

The Sports Nut

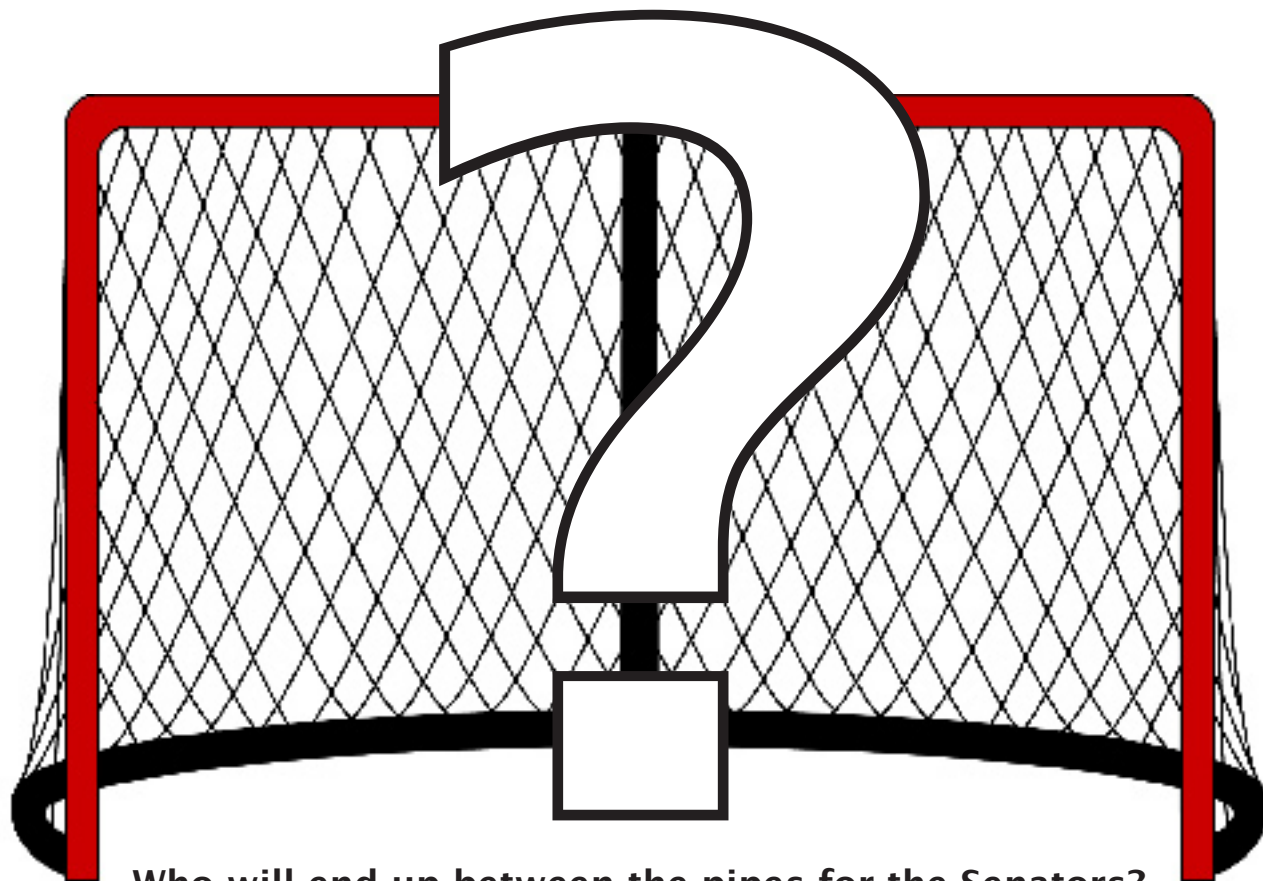
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The Forum For Ottawa Sports Information

Absolutely FREE **First Issue Ever!**



Who will end up between the pipes for the Senators?

This Month:

How to prepare for the upcoming golf season: Kevin Haime

Local athlete gets drafted by Senators

Making the Cut has home grown hero

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Nutrition before competition

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