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Roth Hawks boost their confidence with wins

October 17 saw Roth Diamond Tools minor Bantam Hawks playing against their cross-town rivals Georgetown who had bested them in an earlier contest. This was a typical game between these two heavyweights with Caledon carrying the play and Georgetown minimizing good chances while showcasing their all-star keeper.

Notching the first goal for the Hawks was Christian Bonaldi off the feed from Cameron Miller and Alessandro Ristucci. Capitalizing on one of the few chances offered the Raiders tied it up late in the first period. In the second the Hawks found the next gear outshooting their opponent 24-3. However, at 4:23 the Raiders grabbed the lead. Thirty seconds later Cameron Miller swept home a goal from the doorstep with Giancarlo Cianflocca providing the spadework. In the third the Hawks onslaught continued, as time ran short a mad goalmouth scramble ensued with J.T. Gore pounding a shot at close range, the rebound

was wired off the shaft of the goal stick by James Harkins and the puck landed just behind the goaltender where Cam Miller deposited the puck for his third point of the affair.

Marco Chiecchi was able to bar the door the rest of the way to earn the 3-2 victory behind the solid defensive core of Cody Ruff, Michael Magliocchi, David Rothfuchs, Tyler Symonds and Nolan Pearce.

Two nights later the match up at Mayfield featured the defending

OMHA champs Stoney Creek. This team has had the Hawks' number for the last few years and had recorded a win and a tie in the season series to date.

This game was different as the Hawks appeared to be ready and took control from the drop of the puck. The rewards came early as Brandon Richard deposited a goal unassisted two minutes in. Twelve seconds later James Harkins found the mark with the assist from Chris Scrivo. Two minutes later Giancarlo

Cianflocca hit paydirt off the pass from Alessandro Ristucci. The Stoney Creek crew staggered to the end on the first outshot 13-3. Seven seconds into the second again it was "The Bolton Rocket" Richard lighting the lamp with help off the faceoff from Christian Bonaldi. A minute later James Harkins was the playmaker to J.T. Gore who drilled one home. At 10:14 the call went out for new goalposts as Brandon Richard ripped a howitzer off each iron and in for his hat trick.

Then it was James Harkins' turn again to cash in off the goalmouth feed from Cameron Miller and captain Gore. Finishing the second period scoring was Chris Scrivo unassisted as the Hawks fired 16 shots with only 5 against.

The third period was very choppy featuring a rather poor reaction from the visitors to the drubbing with quite a few penalties on both sides of the puck. Stoney Creek did spoil Nathan Coles shutout while the Hawks were killing a major penalty. The answer to this

came a minute later as Hawks left the ice with the Miller rifled home the 10-1 margin and a significant boost of confidence. Go Hawks!

Join Caledon's new power walking group

For years Caledon has been in need of a social - supportive running and power-walking group. Finally one has started.

C3 (Canadian Cross Training Group) has been well known for its triathlon programs over the years. While that service is not going away, former Olympic coach Barrie Shepley and the C3 board have developed a run and power-walk only program.

"Running and power-walking is the least expensive - easiest thing to consistently do," said Shepley. "Our goal in the C3 Run and Power-walk program is to motivate people to work together to lose weight, improve their fitness and perhaps enter some local 5-kilometre, 10-kilometre and marathons."

Currently the run and power-walk program will consist of two different year-round sessions. Thursday evenings individuals can meet at the Caledon Community Centre on Old Church (next door to the OPP station) for the 6-7:05p.m. outdoor session. There is also a great 7:10-7:30 p.m. core fitness class and 7:30-8:30 p.m. power-yoga class to follow. As well there is a Sunday morning aerobic run and power-walk from the Riverdale Fitness Centre in Inglewood, 10 a.m.-11:15 a.m.

"I have had people lose up to 100 pounds simply from a consistent power-walk and easy run program," said fitness expert Shepley.

Individuals are encouraged to come out for a free complimentary first session, find out about the very social-supportive group and decide for themselves whether the program meets their lifestyle needs. Participants need to have some warm outside clothing, a new pair of running/walking shoes and a desire to get fit over the fall and winter.

For more information contact C3 at info@c3online.ca or 905-838-2662.

Bantams on fire vs. Oakville

After last week's loss to the Brampton Bombers, the minor bantam select team found their A-game against Oakville with a 5-2 win.

The newbies were again the force to be reckoned with as they tallied four goals. Andrew "Fireball" Fellin opened the scoring in the first, from linemate Warren Stroud. Zachary Moszynski rattled the cage during the 2nd period with assists going to Vincent Maiolino and Damian Commisso. However, the third period belonged to the newbie Blackhawks' with Fellin torching his second goal of the night from Stroud and Robert Keszeg, who then continually fed the "Fireball" until he burned the back of the net for his third goal of the game.

Stroud, the Stoker of the line then found Keszeg for the lines' fourth and final goal of the night.

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Nominations will be accepted until November 30.
Nomination forms available at www.ocna.org
or 905-639-8720 or contact this newspaper.

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