

# The Bulletin

**2016 -2017 OFSAA  
Championship  
Calendar**

**CIAAA Conference  
Coming to Ontario**

**How Physical  
Exercise Makes Your  
Brain Work Better**



ONTARIO FEDERATION OF SCHOOL ATHLETIC ASSOCIATIONS  
FÉDÉRATION DES ASSOCIATIONS DU SPORT SCOLAIRE DE L'ONTARIO

**EDUCATION THROUGH SCHOOL SPORT**

**LE SPORT SCOLAIRE UN ENTRAÎNEMENT POUR LA VIE**

# Ontario Federation of School Athletic Associations

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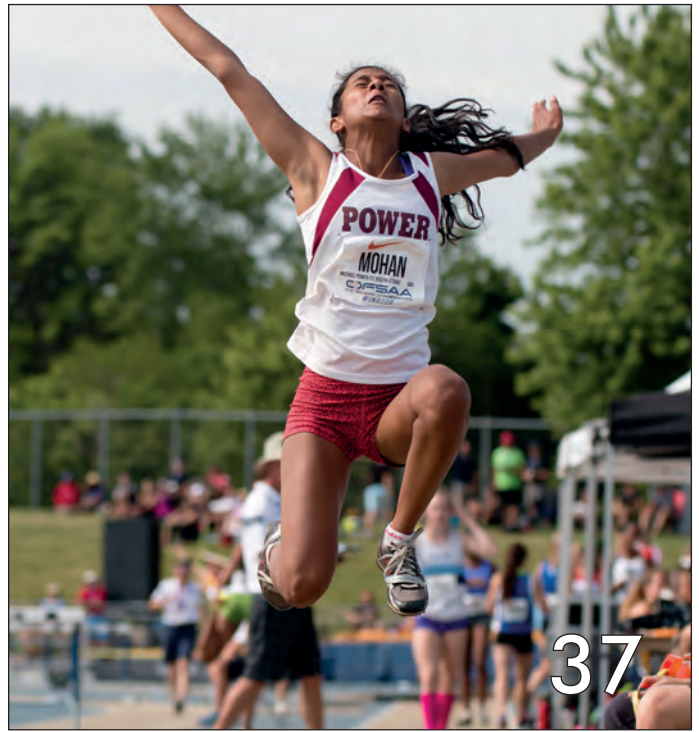
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Thank you to the Ontario Ministry of Tourism, Culture and Sport and the Ministry of Education for their generous contributions and support.

## *A Word from Donna Howard, OFSAA Executive Director*



As I speak to people from all walks of life about the organization I work for, their eyes light up in recognition. These people can be in finance careers in their 50's, real estate agents, hairdressers, or summer students. The OFSAA name continues to be synonymous with achievement, excitement, inspiration, camaraderie and respect.

Everyone I have spoken to has fond memories of their OFSAA experience, even if their individual or team performance was not what they had hoped. It was about representing your school, performing in front of teachers, peers and family, meeting students from all over the province and wearing the OFSAA clothing.

As we see more research conducted on sport and student achievement, on how physical activity impacts one's health, and positive student-teacher relationships, OFSAA and school sport become more and more important to the mental and physical health of our students.

In July 2016, CAMH produced the results of a national study for students from Grades 7 – 12, which showed an increase of 10 percent in reported psychology distress amongst school students.

"We were also surprised to see this number increase to 34 per cent in 2015 from 24 per cent in 2013. That is a 10 per cent jump in reported psychological distress in just two years," said Dr. Mann.

At the same time, while the majority of students rate their health as excellent or very good (66 per cent), only 22 per cent of students met the recommended daily physical activity guideline, defined as a total of at least 60 minutes of moderate to vigorous activity per day, during the past seven days."

Through promoting participation in school sport we can assist with students' mental and physical health, along with providing social and academic benefits. Educators are aware of these benefits, especially those involved first hand in school sport. We all must continue to show these positive links to others and work on increasing student participation, to benefit individuals as well as the school community.

I hope the passion and fond memories that come with the OFSAA name continue, as student's participation is driven from the internal benefits they receive through school sport. Thank you to all those who volunteer their time to ensure school sport thrives in the province of Ontario.

## Age Classifications for the 2016-17 School Year

For the 2016-2017 school year, a Midget will be born in 2002 or later and may only compete at OFSAA in the Midget category for one year in Grade 9. A Junior will be born in 2001 or 2002, and a Senior will be born in 1997 or later.

1996 or earlier	Ineligible
1997	Senior
1998	Senior
1999	Senior
2000	Senior
2001/2002	Junior
2002	Midget

How old was the student on January 1, 2016?

Years of eligibility

Coaches are reminded that students are eligible to compete for no more than five consecutive years from date of entry into Grade 9. There is no appeal to this rule.

## 2016-17 Transfer Appeal Meeting Dates

Meeting Date	Deadline for Applications
Thurs., Oct. 6, 2016	Mon., Sept. 26, 2016
Fri., Nov. 4, 2016	Thurs., Oct. 20, 2016
Tuesday, Dec. 13, 2016	Mon., Nov. 28, 2016
Thurs., Feb. 23, 2017	Wed., Feb. 8, 2017
Thurs., Apr. 20, 2017	Wed., April 5, 2017

To appeal to an Association decision, please call the OFSAA office and give the name of the student and school, as well as the name of the principal. Please see the deadline dates posted above.

A letter will be sent to the student, c/o the principal, stating the date, time and location of the appeal hearing. The letter will outline what information the student must provide prior to the meeting date.

## OFSAA Social Spotlight

Keep up to date with OFSAA news, photos, videos, championship information, scholarships, conferences, and much more, by following OFSAA on Facebook, Twitter, Instagram and YouTube!



[facebook.com/OFSAA](https://facebook.com/OFSAA)



[twitter.com/OFSAA](https://twitter.com/OFSAA)



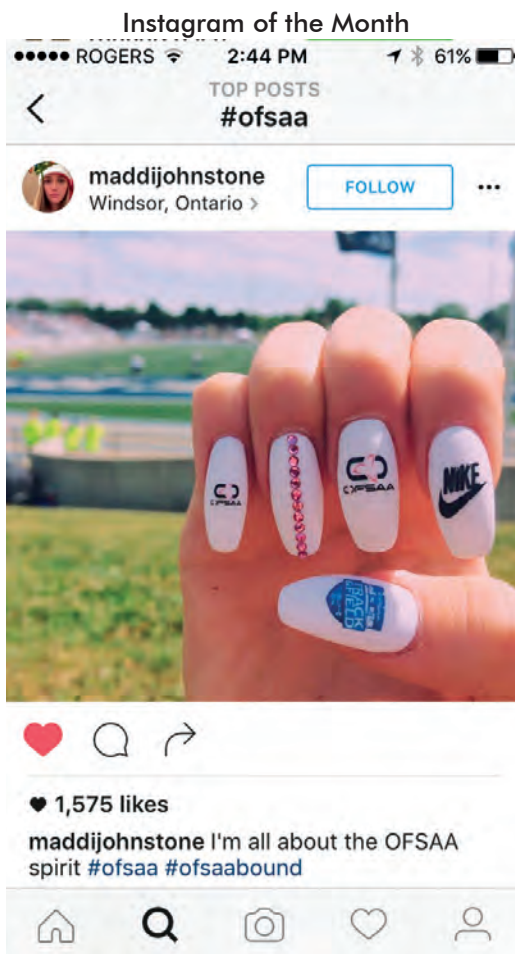
[instagram.com/OFSAAGRAM](https://instagram.com/OFSAAGRAM)



[youtube.com/OFSAAvids](https://youtube.com/OFSAAvids)

Follow individual championship results with live updates from OFSAA Championship twitter accounts. Updates and pics right from the source!

- |                 |                  |
|-----------------|------------------|
| @OFSAASnow      | @OFSAABadmnton   |
| @OFSAAXC        | @OFSAACurling    |
| @OFSAAFoosball  | @OFSAAGolf       |
| @OFSAABoySoccer | @OFSAAGirlSoccer |
| @OFSAATennis    | @OFSAATrack      |
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| @OFSAAGirlsFH   | @OFSAALacrosse   |
| @OFSAABoyHockey | @OFSAAGirlHockey |
| @OFSAARugby     | @OFSAASwimming   |
| @OFSAAVBall     | @OFSAAWrestling  |



# Please Support OFSAA's School Sport Sponsors

OFSAA is fortunate to have several companies supporting school sport in Ontario. Official equipment has been play-tested and endorsed by experienced teacher-coaches. Please support these sponsors by using their products.

## Badminton

### Yonex

- Official racquet of OFSAA: B500, B600 DF, B7000 DF+
- Official shuttlecocks of OFSAA: Mavis 350, Mavis 300, Mavis 7



### Black Knight

- Official badminton eyewear provider of OFSAA

## Football

### Spalding

- Alpha, Official football of OFSAA



## Basketball

### Spalding

- TF-1000 Legacy, Official basketball of OFSAA



## Volleyball

### Baden

- Baden Perfection 15-0, Official volleyball of OFSAA



## Rugby

### Monilex

- Official supplier of Gilbert Barbarian Match Ball, Official rugby ball of OFSAA



### Molten

- Official soccer ball of OFSAA: Molten FSG4800 official game ball



## Accommodations

### Westmont Hospitality Group

- Official hotel partner of OFSAA



## Cross Country and Track and Field

### Nike

- Official sponsor



## Character Athlete Award

### Jostens

- Official sponsor



## Shot Clock

### Scoreboard Man/ NEVCO

- Official Shot Clock of OFSAA



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# Spalding Alpha & Keeping Football Safe



With the debut of the Alpha football as the official ball of the OFSAA Football Bowls Spalding has recommitted to keeping football safe in Ontario schools.

Bridging the gap from the Keeping Football Safe contest, OFSAA and Spalding are happy to announce a new initiative with the same focus to benefit teacher-coaches and football programs across the province.

Newly mandated OPHEA safety guidelines require one coach per team to have completed the NCCP Safe Contact course.

Teacher-coaches who successfully complete the course can apply for reimbursement through the OFSAA website. Up to 100 will qualify.

From those successful applicants OFSAA will draw three winners who each receive \$1500 product credit from Spalding. An additional 40 winners will receive a new Spalding Alpha football, official football of OFSAA.

Please look into taking the Safe Contact course, and check the OFSAA website in September for details and upcoming news on Spalding's program and how to apply for your reimbursement and chance to win!





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# OFSAA-sanctioned Invitational Events

## Hosting or attending an Invitational Event .. a new process this year ...

OFSAA Sanction Forms must now be completed and submitted **ONLINE**.

Check the OFSAA website and please use this method to request OFSAA sanction.

Applications must be received at least 30 days prior to the start of the event.

### 3 forms are available:

- Hosting an invitational event for Ontario schools - form goes to your OFSAA Association representative and they forward it to OFSAA

- Hosting an event to which includes out-of-province schools - form comes directly to OFSAA
- Attending an out-of-province invitational event (USA or other provinces) - form comes directly to OFSAA

### You **MUST** obtain OFSAA sanction for:

- Any interprovincial tournament or meet you are attending
- Invitational events you are hosting that involve out-of-province participants
- Any state or NFHS-sanctioned tournaments or meets you are attending in the United States (Some American tournaments do not indicate whether they are sanctioned so it is best to obtain OFSAA sanction to be on the safe side)
- **\*\*NEW** - OFSAA sanction is now required for any exhibition games in New York

**Failure to obtain OFSAA sanction may result in sanctioning by the OFSAA Board of Reference - Sanctions, and may cause the out-of-province invited teams to be sanctioned by their home association.**

Reminder to schools ... Once again your team may only play OFSAA-eligible students in all your games (league and invitational) if you wish to be eligible for OFSAA and OFSAA-approved invitational events within or outside of the province.

### What does OFSAA sanction mean???

- All participants must be eligible under the rules and regulations of the Provincial or State Association of which they are members
- A teacher-coach will be present and responsible for the athletes throughout the duration of your event.
- Schools will only play other schools that are eligible under their province/state rules.

Once you have applied for OFSAA sanction, check the website under 'Events/Sanctioned' to make sure your school is listed as attending or hosting, and that the information is accurate. Athletic Directors and department heads are asked to make sure that this information gets to all your coaches, both teacher-coaches and non-teacher coaches to avoid any last minute problems.

## Sanctioned Invitational High School Events 2016-17

### HOCKEY

#### TCS 2016 Cross Country Invitational

October 5, 2016

Tim White, Trinity College

Port Hope (2016 OFSAA course)

Phone: 905-885-3217 x1224

Email: twhite@tcs.on.ca

#### National Capital A/AA Football Bowl Games

November 9-26,

Mike Rimleski, North Hastings HS

Schools in COSSA, EOSSAA, and NCCSSAA

Phone: 613-332-1220

Emails: jnorthrop@scdsb.on.ca

### SOCCER

#### Marauder Boys' Soccer Tournament

October 5

Jeff Northrop, Banting Memorial HS

Banting Memorial HS, Alliston

Phone: 705-435-6288 vm 55878

Email: jnorthrop@scdsb.on.ca

#### Marauder Girls' Soccer Tournament

May 6, 2016

Jeff Northrop, Banting Memorial HS

Banting Memorial HS, Alliston

Phone: 705-435-6288

Email: jnorthrop@scdsb.on.ca

### HOCKEY

#### York University Boys' and Girls' Hockey Tournaments 2016-17

York University hosts a full schedule of hockey tournament for boys and girls at all levels. Check the OFSAA website for the complete listing of these invitational tournaments.

Al Rose

Phone: 416-661-5900 ext. 251

Email: arose@icesports.ca

#### Holy Trinity Capital Hockey Tournament

November 21-22

Daniel Kelemen, Holy Trinity CHS

Ottawa

Phone: 613-591-9955

Email: daniel.kelemen@ocsb.ca

#### Lady Crusaders Girls' Hockey Tournament

December 6-7

Wendy Glover/Mike Chaney,  
Catholic Central SS

London

Phone: 519-675-4431

Email: wglover@office.lcdsb.on.ca  
mike.chaney@rogers.com

#### 11th Annual Blessed Trinity Sr. Boys' Hockey Tournament

December 15-17

Rich Vrataric, Blessed Trinity CHS

Grimsby

Phone: 905-945-6706 x2326

Email: richard.vrataric@ncdsb.com

#### Varsity Boys' Gator Invitational Hockey Tournament

January 11-12, 2017

Stephen Sim, Lakeshore CHS

Port Colborne

Phone: 905-835-2451

Email: Stephen.sim@bcdsb.com



# TRYday program filling up quickly!

Funding of the OFSAA Try Day program for the 2016-17 school year will again be provided by the Ministry of Education, Government of Ontario for 130 publicly-funded secondary schools. Take this opportunity to receive funding to add a new sport or physical activity to your program and develop leadership students in the process.

## WHO IS ELIGIBLE?

- 130 publicly-funded secondary schools



## BEFORE YOU APPLY . . .

1. **SELECT** a new or non-traditional activity that is presently not offered in your school program - involve other staff and leadership students so that all are aware of the Try Day program
2. **DETERMINE THE COST** of the activity - up to \$700 is available through this grant, so make sure your costs are at least this amount
3. **SCHEDULE** your Try Day program into your annual activity program - do not wait until the deadline date approaches to conduct your Try Day
4. Consider what students will be involved in the **LEADERSHIP COMPONENT** and their roles and responsibilities
5. Make this a **DEFINITE COMMITMENT** - make sure your principal is aware of the program you have selected when he/she indicates commitment by your school on the application

## WHAT ARE THE CRITERIA for qualifying for funding and reimbursement??

- Try Day programs must be completed by April 17, 2017.
- The Try Day activity must introduce a new sport or physical activity to your current physical education program and to students in multiple grade levels.
- Schools must include a minimum of sixty(60) participants (30 in schools with a student population under 500) in the Try Day program, and a minimum of six(6) student leaders in the planning and/or implementation of the event
- Schools conducting sustainable programs by purchasing equipment or resources will be given priority consideration
- Schools receive reimbursement after the program is completed and the required reporting materials are submitted by the deadline of April 30, 2017.

## APPLY NOW!



Applications are accepted on a first-come, first-served basis, so check out the information on the OFSAA website ([ofsaa.on.ca/Programs/TryDay](http://ofsaa.on.ca/Programs/TryDay)) and

## APPLY NOW!

All registrations must be **SUBMITTED ONLINE**.

**Direct any questions to: Diana Ranken, 'Try Day' Program Coordinator ([diana@ofsaa.on.ca](mailto:diana@ofsaa.on.ca))**

# Attention Coaches, Convenors, School Administrators, Athletic Directors and all others interested in OFSAA Championships and Festivals!

Following an intensive one-year process, working with the SAC's and Representative Council all the Playing Regulations [also called Standing Rules] have undergone a massive reorganization!

It is imperative that you familiarize yourselves with the new format which we trust will make the Regulations more user friendly!

Highlights of the new format include:

- Playing regulations are just that...no more Convenor planning info.
- Convenor information has been removed and placed in a new location called Sport Specific Directives [SSD's], and placed in the Constitution along with the Convenor Manual
- Links have been provided from each Playing regulation to the respective SSD, and vice versa, and can also be accessed from the main Resource Page on the website.

- Championship/Festival dates are now located in By-Law 4, Section 2.
- Entry deadlines are located in By-Law 4, Section 4.
- Championship/Festival location information will be published in the Bulletin and on the Championship/Festival Calendar on the Website once Convenors have been confirmed.
- Rulebook info is available in By-Law 4, Section 2 b)
- Every Association is guaranteed one entry to each Championship/Festival
- Seeding information is in the SSD's
- Draws are located in the SSD's

Please familiarize yourself with the new formats and be sure that all coaches taking teams to OFSAA Championships /Festivals are aware of the reorganization that has taken place

## New OFSAA Medals Sneak Peek



For the 2016-17 school year OFSAA will be introducing a new set of medals to congratulate the winners of provincial competition. It's the first update for the medals since 2008.

The new medals incorporate OFSAA's logo colours onto the gold, silver, bronze, and antique bronze. Care was also taken to differentiate more clearly between the appearance of the bronze and antique bronze medals.

Each medal will have the name of the OFSAA Championship/ Festival and the year inscribed on the back. The lanyard's are the same no matter the medal, will be stitched right through the top of the medal, and the fabric will be sublimated with the OFSAA branding.

Look for the new medals coming to an OFSAA Championship or Festival near you!



# CIAAA CONFERENCE COMING TO ONTARIO

**April 20-22, 2017 at the Sheraton Centre Toronto**

OFSAA is pleased to be partnering with the Canadian Interscholastic Athletic Administrators Association (CIAAA) to hold, for the first time ever in Ontario, the **CIAAA Athletic Directors and School Coaching Conference!** This conference is a great *professional development opportunity* for new, experienced and aspiring athletic directors, and teacher-coaches.

Conference registration fees include all scheduled activities and functions, except for the Leadership Training Program courses, which have additional fees. Price is \$250 before Feb. 28 and \$350 before final deadline of April 13, 2017.

Registration opens Sept. 1 at [CIAAA.ca](http://CIAAA.ca)

1-888-618-4530

# Revised Ontario Physical Education Safety Guidelines

The Ontario Physical Education Safety Guidelines, developed by Ophea, represent the provincial standards for risk management for school boards. They focus the attention of coaches on safe practices, in every sport, in order to minimize the element of risk.

The Safety Guidelines include concussion protocols to help prevent and identify suspected concussions and manage a student's safe return to learning and physical activity. The Secondary Interschool Safety Guidelines can be accessed here: <http://safety.ophea.net/safety-plan/165>

The following are the new supervision requirements for safety in higher risk activities and require immediate attention:

At least one coach\* must possess one of the following coaching qualifications:

- Past experience within the last 3 years as a coach in the activity/sport, having knowledge of the activity (e.g., appropriate skills and progressions) and current safety practices as outlined in the Ontario Physical Education Safety Guidelines.
- A sport specific course(s) as stated on the specific activity page.
- Completion of (sport specific) NCCP Level 1 and/or Level 2 certification in the past.
- Attendance at a clinic or workshop within the last three years provided by an instructor who is knowledgeable of the specific activity (e.g., appropriate skills and progressions), and where safety is addressed as outlined in the Ontario Physical Education Safety Guidelines.
- Effective September 1, 2016 at least one supervisor must have current first aid (e.g., St. John Ambulance Emergency First Aid or equivalent) that includes CPR plus AED, and spinal injury.
- Specific to tackle football programs: One member of the coaching staff must be trained or (re) certified in the NCCP Safe Contact module every five (5) years (starting Sept 2016)

\* For Tackle Football all coaches are required to have these qualifications.

OFSAA playing regulations may go above these minimum standards so teacher-coaches are advised to check BOTH the Safety Guidelines AND OFSAA playing regulations.

OFSAA supports the training and development of teacher-coaches and is currently working to redesign the CIOS program to incorporate the new high-risk safety guidelines. OFSAA's goal is to provide certification to teacher-coaches that is cost-effective and accessible.

OFSAA encourages you as representatives to consult with senior school board administration on an implementation strategy of training and certification in higher risk activities.

For more information feel free to contact the OFSAA office.



# How Physical exercise makes your brain work better

As proud proponents of Education Through School Sport we believe in the power of athletics to develop students' character both on the field and in the classroom.

The following excerpted article by neuroscientist Ben Martynoga at the *The Guardian* puts research and facts behind the OFSAA philosophy:

"The brain is often described as being "like a muscle". It's a comparison that props up the brain training industry and keeps school children hunched over desks. We judge literacy and numeracy exercises as more beneficial for your brain than running, playing and learning on the move.

But the brain-as-muscle analogy doesn't quite work. To build up your biceps you can't avoid flexing them. When it comes to your brain, an oblique approach can be surprisingly effective. In particular, working your body's muscles can actually benefit your grey matter.

Scientists are showing that the runner's high and the yogi's tranquility have profound effects on your brain. Moreover, specific physical activities can markedly alter its structure in precise ways.

A wave of studies exploring the unexpected links between mental and bodily fitness is emerging from labs. This research might give you the impetus to get more active. It can also help you choose the best ways to prepare physically for mental challenges such as exams, interviews and creative projects.

## Boost your memory

The part of the brain that responds strongly to aerobic exercise is the hippocampus. Well-controlled experiments in children, adults and the elderly show that this brain structure grows as people get fitter. Since the hippocampus is at the core of the brain's learning and memory systems, this finding partly explains the memory-boosting effects of improved cardiovascular fitness.

As well as slowly improving your memory hardware, exercise can have a more immediate impact on memory formation. German researchers showed that walking or cycling during, but not before, learning helped new foreign language vocabulary to stick. So exercise while you revise. Don't push it too hard, though: vigorous workouts can raise your stress levels, which can scupper your memory circuits.

## Improve your concentration

Besides making memories stickier, exercise can help you focus and stay on task. The best scientific evidence comes from testing school children, but the same most likely applies to us all. Interspersing lessons with 20-minute bouts of aerobics-style exercise improved the attention spans of Dutch school pupils. They became more adept at ignoring distractions, multitasking, and holding and manipulating information in their minds.

## Improve your mental health

Love it or hate it, bouts of physical activity can have potent effects on your mood. The runner's high – that feeling of elation that follows intense exercise – is real.

What about yoga? When anxiety levels rise, you tense up, your heart races and your attention narrows to a slit. Yoga teaches the deliberate command of movement and breathing, with the aim of turning on the body's "relaxation response". Science increasingly backs this claim. For example, a 2010 study put participants through eight weeks of daily yoga and meditation practice. In parallel with self-reported stress-reduction, brain scans showed shrinkage of part of their amygdala, a deep-brain structure strongly implicated in processing stress, fear and anxiety.

Exercise is also emerging as a promising way to overcome depression. A 2013 meta-analysis cautiously reported that exercise – both aerobic and resistance – was "moderately effective" in treating depressive symptoms. Strikingly, exercise seemed as effective as antidepressant drugs and psychological treatments. The study's authors identified it as an area crying out for more rigorous investigation.

## Slowing cognitive decline

The evidence that staying physically fit keeps your brain healthy into old age is especially compelling. Most concrete is the link between aerobic fitness and cognitive preservation. Workouts needn't be extreme either: 30-45 minutes of brisk walking, three times a week, can help fend off the mental wear and tear and delay the onset of dementia.

Exercises to improve balance, coordination and agility made a clear impact on brain structure and cognitive function. Researchers are still teasing out the critical factors that make exercise such a potent brain tonic. Prime suspects include increased blood flow to the brain, surges of growth hormones and expansion of the brain's network of blood vessels. It's also possible that exercise stimulates the birth of new neurons. Until recently, few believed this could happen in adult human brains.

## Don't sit still

The cognitive spillover from exercise reminds us that our brains don't operate in isolation. What you do with your body impinges on your mental faculties. Sitting still all day, every day, is dangerous. So don't dither about what form of exercise you do. Find something you enjoy, then get up and do it."



# Beautiful Game forges a Toronto-Attawapiskat connection

Catholic high school team spends time in the troubled northern community sharing love of soccer with local kids.

By Geoffrey Vendeville, originally published June 28, 2016



Until recently, 16-year-old Joseph Nakogee had only played soccer “down south,” far from his home in Attawapiskat.

Last week, however, the Beautiful Game came to him. A world away from the soccer pandemonium in Europe, dozens of boys from the northern Cree community honed their passing and shooting skills with the help of a Toronto high school team.

By the second day of soccer lessons with members of the Bishop Marrocco/Thomas Merton Royals, Nakogee had already made friends.

“I’ve got a big connection with these guys,” he said. “I don’t know how to explain it. It’s nice to see people from out of town come to where we live.”

In a group picture, he is prominent in the first row, third from the right, flashing a faint smile and wearing a Portugal jersey donated by the Toronto Catholic secondary school team.

The Royals took two planes to reach the remote community, on the west coast of James Bay, to kick a ball around with local elementary and high school kids.

The team’s main goals were off the field: They hoped to bring something positive to a community reeling from a youth suicide crisis and to forge relationships that would far outlast the weeklong soccer workshop.

Each morning, the players started with drills covering the basics of passing, shooting and turning. In the afternoon, it was game time. At night, the Toronto boys slept on cots in a community hall.

They didn’t get much downtime, because local kids were always knocking on their door, eager to play, said Cristian Blandon, known to friends on the BMTM soccer team by his

middle name, Camilo.

Blandon said he became particularly close to a 12-year-old boy from Attawapiskat who reminded him of his little brother back home. When they weren’t playing soccer, they swapped stories about school, family and future hopes, and took lots of Snapchat selfies.

“We’re here to make people laugh and smile,” Blandon said during the visit. “The soccer might help them not think about bad things.”

The reserve declared a state of emergency in April following a rash of teen suicides. It’s not the first crisis in the remote community, which suffers from poor housing, lack of infrastructure most Canadians take for granted, and bad water quality.

The Toronto team’s coach, Paolo Pereira, said he hoped kids in Attawapiskat can forget their troubles for the hours they spend playing soccer.

Soccer fever has, in fact, spread throughout a community where Cristiano Ronaldo and Lionel Messi aren’t exactly household names.

“They come to the arena at night to play and never want to leave,” Pereira said last week. “Yesterday, they were chatting and playing until past midnight.”

The presence of mental health professionals in Attawapiskat has eased the crisis somewhat, said Melanie Phelps, a patient care coordinator at the Weeneebayko Area Health Authority.

The health authority employs a mental health counsellor, a Health Canada public health nurse, youth workers and a traditional healer hired by the band.

The Royals’ trip to Attawapiskat helped by giving local kids something to do while school was out, she added.

The Toronto players, coach and trip organizers bid a teary-eyed goodbye to their hosts in Attawapiskat last Friday, and said they hope to return next year, according to Jackie Hookimaw-Witt, a local artist and teacher with a doctorate in education.

Elders and a deputy chief presented the team with an Attawapiskat First Nation flag and a painting representing clan teachings.

The soccer team’s trip north showed that the First Nation hasn’t been forgotten, Hookimaw-Witt said.

“It seems sometimes when you’re far away in Attawapiskat, you think, ‘Oh nobody knows us, we’re so isolated.’ But this shows we’re still connected.”

# Three Ways to Boost Confidence in your Athletes

Originally published in *Coaches plan* by the Coaching Association of Canada on [coach.ca](http://coach.ca) and written by Dr. Shaunna Taylor, PhD from the Canadian Sport Psychology Association.

Every coach has struggled with building confidence in their athletes and team, and yet, there are surprisingly few resources that help address this important challenge. While every athlete has their own individual profile and history, there are some important foundational theories that apply to all.

Confidence really begins with the idea of belief. It emanates from an athlete's core beliefs and is combined with the effect of real-life evidence. Core beliefs are formed throughout childhood and are integral to how we operate in our lives. They are foundational and affect the way we view the world – many of these beliefs are set by the time we reach the age of ten. They tend to drive our actions and the way we navigate life.

Belief is the “director” that often runs the entire production. Early in life, we are heavily influenced by the people who cared for us, and the early experiences that formed our worldview. Our core beliefs involve such things as whether we believe most people are essentially good (or bad), whether we are capable and powerful (or incapable and powerless), or whether life can be satisfying and joyful (or a struggle and full of sadness). Beliefs are the lens through which we determine if the glass is half full or half empty.

Although beliefs are forged at a young age, they do not have to dictate our destiny. In fact, when we re-evaluate them later in life, we can come to see that many core beliefs aren't based on fact. But unless we examine and critique the core beliefs that drive our actions, they will continue to run the production, and we may find ourselves limited (versus being set free) to make the necessary choices that can move us in new, positive directions in life. In light of this, here are three concrete steps coaches can consider to help athletes increase their confidence:

## 1. Help them become aware of – and challenge – their core beliefs:

Some of the athletes you are coaching will have very positive and empowering core beliefs. When mixed with a strong work ethic and a solid base of skills, this can be a potent combination. But you may also have athletes with a strong base of skills who also have negative core beliefs. As a result, the confidence levels – and performance record – in this second group may often be more inconsistent and volatile.

One way to help athletes put their core beliefs to the test is to challenge them with evidence. For example, show athletes (through videos, storytelling, recalling past performances as a group or individually) that they are capable of overcoming adversity, or achieving past positive performance outcomes. Create a highlight reel, or encourage them to come up with one of their own. Show them the evidence of their past accomplishments.

If your athlete has a generally negative self-view, or you observe negative body language, it can help to offer up evidence of their capabilities. Talk about your belief in them, and provide them with goals to override their defeatist perspective. This can serve to build competency which, in turn, can lead to greater confidence over time.

## 2. Build a confidence and evidence inventory:

One form of irrefutable evidence that can demonstrate an athlete's capability is examples of past wins and strong performances. But sport is a dynamic and often heartless arena, and wins come and go. Coaches need to build a steady bank of strong past performances, and include current examples of how the athlete's strong work ethic is paying off – as well as evidence of skill progression and mastery – in order to challenge an athlete's negative core beliefs.

Athletes can also incorporate visualization while reviewing techniques and tactics through mental rehearsal. Coaches can also encourage them to engage in constructive self-talk that involves optimistic, evidence-based statements.

## 3. Keep your standards high:

Coaches who maintain high expectations for their athletes and teams should also follow up with constructive and encouraging actions. If you believe an athlete can reach their goals and you have faith they can improve, then be sure to act like this is the case. Expect hard work and commitment, factors that are within your athlete's control and have nothing to do with outcomes. This will translate into a greater probability of encouraging a self-fulfilling prophecy in the athlete.

The belief we have in ourselves drives our actions and our ability to strive for positive performance. Don't compromise or lower your work ethic, be sure to create a positive environment, and incorporate a relentless pursuit of daily improvement and mastery. Setting the bar high will drive everyone – athletes and coaches included – to rise up and feel confident when it comes to aiming for their goals.

*Shaunna Taylor, PhD, is a sport leader at PacificSport Okanagan and co-chair of the managing council of the Canadian Sport Psychology Association, as well as an adjunct professor at the University of British Columbia in the Masters of Coaching program. She has been consulting with coaches and athletes from the grassroots level to the Olympic/Paralympic level for 15+ years.*

***Coaches plan** is an online magazine for Canada's coaches published three times a year by the Coaching Association of Canada. To read more **Coaches plan** articles, please visit [coach.ca](http://coach.ca).*

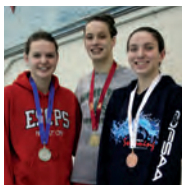


# OFSAA's OLYMPIANS

With the 2016 Olympics in full swing as this issue of the Bulletin goes to press, we look at a few student-athletes who competed at the OFSAA level and went on to represent in Rio.

## **PENNY OLEKSIK, Monarch Park CI**

As a Grade 9 swimmer in 2015 from Toronto's Monarch Park Collegiate, Oleksiak won two OFSAA gold medals in the Open 50m and 200m freestyle races.



Just 17 months later at her first International meet Oleksiak won four medals (one gold, one silver, two bronze), the most ever won by a Canadian at a single Summer Games and the first gold in the pool since 1992.



## **TIM NEDOW, Thousand Islands SS**

This winner of consecutive OFSAA shot put gold medals in 2005 and 2006 still holds the OFSAA Junior shot put record with 19.71m, a full metre-and-a-half longer than the next-best mark.

Nedow failed to qualify for the final round of shot put in Rio despite throwing for 20.00m and placing 16th overall at the 2016 Olympics.

## **KELLY RUSSELL, Humberview SS**

At OFSAA Track & Field in 2004 and 2005 Russell was kept just off the podium finishing fourth in discus and javelin both years.



However, on the Rugby pitch at the 2016 Games in Rio the Bolton-native and the rest of her Rugby 7s Canadian teammates stepped up to the podium to receive bronze in the sport's Olympic debut.

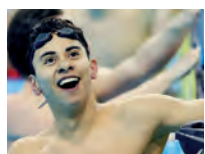


## **ANDRE DE GRASSE, Milliken Mills HS**

A basketball player turned sprinter, De Grasse's late bloomer story is one for the ages. Spotted running in Converse at a regional meet he was groomed quickly into a sprinter finishing fifth with a time of 10.62 seconds in the 100m dash at OFSAA

in 2012.

At Rio 2016 he burst on to the scene winning bronze in the 100m event running a personal best 9.91-second race. In the 200m semi final he set a new Canadian record of 19.8 seconds then won silver in the final.



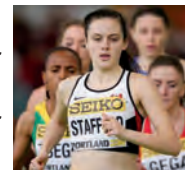
## **JAVIER ACEVEDO, Neil McNeil HS**

At the 2016 OFSAA Swimming Championships Javier set two new OFSAA records in the Open Boys' 50m freestyle and 100m butterfly.

He continued that momentum by qualifying for the Rio 2016 Olympics where he finished 17th in the 100m backstroke and narrowly missed the cut.

## **GABRIELA STAFFORD, Toronto French School**

Gabriela was OFSAA's 2012 senior cross country champion and then won the 3000m event at Track & Field later that school year.



Then while aiming for the 2020 Olympics the 20-year old Gabriela improved quickly and qualified for Rio where she finished 19th in the 1500m. Her sister Lucia Stafford will be hot on her tail after winning the 800m and setting a new Canadian HS record in the 1500m this year at OFSAA.



## **DEREK DROUIN, St. Patrick's HS**

In 2006 Derek cleared 1.86m for OFSAA's junior high jump gold medal, then in 2008 he jumped 2.03m to claim the senior title. He also competed in hurdles among other events.

As an Olympian he claimed bronze at the 2012 Olympics in London, then bested that to win high jump Gold for Canada at the 2016 Games jumping 2.38m, just short of the Olympic record of 2.39. He's the first Canadian to win high jump Olympic gold since 1932.

## **REBECCA QUINN, Havergal College**

A multi-sport athlete, Rebecca represented Havergal at OFSAA in 1500m Steeplechase finishing 19th in 2013, the same year she played on the AAA Girls' Volleyball team that made OFSAA but lost in the quarter finals.



However, soccer was the sport she shone at the Rio 2016 Olympic Games grabbing a bronze medal with a 2-1 win over host nation Brazil.

## **DAMIAN WARNER, Montcalm SS**



Student-athlete fans swarmed Warner when he returned to OFSAA Track & Field 2016 in Windsor, but his own OFSAA results rarely reached the podium for any single event placing 6th in the 100m and winning a lone medal – bronze – in long jump.

At the Olympics Warner proved to be one of the world's greatest all-around athletes finishing the Rio Olympics with a bronze medal.





# School Sport Canada Online Courses

School Sport Canada currently offers a number of online courses to benefit high school coaches (some of which are offered at no cost!). All courses allow participants to work at their own pace including the ability to save work and return to the course until it is complete. Although these courses are not NCCP certified, participants will be provided a certificate of completion.

Courses can be accessed through [www.schoolcoach.ca](http://www.schoolcoach.ca) or through the OFSAA website under "Programs." The following courses are being offered:

All courses have an introductory video which provides a detailed overview of the course.

### **Athletic Injury Management**

A course designed to give you an understanding of athletic injury management.

This course is designed to prepare you, the interscholastic teacher-coach, for all situations that participation in high-school athletics could encompass.

### **Coaching Basketball & Volleyball Fundamentals**

Two new courses designed to plan and organize teachers for a season of skill development. How to plan practices, skills and drills, fundamental movement strategies, and how to provide feedback are discussed at length and targeted specifically towards your sport of choice – basketball or volleyball.

### **Concussion in Sports - What You Need To Know**

Sports-related concussion in high school sports can be serious or even life-threatening situations if not managed correctly.

National Federation of State High School Associations (NFHS) and Centers for Disease Control and Prevention (CDC) have teamed up to provide information and resources to help educate coaches, officials, parents and students on the importance of proper concussion recognition and management in high school sports.

### **Engaging Effectively with Parents**

Course participants learn essential and effective communication techniques and methods for interacting with parents and guardians.

### **Fundamentals of Coaching**

A Grassroots Course Focusing on Critical Skills and Understanding Athlete Needs; a Must for All Coaches.

\*This course is comparable to OFSAA's Coaching in Ontario Schools but does not include the Ontario specific elements and is not NCCP accredited.

### **Legal Course for Coaches**

A course designed to give you an understanding of legal issues in sports.

### **Teaching & Modeling Behaviour**

A course designed to teach coaches how to proactively modify and encourage good sportsmanship.

### **Tobacco - "Be the NORM"**

A course designed to give students and coaches an understanding of the negative effects of tobacco use.

## Coaching in Ontario Schools (CIOS)



The Coaching in Ontario Schools (CIOS) course continues its popularity, particularly among teacher-candidates, with approximately 300 participants completing the course per year.

We are offering the course through a live-time online format which will allow participants from across the province to interact and take the course at pre-established dates & times. Check the OFSAA website for upcoming dates & times.

### **Course Cost**

**Schools and Boards:** \$25/participant + Facilitator fee (and travel if applicable)

**Faculties of Education:** \$25/participant (no Facilitator fee)



To organize a CIOS workshop please contact Shamus Bourdon at 416-426-7440 or [shamus@ofsaa.on.ca](mailto:shamus@ofsaa.on.ca)

# BRIAN MAXWELL MEMORIAL SCHOLARSHIP AWARD WINNERS



OFSAA and the Brian Maxwell Memorial Scholarship Fund are pleased to announce the student-athletes who were awarded the 2016 scholarships.

The scholarship fund is in memory of Brian Maxwell, a successful distance runner. Brian competed in track & field

and cross country and achieved success as an OFSAA champion, Canadian junior, juvenile and senior champion and won numerous international marathons. In 1980 he was selected on the Canadian Olympic team and later became a successful entrepreneur who, with his wife Jennifer, co-founded the nutritional supplement PowerBar. Brian was born with a defective heart valve and in 2004, at only 51, died of a heart attack.

The Brian Maxwell Memorial Scholarship awards amounts of \$8,000, \$4,000 and \$2,000 each year to a male and female student athlete in Ontario who will continue their post-secondary education at a Canadian College or University. These scholar-athletes must also display qualities of honesty, integrity, compassion and an unwavering quest to accomplish the best academically and athletically while supporting fellow team members.



The 2016 Gold recipients of the \$8000 scholarship are **Kyle Madden** of St. George, and **Mackenzie Cameron** of Georgetown.

**Kyle Madden** graduated from Paris District High School in St. George near Brantford with an 85% average. He competed at OFSAA Track & Field since sophomore year and finished Grade 12 on the podium twice with bronze in the 1500m and gold in the 3000m. Kyle also competed at the 2015 World Youth Track & Field Championships, and finished 12th at OFSAA Cross Country. He was president of the Eco Club and traveled to Costa Rica to help the Mangrove Reforestation Project as well as participated in leadership, athletic council and the anti-bullying programs at school. Kyle will be studying human kinetics at the University of Guelph in the fall.



**Mackenzie Cameron** is a graduate of Christ the King CSS in Georgetown where she accomplished a 91% average. She competed at OFSAA Cross Country and Track & Field all four years of high school including a silver-medal finish in 3000m in Grade 9. A multi-sport athlete, Mackenzie is also competitive in Nordic skiing, soccer, and dance. She's a winner of the Father Patrick Fogarty Ontario Catholic Student Award, a student senator, Relay for Life organizer, school web master, and mathematics, Italian and Me to We club member. Mackenzie will study mathematics towards her Bachelor of Science degree at the University of Guelph starting this fall.



The 2016 Silver recipients of the \$4000 scholarship are **Mitchell Ubene** of Tecumseh, and **Lucia Stafford** of Toronto.

**Mitchell Ubene** recently graduated from Tecumseh Vista Academy in Tecumseh with a 95% average. He competed at OFSAA Track & Field twice including a fifth-place finish in the 3000m this year, and in Grade 9 was a member of the first-place team at OFSAA Cross Country. A former winner of the Windsor-Essex Sports Person of the Year, he also represents his school in soccer, volleyball and badminton. Off the court Mitchell has competed in provincial mathematics, physics, and chemistry contests and fundraised for the Kidney Foundation and Terry Fox Foundation. Mitchell will study engineering at the University of Guelph in the fall.



**Lucia Stafford** graduated from Toronto French School with a 92% overall average. At OFSAA Track & Field she landed on the podium four times including double gold this year in 800m and 1500m. Her 1500m time of 4:22 is a new OFSAA and Canadian Interscholastic Record and the exact same time landed her in 12th at the IAAF World Youth Championships this July. Lucia is the Outreach Club prefect head, played Miss Hannigan in the musical Annie, is co-founder of the Cancer Awareness Club, and organizes the Light the Night fundraiser in memory of her mother that raises money for cancer research. Lucia's sister Gabriella is a former recipient of this award. Lucia will study Engineering at University of Toronto in the fall.



The 2016 Bronze recipients of the \$2000 scholarship are **Millar Coveney** of St. Catharines, and **Kate Current** of Cobourg.

**Millar Coveney** is a graduate of Sir Winston Churchill SS in St. Catharines with a 94% average. He participated in multiple OFSAA Cross Country and Track & Field Championships including a second-place team finish in XC this year. He won a Government of Canada History Essay Award for his French-language essay, "Canadian Arctic Exploration and its Effect on Indigenous People." He's a member of the swim team, school prefect, leadership and Wintership leader, and concertmaster-playing violin. Millar will study engineering at Queen's University this fall.



**Kate Current** recently graduated from Cobourg Collegiate with a 96% average. At OFSAA Track & Field she finished fifth in Grade 11 and second in Grade 12 in the 800m. Kate also placed fifth in the 800m at Youth Nationals. At school she is a member of the athletic council, interact club, link crew and aided an intellectually challenged student to compete at track & field. She also helps the elderly learn new technology, coaches youth gymnastics, and works as a lifeguard and swim instructor. Kate will pursue a dual degree in engineering and business from the University of Western Ontario starting this fall.

Congratulations to all scholarship recipients and we wish you the best of luck in continuing your education and athletic careers at the post-secondary level!



So **ALL** Kids Can Play!

## 'KidSport' Grants 2016-17

OFSAA and 'KidSport' will partner once again in the coming school year to help high school students in Ontario overcome financial barriers that are restricting their participation in school sports.

- Applications must be on the form for the current year, 2016-17, which can be found on both the OFSAA ([ofsaa.on.ca](http://ofsaa.on.ca)) and KidSport ([kidsportcanada.ca](http://kidsportcanada.ca)) websites
- To determine grant eligibility the committee will consider social and economic barriers facing the student's family as identified by the parents. It is important that the parents' letters include comprehensive information on the family's current financial situation. Funding for eligible recipients is divided into sport seasons so there is only so much funding available each term.
- There will be a maximum amount of funding allowed per student, per school year.
- The endorser must clearly indicate what the fees cover for the specific sport.
- Monies are only approved for interschool participation fees for regular league play. This grant is not intended to cover any costs associated with exhibition matches, tournament play, or additional costs incurred from qualifying for championships.
- Funds will be dispersed as soon as possible after receipt of the application if all forms are complete and all criteria are met.
- A certain amount of funding is allocated for each sport season and students must apply separately for sports in different seasons by the deadline dates: Fall sports - October 31, 2016; Winter sports - February 3, 2017; Spring sports - May 1, 2017

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The background of the advertisement features four athletes: a female volleyball player in a yellow jersey with 'QUEEN' on it, a male hockey player in a white and blue jersey with 'ALBERTA GOLDEN' on it, a male football player in a black jersey with 'RAVENS' and the number '11' on it, and a female soccer player in a white jersey.

# OFSAA Alumni Scholarship Recipients 2016

Recipients of the OFSAA Alumni Scholarships are not necessarily the students with the highest academic standing, who participate in the greatest number of sports, or have won OFSAA medals. These scholarships focus on the impact school sport has had on the individual and the role he or she has played to better the school community as a whole.

Congratulations to the 2016 recipients for expressing how your unique experiences in school sport made your years in high school enjoyable and prepared you for life experiences as you go forward.



## ALEXIS PROVOST (SWOSSAA)

Alexis, a student at Riverside SS in Windsor, considers her participation in school sport, including basketball, volleyball and soccer, as contributing to four of the best years of her life. The relationship she formed with fellow teammates and coaches will always be cherished. School sport provided the opportunity for her to grow

in communication and teamwork skills, to develop better time management, to accept more responsibility, and to make sound decisions under pressure. As a member of a team that went from a winless season to one in which the team earned an OFSAA silver medal, she certainly learned to lose graciously and win with humility. Alexis's leadership was a "crucial component" to this year's team success according to her coach. All these attributes can now be applied to other life experiences and we wish Alexis well as she pursues a career in nursing.



## CHRIS BARCLAY (NOSSA)

Chris faced some unique challenges when he entered Lo-Ellen Park SS in Sudbury as he did not feel as though he fit in with the rest of the school community due to a visual impairment. Participation in school sport – swimming, Nordic skiing, and track and field - helped him gain confidence and develop friendships so that school became a

more welcoming place. Team travel taught him independence, organization, and time management, and as the demands of schoolwork, athletics, and volunteer commitments increased, he learned to use school sport to reduce stress. The mindset required for competition helped Chris stay focused and alert in the classroom and thus maintain academic excellence.

His teacher-coach states that "his values, maturity, work ethic and passion for sport position him well for future success both in school and in life". Chris is well-prepared to meet new challenges as he studies public health at the University of Waterloo and we wish him well.



## JUSTIN DAWSON (GBSSA)

During his years at Parry Sound HS, Justin participated in soccer, basketball, hockey, nordic skiing, cross country, and track and field. School sport opened many opportunities for him to develop friendships and learn life skills including responsibility, sportsmanship and leadership. Through sport Justin learned

that one cannot always be the best, cannot always win, but can focus on improving and dealing with both success and failure in a positive way. He has given back to sport by mentoring other athletes and serves as a good role model and leader for his peers. Justin thinks more about his team than his own needs and goals, and goes to great lengths to support the team. His teacher-coach considers him the "glue" for teams that are often individual sports, such as cross country, and believes he makes coaching "more possible for teacher-coaches". Justin plans to pursue Health and Wellness at Georgian College – all the best in the future!



## EMMANUELLE FAUCHER (NOSSA)

Emmanuelle attended Ecole Secondaire catholique and enjoyed participating in badminton, cross country, soccer, and cross country skiing during her four years of high school. She was also active in her school as a member of the school band, School Council, Athletic Association, theatre, yearbook committee, and the

Youth Advisory Council. School sport gave her a balance between 'work and play', and allowed her to experience many life changing events and develop new competences. The pleasure Emmanuelle received from her teammates and positive interaction with teacher-coaches encouraged her to motivate others to join in the fun of school sport. In the words of her teacher-coach, "her commitment to school involvement has been remarkable and her tremendous potential as a leader bodes well for future success". As Emmanuelle moves on to McGill to obtain a Bachelor of Arts degree, her past experiences in school sport will have prepared her for this new stage in her life- enjoy!

## The OFSAA Alumni Scholarships 2016-17

Each year OFSAA Alumni Scholarships are presented to students in specific Associations. For the 2016-17 school year, applications will only be received from students in schools in [NEOAA](#), [COSSA](#), [CWOSSA](#), and [TDCAA](#). Applications must be received by mail or courier by April 14th, 2017. Criteria and application forms can be found on the OFSAA website ([ofsaa.on.ca](http://ofsaa.on.ca)) under 'Programs/Scholarships'. Make your teacher-coaches, athletic directors, and student services department aware of this opportunity and encourage your students to apply!

### The OFSAA Alumni Association

The Alumni Association is composed of retired teacher-coaches and former student-athletes, and provides an opportunity for them to keep in touch with their peers. Donations to the scholarship fund from current teachers, former teacher-coaches, graduates, and alumni members provide the money for annual scholarships for students from around the province who pursue post-secondary education in a Canadian institution.

Members receive copies of the OFSAA Bulletin and newsletters. Pass along this information to new retirees and former student-athletes in your Association so we can expand the membership and continue to provide these scholarships.

## THE SCOREBOARDMAN

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## 2015-16 OFSAA Team Sportsmanship Award Recipients

The team Sportsmanship Award is given out at each Championship to the team that displays outstanding teamwork, positive attitude, and respect for opponents.

Girls' Field Hockey	Malvern CI
Girls' A Basketball	Elliot Lake SS
Girls' AA Basketball	Patrick Fogarty SS
Girls' AAA Basketball	Orillia SS
Boys' A Volleyball	Community Hebrew Academy of Toronto
Boys' AA Volleyball	Applewood Heights
Boys' AAA Volleyball	Pierre Elliot Trudeau
Girls' A Volleyball	ES Franco-Cité
Girls' AA Volleyball	Timmins HVS
Girls' AAA Volleyball	Cameron Heights CI
Boys' A Basketball	Toronto French School
Boys' AA Basketball	Eden HS
Boys' AAA Basketball	St. Joseph SS
Curling	Glendale HS
Girls' A/AA Hockey	Fort Frances HS
Girls' AAA Hockey	Cobourg CI
Boys' A/AA Hockey	Huntsville SS
Boys' AAA Hockey	St. Aloysius Gonzaga
Girls' A/AA Rugby	Newtonbrook SS
Girls' AAA Rugby	Lakeshore CHS
Boys' A/AA Rugby	Newtonbrook SS
Boys' AAA Rugby	St. Patrick's HS
Girls' A Soccer	Lester B. Pearson SS
Girls' AA Soccer	Carine Wilson SS
Girls' AAA Soccer	Mother Teresa HS
Boys' A Soccer	Nicholson College
Boys' AA Soccer	Glendale SS
Boys' AAA Soccer	David and Mary Thomson CI

## 2015-16 OFSAA Leadership in School Sport Award Recipients

The OFSAA Leadership in School Sport Award is presented at each OFSAA Championship to a teacher-coach who has made a significant contribution to their educational athletic program. The recipient exemplifies the values of fair-play and sportsmanship, while promoting enjoyment, personal growth, and educational achievement through school sport.

Girls' Field Hockey	Allison Avery
Cross Country	Al Coukell & Kairy Loucks
Girls' A Basketball	Joe Amicarelli
Girls' AA Basketball	Andrea Leili
Girls' AAA Basketball	Helen Dupuis
Boys' A Volleyball	Jeff Kennedy
Boys' AA Volleyball	Reg McDonald
Boys' AAA Volleyball	Steve Chamko
Alpine Skiing	Sheila Barclay
Nordic Skiing	Sherry Taylor-Fox
Swimming	Jodi Scott
Wrestling	David Trembley
Girls' A Volleyball	Ray Boehm
Girls' AA Volleyball	David Tressor
Girls' AAA Volleyball	Dez Forget
Boys' A Basketball	Bernie Burnett
Boys' AA Basketball	Craig Beda
Boys' AAA Basketball	Jeff Zownir
Curling	Bruce Anderson & Anthony Loretto
Girls' A/AA Hockey	Mark Flanagan
Girls' AAA Hockey	Bob Ellison
Boys' A/AA Hockey	Gary Schreider
Boys' AAA Hockey	Grant O'Keefe
Badminton	James Munroe
Tennis	David Dodge
Girls' A/AA Rugby	Ryan Clancy
Girls' AAA Rugby	Sandro Mancino
Boys' A/AA Rugby	Greg Conway
Boys' AAA Rugby	Andrew McCutcheon
Girls' A Soccer	Peggy Smith
Girls' AA Soccer	Laurie Vezina
Girls' AAA Soccer	Dominic Scozzafava
Boys' A Soccer	Michel Laroque
Boys' AA Soccer	Paolo Pereira
Boys' AAA Soccer	Jon Nador
Track & Field	Steve Hnidei & Andromeda Dean

# OFSAA A/AA & AAA Field Lacrosse Festival

Georgetown

May 30-June 3, 2016



If not for Timm Stephenson of Christ the King Catholic Secondary School (GHAC) this year's OFSAA Lacrosse Festivals would have been cancelled. OFSAA would like to thank all the hard work by this year's organizing committee for putting together a great tournament in such a short period of time. Hosting both events is no easy task and Timm's spirited group put on a first class event for all participants.

Using the fields at Gellert Community Park, which turned out to be a great venue and with the help of teacher and student volunteers from Christ the King, student-athletes across the province were treated to a very organized event. Participants from both festivals were treated to a banquet that truly reflected high school sport, eating in the Christ of King cafeteria proved to be the perfect atmosphere

as student-athletes were well fed after the first day of competition.

In the A/AA festival Holy Trinity Secondary School (LOSSA) captured the gold defeating Holy Cross Catholic Secondary School (SOSSA) in an exciting final 11-10. The AAA gold medal match featured the 2015 finalists and once again St. Michael's College (CISAA) prevailed 10-8 over St. Peter Catholic Secondary School (COSSA). Congratulations to all 2016 medal winners.

## A/AA PLAYOFF RESULTS

### Semi-Final Game

Holy Cross def. Mackinnon Park 9-8  
 Holy Trinity def. Abbey Park 11-9

### Bronze Medal Game

Abbey Park def. Mackinnon Park 9-8

### Gold Medal Game

Holy Trinity def. Holy Cross 11-10

## A/AA PARTICIPANTS

CMcKinnon Park SS (SOSSA)  
 Holy Cross SS (SOSSA)  
 Holy Trinity SS (LOSSA)  
 Father Leo Austin CSS (LOSSA)  
 Robert F Hall CS (ROPSSAA)  
 Crestwood SS (COSSA)

Owen Sound CVI (CWOSSA)  
 Osgoode Township (NCSSAA)  
 Silverthorn CI (TDSSAA)  
 Patrick Fogerty SS (GBSSA)  
 Corpus Christi CSS (GHAC)  
 Abbey Park HS (GHAC)

# Draft 2016-17 OFSAA

## **BOYS' GOLF (CWOSSA)**

Oct. 12-13, 2016, Port Elgin  
George Condy, Saugeen DSS  
519-832-2091  
george\_condy@bwdsb.on.ca  
**Entry Deadline: Oct. 6, 2016**

## **GIRLS' GOLF (YRAA)**

Oct. 12-13, 2016, Richmond Hill  
Jackie Mooney, Bayview SS  
905-884-4453  
girlsgolf@me.com  
**Entry Deadline: Oct. 6, 2015**

## **GIRLS' FIELD HOCKEY (CWOSSA)**

Nov. 3-5, 2016, Kitchener  
Ruth Hibbard, Huron Heights SS  
519-896-2631 x5066  
ruth\_hibbard@wrdsb.on.ca  
**Entry Deadline: Oct. 29, 2016**

## **CROSS COUNTRY (CISAA)**

Nov. 5, 2016, Port Hope  
Tim White, Trinity College  
905-885-3217  
twhite@tcs.on.ca  
**Entry Deadline: Oct. 29, 2016**

## **BOYS' A VOLLEYBALL (NOSSA)**

Nov. 24-26, 2016, North Bay  
Colleen Egan, Chippewa SS  
705-475-2341  
colleen.egan@nearschools.ca  
**Entry Deadline: Nov. 19, 2016**

## **BOYS' AA VOLLEYBALL (SWOSSAA)**

Nov. 24-26, 2016, Windsor  
Pat Osborne, Kennedy Collegiate  
519-245-6475  
patrick.osborne@publicboard.ca  
**Entry Deadline: Nov. 19, 2016**

## **BOYS' AAA VOLLEYBALL (GHAC)**

Nov. 24-26, 2016, Burlington  
Mike Skeoch, Dr. Frank Hayden SS  
905-332-5235  
skeochmi@hdsb.ca  
**Entry Deadline: Nov. 19, 2016**

## **GIRLS' A BASKETBALL (NEOAA)**

Nov. 24-26, 2016, Timmins  
Doug Basso, O'Gorman HS  
705-268-4501  
dbasso@ncdsb.on.ca  
**Entry Deadline: Nov. 19, 2016**

## **GIRLS' AA BASKETBALL (SWOSSAA)**

Nov. 24-26, 2016, Belle River  
Frank Graziano, Belle River DHS  
519-728-1212  
frank.graziano@publicboard.ca  
**Entry Deadline: Nov. 19, 2016**

## **GIRLS' AAA BASKETBALL (TDCAA)**

Nov. 24-26, 2016, Toronto  
Francesca Malfitano/  
Eva Roser, Cardinal Newman  
416-393-5514  
francesco.malfitano@tcdsb.org  
**Entry Deadline: Nov. 19, 2016**

## **FOOTBALL BOWLS**

Nov. 28-30, 2016, Hamilton  
Peter Morris  
morriss@sympatico.ca  
**Entry Deadline: Nov. 22, 2016**

## **ALPINE SKIING**

Feb. 27-28, 2017, Collingwood  
Jim Barbeau  
jim@ofsaa.on.ca  
**Entry Deadline: Feb. 18, 2017**

## **NORDIC SKIING (NEOAA)**

Feb. 28- March 1, 2017, Timmins  
John LaBine, Timmins HS  
705-360-1411  
john.labine@dsb1.ca  
**Entry Deadline: Feb. 18, 2017**

## **SWIMMING (SWOSSAA)**

Feb. 28- Mar. 1, 2017, Windsor  
Danielle Parent, E.J. Lajeunesse CSS  
519-972-5763  
paredani@cscprovidence.ca  
**Entry Deadline: Feb. 18, 2017**

## **WRESTLING (ROPSSAA)**

Mar. 1-3, 2017, Brampton  
Richard Knill, Turner Fenton  
905-453-9220  
richard.knill@peelsb.com  
**Entry Deadline: Feb. 23, 2017**

## **SNOWBOARDING (YRAA)**

Mar. 2, 2017, Markville  
Adrienne Chong, Markville SS  
905-940-8840  
adrienne.chong@yrdsb.ca  
**Entry Deadline: Feb. 25, 2017**

## **BOYS' A BASKETBALL (SWOSSAA)**

Mar. 6-8, 2017, Windsor  
Thomas Couvillion, EJ Lajeunesse  
519-972-0071  
couvthom@cscprovidence.ca  
**Entry Deadline: Feb. 28, 2017**

## **BOYS' AA BASKETBALL (NOSSA)**

Mar. 6-8, 2017, Sault Ste. Marie  
Jeff Giovanetti, Korah Collegiate  
705-945-7180 x66506  
giovanj@adsb.on.ca  
**Entry Deadline: Feb. 28, 2017**

## **BOYS' AAA BASKETBALL (NOSSA)**

Mar. 6-8, 2017, North Bay  
Tim Lowe, ESC Algonquin  
705-472-8240  
lowet@franco-nord.ca  
**Entry Deadline: Feb. 28, 2017**

## **GIRLS' A VOLLEYBALL (SOSSA)**

Mar. 6-8, 2017, Welland  
Philippe Desjardins, ESC Jean-Vanier  
905-714-7882  
pdesjardins@csdccc.edu.on.ca  
**Entry Deadline: Feb. 28, 2017**

## **GIRLS' AA VOLLEYBALL (COSSA)**

Mar. 6-8, 2017, Belleville  
Paul Whalen, Nicholson Catholic  
613-967-0404  
whalenpa@alcdsb.on.ca  
**Entry Deadline: Feb. 28, 2017**

## **GIRLS' AAA VOLLEYBALL (GBSSA)**

Mar. 6-8, 2017, Barrie  
Brad Graham/ Mark Molasy, Innisdale SS  
705-726-5422  
bgraham@scdsb.on.ca  
**Entry Deadline: Feb. 28, 2017**

## **CURLING (NOSSA)**

Mar. 21-24, 2017, North Bay  
Sean Mullan, Widdifield  
705-472-5711  
sean.mullan@nearnorthschools.ca  
**Entry Deadline: Mar. 8, 2017**

## **BOYS' A/AA HOCKEY (NWOSSAA)**

Mar. 21-24, 2017, Fort Frances  
Shane Beckett, Fort Frances HS  
807-274-7747  
sbeckett@mail.rrdsb.com  
**Entry Deadline: Mar. 8, 2017**

FOR COMPLETE CHAMPIONSHIP



# Championship Calendar

## **BOYS' AAA HOCKEY (ROPSSAA)**

Mar. 21-24, 2017, Mississauga  
Joel Agnew, St. Aloysius Gonzaga CSS  
905-820-3900  
joel.agnew@dpcdsb.org  
**Entry Deadline: Mar. 8, 2017**

## **GIRLS' A/AA HOCKEY (WOSSAA)**

Mar. 21-24, 2017, Stratford  
Kim Ruston, Stratford Northwestern  
519-271-9740  
kimbrust@fc.amdsb.ca  
**Entry Deadline: Mar. 8, 2017**

## **GIRLS' AAA HOCKEY (ROPSSAA)**

Mar. 21-24, 2017, Mississauga  
Melanie Jones, St. Aloysius Gonzaga CSS  
905-820-3900  
melanie.jones@dpcdsb.org  
**Entry Deadline: Mar. 8, 2017**

## **GIRLS' GYMNASTICS**

April 24-25, 2017, Belleville  
Debbie Clare, Centennial SS  
613-962-9233 x3409  
dclare@hpedsb.on.ca  
**Entry Deadline: Apr. 4, 2017**

## **BADMINTON (SWOSSA)**

May 4-6, 2017, Pain Court  
Mike Schinkelshoek, ES Pain Court  
519-352-1614  
schimich@cscprovidence.ca  
**Entry Deadline: Apr. 29, 2017**

## **TENNIS (YRAA)**

May 29-31, 2017, Vaughan  
Shawn Morris, Stephen Lewis SS  
905-326-7994  
shawn.morris@yrdsb.ca  
**Entry Deadline: May 23, 2017**

## **GIRLS' A/AA & AAA RUGBY (LOSSA)**

May 29-31, 2017, Ajax  
Amy Murray, J. Clarke Richardson  
905-619-9573  
amy.murray@ddsb.ca  
**Entry Deadline: May 23, 2017**

## **BOYS' A/AA FIELD LACROSSE**

May 31-June 2, 2017, Brantford  
Geoff Stead, Pauline Johnson CVS  
519-756-1320  
william.stead@granderie.ca  
**Entry Deadline: May 23, 2017**

## **BOYS' AAA FIELD LACROSSE**

May 29-31, 2017, Brantford  
Geoff Stead, Pauline Johnson CVS  
519-756-1320  
william.stead@granderie.ca  
**Entry Deadline: May 27, 2017**

## **BOYS' A/AA & AAA RUGBY (NCSAA)**

June 1-3, 2017, Ottawa  
Rick Mellor, Colonel By  
613-569-8211  
ncsaa@ocdsb.ca  
**Entry Deadline: May 27, 2017**

## **GIRLS' A SOCCER (TDCAA)**

June 1-3, 2017, Toronto  
Jeff Kennedy, UTS  
416-770-3301  
jeffkennedy@utschools.ca  
**Entry Deadline: May 27, 2017**

## **GIRLS' & BOYS' AA SOCCER**

June 1-3, 2017, TBA  
**Entry Deadline: May 27, 2017**

## **GIRLS' AAA SOCCER (SWOSSAA)**

June 1-3, 2017, Belle River  
Frank Graziano, Belle River DHS  
519-728-1212  
frank.graziano@publicboard.ca  
**Entry Deadline: May 27, 2017**

## **BOYS' A SOCCER (SWOSSAA)**

June 1-3, 2017, Windsor  
Thomas Couvillion, EJ Lajeunesse  
519-972-0071  
couvthom@cscprovidence.ca  
**Entry Deadline: May 27, 2017**

## **BOYS' AAA SOCCER (GHAC)**

June 1-3, 2017, Stoney Creek  
Anthony Macaluso, Cardinal Newman  
905-523-2314 x3104  
macalusoan@hwcdsb.ca  
**Entry Deadline: May 27, 2017**

## **TRACK & FIELD**

June 1-3, 2017, Belleville  
Brian Poste, North Hastings  
613-332-1220  
bposte@hpedsb.on.ca  
**Entry Deadline: May 27, 2017**

## **BOYS' BASEBALL EAST REGIONAL**

May 31- June 1, 2017, TBA  
**Entry Deadline: May 27, 2017**

## **BOYS' BASEBALL WEST REGIONAL (SWOSSAA)**

May 31- June 1, 2017, Windsor  
Steve Burke, St. Anne's CSS  
519-727-8908  
steve\_burke@wecdsb.on.ca  
**Entry Deadline: May 27, 2017**



### 2016 A/AA Festival

Congratulations to Nathaniel Beaton, Anthony Brosseau, Mitchell DeGray, Tyler Farquharson, Carson Gallagher, Riley Girard, Luc Godin, Matt Godin, Dylan Irvine, Austin Jones, Luke Keenan, Nick Kelly, Owen Knight, Zennon Kzanowski, Brent Lace, Bradley Lyons, Benton Oliver, Conner Scott, Blake Strong, Brock Strong, Trent Swaine, Ryan Troughton and coaches Jamie Taylor, Jennifer Koppens and Claudine Dowdall.

### 2016 AAA Festival

Congratulations to Daniel Balawejder, Brendan Byrne, Declan Conlon, Luca Danneta, Samuel DeMarchi, Jonathon Donville, Ryan Essensa, John Fleming, William Hunter, Matthew Keresteci, Daniel May, Mitchel McBroom, Conner McCauley, Jonathon McConvey, Thomas McConvey, Ross McCullough, Justin McIntosh, Alexander Meehan, Dillon Mocha, Kieran Molony, Mark Paolini, David Pelliccione, Jonathon Peshko, Samuel Rowe, Brandon Tanacs, Keaton Thomson and coaches Angus Dineley, Matthew Pagano and Alex Frescura.

#### AAA PLAYOFF RESULTS

##### Semi-Final Game

St. Michael's def. Mayfield	11-2
St. Peter def. Donald Wilson	6-4

##### Bronze Medal Game

Donald Wilson def. Mayfield	11-6
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##### Gold Medal Game

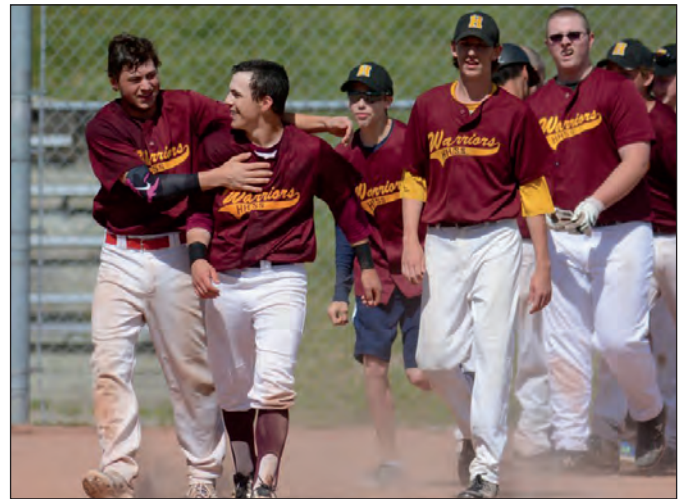
St. Michael's def. St. Peter	10-8
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#### AAA PARTICIPANTS

St. Michael's College	(CISAA)
St Peter SS	(COSSA)
Donald A. Wilson SS	(LOSSA)
Holy Trinity SS	(GHAC)
South Carleton HS	(NCSSAA)
Birchmount Park CI	(TDSSAA)
Mother Theresa HS	(NCSSAA)
Mayfield SS	(ROPSSAA)
Maxwell Heights SS	(LOSSA)
Assumption College	(CWOSSA)
Aurora HS	(YRAA)
Denis Morris HS	(SOSSA)
Humberview SS	(ROPSSAA)
Bracebridge &	
Muskoka Lakes SS	(GBSSA)
Father Redmond CSS	(TDCAA)
Christ the King CSS	(GHAC)

# OFSAA Baseball Championship

JUNE 1-2 Barrie; Aurora and Newmarket & JUNE 8 London



Grant Campbell and Mark West in York Region and Brad Graham and Jon Stirtan in Barrie did an outstanding job in organizing the regional playoffs for this year's baseball championship. You might say they knocked it out of the park! Each region hosted a 10-team double knockout tournament with the top two teams advancing from each to the semi-finals. When the dust had settled St. Michael's College, Notre Dame, St Anne's and Bishop Allen were the four teams that slid into the semifinals for the second straight year.

Shane Way, Curtis Zimmerman, Mitchell Zimmerman and Coaches Steve Burke, Chris Burke, Jonah Fuerth and Chuck Gravelle.

A special thank-you to Taylor Jones for coordinating the games in London.

Steve Burke from St Anne's was presented with the Leadership in School Sport Award at the Coaches' Meeting for his long time contribution to high school baseball both as a coach and OFSAA Convenor.

Once again London played host to the final four of the OFSAA baseball championships for the Prentice Cup. In a low scoring game SWOSSA's St Anne's from Lakeshore defeated the TDCAA's Bishop Allen from Toronto 4-2. Congratulations to Matthew Bardoel, Andrew Bastable, Dalton Boyle, Matthew Broderick, Carson Burke, Michael Critchley, Cameron George, Evan Gignac, Daniel Gore, Matthew Gravelle, Gibson Krzeminski, Christopher Mousseau, Nathan Pichione, Eric Ray, Christopher Rinaldi Ross, Spencer Seguin,

## PARTICIPANTS

### West Regional

Notre Dame	GHAC
Sinclair	LOSSA
St. Michael's College	CISAA
St Joseph	GBSSA
Richview	TDSSAA
St Marcellinus	ROPSSAA
Bill Crothers	YRAA
8Prince Edward County	COSSA
John McCrae	NCSSAA
Bishop Alexander Carter	NOSSA

### East Regional

St. Anne	SWOSSA
Bishop Allen	TDCAA
Christ the King	GHAC
Oakridge	WOSSAA
Huron Heights	YRAA
A.N. Myer	SOSSA
Humberside	TDSSAA
Assumption	CWOSSA
Nantyr Shores	GBSSA
Regiopolis Notre Dame	EOSSAA

## CHAMPIONSHIP RESULTS

### Semi Finals

Bishop Allen	6	St. Michael's	4
St. Anne's	3	Notre Dame	0

### Bronze Medal

Notre Dame	10	St. Michael's	4
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### Gold Medal

St Anne's	4	Bishop Allen	2
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# OFSAA Boys' A/AA Rugby Championship

Cobourg

June 2-4, 2016



St. Mary Secondary School (COSSA) and past OFSAA convenor Greg Conway decided it was time for rugby to return to Cobourg, Ontario. Greg and his organizing committee made up of teachers, students and administration tinkered with 2012's successful formula to provide a great championship for all participants. With the help of Trinity College down the 401, student-athletes were treated to great playing conditions and fantastic weather throughout event. Thanks to both schools for putting on a first class tournament.

The championship kicked off with a breakfast banquet at the local Best Western where athletes literally piled food unto their plates. Congratulations to Greg Conway for winning the Leadership in School Sport award, your dedication to student-athlete success both on the field and in the classroom is greatly appreciated. In the end, Trenton HS (COSSA) once again proved their dominance of OFSAA gold by defeating 2nd seeded La Salle SS (EOSSAA) by a score of 24-12.

Congratulations to; Seth Acreman, Alec Alderman, Riley Avery, Zack Avery, Austin Beatty, Nick Bentley, Cameron Brown, Duncan Brown, Tyson Cooney, Jacob Evoy, Lucas Fox, Bret Hill, Mackenzie Hunter, Ben Hutchison, Jacob Losier, Jarod Malette, Andrew Merry, Samir Mohammadyar, Jacob Richardson, Tyson Rigby, Harry Rightmeyer, Cooper Robinson, John Ruttan, Ty Shemko, Dawson Sopha, Matthew Tedford, Curtis Thom, Zach Thomas, Logan Thurston, Samuel Thurston and coach Brian Meindl.

Also to be congratulated is Newtonbrook SS (TDSSAA) for winning the consolation final and being awarded the Team Sportsmanship Award for their respectfulness of all participants throughout the championship. Who will forget the signed rugby balls given to each opponent and tournament organizers.

## CHAMPIONSHIP RESULTS

### Consolation Final

Newtonbrook def. Crescent 15-12

### Bronze Medal

Ashbury def. Streetsville 17-12

### Gold Medal

Trenton def. LaSalle 24-12

## PARTICIPANTS

Trenton HS	(COSSA)
St. Mary SS	(COSSA)
Ashbury College	(NCSSAA)
Sarnia Collegiate	(SWOSSAA)
St. Stephen SS	(LOSSA)
Denison SS	(YRAA)
Newtonbrook SS	(TDSSAA)
Crescent School	(CISAA)
La Salle SS	(EOSSAA)
Barrie Central	(GBSSA)
Streetsville SS	(ROPSSAA)
Erin DHS	(CWOSSA)
Eden HS	(SOSSA)
F.E. Madill SS	(WOSSA)
Abbey Park HS	(GHAC)
Midland SS	(GBSSA)

# Boys' AAA Rugby Championship

Markham

June 2-4, 2016



The 2016 OFSAA AAA Boys' Rugby Championship was hosted by Bill Crothers Secondary School (YRAA) in Markham, On . Convenor Andrew McCutcheon and his organizing committee put in countless hours to ensure a great experience for all participants. Using Fletcher's Field in Markham proved to be a great venue as all fields were located at one location. Coaches, players and spectators were treated to exciting and grueling matches throughout the tournament. In the end Uxbridge Secondary School (LOSSA) emerged victorious over Oakville Trafalgar High School (GHAC) to win OFSAA Gold.

Congratulations to Thomas Crouse-Adam, Carson Beaton, Dylan Boudreau, Emmorey Chris, Daniel Cooper, Robert Eliadis, Conner Evans, Jackson Evans, Eric Fonk, Robert Freckelton, Reilly Higgins, Jacob Phair, Jake Lavery, Ramzy Karmish, Andrew Kegel, Jamie Kernohan, Yee Kieran, Matthew McMinn, Grady Morrow, Kallum Thompson, Edmund Truter, Zach Urquhart, Carson Ward, Jesse Webber, Alex Williamson and head coach Paul Connelly.

The championship also featured a great banquet at the Hilton Toronto/Markham Suites and Conference Centre. Rugby appetites were fed and everyone was in good spirits as the rugby community celebrated to achievements of everyone in the room. The Leadership in School Sport Award was presented to Coach "Cutch" for his countless years of coaching. Andrew has been heavily involved with rugby at the high school level and his commitment to student-athlete success is appreciated.

Congratulations also to St. Patrick's HS (SWOSSAA) for being great examples of how a team should conduct itself at a provincial championship by displaying great sportsmanship and behaviour throughout the event. For their efforts, St. Pat's was awarded the Team Sportsmanship Award.

## CHAMPIONSHIP RESULTS

### Consolation Final

Medway def. Napean 29-19

### Bronze Medal

St. John's College def. Adam Scott 15-12

### Gold Medal

Uxbridge def. Oakville Trafalgar 19-5

## PARTICIPANTS

- Adam Scott CVI (COSSA)
- Bill Crothers SS (YRAA)
- Lorne Park SS (ROPSSAA)
- Nepean HS (NCSSAA)
- Regiopoli Notre Dame (EOSSAA)
- Senator O'Connor College (TDCAA)
- St. Maximilian Kolbe CSS (YRAA)
- Uxbridge SS (LOSSA)
- Banting Memorial HS (GBSSA)
- Lawrence Park CI (TDSSAA)
- Medway HS (WOSSAA)
- Oakville Trafalgar HS (GHAC)
- Saltfleet District HS (SOSSA)
- St. John's College (CWOSSA)
- St. Waterloo CI (CWOSSA)
- Patrick's HS (SWOSSAA)

# Girls' A/AA and AAA Rugby Championship

Ottawa

May 30 - June 1, 2016



NCSSAA is known for putting on great athlete-centred events and this time was no exception. Athletes were treated to a fantastic facility, a wonderful banquet and beautiful weather. Congratulations and thank you to Rick Mellor and Carrie Bowie for running another great championship. OFSAA would like to send a special thank you to Rick Mellor who retired in June, for all of his years of work as a teacher, athletic coordinator and volunteer for OFSAA.

The organizing committee accomplished an amazing feat by feeding 1000 people in record time at the banquet. With everyone full and happy, there was time to focus on the well-deserving Leadership in School Sport award winners, Ryan Clancy from St. Anne's CSS (SWOSSAA) and Sandro Mancino from Blessed Cardinal Newman CSS (TDSSAA). Ryan won the award for the Girls' A/AA Championship for his years of dedication to student-athletes. His infectious smile and happy personality means that those around him want to share their successes with him. He has been involved at both the local level as WOSSAA convenor and at the OFSAA level as the Girls' Rugby Sport Advisory Committee chair. Sandro won the award for the Girls' AAA Championship and there was not a dry eye in the room as Eva Roser, the team's head coach, made a moving speech about the commitment that Sandro has to his athletes and the sport of rugby. Congratulations to both winners.

After the championship was over, the Team Sportsmanship award was given to the school that set an example to all of the other schools for their positive attitude and respect for officials, coaches and other athletes. For the Girls' A/AA, the award was given to Newtonbrook SS and for the Girls' AAA, the award was

given to Lakeshore CHS. Congratulations to the teams!

The final game for the Girls' A/AA Championship was a nail-biter with Trenton HS squaring off against Bayside SS. Both teams are from COSSA and had played each other multiple times this school year. Each time Bayside SS had won, until the Gold Medal game where Trenton HS put on the pressure and won the game 31-7. Congratulations to Trenton HS (COSSA) for having another stellar season: Harleigh Baker, Lauryn Bons, Amy-Lynn Boyle, Summer Bradley, Johanna DeWitt, Hannah Eden, Meaghan Farrington, Sydney Garrison, Payton Goodfellow, Kaylyn Jones, Antoinette Kennedy, Jenna Lajoie, Leanne Martin, Brooke McCormick, Taryn McLachlan, Meg Meindl, Emile Merilainen, Kelsey Minnie, Tiffany Moore, Kailin Muir, Sydney Patterson, Laura Perrault, Zoe Roe, Nicole Schinke, Sarah Tedford, Addison Walker, Erika Walker, Trinity Walker, Blaze Welling, Hayley Williams, coaches, Tara Feeney and Tom Gauthier, Darlene Walker and head coach, Brian Meindl.

## A/AA PARTICIPATING TEAMS

Bayside SS	COSSA	Dr. JM Denison SS	YRAA
Trenton HS	COSSA	Ashbury College	NCSSAA
Arnprior DHS	EOSSAA	Newtonbrook SS	TDSSAA
St. Mary's HS	CWOSSA	Merivale HS	NCSSAA
Barrie Central CI	GBSSA		
St. Michael HS	SOSSA		
St. Anne's CSS	WOSSAA		
Jean Vanier CSS	GHAC		
Applewood Heights SS			
	ROPSSAA		
Barrie North CI	GBSSA		
Courtice SS	LOSSA		
Wallaceburg DSS	SWOSSAA		

## A/AA RESULTS

### Championship Semi-Finals

Trenton def. Arnprior 15-0  
 Bayside def. St. Mary 24-0

### Consolation Final

St. Michael def. St. Anne 15-7

### Bronze Medal

Arnprior def. St. Mary's 26-15

### Gold Medal

Trenton def. Bayside 31-7



The AAA Championship was a close game between returning champions Oakville Trafalgar HS (GHAC) and John F. Ross C&VI (CWOSSA). Oakville Trafalgar HS pushed against John F. Ross C&VI hard, but when it counted John F. Ross C&VI was able push back harder to win in the Gold Medal game. Congratulations to John F. Ross C&VI (CWOSSA) players and coaches on their much-deserved AAA Championship victory: Kiersten Bell, Ruth Agyemang, Lauren Alarie, Pearl Atlookan,

Aniela Breen, Elena Campbell, Mallory DeBeyer, Georgie Faulkner, Emily Frasson, Paisley Frasson, Kennedy Frost, Maddie Gundy, Michelle Hopkins, Courtney Ing, Jasmine Ing, Aliesha Lewis, Victoria Liebig, Abbey Marchesich, Lillian Markovinovic, Angelica McDaid, Tessa McHattie, Eloise Neufeld, Jordie Neumann, Hosay Niazi, Maddie Oke, Hana Stone, Catie Terrey, Vanessa Thongsomsanith, Darby Whittaker coach Nick Key and head coach Mark Yanchus.

## AAA RESULTS

### Championship Semi-Finals

John F. Ross def. St. Roch 26-12

### Consolation Final

Stoffville def. IE Weldon 25-5

### Bronze Medal

St. Peter def. St. Roch 26-19

### Gold Medal

John F. Ross def Oakville Trafalgar 27-19

## AAA PARTICIPATING TEAMS

Oakville Trafalgar HS	GHAC
Uxbridge SS	LOSSA
John F. Ross C&VI	CWOSSA
IE Weldon SS	COSSA
St. Peter HS	NCSSAA
Blessed Cardinal Newman CSS	TDCAA
St. Roch CSS	ROPSSAA
Regiopoliis-Notre Dame	EOSSAA
Stouffville DSS	YRAA
Sir Oliver Mowat CI	TDSSAA
Lakeshore CHS	SOSSA
Ursuline College	SWOSSAA
Clarke Road SS	WOSSAA
Christ the King CSS	GHAC
Glebe CI	NCSSAA
Collingwood CI	GBSSA

# Boys' A Soccer Championship

Windsor

June 2-4, 2016



Once again École Secondaire Catholique E.J. Lajeunesse (SWOSSAA) in Windsor, Ontario, took on the task of hosting an OFSAA event. Linda Carrière and her team of volunteers came prepared to give the students a true Championship experience. Using McHugh Park Soccer Fields, coaches and athletes were treated to a great venue and plenty of action on the pitch. An action packed first day of competition concluded with the championship banquet, which was held at a familiar banquet site for OFSAA, the Caboto Club and its staff provided great food and a perfect location as always. Michel Laroque was honoured as the Leadership in School Sport Award. Michel's commitment to serving student-athletes behind the scenes both with school teams and OFSAA events was celebrated.

The action back on the pitch provided for exciting games and this year the gold medal was decided by penalty kicks. Nicholson CC (EOSSAA) prevailed as gold medallists with a 5-4 (PK) advantage over Heritage Christian (SOSSA). Congratulations to Sheamus Addy, Clark Albert, William Auray, Nathan Cowan, Colin Fleming, Noah George, Anthony Izzotti, Isaac Jarvis, Ryan Jarvis, Nolan Kerr, Austin Labelle, Cole McRae, Sebastien Meeks, Jimmy Murray, David Nurse, Matthew Panetta, Alex Phillips, Sam Rivers, Nathan St. Romain, Brady Wells, Mitch Whitney and coaches Stephane Auray, Ian Jarvis, and Sonia Zanette.

It is no surprise that the Team Sportsmanship Award was presented to gold medallist Nicholson College as well, their success can be attributed to their behaviour both on and off the pitch. Congratulations on a great season!

## RESULTS A

### Quarter-Finals

Ridley College def. Glengarry	4-0
Nicholson def. Toronto Christian	4-0
Heritage def. Holy Cross	2-1
St. Charles Garnier def. Etienne-Brule	2-0

### Semi-Finals

Nicholson def. Ridley College	2-0
Heritage def. St. Charles Garnier	2-0

### Bronze Medal

Ridley College def. St. Charles Garnier	7-1
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### Gold Medal

## PARTICIPANTS A

Ridley College	CISAA
Nicholson Catholic College	COSSA
Georgian Bay S.S.	CWOSSA
Glengarry DHS	EOSSAA
E.S.C. Nouvelle Alliance	GBSSA
Lester B. Pearson S.S.	GHAC
E.C. Saint Charles Garnier	LOSSA
E.S.C. Ste-Marie	NEOAA
College Notre Dame	NOSSA
St Thomas Aquinas HS	NWOSSAA
Heritage Christian School	SOSSA
ESC EJ Lajeunesse	SWOSSAA
E.S. Etienne Brulé	TDCAA
Holy Cross H.S.	WOSSAA
Toronto District Christian High school	YRAA



# Boys' AA Soccer Championship

Kingsville

June 2-4, 2016



Kingsville is becoming known as quite the hotbed for provincial high school championships with yet another OFSAA Soccer Championship taking place in town this past spring. Long-time convenor Jason Leili once again assembled an excellent organizing committee, who worked hard to ensure a fantastic event would be had by all participants. In 2016 Corpus Christi (GHAC) won the gold medal with a 1-0 defeat over St. Andre Bessette (WOSSAA).

Congratulations to Marco Baccellieri, Trent Bayer, Jadon Bogojevic, Matthew Ceolaro, Nicholas Correa, Shindaji Deane, Nicholas Esperanca, Landon Gabriele, Alex Greco, Andy Han, Roman Lovrencec, Vito Manchisi, Mateo Marques, Ethan Marshall, Luca Pacheco, Marcus Rodrigues, Kurt Schmidt, Steven Tandarich, Ithiel Teferra, Simon Triantafillou and coaches Rob Biturajac, Dino Borchetta, Darrin Francis and Francis Spadafora.

Athletes and coaches were treated to a wonderful banquet at the Leamington Portuguese Club after day one of the championship. There, Paulo Pereira from Bishop Morocco was presented with the Leadership in School Sport Award for his years of coaching and mentoring student-athletes.

Glendale Secondary School from Hamilton (SOSSA) was selected by the committee to receive the Team Sportsmanship Award for conducting themselves in a positive manner that reflects the true values of the education through school sport philosophy. Congratulations to those players and coaches for being great role models and representing your school so well at this OFSAA Championship.

## RESULTS AA

### Quarter-Finals

Corpus Christi def. Crestwood	2-0
Bishop Morocco def. Franco Cite	3-0
St. Andre Bessette def. Denis O'Conner	2-0
Ascension def. Holy Cross	2-1 (OT)

### Semi-Finals

Corpus Christi def. Ascension	1-0
St. Andre Bessette Def. Bishop Morocco	2-1

### Bronze Medal

Bishop Morocco def. Ascension	1-0
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### Gold Medal

Corpus Christi def. St. Andre Bessette	1-0
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## PARTICIPANTS AA

Holy Trinity	GBSSA
Downsview	TDSSAA
St. David	CWOSSA
Crestwood	COSSA
Franco Cite	NCSSAA
Saint Paul	SOSSA
Bishop Marrocco	TDCAA
Kingsville	SWOSSAA
Corpus Christi	GHAC
Superior Heights	NOSSA
St. Andre Bessette	WOSSAA
Ascension	ROPSSAA
Glendale	SOSSA
Fort Frances	NWOSSAA
St. Michael	EOSSAA
Riverside	SWOSSAA
Holy Cross	YRAA
Huntsville	GBSSA
Timiskaming	NEOAA
Denis O'Connor	LOSSA

# Boys' AAA Soccer Championship

Kingston

June 2-4, 2016



Holy Cross CSS in Kingston played host to this year's Boys' AAA Soccer Championship. A strong organizing committee lead by convenor Joanna Besselink welcomed schools from across the province to showcase their skills.

Using four different fields across the city, athletes were treated to some excellent playing conditions. Day 1 also featured the championship banquet where participants were treated to a great meal at the Ambassador Hotel and Conference Centre. Jon Nador of Regiopolis Notre Dame CSS and Holy Cross CSS (EOSSAA) was the recipient of the Leadership in School Sport Award for his years of coaching service, which included both football and soccer, "John's unwavering commitment to youth and the great game of soccer continued into

his retirement, his spirit of giving back is demonstrated in his volunteering to be the site convener at one of our soccer fields for OFSAA 2016."

The gold medal game featured David Suzuki (ROPSSAA) and St. Thomas Moore (GHAC). David Suzuki prevailed 5-1 and captured the OFSAA Gold Medal. Congratulations to PJ Amponsah, Gurbir Bains, Visham Bisson,

Adrian Carter, Kibwe Dyer, Angel Erdmann, Zachary Gowlett, Jaskarn Grewal, Terrel Henry-Hutchinson, Levonte Johnson, Andrim Kajmoli, Johnathon Ljubanovich, Jerome Lowe, Ali Qaderi, Adonijah Reid, Dwaine Sewell, Aman Sheikh, Brathan Suthaker, Jamari Whyte and coaches Dwayne Swell, Kathryn Warner and Damien Yearwood.

This year the Team Sportsmanship Award was given to David and Mary Thomson CI (TDSSAA) for their great display of sportsmanship both on and off the field. Thanks must be extended again to Joanna Besselink and her organizing committee for their hard work in putting together a well organized and exciting championship.

## RESULTS AAA

### Quarter-Finals

David Suzuki def. Bill Crothers	4-1
Holy Cross def. St. Peters	1-0
St. Thomas More def. St. Basil	0-0 (4-3 PK)
St. Michael def. St. Patricks	3-0

### Semi-Finals

St. Thomas More def. Holy Cross	2-0
David Suzuki def. St. Michael	3-2

### Bronze Medal

St. Michael def. Holy Cross	2-0
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### Gold Medal

David Suzuki def. St. Thomas More	5-1
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## PARTICIPANTS AAA

Holy Names H.S.	SWOSSAA
Clarke Road S.S.	WOSSAA
St. Michael's College	CISAA
St. Patrick H.S.	NWOSSAA
St. Thomas More C.S. S.	GHAC
St. Basil C.S.S.	TDCAA
Westdale S.S.	SOSSA
St. Michael C.S.S.	ROPSSAA
Regiopolis-Notre Dame C.S.S.	EOSSAA
All-Saints C.S.S	LOSSA
David Suzuki S.S.	ROPSSAA
David & Mary Thomson C.I.	TDSSAA
St. Mary's College	NOSSA
Cameron Heights C.I.	CWOSSA
Holy Cross C.S.S.	EOSSAA
Bill Crothers S.S.	YRAA
St. Peter S.S.	COSSA
Franco-Ouest	NCSSAA
Neil McNeil H.S.	TDCAA
St. Peter's S.S.	GBSAA

# Girls' A Soccer Championship

North Bay

June 2-4, 2016



"Despite their record, they maintained a really positive outlook and were super friendly. Their coaches were superb in promoting a positive team." Congratulations to the athletes and coaches from Lester B. Pearson SS.

The Leadership in School Sport award was given out to Peggy Smith from West Ferris ISS (NOSSA). Peggy has been a dedicated leader at her school and in soccer. She has positively affected many student-athletes' lives over a number of years and she is well-deserving of this award.

Despite last minute accommodation issues, Ryan Culhane and his organizing committee were able to put on a first-class event. Ryan has been involved in convening a number of championships in the last few years and was on each organizing committee that hosted an OFSAA championship in North Bay this school year. Ryan knows how to run events and he ran this one with precision. Athletes and coaches were treated to perks like photo-ID tags. Thanks to Ryan and his organizing committee for all of their hard work this year.

The student-athletes were there to play hard and compete for gold. But only one team could be successful and this was Jean Vanier for the Girls' A Championship who won 2-0 against De La Salle.

The Team Sportsmanship award for the Girls' A Soccer was given to Lester B. Pearson SS (GHAC) for their great display of sportsmanship and their great attitude throughout the Championship. One of the coaches at the championships had this to say about the team,

Congratulations to ÉS Jean Vanier (SOSSA) players and coaches on their A Championship victory: Keturah Balabyekkubo, Danielle Brinker, Emily Charron, Sarah Chivers, Ashley Cyopick, Natasha Desjardins, Julia Doucet, Kendel Dunn, Alexandra Hébert, Alanna Lapalme, Julia MacPherson, Laura McAvoy, Julia McPhail, Georgia-Olivia Olah, Shanelle Olah, Alexandril Slusarz, Sydney Slusarz, Sophie Vaillancourt, Kyara Wendling, Matteya Wendling and coach Philippe Desjardins and head coach Nancy Desjardins.

## PARTICIPATING A TEAMS

### Pool A

Glengarry DHS	EOSSAA
Woodland Christian HS	CWOSSA
St. Paul SS	ROPSSAA
West Ferris ISS	NOSSA
ÉSC Sainte-Marie	NEOAA

### Pool B

ÉS Jean-Vanier	SOSSA
Lord Dorchester SS	WOSSAA
ÉS Algonquin	NOSSA
De La Salle College	CISAA
St. Thomas Aquinas HS	NWOSSAA

### Pool C

Toronto District Christian HS	YRAA
Vaughan Road Academy	YRAA
Port Hope HS	COSSA
Rideau DHS	EOSSAA
Hamilton District Christian HS	SOSSA

### Pool D

University of Toronto Schools	TDCAA
Lester B. Pearson SS	GHAC
ÉSC E.J. Lajeunesse	SWOSSAA
Stayner CI	GBSSA
St. Benedict CSS	NOSSA

## RESULTS A

### Quarter-Finals

De La Salle def. Woodland Christian	1-0
Jean Vanier def. Glengarry	3-1
Hamilton District Christian def. University of Toronto Schools	1-0
St. Benedict def. Port Hope	2-1

### Semi-Finals

De La Salle def. St. Benedict	1-0
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Jean Vanier def. Hamilton District Christian 4-0

### Bronze Medal

Hamilton District Christian def. St. Benedict 3-2

### Gold Medal

Jean Vanier def. De La Salle 2-0

# Girls' AA Soccer Championship

North Bay

June 2-4, 2016



Wismer and coach Curtis Langley and head coach Gerry Safadi.

Despite losing in the gold medal match, the athletes from Carine Wilson SS (NCSSAA) were smiling and singing all the way back home to Ottawa. This, along with their respect for the fields and the site coordinators, and the fact that they said thank you many times throughout the championship, won them the Team Sportsmanship award for the Girls' AA Soccer Championship. Congratulations to a well-deserved award.

It was a close game between Parkside CI (WOSSAA) and number one seed, Carine Wilson SS (NCSSAA) that resulted in an exciting 1-0 victory for Parkside CI. Congratulations to Parkside CI (WOSSAA) players and coaches on their AA Championship victory: Lexi Adzija, Nicole Carnegie, Gracie Clinton, Braelyn Dennis, Kailey Dennis, Kaitlin Ellery, Taylor Goodhue, Presley Gruener, Zoe Gubinczki, Kaitlyn Guernsey, Meagan Mahaffy-Schmidt, Murranda McCallum, Paisley McGugan, Alicia Nikolasevic, Kristen Roe, Cameryn Sanders, Alex Slivar, Haley Summers, Ashley Watson, Marin Williams, Savannah Williams, Jaylin

Laurie Vezina from St. Joseph-Scollard Hall CSS was presented with the Leadership in School Sport award for the Girls' AA Soccer Championship. Laurie has been the Female Athletic lead at her school for the past 15 years and has helped run many intramural and special Olympic programs. She also been involved in convening OFSAA and NOSSA championships and has an unwavering commitment to high school sport. Congratulations to Laurie.

## PARTICIPATING AA TEAMS

### Pool A

Carine Wilson SS	NCSSAA
Clarkson SS	ROPSSAA
Sacred Heart CHS	YRAA
St. Joseph-Scollard Hall CSS	NOSSA
Fr. Leo J. Austin CSS	LOSSA

### Pool B

Bishop Macdonell CHS	CWOSSA
Fort Francis HS	NWOSSAA
Holy Trinity HS	GBSSA
Saint Paul HS	SOSSA
Richview CI	TDSSAA

### Pool C

Bayside SS	COSSA
Parkside CI	WOSSAA
St. David CCS	CWOSSA
Villanova College	CISAA
ÉSP Louis-Riel	NCSSAA

### Pool D

Sydenham HS	EOSSAA
St. Mary's HS	GHAC
Timmins H&VS	NEOAA
Confederation SS	NOSSA
F.J. Brennan CHS	SWOSSAA

## RESULTS AA

### Quarter-Finals

Holy Trinity def. Fr. Leo J. Austin	2-1 (PK)
Carine Wilson def. Bishop Macdonell	3-2
F.J. Brennan def. Villanova College	1-0
Parkside def. St. Mary's	5-0

Carine Wilson def. F.J. Brennan 2-0

### Bronze Medal

Holy Trinity def. F.J. Brennan 4-2

### Gold Medal

Parkside def. Carine Wilson 1-0

### Semi-Finals

Parkside def. Holy Trinity 3-1

# Girls' AAA Soccer Championship

Niagara Falls

June 2-4, 2016



Success was the name of the game at the Girls' AAA Soccer Championship Niagara Falls. The great weather, fantastic games and well-run event made it a successful event for both Amber Benoit and her co-convenor and co-coach Cristina Formica, who coached the silver-medal winning team, as well as their organizing committee. Thank you to Amber, Cristina and their organizing committee. It was also an especially successful championship for Cardinal Newman CSS (GHAC), as they won the gold medal game 2-1 against the host school St. Michael CSS.

Congratulations to Cardinal Newman CSS (GHAC) players and coaches on their AAA Championship victory: Jenavieve Agro, Bianca Brahimir, Tatyanna Burke, Maddison Burnet, Alessia Cusimano, Erica D'Alesio, Claudia D'Angelo, Renata Djuravcevic, Hailey Fernandez, Laura Foresi, Caelan Harrington, Jessica Johnstone, Chiara Lancia, Taylor Major, Brianna Mascia, Marlena Mazza, Tessa Ogilvie, Cassandra Piccolotto, Abby Richeson, Samantha Tornifolgia, Christina Viola, Jessica Woodbyrne and coaches Gerry Buordolone and Peter Palermo.

The Leadership in School Sport award was given out to Dominic Scozzafava from St. Michael CHS (SOSSA) who has been a teacher-coach for 24 years. Dominic's coaching philosophy is, "Anything worth doing is worth doing well." He has obviously lived this philosophy through the many successful teams he has coached and the events he has run. Congratulations to Dominic!

The Team Sportsmanship award was given to Mother Teresa HS (NCSSAA) for their outstanding attitude, respect for officials, volunteers, and athletes and coaches. Well done!

## PARTICIPATING AAA TEAMS

### Pool A

Cardinal Newman CSS	GHAC
St. Mary's College	NOSSA
Oakridge SS	WOSSAA
St. Marcellinus SS	ROPSSAA
Grand River CI	CWOSSA

### Pool B

Humberside CI	TDSSAA
Dunbarton HS	LOSSA
St. Anne SS	SWOSSAA
Westdale SS	SOSSA
Bradford DHS	GBSSA

### Pool C

St. Mary CSS	LOSSA
St. Peter's SS	COSSA
Regiopolis Notre-Dame	EOSSAA
St. Joseph's College	TDCAA
St. Ignatius HS	NWOSSAA

### Pool D

John F. Ross C&VI	CWOSSA
St. Augustine CHS	YRAA
Mother Teresa HS	NCSSAA
Thomas A Blakelock	GHAC
St. Michael CHS	SOSSA

## RESULTS AAA

### Quarter-Finals

Grand River def. Humberside	1-0
Cardinal Newman def. St. Anne	1-0
St. Mary (LOSSA) def. John F. Ross	2-0
St. Michael def. Regiopolis	3-0

### Semi-Finals

St. Michael def. Grand River	2-1
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Cardinal Newman def. St. Mary (LOSSA) 2-1 (PK)

### Bronze Medal

Grand River def. St. Mary (LOSSA) 2-0

### Gold Medal

Cardinal Newman def. St. Michael 2-1

# Tennis Championship

Toronto, Ontario

MAY 30 – JUNE 1, 2016



This year the OFSAA Tennis Championships were hosted by the York Region Athletic Association at the University of Toronto – Scarborough campus as well as the Mayfair Racquet Club. Excellent weather conditions allowed the 389 athletes from 17 associations to demonstrate their outstanding talents throughout the 3 day event.

OFSAA would like to thank this year's organizing committee, chaired by Shawn Morris, for their outstanding efforts in making this Championship such a success. This was Shawn's

first year as the Convener for Tennis and he and his committee are already looking forward to hosting next year's event once again. Along with co-conveners Suzanne Lachner and Jason Snider, Shawn and the committee introduced several new initiatives to the Championships. One of these initiatives was arranging for Rogers TV to attend the final day of the event and broadcast many of the Championship finals.

David Dodge from A.B. Lucas H.S. in London (WOSSAA) was this year's recipient of the Leadership in School Sport Award. A very deserving nominee, David has been a teacher at Lucas for 17 years during which time he has coached and developed many aspiring tennis players. David has also held the title of Thames Valley Conference and WOSSAA Tennis Convener many times during his time at Lucas.

Congratulations to all of the student-athletes who participated and to this year's winners.

## OFSAA 2016 RESULTS

### HIGH SCHOOL BOYS SINGLES:

GOLD: Carr Norton (CISAA) - Upper Canada College

SILVER: Georg Zoidl (YRAA) - St. Maximillian Kolb

BRONZE: Keenan Conlon (CISAA) - Upper Canada College

ANTIQUÉ BRONZE: Bryn Hafer (ROPSSAA) - Lorne Park SS

### HIGH SCHOOL BOYS DOUBLES:

GOLD: Matt Gibson/Victor Guziak (WOSSA) - London Central HS

SILVER: John Fischer/Luke Fischer (WOSSA) - Stratford Central HS

BRONZE: Jordan Welter/Sam Finkelstein (TDSSAA) - Lawrence Park CI

ANTIQUÉ BRONZE: Spencer Robertson/Michael Orrett (LOSSA) - Henry Street HS

### HIGH SCHOOL GIRLS SINGLES:

GOLD: Paige Baynham (WOSSA) - H.B. Beal SS

SILVER: Megan Gilkes (CISAA) - Holy Trinity CHS

BRONZE: Mara Stroe (LOSSA) - J. Clarke Richardson

### Collegiate

ANTIQUÉ BRONZE: Briahn Guthrie (GBSSA) - Eastview SS

### HIGH SCHOOL GIRLS DOUBLES:

GOLD: Victoria Tseng Paepcke/ Rachel Navarro (ROPSSAA) - Lorne Park SS

SILVER: Zante Botha/Charee Botha (WOSSA) - Mother Teresa CSS

BRONZE: Catherine Rastin/Clara Rastin (SWOSSAA) - St. Patrick's CHS

ANTIQUÉ BRONZE: Sasha Malesevic/Ivana Milisic (CWOSSA) - Cameron Heights CI

### HIGH SCHOOL MIXED DOUBLES:

GOLD: Meg Killeen/ Lachlan Carmichael (TDSSAA) - Lawrence Park CI

SILVER: Madeleine Swenor/Bryn de Chastelain (GHAC) - Georgetown District HS

BRONZE: Alyssia Watkin/John Karakas (CISAA) - Appleby College

ANTIQUÉ BRONZE: Yigit Gedikli/Rachel Mendelson (TDSSAA) - Forest Hill HS

## OPEN BOYS SINGLES:

GOLD: Jakob Nielsen (CISAA) - Appleby College  
 SILVER: Peter Coombs (GHAC) - Oakville Trafalgar HS  
 BRONZE: Nathan Wong (GHAC) - White Oaks SS  
 ANTIQUE BRONZE: Eric Chernly (TDCAA) - Michael Power CHS

## OPEN BOYS DOUBLES:

GOLD: Roy Stepanov/ Malik Bhatnagar (GHAC) - Robert Bateman SS  
 SILVER: DJ Fenerty/ Shane Bulitka (WOSSA) - St. Andre Bessette CHS  
 BRONZE: Brooks Coffey/ Alp Tezol (TDSSAA) - North Toronto CI  
 ANTIQUE BRONZE: Spencer Grant/ Mark Jensen (GHAC) - Oakville Trafalgar HS

## OPEN GIRLS SINGLES:

GOLD: Rebecca Herrington (GBSSA) - Banting Memorial HS  
 SILVER: Mya Bui (LOSSA) - Pickering HS  
 BRONZE: Victoria DiMuzio (CWOSSA) - Bishop MacDonell HS  
 ANTIQUE BRONZE: Ksenia Providokhina (YRAA) - Bill Crothers SS

## OPEN GIRLS DOUBLES:

GOLD: Alexandra Mikhailuk/ Angela Chen (GHAC) - Nelson HS  
 SILVER: Stephanie Afloroaei/ Alicia Opatowski (LOSSA) - Dunbarton HS  
 BRONZE: Sofia Miller/ Rita Kanaeva (TDSSAA) - Malvern CI  
 ANTIQUE BRONZE: Nina Zhang/ Lily Zhang (SWOSSAA) - Vincent Massey SS

## OPEN MIXED DOUBLES:

GOLD: Rita Colyer/ Luke Smrek (GHAC) - Robert Bateman HS  
 SILVER: Marko Kazar/ Elizabeth Rozin (TDSSAA) - Lawrence Park CI  
 BRONZE: Mia Tamindzija/ Ryan MacLean (CWOSSA) - Resurrection CSS  
 ANTIQUE BRONZE: Gabrielle Oancea/ Andrew Codita (LOSSA) - Dunbarton HS



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# Track & Field Championship

Windsor

June 2 -4, 2016



Under the beautiful backdrop of Alumni Field at the University of Windsor, the 2016 OFSAA Track & Field Championships were held under perfect conditions. Craig Cavanagh (Riverside SS) and Steve Hnidei (Hon. W.C. Kennedy) provided the leadership and inspiration for the many volunteers and committee members from the West Region to ensure the success of the championship for 2325 participants and their coaches from 504 schools across Ontario. The championship was hosted by SWOSSAA & WECSAA.

The OFSAA 2016 Championships welcomed back Kevin Sullivan, one of OFSAA's greatest competitors in the 1500m. Kevin competed for North Park in the late 80's and early 90's and is currently coaching at the University of Michigan where he also competed after his graduation from North Park. Kevin still holds the OFSAA Records in Midget Boys 1500m (1989) and Senior Boys 1500m (1993). He also holds the Canadian Interscholastic Record in Midget Boys 1500m (1989); Junior boys 1500m (1992); and Senior Boys 1500m (1993).

OFSAA would like to thank the organizing committee, the adult officials, and the student volunteers who made the 2016 championships a great success. The organizing committee would also like to thank the City of Windsor and

the University of Windsor for their support of OFSAA as well as the many sponsors who also contributed to the success of these championships.

OFSAA would also like to thank NIKE for its contribution to the championships. The athlete village was a lively hub for everyone.

OFSAA congratulates both Steve Hnidei (Hon. W.C. Kennedy) and Andromeda Dean (Sandwich SS SS) for being the recipients of the OFSAA Leadership In School Sport Award. Both Steve and Andromeda have made a significant contribution to high school sport in their respective areas for many years.

The championships are about athletes and they did not disappoint the enthusiastic crowds that filled the stands at Alumni Field for the three days.



## CONGRATULATIONS TO THE FOLLOWING ATHLETES WHO WERE TRIPLE GOLD MEDAL WINNERS

### Midget Women

Anna Witherspoon (Pickering HS – Ajax)  
Tiana Lostracco (St. James – Guelph)

### Senior Women

Xahria Santiago (Notre Dame CSS)

## CONGRATULATIONS TO THE FOLLOWING ATHLETES WHO WERE DOUBLE GOLD MEDAL WINNERS

### Midget Women

Cameron Ormond (Aurora HS)

Jocelyn Chau (De La Salle College)

Trinity Tutti (Eastdale SS)

### Senior Men

Khamal Stewart Baynes (Father Henry Carr)

### Midget Men

Myles Misener Daley (Westdale SS)  
Lucas Woodhall (Thousand Islands SS – Brockville)

### Junior Men

Emmanuel Ajiroba (St. Augustine)  
Liam Foudy (Neil McNeil)

Ken Siharath (Cameron Heights)  
Mark Bujnowski (Holy Cross – Stratford)

### Junior Women

Tyra Boug (Huron Heights)  
Sharell Samuel (Ashbury College)

### Senior Women

Lucia Stafford (Toronto French School)  
Grace Tennant (South Lincoln)

### Ambulatory Women

Madison Wilson – Walker (Lord Dorchester)

## THE FOLLOWING OFSAA RECORDS WERE BROKEN DURING THE 2016 CHAMPIONSHIPS:

### Midget Women 3000m

Cameron Ormond (Aurora HS) – 9:43.19

### Senior Women 3000m

Christiane Konstantopoul (Toronto Prep) – 9:29.59

### Visually Impaired – Men – 800m

Nicholas Neri (Cardinal Leger) – 2:07.66

### Junior Women 1500m

Jocelyn Chau (De La Salle College) – 4:24.58

### Senior Women 1500m Steeplechase

Kylee Raftis (Bishop Strachan) – 4:52.49

### Visually Impaired – Men – 800m

Joshua Roberto (Paul Dwyer) – 2:45.05

### Junior Women 3000m

Brogan MacDougall (Regiopolis) – 9:29.65

### Senior Men 400m

Khamal Stewart-Baynes (Father Henry Carr) – 46.74

### Ambulatory – Women – 800m

Madison Wilson- Walker (Lord Dorchester) – 2:57.98

### Junior Women Shot Put

Trinity Tutti (Eastdale SS) – 16.00m

### Senior Men 4 x100m Relay

Father Henry Carr – 41.20

### Ambulatory – Men – 800m

Mitchell Chase (Dunbarton) – 2:10.02

### Junior Men 300m Hurdles

Liam Foudy (Neil McNeil) – 37.86

### Intellectually Imp – Women – 110m

Kristy Alford (Nantyr Shores SS) – 14.04

### Intellectually Imp. – Women – 800m

Julianne Miskz (St. Michael) – 3:10.55

### Senior Women 1500m

Lucia Stafford (Toronto French School) – 4:21.93

### Wheelchair – Women – 200m

Jessica Tinney (Greenwood College) – 44.26

### Intellectually Imp. – Men – 800m

Konkle (Beamsville) – 2:22.59

## THE FOLLOWING CANADIAN INTERSCHOLASTIC RECORDS WERE BROKEN DURING THE 2016 CHAMPIONSHIPS:

### Senior Women 1500m

Lucia Stafford (Toronto French School) – 4:21.93

### Senior Women 3000m

Christiane Konstantopoul (Toronto Prep) – 9:29.59

## CONGRATULATIONS TO THE FOLLOWING SCHOOLS FOR CAPTURING THE DIVISION CHAMPIONSHIPS

### Midget Women

Pickering - Ajax

### Junior Men

Sandwich SS – Windsor

### Overall Women

Sir Frederick Banting – London

### Midget Men

Thousand Islands SS – Brockville

### Senior Women

Dundas Valley – Dundas

### Overall Men

Bill Crothers SS - Unionville

### Junior Women

Huron Heights – Kitchener

### Senior Men

Father Henry Carr (Toronto) & Cameron Heights (Kitchener)

**WE LOOK FORWARD TO THE 2017 OFSAA CHAMPIONSHIPS WHICH WILL BE HELD AT BELLEVILLE HOSTED BY THE EAST REGION.**

# OFSAA TRACK & FIELD RESULTS 2016

Windsor

! Indicates OFSAA Record

\* Indicates New Canadian Interscholastic Record

## MIDGET WOMEN

### 100m

1. Elizabeth Martin	St. Thomas Aquinas	12.25
2. Sydonie Merrick	Blessed Mother Teresa	12.57
3. Maya Antoine	Cardinal Carter	12.63
4. Christina Robert	Lockerby Composite	12.65
5. Jahnyl Donaldson-Howden	Birchmount Park CI	12.67
6. Rebecca Ampopowah	Sir John A. Macdonald	12.92

### 200m

1. Anna Witherspoon	Pickering	24.91
2. Maya Antoine	Cardinal Carter	25.19
3. Elizabeth Martin	St. Thomas Aquinas	25.60
4. Jahnyl Donaldson-Howden	Birchmount Park CI	26.14
5. Camille Watson	Pickering HS - Ajax	26.30
6. Nikita Bradshaw	Dunbarton HS	26.36

### 400m

1. Tiana Lostracco	St. James - Guelph	56.42
2. Shaleah Colaire	St. Mary	57.54
3. Amy Stieh	Hammararskjold HS	57.61
4. Nikita Bradshaw	Dunbarton HS	58.45
5. Kiara Gibson	Longfields	58.78
6. Holly Gibson	Dunbarton HS	59.32

### 800m

1. Tiana Lostracco	St. James	2:14.96
2. Remy Cattell	Leaside HS	2:15.62
3. Alexandra Weir	Northern SS	2:15.64
4. Rebecca DeKay	Sir Frederick Banting	2:17.12
5. Holly Gibson	Dunbarton HS	2:18.31
6. Sadie Morris	St. Augustine	2:18.86

### 1500m

1. Cameron Ormond	Aurora HS	4:31.49
2. Alexandra Weir	Northern SS	4:31.98
3. Rebecca DeKay	Sir Frederick Banting	4:37.91
4. Remy Cattell	Leaside HS	4:39.43
5. Ireland Robertson	Northern SS	4:47.65
6. Anna Bout	St. John's Kilmarnock	4:50.17

### 3000m

1. Cameron Ormond	Aurora HS	9:43.59!
2. Lilly Tuck	Port Perry HS	10:12.90
3. Tori Bouck	Sir Frederick Banting	10:19.77
4. Rachel Don-Wauchope	Oakville Trafalgar	10:24.25
5. Jasmina Brar	MHSS	10:25.53
6. Anna Bout	St. John's Kilmarnock	10:38.27

### 80m Hurdles

1. Anna Witherspoon	Pickering	11.61
2. Shaleah Colaire	St. Mary CSS	11.85
3. Sarah Salduito	Notre Dame College	11.97
4. Nyah Layne	St. Thomas Aquinas	12.25
5. Ireland Crowther	H.B.	12.25
6. Karlie Moore	Sandwich SS	12.30

### 300m Hurdles

1. Anna Witherspoon	Pickering	44.23
2. Shaleah Colaire	St. Mary CSS	44.40
3. Karlie Moore	Sandwich SS	44.41
4. Jerriah Kelly	Holy Names SS	46.03
5. Sydney Rizzo	Sir Frederick Banting	46.13
6. Ireland Crowther	H.B.	46.29

### High Jump

1. Korina Black	Philip Pockock HS	1.63m
2. Autumn Bigger	Beamsville DSS	1.60m
3. Lexi Kundlace	St. Mary CHS	1.60m
4. Emily Smith	Kitchener	1.55m
5. Jo-Jo Ertl	St. Patrick	1.55m
6. Madelyn Eybergen	Kincardine	1.50m

### Pole Vault

1. Maya Fetic	A.N.	3.20m
2. Brooke Meloche	Sandwich SS	3.10m
3. Lauren Hurrell	St. Andre Besette	2.80m
4. Zoe Petkovic	Earl Haig	2.65m
5. Merideth White	Lawrence Park CI	2.65m
5. Breanna Hayhoe	Maximilian Kolbe CHS	2.65m

### Long Jump

1. Sarah Salduito	Notre Dame	5.31m
2. Bianca Belfon	Notre Dame CSS	5.07m
3. Abbey Gibb	General Amherst	5.05m
4. Paige Vrolyk	St. Patrick's	5.05m
5. Shyanne Mitchell	Jean Vanier	5.00m
6. Hannah Wigmore	Superior Heights	5.00m

### Triple Jump

1. Abbey Gibb	General Amherst	10.99m
2. Sydney Campbell	Kingston CVI	10.85m
3. Mila Puseilic	R.H.	10.84m
4. Carina Wolfert	Woodland Christian	10.68m
5. Nele Schumacher	London Central	10.57m
6. Katia Matveev	Eden HS	10.51m

### Shot Put

1. Madison Grant	St. Joseph's	11.55m
2. Trinity Papamandjaris	Sir Wilfrid Laurier	11.52m
3. Grace Michauville	ESC Algonquin	11.40m
4. Seija Huhtala	Vista Academy	11.22m
5. Nicole Kelly	Brantford	11.22m
6. Hannah Burt	St. Mary - Brockville	11.13m

### Discus

1. Grace Michauville	ESC Algonquin	30.20m
2. Alison Stephens	Chatham-Kent	29.25m
3. Destiny Paquin	Centennial	28.32m
4. Delaney Gould	Sarnia Northern	27.94m
5. Kealeigh Halliday	Eastview SS - Barrie	27.70m
6. Amanda Frayne	Lambton Central	27.16m

### Javelin

1. Emma McDougall	Governor Simcoe SS	35.15m
2. Madison McLean	St. Pius X CHS	34.11m
3. Jenna Fleming	Central Algoma SS	33.72m
4. Holly Hanchiruk	Huron Park	32.90m
5. Colby Paterson	Blessed Trinity HS - Valour	31.28m
6. Tana Doughty		30.94m

### 4 x 100m Relay

1. King's Christian	Oakville	50.76
2. St. Edmund Champion	CSS	51.47
3. St. Roch CSS	Brampton	51.51
4. Birchmount Park CI	Toronto	51.53
5. Blessed Mother Teresa		51.64
6. Cameron Heights	Kitchener	52.02

## MIDGET MEN

### 100m

1. Myles Misener Daley	Westdale SSHamilton	10.96
2. Ben Robinson	Immaculata	11.21
3. Dante Henriques	Delhi	11.29
4. Randy Tshikuna	ACMT	11.32
5. Jermaine Wilson	St. John Paul II	11.63
6. Stanley Dean	ES L'Essor	11.69

### 200m

1. Myles Misener Daley	Westdale SS	22.37
2. Dante Henriques	Delhi	23.02
3. Stanley Dean	ES L'Essor	23.09
4. Ben Robinson	Immaculata HS	23.20
5. Aidan VanBeek	Thousand Islands SS	23.59
6. Randy Tshikuna	ACMT	23.59

### 400m

1. Christopher Middleton	Bill Crothers	50.97
2. Asante Jackson	Pickering	51.88
3. Rudy Huizinga	Denis O'Connor	52.25
4. Aidan VanBeek	Thousand Islands SS	52.44
5. Aron Massaquoi	W.F.	52.57
6. Alex Pope	Mother Teresa	53.22

### 800m

1. Nicholas Young	St. Francis CSS	2:01.40
2. Tristin Rowe	Birchmount Park CI	2:01.43
3. Kyle Koyanagi	Sir Wilfrid Laurier	2:01.64
4. Korbett Cator	Grand River	2:03.64
5. Liam Rivard	Leaside HS	2:03.79
6. Matthew Donnelly	Sacred Heart CHS	2:03.82

### 1500m

1. Brock McKenzie	Our Lady of Lourdes	4:18.00
2. Nick Mota	Newmarket HS	4:19.14
3. Josh Zelek	Stratford Central	4:19.18
4. Kyle Koyanagi	Sir Wilfrid Laurier	4:19.53
5. Ashton John	Notre Dame CSS	4:22.79
6. Nicholas Young	St. Francis CSS	4:23.11

### 3000m

1. Nick Mota	Newmarket HS	8:49.19
2. Josh Zelek	Stratford Central	8:52.76
3. Brock McKenzie	Our Lady of Lourdes	8:54.10
4. Santiago Gaitan	Notre Dame	9:11.26
5. Ashton John	Notre Dame CSS	9:16.02
6. Ben Battaglia	St. Peter's CSS	9:20.59

### 100m Hurdles

1. Adam Exley	Resurrection CSS	13.86
2. Leewinchell Jean	Giselle -Lalonde	14.05
3. Wilson O'Neill	Country Day School	14.15
4. Seth Robertson	Jacob Hespeler	14.26
5. Jonah McPhee	Waterloo CI	14.53
6. Simon Cook	Sydenham HS	14.67

### 300m Hurdles

1. Leewinchell Jean	Giselle	40.43
2. Adam Exley	Resurrection CSS	40.86
3. Wilson O'Neill	Country Day School	41.97
4. Tyler Denes	St. Joseph's CHS	42.77
5. Blake Devinney	Centennial	42.90
6. Ashton Snedden	Carleton Place	42.99

### High Jump

1. Kenny Ngassoue	Bill Crothers SS	1.85m
2. Bailey Maracle	St. Theresa CSS	1.85m
3. Dylan Sinclair	Thornlea SS	1.80m
3. Armand Malumalu	St. Patrick's	1.80m
5. Justin Kim	Thornhill SS	1.80m
6. Nathaniel Galea	Blessed Cardinal Newman	1.70m
6. Matt Ballantyne	Saunders SS	1.70m
6. Mitchell Patriarche	Thornlea SS	1.70m

### Pole Vault

1. Tyler Denes	St. Joseph's CHS	3.35m
2. Aiden Allen	Sandwich SS	3.35m
3. Connor Sniatenchuk	Waterloo-Oxford	3.05m
3. Lucas Rampton	Innisdale SS	3.05m
5. Tyler Dobbie	EL Crossley CSS	3.05m
6. Alex Wolf	Lawrence Park CI	2.90m

### Long Jump

1. Joel Ernst Finnie	St. Mary's	6.19m
2. Stanley Dean	ES L'Essor	6.12m
3. Dmitri Smith	Brampton Centennial SS	6.06m
4. Remi Khoury	R.S. McLaughlin	6.04m
5. Ahkehlh Scott	Agincourt CI	6.04m
6. Bailey Maracle	St. Theresa CSS	5.92m

## Triple Jump

1. Aaron Barton	Monsignor Johnson	12.87m
2. Walter Le	Glenview Park	12.83m
3. Kosaran Gumarathas	Turner- Fenton SS	12.70m
4. Spencer Wright	Our Lady of Lourdes	12.70m
5. Carson Shuttleworth	East Northumberland SS	12.69m
6. Nathan Greenwood	St. Peter's CSS	12.26m

## Shot Put

1. Lucas Woodhall	Thousand Islands SS	15.32m
2. Paris Shand	Bill Crothers SS	14.91m
3. Chris John	Chaminade College	14.68m
4. Dakota Perrin	ESC Jeanne Lajoie	14.35m
5. John Curran	Aloysius Gonzaga	13.93m
6. Ezekiel Kennedy	Robert Land Academy	13.55m

## Discus

1. Lucas Woodhall	Thousand Islands SS	47.27m
2. Matt Boyce	Sarnia Northern	46.21m
3. Tyler Hartwick	Fellowes HS	44.57m
4. Tye McSorley	St. Marcellinus	44.15m
5. Brandon Willson	Elmvale DHS	38.96m
6. Chase Cookson	Parkside	38.12m

## Javelin

1. Jared Elliot	St. Mary	50.49m
2. Brandon Williams	John Fraser SS	46.93m
3. Matthew Barta	Lakeshore CI	46.35m
4. Oliver Denia	Rideau HS	45.26m
5. Josh Doupe	St. Patrick's	44.36m
6. Greg Ross	Sarnia Northern	44.31m

## 4 x 100m Relay

1. Michael Power	Toronto	44.84
2. St. Edmund Campion	Brampton	44.85
3. Father Henry Carr	Toronto	44.90
4. Sandwich SS	Windsor	45.47
5. Thousand Islands SS	Brockville	46.43
6. Resurrection	Kitchener	46.49

## JUNIOR WOMEN

### 100m

1. Nnenna Ibe	Cardinal Ambrozic	12.48
2. Chelsea Agyemang	Cardinal McGuigan	12.61
3. Alyssa Marsh	Notre Dame CSS	12.67
4. Sabree Thomas	Loyola CS	12.69
5. Alanah Broomfield	Monsignor Charbonnel	12.74
6. Cassandra Garcia	Francis Liberman	12.80

### 200m

1. Tyra Boug	Huron Heights SS	24.39
2. Nnenna Ibe	Cardinal Ambrozic	24.81
3. Alanah Broomfield	Monsignor Charbonnel	24.84
4. Alyssa Marsh	Notre Dame CSS	24.92
5. Skyy Diop	All Saints CSS - Whitby	25.19
6. Chelsea Agyemang	Cardinal McGuigan	25.55

### 400m

1. Sharelle Samuel	Ashbury College	55.20
2. Skyy Diop	All Saints CSS	55.99
3. Aurora Rynda	Lawrence Park CI	56.17
4. Aliyah Broomfield	Monsignor Charbonnel	57.12
5. Taneidra Cain	W.F. Herman	57.65
6. Brooke Overholt	St. Michael	58.63

### 800m

1. Jocelyn Chau	De La Salle	2:10.77
2. Aurora Rynda	Lawrence Park CI	2:12.06
3. Haley Walker	Havergal College	2:13.04
4. Mackenzie Morgan	Kitchener Waterloo	2:13.81
5. Jessica Kellar	Our Lady of Mount Carmel	2:14.70
6. Nina Whifford	Glebe CI	2:15.14

### 1500m

1. Jocelyn Chau	De La Salle	4:24.58 !
2. Mei Mei Weston	Glebe CI	4:29.59
3. Mikenna Vanderheyden	Strathroy	4:31.79
4. Lily Meek	Thousand Islands SS	4:37.74
5. Charlotte Wood	Bracebridge Muskoka SS	4:37.79
6. Jessica Kellar	Our Lady of Mount Carmel	4:38.46

## 3000m

1. Brogan MacDougall	Regiopolis	9:29.65 !
2. Mei Mei Weston	Glebe CI	9:41.56
3. Mikenna Vanderheyden	Strathroy	9:53.08
4. Lily Meek	Thousand Islands SS	10:09.72
5. Kansas MacKay	Pickering	10:11.45
6. Maya Hannagan	Vincent Massey	10:15.64

## 80m Hurdles

1. Tyra Boug	Huron Heights SS	11.78
2. Tomi Bamigbade	Cameron Heights	12.01
3. Jasmine Scott - Kilgo	Sandwich SS	12.28
4. Sienna Lalonde	Grimsby SS	12.60
5. Morgan Smith	Lo-Ellen Park SS	12.62
6. Morgan Vickers	Orillia SS	12.68

## 300m Hurdles

1. Taneidra Cain	W.F. Herman	44.02
2. Tyra Boug	Huron Heights SS-	44.42
3. Brooke Overholt	St. Michael	44.52
4. Sylvia Dean	Sandwich SS	45.68
5. Sienna Lalonde	Grimsby SS	45.84
6. Holly Pennings	St. Thomas Aquinas	47.23

## High Jump

1. Marissa Talsma	Smithville CHS	1.60m
2. Cali Porter	Widdfield SS	1.60m
3. Robin Clark	Thornhill SS	1.55m
4. Emily Cameron	Frontenac SS	1.55m
5. Allie Jones	Hammarskjöld HS	1.55m
6. Najae Campbell-Jones	Fr. Leo. Austin	1.55m

## Pole Vault

1. Christy Rizzo	Saunders SS	3.15m
2. Emma Kralik	W.F. Herman	3.05m
3. Quinn Johnston	Lawrence Park CI-	2.95m
4. Karlie Stam	Vincent Massey	2.85m
5. Caroline Poirier	ESP Louis - Riel	2.70m
5. Holly Pennings	St. Thomas Aquinas	2.70m

## Long Jump

1. Sharelle Samuel	Ashbury College	5.43m
2. Tamara Grahovac	Cameron Heights-	5.35m
3. Kariah Lyttle	St. Edmund Campion	5.31m
4. Jasmine Scott-Kilgo	Sandwich SS	5.25m
5. Katana Cameron	Uxbridge SS	5.18m
6. Sara Kemper	Hillfield Strathallan	5.15m

## Triple Jump

1. Carolyn Prins	Chatham Christian	11.92m
2. Mikeisha Welcome	Blessed Cardinal Newman	11.64m
3. Tamara Grahovac	Cameron Heights	11.45m
4. Hanna Jodoin	Korah CVS	11.11m
5. Mandy Brunet	Villanova	10.97m
6. Breanna Pretty	St. Patrick's	10.91m

## Shot Put

1. Trinity Tutti	Eastdale SS	16.00m !
2. Adele St. John	Sir Frederick Banting	13.47m
3. Bernice Ediagbonya	Senator O'Connor	12.54m
4. Tamia Noel	St. Ignatius Loyola	12.02m
5. Natasha Gubbels	St. Andre Bessette	11.96m
6. Vivian Kristjansson	Sarnia Northern	11.94m

## Discus

1. Trinity Tutti	Eastdale SS	41.26m
2. Adele St. John	Sir Frederick Banting	34.09m
3. Megan Bate	Ingersoll	33.86m
4. Madelyn Martin	Elmvale DHS	33.78m
5. Mackenzie Mullen	St. Patrick's	32.65m
6. Avery Bathe-Minard	Sarnia Northern	32.46m

## Javelin

1. Jenna Kane	La Salle SS	40.65m
2. Archini Perera	Bill Crothers SS	35.28m
3. Ashley Assam	Brampton Christian	34.86m
4. Mary Baker	Regiopolis-	32.59m
5. Julia Polowy	Roland Michener	32.59m
6. Kenzie Bell	Eastview SS - Barrie	32.06m

## 4 x 100m Relay

1. Resurrection	Kitchener	49.77
2. Dr.	Frank J Hayden SS	50.00
3. Mother Teresa	London	50.19
4. St. Edmund Campion	CSS	50.70
5. Huron Heights	Kitchener	50.93
6. Sandwich SS	Windsor	51.37

## JUNIOR MEN

### 100m

1. Emmanuel Ajiroba	St. Augustine SS	11.04
2. Justin Mensah	Chaminade College	11.14
3. Daquan Berry	Bill Crothers SS	11.20
4. Christian Sergnese	St. Michael's College	11.36
5. Adrian Livingston	ES Mgrs. Bruyere	11.47
6. Chase Osinga	Sir Winston Churchill	11.48

### 200m

1. Emmanuel Ajiroba	St. Augustine SS	22.26
2. Justin Mensah	Chaminade College	22.71
3. Ikechukwu Usifo	St. Thomas More	22.72
4. Christian Sergnese	St. Michael's College	22.80
5. Ethan Pasco	St. Paul	22.84
6. Stephen Donkor	Cardinal Ambrozic	23.08

### 400m

1. Ethan Smith	St. Mary	49.38
2. Stephen Donkor	Cardinal Ambrozic	50.35
3. Max Taylor	Holy Cross	50.36
4. Matthew Kiatipis	Sacred Heart CHS	50.50
5. Alec Purnell	Dundas Valley	50.93
6. Emmett Bravakis	Holy Cross	51.82

### 800m

1. Alec Purnell	Dundas Valley	1:58.86
2. Brock Deba	EL Crossley CSS	1:59.28
3. Noah Regnier	ESC L'Escale	1:59.75
4. Matthew Hebert	Amprior DHS	2:00.06
5. Will Stewart	Sir Frederick Banting	2:00.41
6. Lucas Zanetti	Sir Robert Borden	2:01.45

### 1500m

1. Joshua DeSouza	Marquerite d'Youville	4:01.01
2. Thomas Witkowicz	All Saints CSS	4:02.38
3. Marcus Kemp	St. Mary's	4:02.57
4. Jonathan DeSouza	Marquerite d'Youville	4:04.35
5. Matthew Bridger	Notre Dame CSS	4:04.93
6. Erik Ohrling	Collingwood CI	4:06.54

### 3000m

1. Thomas Witkowicz	All Saints CSS- Whitby	8:40.36
2. Joshua DeSouza	Marquerite d'Youville	8:50.45
3. Marcus Kemp	St. Mary's - Kitchener	8:57.44
4. Cameron Dean	Anderson - Whitby	9:01.28
5. Adam Bridger	Notre Dame CSS	9:04.88
6. Cailan Loebel	North Grenville	9:18.91

### 100m Hurdles

1. Liam Foudy	Neil McNeil HS	13.84
2. Berwick Patterson	Ridgeway Crystal HS	14.11
3. Chris Flynn	St. Thomas Aquinas	14.22
4. Liam Clark	St. Joseph's	14.23
5. Cameron Bruce	Coburg CI	14.25
6. Liam Sands	Sydenham HS	14.27

### 300m Hurdles

1. Liam Foudy	Neil McNeil HS	37.86 !
2. Matt MacNeill	A.B. Lucas	39.10
3. Liam Clark	St. Joseph's	39.30
4. Cameron Bruce	Coburg CI	39.36
5. Quaid Austin	Mitchell SS	40.42
6. Cole Dumelie	Colonel By	40.44

### High Jump

1. David Tysick	Timiskaming DSS	1.90m
2. Sam Hall	East Northumberland	1.85m
3. Michael Rowsell	Regiopolis	1.85m
3. Brandon Owusu	Michael Power	1.85m
5. Kyle Sprague	Canterbury HS	1.85m
6. Eric VanZeumeren	TDCH	1.80m
6. Sam Ward	Innisdale SS	1.80m

### Pole Vault

1. Liam McRae	Lawrence Park CI	3.80m
2. Bruno Comin	John F.Ross	3.65m
3. Cooper Murphy	Oakridge SS – London	3.65m
4. Cashmen Ford	Carleton Place	3.65m
5. Cole Dumelie	Colonel By- Gloucester	3.50m
6. Cooper O'Rourke	Sandwich SS	3.50m

### Long Jump

1. Evan John	Sandwich SS	6.59m
2. Isaac Mapp	Preston	6.45m
3. Shahmir Khan	Glenview Park	6.44m
4. Aaron Paynter	Bishop Allen Academy	6.43m
5. Japhet Divita	ESP Louis- Riel	6.34m
6. Tyler Broderick	Thorold SS	6.08m

### Triple Jump

1. Josh Houghton	Clarkson SS	13.80m
2. Isaac Mapp	Preston	13.55m
3. Matt MacNeill	A.B. Lucas	13.20m
4. Japhet Divita	ESP Louis-Riel	12.94m
5. Roger Grubb	Bill Crothers SS	12.91m
6. Alec McGregor		12.85m

### Shot Put

1. Cole Belkwell	St. Mary's	16.86m
2. Dennis Adu	Marshall McLuhan	16.73m
3. Braedon Fitzpatrick	Robert F Hall	16.16m
4. Nathan Gould	Ingersoll	16.04m
5. Josh Iovino	Sandwich SS	15.73m
6. Simon Black	Milton DHS	15.54m

### Discus

1. Matthew Martin	Bishop Allen Academy	51.30m
2. Tyler Beneteau	Riverside SS	50.21m
3. Tristan Flatt	East Northumberland	49.33m
4. Cole Belkwell	St. Mary's	49.19m
5. Sekina Scheibler	Fort Frances HS	46.48m
6. Tyler Donley	Medway	45.18m

### Javelin

1. Tyler Gysbers	Patrick Fogarty CSS	54.41m
2. Colton Spencer	Thorold SS	53.35m
3. Wariso Dullo	Rideau HS	53.17m
4. Jared O'Riley	College Avenue SS	52.84m
5. Jeremy Piazzi	La Salle SS	51.92m
6. Blake McConville	Sandwich SS	51.82m

### 4 x 100m Relay

1. London South		43.75
2. St. Thomas More	Hamilton	43.78
3. Sandwich SS	Windsor	44.42
4. Immaculata HS	Ottawa	45.00
5. Cardinal Ambrozic	Brampton	45.26
6. St. Roch CSS	Brampton	45.30

### SENIOR WOMEN

#### 100m

1. Xahria Santiago	Notre Dame CSS	11.90
2. Natassha McDonald	Fletchers Meadow SS	11.90
3. Shyonne Roxborough	South Carleton	12.00
4. Jeremeka Castello	Marquette d'Youville	12.16
5. Tiffany Hannam	Sir Frederick Banting	12.17
6. Jada Jackson	W.F. Herman	12.21

#### 200m

1. Ashlan Best	Centennial	23.83
2. Natassha McDonald	Fletchers Meadow SS	24.08
3. Jenna Smith	Dundas Valley	24.41
4. Shyonne Roxborough	South Carleton	24.54
5. Tiffany Hannam	Sir Frederick Banting	24.77
6. Gjaudy John Wallace	Uxbridge SS	24.81

#### 400m

1. Xahria Santiago	Notre Dame CSS	54.25
2. Natassha McDonald	Fletchers Meadow SS	54.38
3. Ashlan Best	Centennial	54.42
4. Ebhani Blackwood	Bill Crothers SS	54.89
5. Jenna Smith	Dundas Valley	55.72
6. Zoe Sherar	Bloor CI - Toronto	56.17

### 800m

1. Lucia Stafford	Toronto French School	2:08.35
2. Kate Current	Coburg CI	2:10.11
3. Jazz Shukla	Northern SS	2:11.22
4. Emily Cohen	Lawrence Park CI	2:11.56
5. Laura Parkinson	Catholic Central	2:12.85
6. Chloe Hewitt	Westdale SS	2:13.78

### 1500m

1. Lucia Stafford	Toronto French School	4:21.93 ! *
2. Jaz Shukla	Northern SS	4:30.09
3. Martha MacDonald	Havergal College	4:31.82
4. Laura Parkinson	Catholic Central	4:32.00
5. Katelyn Murphy	John Pereyema SS	4:34.00
6. Hanna Johnston	Hammarskjold HS	4:34.50

### 3000m

1. Christiane Konstantopoul	Toronto Prep School	9:29.59 ! *
2. Branna MacDougall	Regiopolis	9:29.75
3. Shona McCulloch	Longfields-Davidson	9:30.65
4. Kylee Raftis	Bishop Strachan School	9:53.88
5. Sevanne Ghazarian	St. Benedict CSS	9:54.19
6. Hanna Johnston	Hammarskjold HS	9:55.05

### 100m Hurdles

1. Kiera Christie- Galloway	St. Matthew	13.57
2. Brittany Stenekes	Dundas Valley- Dundas	13.90
3. Kaylyn Hall	H.B. Beal	14.23
4. Tiffany Hannam	Sir Frederick Banting	14.41
5. Blaire Dunn	Frontenac SS- Kingston	14.42
6. Aaliyah Rodgers	Grand River- Kitchener	14.58

### 400m Hurdles

1. Xahria Santiago	Notre Dame CSS	59.40
2. Kristy Hodgins	Sarnia Northern	1:01.59
3. Dallyssa Huggins	Bill Crothers SS	1:02.72
4. Brooke Oldfin	Dunbarton	1:03.28
5. Paige Doyle	Robert F Hall	1:03.83
6. Blaire Dunn	Frontenac SS	1:04.04

### High Jump

1. Katie Beaudry	Lord Dorchester	1.70m
2. Emily Branderhorst	London Christian	1.65m
3. Dallyssa Huggins	Bill Crothers SS	1.65m
3. Arabella Alton	Valley Heights	1.65m
5. Hannah Kusner	Oakridge SS	1.65m
6. Emily Oldfield	Elmvalle DHS	1.65m

### Pole Vault

1. Makiah Hunt	St. Michael	3.75m
2. Lynton Lam	Catholic Central	3.55m
3. Katy Magoffin	Woodstock	3.45m
4. Tessa Hamilton	Delhi	3.30m
5. Heather Smith	Humberview SS	3.30m
6. Sophia Slovenski	Bayview Glen	3.15m

### Long Jump

1. Brittany Stenekes	Dundas Valley	5.83m
2. Kiera Christie- Galloway	St. Matthew	5.69m
3. Erin Young	Chatham	5.53m
4. Claire Larose	Oakridge SS	5.47m
5. Emily Sluys	A.B. Lucas	5.47m
6. Taryn Lamorie	St. Mary	5.43m

### Triple Jump

1. Kerry – Ann James	Newtonbrook	11.90m
2. Alissa Melvin	St. David	11.74m
3. Megan Miaro	Longfields- Davidson	11.73m
4. Lucia McElwain	Essex	11.70m
5. Jacquelyn Spadzinski	A.N. Myer SS	11.69m
6. Cloe Gravelle	ESP De La Salle	11.59m

### Shot Put

1. Grace Tennant	South Lincoln HS	13.38m
2. Emily Good	Central Algoma	12.53m
3. Morgan Desjardin	Paincourt SS	12.46m
4. Holly Taylor	Assumption	12.44m
5. Christina Hertner	Lord Dorchester	11.86m
6. Hailey Wolfgram	Regiopolis Notre Dame	11.81m

### Discus

1. Grace Tennant	South Lincoln HS	44.46m
2. Kambria Luciani	Centennial – Welland	40.89m
3. Mombira Hylton	Brampton Christian	38.76m
4. Molly Boley	Owen Sound	38.70m
5. Rachel Campbell	Sir Frederick Banting	36.02m
6. Denise Ballogh	Cardinal Carter	35.24m

### Javelin

1. Marissa Mueller	Lambton Central	42.00m
2. Maddie Carrigan	Bishop Tonnos CHS	39.60m
3. Sophia Slovenski	Bayview Glen	39.36m
4. Jana Kucera	Chatham	38.65m
5. Maya Kelly	London Central	37.95m
6. Denis Ballogh	Cardinal Carter	37.89m

### 4 x 100m Relay

1. W.F.Herman	Windsor	47.86
2. St. Marquerite d'Youville	Brampton	48.24
3. Lord Dorchester	Kitchener	48.56
4. Dundas Valley	Dundas	48.66
5. Father Henry Carr	Toronto	49.04
6. Pickering	Ajax	49.27

### 1500m Steeplechase

1. Kylee Raftis	Bishop Strachan School	4:52.49 !
2. Sadie – Jane Hickson	Lindsay CVI	4:53.58
3. Sylvia Russell	JC Richardson	5:02.09
4. Marin Scotten	Sir Wilfrid Laurier	5:07.79
5. Francesca Maltais	St. James	5:08.72
6. Kat Grgic	Aloysius Gonzaga	5:09.78

### 4 x 400m Relay

1. Lord Dorchester	Dorchester	3:53.53
2. Dunbarton	Pickering	3:54.31
3. Lawrence Park CI	Toronto	3:54.66
4. W.F. Herman	Windsor	3:55.82
5. Sarnia Northern	Sarnia	3:56.74
6. St. Mary CSS	Hamilton	4:04.45

### SENIOR MEN

#### 100m

1. Aaron Hector	Father Henry Carr	10.77
2. Brandon Letts	Marquette d'Youville	10.85
3. Adam Nalywaiko	Mother Teresa	10.85
4. Karson Kowalchuk	Toronto Montessori	10.87
5. Trejuan Fearon	Father Henry Carr	11.14
6. Dorbor Kollie	Longfields – Davidson	11.14

#### 200m

1. Khamal Stewart-Baynes	Father Henry Carr	21.16
2. Karson Kowalchuk	Toronto Montessori	21.22
3. Brandon Letts	Marquette d'Youville	21.43
4. Nathan Egert	Nelson HS	21.49
5. Nathan Friginette	St. John Paul II	21.69
6. Jerome Davis	Blessed Trinity	21.76

#### 400m

1. Khamal Stewart- Baynes	Father Henry Carr	46.74 !
2. Nathan Friginette	St. John Paul II	46.90
3. Michael Petersen	Malvern CI	47.44
4. Ruach Padhal	John Paul II	48.48
5. Jacob McLennan	Bishop Allen Academy	48.80
6. Patrick Quinland	W.F. Herman	49.71

#### 800m

1. Ruach Padhal	John Paul II	1:49.61
2. Michael Petersen	Malvern CI	1:51.17
3. Ezana Wossan	Marshall McLuhan	1:54.21
4. Andrew Southard	Ajax	1:54.56
5. Graeme Fisher	Vincent Massey	1:55.24
6. Liam Pedersen	La Salle SS	1:55.65

#### 1500m

1. Riley Tell	Father Leo J Austin	3:55.07
2. Jerome Jude	Mary Ward CSS	3:55.49
3. Kyle Madden	Paris SS	3:56.28
4. Jordan MacIntosh	Hammarskjold	3:58.03
5. Noah Defreyne	Simcoe SS	3:59.26
6. Andrew Southard	Ajax	3:59.65

## 3000m

1. Kyle Madden	Paris SS	8:29.42
2. Andrew Shepherd	Cameron Heights	8:30.23
3. Jordan MacIntosh	Hammaraskjold	8:32.11
4. Cameron Linscott	Kingston CVI	8:37.04
5. Mitchell Ubene	Vista Academy	8:40.00
6. David Poloni	Dr. Frank Hayden	8:41.90

## 110m Hurdles

1. Joey Daniels	Cameron Heights	13.62
2. Clayton Jeffrey	Upper Canada College	14.12
3. Davis Edward	Oakridge SS	14.15
4. Matthew MacGillivray	Catholic Central	14.17
5. Vahid Andrews	Birchmount Park CI	14.18
6. Jacob McLennan	Bishop Allen Academy	14.26

## 400m Hurdles

1. Jacob McLennan	Bishop Allen Academy	54.19
2. Austin White	St. Michael	54.90
3. Luke Hannam	St. James	55.13
4. Felix Marchand	Chatham	56.06
5. Clayton Jeffrey	Upper Canada College	56.95
6. Michael Griepsma	St. Thomas Aquinas	57.34

## High Jump

1. Sebastian Smith	Sarnia Northern	2.05m
2. Justin McKaue	F.E. Madill	1.90m
2. Niles Crews	Sarnia Northern	1.90m
2. Quinn Hiemstra	Craig Kielburger SS	1.90m
5. Jackson West	Monarch Park	1.90m
6. Dallas Akins	Sandwich SS	1.85m

## Pole Vault

1. Thomas Weigl	Jacob Hespeler	4.80m
2. Ross Benn	Maximilian Kolbe	4.70m
3. Brennan Sequin	Char-Lan DHS	4.40m
4. Brian Anderson	Oakridge SS	4.30m
5. Devin Hewitt	Thousand Islands SS	4.05m
6. Brett Page	Saunders SS	4.05m
6. Chris Dywanski	Humberview SS	4.05m

## Long Jump

1. Kenny Siharath	Cameron Heights	7.13m
2. Emmanuel Nketiah	Marquerite d'Youville	6.90m
3. Amari Jones	Riverside SS	6.78m
4. Keysean Powell	St. Joan of Arc	6.70m
5. Mavrick Snider	Bayridge SS	6.65m
6. Sebastian Smith	Sarnia Northern	6.62m

## Triple Jump

1. Kenny Siharath	Cameron Heights	14.19m
2. Jaquan Selman	Denis Morris HS	14.11m
3. Amari Jones	Riverside SS	13.95m
4. Keysean Powell	St. Joan of Arc	13.86m
5. Emmanuel Nketiah	Marquerite d'Youville	13.75m
6. Ben Snider	East Northumberland	13.60m

## Shot Put

1. Mark Bujnowski	Holy Cross	17.68m
2. Erik Ferreira	Marshall McLuhan	17.64m
3. Henry Easton	Sir. Frederick Banting	16.53m
4. Fletcher Smith	Belle River	15.84m
5. Thomas Nedow	Thousand Islands SS	15.81m
6. Matthew Bartoletta	Bishop Allen Academy	15.52m

## Discus

1. Mark Bujnowski	Holy Cross	54.35m
2. Thomas Nedow	Thousand Islands SS	50.64m
3. Matteo Colvecchio	St. Francis CSS	50.26m
4. Andrius Balsas	Bishop Allen Academy	47.76m
5. Anthony Elliott	Sacred Heart	44.10m
6. Nathan White	Thousand Islands SS	43.88m

## Javelin

1. Ben Cross	Frontenac SS	60.98m
2. Matt Zilke	Woodstock	56.41m
3. Rayman Singh	Bill Crothers SS	56.39m
4. Josh Mather	Strathroy	55.12m
5. Fletcher Smith	Belle River	53.36m
6. Roan Allen	Ashbury College	53.25m

## 4x 100m Relay

1. Father Henry Carr	Toronto	41.20 !
2. H.B. Beal	London	42.75
3. Cameron Heights	Kitchener	42.85
4. St. Roch CSS	Brampton	43.00
5. Sarnia Northern		43.07
6. Upper Canada College	Toronto	43.18

## 2000m Steeplechase

1. Muhumed Sirage	Catholic Central	5:44.61
2. Caleb Main	Preston HS	5:58.91
3. Thomas Saville	Cairine Wilson	6:00.16
4. Enrique Nepomuceno	Holy Names	6:01.27
5. Jonathan Bessellink	Holy Cross	6:03.50
6. Alex Drover	Kingston CVI	6:12.11

## 4 x 400m Relay

1. St. Michael's College	Toronto	3:23.61
2. ESC Theriault	Timmins	3:24.10
3. Chaminade College	Toronto	3:24.63
4. Vincent Massey	Windsor	3:25.86
5. Holy Cross CSS	Kingston	3:27.86
6. ESP Louis Riel	Gloucester	3:28.45

## PARA EVENTS

### Ambulatory – Women – 100m

1. Madison Wilson Walker	Lord Dorchester	15.01
2. Shirley Hughes	Sydenham HS	17.39
3. Brittney Yurek	Twin Lakes SS - Orillia	19.10

### Ambulatory – Men – 100m

1. Zack Gingras	Bill Crothers SS	13.12
2. Eric Kuchman	Notre Dame	14.15
3. Nick Heffernan	St. Thomas Aquinas	14.23
4. Hudson Booth	Almaquin Highlands	14.39
5. Cody Bell	Lambton Central	14.67

### Visually Impaired – Men – 100m

1. Dylan Hermans	Bear Creek SS	12.43
2. Nicholas Neri	Cardinal Leger	13.17
3. Joshua Roberto	Paul Dwyer CHS	14.80
4. Gavin O'Sullivan	West Humber CI	14.90
5. Mohamad Bassam	Hillcrest HS	14.97

### Intellectually Imp.b- Women 100m

1. Kristy Alford	Nantyr Shores SS	14.04 !
2. Kyla Rodrigues	Woodstock	14.16
3. Julianne Miszcz	St. Michael	16.26
4. Sarah Mailloux	Ottawa Technical	16.33
5. Shannon Swinson	Beamsville DSS	16.35
6. Brianna Clow	Sydenham HS	16.53

### Intellectually Imp. – Men 100m

1. Nathan Nowak	Regiopolis Notre Dame	12.35
2. Eddie Nicks	St. Augustine SS	12.59
3. Owen Konkle	Beamsville DSS	12.66
4. James St. Denis	F.J. Brennan	13.15
5. Jacob Balan	St. Marcellinus	13.23
6. Grayson Whitney	Ottawa Technical	13.34

### Wheelchair – Women 200m

1. Jessica Tinney	Greenwood College	44.26 !
2. Kanice McLean	Governor Simcoe	1:43.35
3. Abby Leblanc	MacKenzie	1:50.66

### Visually Impaired – Men 800m

1. Nicholas Neri	Cardinal Leger	2:07.66 !
2. Joshua Roberto	Paul Dwyer CHS	2:45.05 !

### Ambulatory – Women 800m

1. Madison Wilson - Walker	Lord Dorchester	2:57.98 !
2. Shirley Hughes	Sydenham	3:17.41
3. Ella Baker- Lehnen	St. Anne – Clinton	5:59.46

### Ambulatory – Men 800m

1. Mitchell Chase	Dunbarton	2:10.02 !
2. Zack Gingras	Bill Crothers SS	2:19.57
3. Nick Heffernan	St. Thomas Aquinas	2:35.85
4. Hudson Booth	Almaquin Highlands	2:39.03
5. Cody Bell	Lambton Central	2:47.26
6. Max Gunter	Humberview SS- Bolton	2:47.36

## Intellectually Imp. – Women 800m

1. Julianne Miszcz	St. Michael	3:10.55 !
2. Cheyenne Henry	Robinson Timiskaming	3:22.13
3. Tiffany Hillman	MacKenzie	3:50.50

## Intellectually Imp. – Men 800m

1. Owen Konkle	Beamsville DSS	2:22.59 !
2. Eddie Nicks	St. Augustine SS	2:24.68
3. Jacob Balan	St. Marcellinus	2:28.27
4. Craig Machan	MacKenzie	2:36.77
5. Andrew McIntyre	St. Michael	2:43.88
6. Connor McCandless	St. Joseph's	3:01.27

## TEAM RESULTS

### Midget Women

1. Pickering	Ajax	34 Points
2. St. Mary CSS	Pickering	24 Points
3. St. James	Guelph	22 Points
4. St. Thomas Aquinas	Brampton	21 Points
4. Sir Frederick Banting	London	21 Points
6. Aurora HS	Aurora	20 Points
7. Northern SS	Toronto	18 Points

### Junior Women

1. Huron Heights	Kitchener	32 Points
2. Cameron Heights	Kitchener	22 Points
2. W.F. Herman	Windsor	22 Points
4. Lawrence Park CI	Toronto	20 Points
4. Eastdale SS	Welland	20 Points
4. Sandwich SS	Windsor	20 Points
4. De La Salle	Toronto	20 Points
4. Ashbury College	Rockcliff	20 Points

### Senior Women

1. Dundas Valley	Dundas	33 Points
2. Notre Dame CSS	Ajax	31 Points
3. Lord Dorchester	Dorchester	30 Points
4. Fletchers Meadow	Brampton	24 Points
5. Toronto French School	Toronto	20 Points
5. South Lincoln HS	Smithville	20 Points
7. W.F. Herman	Windsor	19 Points

### Overall Women

1. Sir Frederick Banting	London	54 Points
2. Notre Dame CSS	Ajax	52 Points
3. Lord Dorchester	Dorchester	50 Points
4. Pickering	Ajax	44 Points
5. W.F. Herman	Windsor	41 Points
6. Sandwich SS	Windsor	37 Points

### Women Wheelchair

1. Greenwood College		10 Points
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### Women – Ambulatory

1. Lord Dorchester	Dorchester	20 Points
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### Women – Intellectually Imp.

1. St. Michael CHS	Niagara Fall	16 Points
2. Nantyr Shores SS	Innisfil	10 Points
3. Timiskaming DSS	New Liskeard	8 Points
3. Woodstock		8 Points

### Midget Men

1. Thousand Islands SS	Brockville	33 Points
2. Bill Crothers SS	Unionville	28 Points
3. Our Lady of Lourdes	Guelph	21 Points
3. Resurrection	Kitchener	21 Points
5. Westdale SS	Hamilton	20 Points
6. ESP Gisele- Lalonde	Orleans	18 Points
6. Newmarket		18 Points

### Junior Men

1. Sandwich SS	Windsor	28 Points
2. St. Mary's	Kitchener	27 Points
3. St. Marquerite d'Youville	Brampton	23 Points
4. Neil McNeil HS	Toronto	22 Points
4. St. Augustine SS	Brampton	22 Points
6. All Saints CSS	Whitby	18 Points

**Senior Men**

1. Father Henry Carr	Toronto	44 Points
1. Cameron Heights	Kitchener	44 Points
3. St. Marquerite d'Youville	Brampton	26 Points
4. Bishop Allen Academy	Toronto	25 Points
5. Sarnia Northern	Sarnia	23.3 Points
6. Holy Cross	Strathroy	20 Points
6. Thousand Islands SS	-Brockville	20 Points

**Overall Men**

1. Bill Crothers SS	Unionville	62 Points
2. Thousand Islands SS	Brockville	53 Points
3. Father Henry Carr	Toronto	51 Points
4. St. Marquerite d'Youville	Brampton	49 Points
5. Sandwich SS	Windsor	44 Points
5. Cameron Heights	Kitchener	44 Points

**Men - Visually Impaired**

1. Cardinal Leger	Brampton	18 Points
2. Paul Dwyer CHS	Oshawa	14 Points
3. Bear Creek SS	Barrie	10 Points

**Men - Ambulatory**

1. Bill Crothers SS	Unionville	18 Points
2. St. Thomas Aquinas	London	12 Points
3. Almaquin Highlands	South River	10 Points
3. Dunbarton	Pickering	10 Points

**Men - Intellectually Imp.**

1. Beamsville DSS		16 Points
1. St. Augustine SS	Brampton	16 Points
3. Regiopolis	Notre Dame	10 Points
3. St. Marcellinus	Mississauga	10 Points



**OCAA**

**50 YEARS**

Est. 1967

**BE A PART OF OUR CONTINUING HISTORY**

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<b>Co-chair</b>	Heather Windrem, Widdifield SS	P: 705-472-5711	F: 705-474-4223	hwindrem@hotmail.com
<b>Snowboard Racing</b>	Duncan Warrener, Nelson High School	P: 905.637.3825	F: 905.637.5960	warrenerd@hdsb.ca
<b>Swimming</b>	James Ball, John F Ross CVI	P: 905-847-0595		james.ball@ugdsb.on.ca
<b>Tennis</b>	Tami Hawkins, Tecumseh Vista Academy	P: 519.987.6200		tami.hawkins@publicboard.ca
<b>Track &amp; Field</b>	Mark Lewis, Seaway DHS	P: 613.652.4878	F: 613.652.1315	mark.lewis@ucdsb.on.ca
<b>Co-chair</b>	Craig Cavanagh, Riverside SS	P: 519.948.4116	F: 519.948.5559	craig.cavanagh@gecdsb.on.ca
<b>Volleyball</b>	Brian Leidl, Chatham Kent SS	P: 519.352.2870	F: 519.351.8849	leidlbr@lkdsb.net
<b>Co-chair</b>	Helen Thomson, St. Michael CSS	P: 519-271-0890		hthomson@hpcdsb.ca
<b>Wrestling</b>	Rich Knill, Turner Fenton	P: 905.453.9220	F: 905.453.9692	richard.knill@peelsb.com

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