

The Bulletin

2014 -2015 OFSAA
Championship
Calendar

Character Athlete
Award Winners

High School
Grand Prix Results



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

Sport Specialization

A report from OFSAA Assistant Director, Michael Suraci

High school provides one of the best opportunities to participate in multiple sport activities. Schools provide the coaches, the equipment, the uniforms, and the facilities to allow students these experiences. However, there is a growing trend for youth to specialize [participate in a single sport] at an early age. As a four-season country, Canada once had clear seasons of play with winter-based sports such as hockey and summer-based sports such as soccer. However, with arenas now keeping ice in year-round and artificial turf fields being “domed” during winter months, there is reduction in the need/encouragement to participate in more than one sport and increasing pressure on youth and families to invest in year-round single sport training.



Additionally, a potential driving force may be the theory that when an athlete specializes, they achieve success more quickly (Tucker, 2012 as cited in Balyi, Cardinal, Higgs, Norris, & Way, 2014, p. 43). While there is no disputing that extensive training is required to be successful, greater consideration is being given towards the impact sports played prior to specialization have had on athlete development (Balyi et al., 2014, p. 43). Research on specialization versus diversification for youth has found that young athletes who specialize may experience early success but are unable to maintain this level of performance through to their physical and psychological peak maturity, where optimal results can be achieved (Bompa, 2000, pp. 3-4). This is not debating the need for specialization to reach athletic potential but rather that specialization should occur at the right time in an athlete’s development and usually toward the later teenage years [sport dependent] (Jayanthi, N., Pinkham, C., Dugas, L., Patrick, B., & LaBella, C., 2013, p. 256).

To support this philosophy, it is important to encourage our students, particularly those in grade 9 and 10, to take advantage of the numerous sport opportunities high school can provide. Promoting student participating in co-curricular sport, intramurals, or even having your school take part in programs such as “Try Day” will help expose students to new sport-based opportunities. Whether students participate in basketball, pickle ball, or kin ball, multisport participation can help activate different muscle groups, improve cardiovascular abilities, and foster creativity.

There are very few student who will achieve elite athletic levels or even participate at the post-secondary level. For those who do, multisport participation has been found to increase an athlete’s chances of success (Jayanthi et al., 2013, p. 255). For the other 99%, promoting participation in variety of sports assists students to stay active beyond their competitive years and encourages an “active for life” philosophy.

Balyi, I., Way, R., Norris, S., Cardinal, C. & Higgs, C. (2014). Canadian sport for life: Long term athlete development resource paper V3. Vancouver, BC: Canadian Sport Centres.

Bompa, T.O. (2000). Total training for young champions. Champaign, IL. Human Kinetics

Jayanthi, N., Pinkham, C., Dugas, L., Patrick, B., & LaBella, C. (2013, October 25). Sports specialization in young athletes: Evidence-based recommendations. Sports Health: A Multidisciplinary Approach, (5) 3, 251-257. DOI: 10.1177/1941738112464626 2013 5: 251

Ken Coffin Retires

OFSAA wishes a fond farewell to Ken Coffin. Ken has been a special projects coordinator at OFSAA since 2008 and recently decided to retire from his role. Known for his energy, enthusiasm and sense of humour, Ken brought a tremendous amount of expertise to his portfolio of OFSAA events, which included alpine skiing, snowboarding and tennis. He collaborated with many volunteers to improve these sports and enhance the experience for student-athletes. He also worked closely with the Board of Reference – Sanctions and handled all the coordination and administration for sanctions cases referred to OFSAA. Ken is a tireless worker who will be missed in the school sport community. Best regards, Ken and thank you for six great years!



GILBERT ON TOP SINCE 1823

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OFSAA

RUGBY CANADA

RUGBY WORLD CUP 2015 ENGLAND

GILBERT

CREATED₂PERFORM

Photo by Jamie McDonald

Age Classifications for the 2014-15 School Year

For the 2014-15 school year, a Midget will be born in 2000 or later, and may only compete at OFSAA in the Midget category for one year in Grade 9. A Junior will be born in 1999 or 2000, and a Senior will be born in 1995 or later.

1994 or earlier	Ineligible
1995	Senior
1996	Senior
1997	Senior
1998	Senior
1999-2000	Junior
2000	Midget

How old was the student on January 1, 2014?

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.

2014-15 Transfer Appeal Meeting Dates

Meeting Date

Thurs., Oct. 2, 2014
 Fri., Oct. 31, 2014
 Tues., Dec. 9, 2014
 Thurs., Feb. 19, 2015
 Thurs., April 23, 2015

Deadline for Applications

Mon., Sept. 22, 2014
 Thurs., Oct. 16, 2014
 Mon., Nov. 24, 2014
 Wed., Feb. 4, 2015
 Wed., April 8, 2015

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.

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For purchasing information, please contact:

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Sports Equipment of Toronto
 800-925-0002

T. Litzen Sports
 800-603-5164

VSP Sports
 877-677-1954

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TRYday Try Day Funding Continues for the 2014-15 School Year!

Funding of the OFSAA Try Day program for the upcoming school year will again be provided by the Ministry of Education, Government of Ontario. 93 PUBLICLY-FUNDED schools may receive up to \$700 to introduce a new sport or physical activity to their current program. Again this year, schools must include students in the planning and implementation of the program. Try Day programs must be completed by March 31st, 2015. Read the following criteria for Try Day funding and submit your application form online. Take this opportunity to enhance your physical activity and athletic programs with new and exciting activities for students in all grades. Get your application in quickly!



“TRY DAY” FUNDS available for 2014-15

- 93 publicly funded schools can receive up to \$700 in funding
- Priority will be given to new applicants to the Try Day program, and rural and small schools,
- Schools are encouraged to conduct sustainable programs by purchasing equipment or resources
- Schools must use students in the planning and implementation of the Try Day program
- Funds will be allocated on a first-come, first-served basis, provided that the request fits the parameters of the program.

AN OPPORTUNITY

- To introduce new activities to your programs
- To introduce sustainable activities that benefit both present and future students
- To strengthen and/or enhance your physical activity and athletic programs
- To provide an opportunity for student leadership
- To encourage lifelong active participation

PROGRAM REQUIREMENTS:

- **Schools must meet all the criteria in order to receive reimbursement**
- To be eligible for Try Day funding, **the program must be offered to students in multiple grade levels** (a minimum of 60 students is recommended).
- Try Day programs must introduce a **new sport or physical activity** that is not currently provided at the school.
- All 'Try Day' programs must be completed by **March 31, 2015**.
- Schools must submit the final report, receipts, photos, and any media articles of their Try Day upon completion of the event, and no later than **April 30th, 2015**, prior to receiving reimbursement.

Fill out the Registration Form and submit it to OFSAA today!

Schools accepted for funding will be notified of their acceptance by OFSAA staff within 2 weeks of the receipt of the application, and a reporting package and posters will be sent to the approved schools. *If you do not receive a reply within this time frame, please contact:*

Diana Ranken, 'Try Day' Program Coordinator

diana@ofsa.on.ca

2014 Playing Regulation Updates

Badminton

- The OFSAA Badminton Championship will be adding a modified double elimination in the "B" and "C" flights similar to the format which currently exists in the "A" flight. This requires the addition of two (2) entries to each division, which will come from the hosting association. The new format guarantees four (4) matches for participants.

Boys' Golf

- An established format for pairings on Day two will be used to better showcase the team component of the championship.

Girls' Golf

- Registration materials will only be given to the designated teacher-supervisor accompanying the team upon receipt of all mandatory OFSAA forms.
- If a special event is arranged, all team members and coaches must attend.

Volleyball

- Minimum ceiling height has been lowered to seven (7) meters. Any facilities lower than this must be approved by the chairperson of the volleyball sport advisory committee.
- Minimum side space clearance must be two (2) meters. Any facilities lower than this must be approved by the chairperson of the volleyball sport advisory committee.

Girls' Gymnastics

- The OFSAA Gymnastics Championship was moved to Festival status effective 2014-2015, due to the fact that it did not meet the association participation number requirements to be classified as a championship.

Girls' Hockey

- There will no longer be a consolation round offered for the 16-team format

Girls' Rugby

- Each team may have a maximum tournament roster of thirty (30) players. Each team shall submit an eligibility list of players (maximum 30) who shall be eligible to play in the tournament

Soccer

- The top four (4) teams shall be seeded based on the Association's performance at the previous year's championship. Associations winning gold, silver, bronze, antique-bronze the previous year will be seeded 1, 2, 3, 4, in that order. The remaining positions within the pools will be randomly drawn.

Wrestling

- Playing Regulations Page X8 Section 19 Match Protest Policy
- A new number iii be added stating: "When the organizing committee can provide mat side video for all matches then the CAWA "white paddle" rule Part 7 Article 34 be used to protest.
- The old section iii be renumbered #v. # iv will now read " If the white paddle rule is not in effect then an intent to protest must be registered at the conclusion of the match to the referee who must inform the opposition coach of the possibility of a protest. #v-viii be renumbered vi-ix.

Alpine Skiing

- Classifications for Level I and Level II racers has changed in definition and now read:
- Level I Team Racers: Participants are school-trained athletes. They have NO ski league affiliation race training beyond the U-12 category.
- Level II Team Racers: Participants are those skiers who have ski league affiliation and race training, beyond the U-12 category.



Try Day 2014

93 schools received up to \$700 to strengthen their physical activity and athletic programs province-wide. Students also had an opportunity to learn and develop their organizational and leadership skills by playing a role in the implementation of the Try Day programs this year. A win-win situation for all.



Planning on Attending or Hosting Invitational Events in the fall? Submit your request for OFSAA Sanction now!

What does 'OFSAA Sanction' mean?

- All participants must be eligible under their Association and OFSAA rules.
- A teacher-coach, approved by the school principal, must be present and responsible for the participants throughout the event.

To receive sanction to HOST an Invitational event

- Complete the appropriate form from the website and submit to your Association representative as listed on the inside Bulletin cover
- The OFSAA rep signs the form and sends it to OFSAA
- If all is in order, your event will be sanctioned, listed on the OFSAA website, and confirmed with a letter to you, copied to your principal

To receive sanction to ATTEND an Invitational event out-of-province

- **You MUST get OFSAA sanction for events in other provinces and for state or NFHS-sanctioned events. Failure to do so may lead to school sanctions.
- Complete the appropriate OFSAA form from the website and submit directly to OFSAA
- If all information is provided, the school principal will receive a letter confirming OFSAA sanction for the school to attend the event, with a copy to the supervising teacher-coach
- The OFSAA website will indicate what schools have been sanctioned to attend specific invitational events

So remember . . .

- Get your requests for OFSAA sanction in at least 30 days prior to the event
- Hosting convenors must indicate in their promotional information that the event is 'OFSAA-sanctioned', so need to apply for sanction early in their planning.
- Hosts wishing to have their event listed in the Bulletin must apply for sanction by the Bulletin deadline dates: Fall- July 1; Winter - December 1, Spring - May 1
- Schools attending a single exhibition game out-of-province are not required to get OFSAA sanction.
- Schools travelling on international tours (other than the US) for sporting events are not required to obtain OFSAA sanction. However, if a letter is requested to indicate your school is a bona fide member in good standing, please contact me and I can provide one.

Direct any questions re: sanctioning of invitational events to: Diana Ranken at diana@ofsaa.on.ca

Sanctioned Invitationals for 2014-15

BOYS' BASKETBALL

Looking for an Interprovincial Senior Boys' Basketball tournament ...
Father Cacombe High School Boys' Basketball Tournament

November 27-29, 2014 Matt Sauer
mail: matthew.sauer@cssd.ab.ca

OFSAA Women's Sport School 2014

On May 8th and 9th, 2014 over 100 teachers, coaches, and athletics directors from across Ontario attended the OFSAA Women's Sport School conference at Durham College/ UOIT.

Over the course of the two-day event participants had the opportunity to attend interactive sessions in the classroom and on the courts and fields of the campus to learn from experienced professionals. With health techniques, stretching, injury prevention and new ways to keep active, those involved return to schools with new ideas to keep students healthy and active.

The evening during the conference brought attendees together for dinner, prizes and a tradeshow with a host of vendors who displayed their products, programs and services. Games and dancing continued after the tradeshow with more prizes including one for best costume representing the theme – retro athletic wear.

OFSAA would like to thank all the organizers, presenters, tradeshow vendors and delegates for making the 2014 Women's Sport School such a success.

Remember to check back in the fall online and in the Bulletin for information on the 2015 OFSAA Coaching Symposium taking place next May.



News from the OFSAA AGM



L to R: Paul Freier, Jody Miller, Bruce Dyce and Jim Woolley

Healthy debate took place at the OFSAA Annual General Meeting on April 10 and 11 in Richmond Hill. The meetings

were attended by teachers and school administrators representing each of the 18 high school athletic associations in the province.

One of the more significant changes approved at the meetings was to the classification policy. Voting members approved a switch from four levels to three levels effective in the 2015-16 school year. Agreement could not be reached on the FTE numbers for each of the levels will be decided at the 2015 AGM.

We also took time to recognize the volunteers who were leaving their posts as association representatives.

- Bruce Dyce is leaving after 10 years as the ROPSSAA representative.
- Jody Miller is leaving after 7 years as the ROPSSAA representative.
- Steve Voros is leaving after 5 years as the WOSSAA representative.

Thank you to each of these individuals for volunteering their time and expertise to school sport in the province.



Steve Voros (centre) receives his award from OFSAA President, Jim Woolley and WOSSAA representative Michele Van Barga

Please Support OFSAA's School Sport

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.

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- Official shuttlecocks of OFSAA: Mavis 350, Mavis 300, Mavis 7



Black Knight

- Official badminton eyewear provider of OFSAA



Football

Spalding

- J5V Silver, Official football of OFSAA



Basketball

Spalding

- TF-1000 Legacy, Official basketball of OFSAA



Milk

- The official recovery drink of OFSAA Basketball



Volleyball

Baden

- Baden Perfection 15-0, Official volleyball of OFSAA



Field Hockey

AK Pro

- Official field hockey ball of OFSAA: Grays Astrotec Dimple Ball.



Rugby

Monilex

- Official supplier of Gilbert rugby balls to high schools



Soccer

Molten

- Official soccer ball of OFSAA: Molten FX-1000 official game ball, Molten FX-150 official practice ball



Accommodations

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- Official ring supplier of OFSAA



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Ontario Students at Nike High School Grand Prix



HIGH SCHOOL
GRAND PRIX



Student-athletes from two Ontario high schools participated in the annual Nike High School Grand Prix invitational track and field meet in Toronto from May 8-11. Ontario was represented by the girls' team from Lord Dorchester Secondary School

in Dorchester, and the boys' team from Holy Cross Catholic Secondary School in Kingston.

Varsity Stadium was the host venue for the competition which featured 280 athletes and 50 teacher-coaches from 10 provinces and two territories, as well as 30 officials and 60 volunteers.

"Awesome," said Jonathan Besselink after winning bronze in the 1500m event. "Been wanting to get on the podium for awhile now and it finally happened, and it's cool that it happened at an event like this."

Not only did the students get a chance to measure themselves against schools from across Canada, they were also treated to a Toronto cultural experience during their stay in the city including banquet dinners, awards, the Nike Locker Room Experience, an athlete panel, chance to meet Canadian Olympians, social,

dance, and attended a Toronto Blue Jays game. For many participants it was their first trip to Toronto and in some cases their first flight on an airplane.

"Very cool," said Christina Hertner after winning a gold medal in shot put. "There were so many cameras, I didn't know what to say. I felt like an Olympian!"

At the athlete panel, students were educated by Damian Warner, a Canadian decathlete who finished fifth at the 2012 Olympics and won bronze at the 2013 World Championships. Jessica Smith, a Canadian Olympian at the 800m, dropped in Friday morning for a meet-and-greet with athletes.

It was truly a once-in-a-lifetime experience for the girls' and boys' teams from each province. Teams from Ontario were selected by OFSAA based on leadership, school involvement and track and field experience. Check out more information on highschoolgrandprix.ca and stay tuned for news on next year's event.



Medallists

Lord Dorchester (Girls')

Morgan Hendricks won gold in 800m with a time of 2:22
Christina Hertner won gold in shot put with a distance of 10.38m

Dana Earhart won silver in 800m with a time of 2:23.5
Emily Ashby won bronze in 1500m girls with a time of 5:07.10

Holy Cross (Boys')

Jake Gurnsey won gold in long jump with a distance of 6.20m

Brody Blaskie won silver in 200m with a time of 23.47
Jonah Johnson won silver in shot put with the distance of 14.11m

Jonathan Besselink won bronze in 1500m with a time of 4:08.94



Pan Am/ParaPan Am Kids launch resources for schools

The Ministry of Tourism, Culture and Sport has launched the "Pan Am/Parapan Am Kids" resources. Several tools have been developed for educators and recreational leaders which are available online for anyone to use. Some of the resources are linked to the

curriculum, educate students about the Games, and promote physical activity.

Programs include Kids 'N Play, My Personal Best, Playsport, and Activity Day Kits.

www.ontario.ca/ppakids

Changes to use of Twitter at OFSAA Championships

The use of Twitter at OFSAA championships has become such a common occurrence that convenors have been creating optional accounts each season in recent years. While this has been beneficial to those wanting to follow that particular event, the Twitter account became inactive at the conclusion of the games and lingered online as a dead end.

Twitter is an effective tool for instantly sending information, updates, scores, notifications, and sharing photos with all who want to follow the championship/festival. An active Twitter account is also beneficial to OFSAA's media partners.

OFSAA has now opted to introduce a series of accounts that can be used and shared by convenors and maintained as official accounts.

When convenors are contacted with their login information to their website, they will also be given login credentials for a Twitter account that will be passed on from year to year to build a following for each event.

Accounts have been created to cover individual followings of sports. This may include more than one championship during the same year, and often at the same time.

Multiple people will be managing Twitter accounts at the same time. For example, the @OFSAABasketball account will be managed by somebody at four locations

(A, AA, AAA, AAAA) during the girls' championships in the fall, then again by four locations during the boys' championships in the winter. Separating results can be achieved with the use of a designated hashtag for each location.

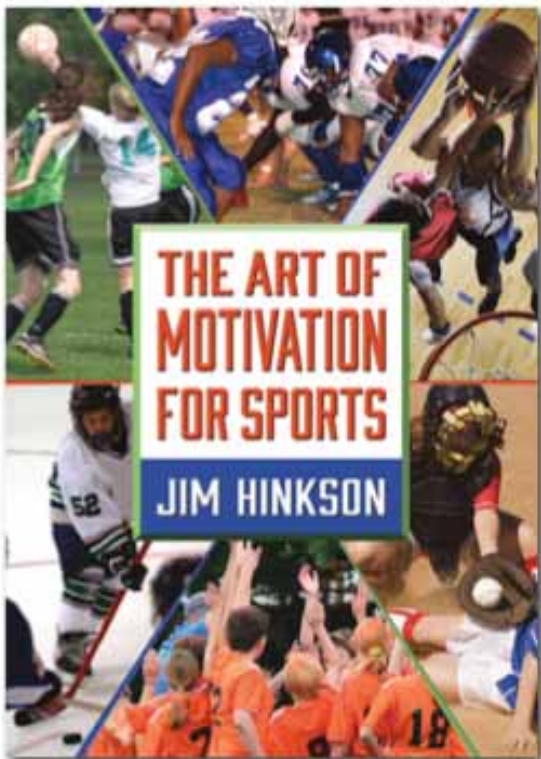
Each location may also wish to have multiple people using the account if there is more than one court or field of play in action at the same time. During the Spring 2014 OFSAA Badminton Championships, students at multiple courts in multiple schools did an excellent job reporting the scores and results of the matches.

Please engage fans socially and respectfully during the championship and facilitate two-way communication bearing in mind you are representing OFSAA and supporting school athletics.

Further questions concerning use of Twitter at championships can be directed to devin@ofsaa.on.ca. Be sure when posting and if in doubt, leave it out.

Official Accounts

@OFSAASnow	@OFSAABadmnton	@OFSAABaseball
@OFSAABasketball	@OFSAAXC	@OFSAACurling
@OFSAAGirlsFH	@OFSAALacrosse	@OFSAAFootball
@OFSAAGolf	@OFSAABoyHockey	@OFSAAGirlHockey
@OFSAABoySoccer	@OFSAAGirlSoccer	@OFSAARugby
@OFSAASwimming	@OFSAATennis	@OFSAATrack
@OFSAAVBall	@OFSAAWrestling	



Jim Hinkson offers coaches tips and perspective

The Art of Motivation for Sports by Jim Hinkson is about a "new school" of coaching that meshes with today's social realities, making effective use of them to build successful teams. This new school of coaching also deals with winning a little differently. Although the main priority is winning, coaches do not talk to their players about winning the game but what success is. Success becomes attaining these goals, improving as a team, and striving for excellence.

Jim has been through everything there is in sports as a player, a coach, and an author and has written six books on lacrosse, and coaching. Jim also runs coaching seminars for schools.

Order *The Art of Motivation for Sports* online: www.gsph.com

For other questions please contact jhinkson@sympatico.ca



SCHOOL SPORT CANADA
SPORT SCOLAIRE CANADA

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 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.

Concussion in Sports - What You Need To Know - FREE

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.

This is a FREE Course!

Engaging Effectively with Parents - FREE

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

Fundamentals of Coaching

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

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

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" - FREE

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

This is a FREE Course.

Coaching in Ontario Schools (CIOS)

The Coaching in Ontario Schools (CIOS) course



continues its popularity, particularly among teacher-candidates, with approximately 800 participants completing the course. Last year, the course was revised to include concussion information and resources and a selection of readings relating to Canadian Sport for Life.

Next year, we are hoping to offer 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. We hope to have this option made available soon.

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 Michael Suraci at 416-426-7440 or michael@ofsa.on.ca

OFSAA'S KEEPING FOOTBALL SAFE CONTEST

Sponsored by  **SPALDING**
TRUE TO THE GAME.

OFSAA, in partnership with Spalding Canada, is excited to announce the continuation of its Keeping Football Safe contest. The purpose of the contest is to reward and encourage best practices when it comes to high school football safety.

WHAT'S THE PRIZE?

Four (4) prizes of \$2,000 of in-kind product from Spalding/Russell Athletic to support high school football programs (football, uniforms, football pads, etc.). Each school will select what product they believe is needed most!

HOW IT WORKS

Any school who successfully completes (or has already completed) all the identified best practices as indicated below and submits the completed entry form, found at www.ofsaa.on.ca, will be entered into a draw to win one of the four (4) prizes. Limited to one (1) entry per school.

DEADLINE

All requirements must have been completed and applications received in the OFSAA Office no later than November 15, 2014.

ANNOUNCEMENT OF WINNERS

The draw will take place during the OFSAA Representative Council November 27, 2014 with a public announcement made on the OFSAA website December 2, 2014.

REQUIREMENTS/BEST PRACTICES

All of the following must be completed in order to be eligible for the contest.

- 1) All football team coaches must have completed a concussion awareness course/workshop within the past 3 years. These may include but are not limited to the following:
 - Making Headway in Sport (Generic or Football specific) (NCCP course offered online at www.coach.ca)
 - Concussion in Sport- What you need to know (NFHS course offered free at www.schoolcoach.ca)
 - Concussion Management Workshop (taken at a conference, school board, etc.)
- 2) One (1) coach must have completed the NCCP Football Introduction to Competition (position coach trained) course.
- 3) The team must complete a minimum of one (1) practice (within the current season) specifically focused on safe contact/tackling. All team athletes must have participated in the safe contact/safe tackling practice/clinic.



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Support for OFSAA Boys' "A" Basketball was Phenomenal

(story by Doug Basso, department head, Student Life, O'Gorman High School originally printed in Timmins Press, April 1, 2014)

TIMMINS - What a game! What a team! What an event!

On behalf of the OFSAA Boys 'A' Basketball Championship organizing committee, I want to thank everyone who helped make the three days in March magical.

From an organizer's point of view, the support we received from the community was second to none.

The gym was bursting most of the tournament, but the last game was phenomenal. It was great to see the alumni out in full force supporting the Knights.

The provincial and community sponsors who helped make the event financially viable cannot be thanked enough.

A special thank you goes out to the staff and students of the two host schools — O'Gorman Intermediate School and O'Gorman High School — as well as the senior administrators of NCDSB, who provided us with the means to host this great event.

Thanks also to the administrators and teachers, who worked around a busy schedule, and a number of volunteers.

Thanks as well to the custodial staff, who kept the schools spotless and welcoming to all, and to the he IT staff of NCDSB, who worked tirelessly to make the webcasting of games possible, and to the announcers, who entertained us through it all.

Thanks to Father Pat, for giving a great motivational speech at the banquet, and to Anne MacDonald for her

leadership and guidance in all things athletics.

Thanks as well to the Link Leaders and other students who acted as hosts/hostesses and minor officials, but most importantly acted as ambassadors to the city.

Thanks also to the coaching staff and players of the OHS team for showing that hard work and dedication really do pay off, as they brought home the OFSAA provincial silver medal.

They battled back from a 16-point deficit, only to come up short of the gold medal in OT.

They provided the fans the opportunity to see some of the best players in the province play in one of the most exciting final games you will ever see.

The organizers of the tournament worked around the clock making the event run smoothly. Marcy McCarty, Cathy Beard, Chris Seguin and Lisa Romanowski deserve special accolades as gym supervisors and volunteer coordinators.

We had more than 50 volunteers, mostly students, who gave up countless hours working at various jobs.

We proved once again that O'Gorman and Timmins are very deserving hosts, among the best hosts in the province!

Well done everyone!

THE BEST WAY TO REACH YOUR GOAL TOMORROW IS TO START TODAY.

Recovering the right way.

It's well known that during a serious workout, your muscles are strained only to build back up stronger afterwards. What isn't so well known is how much recovery is influenced by optimizing rest and nutrition. Feeding the body what it needs immediately after a workout gives you an edge in making tomorrow's workout better.

Milk helps.

With 16 essential nutrients, chocolate milk is the ideal beverage for athletic recovery. In order for your players to have a better workout tomorrow, it's important to ensure that they are getting the right amount of nutrients in their diet today. Drinking chocolate milk within 30 minutes of an intense workout can help provide the fluids, carbs and protein they need to rehydrate, refuel and recharge. It's a great way to make tomorrow's workout better today. Learn more about how proper nutrition can help your players get an edge on the competition by checking out rechargewithmilk.ca/basketball.

For all the latest news, events and updates throughout the year, bookmark rechargewithmilk.ca.



Ontario Service Awards

Once again OFSAA recognized six teacher-coaches, who for many years have committed to making school sport a success through their volunteer activities. They host championships, serve on local and Association committees and executives, conduct many co-curricular programs for the student-athletes, and in many cases they have served as their Association Representative to the OFSAA Representatives Council and Executive. These Ontario Service Awards are presented locally at special ceremonies honoring volunteers from all organizations that serve the community and the province.

Congratulations to our 2014 recipients!

Laura Aubertin	NOSSA
Mike McKittrick	SWOSSAA
Sharon Creelman	CISAA
Pete Cusumano	SWOSSAA
Lauri MacFarlane	NWOSSAA
Mark Lewis	EOSSAA

OFSAA Alumni

OFSAA Alumni Scholarship

Students from schools in TDSSAA, WOSSAA, and LOSSA may apply for the OFSAA Alumni Scholarships in 2014-15. **All applications must be received by mail or courier by April 1, 2015.** An outline of the criteria and an application form can be found on the OFSAA website.

Alumni Membership

Donations by members of the OFSAA Alumni Association maintain these scholarships, so teacher-coaches, former and current, and former student-athletes are encouraged to support this cause. The Alumni golf tournament and BBQ is scheduled for September 22, 2014 in Toronto. Get your fellow Association retirees together and join in this fun event! New retirees can find details of the association and a membership form on the OFSAA website.



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OFSAA Spring 2014 Character Athletes

OFSAA's Character Athlete Award celebrates the efforts of the exceptional student-athletes in Ontario who best exemplify the characteristics upon which OFSAA is founded.

Nominations come to the OFSAA office detailing the exceptional character of student-athletes across Ontario, inspiring those around them with their participation in school sports, involvement in school and community activities, and demonstration of OFSAA's values.

Selecting just one boy and one girl recipient of the OFSAA Character Athlete Award is never easy, but the following two individuals stood out for their commitment to OFSAA's values of leadership, equity, respect, growth, and commitment.

Le prix d'esprit sportif de l'OFSAA célèbre les efforts d'élèves-athlètes exceptionnels en Ontario qui personnalisent le mieux les caractéristiques fondamentales de l'OFSAA.

Le bureau de l'OFSAA reçoit les nominations détaillant la personnalité exceptionnelle d'élèves-athlètes de partout en Ontario, inspirant leur entourage par leur participation aux sports scolaires, leur implication dans les activités de l'école et de leur communauté, et leur incarnation des valeurs de l'OFSAA.

Choisir un seul récipiendaire masculin et une seule récipiendaire féminine du prix d'esprit sportif OFSAA n'est jamais facile, mais les deux personnes suivantes se sont démarquées en promouvant les valeurs de l'OFSAA telles que le leadership, l'équité, le respect, la croissance et l'engagement.



Elsa Lalonde

School / École : E.S.P. Gisele-Lalonde, Orléans

Nominated by / Candidature proposée par : Marcel Antoine Martin

Elsa has demonstrated remarkable character during her time at Gisele-Lalonde as an inspiring member of the

OFSAA gold medal-winning Girls' AA volleyball team.

Her coach calls her a leader and motivator, and she has overcome adversity with her return to the court following a skiing accident that left her a paraplegic.

Without the use of her wheelchair during volleyball games, Elsa sits on the court to serve then assumes the six back position on defence, sliding around to get to the ball.

"Elsa demonstrated from day one she had her place on the team," said Marcel Antoine Martin. "She is a fine example of an athlete's determination to belong and contribute to her team the best she can."

Elsa has spread inspiration to others by organizing the first sitting volleyball tournament in her Ottawa school, inviting teams from Toronto to Montreal. She also became an advocate and motivational speaker in many parts of Canada and is involved with a support group focusing on youth and mental health.

A member of the Arc-En-Song music group, Elsa plays violin and has raised money and awareness for community groups in a series of concerts. A well-rounded student-athlete, Elsa is the first to give glowing reviews of her teammates, and has shown character of her own that is deserving of recognition.

Elsa a démontré un esprit sportif remarquable durant son passage à Gisele-Lalonde en tant que membre inspirante de l'équipe de volleyball féminine AA ayant reçu la médaille d'or OFSAA.

Son entraîneur la qualifie de chef de file et de motivatrice. Elle a surmonté l'adversité en retournant sur le terrain après un accident de ski qui l'a laissée paraplégique.

Sans utiliser son fauteuil roulant durant les parties de volleyball, Elsa s'assoit sur le terrain pour servir, puis occupe la position défensive arrière six, glissant sur le sol pour atteindre le ballon.

« Elsa a démontré dès le premier jour qu'elle avait sa place dans l'équipe », affirme Marcel Antoine Martin. « Elle est un excellent exemple de la détermination d'une athlète à faire partie de l'équipe et à la soutenir du mieux qu'elle peut. »

Elsa a inspiré les autres en organisant le premier tournoi de volleyball assis à son école d'Ottawa, invitant des équipes de Toronto et de Montréal à y participer. Elle est aussi devenue une conférencière engagée et motivante qui a visité plusieurs endroits au Canada, et est impliquée dans un groupe de soutien qui se concentre sur la santé mentale des jeunes.

Elsa joue du violon au sein du groupe musical Arc-En-Song avec lequel elle a participé à une activité de levée de fonds et de sensibilisation pour des groupes communautaires lors d'une série de concerts. Une élève-athlète bien équilibrée, Elsa est la première à faire l'éloge de ses coéquipières, et la force de caractère qui lui est propre mérite d'être reconnue.



Ajeuro Abala

School / École : Immaculata Catholic High School, Ottawa

Nominated by / Candidature proposée par : Ginette Godmaire

Ajeuro has competed in cross country running, soccer, and track & field all four years of high school. He participated in basketball and volleyball as a junior and has kept up with those sports by

volunteering as a scorekeeper for both.

Sport participation aside, Ajeuro has made an impact in his community and his school with his charitable work. As a member of the Immaculata Community Efforts (I.C.E.) team, Ajeuro helped organize the Terry Fox run, blood donor clinics, school craft fairs, and has delivered Christmas baskets. He has also been a lector at school masses and refereed games for elementary schools.

A former recipient of the King Boloko Memorial Award for sportsmanship and leadership, Ajeuro's dedication to his school has been consistent for years.

"He respects his teammates, his coaches and all officials, being a model of consistency and morality," said Ginette Godmaire, adding he is "frequently found displaying gestures of gentlemanliness and integrity."

Ajeuro is an example of a student-athlete with tremendous character and has earned the Character Athlete Award in recognition of his efforts.

Ajeuro a participé aux compétitions de course de fond, de soccer et d'athlétisme à chacune de ses quatre années à l'école secondaire. Il a été joueur junior de basketball et de volleyball, et est demeuré impliqué dans ces deux sports de façon bénévole en tant que pointeur.

En plus de sa participation sportive, Ajeuro a su faire une différence dans sa communauté et dans son milieu scolaire grâce à son action charitable. En tant que membre de l'équipe Immaculata Community Efforts (I.C.E.), Ajeuro a contribué à l'organisation de la course Terry Fox, des collectes de sang, des expositions d'art scolaire, ainsi qu'à la livraison des paniers de Noël. Il a aussi servi comme lecteur durant les messes scolaires et comme arbitre à des joutes du niveau élémentaire.

Récipiendaire du prix King Boloko Memorial pour l'esprit d'équipe et le leadership, Ajeuro a fait preuve d'un engagement continu envers son école au fil des ans.

« Il respecte ses coéquipiers, ses entraîneurs et tous les officiels, et fait preuve de cohérence et de moralité », affirme Ginette Godmaire, ajoutant qu'il est « fréquemment aperçu en train de poser des gestes empreints d'intégrité et de bonne foi. »

Ajeuro est un exemple d'élève-athlète doté d'un caractère exceptionnel qui lui vaut la remise du prix d'esprit sportif en reconnaissance de ses efforts.

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ATHLETIC SCHOLARSHIPS

Did You Know?

- Athletic Scholarships, also known as Athletic Financial Awards (AFAs), are offered by Ontario Universities.
- Entering student-athletes with an average of at least 80% are eligible to receive up to \$4,000 annually from their university of choice.
- Non-entering student-athletes can receive AFAs up to \$4,000 annually provided they attained 70% on all registered course work.
- Athletic Scholarships are based on athletic talent and are determined by the university the student-athlete may wish to attend. Consult the university of your choice for more details.
- In addition to athletic scholarships, student-athletes may be eligible to receive academic scholarships and financial need based awards.
- OUA promotes gender equity in the implementation of the OUA Athletic Scholarship Policy.
- For further details on the OUA Athletic Scholarship Policy please visit oua.ca/scholarships
- Ontario University Athletics and its 20 member institutions are developing Champions for Life. Giving 9,000 student-athletes the opportunity to excel academically and on the playing field.



Follow OUA on:



oua.ca/scholarships

'KidSport' Grants 2014-15



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.

So ALL Kids Can Play!

- Applications must be on the form for the current year, 2014-15, which can be found on both the OFSAA and KidSport websites
- To determine grant eligibility the committee will consider social and economic barriers facing the student's family as identified by the parents and the endorser. It is important that the parents' and endorser's letters include comprehensive information on the family's current financial situation. Funding to eligible recipients will be on a first-come, first-served basis for each sport season.

- 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.
- 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, 2014; Winter sports - January 31, 2015; Spring sports - April 30, 2015**

Watch the OFSAA and KidSport websites for more information on the 2014-15 grants and the application forms.

Ontario Sport Awards

The Ontario Sport Awards are presented annually to recognize volunteers and corporate sponsors who have contributed to the development of amateur sport in Ontario, and also to recognize those athletes and coaches who have distinguished themselves nationally and internationally. This year the OFSAA nominee for, and the recipient of, the distinguished Syl Apps Volunteer Achievement Award was Lynn Kelman, past president of OFSAA. The awards were presented at a special dinner on April 17th.

OFSAA 2013-14 Syl Apps Volunteer Award Recipient

This year OFSAA was pleased to nominate Lynn Kelman for the prestigious Syl Apps Volunteer Award. Lynn is presently the principal at Banting Memorial High School in Alliston. Throughout her career she has been a volunteer teacher-coach of girls' and boys' volleyball, basketball, track and field, and badminton. Her involvement in sport also extends into the community where she has coached volleyball and soccer.

Lynn has been very committed to OFSAA and school sport, serving as the Georgian Bay representative for six years, principals' representative for five years, and chairperson of the Transfer Committee, the Future Directions Committee and the Classifications Committee. She then took on a six-year commitment, moving through the ranks of vice-president, president and past president of OFSAA, her current role. During her tenure, Lynn has displayed outstanding leadership, always working for fair and equitable competition for student-athletes.

In an effort to further express her belief in school

Lynn Kelman

sport and to gain knowledge from other provinces for the benefit of Ontario schools, she became an executive member of School Sport Canada, a position she still holds.

Lynn is an excellent role model for young women and her leadership skills and sound decision-making have been invaluable to OFSAA, and have benefitted all the student-athletes and teacher-coaches across the province. Congratulations Lynn - well deserved!



Lynn Kelman (centre) is pictured with Michael Chan, Minister of Tourism, Culture and Sport, and Joanne Flint (daughter of Syl Apps).



Coaching Excellence Awards

The Coaches Association of Ontario (CAO) Coaching Excellence Awards aim to recognize the outstanding achievements and significant contributions coaches have made to both their sport and athletes in Ontario. OFSAA is responsible for the selection of a male and a female coach in the School Sport category. This award is open to active teacher coaches

with a minimum of five years coaching experience. Nominated coaches must have coached two or more sports in a school year over the period of five years. The awards do not reflect the accomplishments of a coach in any one year; rather the award is designed to recognize the contributions a coach has made over a period of years.



Leslie Lawlor
Sydenham HS (EOSSAA)

Leslie is a well-known and respected coach within her community, dedicating 17 years to coaching high school soccer, cross country, and track and field at Sydenham HS. She understands the valuable life lessons that can be found within participation in sport and seeks to have her students develop as athletes and individuals. Leslie is seen as a role model for dedication to coaching. She will schedule practices for her athletes anytime they are willing to train, takes on competition hosting responsibilities, and works with new coaches to encourage

their involvement. Ultimately, Leslie is a coach who places little emphasis on winning and more on personal growth and development, which has allowed her school's athletic program to foster a positive environment.

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Ken Vanderzwaag
Woodland Christian HS
(CWOSSA)

Ken has been involved in high school sport for over 30 years including 27 years coaching boys and

girls basketball, 18 years coaching boys and girls soccer, and 6 years coaching badminton. Ken challenges his athletes to do their best and used sport as a means to teach students about commitment, work ethic, and personal character. In addition to coaching, he volunteered on numerous committees relating to high school sport including being the CWOSSA Boys' Representative to OFSAA for 10 years. Ken has also developed coaching resources for distribution to new and younger coaches as a means to help support their involvement in coaching. Ken's years of dedication to high school sport has inspired many within his school and community. This was made even more evident as Ken continued his involvement with school sport despite being diagnosed with pancreatic cancer. Shortly, after this nomination was submitted, Ken passed away in December 2013 leaving a lasting impression on all who had the privilege to know him.



Warming Up Can Save Your Knees

(an excerpt from New York Times blog by Gretchen Reynolds, Mar. 19, 2014)

Rupturing an anterior cruciate ligament in the knee is a nightmare. As the parent of a teenage son who is seven months out from A.C.L. reconstruction surgery, I can attest to the physical and psychological toll it can take, not to mention the medical bills. But a practical new study suggests that changing how sports teams warm up before practices and games could substantially lower the risk that athletes will hurt a knee, at a cost of barely a dollar per player.

Injuries to the A.C.L., which connects the tibia and femur and stabilizes the knee joint, are soaring, with an estimated 150,000 cases a year. The ligament is prone to tearing if the knee shears sideways during hard, awkward landings or abrupt shifts in direction – the kind of movements that are especially common in sports like basketball, football, soccer, volleyball and skiing.

Motivated by the growing occurrence of these knee injuries, many researchers have been working in recent years to develop training programs to reduce their number. These programs, formally known as neuromuscular training, use a series of exercises to teach athletes how to land, cut, shift directions, plant their legs, and otherwise move during play so that they are less likely to injure themselves. Studies have found that the programs can reduce the number of A.C.L. tears per season by 50 percent or more, particularly among girls, who tear their A.C.L.s at a higher rate than boys do (although, numerically, far more boys are affected).

But to date, few leagues, high schools or teams across the country have instituted neuromuscular training. That puzzled Dr. Eric Swart, a resident in orthopedic surgery at Presbyterian/Columbia University Medical Center.

So, for a study presented last Friday at the American Academy of Orthopedic Surgeons annual meeting in New Orleans, he and his colleagues gathered recent clinical trials related to neuromuscular training and used them to create a model of what would happen

in a hypothetical sports league composed of male and female athletes, ages 14 to 22, if they did or did not practice neuromuscular training.

Neuromuscular training changed that calculus, dropping the likely incidence of the injuries to about 1.5 percent of the athletes. More important for this study, the cost of the training was negligible, since several of the programs included in the analysis are available free on the Internet and require almost no equipment.

According to the researchers' calculations, the cost of starting a neuromuscular training program averaged \$1.25 per player per year, "which is so much cheaper than visiting an orthopedic surgeon," said Dr. Swart, an orthopedic surgeon. The cost was the same whether the training was directed at both genders or only at girls.

Those parents and coaches who find that number enticing can begin neuromuscular training with their charges quite easily, Dr. Swart said. "Neuromuscular training is just a better way to warm up," he said.

Most of the scientifically studied programs consist of about 15 to 20 minutes of exercises including marching, jumping, squatting and side-to-side shuffling that, Dr. Swart said, "help to wake up the brain and nervous system" and get the entire body moving with sharper coordination. The programs also emphasize landing with knees bent and in the proper alignment.

Among the most thoroughly studied neuromuscular training options are the PEP (Prevent Injury, Enhance Performance) program, which was developed by the Santa Monica Sports Medicine Foundation, and the FIFA 11 program, created by the international governing body of soccer. Both programs are free, and coaches need no training to teach them to athletes. You can find step-by-step, easy-to-follow videos of the workout routines for both the PEP program and the FIFA 11 program on each group's website.

2014 OFSAA SNOWBOARDING FESTIVAL

Mansfield November 26 - 29, 2013 Mansfield Ski Club



The OFSAA Snowboarding Festival was hosted by the TDCAA at Mansfield Ski Club. The snow conditions were good; however, the cold and windy weather made it uncomfortable for everyone. There were 300 snowboarders from 56 schools representing nine associations entered in the giant slalom events at the Festival.

OFSAA would like to thank the Festival convenors, Anton Geley and Deryck Fox from Father John Redmond Catholic Secondary School for organizing the Festival. Thank you to their organizing committee, all the volunteer officials and the staff at Mansfield Ski Club who helped make the Festival a success.

The snowboarding races were excellent. Congratulations to all the snowboarders for qualifying for the Festival through their associations. Congratulations to all the award winners listed below.

Level 1 Girls' Giant Slalom

Individual:

- | | |
|--------------------|--------------------------|
| 1. Jaimie Figueria | Fenelon Falls S.S. |
| 2. Emily Ballon | Community Hebrew Academy |
| 3. Paige Tremblay | Elmwood School |
| 4. Laura Jones | Northview Heights S.S. |

Team:

- | | |
|------------------------------|------------|
| 1. Elmwood School | 80 points |
| 2. Community Hebrew Academy | 93 points |
| 3. Haliburton Highlands S.S. | 93 points |
| 4. Bill Crother S.S. | 102 points |

Level 1 Boys' Giant Slalom

Individual:

- | | |
|-------------------|----------------------------|
| 1. Logan Stamp | Acton D.H.S. |
| 2. Alex Dawe | Markville S.S. |
| 3. Will Izzard | Oakville Trafalgar H.S. |
| 4. Thomas Hillyer | Royal St. George's College |

Team:

- | | |
|----------------------------|-----------|
| 1. Oakville Trafalgar H.S. | 44 points |
| 2. Renfrew C.I. | 49 points |
| 3. Aurora H.S. | 51 points |
| 4. Markville S.S. | 62 points |

Level 2 Girls' Giant Slalom

Individual:

- | | |
|-------------------------|-------------------------------|
| 1. Mackenzie Hamilton | Hillfield-Strathallan College |
| 2. Rebecca Anderson | Malvern C.I. |
| 3. Jacqueline Thomas | Huron Heights S.S. |
| 4. Sarah Phillips Smith | North Toronto C.I. |

Level 2 Boys' Giant Slalom

Individual:

- | | |
|----------------------|--------------------------|
| 1. Andrew Hildebrand | Forest Hill C.I. |
| 2. Griff Haines | Oakville Trafalgar H.S. |
| 3. Eric Van Hees | Oakville Trafalgar H.S. |
| 4. Jacob Beallor | Community Hebrew Academy |

OFSAA ALPINE SKIING

Blue Mountain, Collingwood

February 23 – 26, 2014

368 alpine skiers from 71 schools around the province converged on Blue Mountain for the 2014 OFSAA Alpine Skiing Championships. The weather on Monday was a mixture of some sun, clouds and snow squalls; however, sunny skies prevailed on Tuesday and the ski conditions were excellent.

This year the Level 1 skiers raced on Smart Alec and the Level 2 skiers raced on Rabbit's Run.

At the banquet on Monday evening, the first day awards were presented to the top eight individuals and the top eight teams in each category. A slide show which featured every racer on Day 1 was a real highlight. Congratulations to Karen Kristy of Collingwood Collegiate Institute from the GBSSA in receiving the OFSAA Leadership in School Sport Award for her outstanding leadership and commitment to high school alpine ski racing. Karen was a former OFSAA Sports Advisory Committee chairperson and has been very instrumental in convening and coaching a number of sports over the past 24 years. Her Collingwood Collegiate Institute alpine ski teams have won numerous GBSSA and OFSAA championships. Bill Barclay, a retired teacher, was presented with a recognition plaque for his ongoing service as an official at the OFSAA Alpine Skiing Championships since 1999.



Thank you to Elaine Wright, the convenor and chairperson of the OFSAA Alpine Skiing Sports Advisory Committee, the organizing committee, the eighty plus volunteers and the Blue Mountain and Toronto Ski Club staff for making the 2014 OFSAA Alpine Skiing Championships a success.

Congratulations to all the participants and the award winners. Their performances were terrific. The numerous spectators were well entertained and enjoyed themselves watching the excellent competitions.

Level 1 Girls

Slalom

Individual:

- | | |
|-------------------|-------------------------------|
| 1. Alexis Young | Jean Vanier C.H.S. |
| 2. Saree Sasson | Huntsville H.S. |
| 3. Emily Butler | South Carleton H.S. |
| 4. Jessi McKenzie | Hillfield Strathallan College |
| 5. Olivera Kralj | Mentor College |
| 6. Brett Gorski | Northern Secondary School |

Team:

- | | |
|------------------------|------------|
| 1. South Carleton H.S. | 32 points |
| 2. Huntsville H.S. | 39 Points |
| 3. Northern S.S. | 43 points |
| 4. Aurora H.S. | 50 points |
| 5. Marymount Academy | 61 points |
| 6. Lawrence Park C.I. | 107 points |

Giant Slalom

Individual:

- | | |
|---------------------|-------------------------------|
| 1. Alexis Young | Jean Vanier C.H.S. |
| 2. Saree Sasson | Huntsville H.S. |
| 3. Brett Gorski | Northern Secondary School |
| 4. Jessi McKenzie | Hillfield Strathallan College |
| 5. Sierra Hailstone | South Carleton H.S. |
| 6. Alina Widell | Abbey Park H.S. |

Team:

- | | |
|------------------------------|-----------|
| 1. Aurora H.S. | 63 points |
| 2. Northern Secondary School | 66 points |
| 3. Abbey Park H.S. | 68 points |
| 4. Greenwood College School | 71 points |
| 5. South Carleton H.S. | 83 points |
| 6. Huntsville H.S. | 87 points |

Level 1 Boys

Slalom

Individual:

- | | |
|--------------------|-------------------------|
| 1. Ward Kyle | Lockerby Composite |
| 2. Michael Jenkins | Nepean H.S. |
| 3. Ian Wellman | North Toronto C.I. |
| 4. Charlie Elliott | St. Andrew's College |
| 5. Sam Pennyfather | Oakville Trafalgar H.S. |
| 6. Will Pidduck | St. Andrew's College |

Team:

- | | |
|-------------------------------|-----------|
| 1. St. Andrew's College | 18 points |
| 2. South Carleton H.S. | 44 points |
| 3. North Toronto C.I. | 50 points |
| 4. Lockerby Composite | 64 points |
| 5. Nicholson Catholic College | 72 points |
| 6. Lawrence Park C.I. | 76 points |

Giant Slalom

Individual:

- | | |
|--------------------|----------------------------|
| 1. Will Pidduck | St. Andrew's College |
| 2. David McCreedy | Sir John A. MacDonald S.S. |
| 3. Ward Kyle | Lockerby Composite |
| 4. Charlie Elliott | St. Andrew's College |
| 5. George Philp | Bradford D.H.S. |
| 6. Luka Raspopovic | South Carleton H.S. |

Team:

- | | |
|-------------------------|-----------|
| 1. St. Andrew's College | 15 points |
| 2. South Carleton H.S. | 30 points |
| 3. Aurora H.S. | 63 points |
| 4. Lawrence Park C.I. | 78 points |
| 5. Kingston C.V.I. | 81 points |
| 6. ES Le Caron | 84 points |

Level 2 Girls

Slalom

Individual:

- | | |
|-----------------------|--------------------------|
| 1. Brianna MacDonald | Greenwood College School |
| 2. Monica Slobozianau | Immaculata |
| 3. Samantha Boughner | Lawrence Park C.I. |
| 4. Mirand Hobbs | White Oaks S.S. |
| 5. Terese Nella | Mentor College |
| 6. Larkin Casey | Collingwood C.I. |

Team:

- | | |
|-----------------------------|-----------|
| 1. Collingwood C.I. | 26 points |
| 2. Greenwood College School | 40 points |
| 3. Bishop Strachan School | 53 points |
| 4. Lawrence Park C.I. | 53 points |
| 5. Leaside H.S. | 64 points |
| 6. Loretto Abbey | 77 points |

Giant Slalom

Individual:

- | | |
|-----------------------|----------------------|
| 1. Kristina Popadich | Don Mills. C.I. |
| 2. Monica Slobozianau | Immaculata |
| 3. Samantha Boughner | Lawrence Park C.I. |
| 4. Mirand Hobbs | White Oaks S.S. |
| 5. Camille Vibert | Twin Lakes S.S. |
| 6. Laura Power | St. Clement's School |

Team:

- | | |
|-----------------------------|-----------|
| 1. Lawrence Park C.I. | 28 points |
| 2. Greenwood College School | 31 points |
| 3. Collingwood C.I. | 49 points |
| 4. Bishop Strachan School | 59 points |
| 5. Leaside H.S. | 68 points |
| 6. Oakville Trafalgar H.S. | 84 points |

Level 2 Boys

Slalom

Individual:

- | | |
|-------------------|------------------------------|
| 1. Cole Rosenberg | Crescent School |
| 2. Will Stone | St. Michael's College School |
| 3. Will Stewart | Collingwood C.I. |
| 4. Jack Mackle | Jean Vanier C.H.S. |
| 5. Tim Owen | Lawrence Park C.I. |
| 6. Devan Hunter | Crescent School |

Team:

- | | |
|-------------------------------|-----------|
| 1. Lawrence Park C.I. | 32 points |
| 2. Royal St. George's College | 37 points |
| 3. Collingwood C.I. | 49 points |
| 4. North Toronto C.I. | 51 points |
| 5. Crescent School | 56 points |
| 6. Oakville Trafalgar H.S. | 65 points |

Giant Slalom

Individual:

- | | |
|-------------------|------------------------------|
| 1. Sean Locke | Lorne Park S.S. |
| 2. Cole Rosenberg | Crescent School |
| 3. Will Stone | St. Michael's College School |
| 4. Justin Hurteau | Louis Riel S.S. |
| 5. Will Stewart | Collingwood C.I. |
| 6. Parker Lobban | Bluevale C.I. |

Team:

- | | |
|-------------------------------|-----------|
| 1. Collingwood C.I. | 38 points |
| 2. Lawrence Park C.I. | 56 points |
| 3. Crescent School | 56 points |
| 4. Royal St. George's College | 61 points |
| 5. North Toronto C.I. | 62 points |
| 6. Oakville Trafalgar H.S. | 69 points |



Draft 2014-15 OFSAA C

BOYS' GOLF (WOSSAA)

Oct. 15-16, 2014, Stratford
Martin Ritsma, Stratford Northwestern
519-271-9740
martrits@fc.amdsb.ca
Entry Deadline: Oct. 6, 2014

GIRLS' GOLF (SWOSSAA)

October 15-16, Windsor
Matt Loebach, Herman
519-944-4700
matt.loebach@publicboard.ca
Entry Deadline: Oct. 6, 2014

GIRLS' FIELD HOCKEY (GHAC)

Nov. 6-8, 2014, Milton
Andrew Brennan, Craig Kielburger SS
905-878-0575
brennana@hdsb.ca
Entry Deadline: Nov. 1, 2014

CROSS COUNTRY (CWOSSA)

Nov. 1, 2014, Kitchener
Ian Clancy, Sir John A MacDonald
519-880-9979
ian_clancy@wrdsb.on.ca
Entry Deadline: Oct. 25, 2014

BOYS' A VOLLEYBALL (SOSSA)

Nov. 20-22, 2014, Niagara Area
Philippe Desjardins, ESC Jean-Vanier
905-714-7882
pdesjardins@csdccc.edu.on.ca
Entry Deadline: Nov. 15, 2014

BOYS' AA VOLLEYBALL (NWOSSAA)

Nov. 20-22, 2014, Dryden
Jennifer McMaster, Dryden HS
807-223-2316
jennifer.mcmaster@kpsdb.on.ca
Entry Deadline: Nov. 15, 2014

Boys' AAA Volleyball (EOSSAA)

Nov. 20-22, 2014, Kingston
Joanna Besselink, Holy Cross
613-384-1919
besselin@alcdsb.on.ca
Entry Deadline: Nov. 15, 2014

BOYS' AAAA VOLLEYBALL (ROPSSAA)

Nov. 20-22, 2014, Brampton
Ken Jone, Mayfield SS
905-846-6060
ken.jone@peelsb.com
Entry Deadline: Nov. 15, 2014

GIRLS' A BASKETBALL (EOSSAA)

Nov. 20-22, 2014, Cornwall
Stephane St. Denis, Rothwell-Osnabruk
613-537-2454
stephane.stdenis@ucdsb.on.ca
Entry Deadline: Nov. 15, 2014

GIRLS' AA BASKETBALL (SWOSSAA)

Nov. 20-22, 2014, Kingsville
Jason Leili, Kingsville DHS
519-733-2347
jason.leili@publicboard.ca
Entry Deadline: Nov. 15, 2014

GIRLS' AAA BASKETBALL (SWOSSAA)

Nov. 20-22, 2014, Windsor
Brian Dufour, St. Thomas of Villanova
519-734-6444
bryan_dufour@wecdsb.on.ca
Entry Deadline: Nov. 15, 2014

GIRLS' AAAA BASKETBALL (CWOSSA)

Nov. 20-22, 2014, Guelph
Toffer Treiguts, Centennial CVI
519-821-0360
kristoffer.treiguts@ugdsb.on.ca
Entry Deadline: Nov. 15, 2014

FOOTBALL BOWLS

TBD

NORDIC SKIING (NOSSA)

Feb. 19-20, 2015, Sudbury
Perry Sakki & Kerry Abols
Sudbury SS/Lockerby
705-674-7551
sakkip@rainbowschools.ca
Entry Deadline: Feb. 13, 2015

ALPINE SKIING

Feb. 23-25, 2015
Entry Deadline: Feb. 13, 2015

SNOWBOARDING (CISAA)

Feb. 26, 2015, Rosseau
Trent Howell, Rosseau Lake College
705-732-4351
trent.howell@rosseauwakecollege.com
Entry Deadline: Feb. 18, 2015

SWIMMING

TBD

WRESTLING (SWOSSAA)

Mar. 4-5, 2015, Windsor
Dave Hawkins, Tecumseh Vista Academy
519-739-2189
dave.hawkins@publicboard.ca
Entry Deadline: Feb. 24, 2015

BOYS' A BASKETBALL (SWOSSAA)

Mar. 9-11, 2015, Pain Court
Mike Schinkelshoek, ES Pain Court
519-352-1614
schimike@csdecso.on.ca
Entry Deadline: Mar. 3, 2015

BOYS' AA BASKETBALL (NCSSAA)

Mar. 9-11, 2015, Ottawa
Mike Rowley, Mother Theresa
613-823-1663
michael.rowley@ottawacatholicschools.ca
Entry Deadline: Mar. 3, 2015

BOYS' AAA BASKETBALL (SWOSSAA)

Mar. 9-11, 2015, Windsor
Pat Osbourne, Kennedy
519-253-1166 ext. 30307
pat.osborne@publicboard.ca
Entry Deadline: Mar. 3, 2015

BOYS' AAAA BASKETBALL (SWOSSAA)

Mar. 9-11, 2015, Windsor
Andy Kiss, St. Anne's
519-564-4041
andy_kiss@wecdsb.on.ca
Entry Deadline: Mar. 3, 2015

GIRLS' A VOLLEYBALL (SOSSA)

Mar. 9-11, 2015, Hamilton
Brad Heidbuurt, Hamilton District Christian
905-648-6655
bheidbuurt@hdch.org
Entry Deadline: Mar. 3, 2015

GIRLS' AA VOLLEYBALL (NWOSSAA)

Mar. 9-11, 2015, Dryden
Jennifer McMaster, Dryden HS
807-223-2316
jennifer.mcmaster@kpsdb.on.ca
Entry Deadline: Mar. 3, 2015

GIRLS' AAA VOLLEYBALL (WOSSAA)

Mar. 9-11, 2015, Ingersoll
Sean Pellow, Ingersoll DCI
519-485-1200
s.pellow@tvdsb.on.ca
Entry Deadline: Mar. 3, 2015

GIRLS' AAAA VOLLEYBALL (SWOSSAA)

Mar. 9-11, 2015, Windsor
Renee Fuerth, St. Anne's
519-727-8908,
renee_fuerth@wecdsb.on.ca
Entry Deadline: Mar. 3, 2015

GIRLS' A/AA HOCKEY (NWOSSAA)

Mar. 9-, 2015, Kenora
Travis Batters, St. Thomas Aquinas HS
807-548-8281 ext. 258
tbatters@kcdsb.on.ca
Entry Deadline: Mar. 3, 2015

Championship Calendar

GIRLS' AAA/AAAA HOCKEY (NCSSAA)

Mar. 9-, 2015, Ottawa
Kendra Read, All Saints CHS
613-271-4254
kendra.read@ocsb.ca
Entry Deadline: Mar. 3, 2015

BOYS' A/AA HOCKEY (EOSSAA)

Mar. 9-, 2015, Pembroke
Keith Roach, Fellows HS
613-735-6858
roachk@rcdsb.on.ca
Entry Deadline: Mar. 3, 2015

BOYS' AAA/AAAA HOCKEY (SOSSA)

Mar. 9-, 2015, St. Catharines
Bill McLaren, Dennis Morris HS
905-684-8731
william.mclaren@ncsdsb.com
Entry Deadline: Mar. 3, 2015

BOYS' CURLING (COSSA)

Mar. 9-, 2015, Brighton
Suzanne Doornbos
Bradley Bresee, East Northumberland
613-475-0540
suzanne_doornbos@kprdsb.ca
Entry Deadline: Mar. 3, 2015

GIRLS' CURLING (COSSA)

Mar. 9-, 2015, Brighton
Suzanne Doornbos/Bradley Bresee, East Northumberland
613-475-0540
suzanne_doornbos@kprdsb.ca
Entry Deadline: Mar. 3, 2015

GIRLS' GYMNASTICS

TBD

BADMINTON (YRAA)

Apr. 30-May 2, 2015, Unionville
Don Carmichael
Dan Blanchard, Unionville HS
905-479-2787
daniel.blanchard@yrdsb.edu.on.ca
don.carmichael@yrdsb.edu.on.ca
Entry Deadline: Apr. 22, 2015

TENNIS (SWOSSAA)

Jun. 1-3, 2015, Tecumseh
Tammy Hawkins, Tecumseh Vista Academy
519-987-6200
Entry Deadline: May 23, 2015

GIRLS' A/AA RUGBY (ROPSSAA)

Jun. 1-3, 2015, Mississauga
Jason Cormier, St. Francis Xavier SS
905-507-6666
jason.cormier@dpccdsb.org
Entry Deadline: May 26, 2014

GIRLS' AAA/AAAA RUGBY (ROPSSAA)

Jun. 1-3, 2015, Mississauga
Jason Cormier, St. Francis Xavier SS
905-507-6666
jason.cormier@dpccdsb.org
Entry Deadline: May 26, 2014

BOYS' A/AA FIELD LACROSSE (CISAA)

Jun. 2-3, 2015, Aurora
Greg Reid, St. Andrews College
905-727-3178 ext. 258
greg.reid@sac.on.ca
Entry Deadline: May 27, 2015

BOYS' AAA/AAAA FIELD LACROSSE

Jun. 4-6, 2015
Entry Deadline: May 30, 2015

BOYS' A/AA RUGBY (GBSSA)

Jun. 3-5, 2015, Barrie
Ron Andrews Steve Porter, Barrie Central
705-726-1846
randrews@scdsb.on.ca
sporter@scdsb.on.ca
Entry Deadline: May 28, 2015

BOYS' AAA/AAAA RUGBY (SOSSA)

Jun. 4-6, 2015, Stoney Creek
Paul Pendakis, Saltfleet DHS
905-573-3000
paul.pendakis@hwdsb.on.ca
Entry Deadline: May 30, 2015

GIRLS' A SOCCER (SWOSSAA)

Jun. 4-6, 2015, Windsor
Linda Carriere, EJ Lajeunesse
519-972-0071
carrlind@cscprovidence.ca
Entry Deadline: May 30, 2015

GIRLS' AA SOCCER (SWOSSAA)

Jun. 4-6, 2015, Windsor
Lucien Gava, ES L'Essor
519-735-4115
gavaluci@cscprovidence.ca
Entry Deadline: May 30, 2015

GIRLS' AAA SOCCER (SWOSSAA)

Jun. 4-6, 2015, Windsor
Mike Mckittrick
Stacey Ditchfield, Catholic Central
519-256-6691,
mike_mckittrick@wecdsb.on.ca
Entry Deadline: May 30, 2015

GIRLS' AAAA SOCCER (ROPSSAA)

Jun. 4-6, 2015, Mississauga
Brigett Strano
Joe Corapi, St. Marcellinus
905-564-6614
bridgett.strano@dpccdsb.org
joe.corapi@dpccdsb.org
Entry Deadline: May 30, 2015

BOYS' A SOCCER (NOSSA)

Jun. 4-6, 2015, North Bay
Ryan Culhane, West Ferris SS
705-475-2333
Ryan.Culhane@nearnorthschools.ca
Entry Deadline: May 30, 2015

BOYS' AA SOCCER (NOSSA)

Jun. 4-6, 2015, North Bay
Ryan Culhane, West Ferris SS
705-475-2333
Ryan.Culhane@nearnorthschools.ca
Entry Deadline: May 30, 2015

BOYS' AAA SOCCER (SWOSSAA)

Jun. 4-6, 2015, Windsor
Mike Mckittrick
Stacey Ditchfield, Catholic Central
519-256-6691
mike_mckittrick@wecdsb.on.ca
Entry Deadline: May 30, 2015

BOYS' AAAA SOCCER (YRAA)

Jun. 4-6, 2015, Richmond Hill
Luca Savo, St. Theresa of Lisieux CHS
luca.savo@ycdsb.ca
Entry Deadline: May 30, 2015

TRACK AND FIELD

Jun. 4-6, 2015
Entry Deadline: May 30-15

BOYS' BASEBALL EAST REGIONAL (TDCAA)

June 3-5, 2015, Toronto
Paul Rebelo, Bishop Allan Academy
416-393-5549 ext. 3184
paul.rebelo@sympatico.ca
Entry Deadline: May 28, 2015

BOYS' BASEBALL WEST REGIONAL (SWOSSAA)

June 3-5, 2015, Windsor
Sean Burke
519-727-8908
steve.burke@wecdsb.on.ca
Entry Deadline: May 28, 2015

OFSAA Badminton

Markham May 1-3, 2014

Dan Blanchard and Don Carmichael have committed to hosting OFSAA Badminton in back to back years. This year was part one of the commitment and looking at how seamless the event ran, next year's should be a walk in the park. Using fantastic badminton gyms at Bill Crothers SS, Markham DHS, Pierre Elliott Trudeau SS, and Bur Oak SS, participants provided action packed schedules for all those in attendance.

Following day one of competition, coaches and athletes gathered for a banquet dinner, which featured special guest speak and former Canadian National Athlete



Valerie Loker. An emotional speech highlighting the work required to get to an Olympic Games provided inspiration to those in attendance. Following dinner, the Leadership in School Sport Award was presented to a surprised Don Carmichael who has been involved in high school sport for 25 years. In addition to coaching badminton and numerous other sports, Don has also been a dedicated convenor. This includes convening OFSAA Badminton twice (three times next year) as well as convening YRAA badminton for the past 10 years.

The medal matches all took place at Bill Crothers SS. Congratulations must be extended to all athletes for providing the crowd with fast-paced action from start to finish. There was nothing but good sportsmanship on display as win or lose, athletes kept a smile on their face, congratulating their opponents, and sharing success during medal presentations.

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Girls Doubles

A Flight

1. Kristy Chan/Chantal Lui, Havergal College (CISAA)
2. Amelia Khoo/Kathy Li, Dr. Norman Bethune CI (TDSSAA)
3. Michelle Pao/Aveenie Lee, St. Robert CHS, (YRAA)
4. Dorothy Duck/Katie Harris, Bracebridge & Muskoka Lakes SS (GBSSA)

B Flight

1. Rochelle Tang/Melanie Lau, Unionville HS, (YRAA)
2. Hayley Arpin/Skylar Arpin, Rainy River SS, (NWOSSAA)
3. Stephanie Wong/Fanfan Li, Albert Campbell CI, (TDSSAA)
4. Alanna Reed/Emma Smith, Norwood DHS, (COSSA)

C Flight

1. Roshni Patel/Sara Zorica, Guelph CVI, (CWOSSA)
2. Chrizza Olate/Danica Aloyon, Archbishop Romero CSS, (TDCAA)
3. Maricar Paraiso/Anjali Rao, London Central SS, (WOSSAA)

Boys Doubles

A Flight

1. Morgan Sun/Daniel Zhang, Bronte College, (ROPSSAA)
2. Quentin Tsang/Adrien Chan, Richmond Hill HS, (YRAA)
3. Justin Wong/Alex Le, St. Francis Xavier SS, (ROPSSAA)
4. Adwin Lau/Douglas Wong, Pierre Elliott Trudeau HS, (YRAA)

B Flight

1. Kane Ho/Ivan Chan, Mary Ward CSS, (TDCAA)
2. Martin Chan/Michael Lin, Albert Campbell CI, (TDSSAA)
3. Anthony Tran/John Zhang, Centennial CVI, (CWOSSA)
4. Andy Leader/David Kozlowski, Huron Heights SS, (CWOSSA)

C Flight

1. Ross Duquette/Paul Duquette, Cobourg District CI East, (COSSA)
2. Paul Biggs/Cole Gillespie, ESC Marie-Rivier, (EOSSAA)
3. Tanner Hamilton/Curtis Ballantyne, Haliburton Highlands SS, (COSSA)
4. Evan Standish/Nathan Trewin, St. Mary's HS, (WOSSAA)

Mixed Doubles

A Flight

1. Karissa Chan/Stephen Lau, St. Robert CHS, (YRAA)
2. Lina Liu/Chuheng Xing, Colonel By SS, (NCSSAA)
3. Vanessa Yiu/Trevor Wong, Richmond Green SS, (YRAA)
4. Tammy Lai/Cameron Lai, St. Francis Xavier SS, (ROPSSAA)

B Flight

1. Jenna Baptie/Daniel Widdis, Norwood DHS, (COSSA)
2. Brian Hunter/Cody Osiecki, Manitouswage SS, (NWOSSAA)
3. Alexis Grant/Kyle Ritzmann, Huron Heights SS, (CWOSSA)
4. Natalie Dykstra/Mitchell Harris, Smithville Christian HS, (SOSSA)

C Flight

1. Kalyana McIntosh/Danny Gearing, EL Crossley SS, (SOSSA)
2. Sophie Chamberland/Damien Lui, Branksome Hall/Upper Canada College, (CISAA)
3. Kiri Parfitt/Caleb Parfitt, Widdifield SS, (NOSSA)
4. Emmalee Barbeau/William Agnihotri, St. Benedict CSS, (NOSSA)

Boys Singles

A Flight

1. Hok Lo, (YRAA)
2. Newton Zheng, (YRAA)
3. Andre Chan, (CISAA)
4. Brandon Chau, (TDSSAA)

B Flight

1. Eric Hui, Father Goetz SS, (ROPSSAA)
2. Eugene Chan, Abbey Park HS, (GHAC)
3. Duncan Phillips, Espanola HS, (NOSSA)
4. Alexander Duong, Cameron Heights CI, (CWOSSA)

C Flight

1. Griffin Nogas, Royal St. George's (CISAA)
2. Scott Wylie, Stayner CI, (GBSSA)
3. Lukas Kaufman, Stratford Central SS, (WOSSAA)
4. Joseph Choi, Eastdale HS, (SOSSA)

Girls Singles

A Flight

1. Claudia Tai, Milliken Mills HS, (YRAA)
2. Caitlin Sherry, Port Credit SS, (ROPSSAA)
3. Joletha Cheung, Merivale HS, (NCSSAA)
4. Lorraine Hung, Trinity College School, (CISAA)

B Flight

1. Jessica Joensen, Dunbarton SS, (LOSSA)
2. Lisa Li, Vaughn Road Academy, (TDSSAA)
3. Dominique Lalonde, ESC Embrun, (EOSSAA)
4. Erin Kurvits, Hamilton District Christian, (SOSSA)

C Flight

1. Stephanie Cheng, Bayview SS, (YRAA)
2. Angela Li, Stephen Leacock CI, (TDSSAA)
3. Michelle Kozlowskyj, ES Sacre-Coeur, (NOSSA)
4. Melanie Kappell, ESC Nouvelle Alliance, (GBSSA)

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OFSAA BOYS' A BASKETBALL

Timmins March 3-5, 2014



Only a few short days after the Nordic Skiers left Timmins, the province's basketball players arrived. The folks at O'Gorman HS welcomed participants to their beautiful northern community, eager to demonstrate the strong love of basketball that exists within the city. Experienced convenors Doug Basso and Don Davis and a strong team of volunteers made sure the show went on without a glitch. The banquet, held at the Porcupine Dante Club, provided an authentic Italian meal to take care of the large appetites of the growing students. The Leadership in School Sport Award was presented to Susi Johanson of Englehart HS. Susi has been involved in coaching basketball, volleyball, and track and field for over 20 years. She has also committed time to hosting NEOAA tournaments and sitting on numerous committees relating to sport both within her school and the community. Susi has a passion helping students achieve athletic success but more importantly developing role model students.

Heading into this year's competition, there was a lot of head scratching in trying to determine the order of the top seeds. Ultimately, this wouldn't matter with all teams finding their way to the final four and after some closely contested semi-finals including one game going to overtime, J.L. Forster (SWOSSAA) took on hosts O'Gorman HS. The enthusiastic crowd created an exciting atmosphere, which only got louder as the home team overcame an 11 point deficit to send the game to overtime. However, the hosts couldn't keep up the pace falling 66-63. Both teams deserved the large round of

applause for leaving everything on the floor and providing a memorable gold medal game.

Congratulations to DeAndre Brown, Ray Dennie, Marquise Lara Caston, William Laracaston, Isiah Osborne, Billy Persaud-Hearns, Ameer Shaikh, and coaches Michael Harrington and Noah Van Den Driessche.

The Organizing Committee would also like to extend congratulations to the team from Red Lake DHS (NWOSSAA) for being selected as the Teams Sportsmanship Banner. Despite having close to a two day voyage to arrive at the championship, as a result of a major highway closure, the team and supporters played hard, demonstrated great sportsmanship, and were a pleasure to have at the championship.

Participating Teams

St. Basil S.S.	NOSSA
O'Gorman H.S.	NEOAA
King's Christian Collegiate	GHAC
J.L. Forster S.S.	SWOSSAA
Ridley College	CISAA
Ottawa Islamic School	NCSSAA
North Dundas D.H.S.	EOSSAA
E.S.C. E.J. Lajeunesse	SWOSSAA
Englehart H.S.	NEOAA
Walkerton D.C.S.	CWOSSAA
North Middlesex D.H.S.	WOSSAA
Thorold S.S.	SOSSA
Crawford Adventist Academy	TDCAA
Rideau D.H.S.	EOSSAA
Elmvale D.H.S.	GBSSAA
Red Lake D.H.S.	NWOSSAA

Quarter Finals

O'Gorman HS def. Crawford Adventist Academy	46-40
J.L. Forster SS def. Ridley College	54-48
St. Basil's SS def. Englehard HS	61-38
King's C.C. def. North Middlesex DHS	80-47

Semi Finals

AO'Gorman HS def. King's Christian Collegiate	66-47
J.L. Forster SS def. St. Basil's SS	67-57 (OT)

Consolation Championship

Walkerton DHS def. North Dundas DHS	53-47
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Bronze Medal Match

St. Basil's SS def. Kings Christian Collegiate	74-42
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Gold Medal Match

J.L. Forster SS def. O'Gorman HS	66-63 (OT)
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OFSAA BOYS' AA BASKETBALL

Perth March 3-5, 2014

Perth & District CI (EOSSAA) hosted the Boys' AA Basketball Championships with a field full of contenders. The host community, who is no stranger to organizing OFSAA basketball championships, has been complimented on their event since it first tipped off. The tournament couldn't have started out any more exciting for the participants with a banquet featuring guest speaker, Dave Smart who has coached Carleton University to 10 CIS Basketball Championships. Coach Smart provided words of inspiration and a reminder for the athletes to take time to enjoy these experiences rather than worry about getting to the next level of basketball. Another special guest, Leanne Watt (Perth D&CI) was honoured with the Leadership in School Sport Award for her 27 years of dedication to high school sport. Leanne is known for ensuring her athletes understand the value of sport in learning life lessons including the importance of fair play and sportsmanship. She regularly encourages younger teachers to get involved in high school athletics and leads by example by taking on any committee position asked of her, no matter how thankless the role. Congratulations Leanne for exemplifying the exact qualities of this award.



The fans in attendance were treated to a number of exciting

games including an early round fourth quarter win by the host school. After three days of competition, Ascension of our Lord SS (ROPSSAA) def. St. Andrew's College (CISAA) to claim gold. Congratulations to Trevor Burth, Abulu Ebuka, Sandy Edmondson, Jahmessiah Edwards, Michael Ellis, Damari Grant, Michael Kayeye, Moses Louis, Horby Loundja, Shaquile Perrin, Brandon Sarpong, Theodore Thomas, Jacob Tosomba, Andrew Tucker, D'Shawn Tyrell, Christian Williams, and coaches Douglas Appiah, Donte Johnson-Wilmot, Terry Kalino, Michelle Magistrale, Frank Muia, and Jaroslav Stepanenko.

The organizing committee selected Merrivale HS to receive the Team Sportsmanship Award. The team took time to visit a local elementary school during.

Participating Teams

ARCHBISHOP DENIS O'CONNOR CHS	LOSSA
ASCENSION OF OUR LORD SS	ROPSSAA
BISHOP MACDONELL CHS	CWOSSA
ESSEX DISTRICT HS	SWOSSAA
HOLY CROSS CSS	COSSA
JAMES CARDINAL MCGUIGAN	TDCAA
KORAH C & V School	NOSSA
LA SALLE SS	EOSSAA
MERRIVALE HS	NCSSAA
PERTH & DCI	EOSSAA
SIR WINSTON CHURCHILL C & V	NWOSSAA
ST. ANDREW'S COLLEGE	CISAA
ST. FRANCIS SS	SOSSA
STRATFORD CENTRAL SS	WOSSAA
TIMMINS HIGH & VOCATIONAL SCHOOL	NEOAA
TWIN LAKES SS	GBSSA
VAUGHN ROAD ACADEMY	TDSSAA
WELLAND CENTENNIAL SS	SOSSA

Quarter Finals

Merrivale HS def. Denis O'Connor CHS	52-43
St. Andrew's College def. Welland Centennial SS	54-40
Ascension of our Lord SS def. Sir Winston Churchill	70-36
St. Francis SS def. Vaughn Rd Academy	85-47

Semi Finals

Ascension of our Lord SS def. St. Francis SS	56-50
St. Andrew's College def. Merrivale HS	62-54

Consolation Final

Bishop MacDonell CHS def. Korah CVS	69-62
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Bronze Medal Match

Merrivale HS def. St. Francis SS	57-43
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Gold Medal Match

Ascension of our Lord SS def. St. Andrew's College	64-53
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OFSAA BOYS' AAA BASKETBALL

Welland

March 3-5, 2014



Welland Notre-Dame (SOSSA) and long-time coach Mike Rao, welcomed this year's teams to the OFSAA AAA Basketball Championship. From the start of the school year, Mike and his team were committed to providing a great tournament and ensuring everyone involved, including coaches and officials, had a wonderful experience. One groups that they didn't need to worry about pleasing was the fans, who were treated to game after game of exciting basketball.



To get things started, the athletes' banquet provided the opportunity for teams to celebrate their success to date, enjoy a great meal, and hear important life lessons from a local former NCAA player. The Leadership in School Sport Award was presented to David Fucile (Notre-Dame College School). David has been involved in coaching high school basketball of over 13 years at the midget, junior, and senior levels. He has also committed five years to convening the SOSSA basketball league. David's passion for basketball also extends into the community where he is involved with special needs basketball and the Welland Minor Basketball Association.

As a bonus for the tournament, both gyms were housed within the host school. This allowed teams to enjoy more time watching basketball and less time travelling. The host school, and number two seed, opened up play with an exciting two point win in-front of a loud and excited crowd. Unfortunately, their run would come to an end

in the quarter-finals. However, the other SOSSA team, Saltfleet DHS, kept local spirits alive, eventually meeting defending champions Catholic Central (SWOSSAA) in the gold medal final. After trailing by four at the half, Saltfleet turned the tables claiming a four point victory.

Congratulations to Dardan Berisha, Foster Brown, Woods Brown, Kingsley Campbell-Olsen, Sam Catterson, Darnell Curtin, Nicola Djogo, Bennet Kerlew, Samad Khan, Nick Pett, Brett Putzig, Shane Singh, Kelvin Van and coaches Jim Weatherbee, Brett Sanders, Dave Ormerod, and Flavio Bottosso.

Congratulations is also extended to Senator O'Connor (TDCAA) for being selected to receive the Team Sportsmanship Award. The committee was very impressed with the manner in which the team conducted themselves and enjoyed having them at the tournament.

Participating Teams

Centennial SS	COSSA
St. James CHS	CWOSSA
Frontenac SS	EOSSA
St. Theresa's HS	GBSSA
Anderson CVI	LOSSA
St Patrick's HS	NCSSAA
Superior Heights C&VS	NOSSA
Notre Dame College	SOSSA
Saltfleet DHS	SOSSA
Catholic Central HS	SWOSSAA
Martingrove CI	TDSSAA
Western Tech,	TDSSAA
Catholic Central	WOSSAA
St. Augustine	YRAA
Senator O'Connor	TDCAA
St. Mary's HS	GHAC

Quarter Finals

Catholic Central HS def. Senator O'Connor	71-37
St. Patrick's HS def. Notre-Dame College	44-40
Saltfleet DHS def. St. Mary's HS	41-45
St. Theresa HS def. Catholic Central	41-33

Semi Finals

Saltfleet DHS def. St. Patrick's HS	60-52
Catholic Central HS def. St. Theresa's HS	58-28

Consolation Champions

St. James CHS def. Western Tech	65-62
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Bronze Medal Match

St. Theresa's HS def. St. Patrick's HS	52-48
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Gold Medal Match

Saltfleet DHS def. Catholic Central HS	54-50
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OFSAA BOYS' AAAA BASKETBALL

Mississauga

March 3-5, 2014

The 2014 OFSAA Boys' AAAA Basketball Championship had to be one of the most anticipated basketball tournaments in recent years with so many talented teams that the championship was anyone's to win. Convenor Jason Cormier (St. Francis Xavier) assembled a ROPSSAA crew of organizers that ensured the championship would be delivered in the best possible fashion. This was seen by coaches and athletes immediately as when they attended the banquet at the Apollo Convention Centre, which was done up to the nine's and provided a fantastic platted dinner. Banquet hosts kept everyone entertained throughout the evening providing numerous give-aways and even getting the coaches involved in a mini-basketball shooting competition.

The Leadership in School Sport Award was given to Carlo Zoffranieri of St. Marguerite d'Youville. Carlo has coached high school basketball for 14 years. During this time he has also volunteered on athletic councils, run tournaments for feeder schools, and convened senior boys' basketball for ROPSSAA. Carlo was also part of the organizing committee for this year's OFSAA Championship. The banquet concluded with guest speaker and former high school coach Roy Rana. Roy shared stories of his experiences at OFSAA, drawing on the specific lessons learned by both coaches and players. He concluded by sharing his excitement for the growth of basketball in Ontario and thanking all the coaches for their dedication.

The tournament provided all the excitement that was expected leading to the championship with last minute baskets, surprising upsets, and fantastic fan support at each game. The semi-finals took place at Humber College and featured both ROPSSAA schools, Notre Dame and St. Marguerite d'Youville. Unfortunately, for the host



association, neither team was able to advance to the gold medal final which featured Father Henry Carr (TDCAA) against Oakwood CI (TDSSAA). In front of a packed house, the two teams demonstrated why they were in the final, trading baskets, creating turn-overs, and playing tough defense. It was no shock that the game would come down to a final possession, a last second shot which failed to find its way through the basket, allowing Oakwood CI to escape with a 40-38 victory.

Congratulations to Russell Baker, Samuel Bardaji, Shakwon Barrett, Dequan Cascart, Brody Clarke, Ontoy Duff, Clavin Epistola, Ahmed Jagdou, Jevon Jerimiah, Alex Mensaih, Tyrell Obrien, Jordan Rose, Saul Sanchez, TJ Whitiker, D'wan Williams, and coaches Anthony Miller, Norm Clarke, York Elvie, Oniel Kamaka, Dave Macdonald, Marie Ramos, and Branko Samsa.

The committee was quick to aware the Team Sportsmanship Award to Cardinal Newman CSS for their fair play and good attitude throughout the tournament. This is the second year in a row Cardinal Newman has received this award at this championship. Congratulations to coaches and students.

Participating Teams

St. Michael's College School	CISAA
St. John's-Kimarnock	CISAA
St. Mary's HS	CWOSSA
Cameron Heights	CWOSSA
Innisdale SS	GBSSA
Cardinal Newman CSS	GHAC
Pine Ridge SS	LOSSA
Glebe CI	NCSSAA
St. Marguerite D'Youville	ROPSSAA
Notre Dame HS	ROPSSAA
Sir Allan MacNab SS	SOSSA
St. Patrick's HS	SWOSSAA
Father Henry Carr Catholic SS	TDCAA
Blessed Mother Theresa	TDCAA
Eastern Commerce CI	TDSSAA-1
Oakwood CI	TDSSAA-2
H.B. Beal SS	WOSSAA
Vaughan SS	YRAA

Quarter Finals

St. Marguerite d'Youville def. Vaughn S.S.	46-41
Notre Dame def. St. Michael's College	48-44
Father Henry Carr def. Cardinal Newman	46-39
Oakwood CI def. Eastern Commerce	63-43

Semi Finals

Oakwood CI def. Notre Dame	52-44
Father Henry Carr def. St. Marguerite D'Youville	53-49

Consolation Champions

Sir Allan MacNab def. St. Mary's HS	65-53
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Bronze Medal Match

Notre Dame def. St. Marguerite D'Youville	52-51
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Gold Medal Match

Oakwood CI def. Father Henry Carr	40-38
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OFSAA BOYS' CURLING

North Bay March 19-22, 2014



North Bay has not witnessed an OFSAA curling championship since 1970, but was fortunate to be this year's host for the 2014 OFSAA Boys' championships. After four days of solid draw play, congratulations goes to the Boys' Champions Central Huron Secondary School from WOSSA in the city of Clinton Ontario. Team members are Skip: Ethan Doig, Vice: Adam Vincent, Second: Sam Steep, Lead: Alex Vincent, Coach: Carolyn Williams, Coach: Todd Doig.

St. Joseph-Scollard Hall CSS was asked to host the championship late in June to ensure its success. John Whittet, convenor for the event, and his organizing committee did an exceptional job of providing a top-notch OFSAA experience for all twenty teams beginning with the team registration Tuesday evening and carrying through to the championship draw on Saturday afternoon.

The committee would like to extend a huge thank you to our banquet guest speaker, Mr. Tom Hedican, who addressed the curlers about setting, striving for and then attaining their goals. At the same banquet Mr. Dave Wilkinson, long time teacher and coach from St. Joseph-Scollard Hall CSS, was presented

with this year's OFSAA Leadership in School Sports Award. Dave has coached and taught for 29 years and has more than 10 years' experience as SAC chair member for Track & Field and Cross-Country Running.

E.S.Theriault from NEOAA won the Team Sportsmanship banner for their behaviour and demeanor both on and off the ice.

Quarter Finals

Bradford D.H.S def. Sir Winston Churchill S.S	6 - 3
Central Huron S.S. def. Red Lake D.H.S	5 - 3
St. Maximilian kolbe C.S.S def. Heart Lake S.S.	7 - 4
St Michael def Lockerby	5 - 3

Semi Finals

Central Huron S.S. def. St. Maximilian Kolbe C.S.S	5 - 4
St. Michael C.H.S. def. Bradford D.H.S	5 - 4

Bronze Medal Match

St. Maximilian Kolbe C.S.S. def. Bradford D.H.S.	7 - 1
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Gold Medal Match

Central Huron S.S. def. St. Michael C.H.S.	4 - 2
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Participating Teams

Pool A

Donald A. Wilson S.S.	LOSSA
C.C. Franco-Ouest	NCSSAA
Heart Lake S.S.	ROPSSAA
Richview C. I.	
Sir Winston Churchill S.S.	

Pool B

Bishop Allen Academy	
Bradford District H.S.	GBSSA
Moira S.S.	COSSA
St. Maximilian Kolbe Catholic H.S.	
St. Thomas Aquinas Catholic S.S.	GHAC

Pool C

Red Lake District H.S.	NWOSSA
Sherwood S.S.	
St. Joseph-Scollard Hall C.S.S.	NOSSA
St. Michael Catholic H.S.	EOSSAA
I.E. Weldon S.S.	COSSA

Pool D

Cameron Heights C.I.	CWOSSA
Central Huron S.S.	
John McGregor S.S.	
Lockerby C.S.	NOSSA
E.S.C. Theriault	NEOAA

OFSAA GIRLS' CURLING

Brampton March 18-22, 2014



Rocco Bellusci and Maria Stewart and their outstanding organizing committee hosted this year's Curling Championships at the Brampton and Chinguacousy Curling Clubs. The convenors and their committee provided the curlers with a great OFSAA experience with memories that will last a lifetime. Well done!

Very close and exciting curling highlighted the round robin play and continued into the playoffs.

Congratulations to this year's OFSAA champions from Marymount Academy: Krysta Burns, Kaylyn Collin, Cynthia Furlotte, Monica Graham, Kayla Nickson and coach Brenda Thompson.

Besides the excellent banquet and competition on the ice teams were given the opportunity to visit the Air Canada Centre and take in a Toronto Raptor basketball game.

Congratulations to a highly skilled team from Sudbury on their gold medal victory. Skip: Krysta Burns, Vice: Monica Graham, 2nd: Cynthia Furlotte, Lead: Kayla Nickson, 5th: Kaylyn Collin, Coach: Brenda Thompson

Richview CI was selected by curlers, coaches and committee to receive the Team Sportsmanship Award. Well done! The Leadership in School Sport Award was presented to Larry Young from Our Lady of Mt. Carmel for his contributions to school sport."

Participating Teams

Pool A

Fort Frances HS
Loretto Abbey
Medway HS
Our Lady of Mt Carmel SS
Richview CI

NWOSSAA
TDCAA
WOSSAA
ROPSSAA
TDSSAA

Pool B

Centre Dufferin DHS
Crestwood Prep College
Markham DHS
Marymount Academy
St. Michael CSS

CWOSSA
CISAA
YRAA
NOSSA
ROPSSAA

Pool C

Courtice SS
E.S. Cochrane H.S.
Parry Sound HS
Sir Robert Borden HS
Walkerton DCS

LOSSA
NEOAA
GBSSA
NCSSAA
CWOSSA

Pool D

Brockville CI
E.L. Crossley SS
Fenelon Falls SS
Georgetown DHS
Vincent Massey SS

EOSSAA
SOSSA
COSSA
GHAC
SWOSSAA

Quarter Finals

Marymount def. Richview 7-3
Markham def. Loretto Abbey 8-7
Parry Sound def. E.L. Crossley 8-6
Brockville def. Walkerton 4-3

Bronze Medal Match

Parry Sound def. Markham 6-4

Gold Medal Match

Marymount Academy def. Brockville CI 8-3

Semi Finals

Marymount def. Parry Sound 5-3
Brockville def. Markham 11-10

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OFSAA BOYS' A/AA & AAA/AAAA HOCKEY

Burlington/ Oakville

March 17 - 21, 2014



Carl Van Landschoot, Aaron Consoli, Dave Wood, Darrin Curtis, and Tam Morrison were instrumental in providing leadership for the 2014 OFSAA Boys Hockey Championship. The entire organizing committee did a tremendous job hosting the two championships (40 teams) in both Burlington and Oakville. Spectators were entertained during the four days with close to ninety games being played.

Congratulations to St. Michael's College School and coach Chris De Piero who captured their second ever OFSAA Hockey AAA / AAAA Championship and first since the 2004 Championships (London) by defeating St. Mary CSS from Pickering.

St. Michael's College School team members included : Luke Branco; Michael Byrne; Jonathan Clarke; Duncan Coulson; Massimo Demarinis; Connor Emeny; Shane Ferguson-Wuls; Thomas Flack; Alexander Horawski; Warren Jeffrey; Ian Kitt; Justin Leon; Owen Leon; Marc Anthony Manzo; Brandon Marinelli; Lucas Martellacci; Michael Martellacci; Jack Murphy; Andrew Petrucci; Michael Pontarollo; Christian Rocca; Daniel Tyrrell; Marco Viola; Zachary Warus. Chris De Piero, Joe Coccimiglio; David Lee; Adrian Spagnolo; and Peter Zavodny comprised an excellent coaching staff for the champions from CISAA.

Congratulations to London South CI and coach Ian

Martin who captured their first OFSAA A/AA Hockey Championship for London South of WOSSAA .

London South team members included: Willie Box; Jacob Bryson; Michael Bushell; Jacob Fleet; Brandon Glover; Eric Guay; Izak Hersch; Christian Huff; Mitchel Jenner; Jake Johnson; Christopher Lindner; Michael Lindner; Connor Lyttle; Scott Mabee; Colin McLean; Jordan McManus; Joshua Miller; Kasey Ripley; Matthew Romanson; Jeremy Sugimoto; Connor Thomson; Colin Wilson; Ryan Wilson. Ian Martin; Mike Milne; Karl Robb; and Michael Stenning

comprised an excellent coaching staff for the champions from WOSSAA.

OFSAA would like to thank the organizing committee for their commitment in hosting the two championships. Many thanks to the many volunteers especially the retired teachers from the Burlington/Oakville area who supported the committee in different capacities. Thanks to the students from Robert Bateman HS, Corpus Christie CSS, Iroquois Ridge SS, and Holy Trinity CSS. who worked the penalty box area, managed Point Streak Scoring System, who were ticket takers throughout the tournament.

Congratulations to Aaron Consoli (Holy Trinity CSS) and Jeff Gruber (Oakville Trafalgar) for being honored as the recipients of the 2014 Leadership - In School Sport Award for Boys Hockey.

Congratulations to Jean Vanier CSS – GBSSA for being named the recipient of the OFSAA Team Sportsmanship Award for the A/AA Championship.

Congratulations to Monsignor Percy Johnson – TDCAA for being named the recipient of the OFSAA Team Sportsmanship Award for the AAA/AAAA Championship.

We are looking forward to the 2015 OFSAA Championships. The A/AA championships will be held in Pembroke. The AAA/AAAA championships will be held in St. Catharines.

Boys' A/AA Hockey Results

Participating Teams

Appleby College	CISAA
Monsignor John Pereyema	GBSSA
Haliburton Highlands	COSSA
Holy Trinity CHS	NCSSAA
Grey Highlands SS	CWOSSA
Timmins H & VS	NEOAA
Norwell DSS	CWOSSA
St. Charles CSS	NOSSA
La Salle SS	EOSSAA
Fort Frances HS	NWOSSAA
Bracebridge & Muskoka Lakes	GBSSA
Robert F. Hall	ROPSSAA
Jean Vanier CSS	GBSSA
E.L. Crossley SS	SOSSA
St. Thomas Aquinas	GHAC
Belle River	SWOSSAA
Lester B. Pearson	GHAC
Community Hebrew Academy	TDCAA
St. Stephen's CSS	LOSSA
London South CI	WOSSAA

Quarter Finals

London South def. Belle River	3 - 2
Appleby def. St. Charles	3 - 0
Haliburton def. Fort Frances	6 - 1
Robert F. Hall def. Bracebridge & Muskoka	7 - 3

Semi Finals

London South def. Robert F. Hall	4 - 1
Appleby def. Haliburton	4 - 1

Bronze Medal Game

Haliburton def. Robert F. Hall	5 - 4 (OT)
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Gold Medal Game

London South def Appleby	6 - 0
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Boys' AAA/AAA Hockey Results

Participating Teams

St. Michael College	CISAA
Sacred Heart CSS	NCSSAA
St. Peter's	COSAA
Confederation SS	NOSSA
Centennial SS	COSSA
St. Aloysius Gonzaga	ROPSSAA
Orangeville DSS	CWOSSA
Lakeshore Catholic	SOSSA
Holy Cross	EOSSAA
St. Thomas of Villanova	SWOSSAA
Patrick Fogarty	GBSSA
Monsignor Johnson	TDCAA
Abbey Park	GHAC
Michael Power/St. Joseph's	TDCAA
St. Jean de Brebeuf CSS	GHAC
Malvern CI	TDSSAA
St. Mary CSS	LOSSA
Catholic Central SS	WOSSAA
Father Leo Austin CSS	LOSSA
St. Elizabeth CSS	YRAA

Quarter Finals

St. Mary def. Patrick Fogarty	1 - 0
St. Michael's def. St. Peter's	5 - 2
Orangeville def. Catholic Central	4 - 3
St. Elizabeth def. Lakeshore Catholic	5 - 2

Semi Finals

St. Mary def St. Elizabeth	6 - 1
St. Michael's def. Orangeville	6 - 1

Bronze Medal Game

Orangeville def. St. Elizabeth	4 - 1
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Gold Medal Game

St. Michael's def. St. Mary	2 - 0
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OFSAA GIRLS' 'A/AA' and 'AAA/AAAA' HOCKEY

Sudbury MARCH 18-21, 2014



The city of Sudbury played excellent hosts to all levels of OFSAA Girls' hockey for the 2014 A/AA and AAA/AAAA championships. Teams from across the province came together for the four-day event that included an athlete night at Science North which opened its doors and modified its regular programming to include a variety of fun hockey-based activities.

At the championship banquet, the girls were thrilled to have two-time Olympic gold medalist (and Sudbury native) Rebecca Johnston from the Canadian senior women's team as a guest speaker. Fresh off Canada's win in Sochi, Johnston presented the winner of a draw with a Team Canada jersey signed by every player on the Olympic team.

Kim Chezzi MacLennan of Lively District SS (NOSSA) and Denis Piquette of College Notre-Dame (NOSSA) were the recipients of the Leadership in School Sport awards for their contributions to girls' hockey and school sports.

The team Sportsmanship award was presented to Henry Street HS from Whitby (LOSSA) at the A/AA level and to St. Ignatius of Loyola SS from Oakville (GHAC) at the AAA/AAAA level. Both teams played exciting hockey and demonstrated OFSAA's values on and off the ice.

Congratulations to the gold-medal winning A/AA ÉSP Louis-Riel (NCSSAA) girls' team Alyssa Baker, Kaitlyn



Ball, Teresa Brady, Hailey Carisse, Kaitlyn Carney, Chelsea Denis, Kelsey Ellis, Talia Fisher, Chantal Gudbranson, Erika James, Véronique Landriault, Justine Lavallée, Shania Lavallée, Alyssa Leguerrier, Sophie Lessard, Kimiko Marinacci, Mackenzie Ménard, Addison Mills, Gabrielle Poirier, Vanessa Saucier, Mélissa Simard, Katherine Simoncic and Stéphanie Wilson, and coaches Mark Dregas and Karina Potvin.

Congratulations to AAA/AAAA champs Saltfleet DHS (SOSSA) players Deanna Austin, Kalysta Coulter, Natalie Dzamba, Hunter French, Grace Ilias, Paige Jackson, Kelsey Jacobs, Katie Jerome, Sarah Jerome, Mackenzie Kauth, Jessica Marlow, Mackenzie McCullough, Karlee McDonald, Victoria McKinney, Victoria Nacha, Rachael Smith, Jessica Vrekalic and Courtney Zahorodni, and coaches Stephen Cadogan and Gabrielle Marchese.

Girls' A/AA Hockey Results

Participating Teams

Appleby College	CISAA
St. Theresa CSS	COSSA
Sacred Heart HS	CWOSSA
ÉS Embrun	EOSSAA
Almaguin Highlands SS	GBSAA
Henry Street HS	LOSSA
Holy Trinity SS	LOSSA
ÉSP Louis-Riel	NCSSAA
ÉSC Thériault	NEOAA
St. Charles College	NOSSA
Marymount Academy	NOSSA
Fort Frances HS	NWOSSAA
Robert F. Hall CSS	ROPSSAA
EL Crossley SS	SOSSA
Belle River DHS	SWOSSAA
St. Michael CSS	WOSSAA

Quarter Finals

St. Theresa def. Fort Frances	6-1
Appleby def. Sacred Heart	6-0
Louis-Riel def. St. Charles	3-2
St. Michael def. Holy Trinity	3-2

Semi Finals

Ridley def. St. Theresa	3 - 0
St Stephen's def. Louis Riel	4 - 0

Consolation Championship

Embrun def. Belle River	2-0
-------------------------	-----

Bronze Medal Game

Appleby def. St. Theresa	3-2
--------------------------	-----

Gold Medal Game

Louis-Riel def. St. Michael	3-2
-----------------------------	-----

Girls' AAA/AAA Hockey Results

Participating Teams

St. Peter's SS	COSSA
Centennial CVI	CWOSSA
Holy Cross CSS	EOSSAA
Bear Creek SS	GBSSA
St. Ignatius of Loyola CSS	GHAC
Pickering HS	LOSSA
All Saints HS	NCSSAA
ÉS Macdonald Cartier	NOSSA
Collège Notre-Dame	NOSSA
St. Aloysius Gonzaga SS	ROPSSAA
Saltfleet DHS	SOSSA
Ursuline College	SWOSSAA
Loreto Abbey CSS	TDCAA
Lawrence Park CI	TDSSAA
Medway HS	WOSSAA
Bill Crothers SS	YRAA

Quarter Finals

Centennial def. St. Peter's	3-0
Saltfleet def. Pickering	5-3
Holy Cross def. Ursuline	3-2
Medway def. Gonzaga	4-1

Semi Finals

Holy Cross def. Centennial	2-0
Saltfleet def. Medway	

Consolation Championship

Bill Crothers def. Lawrence Park	4-3
----------------------------------	-----

Bronze Medal Game

Medway def. Centennial	3-1
------------------------	-----

Gold Medal Game

Saltfleet def. Holy Cross	1-0
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OFSAA GYMNASTICS

Peterborough April 7-8, 2014



The 2014 OFSAA Gymnastics Championships returned to take place in a school rather than an outside facility this year, which increased the camaraderie of school sport for all involved. The host Saint Peter Secondary School graciously opened their doors, and students and school community members enjoyed seeing gymnastics performed at a high level.

The OFSAA Gymnastics Championship is composed of artistic and aerobic disciplines of gymnastics. In artistic gymnastics, athletes compete in the vault, uneven bars, balance beam and floor exercise as in the Olympics.

Aerobic Gymnastics combines a creative combination of aerobic and dance choreography with elements such as pushups, holds, jumps/leaps and turns and offers an opportunity for a team of 4-6 athletes to compete with little more equipment than a 12 x 12 mat.

The OFSAA Dr. Gene Sutton Award is presented annually in memory of Dr. Sutton, a long-time volunteer, whose contribution, commitment, and passion for girls' high school gymnastics and development were highly regarded. This years' winner was Pat Leith Castonguay who is a long time coach, judge and advocate for gymnastics and girls' sports.

The OFSAA Leadership in School Sport Award was presented to Kathy Garvey of St. Peter's CSS for her contributions to school sport and rewarded her role in organizing and co-convening the 2014 championship with Liz Kuipers.

An event thoroughly enjoyed by all, participants made the most of every situation. The fire alarm went off at the banquet but didn't dampen spirits because Spring had arrived and everyone enjoyed standing outside cheering the firemen on.

Aerobic Gymnastics Open

1. Collège Notre Dame 22.70
2. Toronto French School 22.40
3. St. Peter's SS 21.65
4. St. Theresa 21.60
4. Bear Creek 21.60
6. Bayside 21.20
7. Banting Memorial 20.10
8. St. Michael 20.05

Aerobic Gymnastics Novice

1. Toronto French School 21.70
2. Centennial 21.40
3. Bayside 21.05
4. Manitousin 20.40
5. Lockerby 19.60

Artistic Gymnastics

Level 1

Bars

- | | | |
|----------------------|--------------|-------|
| 1. Taylor-Lynn Ross | West Hill SS | 11.50 |
| 2. Hayley Hounsomes | Banting | 11.45 |
| 3. Melissa Horsley | Jean Vanier | 11.35 |
| 4. Miquela Barriage | Centennial | 11.15 |
| 4. Crystal MacDonald | Moira | 11.15 |
| 6. Chelsea Troke | Centennial | 11.10 |
| 6. Sarah Regular | St. Anne's | 11.10 |
| 6. Emily Martin | Lajeunesse | 11.10 |

Beam

- | | | |
|------------------------|--------------------|--------|
| 1. Crystal MacDonald | Moira | 10.85 |
| 2. Emily Martin | Lajeunesse | 10.825 |
| 3. Natalie Starr | LCVI | 10.75 |
| 4. Stephanie Sloan | St. Peter's SS | 10.625 |
| 5. Isabelle Papineau | Collège Notre Dame | 10.575 |
| 6. Anne-Marie Turcotte | Moira | 10.475 |

Floor

- | | | |
|-----------------------|-----------------------|-------|
| 1. Ariel McDonald | Toronto French School | 11.60 |
| 2. Storm Hunt | Ridley College | 11.50 |
| 3. Emily McCluskey | Banting | 11.45 |
| 4. Ainsley Matthewson | Moira | 11.40 |
| 4. Madeleine Green | Centennial | 11.40 |
| 6. Sara Scholl | Centennial | 11.35 |

Vault

- | | | |
|-----------------------|--------------|-------|
| 1. Emily BcCluskey | Banting | 11.35 |
| 2. Miquela Barriage | Centennial | 11.20 |
| 3. Natalie Starr | LCVI | 11.00 |
| 4. Hayley Hounsomes | Banting | 10.95 |
| 4. Ainsley Matthewson | Moira | 10.95 |
| 6. Julia McConnell | Banting | 10.9 |
| 6. Taylor-Lynn Ross | West Hill SS | 10.9 |

Level 2

Bars

- | | | |
|-----------------------|----------------|--------|
| 1. Kailyn Maracie | Moira | 11.40 |
| 2. Victoria Armstrong | Moira | 11.375 |
| 3. Sabrina Czachor | Banting | 11.325 |
| 4. Abbi Radbourne | OSCVI | 11.20 |
| 5. Daria Gorski | Marymount | 11.15 |
| 6. Rylee Evans | Kincardine DSS | 11.10 |

Beam

- | | | |
|-----------------------|-----------|--------|
| 1. Victoria Armstrong | Moira | 11.30 |
| 2. Kalysta Saya | Horizon | 11.00 |
| 3. Abbi Radbourne | OSCVI | 10.90 |
| 4. Daria Gorski | Marymount | 10.875 |
| 5. Kailyn Maracie | Moira | 10.775 |
| 6. Delaney Weins | Banting | 10.675 |

Floor

- | | | |
|-----------------------|----------------|--------|
| 1. Kailyn MAracie | Moira | 11.70 |
| 2. Victoria Armstrong | Moira | 11.625 |
| 3. Abbi Radbourne | OSCVI | 11.50 |
| 4. Heidi Vance | St. Theresa | 11.475 |
| 5. Arianna Gadinger | Ridley College | 11.45 |
| 6. Aima Ohiwerei | Ridley College | 11.40 |
| 6. Liberti Hannah | Centennial | 11.40 |

Vault

- | | | |
|--------------------|----------------|-------|
| 1. Aima Ohiwerei | Ridley College | 11.45 |
| 2. Audrey Turcotte | SDSS | 11.35 |
| 3. Liberti Hannah | Centennial | 11.30 |
| 4. Kailyn Maracie | Moira | 11.25 |
| 5. Maira Hunt | Banting | 11.20 |
| 6. Abbi Radbourne | OSCVI | 11.10 |

Level 3

Bars

- | | | |
|-----------------------|--------------------|--------|
| 1. Isabelle Wilson | Kincardine DSS | 11.325 |
| 2. Sophie Scott | Napanee | 11.075 |
| 3. Ashleigh Sternberg | Ridley College | 11.05 |
| 4. Mia Mak | St. Peter's SS | 10.875 |
| 5. Melanie Byrnes | Champlain | 10.85 |
| 5. Danika Blaid | Collège Notre Dame | 10.85 |

Beam

- | | | |
|-----------------------|----------------|--------|
| 1. Carly White | Marymount | 11.30 |
| 2. Sam Felipe | OSCVI | 11.10 |
| 3. Sophie Scott | Napanee | 11.075 |
| 4. Ashleigh Sternberg | Ridley College | 11.025 |
| 5. Mia Mak | St. Peter's SS | 11.00 |
| 6. Melanie Byrnes | Champlain | 10.95 |

Floor		
1. Ashleigh Sternberg	Ridley College	11.55
2. Sophie Scott	Napanee	11.525
3. Jamie Pardo	General Amherst	11.50
4. Rachel Myers	Toronto French School	11.475
4. Rebecca Ripley	St. Peter's SS	11.475
6. Victoria Temelini	Marymount	11.45

Vault		
1. Jamie Pardo	General Amherst	11.30
2. Veronique Vouzanne	Collège Notre Dame	11.10
3. Rebecca Ripley	St. Peter's SS	11.00
4. Sophie Scott	Napanee	10.95
5. Jenna Nesbitt	Bear Creek	10.85
5. Megan Coventry	Collège Notre Dame	10.85

Level 4		
Bars		
1. Chantal Labelle	Collège Notre Dame	11.275
2. Shannon Burke	Napanee	11.25
3. Jacklyn Voteary	Centennial	11.20
4. Amanda Fogh	Nottawasaga Pines	11.15
5. Sarah Timothy	Bear Creek	11.125
5. Sydney Hasson	Kincardine DSS	11.125

Beam		
1. Hannah Daniel	St. Anne's	11.40
2. Alex Payne	St. Anne's	11.35
3. Forest Maracle	Napanee	11.325
4. Jacklyn Voteary	Centennial	11.30
4. Madison Rakus	Riverside	11.30
6. Bailey Meraw	Bayside	11.275

Floor		
1. Forest Maracle	Napanee	11.675
2. Andie Mathison	Bishop Strachan	11.65
3. Emily Wood	St. Peter's SS	11.575
3. Shannon Burke	Napanee	11.575
5. Allison Brown	LCVI	11.55
5. Mikella Gauthier	Collège Notre Dame	11.55

Vault		
1. Bailey Meraw	Bayside	11.40
2. Hannah Daniel	St. Anne's	11.30
3. Kianna McNabb	Bracebridge	11.25
4. Emily Wood	St. Peter's SS	11.20
4. Samantha Yerkie	l'Essor	11.20
6. Mekilla Labelle	Collège Notre Dame	11.10

Level 5		
Bars		
1. Jeni Li	Napanee	11.875
2. Taylor Hasson	Kincardine DSS	11.825
3. Lindsey Marck	SMHS Owen Sound	11.80
4. Kelby Jones	Banting	11.775
4. Kate Bonn	Bayside	11.775
6. Abby Farhnguber	St. Mary	11.675

Beam		
1. Lindsey Marck	SMHS Owen Sound	12.125
2. Jena Li	Napanee	12.075
3. Kate Bonn	Bayside	12.05
4. Abby Farhnguber	St. Mary	12.00
5. Kelby Jones	Banting	11.90
6. Payton Hunt	Napanee	11.875

Floor		
1. Allanah Waller	SMHS Owen Sound	12.475
2. Patricia Hunt	Collège Notre Dame	12.345
3. Nora Thorpe	St. Mary's Woodstock	12.30
4. Alyssa Outram	Lajeunesse	12.25
5. Kelby Jones	Banting	12.225
5. Kate Bonn	Bayside	12.225

Vault		
1. Jena Li	Napanee	12.00
2. Kelby Jones	Banting	11.90
3. Payton Hunt	Napanee	11.75
4. Patricia Hunt	Collège Notre Dame	11.70
5. Alexandra Jubenville	l'Essor	11.55
6. Abby Farhnguber	St. Mary	11.50
6. Allanah Waller	SMHS Owen Sound	11.50

Level 6		
Bars		
1. Sara Carlton	Nottawasaga Pines	13.10
2. Cora Geiger	St. Peter's SS	13.075
3. Lauren Kessler	Jean Vanier	13.05
3. Jennifer Drane	Lockerby	13.05
5. Natalie Coughlin	Sandwich	13.025
6. Lydia Paulic	Brennan	13.00
6. Mikiah Hunt	St. Michael	13.00

Beam		
1. Lauren Kessler	Jean Vanier	13.50
2. Mikiah Hunt	St. Michael	13.40
3. Cora Geiger	St. Peter's SS	13.35
4. Denise Alivantov	St. Peter's SS	13.30
5. Sara Carlton	Nottawasaga Pines	13.275
6. Katherine Herron	Bayside	13.225

Floor		
1. Abby Bolton	Ridgeway	13.55
2. Emily Flood	Banting	13.50
3. Allyssa Teno	St. Theresa	13.45
4. Denise Alivantov	St. Peter's SS	13.417
5. Katherine Herron	Bayside	13.413
6. Lauren Kessler	Jean Vanier	13.35

Vault		
1. Jennifer Drane	Lockerby	13.15
2. Cora Geiger	St. Peter's SS	13.10
3. Lauren Kessler	Jean Vanier	13.05
4. Emily Flood	Banting	13.00
5. Katherine Herron	Bayside	12.95
6. Sydney Neels	Essex	12.90
6. Abby Bolton	Ridgeway	12.90

SCHOLARSHIP OPPORTUNITIES

10 LEAGUE SPORTS

five

TOURNAMENT SPORTS

29 member schools

ONE

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ONTARIO COLLEGES ATHLETIC ASSOCIATION

STUDENT-ATHLETES TODAY. LEADERS TOMORROW.

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OFSAA NORDIC SKIING

Timmins February 25 – 26, 2014

After a year without the Nordic Skiing Championship, athletes and coaches were eager to get back on the trails. For the first time, OFSAA Nordic was held in Timmins and the community did not disappoint. Convenor John LaBine of Timmins C&VI (NEOAA) and his committee rolled out the welcome mat with athletes and coaches taking to the snow at the Porcupine Ski Runners club. Day one of the competition involved the timed distance events, which challenged participants with rolling terrain to go along with cold weather. However, loud cheering and big smiles kept spirits warm as skiers made their way across the finish line.

After working up a huge appetite, participants made their way to the Dante Club for an Olympic themed banquet. Teams arrived dressed in various countries' colours, wearing homemade medals, and some even wearing sport-specific themed uniforms. Following dinner, the Leadership in School Sport Award was presented by OFSAA Nordic Sport Advisory Chair, Angus Doughty to Karl Giesbrecht from Widdifield SS in North Bay. Karl has been a dedicated coaches for over a decade. He has transferred his passion for skiing onto his students by making sure everyone has an enjoyable and positive experience whenever they are participating in the sport. In addition to coaching, Karl has

been the NOSSA Nordic convenor for numerous years, hosted OFSAA Nordic twice, and sat on the OFSAA Sport Advisory Committee for six years.



Timmins can't be blamed for the cold weather on day two as the entire province fell under a cold front. However, the well-organized competition committee had already put plans in motion to delay the start of the races long enough for the thermometer to rise high enough to allow safe skiing conditions. Once skiers began the relays, the cold weather was no match for the excitement of the crowd on hand. Teams, some dressed in costume, gave it their all trying to capture a medal for their school. In the end, all participants, coaches, volunteers, and committee members need to be thanked for providing a first-class event and one that provided fond memories for many students who won't soon forget their Timmins experience.

PARA NORDIC SIT SKI GIRLS

1. Jaymie Triskle, St. Thomas Aquinas HS NWOSSAA 0:11:57.7

PARA NORDIC SIT SKI BOYS

1. Justin Reesor, Mayfield SS ROPSSAA 0:13:10.9

PARA NORDIC STANDING GIRLS

1. Jocelyn Roberson, Huntsville HS GBSSA 0:19:10.8

PARA NORDIC STANDING BOYS

1. Christopher Barclay, Lo-Ellen Park SS NOSSA 0:15:09.1

INDIVIDUAL RESULTS

Junior Girls 4.0 KM

1. Alison Pouw, Glebe Collegiate Institute NCSSAA 0:12:14.4
 2. Heidi Ohrling, Collingwood Collegiate GBSSA 0:12:35.8
 3. Alia Sanger, Lisgar Collegiate Institute NCSSAA 0:12:38.0

Junior Boys 5.0 KM

1. Alexander Maycock, Orangeville DSS CWOSSA 0:13:04
 2. Aidan Kirkham, Earl of March NCSSAA 0:13:06.4
 3. Noah Thompson, Parry Sound HS GBSSA 0:13:15.3

Senior Girls 5.0 KM

1. Soren Meeuwisse, OD/Park SS GBSSA 0:14:31.3
 2. Alex Stukator, Collingwood Collegiate GBSSA 0:14:44.0
 3. Madison Fraser, Chippewa SS NOSSA 0:15:00.8

Senior Boys 7.5 KM

1. Julian Smith, West Hill SS CWOSSA 0:18:58.5
 2. Colton Labine, O'Gorman HS NEOAA 0:19:59.2
 3. Isaac Alexander-Cook, Lisgar Collegiate Institute NCSSAA 0:20:03.4

TEAM RESULTS

Junior Girls

1. Glebe Collegiate Institute NCSSAA
 2. Lisgar Collegiate Institute NCSSAA
 3. Huntsville HS GBSSA

Junior Boys

1. Glebe Collegiate Institute NCSSAA
 2. Huntsville HS GBSSA
 3. Parry Sound HS GBSSA

Senior Girls

1. Glebe Collegiate Institute NCSSAA
 2. Parry Sound HS GBSSA
 3. Mayfield SS ROPSSAA

Senior Boys

1. Lisgar Collegiate Institute NCSSAA
 2. West Hill SS CWOSSA
 3. Orangeville DSS CWOSS

TEAM SPRINT RELAYS RESULTS

Junior Girls

1. Glebe Collegiate Institute NCSSAA 0:08:42.4
 2. Lisgar Collegiate Institute NCSSAA 0:09:26.7
 3. Collingwood Collegiate GBSSA 0:09:41.4

Junior Boys

1. Glebe Collegiate Institute NCSSAA 0:07:37.7
 2. Parry Sound High School GBSSA 0:07:53.3
 3. Huntsville High School GBSSA 0:07:55.1

Senior Girls

1. Parry Sound High School GBSSA 0:09:08.9

OFSAA SWIMMING CHAMPIONSHIP

Brantford

March 4-5, 2014

With construction underway on the Etobicoke Olympium ahead of the 2015 Pan Am/ ParaPan Am Games, OFSAA swimming championships were hosted in Brantford at the Wayne Gretzky Sports Centre.

James Ball of John F. Ross CVI in Guelph (CWOSSA) and his committee did an excellent job of organizing the championship, which was impeccably run. During the Championship, James was awarded the 2014 OFSAA Leadership in School Sport award for his contributions to swimming and to school sport.

New records were set at this successful event and both students and teachers appreciated the hard work put into organizing the championship.



TEAM STANDINGS

Overall Combined Team

1. Georgetown DHS	1,743
2. Riverside SS	879
3. Upper Canada College	786
4. Dunbarton HS	778
5. Michael Power-St. Joseph	773.50

Junior Girls' Team

1. Georgetown DHS	430
2. Riverside SS	234
3. Havergal College	228
4. Michael Power-St. Joseph	210
5. EL Crossley SS	158

Junior Boys' Team

1. Georgetown DHS	324
2. St. Andrew's College	262
3. PE Trudeau HS	204
4. Riverdale CI	184
5. Riverside SS	159

Senior Girls' Team

1. Georgetown DHS	302
2. Havergal College	260
3. Ashbury College	241.50
4. Ésc de Hearst	223
5. Riverside SS	169

Senior Boys' Team

1. Georgetown DHS	449
2. Upper Canada College	308
3. Ridley College	273.50
4. Lawrence Park CI	267
4. St. Andrew's College	267

ParaSport Team

1. St. Francis CSS	203
2. Bishop Marrocco-Thomas Merton	124
3. Forest Heights CI	109
4. Georgetown DHS	99
5. Jean Vanier CSS	90

Open Girls' Team

1. Centennial CVI	432
2. Aldershot HS	255
3. Havergal College	236
4. John F Ross CVI	230
5. Waterloo CI	207

Open Boys' Team

1. Michael Power-St. Joseph	364.50
2. Upper Canada College	324
3. Dunbarton HS	198
4. Westside SS	193
5. Markville SS	190

HIGH SCHOOL DIVISION

Junior Girls' 50m Butterfly

1. Brianna Robinson, Trinity College School	32.04
2. Chanel Minichini, St. Jean de Brebeuf	32.61
3. Caitlin Power, St. Theresa's CHS	33.29
3. Aurora Zuraw, Georgetown DHS	33.29
5. Allyson Parson, Centennial CVI	33.34
6. Olivia Circoستا, Emily Carr SS	34.24

Junior Boys' 50m Butterfly

1. Angus Cowan, North Park C & VS	27.83
2. Alex Gilchrist, Trinity College School	28.03
3. Jonathan Thanjaratnam, RH King Academy	29.50
4. Daniel Griffin, Riverdale CI	29.64
5. Thomas Dodig, De La Salle College	30.61
6. Keith Ocampo, Denis O'Connor CHS	31.06

Senior Girls' 50m Butterfly

1. Bridget Wang, North Toronto CI	31.60
2. Caroline Lauder, Abbey Park HS	31.69
3. Madeleine Duff, Stratford Central SS	31.84
4. Charlotte Caswell, Havergal College	32.15
5. Dana Dusevic, Colonel By SS	32.21
6. Bronwyn Crawford, Frontenac SS	32.94

Senior Boys' 50m Butterfly

1. Jon van der Veen, Southwood SS	26.65
2. Thomas Akdeniz, Appleby College	26.69
3. Joel Klemens, Leamington DSS	27.86
4. Justin Tanandar, St. Augustine CHS	28.01
5. Sam Moore, Harbord CI	28.24
6. Favien Bisson, St. Patrick's CHS	28.32

Junior Girls' 50m Backstroke

1. Jennifer Hoang, Albert Campbell CI	32.67
2. Brianna Robinson, Trinity College School	33.22
3. Carolyn Poucher, Kingston CVI	34.18
4. Julia Bauer, Waterdown DHS	34.61
5. Chelsey Johnson, Wallaceburg DSS	35.96
6. Navah Ball, Eastview SS	36.37

Junior Boys' 50m Backstroke

1. Thomas Volz, Blessed Trinity	31.92
2. Arthur Portman, Humberide CI	32.46
3. Andrew Wiley, Holy Cross CSS	32.60
4. Isaac Jarvis, Nicholson Catholic College	33.14
5. Gabe Masscratto, Cawthra Park SS	33.34
6. Emerson Macneil, Riverdale CI	34.51

Senior Girls' 100m Backstroke

1. Claire Gleason, Lawrence Park CI	1:08.26
2. Ginny Bryzgalova, London Central SS	1:12.11
3. Mackenzie Davies, Sydenham HS	1:13.11
4. Maddy Harrison, Appleby College	1:14.22
5. Tiffany Got, U of T Schools	1:15.39
6. Jordan Chalmers, St. Maximilian Kolbe CHS	1:16.39

Senior Boys' 100m Backstroke

1. Thomas Akdeniz, Appleby College	1:05.93
2. John Lim, St. Theresa of Lisieux CHS	1:06.32
3. Michael Parent, Riverside SS	1:07.20
4. Alfredo Camara Solloa, St. Andrew's College	1:08.52
5. Liam Ryan, Northern SS	1:08.64
6. Luke Evans, Lawrence Park CI	1:09.28

Junior Girls' 50m Breaststroke

1. Michelle Nowak, Michael Power-St. Joseph	37.97
2. Olivia Marshall, Clarkson SS	39.10
3. Galusha Socorro, St. Thomas Aquinas	39.24
4. Arielle Mersiadis-Carrier, Georgetown DHS	39.83
5. Olivia Leung, Glenforest SS	40.30
6. Denise Bueno, Assumption	40.93

Junior Boys' 50m Breaststroke

1. Alex Gilchrist, Trinity College School	32.75
2. Brian Koo, Michael Power-St. Joseph	34.94
3. Michael Chan, PE Trudeau HS	35.23
4. Liam Cherry, Clarkson SS	35.93
5. Jeffrey Wang, Iroquois Ridge HS	36.96
6. Troy Leeming, St. Anne's CSS	37.23

Senior Girls' 100m Breaststroke

1. Madeline Jeffrey, TA Blakelock HS	1:23.58
2. Emma Radun, Huron Heights SS	1:24.21
3. Savannah Lashbrook, Dunbarton HS	1:24.47
4. Michelle Blumberg, Esc Renaissance	1:24.96
5. Neushaw Moradi, Earl Haig SS	1:25.37
6. Michelle Harwood, Sir Wilfred Laurier CI	1:25.57

Senior Boys' 100m Breaststroke

1. Isaac Crowe, Meadowvale SS	1:11.28
2. Nikolay Videnov, Georgetown DHS	1:13.85
3. Ross Graham, Ashbury College	1:14.45
4. Daniel Xia, Iroquois Ridge HS	1:15.06
5. Hank Yuen, Ridley College	1:15.71
6. Max Wanless, Georgetown DHS	1:16.88

Junior Girls' 50m Freestyle

1. Jennifer Hoang, Albert Campbell CI	28.34 R
2. Julia Kiff, Toronto Prep School	30.12
3. Olivia Circosta, Emily Carr SS	30.15
4. Rachel Wong, John Fraser SS	30.17
5. Bridget Warnock, Riverside SS	30.28
6. Taja McLean, TA Blakelock HS	30.56

Junior Boys' 50m Freestyle

1. Tommy Ly, RH King Academy	26.26
2. James Stevenson, St. Andrew's College	26.36
3. Andrew Wiley, Holy Cross	27.09
4. Noah Redfern-Lount, Stratford Northwestern	27.21
5. Adrian Yung, Markham DHS	28.17
6. Nicholas Pinney, White Oaks SS	28.24

Senior Girls' 50m Freestyle

1. Emily Russell, Riverdale CI	28.64
2. Bridget Wang, North Toronto CI	29.03
3. Oksana Kachmerchuk, Michael Power-St. Joseph	29.20
4. Abigail Mitchell, Streetsville SS	29.53
5. Emily Snook, AN Myer SS	29.84
6. Tory O'Driscoll, Havergal College	29.85

Senior Boys' 50m Freestyle

1. Matthew Dodig, De La Salle College	25.08
2. Gabriel Lopez, Father John Redmond CSS	25.25
3. Emiel Bril, Bill Crothers SS	25.37
4. Kieran Mortimer, Ancaster HS	25.55
5. Evan Mackie, London Central SS	25.90
6. Robbie Andrews, Barrie Central CI	26.11

Junior Girls' 100m Freestyle

1. Angelina Pan, Havergal College	1:03.00
2. Aurora Zuraw, Georgetown DHS	1:06.34
3. Bridget Warnock, Riverside SS	1:07.17
4. Samantha Burwell, Georgetown DHS	1:08.08
5. Ashley Klingbeil, Northern CI	1:08.14
6. Caitlin Power, St. Theresa's CHS	1:08.84

Junior Boys' 100m Freestyle

1. Christian Kwiecien-Delaney, Hillfield Strathallan	58.72
2. Tommy Ly, RH King Academy	59.21
3. Ruben Ayala, Ridley College	59.85
4. Thomas Volz, Blessed Trinity CSS	1:00.70
5. Noah Redfern-Lount, Stratford Northwestern	1:01.76
6. Ryan Jarvis, Nicholson Catholic College	1:02.20

Senior Girls' 100m Freestyle

1. Caroline Lauder, Abbey Park HS	1:02.81
2. Emily Russell, Riverdale CI	1:02.98
3. Dana Dusevic, Colonel By SS	1:05.00
4. Georgia Dow, Bayside SS	1:05.20
5. Emily Snook, AN Myer SS	1:06.56
6. Caiti Skain, Crestwood Prep	1:06.98

Senior Boys' 100m Freestyle

1. Matthew Dodig, De La Salle College	55.00
2. Andrew Mak, Niagara Christian Community	55.62
3. Gabriel Lopez, Father John Redmond CSS	56.29
4. Ryan Smith, Georgetown DHS	58.00
5. Evan Mackie, London Central SS	58.31
6. Hank Yuen, Ridley College	58.62

Senior Girls' 200m Freestyle

1. Samantha Burwell, Georgetown DHS	2:24.76
2. Lauren Brewster, Georgetown DHS	2:25.34
3. Casey Cooper, Ashbury College	2:26.08
4. Gabrielle Dupuis, Esc de Hearst	2:27.38
5. Fiona Woticky, Victoria Park SS	2:28.36
6. Kristin Dalkowski, Esc Pierre-Savard	2:28.63

Senior Boys' 200m Freestyle

1. Frankie Serrano, Ridley College	2:03.47
2. Jesus Serrano, Ridley College	2:05.32
3. Tanner Leckie, Georgetown DHS	2:07.40
4. Nic Pflug, Kitchener CI	2:11.30
5. Eddie Chen, Monarch Park CI	2:12.05
6. Yuan Kong, Upper Canada College	2:13.24

Junior Girls' 100m Individual Medley

1. Angelina Pan, Havergal College	1:12.75
2. Galusha Socorro, St. Thomas Aquinas	1:15.02
3. Allison Pouw, Glebe CI	1:16.46
4. Julia Bauer, Waterdown DHS	1:16.89
5. Eryn Loney, MM Robinson HS	1:16.92
6. Veronica Fong, Georgetown DHS	1:17.16

Junior Boys' 100m Individual Medley

1. Angus Cowan, North Park C & VS	1:03.42 R
2. Andrew Bradford, Banting SS	1:08.22
3. Ruben Ayala, Ridley College	1:08.82
4. Liam Ryan, Northern SS	1:09.16
5. Jonathan Thanjaratnam, RH King Academy	1:12.00
6. Isaach Jarvis, Nicholson Catholic College	1:12.17

Senior Girls' 100m Individual Medley

1. Claire Gleason, Lawrence Park CI	1:11.58
2. Madeleine Duff, Stratford Central SS	1:13.38
3. Tiffany Got, U of T Schools	1:13.86
4. Mackenzie Davies, Sydenham HS	1:15.14
5. Charlotte Caswell, Havergal College	1:16.52
6. Emma Radun, Huron Heights SS	1:16.73

Senior Boys' 100m Individual Medley

1. Jon van der Veen, Southwood SS	1:03.12
2. Tanner Leckie, Georgetown DHS	1:04.62
3. Sam Moore, Harbord CI	1:05.64
4. Emiel Bril, Bill Crothers SS	1:05.83
4. Jesus Serrano, Ridley College	1:05.83
6. Frankie Serrano, Ridley College	1:05.85

Junior Girls' 200m Freestyle Relay

1. Georgetown DHS	2:05.84
2. Michael Power-St. Joseph	2:10.09
3. El Crossley SS	2:10.83
4. Malvern CI	2:10.89
5. Northern SS	2:11.93
6. Stratford Central SS	2:12.47

Junior Boys' 200m Freestyle Relay

1. St. Andrew's College	1:55.27
2. PE Trudeau HS	1:55.97
3. Georgetown DHS	1:56.83
4. Hillfield Strathallan College	1:59.20
5. Riverside SS	2:01.21
6. Banting SS	2:01.98

Senior Girls' 200m Freestyle Relay

1. Ashbury College	2:02.02
2. Havergal College	2:02.17
3. Georgetown DHS	2:04.17
4. Riverdale CI	2:04.81
5. Bishop Allen Academy	2:08.56
6. Northern CI	2:09.03

Senior Boys' 200m Freestyle Relay

1. St. Andrew's College	1:45.19
2. Lawrence Park CI	1:46.50
3. Upper Canada College	1:46.82
4. De La Salle College	1:48.44
5. St. Patrick's CHS	1:48.97
6. Riverside SS	1:49.07

Junior Girls' 200m Medley Relay

1. Havergal College	2:22.51
2. Georgetown DHS	2:24.75
3. Northern SS	2:29.55
4. EL Crossley SS	2:31.34
5. Riverside SS	2:33.30

Junior Boys' 200m Medley Relay

1. St. Andrew's College	2:12.77
2. Riverdale CI	2:13.37
3. Georgetown DHS	2:14.98
4. Northern SS	2:15.29
5. PE Trudeau HS	2:16.44
6. Bishop Allen Academy	2:20.85

Senior Girls' 200m Medley Relay

1. Esc de Hearst	2:20.18
2. Ashbury College	2:20.37
3. Georgetown DHS	2:20.55
4. Havergal College	2:23.12
5. North Toronto CI	2:23.31
6. TA Blakelock HS	2:26.33

Senior Boys' 200m Medley Relay

1. Georgetown DHS	1:57.42
2. Ridley College	1:58.37
3. Lawrence Park CI	2:01.50
4. St. Andrew's College	2:01.69
5. Appleby College	2:05.47
6. Upper Canada College	2:05.86

OPEN DIVISION

Girls' 100m Butterfly

1. Samantha Stratford, Centennial CVI	1:01.82
2. Monica Babits, Holy Name of Mary	1:02.01
3. Hailey White, Havergal College	1:05.19
4. Jenny Zhang, Cameron Heights CI	1:05.34
5. Kaleigh Sharkey, St. Maximilian Kolbe	1:05.90
6. Paige Hillis, Clarkson SS	1:07.62

Boys' 100m Butterfly

1. Adrian Vanderhelm, Barrie Central CI	55.97
2. Michael Sinila, Bishop Allen Academy	56.43
3. Aidan Chow, St. Augustine CHS	57.40
4. Joshua Gold, Upper Canada College	57.47
5. Francisco Juarez Miranda, St. Marcellinus	59.36
6. Max Hughes, HumberSide CI	1:01.02

Girls' 100m Backstroke

1. Emma Ball, John F Ross CVI	1:02.67
2. Katherine Stamp, Centennial CVI	1:04.02
3. Jessica Allen, Medway HS	1:05.63
4. Paige Hillis, Clarkson SS	1:05.67
5. Claire Zavitz, Alderson HS	1:05.95
6. Sascha Keir, Collingwood CI	1:07.45

Boys' 100m Backstroke

1. Cody Lavoie, Leamington DSS	58.91
2. Hayden Richardson, Banting SS	59.70
3. Sébastien Michaud, Esc Marie-Rivier	59.82
4. Tyler Immel-Herron, St. Mary CSS	59.90
5. Eun Soo Ha, St. Theresa of Lisieux CHS	1:00.49
6. Jonathan Brodie, Upper Canada College	1:01.26

Girls' 100m Breaststroke

1. Anderson Bailey, Smiths Falls CI	1:11.88
2. Victoria Wicks, Bill Crothers SS	1:12.61
3. Enna Selmanovic, Clarkson SS	1:14.53
4. Cassandra Drescher, Glendale HS	1:14.58
5. Michelle Cheng, St. Augustine CHS	1:14.71
6. Hannah Koschanow, Assumption College	1:16.02

Boys' 100m Breaststroke

1. Warren Mayer, Dunbarton HS	1:06.28
2. Jany Young PE Trudeau HS	1:07.24
3. Andrew Hrycusko, EL Crossley SS	1:07.41
4. David Webb, Centennial CVI	1:07.73
5. Jacob Piekarski, Father John Redmond CSS	1:08.45
6. Max Hughes, Humberside CI	1:09.21

Girls' 50m Freestyle

1. Leah Meklensek, Bluvale CI	26.14 R
2. Josée Barrette, Esc Pierre-Savard	26.35
3. Jenny Zhang, Cameron Heights CI	27.31
4. Morgan Smith, Westside SS	27.33
5. Emma Ball, John F Ross CVI	27.37
6. Victoria Wicks, Bill Crothers SS	27.53

Boys' 50m Freestyle

1. Nathan Lethbridge, Saunders SS	23.91
2. Kenny MacKenzie, St. Mary CSS	24.39
3. Brent Waddell, Westside SS	24.41
4. Daniel Reardon, Holy Trinity CHS	24.44
5. Aaron Norg, Marantha Christian Academy	24.56
6. Alex Auster, Ashbury College	24.61

Girls' 100m Freestyle

1. Josée Barrette, Esc Pierre-Savard	56.61
2. Leah Meklensek, Bluevale CI	57.84
3. Cassandra Drescher, Glendale HS	58.28
4. Morgan Smith, Westside SS	1:00.01
5. Kaetlin Fenton, Barrie Central CI	1:00.75
6. Bethany Robinson, Lambton Central CVI	1:01.00

Boys' 100m Freestyle

1. Nathan Lethbridge, Saunders SS	52.70
2. Aaron Norg, Marantha Christian Academy	53.09
3. Brent Waddell, Westside SS	53.21
4. Thomas Leung, Bill Crothers SS	53.69
5. Rodrigo Villalobos, Michael Power-St. Joseph	53.69
6. Kenny MacKenzie, St. Mary CSS	53.74

Girls' 200m Freestyle

1. Samantha Stratford, Centennial CVI	2:02.78
2. Claire Zavitz, Aldershot HS	2:06.44
3. Kaetlin Fenton, Barrie Central CI	2:07.73
4. Kaitlin Lamont, Westmount SS	2:09.32
5. Jessie Hickey, Lorne Park SS	2:10.88
6. Alie Hunter, Haverger College	2:12.57

Boys' 200m Freestyle

1. Din Selmanovic, Cawthra Park SS	1:55.20
2. Alex Tropyne, Sir Winston Churchill SS	1:55.32
3. Will Morley, U of T Schools	1:55.36
4. Tyson MacDonald, Glendale HS	1:56.73
5. Jacob Piekarski, Father John Redmond CSS	1:57.80
6. Joshua Gold, Upper Canada College	2:00.32

Girls' 100m Individual Medley

1. Josie Andres, Banting SS	1:05.97
2. Haylie Burton, Centennial CVI	1:06.17
3. Danica Garbett, Sir William Mulock SS	1:08.50
4. Olivia Kelly, Msgr Paul Dwyer CHS	1:09.37
5. Sascha Keir, Collingwood CI	1:10.10
6. Tiara Higuchi, Port Credit SS	1:11.55

Boys' 100m Individual Medley

1. Adrian Vanderhelm, Barrie Central CI	58.31
2. Montana Champagne, Lester B Pearson CHS	59.80
3. Cody Lavoie, Leamington DSS	59.94
4. Shuya Huang, Markville SS	1:00.32
5. Sébastien Michaud, Esc Marie-Rivier	1:00.69
6. Tyler Immel-Herron, St. Mary CSS	1:02.33

Girls' 200m Individual Medley

1. Anderson Bailey, Smiths Falls CI	2:17.94
2. Riley Konrad, Centennial CVI	2:18.19
3. Bavindeep Basra, Louise Arbour SS	2:22.55
4. Julia Ellis-Hale, Waterloo CI	2:25.02
5. Anne-Marie Kaczmarczyk, Esc l'Essor	2:27.89
6. Kennedy Russell, North Park C & VS	2:28.17

Boys' 200m Individual Medley

1. Montana Champagne, Lester B Pearson CHS	2:10.45
2. Alex Trudeau, Lorne Park SS	2:13.68
3. Francisco Juarez Miranda, St. Marcellinus	2:15.67
4. Jonathan Brodie, Upper Canada College	2:16.33
5. Jacob Dosen, Dunbarton HS	2:17.43
6. Andrew Vallee, Holy Trinity CHS	2:18.12

Girls' 200m Medley Relay

1. Centennial CVI	2:00.74
2. Aldershot HS	2:03.28
3. Banting SS	2:03.95
4. Clarkson SS	2:06.84
5. John F Ross CVI	2:07.18
6. Glendale HS	2:09.25

Boys' 200m Medley Relay

1. Upper Canada College	1:51.37 R
2. Bishop Allen Academy	1:54.67
3. Markville SS	1:56.38
4. PE Trudeau HS	1:56.40
5. Westside SS	1:57.66
6. Barrie Central CI	1:58.55

Girls' 400m Freestyle Relay

1. Centennial CVI	4:01.92
2. Barrie Central CI	4:04.48
3. Waterloo CI	4:08.10
4. Lawrence Park CI	4:12.31
5. Haverger College	4:12.61
6. Michael Power-St. Joseph	4:21.33

Boys' 400m Freestyle Relay

1. Michael Power-St. Joseph	3:41.26
2. Banting SS	3:47.86
3. Markville SS	3:48.86
4. Grand River CI	3:50.98
5. Ashbury College	3:52.44
6. Holy Trinity CHS	3:53.28

PARA DIVISION**Girls' PARA 50m Backstroke**

1. Alicia Denoon (S10), John F Ross CVI	39.98
2. Rebeca Hayden (S14), St. Francis CSS	52.75
3. Desiree Allen (S14), Patrick Fogarty CSS	53.54
4. Chantelle Balanowski (S14), St. Francis CSS	1:11.63
5. Raiwan Tuffaha (S14), Streetsville SS	1:12.39
6. Erin Callon (S14), Forest Heights CI	1:13.07

Boys' PARA 50m Backstroke

1. Olek Wolski (S10), Western Tech	36.32
2. Alex Evans (S14), St. Francis CSS	40.82
3. Zack Griffith (S14), St. Joseph's HS	50.76
4. Tony Borghese (S14), Forest Heights CI	58.75
5. Julien Legault (S14), Jean Vanier CHS	1:17.09
6. Josh Stephenson (S14), Galt CI	1:35.56

Girls' PARA 50m Freestyle

1. Alicia Denoon (S10), John F Ross CVI	33.69
2. Cobie McIlhargey (S14), Goderich CVI	37.67
3. Desiree Allen (S14), Patrick Fogarty CSS	42.28
4. Mercedes Laking (S14), St. Thomas Aquinas	44.07
5. Rebeca Hayden (S14), St. Francis CSS	45.49
6. Corina Mehling (S14), Holy Name of Mary	46.18

Boys' PARA 50m Freestyle

1. Alex Evans (S14), St. Francis CSS	33.33
2. Harley Bolton (S8), Kingston CVI	39.81
3. Zack Griffith (S14), St. Joseph's HS	38.45
4. Callum MacDonald (S14), Goderich DCI	39.28
5. Cameron Clephan (S14), Dunbarton HS	40.63
6. Koty Alkerton (S14), Northern CI	47.45

Girls' PARA 100m Freestyle

1. Mercedes Laking (S14), St. Thomas Aquinas	1:40.73
2. Michelle Tarco (S14), BM/TM	1:57.86
3. Nichole Vespa (S14), St. Jean de Brebeuf	2:00.98
4. Nellie Bounds, Richmond Green SS	3:00.09

Boys' PARA 100m Freestyle

1. Olek Wolski (S10), Western Tech & Commerce	1:05.67
2. Harley Bolton (S8), Kingston CVI	1:26.89
3. Cameron Clephan (S14), Dunbarton HS	1:36.26
4. Matthew Bayley (S14), BM/TM	1:45.22
5. Philip Mirek (S14), St. Thomas Aquinas	1:47.43
6. Koty Alkerton (S14), Northern CI	1:58.62



OFSAA GIRLS' 'A' VOLLEYBALL

Richmond Hill

March 3-5, 2014



The 2014 OFSAA Girls' A Volleyball Championship was held in Richmond Hill and showcased three days of great volleyball. Convenor Rob Niro of Holy Trinity School and his organizing committee ensured the championship was successful and should be commended for their efforts.

A beautiful facility with three courts of action allowed spectators to view all the games. Fans of West Elgin boosted an exciting finale by cheering their team to gold, 25-19, 25-16, 25-21.

Congratulations to this year's gold medallists West Elgin: Kim Bandeen, Brianna Downie, Monica Ganhadeiro, Shalena Horst, Kristen Kovacs, Jen Long, Emily Miller, Shelby Nielson, Marcia Pelcz, Cooper Sabo, Alex Shaw and Bernadette Welch, and coaches Dave Burke, Stephen Carter, Dylan Clarke, Matt Hooghiem, Wayne Horst, and Lori Smith.



Dave Rehill of Holy Trinity School was presented with the Leadership in School Sport Award for his years of service mentoring student-athletes. Bloor C.I. (TDSSAA) received the Sportsmanship Award.

Participating Teams			
Pool A			
West Elgin	WOSSAA	Pool C	
ÉSP Louis-Riel	NCSSAA	Quinte Christian HS	COSSA
ÉS George P. Vanier	SOSSA	ÉC Saint-Charles Garnier	LOSSA
ÉS Le Caron	GBSSA	Seaway DHS	EOSSAA
Brampton Christian Academy	ROPSSAA	ÉS Cité des Jeunes	NEOAA
		King's Christian Collegiate	GHAC
Pool B			
Toronto District Christian HS	YRAA	Pool D	
St. Thomas Aquinas HS	NWOSSAA	Marymount Academy	NOSSA
Trinity College School	CISAA	Holy Trinity School	CISAA
Durham Christian HS	LOSSA	University of Toronto Schools	TDCAA
Bloor CI	TDSSAA	ÉS St-François Xavier	SWOSSAA
		ÉS Père René de Galinée	CWOSSA

Championship Quarter-Finals	
West Elgin def. St. Thomas Aquinas	26-24, 20-25, 25-12, 25-17
Quinte Christian def. Holy Trinity	25-20, 25-20, 25-22
Charles Garnier def. UTS	25-19, 22-25, 15-25, 25-18, 15-11
Louis-Riel def. TD Christian	25-20, 25-19, 17-25, 23-25, 15-12
Semi-Finals	
Louis-Riel def. Charles Garnier	27-25, 25-15, 25-22
West Elgin def. Quinte Christian	25-10, 25-17, 25-18
Consolation Final	
Seaway def. Xavier	25-22, 25-23, 25-19
Bronze Medal	
Charles Garnier def. Quinte Christian	
Gold Medal	
West Elgin def. Louis-Riel	25-19, 25-16, 25-21

OFSAA GIRLS' 'AA' VOLLEYBALL

Thunder Bay

March 3-5, 2014



The OFSAA AA Girls' Volleyball Championship took place in Thunder Bay for 2014 and was an enjoyable championship for all involved. Convenor Riley Lucas organized a great experience for both coaches and student-athletes.



OFSAA's Leadership in School Sport Award was presented to Liz McKinnon of Churchill CVI for all of her hard work and contributions to high school sports in her community.

Parkdale CI from the TDSSAA were awarded the Team Sportsmanship award for the respect and dignity they showed throughout the tournament.

While the locations have changed the result was remained the same – congratulations to Gisele-Lalonde for their fourth consecutive tournament win: Jessica Bassolé, Jessika Bolduc, Martine Doucet, Émie Gaboury, Elsa Lalonde, Elyse Patry, Sebrina Roy, Devon Voneicken Bursey, and Olivia Witteveen, and coaches Mireille Belcourt, Robert Mahlig, Marcel Martin, and Sheila Roy.

Participating Teams

Pool A

ÉSP Gisèle-Lalonde
Essex DHS
ÉS l'Escale
Cayuga SS
St. Patrick HS

NCSSAA
SWOSSAA
EOSSAA
SOSSA
NWOSSAA

Pool C

Eden HS
Lo-Ellen Park SS
Holy Trinity SS
Francis Libermann CHS
Parkdale CI

SOSSA
NOSSA
LOSSA
TDCAA
TDSSAA

Pool B

Stratford Central SS
St. Ignatius HS
St. Mary CSS
Paris DHS
Timiskaming DSS

WOSSAA
NWOSSAA
COSSA
CWOSSA
NEOAA

Pool D

St. Thomas Aquinas CSS
CC Samuel-Genest
Streetsville SS
Dryden HS
St. Joseph's HS

GHAC
NCSSAA
ROPSSAA
NWOSSAA
GBSSA

Championship Quarter-Finals

Gisèle-Lalonde def. St. Mary 25-18, 25-22, 25-21
Samuel-Genest def. Francis Libermann 25-14, 25-22, 25-16
Eden def. St. Thomas Aquinas 25-13, 22-25, 25-16, 23-25, 15-12
Stratford Central def. l'Escale 27-25, 25-22, 25-23

Semi-Finals

Stratford Central def. Eden 25-21, 25-17, 25-20
Gisèle-Lalonde def. Samuel-Genest 25-12, 30-28, 25-18

Consolation Final

Lo-Ellen def. St. Ignatius 21-25, 25-18, 14-25, 25-19, 15-9

Bronze Medal

Samuel-Genest def. Eden 25-23, 25-22, 25-23

Gold Medal

Gisèle-Lalonde def. Stratford Central 25-14, 25-15, 22-25, 25-23

OFSAA GIRLS' 'AAA' VOLLEYBALL

Kingsville

March 3-5, 2014



The 2014 OFSAA AAA Girls' Volleyball Championship took place in Kingsville and was convened by Kingsville DHS's Jason Leili. Jason and his committee did an excellent job providing an exciting and enjoyable experience for all. Thank you for your hard work and enthusiasm.



Nancy Houde-Marino from Sandwich SS was presented with the Leadership in School Sport Award during a tremendous banquet for her dedication to student-athletes and work behind the scenes.

The team from Dr. Norman Bethune SS in TDSSAA was recognized for their class and behavior with a well-earned Team Sportsmanship Award.

A close final match came down to extra points where Abbey Park defeated Oakridge 28-26 to claim OFSAA gold. Congratulations: Niki Bozinowski, Onaope Egbedeyi-Emmanuel, Victoria Gorrell, Mercedes Hinder, Kristen Kirk, Melissa Langedger, Devyn Mackenzie, Brady Martin, Sydney McIntosh, Sarah Scott, Jenny Torrens, and Sarah Williams, and head coach Julie Burr.

Participating Teams

Pool A

Oakridge SS
Jacob Hespeler SS
Lisgar CI
Patrick Fogarty CSS
Kingsville DHS

WOSSAA
CWOSSA
NCSSAA
GBSSA
SWOSSAA

Pool C

Abbey Park HS
ÉSC Franco-Cité
Stouffville DSS
Father John Redmond CSS
Lorne Park SS

GHAC
NCSSAA
YRAA
TDCAA
ROPSSAA

Pool B

Widdifield SS
Havergal College
Iona CSS
Sherwood SS
Dr. Norman Bethune CI

NOSSA
CISAA
ROPSSAA
SOSSA
TDSSAA

Pool D

Sir Winston Churchill SS
Henry Street HS
St. Thomas of Villanova CHS
Coburg District CI
Regiopolis-Notre Dame CSS

SOSSA
LOSSA
SWOSSAA
COSSA
EOSSAA

Championship Quarter-Finals

Oakridge def. Havergal 25-17, 25-19, 25-17
Churchill def. Stouffville 24-26, 25-21, 25-22, 25-21
Abbey Park def. Villanova 25-15, 25-20, 25-17
Widdifield def. Jacob Hespeler 25-16, 19-25, 18-25, 25-21, 15-13

Semi-Finals

Abbey Park def. Widdifield 25-20, 25-14, 26-24
Oakridge def. Churchill 25-18, 28-26, 25-21

Consolation Final

Franco-Cité def. Lisgar 25-20, 25-12, 25-18

Bronze Medal

Widdifield def. Churchill 9-25, 14-25, 25-19, 25-14, 15-11

Gold Medal

Abbey Park def. Oakridge 17-25, 25-17, 25-19, 28-26

OFSAA GIRLS' 'AAAA' VOLLEYBALL

Barrie

March 3-5, 2014



Barrie played host to the OFSAA Girls' AAAA Volleyball Championship and involved some of the best volleyball players and coaches from across the province. Thanks to convenor Matt Torlée and his organizing committee, the 2014 Championship was a roaring success.

The Leadership in School Sport Award was presented to Cathi Haiduk from Collingwood CI in recognition of her contributions to school sports. Sinclair SS from LOSSA also deserved recognition for their positive spirit during the Championship and received the Team Sportsmanship Award.

Congratulations to Bishop Allen Academy from Toronto on earning their second consecutive OFSAA gold: Tamara Chackeris, Claudia Condotta, Laura Condotta, Chiara Da Silva, Simone Da Silva, Danielle Fairfield, Sophia Herrera, Sarah Lagler-Clark, Jillian Lesniak, Tea Maho, Christina Piccinin, Emily Ziraldo, Hilary Ziraldo, and Katherine Zutautas, and coaches Rick Bianco and Art Pietras.

Championship Quarter-Finals

Glebe def. Mowat	16-25, 20-25, 25-17, 25-22, 15-13
Oakville-Trafalgar def. Michael Power	25-18, 21-25, 25-21, 25-16
Sinclair def. Cardinal Newman	25-21, 25-16, 25-10
Bishop Allen def. Forest Heights	25-16, 25-13, 25-23

Semi-Finals

Bishop Allen def. Oakville-Trafalgar	25-16, 25-16, 25-10
Glebe def. Sinclair	25-17, 25-20, 25-20

Consolation Final

Innisdale def. Eastview	25-23, 25-18, 25-8
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Bronze Medal

Sinclair def. Oakville-Trafalgar	25-20, 25-18, 25-8
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Gold Medal

Bishop Allen def. Glebe	25-12, 18-25, 20-25, 25-15, 15-12
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Participating Teams

Pool A

Bishop Allen Academy
Cardinal Newman CSS
Westdale SS
Mayfield SS

TDCAA
GHAC
SOSSA
ROPSSAA

Pool C

Sir Oliver Mowat CI
Oakville-Trafalgar HS
St. Jean de Brebeuf CHS
Eastview SS

TDSSAA
GHAC
YRAA
GBSSA

Pool B

Sinclair SS
Forest Heights CI
Ursuline College
Innisdale SS

LOSSA
CWOSSA
SWOSSAA
GBSSA

Pool D

Glebe CI
AB Lucas SS
Michael Power/St. Joseph
St. Anne CSS

NCSSAA
WOSSAA
TDCAA
SWOSSAA

OFSAA WRESTLING

Brampton

March 4-6 2014

The top boys and girls high school wrestlers assembled in Brampton for the 2014 OFSAA Wrestling Championships. The Power Ade Centre provided a spacious venue for the competitors

Congratulations and thank you to Rich Knill, Greg Cappucitti and their committee for all their hard work and effort in convening this year's Championship and making it a first class affair. This was the third time that Rich has convened OFSAA Wrestling .

There were many exciting matches and as always at wrestling sportsmanship was shown in both victory and defeat.

Albert Purins from Hagersville Secondary School and Chris Kelman from Heart Lake Secondary School were presented with the Leadership in School Sports Award for their long and outstanding work in the high school wrestling community.



For the first time in OFSAA history there was a tie for the overall boys champion. The title was shared by Vincent Massey (SWOSSAA) and Orillia District-Park Street(GBSSA).

For the third year in a row Turner Fenton (ROPSSAA) capture both the girls overall and combined championship.

BOYS INDIVIDUAL RESULTS

38 kg Boys

1. Brett Hodgkin - Sandwich, SWOSSAA
2. Haris Ahmed - Brantford C.I., CWOSSAA
3. Josh Barich - Northern C.I.V.S., SWOSSAA
4. Mateja Ilic - Fletcher's Meadow, ROPSSAA
5. Caelan Steadman - Laura Secord, SOSSA
6. Ryan Ho - Newtonbrook, TDSSAA

41 kg Boys

1. Alexander Stirling - Orillia District-Park, GBSSA
2. Jacob Alexander-Torres - Turner Fenton, ROPSSAA
3. Riley MacKenzie - Centre Wellington, CWOSSAA
4. Cameron Shaw - Northern C.I.V.S., SWOSSAA
5. Nathan McMillan E. S. St. Francis Xavier, SWOSSAA
6. Jed Eagleson - Cobourg DCI West, COSSA

44 kg Boys

1. Marco Palermo - St. Patrick, NWOSSA
2. Hussein DaSilva - Cathedral, GHAC
3. Brody Collison - Vincent Massey, SWOSSAA
4. Gurpreet Ghuman - Mississauga, ROPSSAA
5. Jake Sullivan - Turner Fenton, ROPSSAA
6. Mason Evans - Bluevale, CWOSSAA

47.5 kg Boys

1. Francis Yuen - Vincent Massey, SWOSSAA
2. Jamal Henry - West Hill Collegiate, TDSSAA
3. Ahmed Clayb - Vincent Massey, SWOSSAA
4. Jeff Polasz - Monsignor Doyle, CWOSSAA
5. Dan Taylor - Hagersville, SOSSA
6. Devon Delaharpe - St. Jean de Brebeuf, GHAC

51 kg Boys

1. Bart Duncan - Orillia District-Park, GBSSA
2. Torin MacFadyen - Elizabeth Wynwood, NCSSAA
3. Zac Berry - Waterloo Oxford, CWOSSAA
4. Yogi Chakalall - Turner Fenton, ROPSSAA
5. Branden Coulter - Centre Wellington, CWOSSAA
6. Kyle Hill - Essex, SWOSSAA

54 kg Boys

1. Phillip Le - W. L. MacKenzie, TDSSAA
2. Rob Smith - Northern C.I.V.S., SWOSSAA
3. Riley Leech - Barrie North, GBSSA
4. Dustin Pretty - LaSalle, NOSSA
5. Ayush Kapoor - Mississauga, ROPSSAA
6. Logan Blanchard - Lo-Ellen, NOSSA

57.5 kg Boys

1. Chris McIscac - Patrick Fogarty, GBSSA
2. Liam MacFayden - St. Paul, NCSSAA
3. Liam McCoy - Sinclair, LOSSA
4. Aidan Rambaran - Barrie Central, GBSSA
5. Majok Deng - Catholic Central, SWOSSAA
6. Joe Martin - St. Jean du Brebeuf, GHAC

61 kg Boys

1. Alec Flosman - Orillia District-Park, GBSSA
2. Cole Michaelis - Craig Kielburger, GHAC
3. Cyrus Gatta - St. Paul, SOSSA
4. Harvir Lall - St. Benedict's, CWOSSAA
5. Sebastian Galzote - St. Elizabeth, YRAA
6. Draven Johson - E.S.C.Thériault, NEOAA

64 kg Boys

1. Omar Ahmed - Robert Bateman, GHAC
2. Amanie McLaren - Barrie Central, GBSSA
3. Noah Erskine - Nouvelle Alliance, GBSSA
4. Taylor Karn - Centre Wellington, CWOSSAA
5. Matiabo Butale - Sandalwood Heights, ROPSSAA
6. Jonathon Malloy - St. Elizabeth, YRAA

67.5 kg Boys

1. Chance Mutuku - St. David's, CWOSSAA
2. Jake Cartman - Renfrew C.I., EOSSAA
3. Alexander Chaves - Guelph C.V.I., CWOSSAA
4. Cassius Kelman - Heart Lake, ROPSSAA
5. Junior Aljoe - Newtonbrook, TDSSAA
6. Scott Muller - Patrick Fogarty, GBSSA

72 kg Boys

1. Brayden Ambo - Glendale, WOSSAA
2. Anthony Italiano - Bishop Ryan, GHAC
3. Hasan Hawilo - Vincent Massey, SWOSSAA
4. Anderson Do - Erindale, ROPSSAA
5. Jasman Gill - Sandalwood Heights, ROPSSAA
6. Josh Bwolo - St. Patrick's, NCSSAA

77 kg Boys

1. Juwan Burgess - Pickering, LOSSA
2. Gabe Laplante-Brady - Regiopolis-Notre Dame, EOSSAA
3. Connor Flinders - Brantford C.I., CWOSSAA
4. Jackson Browning - Sir Wilfred Laurier, WOSSAA
5. Sarabnoor Lally - Louise Arbour, ROPSSAA
6. Ivan Bauer - Stamford, SOSSA

83 kg Boys

1. Quinlan Walker - Canterbury, NCSSAA
2. Mohab El-Nahas - E.S. Étienne-Brûlé, TDCAA
3. Clayton Pye - Ingersoll District, WOSSAA
4. Trey Senior - Heart Lake, ROPSSAA
5. Ryan Little - Centre Dufferin, CWOSSAA
6. Ron Uzlener - Newtonbrook, TDSSAA

89 kg Boys

1. Giordan Caruso - Bishop Ryan, GHAC
2. Nolan Tipping - L'Essor, SWOSSAA
3. Drew Anderson - Samia Collegiate, SWOSSAA
4. Arvinder Bains - Fletcher's Meadow, ROPSSAA
5. Russell Weigel - Bluevale, CWOSSAA
6. Ben Webster - Lindsay, COSSA

95 kg Boys

1. Antonio Mancina - Holy Names, SWOSSAA
2. Sunny Narwal - West Humber Collegiate, TDSSAA
3. Cody Franke - Craig Kielburger, GHAC
4. Ethan Slater - St. Ignatius, NWOSSAA
5. Connor Warnock - Denis Morris, SOSSA
6. James Tucker - Monsignor Doyle, CWOSSAA

30 kg Boys

1. Jaivir Boal - West Humber, TDSSAA
2. Kyle Wilson - Bill Crothers, YRAA
3. Brett Lacasse - Korah C&VS, NOSSA
4. Brandon Whiteman - Smith Falls, EOSSAA
5. Adam Caparella - St. Aloysius Gonzaga, ROPSSAA
6. Nijim Nijim - Holy Names, SWOSSAA

INDIVIDUAL GIRLS' RESULTS

41 kg Girls

1. Jessie Tsang - Sandwich, SWOSSAA
2. Rylie George - Centre Wellington, CWOSSAA
3. Abigail Labas - Nouvelle Alliance, GBSSA
4. Marissa Welsh - Cathedral, GHAC
5. Janet Tang - Turner Fenton, ROPSSAA
6. Jocelyne Marcoux - L'Essor, SWOSSAA

44 kg Girls

1. Augusta Eve - Hillcrest H.S., NCSSAA
2. Regina Martinez - Patrick Fogarty, GBSSA
3. Sydney Hawkins - Riverside, SWOSSAA
4. Allayne Asquith - Hagersville, SOSSA
5. Raquel Reid - Turner Fenton, ROPSSAA
6. Sarah Hein - I. E. Weldon, COSSA

47.5 kg Girls

1. Jade Flosour - L'Essor, SWOSSAA
2. Kaitlyn Pretti - Sandwich, SWOSSAA
3. Samantha Romano - Pickering, LOSSA
4. Farrantina Gatta - St. Paul, SOSSA
5. Raeggan Bressette - Saunders, WOSSAA
6. Jessica Hicks - North Hastings, COSSA

51 kg Girls

1. Emily Schaefer - Northern C.I.V.S., SWOSSAA
2. Shaundell Simmons - Turner Fenton, ROPSSAA
3. Amy Bellavia - Bishop Tonno, GHAC
4. Hannah Little - Centre Dufferin, CWOSSAA
5. Racheal Cowey - Centre Wellington, CWOSSAA
6. Mikayla Jerald - Sandwich, SWOSSAA

54 kg Girls

1. Kristina McLaren - Governor Simcoe, SOSSA
2. Jayd Davis - Pickering, LOSSA
3. Jenna Leslie - Centre Wellington, CWOSSAA
4. Iva Mema - W. L. MacKenzie, TDSSAA
5. Julia Lei - Vincent Massey, SWOSSAA
6. Taylor Richards - Georgetown, GHAC

57.5 kg Girls

1. Taylor Cartwright - Barrie Central, GBSSA
2. Krystal Adair - St. Clair, SWOSSAA
3. Katrin Spassov - W. L. MacKenzie, TDSSAA
4. Emilie Charette - Sacre-Coeur, NOSSA
5. Nicole Hare - Our Lady of Lourdes, CWOSSAA
6. Karly Kudrinko - Denis Morris, SOSSA

61 kg Girls

1. Brooke Jarrett - Sinclair, LOSSA
2. Larissa Bufalino - Woodstock C.I., WOSSAA
3. Anja Vesterback - Georgetown, GHAC
4. Annie Berg - Beamsville, SOSSA
5. Michiela McNeil - Newtonbrook, TDSSAA
6. Neely Ducre - Sandwich, SWOSSAA

64 kg Girls

1. Keagin Collie - E.L. Crossley, SOSSA
2. Theresa El-Lati - Louis Riel E.S.P., NCSSAA
3. Gabrielle Fairhurst - St. Ignatius, NWOSSAA
4. Amanda Lajoie - Trenton, COSSA
5. Candace Rose - Hagersville, SOSSA
6. Courtney McDonald - St. Clair, SWOSSAA

67.5 kg Girls

1. Alannah Day - Lockerby, NOSSA
2. Alex Hoffman - Barrie North, GBSSA
3. Sofia Aloia - Mentor College, ROPSSAA
4. Demi Swann - Georgetown, GHAC
5. Amber Ferguson - Stratford Northwestern, WOSSAA
6. Sam Clark - Kenner C.V.I., COSSA

72 kg Girls

1. Carmeila Fleurant - Turner Fenton, ROPSSAA
2. Darrion Sterling - Montcalm, WOSSAA
3. Zoe Forsyth - Cayuga, SOSSA
4. Vanessa Bennett - J. F. Ross, CWOSSAA
5. Melissa Scott - Port Perry, LOSSA
6. Rachel Hunchak - St. David's, CWOSSAA

77 kg Girls

1. Gracelynn Doogan - Ecole Villa Francaise des Jeunes, NOSSA
2. Ainslynn McPhail - St. Mary's, CWOSSAA
3. MacKenzie Gosse - Central Elgin C.I., WOSSAA
4. Nikki Cubitt - Beamsville, SOSSA
5. Danielle O'Sullivan - Thorold, SOSSA
6. Ryleigh Hagan - Cathedral, GHAC

83 kg Girls

1. Cassidy Noonan - St. Jean de Brebeuf, GHAC
2. Adrianna Harvey - St. Patrick, NWOSSA
3. Tyanna Carpenter - Beaver Brae, NWOSSA
4. Jocelyn Desautels - Trenton, COSSA
5. Lily Lafont - Renfrew CI, EOSSAA
6. Brianna Berry - Eastwood CI, CWOSSAA

115 kg Girls

1. Brittney Whiting - Trenton, COSSA
2. Roshane Palmer - Newtonbrook, TDSSAA
3. Shelby Laughlin - Pauline Johnson, CWOSSAA
4. Kelsey Brekelmans - St. Mary's, WOSSAA
5. Tiana Ewan - Cathedral, GHAC
6. Monica Muscedere - St. Joseph's, WOSSAA

TEAM RESULTS

OVERALL BOYS' CHAMPIONS

- 121 - Vincent Massey Secondary School, SWOSSAA
- 121 - Orillia District-Park, GBSSA
- 97 - Bishop Ryan High School, GHAC
- 76 - West Humber Collegiate, TDSSAA
- 72 - Turner Fenton Secondary School, ROPSSAA
- 72 - W. L. MacKenzie Collegiate Institute, TDSSAA

OVERALL GIRLS' CHAMPIONS

- 115 - Turner Fenton Secondary School, ROPSSAA
- 92 - Sandwich Secondary School, SWOSSAA
- 76 - Trenton High School, COSSA
- 67 - Centre Wellington District High School, CWOSSAA
- 57 - E. S. L'Essor, SWOSSAA
- 55 - Georgetown District High School, GHAC

COMBINED CHAMPIONS

- 187 - Turner Fenton Secondary School, ROPSSAA
- 137 - Sandwich Secondary School, SWOSSAA
- 137 - Vincent Massey Secondary School, SWOSSAA
- 131 - Orillia District-Park, GBSSA
- 124 - Centre Wellington District High School, CWOSSAA
- 122 - W. L. MacKenzie Collegiate Institute, TDSSAA

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