients:

- 1 cup whole wheat flour
- 1 cup wheat bran
- ¼ cup wheat germ
- 1 tsp baking soda
- 1 tsp baking powder
- 1 tsp ground cinnamon
- ¾ cup lightly packed brown sugar
- 1 egg
- ¼ cup canola oil
- 1 tsp vanilla extract
- 1 cup pumpkin puree
- ½ cup chopped walnuts

### Directions:

Preheat oven to 400 degrees F. 12 cup muffin pan, lightly grease or line with paper cups.

In a large bowl, combine flour, bran, wheat germ, baking soda, baking powder and cinnamon.

In a small bowl, whisk together brown sugar, egg, oil and vanilla until blended. Stir in pumpkin. Pour over flour mixture and stir until just combined.

Fold in walnuts.

Divide batter evenly among prepared muffin cups. Bake in preheated oven for 16 to 18 minutes or until tops are browned and a tester inserted in the center of a muffin comes out clean. Let cool in pan on a wire rack for 10 minutes, then transfer to rack to cool completely.

**Note:** You can cook your own pie pumpkin to make the puree or you can use canned pumpkin puree.

**Just be sure not to use pumpkin pie filling which is sweetened.**



## Orange Quinoa with Sweet Potato

Serves: 4 to 6

Active Time: 30 mins

Total Time: 1 hr

### Ingredients:

- 2 yellow or orange sweet potatoes
- 2 cups fresh squeeze orange juice
- 1 cup quinoa
- 1 tsp sea salt
- ½ cup raw walnuts
- 2 handfuls of arugula
- 2 oranges
- 4 tbsp extra-virgin olive oil
- Sea salt (to taste)

### Step 1:

Steaming the Sweet Potatoes

To start, wash and scrub the potatoes.

Set up a steamer. Fill with one inch of water and place over medium-high heat. Place the potatoes into the steamer insert and place over the simmering water. Cover and steam the potatoes for about 20 to 25 minutes or until tender but not mushy.

### Step 2:

Cooking the Quinoa

Rinse the quinoa if necessary (check the manufacturer's instructions on the package). To rinse the quinoa, place the grain in a bowl and twice the amount of water. Swirl thoroughly and scoop out small stones or debris. Pour through a fine strainer. If the water is dirty, repeat the procedure. Drain well.

To cook the quinoa, juice the oranges. Place the quinoa, orange juice and salt into a medium-sized pot. Bring to a boil, stirring to break up any lumps of quinoa. Once boiling, reduce the heat to low, cover and let cook for 20-30 minutes or until the liquid has been absorbed and the grains are translucent.

Once done, small steam holes should appear on the surface. Remove from the heat. Place a tea towel under the lid to absorb any steam and let rest for about 7-10 minutes.

**Note:** Some brands of quinoa do not require rinsing and can be used directly.

**Cooking time for quinoa may vary. It may take only 15-20 minutes but with a different brand and type of liquid, it may take 30 minutes.**

### Step 3:

Peeling the Steamed Sweet Potatoes

Once the steamed potatoes are cooked through and are cool enough to handle, peel them. Dice the sweet potatoes and add them to the pot with the quinoa. Cover.

### Step 4:

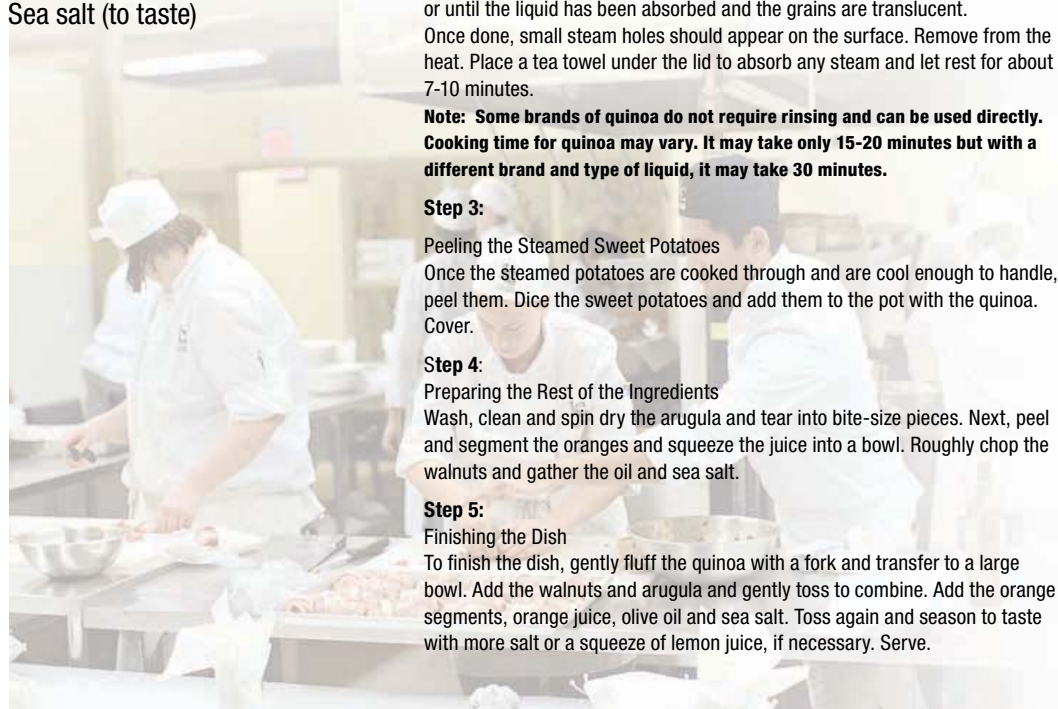
Preparing the Rest of the Ingredients

Wash, clean and spin dry the arugula and tear into bite-size pieces. Next, peel and segment the oranges and squeeze the juice into a bowl. Roughly chop the walnuts and gather the oil and sea salt.

### Step 5:

Finishing the Dish

To finish the dish, gently fluff the quinoa with a fork and transfer to a large bowl. Add the walnuts and arugula and gently toss to combine. Add the orange segments, orange juice, olive oil and sea salt. Toss again and season to taste with more salt or a squeeze of lemon juice, if necessary. Serve.



## Core strengthening

by Francine Dore, South City Physio

### What is your “core”?

A common misconception is that the core is simply a synonym for the abdominal muscles. Your “core” actually includes abdominals, hip, shoulder and back muscles.

### Why is “core strength” so important?

The muscles of the trunk and torso act to stabilize the spine, pelvis and shoulder girdle. From this solid, balanced base the limbs can be moved powerfully and under control. In fact, before rapid movements of the extremities can take place, the central nervous system stabilizes the spine in anticipation. Core training also helps protect against injuries. With the right type of training, you will also notice an improvement in your posture.

### Who should work on “core strength”?

We all should. For the average person, core strength plays an important role in overall fitness and everyday functioning. Having a strong core can help everybody in simple daily activities, like lifting and holding a child or carrying an unbalanced load of groceries. Many conditions, like back pain, can be helped by strengthening your core.

Athletic movements are a chain reaction that starts from the ground up. The scientific term for this is kinetic chain. For athletes, core strength has a significant effect on their ability to develop

and transfer forces to the limbs. For efficient and skillful movement to occur, the collective musculature of the core must be activated in precise patterns to generate and absorb force while stabilizing the trunk.

### When should we do core training?

Core training should be a complement to your regular exercise program or to an athlete’s regular training or practice sessions.

A 10 to 15 minute aerobic warm-up of walking, jogging or biking should be performed prior to doing a core workout.

Exercises should start easily and slowly with the focus on form and breathing. Start slowly and progress at a comfortable pace. Trying to progress too quickly or work beyond your current strength level will reinforce poor muscle



substitution patterns and can also contribute to, rather than help, prevent injury.

Strengthen your core and you might just find that extra spring in your step or power in your pedal with a lot less effort.

### See your physiotherapist!

If you don’t have a regular exercise program and aren’t sure how to strengthen your core or if you’ve had back or other issues, please consult with a registered physiotherapist before starting.



## South City Physiotherapy

*The key to your active healthy lifestyle!*

- Neck/Back & Chronic Pain • TMJ • Fibromyalgia • Shoulder/Knee/Hip Pain
- Sports & Auto Accident Injuries • Sprains/Strains • Fractures • Vertigo

Physiotherapy • Massage Therapy • Acupuncture • IMS • Orthotics

**519-763-2885**

[www.southcityphysio.com](http://www.southcityphysio.com)

210 Kortright Road W., (Kortright & Edinburgh), Guelph, ON N1G 4X4



TICKETS >> [www.boxoffice.athletics.uoguelph.ca](http://www.boxoffice.athletics.uoguelph.ca)

***YOU'RE INVITED...***  
to the  
Gryphon Winter Homecoming Event  
**— THE FROSTY MUG —**

Men's Hockey: Friday, January 17<sup>TH</sup>, 7:30PM  
Sleeman Centre

**GUELPH GRYPHONS vs YORK LIONS**



**GUELPH GRYPHONS**

**MOXIE'S**

GRILL | BAR

**#GRYPHONLEGENDS**



[guelph\\_gryphons](https://www.instagram.com/guelph_gryphons)



[GryphZONE](https://www.youtube.com/GryphZONE)



[gryphons.guelph](https://www.facebook.com/gryphons.guelph)

# OUA Men's Baseball Championship



By Guelph SportsXpress • Photos by Paul Spears

The University of Guelph Gryphons hosted the Ontario University Athletics OUA Men's Baseball Championships from October 18th to the 21st at Hastings Stadium in Guelph. The tournament featured the top four teams in the OUA, which included the Brock Badgers (first seed), Western Mustangs (second seed), Guelph Gryphons (third seed) and the Laurier Golden Hawks (fourth seed).

The tournament started off with an outstanding game between Brock and Laurier. With the game tied 3-3 after nine innings, the Brock Badgers had the best opportunity in the tenth, getting a runner to second, but were unable to score. In the eleventh, Laurier struck for two runs when Jonathan Brouse hit a clutch single to score Daniel Murphy and Daniel Apostoli to take a 5-3 lead. Brock was unable to answer on their half of the inning.

In the next game, the Guelph Gryphons played the Western Mustangs. With outstanding pitching from Brandon Sorichetti, the Gryphons cruised to a 10-1 victory.



Soggy weather was a big factor on Saturday. In the early game, Brock eliminated Western 7-3. After opening with a 3-0 lead, Western had no answer for the Badgers' offense as they racked up 10 hits lead by Steer, Ferri and Kirby with two hits each. The rest of the games were rained out,

which lead to some exciting baseball on Sunday.

In the first game on Sunday, Guelph and Laurier battled hard all game with Laurier taking an early 2-0 lead. With Laurier pitcher Jordan Petruska throwing a no hitter into the bottom of the seventh, up stepped Gryphons' slugger Justin Interisano. With one on and one out, Interisano parked one over the right centre field fence to tie the game at two. Unfortunately it was not Guelph's game, as Laurier's Daniel Murphy delivered the winning hit, scoring Nathan Folo from third. In the bottom of the ninth, Guelph put runners at second and third, but were unable to score. Laurier won 3-2.

In the afternoon game, Guelph and Brock squared off in a must win game. With Brock up 1-0, Guelph scored one in the seventh with Kevin Winters providing the rbi scoring Matt Forer. The game stayed tied into the 12th inning when Guelph loaded the bases with two out. With a two balls and two strike count, Mott Forer was hit by a pitch bring in Dean Mariani with what looked like the winning run. In the bottom of the 12th, Brock would not lay down. With runners at second and third Chris Anderi hit a single to





score the tying run. Guelph intentionally loaded the bases for the force play, but Ben Kirby delivered the winning hit, which scored Phil Steer and gave the Badgers the victory.

The championship game saw the undefeated Laurier Golden Hawks play the Brock Badgers. Brock got off to an early 2-1 lead after one inning, but Laurier clawed their way back and had a 5-3 lead after four innings. That was all the offense needed as the Laurier pitching staff kept Brock scoreless for the rest of the game to win their first OUA Championship. The winning pitcher was Ian Filion who went 6.1 innings and gave up only four hits. Dan Murphy lead the Laurier offense with three hits, two runs scored and one rbi.

**The rest of the games were rained out, which lead to some exciting baseball on Sunday.**



Pre-K to Grade 12 Reading Writing Math Grammar Study Skills Homework French SAT/ACT Prep

## Better grades begin at Oxford Learning

For almost 30 years, Oxford Learning has been teaching improved thinking and learning skills to students of all ages and grades. We don't just tutor—our unique approach to learning leads to lasting improvements and better grades not just this year, but every year!

With improved skills and greater confidence, students get motivated about learning.

**All Ages. All Grades. All Subjects.**

**Enrol Today!**



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

Join in the conversation!



## Get fit with INSANITY!

Derek Ferrell, Insanity Training • Photos by Insanity Training

INSANITY is for anyone who is ready for a fitness challenge and wants to get into the best shape of his or her life.

### Here are a few fun facts about INSANITY:

- It is an advanced workout that can challenge very fit athletes; however, everyone can go at their own pace until they are ready to meet this ultimate challenge and even modified moves will push every fitness level.
- It uses only the power and resistance of your own body to amp up your cardio, lower your body fat percentage and sculpt your muscles. No gear is needed other than water, a towel and your own strength of purpose.
- It is taken from the Beachbody 60 day at home DVD program. Exercises are teamed up with a great music soundtrack to get you motivated and sweating.
- It has you working out at 85 percent of your max. As a result, you'll receive faster increases in fitness and more efficient burning of carbohydrates and fat. You can burn up to 1,000 calories in an hour.

INSANITY offers drop-in classes and a six-week boot camp. Two classes a week with a fit test at the beginning and end have started. Call today for details on the next boot camp start date and for all drop-in times.

INSANITY is Guelph's newest and hottest class workout. Certified INSANITY instructor and pro team member Derek Farrell leads this class through max interval and high intensity training, using nothing more than your own body weight. Many exercises can be modified for any fitness level. Classes are now available at Advanced Hockey Training. 519 823-7825



**INSANITY offers drop-in classes and a six-week boot camp. Two classes a week with a fit test at the beginning and end have started.**



# Photographing sports: The three do's

By Paul Spears, Guelph SportsXpress

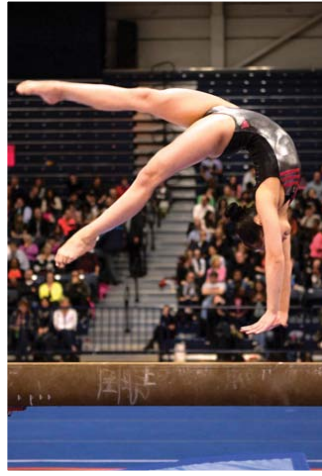
Last edition I talked about settings in the camera that you can use when shooting sports. In this edition I want to talk about three very important elements to capture when shooting sports or any other activity for that matter. Whether you get all three or just one of these elements, they will help you tell the “story” we try to convey to the viewer.

## These elements are:

### 1 Capture the Face

Capturing the face gives us immediate recognition of the subject in the image. Recognition is essential for the viewer to accept and take interest in the image; this creates an instant peak of interest whether the viewer knows the person or not. The face also shows the focus and intensity of the moment, which should not be confused with emotion; I will talk about further down.

In the two examples below one shows the face and one does not. Which one is more interesting? To me the one with the visible face is more interesting despite the greater action in the other ima



### 2 Capture the Ball

If you can only capture one element, I prefer to capture “the ball” when shooting sports, but I don't forget about the face either. Hint, capture both and if the settings were correct you probably have a winner. If there is no ball as in Artistic Gymnastics, make sure to capture the athlete with the apparatus they are using. This grounds the image and gives a better visual to the extent the athlete is performing.

Capturing the ball and the face is the ultimate goal. In order to achieve that goal I do everything I can to position myself to capture both. Sometimes it works and sometimes it doesn't. It definitely helps to know your sport!

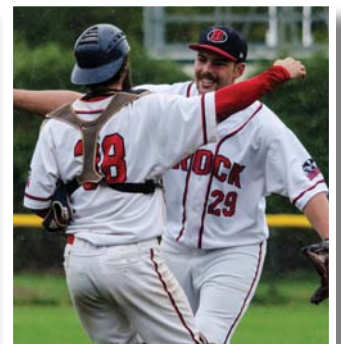
Below are several examples to show what I mean. The first two are the same image but, in the first one, I took the ball out to show the value of the ball even when you don't have the face.



### 3 Capture Emotion

Emotion can make a great shot or a not so great shot. What I mean is nobody minds when we have a big smile on our face or are jumping up and down in celebration after winning the big game, but nobody likes their picture taken when they are on the losing team and the expression on their face tells a different story. Emotion happens at the end of a play or game when most people stop shooting. Don't put the camera away when the play is over: Keep shooting.

The images below are pretty evident as to the outcome



The key to any type of photography is to get out and shoot as much as possible. Review your images at home on the computer for a better visual and figure out what works and what does not. Practice proper technique and have fun. Good shooting!

# Gryphons Baseball captures major honours

By Guelph SportsXpress • Photos by Paul Spears

The University of Guelph Gryphons Men's Baseball team battled throughout the season to finish league play with their best record to date. With a 17-7 record, the Gryphons tied the Western Mustangs for second place one game back of the first place Brock Badgers.

The Gryphons placed five players on the All Star roster for 2013: Catcher Justin Interisano, third basemen Sean Molony, right fielder Peter Ricciardi, designated hitter Matt Forer and pitcher Brendan Sorichetti.

The Gryphons also captured three major awards this season. Top hitter, Justin Interisano, set an OUA record with a .529 batting average. Top Pitcher, Brendan Sorichetti, had four wins and league leading 1.00 era. Coach of the Year, Matt Griffin, led the Gryphons to best ever 17-7 record.

While the playoffs did not go as planned, the Gryphons baseball program had a great year and established themselves as a powerhouse in the OUA.





# UNLEASH THE LEGEND!

## 2013-14 GRYPHON SCHEDULE

### FOOTBALL HOME SCHEDULE

Date	Time	Opponent
Aug. 25	1:00 PM	Laurier
Sept. 2	1:00 PM	Windsor
Sept. 21	1:00 PM	McMaster
Oct. 4	1:00 PM	York

Alumni Stadium

→ Homecoming!!

### BASKETBALL HOME SCHEDULE

Date	W/M Time	Opponent
Nov. 8	6/8:00 PM	Ottawa
Nov. 9	6/8:00 PM	Carleton
Nov. 22	6/8:00 PM	Ryerson
Nov. 23	6/8:00 PM	Toronto
Nov. 30	1/3:00 PM	Laurier
Jan. 8	6/8:00 PM	Western
Jan. 11	1/3:00 PM	Brock
Jan. 22	6/8:00 PM	McMaster
Feb. 1	2/4:00 PM	Windsor
Feb. 5	6/8:00 PM	Waterloo

W.F. Mitchell Athletics Centre

### SOCCER HOME SCHEDULE

Date	W/M Time	Opponent
Sept. 1	1/3:15 PM	McMaster
Sept. 7	1/3:15 PM	York
Sept. 22	1/3:15 PM	UOIT
Sept. 25	2:45/12:30 PM	Waterloo
Sept. 28	1/3:15 PM	Brock
Oct. 5	1/3:15 PM	Windsor
Oct. 6	1/3:15 PM	Western
Oct. 19	1/3:15 PM	Laurier

Gryphon Soccer Complex

### MEN'S HOCKEY HOME SCHEDULE

Date	Time	Opponent
Oct. 11	7:30 PM	UQTR
Oct. 12	7:30 PM	Concordia
Oct. 18	7:30 PM	Lakehead
Oct. 19	7:30 PM	Lakehead
Oct. 31	7:30 PM	Toronto
Nov. 15	7:30 PM	Queen's
Nov. 16	3:00 PM	UOIT
Nov. 28	7:30 PM	Brock
Jan. 9	7:30 PM	Ryerson
Jan. 11	7:30 PM	Windsor
Jan. 17	7:30 PM	York
Jan. 23	7:30 PM	Western
Jan. 30	7:30 PM	Waterloo
Feb. 6	7:30 PM	Laurier

Gryphon Centre

### WOMEN'S HOCKEY HOME SCHEDULE

Date	Time	Opponent
Oct. 10	7:30 PM	Toronto
Oct. 12	2:00 PM	Ryerson
Nov. 1	7:30 PM	UOIT
Nov. 2	7:30 PM	York
Nov. 9	2:00 PM	Windsor
Nov. 10	2:00 PM	Western
Nov. 16	7:30 PM	Brock
Jan. 11	2:00 PM	Waterloo
Jan. 12	2:00 PM	Laurier
Jan. 18	2:00 PM	Laurentian
Jan. 19	2:00 PM	Nipissing
Feb. 1	2:00 PM	Queen's

Gryphon Centre

### MEN'S VOLLEYBALL HOME SCHEDULE

Date	Time	Opponent
Oct. 25	8:00 PM	Queen's
Oct. 26	6:00 PM	RMC
Nov. 1	8:00 PM	Ryerson
Nov. 9	8:00 PM	Toronto
Nov. 30	8:00 PM	McMaster
Jan. 17	8:00 PM	Nipissing
Jan. 18	8:00 PM	York
Jan. 25	4:00 PM	Waterloo
Feb. 7	8:00 PM	Windsor
Feb. 8	8:00 PM	Western

W.F. Mitchell Athletics Centre

### WOMEN'S VOLLEYBALL HOME SCHEDULE

Date	Time	Opponent
Oct. 25	6:00 PM	Brock
Nov. 1	6:00 PM	Ryerson
Nov. 9	6:00 PM	Toronto
Nov. 15	7:00 PM	McMaster
Nov. 16	7:00 PM	Ottawa
Jan. 17	6:00 PM	Lakehead
Jan. 18	6:00 PM	Lakehead
Jan. 25	2:00 PM	Waterloo
Feb. 7	6:00 PM	Windsor
Feb. 8	6:00 PM	Western

W.F. Mitchell Athletics Centre

Purchase Gryphon Tickets  
Online at:

[gryphons.ca](http://gryphons.ca)

[tickets@uoguelph.ca](mailto:tickets@uoguelph.ca)

519-824-4120 Ext. 53782

# Advanced Hockey Training

By Paul Spears, Guelph SportsXpress • Photos by Advanced Hockey Training

Skill development is the goal for every athlete and coach. In hockey, as in other sports, we are restricted by the available facilities and knowledge to develop skills and achieve our goals. Fortunately for our young hockey players, here in Guelph and the surrounding area, our training has now been brought into the 21st century.

Jerry Farrell, his wife Cristina and a strong, certified team of instructors have opened Advanced Hockey Training, a year round training facility in the south end on Southgate Drive. The 4,200 square foot facility features state of the art equipment on synthetic ice to help develop both skating and shooting skills. Some of the available technology at the facility is the speed ramp for developing quickness, as well as rapid shot for developing shooting skills and the mini rink to work on puck control, skating and shooting. They also have the world's largest skating treadmill that can accommodate two skaters at the same time allowing for more skaters per hour getting real hands on instruction, which is great for teams utilizing the facility. Hockey pros all over the world use similar equipment to develop their skills to gain that small advantage. All this is done on synthetic ice that does not damage your skates and offers a little more resistance than ice does, which helps develop strength and stamina faster.



I have been to the facility several times and the one thing that really struck me, besides the technology, was the smile on the kids' faces. These kids are having a blast and learning skills faster than going to regular team practices. Putting this much fun into practice can only have positive results for those that utilize this state of the art facility.

Not only is this a great facility for all hockey levels, but it is also great for the first timer. Small children getting on skates for the first time will enjoy a more intimate surrounding and the parents can be on the surface to help in their shoes to make it as easy as possible. This really is the ultimate hockey playground for aspiring hockey players regardless of age or skill level.

**Check out Advanced Hockey Training at [advancedhockeytraining.ca](http://advancedhockeytraining.ca) or call 519-823-PUCK (7825).**



**Some of the available technology at the facility is the speed ramp for developing quickness, as well as rapid shot for developing shooting skills and the mini rink to work on puck control, skating and shooting.**



# ADVANCED HOCKEY TRAINING

*Guelph's newest hockey training facility with the most advanced training tools available to serve your game including the World's Largest Skate Treadmill with shooting lane*



## **World's Largest Skating Treadmill**

Skating treadmill users are exposed to a number of benefits regardless of their age or skill level:

- Longer stride
- Shooting In Stride
- Injury Prevention
- 1 on 1 coaching from 4 ft away!
- Immediate feedback
- Increased speed
- Great for year-round and rehabilitation training



## **The Speed Ramp**

Speed in today's game is a game breaker and the key to getting to the puck first and making the pass or scoring for the winning goal! Speed Ramp improves first-step skating quickness through an inclined ramp. The Speed Ramp does not change a skater's form and allows them to skate just as they would on a real ice surface. No on-ice drills or off-ice technology can match the Speed Ramp's effectiveness in working on the start and improving first-step skating quickness.



## **Synthetic Mini Rink**

Our philosophy is that you should train hockey players the way they play the game—small areas, close contact, quick decision making. Our 600 square foot mini rink is a valuable tool for this type of hockey training including skating, puck handing and shooting.

We offer Learn to Skate Programs for children and adults.



## **RapidShot Professional Shooting System**

RapidShot Professional Shooting System is an indispensable hockey-training tool for every player, from youth players to top junior and professional athletes. RapidShot offers the most advanced, computerized technology available for improving shooting skills.



## **500 sq. ft. Training Area Dryland Boot Camp**

In Dryland Boot Camp, you will spend time doing fun and intense drills training in foot work, isometrics, plyometrics and building endurance and speed. Each session will end with nutritional facts and tips.



## **Certified Trainers & Programs**

Our skilled trainers and carefully planned programs will assist athletes in reaching and optimizing their full potential in an encouraging, motivating and fun environment. We also provide open gym time for your convenience. **Bring your kids right after school!**



**Ask about our unbeatable Introductory Rates!**

**519-823-PUCK • [www.advancedhockeytraining.ca](http://www.advancedhockeytraining.ca)**

340 SOUTHGATE DRIVE UNITS #6-7 GUELPH ONTARIO N1G 4P5





STAY TRUE

STONE  
ROAD

[www.stoneroadmall.ca](http://www.stoneroadmall.ca)

435 STONE ROAD WEST  
GUELPH, ON  
519-821-5780