

Sports

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On Deck

X-treme bitten by Piranhas

The U21 Women's Golden Ears United X-treme's last soccer game of the round robin stage of the MWSL cup took place in Sunday at Samuel Robertson Technical turf field proved to be their last of the season after losing 1-0 to Surrey Football Club's Piranhas.

The Piranhas were aptly named. They were quick, fast and aggressive and liked to nip at their opponents' heels.

The X-treme played well but were forced to play in their own half of the field for much of the first half of play. The X-treme's defence anchored by sweeper Alex Desautels with wingers Jillian Larson and Grace Chow and stopper Lucy Tousey were kept busy.

But their tenacity did not prevent the Piranhas from scoring from an error by an X-treme player which gave an on-rushing Piranhas player the ball and a free shot on net.

The X-treme were under siege through most of the first half which ended at 1-0 for the Piranhas.

The X-treme started the second half with renewed vigour and a task to score two goals in a tight defensive game. The two teams had equal ball possession time through the first 15 minutes of the second half mainly caused by the X-treme's midfielders increased control of the ball. Centre midfielders Julie Ius and Cassandra Ballard, and wingers Indepreet Thiara and Catie Allen gave everything they had through the half.

The opportunities to score for Amy Skinner, Allie, Stoyeff, Aleena McLean and Michelle Hickey were few and far between because of the wall of defenders the Piranhas put up to defend the 1-0 lead.

In the end the Piranhas' lone goal stood up as the winner. The Piranhas won the game, first place and would advance to the finals. The X-treme's consolation prize was a much needed rest as this game was the X-treme's last of the season.



Kat Arnett/TIMES

Ridge wrestling students get creative with MMA-style training which takes place Sundays rain or shine.

MMA-style training for Ridge wrestlers

Wrestling students have been carrying sandbags and pulling sledges to try to get into better shape.

With three kids training under coach Bill McCrae in the wrestling program at Maple Ridge Secondary, John McKenzie was trying to think how he could "mix it up" for the kids as they approach provincial qualifiers.

After searching on the Internet, McKenzie found some innovative ways to replicate wrestling matches using heavy equipment.

"I think it gives them variety," McKenzie said. "They wanted something to support their wrestling program - their training."

A lot of university wrestling programs in the United States use mixed martial arts-style training to keep their athletes in shape and McKenzie went through their websites to see how he could apply it to the MRSS program.

McKenzie has been meeting with a group of wrestlers on Sundays to help them train.

There are five stations that the wrestlers rotate around: a sledgehammer drill, sandbag carrying, a kettle bell, a sledge pull and a spinning rope.

The wrestlers spend two minutes at each station with a 30 second break. Using the equipment builds the wrestlers' strength and conditioning working on their core muscles and abdominals.

While it's a more fun and creative way to train, McKenzie said he has to give the wrestlers proper instruc-

tion to train correctly.

After a short warmup, the athletes spend two minutes at each station, then have a 30-second break, then move on to the next station, replicating the timing of a wrestling match.

This is the third year McKenzie has his children in the wrestling program and said he likes the training, sacrifice and discipline the sport teaches young people.

"If they get through five years of wrestling at MRSS, they'll do well in life," McKenzie said.

Lacrosse teams rally at Adrenaline tourney

The Burnaby Mountain U13 Selects went 5-2 to place 4th in the Adrenaline/Warrior Middle School Division, while a couple of timely victories saw the U12 Selects place third in the South Swell Youth Division despite a 3-4 record.

Four local lacrosse players went to the Adrenaline Challenge with the Selects in San Diego, Calif. on Jan. 16 and 17.

The U13 Selects, with Maple Ridge players Andrew Gresham and Brad Rowbotham, became early favourites to compete for the middle school title after they posted an undefeated record of 4-0 on day 1 with victories over Vegas Starz (6-3); Seattle Starz (12-0); OC Starz Orange

(4-2) and Utah Starz (7-6). The Selects finished the day-one seeding round ranked #3 in the Warrior/Adrenaline bracket and were scheduled to face the #6 ranked Vegas Starz in the day two quarter-finals.

In a rematch from day one, the U13 Selects were the better team, using a strong performance to move past the Vegas Starz by a convincing score of 11-4. Next up, the Selects faced the #2 ranked Nor Cal Talons in the tournament's semifinals. This time it was Burnaby Mountain on the losing end of an 11-4 score.

The loss to Nor Cal saw the Selects play another rematch against the #4 ranked OC

Starz Orange to decide third and fourth place. A slow start led to the Selects dropping their second consecutive game, losing 4-2. The loss would place the Selects fourth in the Adrenaline/Warrior Division with a final record of 5-2.

Entering the Adrenaline Challenge with an undefeated record of 5-0 on the season, the U12 Selects, with Maple Ridge players Mateo Le Van and Jarek Olah, got their first taste of defeat this fall, dropping their opening three games of day one's seeding round, losing 6-0 to OC Starz Red; 5-4 to RC Starz Cheddar and 10-3 to RC Starz Carolina. Struggling to find their rhythm, the Selects would

finally gain some momentum in their final game of day one with a 15-1 triumph over an outmatched SC Tritons.

Finishing the seeding round with a 1-3 record, the Selects were ranked #4 in the South Swell bracket.

Moving on to day two's quarterfinals, the U12 Selects faced the #5 ranked LA 101 Starz. Continuing to rebuild their confidence, the Selects registered their second consecutive victory by a score of 6-4.

The win earned them a birth in the semifinals and a rematch with the #1 ranked RC Starz Carolina. An improved effort unfortunately was not enough to change the result on the scoreboard

as the Selects fell once again to RC Starz Carolina, this time by a score of 10-1. In a battle for 3rd or 4th place, the Selects received a chance for redemption versus RC Starz Cheddar. Looking to avenge a one-goal loss to the Cheddar the day previous, a back-and-forth first half would see the Selects once again down by a goal with a score of 5-4 at the half. Determined to end the tournament with a win, the Selects came storming back, outscoring the Cheddar 4-1 in the second half en route to a final score of 8-6. The well earned win would place the U12 Selects third in the South Swell Division after posting a 2-1 record in the day two playoff round.

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