



Photo courtesy Way Productions

MISSISSAUGA -- Bowmanville's Abokan Bokpe landed a punch on Whitby's Brock Arthur on way to victory in their cruiserweight bout at the Hershey Centre.

Local boxers pack a punch

Oshawa's Gabriel, Whitby's Rose, Bowmanville's Bokpe prevail at pro event

BY BRIAN McNAIR

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OSHAWA — Don Nelson and the Motor City Boxing Club couldn't have asked for much more out of fighters Jerome Gabriel and Phil Rose at the Hershey Centre in Mississauga on Nov. 19.

Both came away victorious, and in short order, which was expected out of Gabriel, but not so much where Rose was concerned.

Nelson, the head coach of the Motor City club, said he knew Rose was capable of pulling off an upset, but few others gave the 34-year-old Whitby resident a chance against Oakville's Ryan Young, who came in with an unblemished 10-0-0 pro record.

Rose, who has a reputation as a heavy puncher but went into the fight with a pro record of 5-4-1, knocked Young to the canvas three times in the first round and won by technical knockout before the bell rang in their middleweight bout.

"The way the promoter looked at Phil was that he was off in retirement for two years, and had lost the last two fights



Photo courtesy Way Productions

MISSISSAUGA -- Oshawa's Jerome Gabriel has his arm raised in victory.

before he retired, but yet Phil's known as a puncher, he has a reputation," said Nelson, adding that Rose was expected to lose. "If Phil Rose hits you, you might go down, and he caught Ryan Young."

Gabriel, a six-time amateur champion, was making his professional debut about a year into his return to the ring following a six-year absence.

Although a heavy favourite, it took the 27-year-old Oshawa resident into the second round to finish off Mexican Jesus Ortega in their light heavyweight bout.

"Even though he has tons of experience, I could tell he was nervous," Nelson said of Gabriel and his tentative start. "He had those first-time jitters. It's still a different game when you go into the pros."

Nelson said the experience of going a full round will help Gabriel in the long run, but he was proud of how he responded in the second round. Following Nelson's advice, Gabriel threw more punch combinations, and then attacked the body when he realized Ortega was vulnerable as the round went on.

"He just launched that attack and the guy was toast after that," Nelson said. "The nice thing was that Jerome really showed that killer instinct."

Rose has risen to third in Canada for middleweights in the BoxRec rankings, while Gabriel sits 10th in the super middleweight class, where he will typically fight.

Nelson said he would like to see Rose get a better tune-up fight before trying to go after the Canadian title, and he is trying to land Gabriel another fight as soon as possible. He hopes to see Gabriel reach the world top 10 in two years.

Among the other bouts at the Hershey Centre, Bowmanville's Abokan Bokpe improved to 4-0-0 with a unanimous decision over Whitby's Brock Arthur in the cruiserweight division.

The Motor City Club will be hosting an amateur show, called Season's Beatings, on Sunday Dec. 11 at the Best Western in Oshawa, starting at 2 p.m. Gabriel and Rose will be on hand to meet any fans. Advance tickets are on sale now at the club (725 Bloor St. W.) for \$20.



Dr. Douglas Smith
Guest columnist

Drug-free athletes have the edge

It is critical for elite athletes to make sure their body and mind are healthy and in tip-top shape.

By developing and maintaining a drug-free lifestyle, one can increase the chances of creating optimum performance.

Most of the athletes, coaches and parents we have worked with over the last three decades have learned to appreciate the benefits of a drug-free philosophy and experience.

Young athletes learn primarily from observing the habits of their heroes. If these key role models rely on drugs to get them through daily activities and difficult situations, young athletes will tend to follow in their footsteps.

Adolescent athletes tend to copy what they see and ignore what they are told. This is especially true when the expert's actions conflict with the advice given.

Legal drugs such as alcohol, caffeine and cigarettes can be in some cases as damaging to health and performance as illicit drugs like steroids, marijuana and street drugs.

Teenage athletes are also turning to abusing prescription drugs. Pain killers, benzodiazepines (used to treat anxiety and sleep disorders) and stimulants (amphetamines) are the most common prescription drugs used by adolescent athletes.

Using and abusing these drugs can lead to addiction, overdose, athletic injuries, harmful behaviours, athletic and academic failure.

Dozens of professional athletic careers and families have been destroyed because of drug addictions. Many have lost their lives from drunken driving accidents and suicide.

Learning and employing mental and emotional skills on a daily basis at an early age prevents drug addiction from developing. We have found that simple relaxation and breathing skills alone can have a tremendous impact on reducing anxiety and frustration in sport and life.

Combining relaxation skills with setting and achieving athletic and life goals produces endorphins. These feel-good chemicals are produced naturally in the brain. They lead to natural highs which eliminate pain, frustration and the need for drugs.

However, parents may need to call in a professional when all their efforts to change the drug habits in their budding star performer fail.

Dr. Douglas Smith is a licensed psychologist in Ontario specializing in sport psychology since 1985. Contact him at 905-430-3538 or drdoug@promind.ca; website www.promind.ca

Cirelli lone General in hunt for Team Canada

Captain off to Blainville, Quebec Dec. 11-14

BY BRIAN McNAIR

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OSHAWA — It's that time of the year when junior hockey clubs don't mind so much losing players for an extended period.

For Oshawa Generals captain Anthony Cirelli, he's hoping it will be for nearly a month as he heads off to the selection camp for the Canadian team in advance of the world junior hockey championships.

Cirelli is one of 32 players who have been invited to Blainville, Que. for the Dec. 11-14 camp, where he hopes to be among the 22 who will represent Canada at the 2017 championship being hosted by Toronto and Montreal Dec. 26, 2016 to Jan. 5, 2017.

"Anthony is a testament to any player that has taken the long route to success, from being undrafted in the OHL, to making our team as a free agent, winning a Memorial Cup and then being drafted by the Tampa Bay Lightning and later signing an NHL contract," said Roger Hunt, Oshawa's vice-president and general manager, in a press release. "Anthony will be a fantastic addition to Team Canada and we would love nothing more than to watch him wear the maple leaf."

In his third season with the Generals, Cirelli leads the team in several categories, including goals (13), points (30), plus-minus (+17), game-winning goals (3), face-off wins (322) and face-off percentage (61 per cent) in 22 games played.

The 19-year-old Woodbridge native has



Ryan Pfeiffer / Metroland

OSHAWA -- Oshawa Generals captain Anthony Cirelli has been invited to Canada's selection camp in advance of the 2017 world junior hockey championships.

been a consistent performer in all three zones and has led the team to a record of 16-4-0-2 since returning from the Lightning's training camp, during which time the Generals lost their first three games.

Cirelli has shown a flair for the dramatic from the very beginning and was the unlikely hero as a rookie at the 2015

Memorial Cup, scoring both goals in a 2-1 overtime win over the Kelowna Rockets in the final.

"For me he would be a for-sure guy, but there are a lot of good players in this country too," said Hunt, when asked about Cirelli's chances of making the team. "I think what would endear him to any coach is

the fact that he's so strong defensively, he can kill penalties, he's a great five-on-five shut-down centreman ... and he's also got a knack, as we very well know, for scoring big goals."

On the flip side, Mitchell Vande Sompel was not among the 10 defencemen invited to the camp, a list that included only one from the OHL, Victor Mete of the London Knights.

"I am disappointed for Mitch and surprised that he didn't get invited," said Hunt, adding, "but, again that's where we go back to the fact that Canada is a pretty big nation with a lot of great players."

"We have to turn, for us, Canada's loss into the Oshawa Generals' gain," he said. "We want him to handle it in a real positive way and allow us to get wins and him to develop his craft."

Among those also not invited were former General Cliff Pu, who's fifth in the OHL with 42 points for the Knights, and Kelowna Rockets defenceman Cal Foote, son of Whitby native and former NHLer Adam Foote.

Foote, who is expected to be a first-round pick in the next NHL draft, was born in the United States and is a dual citizen, but must reside in Canada for 16 consecutive months and play here for two seasons before being eligible to play for Canada.

The Generals have one player even more likely to play at the world junior tournament than Cirelli. Although the team has yet to be announced, Latvia is expected to include Renars Krastenbergs, the Generals' only import player this season. Krastenbergs, who turns 18 on Dec. 16, has three goals and 10 points in 25 games.

Generals treat ugly loss to Soo Greyhounds as a throwaway

Oshawa has big game in Hamilton Friday

BY BRIAN McNAIR

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OSHAWA — The Oshawa Generals will throw Sunday's result out the window so long as it doesn't happen again, but they're surely glad to see the last of the Sault Ste. Marie Greyhounds either way.

In by far their worst performance at home this season, the Generals were thoroughly dominated Nov. 27 at the Tribute Communities Centre, falling behind 8-1 on way to an 8-3 defeat.

It was just their second home-ice loss of the season and first time they've been shellacked since Oct. 7, when they lost 6-0 in Erie.

The only other time this season the Generals have surrendered more than five goals came in Sault Ste. Marie Sept. 24, an 8-5 loss

in the second game of the season when they coughed up four power-play goals.

On Sunday, every Soo goal came at even-strength.

"We had a full roster and they come out and score eight even-strength goals," said assistant coach Nathan McIver, contrasting the loss to the earlier one, when the Generals were without several key players. "They're a very, very skilled team. They have four guys on the rush all the time and we just couldn't keep up with their rush game."

The Generals never recovered from a disallowed goal that would have tied it 1-1 late in the first period. Eric Henderson roofed a backhand past Soo goalie Joseph Raaymakers, but after a lengthy review it was determined the play had been offside.

Boris Katchouk soon after upped the Greyhounds lead to 2-0 and they never looked back, building it to 4-0 before Joe Manchurek finally scored for the Generals.

Calvin Martin scored twice and six oth-

ers found the net in a well-balanced Greyhounds attack, including Oshawa native Bobby MacIntyre late in the second to make the score 6-1.

Kenny Huether and Manchurek rounded out the scoring for the Generals, finishing off a nice game at least for that line, centred by Jack Studnicka.

"We'll let this one sting for a little bit, but after tonight we'll forget about it and move on," McIver said after the game. "None of our game was good today, but we've been rolling along pretty good here the past 15 games, so we'll throw this one out and get back to the drawing board and figure out what went wrong."

The Generals, who defeated the Flint Firebirds 5-3 Friday at home, left the weekend with a record of 16-7-0-2, good for a five-point lead on the Hamilton Bulldogs (13-9-3-0) and six ahead of the North Bay Battalion (13-11-2-0) in the Eastern Conference.

They face both teams on the road this week, in North Bay Wednesday (after print

deadline) and in Hamilton Friday before getting a full week off.

GENERALLY SPEAKING: Joe Manchurek has two goals and four points in two games since missing nearly six weeks with an upper body injury ... Robbie Burt also returned on the weekend, missing three games after getting knocked out and carted off by stretcher against the Sudbury Wolves ... Kyle Keyser earned his first win in Oshawa Friday, making 23 saves against his former Flint team ... Jack Studnicka and Mitchell Vande Sompel had three points each against the Firebirds, including an empty-net goal by Studnicka ... Captain Anthony Cirelli snapped a 3-3 tie on the power play with 8:49 remaining ... Former General Jalen Smereck scored for the Firebirds in his first return to Oshawa ... The Greyhounds, who improved to 18-7-1-0 with their seventh straight win, have been without captain Blake Speers since he broke his wrist in his first game back from the New Jersey Devils Oct. 27.

Whitby product Bobby MacIntyre finds home up north

Traded by Mississauga, winger leads Soo Greyhounds in scoring

BY BRIAN McNAIR

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OSHAWA — Bobby MacIntyre sure has made the most of the only trade he's been involved with in the Ontario Hockey League.

MacIntyre, a 20-year-old left winger from Oshawa, was back home Sunday, Nov. 27 with the Sault Ste. Marie Greyhounds, scoring a goal before plenty of family and friends at the Tribute Communities Centre and contributing to an 8-3 romp over the hometown Generals.

A second-round pick of the Mississauga Steelheads in the 2012 OHL draft, the gifted but undersized winger never really found his stride there, putting up just 21 goals and 55 points in 181 games over three seasons.

But since being shipped north in the off-season two years ago, he has flourished with the Greyhounds, scoring 34 goals and 89 points in 88 games.

This season, he leads the team with 14 goals and 41 points, which puts him on a pace for 37 goals and 107 points over 68 games.

"Obviously getting traded always sucks, you have a lot of friends and stuff, but I was really excited to have a new opportunity and I think it's worked out really well," MacIntyre said after Sunday's game. "I've had a great opportunity here and I'm just trying to enjoy my final season."



Justin Greaves / Metroland

OSHAWA -- Bobby MacIntyre returned home to Oshawa Sunday with the Sault Ste. Marie Greyhounds, and scored in an 8-3 win over the Generals.

MacIntyre came into the league with plenty of promise, having scored 26 goals and 49 points in 32 regular season games with the Whitby Wildcats minor midget team that

ended up competing at the OHL Cup.

But after three frustrating seasons with the Steelheads, he was traded to the Greyhounds for a ninth-round draft pick -- quite the steal in retrospect.

"Since getting traded, I've had a ton of opportunity," he explained. "I think my style of play fits the way we play and I've learned a lot from the coaching staff and players since I've been here."

Indeed, at the time of the acquisition, Greyhounds general manager Kyle Raftis told the Sault Star just that: "He's a classic case of a guy who's been put into a defensive role in the past ... But I think he can flourish offensively in our style of play. He's always had great speed and he's relentless on the forecheck."

MacIntyre flashed plenty of all that on Sunday, not only contributing to the potent offence, but playing a role in stifling the Generals' seven power-play attempts.

Undrafted by the NHL, MacIntyre is likely playing himself into a professional contract for next season, but he's not looking that far ahead at this point.

The Greyhounds are right in the thick of things in a stacked Western Conference, improving to 18-7-1-0 with their seventh straight win Sunday, and should only get better when captain Blake Speers returns from a broken wrist.

"We think with the group of guys we have we can win a championship," MacIntyre said. "I'm just trying to focus on the next 30, 40 games we have with the Greyhounds and whatever happens, happens. We'll go from there when the time comes."

Dunlops add to lead with weekend wins

WHITBY - The Whitby Dunlops have moved six points atop the Allan Cup Hockey standings after a pair of weekend wins.

The road victory was far more convincing than the home-ice win, uncharacteristic in this league, as the Dunlops whitewashed the Real McCoys 6-0 in Dundas Friday, but needed two empty-net goals to finish off the Hamilton Steelhawks 8-5 in Whitby Saturday.

The Dunlops improved to 8-2-0 for the season, which puts them six points ahead of the second-place Stoney Creek Generals (6-2-0), who have two games in hand in a league where three points are awarded for regulation wins.

Jason Guy won both games in net for the

Dunlops, making 30 saves in Dundas Friday for his first shutout of the season and 28 Saturday, while Whitby peppered 106 shots at the opposing goalies over the two games.

Darren Doherty led the way offensively in Dundas with two goals and two assists, while Jason Dale, Daniel Pachis, Chris Purves and Alex Morton each scored once. Kyle Ventura, who had three assists in Dundas, was in a less giving mood at home, scoring four times against the Steelhawks.

Andrew Doyle, Pachis, Kyle McLaughlin and Brett McConnachie each scored once and Doherty picked up three more points, all assists.

The Dunlops have one road game this weekend, Friday, Dec. 2 in Thorold (2-7-0).

Whitby Fury split a pair, slip to 12th in rankings

DURHAM - The Whitby Fury dropped two spots to 12th in the national rankings after splitting two games in the Ontario Junior Hockey League last weekend.

After surrendering four late goals in a 6-2 loss in Oakville Friday, Nov. 25, the Fury rebounded for a 7-3 win in Mississauga the next day, putting their record at 20-6-0-1 and leaving them four points back of Cobourg (22-6-0-1) and eight behind Trenton (24-4-1-0) in the stacked East Division.

Ryan Taylor scored for the Fury 51 seconds into the third period Friday to tie the

game 2-2, but Oakville put home the final four in the second half of the frame to win handily.

Tiger McDonald also scored for Whitby, while Nik Coric had two assists. Logan Gauthier allowed six goals on 32 shots. Luke Keenan's three points, including a goal, led the way to victory in Mississauga, where the Fury broke open a tight game with three goals in the final five minutes. Taylor, McDonald, Coric, Scott Kirton, Jeffrey Gauld and Matthew Hubbarde also scored, and Austin Cain made 28 saves for the win.

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Power outage for Generals

Oshawa hopes to solve Wolves' Jake McGrath in Game 4 Thursday

Brian McNair

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SUDBURY — The Oshawa Generals will need to improve their special teams play and solve Sudbury Wolves goalie Jake McGrath if they hope to reach the second round of the Ontario Hockey League playoffs.

The Generals head into a crucial Game 4 of their Eastern Conference quarter-final Thursday in Sudbury trailing 2-1 after a 3-2 loss Tuesday at the Sudbury Community Arena, which was hosting a playoff game for the first time in three years.

Similar to the series opener in Oshawa, the Generals failed to score on the power play Tuesday and could beat McGrath only twice on 35 shots.

"I think with the amount of chances we're getting eventually they're going to go in," Generals coach Bob Jones said by phone from Sudbury. "I have a lot of faith in this bunch. They've shown good resilience all year. There's no doubt in our room that we can win a game."

McGrath, a rookie who turned 18 in January, became the Wolves' starter in December when veteran Zack Bowman suffered a high ankle sprain, which he has yet to recover from. He has shown no signs of nerves and has out-played Generals overager Jeremy Brodeur in Sudbury's two wins, an unexpected turn of events.

McGrath seems particularly adept at making the cross-crease save, his best Tuesday coming in the final minute to prevent Generals defenceman Riley Stillman from tying the game.

Robbie Burt and rookie Danil Antropov did manage to beat McGrath for their first OHL playoff goals, but the first- and third-period tallies were sandwiched around three in the second period by the Wolves.

Dmitry Sokolov, who finished second in the league with 48 goals during the regular season, scored his third of the series to get the Wolves rolling six minutes into the frame, while Macauley Carson and Michael Pezzetta each scored his second before the period was done.

Sokolov's goal, which showcased his lightning quick release, came just as Domenic Comisso was stepping back onto the ice from the penalty box, not technically a power-play goal, but effectively so.

Even without that, the Wolves' were 1-of-3 with the man advantage and scored another short-handed, while the Generals were 0-for-6 on the



Sabrina Byrnes / Metroland

OSHAWA -- Oshawa Generals' Kyle MacLean tried get a handle on the puck during Game 1 of the OHL Eastern Conference quarter-final against the Sudbury Wolves at the Tribute Communities Centre Friday. The Wolves took this game 5-2 and now lead the series 2-1 heading into Game 4 tonight in Sudbury.

power play.

Overall in the series now, the Generals are 2-for-19 and the Wolves 4-for-12 on the power play.

"Obviously the special teams have been the difference in the series," Jones said. "Our five-on-five play I think has been very good. We've just to get our special teams up to a little higher standard and we'll be fine."

The Generals came into the series as the favourites, seeding third in the conference with 85 points, 24 more than the sixth-place Wolves. On special teams, the Generals were fifth best in the OHL on the penalty kill and 12th on the power play during the regular season, slightly better than the Wolves in both areas.

Both teams are very young, however, and the Generals made the future more a priority than the present at the trade deadline by dealing away captain Anthony Cirelli and top defenceman Mitchell Vande Sompel, whose absence has become all the more noticeable since the playoffs have arrived.

While Sokolov remains the Wolves' best player as he was during the regular season, with a series-high three goals and five points, some of the Generals' key players have struggled so far, including Eric Henderson and defenceman Medric Mercier, who have yet to score

after sharing the team lead with 22 goals this season. Oshawa's most productive line of Henderson, Comisso and Allan McShane has combined for only two points, both assists by Comisso.

The Generals return home for Game 5 Friday and hope now to also head back north to Sudbury Sunday. If a seventh game is needed, it will be Tuesday, April 4 at the Tribute Communities Centre.

GENERALLY SPEAKING: Jack Studnicka leads the Generals with two goals and four points in the playoffs ... Rookie defenceman William Ennis has the best plus/minus in the series at +3 ... The Generals inserted veteran blue-liner Alex Di Carlo into the lineup for rookie Ian Blacker after losing the opener 5-2, and he was named player of the game by his teammates in a 5-1 victory in Game 2 ... The Wolves have been without first-line winger Ryan Valentini since he absorbed a huge hit from Matt Brassard in the first period of Game 1 ... Anthony Cirelli was named the first OHL player of the week in the playoffs after putting up 3-2-5 stats in two wins for the Erie Otters ... In the other Eastern Conference playoffs match-ups, No. 1 Peterborough leads No. 8 Niagara 3-0, No. 2 Mississauga is up on No. 7 Ottawa 2-1, and No. 5 Hamilton leads No. 4 Kingston 2-1.



Joe Millage
Guest columnist

Planning is key to development

Every coaching clinic in every sport emphasizes the need to develop athletes at all stages of the long-term athlete development (LTAD) plan.

Beginning with early physical movement literacy skills through learning to play by the rules and basic strategies, the process includes learning good habits around training, learning to compete with strong physical, nutritional and mental preparation, and finally embracing the fun, good health and social benefits of being active for life.

It takes a lot of planning to coach effectively and we should always be aware of the huge amounts of time coaches put into developing athletes and the personal expense they incur in attending coaching clinics, etc.

This month in many sports is a great time to plan your personal LTAD, sit back for few minutes with a calendar and think about what and how you can get more fun out of the spring and summer sports you play.

Most importantly, how can you prepare now to get more satisfaction for the money and time you invest?

Golf is a great example of a sport that can pay great dividends if you put in some prep time before your season starts and in the early months of May and June.

For instance, plan where you want to play, then create a practice schedule focusing on one or two skills you want to improve this year, such as driving the ball, shots from 100 yards or lag putting.

Think about attending a yoga class to improve your flexibility, strength and balance and maybe start a walking program that will help ensure you have a little more energy on the 16, 17 and 18 holes of your game.

You can also look at coaching and clinic options and make time for getting to the range twice a week in April and then finding a good place to practice putting in early May.

A little practice planning now can take a couple of strokes off your game, but more importantly scoring a little better will usually increase the enjoyment factor.

We are blessed to have great public golf facilities throughout Durham Region with excellent practice facilities so check out their websites and plan to get more from your summer.

Joe Millage is a master course instructor with the OMHA, chair of ParaSport Ontario and an advocate for lifelong activity who believes that "everyone wins when everyone plays". Email: emtjoe@rogers.com

Dunlops will be back again next year

Allan Cup Hockey club eliminated in final by Stoney Creek Generals

Brian McNair

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WHITBY — The history and tradition of the Whitby Dunlops are too important not to preserve, says Ian Young, who is frustrated but still determined to make a go of it in the Allan Cup Hockey league.

Young, the owner and president of the Sr. A hockey club, says the Dunlops will be back for at least one more season despite a continual struggle to put fans in the seats and get over the hump for a return to the national championships.

The Dunlops' 2016-17 season came to a crashing halt Sunday, March 26 in Stoney Creek, where they were soundly beaten 7-1 by the Generals and eliminated in five games of the best-of-seven final.

The Generals claimed the Robertson Cup for a second straight year and will return to the Allan Cup national championships, a tournament the Dunlops have not been to since a three-year run from 2006 to 2008.

But Young says it was a successful season in a lot of ways, pointing to a close-knit, dedicated group of players who managed an 18-6-0 regular season and won a playoff round for the first time in five years.

"It was the best team we've ever had in Whitby," said Young, while admitting it wasn't quite strong enough to knock off the stacked Stoney Creek club. "We're going to hopefully have the majority of the guys back, and that will mean we can build on the strengths we had this year and any



Sabrina Byrnes / Metroland

WHITBY -- Whitby Dunlops captain Brett McConnachie charged down the ice during Game 2 of the Allan Cup Hockey finals against the Stoney Creek Generals at Iroquois Park. Stoney Creek won the game 7-4 and eliminated the Dunlops in five games.

improvements we can make throughout the summer."

The Dunlops were beset by injuries at the worst possible time, including to goalie Jason Guy, who sprained his ankle in the second playoff game and never fully recovered.

But Young refused to use that as an excuse, and said Matthew Cadieux did an excellent job filling in.

"Cadieux played amazing," Young said. "(Sunday) night, their skill level just took

over. They capitalized, and we didn't. We didn't have the pure scoring we had early in the season."

The Dunlops, who beat the first-place Generals four times during the regular season and swept Thorold in the first round of the playoffs, started slowly in the final, falling 5-1 in arguably their worst game of the season.

They played much better at home in Game 2, but lost 7-4 after two empty-net

goals, and then took Game 3 in Stoney Creek, 4-2, to make things interesting, but dropped a back-breaking 5-4 overtime game in Whitby Saturday.

With their backs to the wall Sunday, Cadieux made 20 saves in the first period and Kyle McLaughlin opened the scoring for the Dunlops, but the Generals fired 36 more shots over the final two periods and took control of the game with four second-period tallies.

"You can do two things: you can get upset and feel sorry for yourself, or you can look at the skill level they have because it really opens up the weaknesses we have as a team against the upper echelon squads," Young said. "Now we have a lot to discuss in terms of where we go next year. That's the good side; we learned a lot. There were some areas where we were obviously deficient that we've got to improve on."

Young, a former star goalie with the Oshawa Generals who recently celebrated his 70th birthday, was among a group of investors who resurrected the old Dunlops name in 2004, 46 years after the famous world championship win.

The team had a hugely successful inaugural campaign, in part due to an NHL lockout that season, and has iced a competitive product every year, but the fan base has dwindled to about 300 per game. Young says he would need an average crowd size of about 500 per game simply to break even financially.

"Here's the bottom line: I really feel strongly in the history and the tradition of the Whitby Dunlops. I don't want to see it fail," he said.

"We're coming back at least for one more year, but if we don't get the corporate sponsorship that I'm hoping for, it's going to be hard to continue."

Durham College's Tony Clarke named top coach in Canada

Allison Marshall graduates as all-Canadian

OSHAWA — To say Tony Clarke would like nothing more than a return trip to the Canadian Collegiate Athletic Association (CCAA) women's volleyball championships next year wouldn't be entirely accurate.

Of course, the head coach of the Durham Lords would love to be there again; but next year, he's determined to bring the entire team along for the ride.

Clarke was accompanied by one of his players at least, Allison Marshall, as both were honoured as part of the festivities at Camosun College in Victoria, B.C.

Clarke was named the CCAA women's volleyball coach of the year, while Marshall was honoured as an all-Canadian.

"When I attended the banquet after being



Tony Clarke and Allison Marshall

nominated two years ago, it was a fantastic experience; but at an event like that, you notice the one thing missing is your team," Clarke said in a press release. "I would love to have them here, sharing in this experience with me. It just makes me want to work that much harder to get the program to the

national championship.

"I'm truly humbled," Clarke said of winning the country's top honour. "This award means a lot, but it couldn't be done without my assistant coaches, Alex and Kourtney (van Staalduinen). This recognizes what we do as a coaching staff, not just what I do as an individual. They are just as deserving as I am."

The Lords' season was nothing short of outstanding, with the team's only loss coming in their final game of the year — the Ontario Colleges Athletic Association (OCAA) gold medal match — against the Humber Hawks, who won their 10th provincial championship in a row.

Durham's conference record of 18-0 was the first perfect season since 2006, and Marshall became the first Lord to win OCAA women's volleyball player of the year.

In three years at Durham College, Clarke

has posted an impressive 50-6 conference record and is 66-18 overall.

"We're proud of what the volleyball program has become since Tony became head coach," said athletic director Ken Babcock. "To be in the final four every year since he started here and win two silver medals is outstanding. Being named CCAA coach of the year is another major accomplishment, and we're excited to see what else the future holds for our program."

Marshall received her honour after completing a five-year college career between the Georgian Grizzlies and the Durham Lords, which saw her finish sixth all-time in league scoring with 1,029 points.

This season, the Orillia native was fifth in the OCAA with 3.20 kills per set, sixth in points per set with 4.0, and 10th in aces per set with 0.67.

She is also a four-time OCAA all-star.

Whitby's Rhyen McGill an NCAA hockey champion

Former Wolves captain part of Clarkson team

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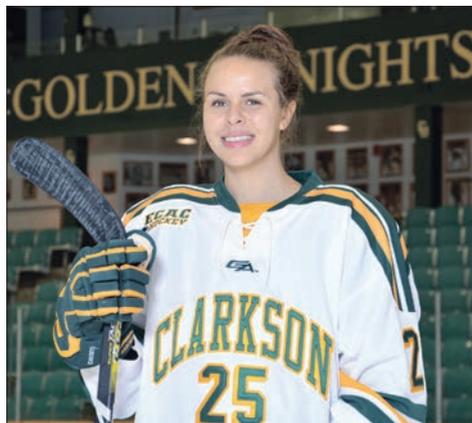
DURHAM — Jessica Gillham and Rhyen McGill have chosen different ways to celebrate, but both have earned the right to do so after being crowned NCAA champions on Sunday, March 19.

Gillham, from Uxbridge, and McGill, from Whitby, ended a gruelling 41-game season with the Clarkson University women's hockey team in the best possible way, winning a national title after a 3-0 win over Wisconsin in the Frozen Four championship game in St. Louis.

McGill and three of her teammates were headed straight off to Punta Cana for a vacation, while Gillham chose 'a little R and R' with family and friends in Uxbridge during a well-timed March break for the students.

But both were equally thrilled with the accomplishment.

"I just think that we worked so hard for it all season long," McGill said prior to jetting out. "It's just a surreal feeling. All our teammates were there and we put in the



Rhyen McGill

effort every single day."

"I don't think it's really set in yet, it's pretty surreal," Gillham agreed. "All of us worked so hard toward it all these years."

For Gillham, it ends a remarkable four-year playing career with the Division 1 school in Potsdam, N.Y., where she had also been part of Clarkson's first-ever national championship as a freshman three years earlier.

With the experience of that first season, which ended with a 5-4 win over Minnesota, she said she was a little calmer this time around.

"You go through the whole process the first time and then when you're a senior, you kind of know what to expect," she said. "Definitely coming in your first year and winning it and then ending your career winning it too is pretty crazy."

McGill, a sophomore, had only experienced the bitter taste of disappointment previously, as the Golden Knights lost 3-2 in overtime to Boston College in last year's semifinal game.

This year, the team reeled off 11 straight wins to close things out, including 3-1 over Cornell in the quarter-finals and 4-3 over Minnesota in the semis before shutting down the No. 1-ranked Badgers in the championship match.

"That was just a heartbreaking loss because it was in overtime and we were up 2-0," McGill said of last year's semifinal. "It was tough, but I think it made our team that much stronger because we came back this year and we wanted it more."

McGill, a 19-year-old psychology student, is no stranger to winning, having done so twice with the Whitby Jr. Wolves in the Provincial Women's Hockey League, along with Clarkson teammate Cassidy Vinke, who's from Belleville. In fact, McGill scored both goals, including the winner in double overtime, in Whitby's

2014 gold-medal win over Mississauga.

"I think it helped prepare me because I got to play in some big games," she said of the PWHL experience. "(Sunday) wasn't as nerve-racking because I've been in a similar situation."

While there could be more championships in store for McGill with two years remaining at Clarkson, Gillham expects her hockey playing days are done, at least competitively.

A business major who turned 22 four days before the championship game, she said finding a job will be her priority when she returns home later this spring.

"It's going to be a change for the first little while for sure, but I'm looking forward to what else is in store for me," said Gillham, who started playing at age four in Uxbridge and also played in the PWHL, with Aurora. "I love the game and it's heartbreaking to end it, but there comes a time when you just have to let it go a little bit."

Port Perry's Britni Smith is also part of the Clarkson team, as an assistant coach since the 2014-15 season.

Blackstock's Kirsten Welsh and Courty's Kennedy Marchment reached the NCAA quarter-finals with Robert Morris and St. Lawrence, respectively, but it ended there in shutout losses for both.

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To help ease the cost of playing hockey the WMHA will, once again, be hosting an equipment donation/swap, date and location still to be confirmed. We have free equipment left over from last season's event! Families seeking financial support to enable kids to play hockey, please visit our website for information regarding available assistance.

For further information, please visit:
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