

# The Bulletin



2013 -2014 OFSAA  
Championship  
Calendar

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ONTARIO FEDERATION OF SCHOOL ATHLETIC ASSOCIATIONS  
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# 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.

## A Word from Doug Gellatly, OFSAA Executive Director

The playing regulations for every OFSAA Championship contain the statement, "The sole basis for the very existence of high school sport is the contribution it makes to the general educational experience of those students who participate". It is therefore easy to conclude that school sport is an extension of the classroom, and that the behaviours and respect expected in the classroom would follow to school sport competition.

Unfortunately, this doesn't always occur during competitions including OFSAA Championships. Decorum and appropriate behavior, which are reasonable expectations in the classroom and in competition, sometimes deteriorate. When this breakdown occurs, it is often as a result of a disagreement with officials, although there are other influences as well.

When we consider the countless school sport competitions that occur over the course of the year, the number of incidents involving poor behavior are very low, however, I think it is beneficial that we step back and reflect on expectations within educational athletics.

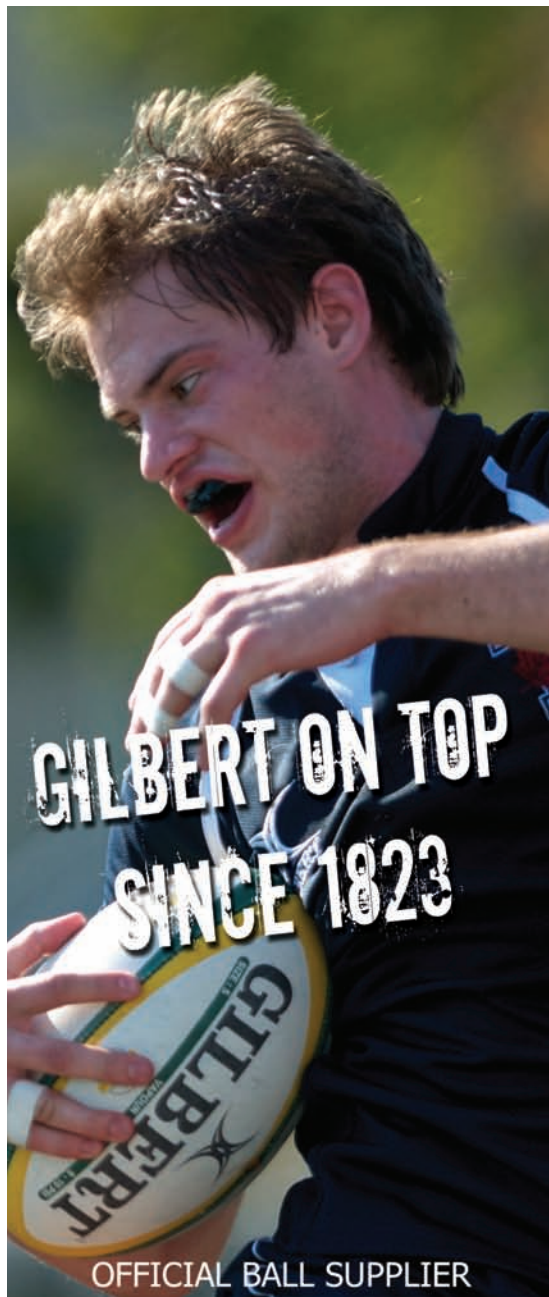
When attending OFSAA Championships, student-athletes and coaches are expected to adhere to the Rules of Behaviour and are required to sign off that they have read the rules and will abide by them. The rules place the onus on the teacher-coach to ensure the participants are aware of behavioural expectations. Additionally, the rules state:

All participants will deport themselves in a manner becoming representatives of their school, association, and OFSAA while attending a Federation Championship. Attention must be paid to:

- Respect for others;
- Respect for property;
- Conduct;
- Language;
- Dress.

We have re-printed the entire Rules of Behaviour on pages 6 & 7 of this issue. Please refer to these as they can equally apply to your local competition and I'm sure your local athletic association would have a similar document. As well, we have included an article on page 8 from the Association for Applied Sport Psychology called, *Resilience: Bouncing Back Quickly*, which discusses the negative effect on athletic performance that can result when an athlete loses focus due to outside influences. It also discusses athletic performance when an athlete is able to stay on track and not let adversity negatively affect their performance.

As we begin a fresh school year and season of athletics, I encourage you to reflect on the foundation of school sport and that its purpose is to provide an opportunity to educate students. This encompasses many areas with valuable outcomes for student-athletes and coaches, including respect and resiliency. I wish you a successful year in school athletics.



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Photo by Jamie McDonald

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## Age Classifications for the 2013-14 School Year

For the 2013-14 school year, a Midget will be born in 1999 or later, and may only compete at OFSAA in the Midget category for one year in Grade 9. A Junior will be born in 1998 or 1999, and a Senior will be born in 1994 or later.

1993 or earlier	Ineligible
1994	Senior
1995	Senior
1996	Senior
1997	Senior
1998-99	Junior
1999	Midget

How old was the student on January 1, 2013?

### 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.

## 2013-14 Transfer Appeal Meeting Dates

### Meeting Date

Thurs. Oct. 3, 2013  
 Fri. Nov. 1, 2013  
 Tues. Dec. 10, 2013  
 Thurs. Feb. 20, 2014  
 Thurs. April 17, 2014

### Deadline for Applications

Mon. Sept. 23, 2013  
 Thurs. Oct. 17, 2013  
 Mon. Nov. 25, 2013  
 Wed. Feb. 5, 2014  
 Wed. April 2, 2014

To appeal 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.

## Hey, Follow Us!

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

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# School Sport Canada Online Courses

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

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

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

### Athletic Injury Management

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

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

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

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

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

**This is a FREE Course!**

### Engaging Effectively with Parents

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"

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.



This 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 early in 2014.

### 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](mailto:michael@ofsa.on.ca)

## OFSAA Welcomes new VP Ian Press



Bayside SS in Belleville (COSSA), Ian also has experience as a vice principal, physical education curriculum coordinator, and teacher. Ian brings a strong background in education as well as extensive work in coaching and athletic organization.

“Some of my most valuable experiences have occurred as a result of sport, therefore I am very passionate about working with OFSAA to continue providing such experiences to high school students across the province.”

Ian brings leadership and a passion for “education through sport” and will work to promote this philosophy during his tenure. Then, after two years as Vice President, Ian will move into the role of President. Welcome aboard, Mr. Press!

OFSAA is happy to welcome new Vice President Ian Press. During his 24-year career in education Ian has been actively involved with athletics, health and physical education, intramurals and promoting a healthy active lifestyle to youth.

Currently the school principal at

## The OFSAA Alumni Association

Encourage recently retired teacher-coaches and former athletes to join the OFSAA Alumni Association to keep in touch with their peers. Donations to the scholarship fund from current teachers, former teacher-coaches, graduates, and alumni members provide the money for annual scholarships for students from around the province who pursue post-secondary education in a Canadian institution.

Members receive copies of the OFSAA Bulletin and newsletters. Watch the website for news on alumni members, upcoming events, and for the membership application.

## 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](http://rechargewithmilk.ca/basketball).

For all the latest news, events and updates throughout the year, bookmark [rechargewithmilk.ca](http://rechargewithmilk.ca).



# Rules of Behaviour for Participants in OFSAA Championships

Coaches and school administrators are reminded of the Rules of Behaviour for OFSAA Championships and are asked to ensure these are reviewed with student-athletes prior to arriving at a Championship.

Any OFSAA Championship must attempt to achieve a standard of organizational and educational excellence which will serve to place it beyond reproach in either area.

A school athlete jointly represents both school and Association when attending an OFSAA Championship. This consequently confers a responsibility upon him/her during the time of absence from school. This responsibility assumes greater meaning when individual teacher-coaches instruct their competitors in the degree of importance attached to it.

The following principles and rules will therefore apply to all OFSAA Championships and are in addition to the OFSAA Standing Rules (Playing Regulations) and Governing Rules of athletic contests.

1. The teacher-coach must prepare participants with regard to the behaviour expected of them at the Championship.
2. The teacher-coach bears the responsibility for supervising his or her athletes for the entire period during which they are absent from school or home. If the coach of a team is of the opposite sex, a suitable adult chaperon of the same sex, as approved by the principal of the school, must be present and available at the accommodation site for the duration of their stay in the accommodation. (Reference By-Law 6, Section 1(c)).
3. The consumption of any alcoholic beverage by participants, whether of legal drinking age or not, at any time during an OFSAA Championship is expressly forbidden. "Participants" are defined as "students, parents or guardians, volunteers, teachers and any other staff member as well as anyone else who has been granted proper authorization to enter a restricted area." A "restricted area" includes "those areas occupied by athletes and to which access by the general public is restricted or prohibited."
4. Drugs, other than medication prescribed by a medical doctor for a specific competitor, are expressly forbidden.



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5. All participants will deport themselves in a manner becoming representatives of their school, Association and OFSAA while attending a Federation Championship. Attention must be paid to:
  - Respect for others; all participants have the right to freedom from harassment (as defined by the Canadian Human Rights Commission) equal treatment without discrimination based on race, place of origin, colour, ethnic origin, creed, physical or mental ability, sexual orientation, or sex;
  - Respect for property;
  - Conduct;
  - Language;
  - Dress: be aware of the dress code for Championships as stated in the Playing Regulations.
  - Student-athletes must remain fully clothed in the appropriate team uniform in the competition area, AND use the designated locker room or change area to change to and from competition attire.
6. Participants staying in tournament accommodation are expected to respect the right of others to undisturbed rest. Those who create disturbance in rooms or corridors after a reasonable hour will be subject to disciplinary measures. Student-athletes are expected to observe any curfew imposed by the OFSAA convenor at the Championship.
7. All schools entering a Federation Championship shall, by signature of the school principal on the Championship Entry Form, acknowledge responsibility for making restitution for damage resulting from misconduct by their participants. (Reference By-Law 6 - Section 2 (g)).

#### Procedure

Actions contrary to these Rules shall be referred to the Competition Committee which shall investigate the matter and decide on the penalty, if any, to be assessed. A report of the matter in question and penalty, if any imposed, shall be sent to the Principal of the school and the appropriate Association Representative. The report will also be forwarded to the Board of Reference - Sanctions where further action may be taken and /or penalties imposed.



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# Guide for Watching Sporting Events with Children

## Resilience: “Bouncing Back Quickly”

The following article is from the Association of Applied Sport Psychology (AASP).

---

Watching any sporting event can be a valuable learning experience for young people. The Association for Applied Sport Psychology (AASP) has developed a series of learning guides for adults to share with children to promote healthy dialogue while watching sports on television or in person. This guide suggests certain observations and presents several questions to discuss together. The learning guide concludes with a brief summary of important facts regarding the topic.

### Observation and discussion questions:

Resilience: “Bouncing Back Quickly”

While you watch sporting events:

- Find a few examples of athletes in individual sports that made mistakes during their performances.
- How did these athletes respond after making these mistakes? How did they perform just after the mistake and/or in later trials or events?
- Think of a time when you made a mistake. How did you feel? How long did the feeling last? How did that feeling affect you when you tried again?
- Watch a team sport like soccer (or, in winter, hockey) and identify a point in the game where an obvious rule violation is not called. Focus on those players who are visibly upset about the official’s mistake. How do their reactions affect their performances? Are they able to let it go and get back to focusing on the game?
- While watching a team game, or team effort, notice a team that is behind. How can they “bounce back?” When a team or player bounces back, THAT is called resilience.
- How do you feel when someone treats you unfairly and gets away with it? What happens to your concentration?
- When you make a mistake or something doesn’t go your way, how quickly do you refocus on what you were doing?
- Does refocusing help your performance?
- While performing, does focusing on your mistake or the mistakes of others help you perform better? If so, how?
- If something goes wrong in your performance, what are some ways you can quickly bounce back and perform your best?

### Lesson conclusion

Successful athletes understand that things happen during competitions that are unplanned. The best response is to ignore them or quickly refocus on the game and move forward. Sometimes athletes themselves make mistakes. Other times, the environment (weather or equipment), a competitor, or even an official can knock an athlete off track. Successful athletes do not dwell on these mistakes or mishaps. They quickly refocus on the present and what they need to do next.

It is natural to experience immediate negative emotions when something goes wrong; however, resilient athletes do not allow these emotions to linger. Athletes who are not resilient waste valuable energy and focus on things other than the skills they are doing. These athletes often perform poorly. In contrast, resilient athletes limit the effect of adversity on later performances, allowing them to return to performing well. Successful athletes may experience disappointment, anger or frustration associated with adversity, but rather than being overcome by these emotions they find ways to quickly bounce back.

AASP encourages adults to do their part to create a supportive youth sport environment so children will develop a lifelong interest in physical activity and sports. By teaching fundamental sporting principles, you can help children develop winning attitudes, both in sports and throughout life.

---

*Prepared by AASP member Dr. Mark A. Horgue, a clinical and sport psychologist in private practice in Erie, PA at Northshore Psychological Associates.*

*The Association for Applied Sport Psychology (AASP) promotes ethical practice, science and advocacy in the field of sport and exercise psychology. Founded in 1986, AASP is an international, multidisciplinary, professional organization that offers certification to qualified professionals in the field of sport and exercise psychology. With more than 1,500 members in 39 countries, AASP is a worldwide leader, sharing research and resources with the public via its website, [www.appliedsportpsych.org](http://www.appliedsportpsych.org).*

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# Changes to OFSAA Playing Regulations

## Badminton

1. Clarification on defaulting matches: "Athletes must participate in all aspects of the championship, any defaulting of games will result in disqualification from the tournament and a report sent to the Board of Reference-Sanctions."
2. Intentionally losing matches: "Any athlete that is determined to have lost their match intentionally will be disqualified from the tournament and a report sent to the Board of Reference-Sanctions."

## Boys' Basketball

All classifications will include a consolation round and guarantee a minimum of 3 games for each team at the championship.

## Boys' Rugby

Game sheet requirements: "The player/game roster sheet provided by the convenor prior to the start of each game must identify 22 players to compete in each game including identification of 5 players who are suitably trained and experienced to play in the front row. During the course of a game, if a team cannot replace a front row player with an identified front row sub from your game sheet then you must play with a 7 man scrum (number 8 removed) that is

de-powered with a total of 14 players on the field. If a situation arises in which a 2nd front row player needs to be substituted, the de-powered scrum becomes a total of 6 players with both flankers removed from the field and a player returns to the number 8 position."

## Swimming

1. Meet Structure: Any swimmer who receives any swim training or coaching outside of their high school program must compete in the Open Division (ref. 3(a)(ii) of Playing Regulations).
2. Eligibility: All approved petitions for non-SNC club swimmers to be eligible to compete in the High School Division expire at the end of the school year; they must now be re-petitioned annually by December 31st (ref. 7(d) of Playing Regulations).

## Wrestling

1. Unlimited weight class for boys is now 120kg and under.
2. Unlimited weight class for girls is now 115 kg and under.
3. When using video for a protest a video of the entire match must be presented.



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# OFSAA Sanctioning for Events 2013-14

**Have you submitted a request for OFSAA sanction to host an invitational event or to attend an event outside of Ontario?? If so . . .**

Check the OFSAA website ([ofsa.on.ca/Events/Sanctioned Events](http://ofsa.on.ca/Events/Sanctioned%20Events)) to make sure your paperwork has been received, and that your event has been sanctioned and all the details are accurate, or that your school has been sanctioned to attend an out-of-province event.

**Questions regarding sanctions should be directed to Diana Ranken, Sanctions Coordinator, at [diana@ofsa.on.ca](mailto:diana@ofsa.on.ca).**

**When you receive OFSAA sanction for an invitational event you are hosting, you ensure that:**

1. All participants are eligible under the rules and regulations of their Association and of OFSAA
2. A teacher-coach will be present and responsible for the athletes throughout the duration of your event.
3. The event will be promoted on the OFSAA website.

**You MUST obtain OFSAA sanction for:**

1. Any interprovincial tournament or meet
2. Invitational events you are hosting that involve out-of-province participants
3. Any state or NFHS-sanctioned tournaments or meets you are attending in the United States

**OFSAA sanction is NOT required when simply playing one exhibition game out-of-province.**

**The Process:**

- All forms are on the OFSAA website.
- Apply for OFSAA sanction at least 30 days prior to the start of the event.
- The form to obtain OFSAA sanction to host an event must first go to one of your Association Representatives for their approval and they will then forward the request to OFSAA.
- Applications for out-of-province sanction come directly to OFSAA.

## Basketball

### Blessed Trinity Junior/Senior Girls' Basketball Tournament

October 17-19, 2013 Grimsby	John Cino Blessed Trinity CSS Phone: 905-945-6706 X3105 Email: <a href="mailto:john.cino@ncdsb.com">john.cino@ncdsb.com</a>
--------------------------------	--

## Cross Country

### 4th Annual Peter Morris Cross Country Meet

September 20 Centennial Park, Etobicoke	Ashley Masterson Neil McNeil HS Phone: 416-512-3386 Email: <a href="mailto:ashley.masterson@tcdsb.org">ashley.masterson@tcdsb.org</a>
--	--

### Waterloo County Cross Country Run

October 10, 2013 University of Waterloo	Ian Clancy Sir JA Macdonald SS Phone: 519-880-9979 Email: <a href="mailto:ian_clancy@wdsb.on.ca">ian_clancy@wdsb.on.ca</a>
--	---

## Football

### National Capital Football Bowl

November 1-30 Eastern Ontario	Mike Rumleski North Hastings HS Phone: 613-332-1220 Email: <a href="mailto:mrumleski@hpedsb.on.ca">mrumleski@hpedsb.on.ca</a>
----------------------------------	--

## Soccer

### 15th Annual Blessed Trinity Thunder Girls' Indoor Soccer Classic

March 25, 2014 Grimsby	Joe Pagnotta Blessed Trinity CSS Phone: 905-945-6706 Email: <a href="mailto:joseph.pagnotta@ncdsb.com">joseph.pagnotta@ncdsb.com</a>
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### 15th Annual Blessed Trinity Boys' Indoor Soccer Classic

March 26, 2014 Grimsby	Mike Minicucci Blessed Trinity CSS Phone: 905-945-6706 Email: <a href="mailto:michael.minicucci@ncdsb.com">michael.minicucci@ncdsb.com</a>
---------------------------	---

## Hockey

### 8th Annual Capital High School Hockey Tournament

November 25-26, 2013 Bell Sensplex, Ottawa	Daniel Kelemen Holy Trinity CHS Phone: 613-591-9955 Email: <a href="mailto:daniel.kelemen@ocsb.ca">daniel.kelemen@ocsb.ca</a>
---	--

## Canlan Ice Hockey Tournaments 2013-2014

Canlan Ice Sports York University	Al Rose Canlan Ice Sports 416-661-5900 X251 <a href="mailto:arose@icesports.com">arose@icesports.com</a>
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### Senior Canlan Boys' Tournaments

November 19, 2013	Early Bird Mini Matches
November 28-29, 2013	North York Classic
December 6, 2013	Mini Matches
December 12-13, 2013	Christmas Freezeout
December 18, 2013	Mini Matches
January 9-10, 2014	New Year's Festival
February 6-7, 2014	Canadian Classic (Contact only)
February 21, 2014	Mini Matches
February 27-28, 2014	York University Classic
March 21, 2014	Mini Matches
April 3-4, 2014	Senior Springfest

### Junior Canlan Boys' Tournaments

November 21-22, 2013	Early Bird Tournament
November 25, 2013	Mini Matches
December 16, 2013	Mini Matches
January 8, 2014	Mini Matches
February 13-14, 2014	Junior York University Festival
February 25, 2014	Mini Matches
March 3-4, 2014	Junior March Classic
March 20, 2014	Mini Matches
April 9-10, 2014	Canadian Junior Classic

### Canlan Ice Sports Girls' Tournaments

November 26-27, 2013	Early Bird Tournament
December 5, 2013	Early Bird Mini Matches
December 10-11, 2013	Christmas Classic
December 17, 2013	Late December Mini Matches
January 8, 2014	Mini Matches
February 4-5, 2014	Cardinal Carter Classic A.B.C.D. Divisions)
February 11-12, 2014	Canlan Elite (Longer Games)
February 19-20, 2014	DD Delight (DD Teams only)
March 5-6, 2014	Girls' March Classic
March 19, 2014	Mini Matches
April 1-2, 2014	Girls' Springfest

**Blessed Trinity Girls' Hockey Tournament**

December 3-4, 2013  
 Grimsby  
 Mark Mazzetti  
 Blessed Trinity CSS  
 Phone: 905-945-6706  
 Email: mark.mazzetti@ncdsb.com

**The "Wave" Challenge Series Hockey Tournaments**

Burlington  
 Twin Rinks  
 Tam Morrison  
 HaltonSSAA  
 905-336-3434  
 tmorrison62@cogeco.ca

NOVEMBER 7, 2013 Senior Boys' 'Quick Start Jamboree'  
 NOVEMBER 12-13, 2013 Senior Girls' 'Start Up' Invitational  
 NOVEMBER 14-15, 2013 Senior Boys' 'Early Edition' Tournament  
 DECEMBER 12-13, 2013 Senior Girls' Holiday Classic Jamboree  
 DECEMBER 18-19, 2013 Senior Boys' Holiday Cup Tournament  
 FEBRUARY 13-14, 2014 Senior Boys' Playoff 'Tune Up' Jamboree  
 FEBRUARY 14, 2014 8th Annual "Queen of Hearts" Invitational  
 MARCH 25, 2014 Junior Boys' Jamboree #1  
 MARCH 26, 2014 Junior Boys' Jamboree #2  
 APRIL 2-4, 2014 27th Annual 'Burlington Cup' Tournament

**Blessed Trinity Girls' Hockey Tournament**

December 3-4, 2013  
 Grimsby  
 Mark Mazzetti  
 Blessed Trinity CSS  
 Phone: 905-945-6706  
 Email: mark.mazzetti@ncdsb.com

**Purple and White Girls' Hockey Tournament**

December 4-5, 2013  
 London  
 Brian Gosling  
 University of Western Ontario  
 Phone: 519-671-6318  
 Email: bgosling@uwo.ca

**Crusader Cup Boys' Hockey Tournament**

December 5-7, 2013  
 London  
 Mike Chaney  
 Wendy Rijnen-Glover  
 Catholic Central  
 Phone: 519-675-4431  
 Email: Mike.chaney@rogers.com

**Lady Flames Classic Girls' Hockey Tournament**

December 10-11, 2013  
 London  
 Mike Chaney  
 Wendy Rijnen-Glover  
 Catholic Central CI  
 Phone: 519-675-4431  
 Email: mike.chaney@rogers.com

**8th Annual Blessed Trinity Senior Boys' Hockey Tournament**

January 7-8, 2014  
 Grimsby  
 Rich Vrataric  
 Blessed Trinity CSS  
 Phone: 905-945-6706 X2326  
 Email: richard.vrataric@ncdsb.com

**30th Annual Senior Boys' "Bur-Bear" High School Tournament**

January 30- February 1, 2014  
 Burlington  
 Tam Morrison, Halton SSAA  
 Dave Wood, Robert Bateman HS  
 Phone: 905-634-0964 (Tam)  
 905-632-5151 (Dave)  
 Email: tmorrison@cogeco.ca  
 woodda@hdsb.ca

**9th Annual Blessed Trinity Junior Boys' Hockey Tournament**

March 18-19, 2014  
 Grimsby  
 Rich Vrataric  
 Blessed Trinity CSS  
 Email: richard.vrataric@ncdsb.com  
 Phone: 905-945-6706 X2326



## Congratulations!

Lexy Fogel is presently on maternity leave from her position as OFSAA assistant director after giving birth to her second child, a baby girl, on May 23rd. Scout Katherine Helen Fogel was born weighing in at 7lbs. 0 oz., and Lex and her husband Mark are proud to welcome a sister for their son Hudson.

Congratulations to the Fogels!

## KidSport grants available to assist student-athletes in financial need



So **ALL** Kids Can Play!

To enable students who have difficulty finding the monies to pay their athletic fee to participate in the school sport(s) of their choice, have them apply for a "Kidsport" grant. The application form is enclosed in this Bulletin and can also be found online. OFSAA partners with 'KIDSPORT' to provide this opportunity.

Some important reminders . . .

- Applications must be received by the deadline dates:  
 Fall sports - October 31, 2013  
 Winter sports - January 31, 2014  
 Spring sports - April 30, 2014
- Separate applications must be submitted for each season.

- The maximum amount a student may be granted within a school year is \$250
- Only fees covering league play expenses will be reimbursed.
- All sections of the application form must be completed in full with an accurate breakdown of the fee.
- The endorser must be a person aware of the student's situation and needs, and of the breakdown of the fees. (Suggest the Athletic Director or Physical Education Department Head serve as the endorser) Note: A parent is not an acceptable endorser for the student.

# 2013 AELS Update

After a rough start to the launch of our new AELS site last September, we have worked out a number of the bugs and anticipate the start of the 2013 year to be more user-friendly. We thank everyone for their patience during the transition.

The system will continue to develop and based on feedback we will continue to add new features and improve user-friendliness. The following are some new changes made for this year:

- 1. Import Student Video:** The import student function remains a tricky function to use and it is imperative that information be formatted correctly in order for it to be imported. To assist in this process, we have created a short instructional video, on the Import Student page, to help administrators and coaches through the process. A reminder that only new students will need to be added into the system.
- 2. Team Eligibility Lists:** The eligibility lists have been modified to help reduce the number of pages taken up by the team roster. Any student notes you'd like to include will appear at the bottom of the eligibility list. For example, you could

indicate athlete suspensions, transfer information, etc. The eligibility lists can also now be saved as a PDF to your computer, which will allow you to email the eligibility list from your own email account (emailing directly from the AELS site is still available).

- 3. OFSAA Registration:** When registering for OFSAA, a confirmation email will be sent to the head coach at the provided email address. Also, we have made the game results section unlimited to allow for more results to be included with seeding information.
- 4. Registered Students:** Students can now be sorted by first or last name.
- 5. Seniors on Junior Teams:** The system will not allow senior aged athletes to be added to junior team rosters. This is to help prevent any ineligibility issues from arising.

\*\*A reminder that when adding an out-of-province or out-of-country student, please add them as a new student (using the Add Student function not the Transfer Student function) and include any transfer details within the notes section.

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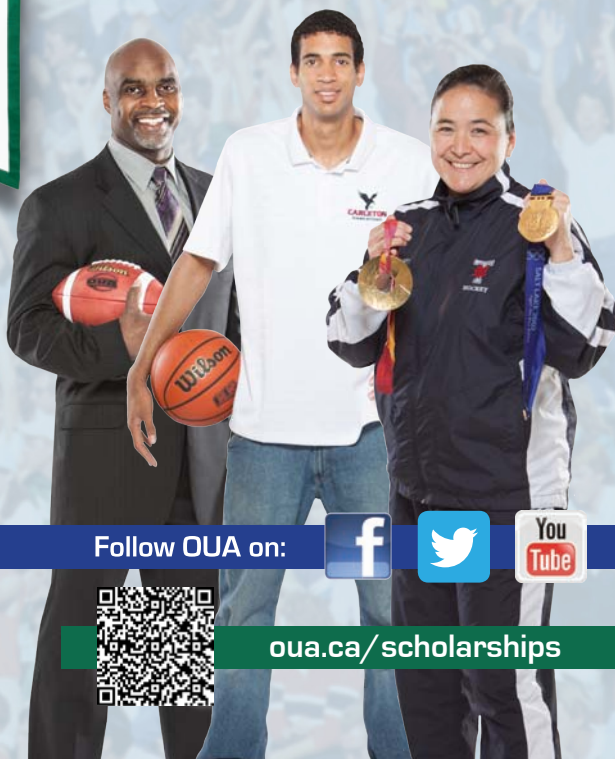
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## CHAMPIONS FOR LIFE.

### 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](http://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.



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## Please Support OFSSAA's School Sport Sponsors

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

### Badminton

#### Yonex

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



#### Black Knight

- Official badminton eyewear provider of OFSSA



### Football

#### Spalding

- J5V Silver, Official Football of OFSSA



### Basketball

#### Spalding

- TF-1000 Legacy, Official basketball of OFSSA



#### Milk

- The official recovery drink of OFSSA Basketball



### Volleyball

#### Baden

- Baden Perfection 15-0, Official volleyball of OFSSA



### Field Hockey

#### AK Pro

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



### Rugby

#### Monilex

- Official supplier of Gilbert rugby balls and rugby related equipment to high schools



### Soccer

#### Molten

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



### Accommodations

#### Westmont Hospitality Group

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### Rings

#### Jostens

- Official ring supplier of OFSSA



### Cross Country and Track and Field

#### Nike

- Official sponsor



# Proper Nutrition, Hydration – Not Energy Drinks – Lead to Athletic Success

by Katherine Dec & Steve McInerney

Reprinted with the permission of the National Federation of State High School Associations (NFHS)

The use of energy drinks by high school athletes has become increasingly prevalent. Testimonials by notable athletes, easy access, peer pressure and a misunderstanding of athletes' nutritional needs are a few of the reasons behind this increased use.

While many athletes are looking for the "quick fix" that will lead to success on the courts and playing fields, the use of energy drinks is not limited to athletic endeavors. Students involved in music, theatre or forensic activities also seek that extra boost to be able to perform at their peak.

In many cases, it is the confusion between a "sports drink" and an "energy drink" that leads to the initial use by high school athletes. Each athlete has his or her own energy needs in order to be competitive in their chosen sport. However, proper nutrition, consisting of proper hydration and the optimal balance of proteins, carbohydrates and fats, provides the basic foundation for athletic success.

Within the realm of athletics, energy can be defined in two ways. First, it is the strength and vitality required for sustained physical or mental activity. Second, it may be viewed as a feeling of possessing such strength and vitality. The latter is most commonly associated with the concept of energy – the ability to stay awake and alert for tests, to feel a burst of strength or speed in order to complete a workout or to finish a game. Promotional advertising for energy drinks appeals to this concept.

The primary energy source for the human body is glucose. The building blocks of proteins and fats are essential catalysts for the increased availability of glucose. Through advertising, many high school athletes and coaches are led to believe that a magic combination of minerals, vitamins and other supplements provide the euphoric burst touted by these energy drinks. In many cases, this feeling of increased energy is provided by caffeine and other supplements with the same stimulating effects as caffeine.

The goal of sports drinks is to provide fluids and certain nutrients that are lost in sweating and exercise. Most commonly, sports drinks are used prior to, during and after athletic practices or competitions. The caffeine content in sports drinks and soft drinks is regulated by the Federal Drug Administration (FDA), due to their classification as "food." However, energy drinks are viewed as a supplement; therefore, they are not regulated by the FDA. These drinks typically include various supplements, amino acids, or minerals to appear as a replenishment drink, but they may also have high levels of sugar and caffeine. Labeling of these drinks can be misleading. One container may actually contain two or more servings. Young athletes will drink the whole container, thereby ingesting two-three times the

milligrams listed on the label.

Caffeine, as well as supplements that create caffeine-like effects such as Guarana, Green tea extract and Tuarine, create specific physiological reactions within the body. Caffeine attaches to specific receptor sites in the brain that are normally reserved for another molecule that prepares the body for sleep. Because this molecule cannot bind with its receptor, there is a continuing circulation of the other molecules that act as natural stimulants for the brain. The result may be increased alertness or wakefulness and the feeling of being more energetic.

Caffeine may have some positive effects on performance when consumed by particular athletes involved in specific sports. It may delay the feeling of muscle fatigue by helping to decrease the build-up of lactic acid and raising the lactate threshold. In addition to increasing the feeling of energy, caffeine may quicken reaction time and enhance mental awareness in some athletes.

However, there can be negative effects from caffeine use as well. Common side effects may include rapid heart rate, shaking, restlessness, gastrointestinal upset, headache and possibly fainting. Caffeine can act as a diuretic, which may hasten the onset of dehydration and not only reduce athletic performance, but lead to catastrophic effects as well.

In addition, too much caffeine can mask fatigue and hinder performance, which may lead to injury. Fatigue is an important signal in order to achieve proper rest and recovery intervals. Because of caffeine's effect on moods, dependence can be created involving the "need" to achieve the feeling of alertness that becomes associated with successful workouts. In order to maintain this feeling, greater amounts of caffeine must be ingested in order to continue the effect once the athlete develops a tolerance.

There is research to suggest that males less than 17 years of age who consume these energy drinks may be affecting the reward-addiction area of the brain that may, in turn, influence future food preferences. Due to caffeine's effect of delaying the body's natural sleep rhythms, there can be a negative effect for athletes who only have a short recovery interval or are traveling for competition. This lack of sleep will negatively affect the body's ability to repair, grow and recover.

As advertisers target high school students, it becomes increasingly important that high school coaches, teachers and administrators continue to stay abreast of the latest trends in sports nutrition. Employing proper nutrition will allow their bodies to function at peak capacity – not only on the playing field but in the classroom as well. A proper combination of nutrition and hydration enhances the body's ability to



perform and will enable high school students to continue to lead productive lives.

*Editor's Note: Additional information may be obtained by reading the NFHS Position Statement and Recommendations for the Use of Energy Drinks by Young Adults.*

Katherine Dec, M.D., FAAPMR, CAQ, is medical director for women's sports medicine at CJW Sports Medicine in Richmond, Virginia. She is team physician for several high schools in Chesterfield County, Virginia. She is chair of the Virginia High School League Sports Medicine Committee and is a member of the NFHS Sports Medicine Advisory Committee.

Steve McInerney, ATC, CAA, is division chair for physical education, health and driver's education at Carl Sandburg High School in Orland Park, Illinois. He is the National Athletic Trainers Association liaison to the National Interscholastic Athletic Administrators Association and serves on the NFHS Sports Medicine Advisory Committee.

## Nike High School Grand Prix

Schools are encouraged to apply for the May 2014 edition of the Nike High School Grand Prix Track and Field Invitational. High school track and field teams from across Canada will participate in this event which is presented by School Sport Canada.

All high school teams are eligible to apply and OFSAA will select one boys' and one girls' team to represent Ontario.

Watch [www.ofsaa.on.ca](http://www.ofsaa.on.ca) for more information and join the movement that has energized the high school track and field community in Canada!



## Spalding Named Official Football of OFSAA

OFSAA is excited to announce Spalding as its official football. Spalding has been a strong supporter of OFSAA basketball for many years and will now bring their support of high school sport to football beginning in September 2013. The Spalding J5V Leather Football will be used at all OFSAA Regional Playoffs and the OFSAA Bowl Series games. As part of this partnership, OFSAA is launching its 'Keeping Football Safe Contest, awarding four (4) schools with \$2,000 of in-kind product from Spalding/Russell Athletics. Please see contest details below.

Without the support of OFSAA sponsors, many programs and services would not be available. We strongly encourage all schools to support all OFSAA sponsors. Anyone looking for more information on the Spalding J5V football or information for local retailers is asked to contact Kevin Sookram at 905-607-3865 ext. 5414 or [kevin.sookram@fotlinc.com](mailto:kevin.sookram@fotlinc.com).

## OFSAA's Keeping Football Safe Contest

OFSAA, in partnership with Spalding Canada, is excited to announce 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 on the OFSAA website, will be entered into a draw to win one of the four (4) prizes. Limited to one (1) entry per school.

### 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](http://www.coach.ca), free for a limited time)

- Concussion in Sport- What you need to know (NFHS course offered free at [www.schoolcoach.ca](http://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.

### DEADLINE

All requirements must have been completed and applications received in the OFSAA Office no later than November 10, 2013.

### ANNOUNCEMENT OF WINNERS

The draw will take place during the OFSAA Representative Council November 28, 2013 with a public announcement made on the OFSAA website December 2, 2013.

Check [ofsaa.on.ca](http://ofsaa.on.ca) for entry form.

# Brian Maxwell Scholarship Recipients 2013

The Brian Maxwell Memorial Scholarship is awarded annually to recognize the achievements of student-athletes who have participated in track and field or cross country throughout their high school career as well as their exemplary contributions to their school and community. Brian Maxwell was a successful distance runner and co-founder of the PowerBar nutrition snack food. The scholarship was set up in his memory and awarded to Ontario high school graduates who continue their academic and athletic endeavours at a Canadian college or university.

In 2013 the scholarship was awarded to **Gabriela Stafford** and **Nicholas Holden** who each earned \$5000. Additionally, the achievements of **Adrienne Morgan** and **Rubin Kataki** were recognized with the Award for Excellence and each received \$1000. The recipients were celebrated at an awards ceremony in July attended by their family and former teammates of Brian Maxwell.

OFSAA wishes all the best of success to the 2013 scholarship recipients in the start of their university studies this fall.



**Gabriela Stafford** graduated from Toronto French School with an average of 95%. In her Grade 12 year, Gabriela placed first in cross country. In track and field she placed first in the 3,000m and second in the 1,500m events. Her school involvement included playing the lead role of Constance in Goodnight Desdemona, coaching track and field,

and organizing fund raising and awareness programs for Leukemia and Lymphoma Society in memory of her mother who passed away from Leukemia. In the community she regularly visits the elderly in senior homes where she sings to residents who suffer from dementia. Gabriela will be attending University of Toronto with an entrance scholarship as well as 3 other scholarships where she will be studying Physical and Mathematical Sciences.

Official Football of



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For more information on the Spalding J5V football or information on local retailers contact Kevin Sookram at 905-607-3865 ext. 5414 or [kevin.sookram@fotlinc.com](mailto:kevin.sookram@fotlinc.com).

Please contact 1-800-284-8339 or [spaldingcanada@fruit.com](mailto:spaldingcanada@fruit.com) for more information or product availability.



**Nicholas Holden** graduated from Quinte Secondary School in Belleville with an 85% average. He qualified for OFSAA competition every year of high school in both cross country and track and field, finishing fifth in 800m and sixth in 1500m. Running helped Nicholas gain confidence in himself and overcome personal difficulties.

It turned his life around as he not only excelled scholastically but also gave back to the community by tutoring children with learning difficulties. Nicholas was awarded an entrance scholarship from the University of Guelph where he plans to pursue a Master's degree in Sociology to help others.



**Adrienne Morgan** graduated from Ernestown Secondary School in Odessa (near Kingston) with a 96% average. Adrienne competed in OFSAA cross country and the track and field 3,000m event. She also competed in triathlon and figure skating, and was involved in ballet and tap dancing. Adrienne's school involvement included roles

as co-president of the student council, president of the athletic council, charity fundraisers, helped Grade 9 students during their high school orientation and won a bronze medal at the Canada-Wide Science Fair

for Engineering for her solar-powered desalinization project. In the community Adrienne plays violin in several local orchestras and was awarded a citizenship award from the Lions Club. Adrienne was awarded both academic and athletic entrance scholarships from McMaster University where she will be studying Kinesiology.



**Rubin Kataki** graduated from Merivale High School in Nepean, just outside of Ottawa, with an 86% average. He qualified for OFSAA cross country in Grades 9 and 11, as well as swimming events in 2011. His school peers elected Ruben MVP in track and field, badminton, and swimming (where he was head coach). He also led his volleyball team to first place in the NCSSAA. A member of student council and writing

club, he was also co-head of the environmental and social justice club. Ruben spent time in India teaching underprivileged elementary school children during a family vacation and plans to return to teach for a more extended period. He also took part in Rachel's Challenge to motivate students to bring positive change from their deeds and actions. Ruben will attend the University of Waterloo, Faculty of Environment with an entrance scholarship as well as several other scholarships.

## 'Pete' Beach Recipients 2013

Congratulations to those teacher-coaches who are the recipients of this year's 'Pete' Beach Award in recognition by their Association and OFSAA, of their contributions to their schools, their Associations, OFSAA, and their communities. These individuals reflect the traits that Pete, a former Executive Director of OFSAA, demonstrated throughout his life - a love of sport, but more importantly, a true love and concern for young people.

### Congratulations to all the 2013 Pete Beach Award recipients!

CISAA	Paul Craig	NWOSSAA	Dan Shankowsky
COSSA	Wayne Storms	ROPSSAA	Ed McMahon
CWOSSA	Patricia Klassen	SOSSA	Flora Smith
EOSSAA	Bern Boulterice	SWOSSAA	Pat Jackson
GBSSA	Bob Hirst	TDCAA	Lorraine Kelly
GHAC	Helen Downey	TDSSAA	Jacqueline Doggett
LOSSA	Bill Walters	WOSSAA	Ellen McConomy
NCSSAA	Selwyn Desouza	YRAA	Helen Thomson
NEOAA	Wendy Legassie		Don Carmichael
NOSSA	Barry Rushon		

# 2013 OFSAA Alumni Scholarship Recipients

Applications for the 2013 Alumni scholarships were accepted from students in schools in NCSSAA, NWOSSAA, CISAA and GHAC. It is encouraging to see that there are so many excellent young people graduating from our high schools that achieve top academic marks and are also active in their school and their community. Congratulations to this year's winners!

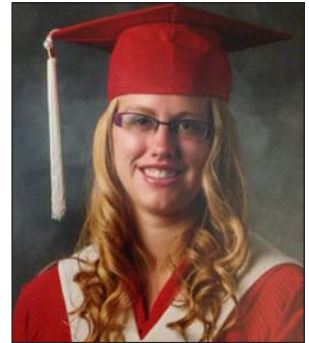
## RUBIN KATAKI, NCSSAA

Throughout high school, Ruben has been involved in school sport including swimming, cross country, track and field, badminton, cricket, and volleyball. He was also a member of the Athletic Council, the Environmental and Social Justice Club, and served as a student-school representative. As well as taking on leadership roles in organizing sport teams or other types of clubs, he is quick to help out with the less glamorous tasks such as setting up equipment. His teacher-coach indicated that Ruben consistently displayed a high level of maturity and respect for his teammates, coaches and opponents in all situations. "High school sports have molded me into an individual with a large tool box of life lessons that I can utilize at school, out of school and in the work domain" stated Ruben. We are sure he will continue his involvement in sport as he enters the University of Waterloo to study Urban Planning and Design, and we wish him every success.



## JESSICA JAREMY, NWOSSAA

Jessica not only found time to participate in basketball, volleyball, badminton and soccer during high school, but also assisted with coaching volleyball and basketball in the elementary school during her final year. She served on the Student Council during all 4 years, and also spent some time with the drama club, and the Dove Program for Girls. Jessica accepted the challenge of organizing the first soccer team at Hornepayne with enthusiasm, and participated fully. Her dedication and perseverance have helped her grow as a student, as a student-athlete, and as a student body leader, according to her teacher-coach. Jessica believes that practice and dedication are her means to success in sport, and these attributes will serve her well as she moves on to university. All the best in your academic and athletic pursuits as you enter this new phase of your life.



## CARLEIGH BAILEY, GHAC

Basketball, volleyball, badminton and track and field kept Carleigh active in school sport during her high school years. She was a member of the Athletic Council at Assumption and a volunteer coach, tournament assistant, and fundraiser for community events. Carleigh is described by her teacher-coach as a 'true team player' who puts the team before herself, expects the best from herself and those around her, displays phenomenal leadership skills, and serves as a role model for the younger athletes. The strong influence of her teacher-coaches has made her passion for sport grow along with her appreciation for the game itself. Experiences and memories are what she takes with her from her participation in school sport. As Carleigh moves on to study kinesiology at the University of Windsor, we know the confidence, communication skills, and an appreciation of the value of team effort she has developed, will lead to her continued success. All the best in your future endeavours.



## 2014 OFSAA Alumni Scholarship Applications

Applications for the 2014 OFSAA Alumni Scholarship must be received by April 1, 2014. No faxed application will be accepted.

Only students attending schools in SOSSA, ROPSSAA and EOSSAA may apply this year.

The criteria and application form for this award can be found on the OFSAA website.

Should you have any question regarding the Alumni scholarship, contact Diana Ranken at [dian@ofsa.on.ca](mailto:dian@ofsa.on.ca).

## 2012-2013 OFSAA Team Sportsmanship Award Recipients

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

Girls' Field Hockey	Newmarket HS
Girls' A Basketball	Woodland Christian HS
Girls' AA Basketball	ÉS La Citadelle
Girls' AAA Basketball	Belle River DHS
Girls' AAAA Basketball	Northern SS
Boys' A Volleyball	Chippewa SS
Boys' AA Volleyball	CC Samuel-Genest
Boys' AAA Volleyball	Notre-Dame CSS
Boys' AAAA Volleyball	Rick Hansen SS
Girls' A Volleyball	Woodland Christian HS
Girls' AA Volleyball	St. Thomas Aquinas
Girls' AAA Volleyball	Patrick Fogarty SS
Girls' AAAA Volleyball	Glebe CI
Boys' A Basketball	Rideau DHS
Boys' AA Basketball	St. Christopher SS
Boys' AAA Basketball	Holy Cross CSS
Boys' AAAA Basketball	Cardinal Newman CSS
Girls' Curling	Crestwood Prep
Boys' Curling	ÉS Georges Vanier
Girls' A/AA Hockey	College Notre-Dame
Girls' AAA/AAAA Hockey	Holy Cross CSS
Boys' A/AA Hockey	St. Thomas Aquinas
Boys' AAA/AAAA Hockey	Blessed Cardinal Newman
Girls' Rugby	Sydenham HS
Girls' Rugby	Strathroy DCI
Boys' A/AA Rugby	Erin DHS
Boys' AAA/AAAA Rugby	Bill Crothers SS
Girls' A Soccer	University of Toronto Schools
Girls' AA Soccer	Nicholson Catholic College
Girls' AAA Soccer	Henry Street HS
Girls' AAAA Soccer	Glebe CI
Boys' A Soccer	St. Thomas Aquinas HS
Boys' AA Soccer	St. Mary's College
Boys' AAA Soccer	Monsignor Paul Dwyer CHS
Boys' AAAA Soccer	Holy Names HS

## 2012-2013 OFSAA Leadership in School Sport Award Recipients

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

Boys' Golf	Bill Lipsett
Girls' Field Hockey	Marjorie Bennett
Cross Country	Paul Carter & Marcia Baker
Girls' A Basketball	Lillian Cragg
Girls' AA Basketball	Loris Pecile
Girls' AAA Basketball	Rick Dugal
Girls' AAAA Basketball	Bill Pargeter
Boys' A Volleyball	Gratien Pellerin
Boys' AA Volleyball	Kenton Klassen
Boys' AAA Volleyball	Mark McKenna
Boys' AAAA Volleyball	Joe Lackovic
Alpine Skiing	Kevin Gosselin
Swimming	Rosalynn Aliberti
Wrestling	Albert Tschirhart
Girls' A Volleyball	Kathy Carson
Girls' AA Volleyball	Jim Stronach
Girls' AAA Volleyball	Tim Hommel
Girls' AAAA Volleyball	Ivana Dragicevic
Boys' A Basketball	Rob Sneddon
Boys' AA Basketball	Mark Girdler
Boys' AAA Basketball	Andy Kiss
Boys' AAAA Basketball	Paul Melnik
Girls' & Boys' Curling	Yvonne Nieuwenhuis
Girls' A/AA Hockey	Kelly Breeden-Elliott
Girls' AAA/AAAA Hockey	Ryan Damen
Boys' A/AA Hockey	Carl Van Landschoot
Boys' AAA/AAAA Hockey	Dave Turner
Badminton	Michelle Whitney
	Michael Schinkelshoek
	David Stocks
Tennis	Jacob Swarbrick
Girls' A/AA Rugby	Eva Roser
Girls' AAA/AAAA Rugby	Lee Powel
Boys' A/AA Rugby	Paul Douros
Boys' AAA/AAAA Rugby	Edith Nelson
Girls' A Soccer	Serge Dubois
Girls' AA Soccer	Dave Koloff
Girls' AAA Soccer	Andrew Boon
Girls' AAAA Soccer	Wendy Legassi
Boys' A Soccer	Cindy Carter
Boys' AA Soccer	Michael Mallen
Boys' AAA Soccer	Miko Romano
Boys' AAAA Soccer	Kevin Dillon & Karen Briard
Track & Field	

# Sportsmanship Prevails at World Masters Games

## Ontario Teacher Wins Basketball Gold

Brian Fuller is a teacher at Saltfleet High School in Stony Creek. He coaches basketball and is the SOSSA boys' representative to OFSAA and a member of the OFSAA executive council. In August, Brian travelled to Turin, Italy with his basketball teammates to participate in the World Masters Games. This is his account of the experience.



Brian back at school with his gold medal.

The idea of entering our age 50+ men's basketball team in the World Masters Games started as a dream over two years ago and became a reality this summer when our injury depleted but very fit squad of only seven players travelled to Turin, Italy for 15 days in August to compete against athletes from around the world.

Convening OFSAA championships in single-sport activities for close to 1000 high school students gave me some

perspective into the Torino organizing committee's task of hosting 20,000 athletes in 30 different sports over a two week time span. Similar to an OFSAA championship, the hundreds of volunteers in Torino were the key to the Games' success.

With over 60 countries represented, the city of Turin took on an "Olympic Games"-type atmosphere, much as it would have been when they hosted the Winter Olympics in 2006. The citizens of Turin were enthusiastically supportive lining the one km opening ceremony parade route through historic piazzas and past royal palaces, applauding as the athletes marched past. It was an emotional and humbling experience.

During the ceremonies and throughout the two weeks, Canadian flags and uniforms proudly displayed the maple leaf showing that a Canadian presence at this and past World Masters Games has been a strong one. The motto of the 2013 games was "Keep the Passion Alive" and we met athletes from all over Canada and the world doing just that.

Our over-50 aged squad based out of Hamilton has had the same core group of individuals playing together in invitational tournaments and local leagues for over thirty years. All team members have high school and post-secondary basketball experience which has helped them to stay involved in sports in a coaching, administrative, and playing capacity.

The telling of old basketball stories from high school and university occupied much of our down time between games and what became clear in reflecting back was all of us had very positive memories of sport at a young age and these experiences played an influential part in us retaining a keen interest in physical activity and competitive games.

Going undefeated in pool play (6 – 0) earned us a berth in the premier division gold medal final where we would meet an intimidating looking Australian team that was twelve players deep. In the third quarter, with the game outcome

still in question, our preparation, fitness, and familiarity in playing together helped us pull away and carried us to a comfortable victory.

After the medal presentations we celebrated with our Aussie opponents in an atmosphere of mutual respect and sportsmanship. The entire experience will be remembered for the rest of our lives. For a brief few hours we had all felt twenty five years younger, but as we hobbled back to our hotels with ice packs on knees, ankles and backs the reality of our advanced years set in and it was time to head home.

Both teams agreed we would see each other again in 2017 when the World Masters games will be hosted in Auckland New Zealand.



Brian and his teammates celebrate their achievement. Pictured from the left are: Terry Garrow, Grant Taylor, Clyde Adkin, Jude Kelly, Brian Fuller, Frank Lostracco, and Jim Sweeney. Absent due to injury are Barry Munger, Dave Bastian, and Wes Nycz.

OFSAA

Women's  
SPORT SCHOOL  
2014

May 8 – 9, 2014

The OFSAA Women's Sport School is a professional development opportunity that brings together teacher-coaches from across the province to learn, share ideas, and have fun! The program encompasses a wide variety of sessions for both curricular and co-curricular programs with sessions geared towards middle school and high school teachers. The aim of the conference is to increase participants' knowledge of several areas of school sport, expose them to new and unconventional sports, introduce alternative teaching methods, and provide opportunities for group discussions with peers.

#### Want to be a Presenter?

OFSAA is looking for energetic educators to present at the Women's Sport School, for a variety of sessions. If you are interested, please stay tuned to our website for updated information in the coming weeks.

#### Questions?

For any questions regarding the 2014 OFSAA Women's Sport School, please contact:  
Stephanie Mason-Harris  
stephanie@ofsaa.on.ca  
416-426-7436

[www.ofsaa.on.ca/events](http://www.ofsaa.on.ca/events)

# OFSAA Boys' A/AA Field Lacrosse Festival

Ottawa

June 4th-5th, 2013



The Boys' A/AA Field Lacrosse Festival took to Ottawa for the first time since becoming an OFSAA event. The experienced group at NCSSAA, Gary Schreider and Stacey Simpson, were well prepared and excited to bring lacrosse to the Nation's Capital. Using the facilities at Algonquin College, the residence was filled with student-athletes with the Boys' Rugby Championships also in town. Following Day one of the festival, teams were treated to a banquet dinner, which ensured hungry athletes were filled and ready to go for the competition ahead.

Day two provided some drama as two-time defending OFSAA gold medallists Holy Cross CSS (COSSA) upset heavily favoured McKinnon Park HS (SOSSA) to advance to the championship game against St. Stephen's SS (LOSSA). The final was a back and forth game that came down to the wire as Holy Cross CSS escaped with a one goal victory to make it three gold medals in a row.

### Participating Teams

Holy Cross CSS	COSSA
Adam Scott C&VI	COSSA
Gravenhurst HS	GBSSA
St. Stephen's SS	LOSSA
St. Mark HS	NCSSAA
John McCrae SS	NCSSAA
Robert F. Hall	ROPSSAA
McKinnon Park HS	SOSSA

Congratulations to Matt Adamo, Brad Angevaare, Joe Bencze, Mike Cavanagh, Nicholas Daddazio, Steven Demell, Troy Evans, Travis Ferguson, Dakota Forsythe, Braden Frise, Evan Gilbert, Mitchell Healey, Jonah Higgins, Nicholas Hildendrand, Kyle Hughes, Kooper Legault, Matt McGillen, Cam Milligan, Aaron Poast, Brett Scullion, Dawson Shields, Justin Thain, Zack Wainman, Ethan Walker, and coaches Matt Crough, Taylor Evans, Rob Hope, Randy Riel, and Mike Whibbs.

### Championship Semi-Finals

Holy Cross CSS def. McKinnon Park HS	13-12
St. Stephen SS def. John McCrae	10-2

### Consolation Semi-Final

Robert F. Hall def. St. Mark HS	10-7
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### Bronze Medal

McKinnon Park HS def. John McCrae	8-2
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### Gold Medal

Holy Cross CSS def. St. Stephen's SS	9-8
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# 2013-14 OFSAA Championships

## **BOYS' GOLF (SWOSSAA)**

Wed-Thurs, Oct. 16-17, LaSalle/Windsor  
Fernando Brunone, St. Thomas of Villanova  
P: 519-734-6444 F: 519-978-9238  
fernando\_brunone@wecdsb.on.ca  
**Entry Deadline: Mon, Oct. 7**

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

Wed-Thurs Oct. 16-17, York Region  
Jane King & Scott Bone, Huron Heights SS  
P: 905-895-2384 F: 905-895-8912  
sjaneking@rogers.com  
**Entry Deadline: Mon, Oct. 7**

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

Thurs Oct 31-Sat, Nov 2, Waterloo  
Chris Woodcroft & Yvonne Taylor  
Resurrection CSS  
P: 519-741-1990 x448 F: 519-741-8693  
Chris.woodcroft@wecdsb.ca  
Yvonne.taylor@wecdsb.ca  
**Entry Deadline: Sat, Oct. 26**

## **CROSS COUNTRY (NOSSA)**

Sat, Nov. 2, Sudbury  
Dave Gallant, Espanola HS  
P: 705-869-3109 F: 705-675-0229  
galland@rainbowschools.ca  
**Entry Deadline: Sat, Oct. 26**

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

Thurs-Sat Nov. 21-23, North Bay  
Colleen Egan, Chippewa SS  
P: 705-475-2341 F: 705-476-0845  
colleen.egan@nearnorthschools.ca  
**Entry Deadline: Sat, Nov. 16**

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

Thurs - Sat, Nov. 21 - 23, Thunder Bay  
Scott Masters, Churchill C&VI  
P: 807-473-8100  
F: 807-475-4732  
scott\_masters@lakeheadschoools.ca  
**Entry Deadline: Sat, Nov. 16**

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

Thurs-Sat Nov. 21-23, 2013, London  
Frank Delle Donne, Pope John Paull II  
P: 519-675-4432  
F: 519-675-4672  
fdelledonne@office.lcdsb.on.ca  
**Entry Deadline: Sat, Nov. 16**

## **BOYS' AAAA VOLLEYBALL (ROPSSAA)**

Thurs-Sat Nov. 21-23, 2013, Mississauga  
Tyler Robinson, Rick Hansen SS  
P: (905) 567-4260 F: (905) 567-5017  
tyler.robinson@peelsb.com  
**Entry Deadline: Sat, Nov. 16**

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

Thurs-Sat Nov. 21-Nov. 23, Sault Ste Marie  
Wendy Basawa & Josh Pallot  
White Pines C&VS  
P: 705-945-7181 F: 705-945-0726  
coachpallot@hotmail.com  
**Entry Deadline: Sat, Nov. 16**

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

Thurs-Sat Nov. 21-Nov. 23, Windsor  
Peter Cusumano, Catholic Central HS  
P: 519-256-3171 F: 519-256-6691  
coachcus@yahoo.com  
**Entry Deadline: Sat, Nov. 16**

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

Thurs-Sat Nov. 21-Nov. 23, London  
Tracey Swift, Regina Mundi College  
P: 519-660-2797 F: 519-660-2762  
tswift@office.lcdsb.on.ca  
**Entry Deadline: Sat, Nov. 16**

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

Thurs-Sat Nov. 21-Nov. 23, Belle River/  
Windsor  
Bob Loebach, St. Anne CHS  
P: 519-727-8908 F: 519-727-9953  
Robert\_loebach@wecdsb.on.ca  
**Entry Deadline: Sat, Nov. 16**

## **FOOTBALL BOWLS (Committee)**

Week of Nov. 25-29, Location TBD  
Contact OFSAA office for details.  
**Entry Deadline: TBA**

## **NORDIC SKIING**

Tues-Wed, Feb. 25-26, Timmins  
John Labine  
Timmins High and Vocational School  
P: 705-360-1411 F: 705-268-6603  
john.labine@dsb1.edu.on.ca  
**Entry Deadline: Fri, Feb 14**

## **ALPINE SKIING (Committee)**

Mon - Tues, Feb. 24 -25, Blue Mountain  
Contact OFSAA office for details.  
**Entry Deadline: Fri, Feb 14**

## **SNOWBOARDING FESTIVAL (TDCAA)**

Thurs Feb 27, Mansfield Ski Club  
Anton Geley & Deryck Fox  
Father John Redmond CSS  
anton.geley@tcdsb.org, deryck.fox@tcdsb.org  
P: 416-393-5540 F: 416-393-5761  
**Entry Deadline: Wed, Feb 19**

## **SWIMMING (CWOSSA)**

Tues-Wed, March 4-5, Brantford  
James Ball, John F. Ross CVI  
P: 519-822-7090 F: 519-822-6366  
james.ball@ugdsb.on.ca  
**Entry Deadline: Mon, Feb. 24**

## **WRESTLING (ROPSSAA)**

Wed-Thurs, March 5-6, Brampton  
Rich Knill, Turner Fenton SS  
P: 905-453-9220 x625 F: 905-453-9692  
richard.knill@peelsb.com  
**Entry Deadline: Mon, Feb. 24**

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

Mon-Wed, March 3-5, Timmins  
Don Davis, O'Gorman HS  
P: 705-268-4501 F: 705-267-1550  
ddavis@ncdsb.on.ca  
**Entry Deadline: Tues, Feb. 25**

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

Mon-Wed March 3-5, Perth  
Kevin Bellamy, Perth & District CI  
P: 613-267-3051 F: 613-267-4538  
**Entry Deadline: Tues, Feb 25**

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

Mon-Wed March 3-5, Welland  
Mike Rao, Notre Dame  
P: 905-788-3060  
michael.rao@ncdsb.com  
**Entry Deadline: Tues, Feb. 25**

## **BOYS' AAAA BASKETBALL (ROPSSAA)**

Mon-Wed, March 3-5, Mississauga  
Jason Cormier, St. Francis Xavier  
P: 905-507-6666 F: 905-568-1026  
jason.cormier@dpdcbsb.org  
**Entry Deadline: Tues, Feb. 25**

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

Mon-Wed March 3-5, Richmond Hill  
Rob Niro, Holy Trinity School  
P: 905-737-1114 ex 311 F: 905-737-5187  
rniro@hts.on.ca  
**Entry Deadline: Tues, Feb. 25**

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

Mon-Wed March 3-5, Thunder Bay  
Riley Lucas, Westgate C&VI  
P: 807-577-4251 F: 807-473-8223  
Riley\_lucas@lakeheadschoools.ca  
**Entry Deadline: Tues, Feb. 25**

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

Mon-Wed March 3-5, Kingsville  
Jason Leili, Kingsville DHS  
P: 519-733-2347 F: 519-733-2631  
Jason.leili@publicboard.ca  
**Entry Deadline: Tues, Feb 25**

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

Mon-Wed March 3-5, Barrie  
Matt Torlée, Innisdale SS  
P: 705-726-2552 x56757  
F: 705-726-5422  
mtorlee@mail.scdsb.on.ca  
**Entry Deadline: Tues, Feb. 25**

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

Tues-Fri March 18-21, Sudbury  
Dave Makela, RDSB Training Lab  
P: 705-675-0215 x1 F: 705-675-0216  
makelad@rainbowschools.ca  
Kim Chezzi-MacLennan, Lively DSS  
P: 705-692-3671  
chezzik@rainbowschools.ca  
**Entry Deadline: Wed, March 5**



# Championship Calendar

## **GIRLS' AAA/AAAA HOCKEY (NOSSA)**

Tues-Fri March 18-21, Sudbury  
Dave Makela, RDSB Training Lab  
P: 705-675-0215 x1 F: 705-675-0216  
makelad@rainbowschools.ca  
Kim Chezzi-MacLennan, Lively DSS  
P: 705-692-3671  
chezzik@rainbowschools.ca  
**Entry Deadline: Wed, March 5**

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

Tues-Fri, March 18-21, Burlington/ Oakville  
Carl Van Landschoot  
Corpus Christi CSS  
P: 905-331-5591 F: 905-331-2625  
vanlanc@hcdsb.org  
**Entry Deadline: Wed, March 5**

## **BOYS' AAA/AAAA HOCKEY (YRAA)**

Tues-Fri, March 18-21, Burlington/ Oakville  
Carl Van Landschoot  
Corpus Christi CSS  
P: 905-331-5591 F: 905-331-2625  
vanlanc@hcdsb.org  
**Entry Deadline: Wed, March 5**

## **BOYS' CURLING (NOSSA)**

Wed-Sat, March 19 - 22, North Bay  
John Whittet  
St. Joseph Scollard Hall  
P: 705-494-8600 F: 705-494-4778  
whittetj@npscsb.on.ca  
**Entry Deadline: Thurs, March 6**

## **GIRLS' CURLING (ROPSAA)**

Wed-Sat, March 19 - 21, Brampton  
Rocco Bellusci & Maria Stewart  
St. Michael CSS  
P: 905-951-8935 F: 905-951-6559  
Rocco.bellusci@dpcdsb.org  
Maria.stewart@dpcdsb.on.org  
**Entry Deadline: Thurs, March 6**

## **GIRLS' GYMNASTICS (COSSA)**

April TBA, Peterborough  
Kathy Garvey & Liz Kuipers  
St. Peter's HS  
P: 705-745-1358 F: 705-745-5025  
ekuiipers@pvnccdsb.on.ca  
ggarvey1@cogeco.ca  
**Entry Deadline: TBA**

## **BADMINTON (YRAA)**

May 1 -3, Markham  
Dan Blanchard, Middlefield Collegiate  
P: 905-472-8900 F: 905-472-0956  
Daniel.blanchard@yrdsb.edu.on.ca  
Don Carmichael, Sir William Mulock SS  
P: 905-967-1045 F: 905-967-1054  
Don.carmichael@yrdsb.edu.on.ca  
**Entry Deadline: Wed, April 23**

## **TENNIS (SOSSA)**

Mon-Wed June 2-4, Toronto Rexall Centre  
Michael Robinson, Lakeshore CHS  
P: 905-835-2451 F: 905-835-0434  
michael.robinson@ncdsb.com  
**Entry Deadline: Sat, May 24**

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

Tues-Wed June 3-4, Brantford  
Jeannie Martin, Hagersville SS  
P: 905-768-3318 F: 905-768-1616  
Jeannie.martin@granderie.ca  
**Entry Deadline: Wed, May 28**

## **BOYS' AAA/AAAA FIELD LACROSSE**

Thurs-Fri, June 5-6, Mississauga/ Brampton  
Jim Commandant, Jonathan Diamond  
Our Lady of Mount Carmel  
P: 905-824-1025 F: 905-824-4549  
Jim.commandant@dpcdsb.org  
**Entry Deadline: Sat, May 31**

## **GIRLS' A/AA RUGBY (COSSA)**

Mon-Wed June 2-4, Belleville  
Dave Whitney, Bayside SS  
P: 613-966-2922 F: 613-966-4565  
dbwhitney@hpedsb.on.ca  
**Entry Deadline: Tues, May 27**

## **GIRLS' AAA/AAAA RUGBY (GHAC)**

Mon-Wed June 2-4, Hamilton  
John Pataracchia, Cathedral HS  
P: 905-522-3581 F: 905-522-7011  
pataracchiaj@fc.hwcdsb.ca  
**Entry Deadline: Tues, May 27**

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

Thurs-Sat June 5-7, Pickering  
George Burford, Pine Ridge SS  
P: 905-420-1885 F: 905-420-3714  
George\_burford@durham.edu.on.ca  
**Entry Deadline: Sat, May 31**

## **TRACK & FIELD (ROPSAA)**

Thurs-Sat June 5-7, Mississauga  
Dave Ropret & Angelo Di Francesco  
St. Marcellinus SS  
P: 905-564-6614 F: 905-564-3202  
Dave.Ropret@dpcdsb.org  
**Entry Deadline: Sat, May 31**

## **BOYS' A SOCCER**

Thurs-Sat June 5-7, London  
Cam Hagle, Holy Cross CSS  
P: 519-660-2796 F: 519-245-7693

chagle@office.ldcsb.on.ca

**Entry Deadline: Sat, May 31**

## **BOYS' AA SOCCER (SOSSA)**

Thurs-Sat June 5-7,  
Host required  
**Entry Deadline: Sat, May 31**

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

Thurs-Sat June 5-7, North Bay  
Ryan Culhane, West Ferris SS  
P: 705-475-2333 F: 705-497-7945  
Ryan.Culhane@nearnorthschools.ca  
**Entry Deadline: Sat, May 31**

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

Thurs-Sat June 5-7, Belle River/ Windsor  
Angelo Geremia & Steve Richardson  
St. Anne CHS  
P: 519-727-8908 F: 519-727-9953  
steven\_richardson@wecdsb.on.ca  
**Entry Deadline: Sat, May 31**

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

Thurs - Sat, June 5 - 7, Windsor  
Linda Carriere, ESC EJ Lajeunesse  
S: 519-972-0071 ext 413 F: 519-972-5763  
carrlind@csdecso.on.ca  
**Entry Deadline: Sat, May 31**

## **GIRLS' AA SOCCER (GBSSA)**

Thurs-Sat June 5-7, Collingwood  
Liz Payton & Melissa Wheatcroft  
Jean Vanier CHS  
P: 705-445-2043 F: 705-448-0790  
epayton@smcdsb.on.ca  
**Entry Deadline: Sat, May 31**

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

Thurs-Sat June 5-7, Thunder Bay  
Frank Ruberto & Anthony Rizzo  
St. Ignatius HS  
P: 807-344-8433 F: 807-345-1237  
fruberto@tbcdsb.on.ca  
arizzo@tbcdsb.on.ca  
**Entry Deadline: Sat, May 31**

## **GIRLS' AAAA SOCCER (GHAC)**

Thurs-Sat June 5-7, Oakville  
Peter Bonfiglio, Holy Trinity CSS  
P: 905-257-3534 F: 905-257-6262  
bonfigliop@hcdsb.org  
**Entry Deadline: Sat, May 31**

## **BOYS' BASEBALL WEST REGIONALS**

Wed-Thurs, June 4-5, London  
Taylor Jones, Clarke Road SS  
P: 519-452-2640 F: 519-452-2659  
taylor.jones@tvdsb.on.ca  
**Entry Deadline: Thurs, May 29**

## **BOYS' BASEBALL EAST REGIONALS (LOSSA)**

Wed-Thurs June 4-5, Whitby  
Geoff Whent, Sinclair SS  
P: 905-666-5400 F: 905-666-6902  
whent\_geoffrey@durham.edu.on.ca  
**Entry Deadline: Thurs, May 29**

# OFSAA Boys' AAA/AAAA Field Lacrosse Festival

Oshawa

June 6-7, 2013



Convenors Michael Drake (Msgr. Paul Dwyer) and Sue Clancy (Fr. Leo Austin) are to be thanked for bringing the Boys' AAA/AAAA Lacrosse to Oshawa. An exciting tournament that has recently expanded to a 16-team event, entertained all in attendance with surprise upsets, one goal games, and student-athletes showcasing Ontario's lacrosse talent. Following the action on day one, participants were treated to a banquet dinner at Msgr. Paul Dwyer CHS, where special guest-speaker Jim Veltman, NLL Hall of Famer and former captain of the Toronto Rock, spoke to the experiences sport provided him over his career.

In what has become a continuing pattern, St. Michael's

College (CISAA) and Msgr. Paul Dwyer (LOSSA) seem to be on a collision course for the gold medal, having met in the finals in each of the past three years. This year proved to be no different with the teams meeting once again. The two evenly matched teams did not disappoint and in the end only one goal separated the two with Dwyer claiming their second field lacrosse title in a row. Could next year be yet another re-match?

Congratulations to Colin Amodeo, Kaylah Ayow, Robert Blackburn, Brock Bosco, Christian Casimiro, Sean Darroch, Joshua Delves, Brett Doherty, Bennett Drake, Alec Dufresne, Michael Ervine, Ian Hanlon, Mitchell Lahey, Graham Lamers, Paul Legacy, Zachary Lysyk, Bryce MacDonald, Conor Magee, Maegan McCrory, Thomas Melancon, Austin Shanks, and coaches Michael Drake, Pat McCrory, and Mike Ross.

### Participating Teams

St. Michael's College	CISAA
St. Andrew's College	CISAA
St. Peter's SS	COSSA
Assumption College School	CWOSSA
Huntsville HS	GBSSA
Christ the King SS	GHAC
Notre-Dame CSS	GHAC
Holy Trinity SS	LOSSA
Donald A. Wilson	LOSSA
Msgr. Paul Dwyer CHS	LOSSA
South Carlton HS	NCSSAA
Heart Lake SS	ROPSSAA
Denis Morris SS	SOSSA
Michael Power/St. Joseph	TDCAA
Malvern CI	TDSSAA
Bill Crothers SS	YRAA

### Semi-Finals

Msgr. Paul Dwyer def. Donald A. Wilson	12-9
St. Michael's College def. Assumption College	9-3

### Bronze Medal

Donald A. Wilson def. Assumption College	14-11
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### Gold Medal

Msgr. Paul Dwyer def. St. Michael's College	9-8
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# OFSAA Boys' Baseball

Barrie and Durham

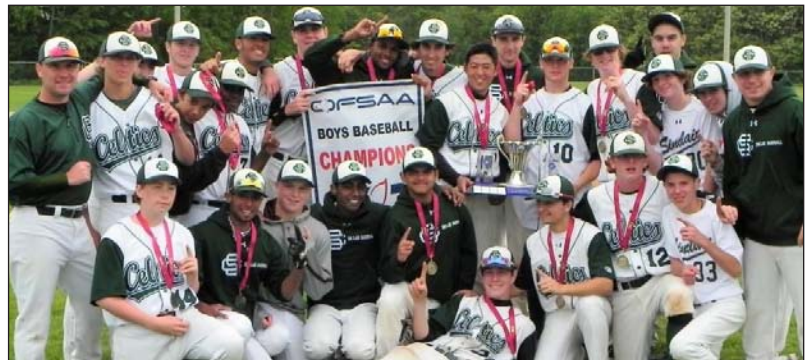
June 3, 4 and 6, 2013

Scheduling and weather played a big part in this year's OFSAA Baseball Championship. Unfortunately the Rogers Centre, which is the normal host venue of the finals, was unavailable due to the Blue Jays Schedule and some unplanned field maintenance. The semi-finals and finals were then scheduled for Connorsville in Toronto. The long term weather forecast for that week said that there was a 90% chance of rain in Toronto and surrounding area for both June 6th and June 7th. Members of the SAC committee and OFSAA staff made a decision to move the semi finals and medal games to Barrie which was already a regional site. The forecast for Barrie was 30% chance of rain. The decision proved to be the right one as the last of the scheduled games was completed 5 minutes before the rain started to fall.

The real story however was the great calibre of baseball played in spite of the less than stellar weather conditions. The regional sites this year were Barrie and Durham. Each region had a nine team double knockout tournament with the top two teams in each advancing to the semi finals.

There were some interesting storylines in each regional. Could two-time defending champion Holy Names three-peat? Could Sinclair, after a bronze medal, performance last year play well enough to win after a five-year absence from the top of the podium? Would St. Michael's win a gold medal after a bronze and silver the last two years. Would Bill Crothers' break through to the semi finals in their third consecutive regional appearance? Could Pickering or Notre Dame make it back to the medal round after a three year absence? As the baseball cliché goes, that's why we play the games.

When the dust settled, Sinclair S.S. went undefeated



beating out Holy Names in the semi finals and Bill Crothers in the final to win the 2013 OFSAA Baseball Championship and the Blue Jays Prentice Cup.

Congratulations to team members: George Alipanopoulos, Jeff Alty, Nathaniel Boodhoo, Nicholas Boodhoo, William Breton, Connor Byberg, James Clark, Michael Clarke, Nolan Denby, Brandon Donnelly, Eron Floarea, Rowan Grice, Toby Handley, Malik James, Adrian Lee, Brian Legros, Bryson Maclean, Ty Makarchuk, Brock March, Jordan Markle, Quinn McConnachie, Liam McCoy, Daniel Mehrzadeh, Phillip Pavlich, Nicholas Power, Justin Richards, Douglas Rosa, Thomas Savos, Callum Stanford, Matthew Walters, Joshua Watson, Evan Webb, Kristian Webb and coaches Dom Cerone, Darrin Lee and Geoff Whent .

OFSAA thanks Geoff Whent in Durham and Brad Graham and Jon Stirtan in Barrie who served as regional convenors this year. Their organization and preparation made each of the regionals run smoothly and efficiently. Congratulations gentlemen on a job well done. OFSAA also thanks the coaching staffs from Pickering, Holy Names, Bill Crothers and Sinclair for their flexibility and cooperation when the final four games were moved to Barrie.

### West Regional Participants

St. Michael's C.S.	CISAA
Bishop Macdonell C.H.S.	CWOSSA
Nottawasaga Pines S.S.	GBSSA
Innisdale S.S.	GBSSA
Holy Names H.S.	SWOSSAA
Bishop Allen Academy	TDCAA
Richview C.I.	TDSSAA
H.B. Beal S.S.	WOSSAA
Bill Crothers S.S.	YRAA

### East Regional Participants

Prince Edward C.I.	COSSA
St. Joseph's S.S.	EOSSAA
Notre Dame C.S.S.	GHAC
Sinclair S.S.	LOSSA
Pickering H.S.	LOSSA
Sir Robert Borden H.S.	NCSSAA
Lorne Park S.S.	ROPSSAA
Orchard Park S.S.	SOSSA
Northern S.S.	TDSSAA

### Semi-Finals

Sinclair	11
Holy Names	1
Bill Crothers	5
Pickering	0

### Bronze Medal Game

Holy Names	15
Pickering	0

### Gold Medal Game

Sinclair	12
Bill Crothers	6

# OFSAA Boys' A/AA & AAA/AAAA Rugby

Ottawa

June 6-8, 2013



The folks at NCSSAA are becoming rugby hosting experts. After hosting both the Girls' A/AA and AAA/AAAA Rugby Championships last June, the crew was back this year, this time hosting the Boys' A/AA and AAA/AAAA Championships. Rick Mellor and Carrie Bowie pulled out all the stops for this championship, which kicked-off with a meet and greet with the Canadian National Rugby Team at the Algonquin College Residence. This was a special treat for the student-athletes who were able to hear stories, ask questions, and get autographs. The teacher-coaches were treated as well with the National Team coaches in attendance at the coaches meeting to offer some words of support and thanks, and to answer rugby coaching related questions.

A beautiful day allowed for a great start to the tournament as teams battled hard to escape the opening round matches. A modified schedule was in place to accommodate a mid-afternoon banquet. This was to allow teams to attend the International Rugby Friendly

between Canada and Fiji. We are still not sure how the convenors arranged for this?

The banquet was attended by 1,000 perfectly behaved student-athletes and coaches. The room was silent during guest speeches and presentations including Leadership in School Sport presentations. This year the A/AA award was presented to Lee Powel (NCSSAA) for his lifetime commitment to high school rugby in all capacities, coach, convenor, official, committee

member. He brought his passion for the game to all the Ottawa area high schools he taught at and introduced many students to the opportunities rugby presents for character development. Lee continues to remain active in the rugby community facilitating coaching course and running safe rugby clinics for high school coaches. In the AAA/AAAA, Paul Douros (TDCAA) was selected for the Leadership Award. Paul has coached for over 30 years in the TDCAA with most of those years focused on high school rugby, basketball, and football. Paul has inspired many younger coaches, particularly those working with him at Senator O'Connor. His positive attitude and commitment to the students is a big part of the success of his programs. The entire banquet, including feeding 1,000 attendees, leadership presentations, team banner presentations, and drawing over 60 prizes was completed in an hour and 10 minutes...possibly an OFSAA record?

Day two and three of the tournament were more

## A/AA Participating Teams

Barrie Central CI	GBSSA
Moira SS	COSSA
Streetsville SS	ROPSSAA
FE Madill SS	WOSSAA
Trenton HS	COSSA
Ashbury College	NCSSAA
South Grenville DHS	EOSSAA
St. Stephen SS	LOSSA
Eden HS	SOSSA
Erin DHS	CWSSA
Trinity College	CISAA
Hillcrest HS	NCSSAA
Lester B. Pearson SS	GHAC
St. Christopher SS	SWOSSAA
Twin Lakes SS	GBSSA
Oakwood CI	TDSSAA

## A/AA Playoff Results

### Consolation Quarter-Finals

St. Stephen def. Oakwood CI	7-5
Hillcrest HS def. Lester B. Pearson SS	33-0
Trinity College def. St. Christopher SS	15-0
Erin DHS def. Twin Lakes SS	20-5

### Championship Quarter-Finals

Barrie Central CI def. Eden HS	36-3
FE Madill SS def. Trenton HS	(kicks) 6-3
Ashbury College def. Streetsville SS	18-7
Moira SS def. South Grenville	17-12

### Consolation Semi-Finals

St. Stephen SS def. Hillcrest HS	12-10
Erin DHS def. Trinity College	34-8

### Championship Semi-Finals

Barrie Central CI def. FE Madill SS	34-3
Moira SS def. Ashbury College	10-0

### Consolation Final

St. Stephen SS def. Erin DHS	23-21
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### Bronze Medal Game

Ashbury College def. FE Madill SS	15-5
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### Gold Medal Game

Barrie Central CI def. Moira SS	7-0
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reminiscent of the rainy, cold, and windy days of October than the warm days of June. Regardless, the student-warriors played on until only two teams remained in each championship. Despite the rain, all teams were well represented with fan support in the crowd. Playing on the same pitch as the international friendly two days earlier,



motivated teams took to the now muddy field. The A/AA final had Barrie Central CI (GBSSA) and Moira (COSSA) battling for the gold. In the end, Barrie Central lived up to their number one seed claiming their 2nd A/AA Rugby Championship in the past three years. Congratulations to Douglas Ament, Sean Anderson, Nicholas Bain, Nick Barker, Gabe Beneteau, Patrick Berardi, Jake Boulding, Thomas Burrows, Jeff Casey, Alex Charest-Pekeski, Connor Chestnut, Kyle Clarke, Levi Eras, Trent Gavey, Tim Harrison, Malik Haynes, Jordan Henstra, Adam Huckstep, Kienan Lippert, Brandon Loach, Cole Matson, Jamal Maxie, Cole McEachern, Grayden McGibbon, Gustavo Mozzato, Adrian Nehls, Tony Nguyen, Josh Perry, Keaton Porter, Adam Sinclair, Gerrit Slingerland, Corbin Valyear, Thomas Waver, and coaches Ron Andrews, Jay Malandrino, and Steve Porter.

In the AAA/AAAA final, number one seed Brantford CI (CWOSSA) weathered an outstanding effort from Regiopolis-Notre Dame (EOSSAA) to take home the

championship. Both teams put on a great show for the excited fans in attendance.

Congratulations to Ryan Allan, Tristan Almas, Zachary Baker, Ryan Blunt, Casey Bouk, Liam Buckley, Alex Chan, Blake Cooney, Bryan Dixon, Alexander Dobrik, Cullen Fawcett, Ethan Ferguson, Pearse Flynn, Aaron Gadsby, Jared Gajdacs, Chris Gorski, Liam Hazell, Dean Henderson, Larry Hill, Dylan Hines, Austen Jones, Nickolas Linseman, Conner Loder, Liam MacNeil, Logan MacRitchie, Ethan McClure, Mitchell McIsaac, D.J. Morrison, Zackery Morrison, Brodie Parker, Andrew Pate, Vincenzo Prior, Kahdar Reid, Lyndon Rey, Taylor Richardson, Kelby Sakaluk, Logan Smith, Miles Taylor, Josh Thompson, Sam Tinevez, Steven Vick, Darris Wilson, and coach Bob Boos.

Also to be congratulated are the recipients of the Team Sportsmanship Awards which went to Erin DHS (CWOSSA) for the A/AA Championship and Bill Crothers SS (YRAA) for the AAA/AAAA Championship.

### AAA/AAA Participating Teams

Brantford CI & VS	CWOSSA
Lorne Park SS	ROPSSAA
Saltfleet DHS	SOSSA
Oakville Trafalgar HS	GHAC
Bill Crothers SS	YRAA
Regiopolis-Notre Dame	EOSSAA
Medway HS	WOSSAA
Uxbridge SS	LOSSA
Banting Memorial HS	GBSSA
Senator O'Connor College	TDCAA
St. Peter HS	NCSSAA
Mayfield SS	ROPSSAA
Lindsay C & VI	COSSA
Upper Canada College	CISSA
David and Mary Thomson CI	TDSSAA
Glebe CI	NCSSAA

### AAA/AAAA Playoff Results

#### Consolation Quarter-Finals

Uxbridge SS def. Glebe CI	10-5
Lindsay CVI def. Mayfield SS	10-0
St. Peter HS def. Upper Canada College	10-0
Lorne Park SS def. Senator O'Connor College	12-0

#### Championship Quarter-Finals

Brantford CI def. Banting HS	12-0
Bill Crothers SS def. Oakville Trafalgar HS	17-5
Regiopolis-Notre Dame def. Saltfleet DHS	12-0
Medway HS def. D & M Thomson HS	5-0

#### Consolation Semi-Finals

Uxbridge SS def. Lindsay CVI	10-5
Lorne Park SS def. St. Peter SS	17-0

#### Championship Semi-Finals

Brantford CI def. Bill Crothers SS	17-0
Regiopolis-Notre Dame def. Medway HS	13-5

#### Consolation Final

Uxbridge SS def. Lorne Park SS	28-7
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#### Bronze Medal Game

Medway HS def. Bill Crothers SS	10-9
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#### Gold Medal Game

Brantford CI def. Regiopolis-Notre Dame	25-15
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# OFSAA Girls' A/AA & AAA/AAA Rugby

Cambridge

June 3-5, 2013



The enormous task of hosting both girls' rugby championships was taken on by Jay Shaw of Glenview Park S.S in Cambridge and his organizing committee. OFSAA thanks them for a job well done! The finals played at the University of Waterloo were streamed online.

Congratulations to the 2013 OFSAA A/AA champions Quinte Secondary School (COSSA) from Belleville: Alexis Akey, Sydney Akey, Brooke Babcock, Emily Babcock, Rebecca Cain, Hunter Clement, Kennedy Clement, Elizabeth Drummond, Roberta Drummond, Emma Fowler, Madison Graves, Hayley Hardy-Gibbs, Sabrina Henderson, Cassidy Hill, Harley Holley, Brianna Kitchener, Conner Marsh, Laura Massicotte, Kristal

McCrea, Sarah Nelles, Felicia Post, Sarah Ray, Nicole Rose, Jessica Semark, Jordan Semark, Raegan Soule, Lizzie Thomson, Megan Weinhold, Coaches, Amber Clarke, Pete Hercus and Kyle Ripley.

Congratulations to the 2013 OFSAA AAA/AAAA champions from Barrie Central C.I.(GBSSA), Elizabeth Aucoin, Rachael Aucoin, Makela Barker, Emily Belchos, Rita Charest, Morgan Chestnut, Emma Chown, Madison Cornell, Cassie Edgar, Alberta Ferri, Chanel Frangakis, Kate Goguen, Nicole Graham, Emily Hoppe, Kylee Innes, Mahri Keeling-Smith, Rebecca Kennedy, Kyra Keough, Chanelle Lindegaard, Emma McCann, Avery Parker, Holly Parker, Mimi Pelletier, Hailey Reid, Ally Schweitzer, Holly Schweitzer, Julia Scott, Katie Shipley, Katherine Shirriff, Paige Slingerland, Anna Weber, Coaches, Brad Chestnut and Maria Maccarone.

Jacob Swarbrick of Smith Falls CHS who was coaching the South Grenville DHS team was the recipient of the A/AA Leadership in School Sport Award for his outstanding contribution to high school rugby. Jacob was responsible for starting rugby boys and girls programs at both schools as well as convening at the local and association level.

Eva Roser of Blessed Cardinal Newman was the winner of the AAA/AAA Leadership in School Sport Award. Eva coaches rugby and basketball at her school as well as serving as athletic director. She has convened both basketball and rugby at the association level as well as OFSAA rugby. Eva is the current president of the TDCAA.

Congratulations also go out to the teams from Syndenham H.S and Strathroy DCI for being selected as the Team Sportsmanship winners.



OFSAA A/AA champions Quinte Secondary School (CWOSA) from Belleville



### A/AA Participating Teams

Trenton H.S.	COSSA
Quinte S.S.	COSSA
St. Anne's C.S.S.	WOSSA
Grey Highland S.S.	CWOSSA
Rockland S.S.	EOSSA
St. Thomas Aquinas (Oakville)	GHAC
South Grenville D.H.S.	EOSSA
Beamsville D.S.S.	SOSSA
St. Christopher S.S.	SWOSSAA
Merivale H.S.	NCSSAA
Blessed Mother Teresa S.S.	TDCAA
Streetsville S.S.	ROPSSAA
St. Michael S.S.	SOSSA
St. Mary's S.S. (Owen Sound)	CWOSSA
Courtrice S.S.	LOSSA
Park Street C.I.	GBSS

### A/AA Playoff Results

<b>Championship Semi-Finals</b>	
Quinte def. St Anne	26-10
Trenton def. Rockland	29 - 0
<b>Consolation Final</b>	
Beamsville def. Grey Highland	27-2
<b>Bronze Medal Game</b>	
St Anne def. Rockland	10-5
<b>Gold Medal Game</b>	
Quinte def. Trenton	10-7



OFSAA AAA/AAAA champions from Barrie Central C.I.(GBSSA)

### AAA/AAAA Participating Teams

Oakville Trafalgar H.S.	GHAC
Brantford C.I.	CWOSSA
Centennial S.S.	COSSA
Barrie Central C.I.	GBSSA
St. Peter H.S.	NCSSAA
Blessed Cardinal Newman C.S.S.	TDCAA
Mayfield S.S.	ROPSSAA
Bluevale C.I.	CWOSSA
Malvern C.I.	TDSSAA
Sydenham H.S.	EOSSAA
Aurora H.S.	YRAA
Pickering H.S.	LOSSA
Strathroy D.C.I.	WOSSA
Ursuline College	SWOSSAA
Sherwood S.S.	SOSSA
St. Jean de Brebeuf H.S.	GHAC

### AAA/AAAA Playoff Results

<b>Championship Semi-Finals</b>	
Barrie def. Bluevale	29 - 0
Centennial def. Brantford	19 - 15
<b>Consolation Final</b>	
St Peter's def. Oakville Trafalgar	12 - 5
<b>Bronze Medal Game</b>	
Brantford def. Bluevale	8 - 5
<b>Gold Medal Game</b>	
Barrie def. Centennial	29 - 7



# OFSAA Boys' A Soccer



Timmins

June 6-8, 2013

Despite a winter that left Timmins with three feet of snow on their fields into April and a spring that produced a light snow shower three days before the Boys' A Soccer Championship was to kick-off, the tournament was treated to nothing but sunshine and 20+ degree weather. Convenors Doug Basso and Marcy McCarty (O'Gorman HS) and the rest of the organizing committee rolled out the welcome mat for all teams visiting beautiful northern Ontario.

Under sunny skies the teams took centre stage, which included a crowd pleasing win for the host team in their opening game. The evening provided athletes and coaches with a break from the action and opportunity to enjoy a banquet dinner. Held at the Porcupine Dante Club, a hearty Italian meal ensured participants wouldn't leave with empty stomachs. The Leadership in School Sport Award was presented to Wendy Legassie (Kapusksing DHS) for her 23 years of dedication to high school athletics. Wendy has actively coached volleyball, basketball, curling, and track and field. Additionally, Wendy has volunteered as an athletic convenor and a member of the NEOAA Executive, which included three years as NEOAA president. Congratulations Wendy on a deserved recognition!



Hard fought matches continued into day two, concluding with the quarter-final matches, which were the third match of the day for the teams involved. Athletes left everything on the field and when the day finally finished, four teams were left to compete for OFSAA gold. Following a wonderfully tactical match, which saw its only goal take place in the opening minutes, ESC Renaissance (YRAA) emerged victorious. Congratulations to Oluwafêmi Avolonto, Joshua Azar, Sokol Ballabani, Nicholas Bertrand, Andy Chan Kwong Hian, Michael Daou, Morad Gholami-Shaker, Fredy Gideon, Adam Hemati, Andrew Lao, Mathieu Laurent, Wesley Li Fun, Leonard Palatnic, Julian Santia, Benjamin Simone, and coaches Danielle Labrosse-Robertson and Philippe Romain.

Following the championship St. Thomas Aquinas (NWOSSAA) was awarded the team sportsmanship banner. We aren't sure how many sportsmanship banners this makes for the school but the coaches and students must be doing something right having won this award on numerous occasions.

## Participating Teams

### Pool A

Heritage Christian School	SOSSA
St. Benedict CSS	NOSSA
North Lambton SS	SWOSSAA
Ursula Franklin	TDSSAA
ESC Nouvelle-Alliance	GBSSA

### Pool B

Omer Deslaurier DSP	NCSSAA
Walkerton DSS	CWOSSA
O'Gorman DHS	NEOAA
Glengarry DHS	EOSSAA
ESC Renaissance	YRAA

### Pool C

King's Christian Collegiate	GHAC
John L. Forster SS	SWOSSAA
EC St. Charles-Garnier	LOSSA
Waterford DHS	CWOSSA
St. Thomas Aquinas HS	NWOSSAA

### Pool D

Charlottenburgh/Lancaster DSS	EOSSAA
London District Christian SS	WOSSAA
Ridley College	CISAA
St. Paul SS	COSSA
ESC Saint Marie	NEOAA

## Quarter-Finals

Ridley College def. St. Thomas Aquinas HS	1 - 0
London Christian SS def. John L. Forster SS	3 - 0
ESC Renaissance def. North Lambton SS	2 - 1
St. Benedict CSS def. Glengarry DHS	4 - 2

## Semi-Finals

Ridley College def. St. Benedict CSS	4 - 0
ESC Renaissance def. London Christian SS	4 - 2

## Bronze Medal Game

London Christian SS def. St. Benedict CSS	2 - 1
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## Gold Medal Game

ESC Renaissance def. Ridley College	1 - 0
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# OFSAA Boys' AA Soccer

Stratford June 6-8, 2013

The beautiful city of Stratford welcomed the Boys' AA Soccer Championship thanks to the leadership of convenors Bart Drennan and Helen Thomson of St. Michael CSS (WOSSAA). Excited teams took to the fields on day one to begin pool play, hoping to claim a top two position and advance to the quarter-finals. Following a busy day of competition, teams retreated to the Arden Park Hotel to refuel at the championship banquet. This set the stage for the presentation of the Leadership in School Sport Award, which was presented to Cindy Carter of Central Huron SS (WOSSAA). Cindy has been involved in coaching track and field for over 12 years as well as coaching badminton, cross-country, curling and volleyball. She is passionate about high school sport and finds ways to get involved any way she can. Congratulations, Cindy.



Congratulations to Amadeus Bialy, Noah Birhane, Greg Chrzan, Jordan Cordeiro, James Cushnian, Kristian D'Amore, Philip DeCouto, Brandon Duarte, Luke Ewach, Adrian Feliksik, Paul Fila, Michael Lei, Jakub Matusik, Gabriel Mendonca, Marcin Misiak, Michael Misiak, Matthew O'Byrne, Tomasz Obyrtacz, Eric Trindade, Andy Wegeriak and coaches Anto Cosic and Chris Daigle.

With pool play concluding on day two, the playoffs began and there was no shortage of nervous coaches as two of the four quarter-final matches were decided on kicks from the spot. The final saw St. Martin SS (ROPSSAA) taking on Port Hope HS (LOSSA). An evenly contested match with both teams leaving everything on the field concluded with a 1-0 St. Martin SS victory.

Following the championship the host committee selected St. Mary's College (NOSSA) to receive the Leadership in School Sport Award. Thanks to the coaches and students for representing your association so proudly.

## Participating Teams

### Pool A

St. Christopher CSS	SWOSSAA
St. Mary's CSS	TDCAA
St. Thomas Aquinas	GHAC
Port Hope HS	LOSSA
St. Michael CHS	EOSSAA

### Pool B

ESP Louis Riel	NCSSAA
Our Lady of Lourdes	CWOSSAA
St. Mary's College	NOSSA
St. Joseph's CHS	WOSSAA
Cardinal Carter CHS	YRAA

### Pool C

St. Martin SS	ROPSSAA
Denis O'Connor CHS	LOSSA
Wellington Heights SS	CWOSSA
Holy Trinity HS	GBSSA
Fort Frances HS	NWOSSAA

### Pool D

Holy Cross CSS	SOSSA
St. Michael CSS	WOSSAA
Kingsville DHS	SWOSSAA
Vaughn Road Academy	TDSSAA
ESC Theriault	NEOAA

## Quarter-Finals

St. Christopher CSS def. ESP Louis Riel	2 - 1
Port Hope HS def. Our Lady of Lourdes	1 - 0 (SO)
Vaughn Road Academy def. Holy Trinity CSS	1 - 0 (SO)
St. Martin SS def. Holy Cross CSS	3 - 0

## Semi-Finals

St. Martin SS def. St. Christopher CSS	1 - 0
Port Hope HS def. Vaughn Road Academy	

## Bronze Medal Game

St. Christopher CSS def. Vaughn Road Academy	3 - 1
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## Gold Medal Game

St. Martin SS def. Port Hope HS	1 - 0
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# OFSAA Boys' AAA Soccer

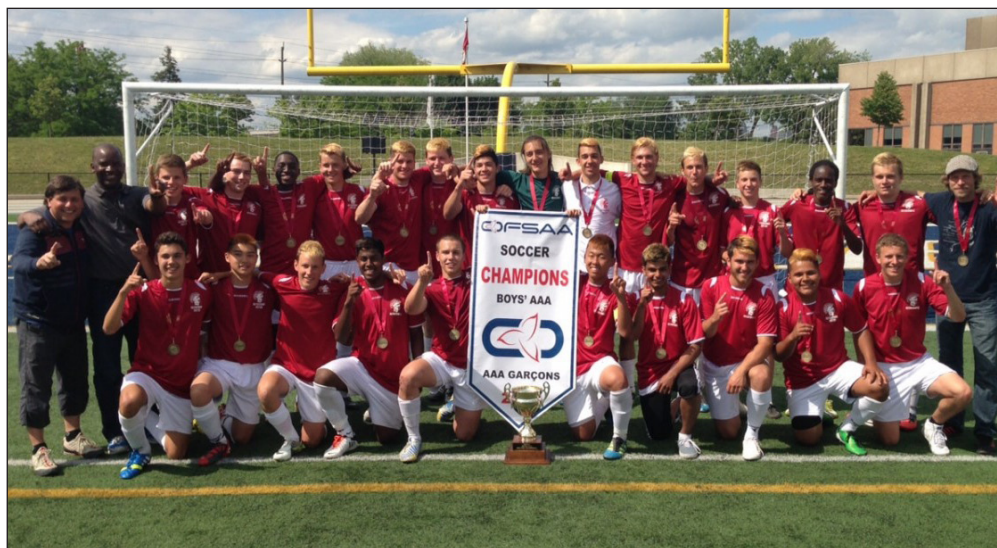
Windsor

June 6-8, 2013



The folks at Catholic Central HS (SWOSSAA) were back at it hosting both the girls' and boys' AAA soccer championships, fresh off the heels of hosting the Boys' AAAA Basketball championship in March. The tireless crew continues to run great OFSAA events and this Spring was no different. Mike McKittrick and Peter Cusumano once again used the impressive facilities at the Vollmer Complex to showcase Ontario's soccer talents.

Following a windy day one of play, teams gathered at the banquet to celebrate the success of qualifying for an OFSAA championship. The Caboto Club opened its doors again to hungry student-athletes who were able to fill their stomachs with fine Italian cuisine. The Leadership in School Sport Award was presented to Michael Mallen of Catholic Central HS for his 24 years of commitment to high school coaching. Michael has kept busy over the years particularly with the school's wrestling program. His leadership has allowed the team to achieve much success, which includes appearances at every OFSAA championship for the past 20 years.



The gold medal match took place at the University of Windsor in conjunction with the girls' AAA gold medal match. Having both matches take place back to back provided spectators with tightly contested matches. The boys' final saw Silverthorne CI (TDSSAA) overcome a half-time deficit to capture the championship with a 2-1 victory. Congratulations to King Beckford, Chris Beleke, Luka Cabak, Akif Deliismailov, Djordje Doslo, Adjin Kajtazovic, Paul Kang, Milan Lazic, Alexis Mayorca, Marko Milanovic, Stefan Mizdrak, Umar Mohd, Nikola Negojevic, Andrej Obradovic, Nick Parsons, Dusan

Rados, Abishan Rajah, Slavko Savija, Alex Sevastakis, Mario Simjanoski, Joshua Sok, Kyle Sternig, Marko Torovic, Dusan Vrljes, and coaches Emanuel Arduini, Sean King, and Nicholas Puniska.

Congratulations to Monsignor Paul Dwyer (LOSSA) for being awarded the team sportsmanship banner for their exemplary behaviour during the tournament.

## Participating Teams

### Pool A

Bishop Ryan CSS	GHAC
St. Michael HS	SOSSA
St. Joseph CSS	EOSSAA
Catholic Central HS	SWOSSAA
Widdifield SS	NOSSA

### Pool B

Mons. Paul Dwyer CHS	LOSSA
Blessed Cardinal Newman CSS	TDCAA
St. Peter SS	COSSA
St. Joseph HS	GBSSA
St. Pius X HS	NCSSAA

### Pool C

St. Ignatius HS	NWOSSAA
Sacred Heart CHS	YRAA
Corpus Christi CSS	GHAC
Silverthorne CI	TDSSAA
St. David CCS	CWOSSA

### Pool D

St. Thomas of Villanova SS	SWOSSAA
St. Joan of Arc CSS	ROPSSAA
Centennial SS	COSSA
Regina Mundi CC	WOSSAA
Fr. Leo J. Austin CSS	LOSSA

## Quarter-Finals

St. Joan of Arc CSS def. Corpus Christie CSS	3 - 2
Silverthorne CI def. St. Thomas of Villanova SS	2 - 0
Bishop Ryan CSS def. St. Pius X HS	2 - 1 (Kicks)
Blessed Cardinal Newman def. Catholic Central HS	2 - 1 (OT)

## Semi-Finals

St. Joan of Arc CSS def. Blessed Cardinal Newman CSS	3 - 1
Silverthorne CI def. Bishop Ryan	1 - 0 (OT)

## Bronze Medal Game

Blessed Cardinal Newman def. Bishop Ryan	1 - 0
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## Gold Medal Game

Silverthorne CI def. St. Joan of Arc CSS	2 - 1
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# OFSAA Boys' AAAA Soccer

Toronto

June 6-8, 2013

Starting out with the championship banquet, convenor Miko Romano opened the doors at St. Michael's College to all competing teams. As priority one, Miko ensured the students were fed before continuing the formalities of the evening, which included guest speaker Dick Howard, CBC soccer commentator and Canadian Soccer Hall of Famer. Miko Romano was also presented with the Leadership in School Sport Award for his over 21 years of coaching soccer within the TDCAA, TDSSAA, and CISAA. Miko has also volunteered his time as the association convenor for CISAA and has been involved in hosting two OFSAA Championships.



A deep tournament made for many closely contested matches with the reigning champions, St. Edmond Campion (ROPSSAA) looking strong again this year. However, following the pool play, Pickering HS (LOSSA), Michael Power/St. Joseph (TDCAA), and host school St. Michael's College School (CISAA) looked prepared to challenge for the gold medal. Once Saturday afternoon arrived, St. Edmond Campion once again found

themselves in the final facing a determined team from Michael Power. After conceding two early goals, Michael Power answered back to bring the game within one. However, late in the 2nd half, St. Edmond capitalized on a free-kick rebound to put the game out of reach and capture their 3rd OFSAA Championship in a row.

Congratulations to Raisaun Annon, Andrija Bago, Andre Campbell, Nikal Clarke-Smith, Jamaal Coke, Jonathan D'Aguilar, Damian Godlewski, Cyle Larin, Duran Lee, Michael Moreira, Chris Nanco, Nicholas Osorio, Nicholas Pasutto, Joshua Preh, Manuel Ramos, Joren Ramsay-Marshall, Tarik Robertson, Jamie Scott, Derick Sequeira, Gregory Soumakis, Shawn Watson, and coaches Justin Camilleri, Angela Curic, and Greg Spangnoli.

Holy Names HS (SWOSSAA) must also be congratulated for being selected to receive the Teams Sportsmanship Banner. The host organizing committee was impressed by their behaviour both on and off the field and believed they were very deserving of the award.

Participating Teams			
<b>Pool A</b>		<b>Pool C</b>	
St. Edmund Campion SS	ROPSSAA	John Paul II CSS	WOSSAA
East York CI	TDSSAA	St. Ignatius of Loyola CHS	GHAC
St. Andrew's College	CISAA	St. Peter CHS	NCSSAA
Notre Dame CSS	LOSSA	Our Lady of Mount Carmel	ROPSSAA
<b>Pool B</b>		<b>Pool D</b>	
Michael Power/St. Joseph	TDCAA	St. Jean De Brebeuf CHS	YRAA
Holy Names HS	SWOSSAA	Pickering HS	LOSSA
Eastwood CI	CWOSSAA	St. Michael's College School	CISAA
St. Joan of Arc CHS	GBSSA	Westdale SS	SOSSA

<b>Quarter-Finals</b>		<b>Semi-Finals</b>	
St. Edmond Campion SS def. Eastwood CI	4 - 1	Michael Power/St. Joseph def. St. Michael's College School	4 - 0
Michael Power/St. Joseph def. East York CI	2 - 1	St. Edmond Campion SS def. Pickering HS	1 - 0
St. Michael's College School def. Our Lady of Mount Carmel	2 - 1	<b>Bronze Medal Game</b>	
Pickering HS def. John Paul II HS	3 - 0	Pickering HS def. St. Michael's College School	2 - 0
		<b>Gold Medal Game</b>	
		St. Edmond Campion SS def. Michael Power/St. Joseph	3 - 1

# OFSAA Girls' A Soccer

Hamner

June 6-8, 2013



The Howard Armstrong Sports Complex in Hamner just outside of Sudbury was the venue for all the games in the OFSAA Girls' A 2013 Soccer Championship. Jean-Gilles Larocque from Bishop Alexander Carter and his organizing committee treated the participants to a Near-North OFSAA experience. OFSAA thanks them for their hard work and diligence.

Congratulations go to an outstanding team from Villanova College in King City who went undefeated and untied in winning this year's OFSAA A Soccer Championship.

Team Members: Lauren Ambrosetti, Natalie Armstrong, Sandra Bianco, Breanna Bitondo, Daniela Breda, Darcy

Curran, Athena Kirou-Mauro, Renee Lozzi, Alessia Mignardi, Kristine Pantaleo, Sarah Papaluca, Mikalya Purdy, Morgan Sutherland, Taylor Taffo, Amanda Tankovich, Lea Trotman, coaches, Amanda Figliano and Grant Purdy

The University of Toronto Schools was recognized with the Team Sportsmanship Award. The athletes and coaches set an example of how to play hard, while showing respect for teammates, opponents, and officials. Well done!

Special congratulations also go out to Edith Nelson from Bishop Alexander Carter for winning the Leadership in School Sport Award. This award recognizes the contributions that Edith has made to high school athletics.

## Participating Teams

### Pool A

Villanova College  
Univ. of Toronto Schools  
O'Gorman H.S.  
E.S. Etienne Brule

CISSA  
TDSSAA  
NEOAA  
TDCAA

### Pool B

Heritage Christian  
Stayner C.I.  
St Thomas Aquinas  
Bishop A. Carter

SOSSA  
GBSSA  
NWOSSAA  
NOSSA

### Pool C

Charlottenburgh & Lancaster DHS  
E.J. LaJeunesse  
King's Christian College  
Confederation SS

EOSSAA  
SWOSSAA  
GHAC  
NOSSA

### Pool D

Marymount Academy  
London Distr. Christian  
Guido de Bres Christian  
Emmanuel Christian

NOSSA  
WOSSAA  
SOSSA  
CWOSSA

## Quarter-Finals

Villanova def. St. Thomas Aquinas	7 - 0
Heritage Christian def. Univer. Of Toronto Schools	2 - 0
E.J. La Jeunesse def. Emmanuel Christian	3 - 0
Guido de Bres def. King's Christian	4 - 3

## Semi-Finals

Villanova def. Guido de Bres	3 - 1
Heritage Christian def. E.J. LaJeunesse	3 - 1

## Bronze Medal Game

Guido de Bres def. E.J. LaJeunesse	4 - 3
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## Gold Medal Game

Villanova def. Heritage Christian	2-0
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# OFSAA Girls' AA Soccer

Windsor

June 6-8, 2013

Veteran OFSAA convenor Lucien Gava from L'Essor once again hosted this year's OFSAA Girls AA championship. Along with his organizing committee, an excellent job was done in preparing for this championship. Despite some bad weather conditions the event went off without a hitch. OFSAA and the participants appreciate your dedication.

Congratulations to the 2013 champions E.S. L'Essor who went undefeated throughout the tournament but needed penalty kicks to defeat St. Martin in the championship game.

L'Essor team members: Gabriella Alagha, Sarah Albeartie, Julia Beqaj, Maryse Brule, Valeria Cabrera, Cassie Chrétien, Sydney D'Souza, Stefanie Ferlaino, Greta Fritz, Sophie Glanz, Darby Heenan-VanHorn, Caroline Humphrey, Elise Lariviere, Victoria MacCara, Jaclyn Marceau, Lauren Rochford, Alana Ruggaber, Rachel St. Pierre, Kelsey Turton, Madeline Weerts, coaches Melissa McMahan and Cathleen Mulvey.

At the banquet, Serge Dubois from L'Essor was given the Leadership in School Sport Award. Serge has coached



five different sports throughout his 23 years as a teacher-coach. He shares his love and passion for sports with his student athletes and is highly regarded by his fellow coaches. Well deserved, Serge.

The team from Nicholson Catholic College was awarded the Team Sportsmanship Award for their behaviour on and off the field. This is not the first time a team from

this school has been given award. It is a tribute not only to the students but also to the coaches and staff for teaching this most important aspect of high school athletics.

## Participating Teams

### Pool A

St. Michael C.H. S	WOSSAA
Bishop MacDonnel	CWOSSA
Nicholson C.C.	COSSA
Timmins High V.S.	NEOAA
St. Christopher	SWOSSAA

### Pool B

Centennial S.S.	SOSSA
Holy Trinity H.S.	GBSSA
St. John C.H.S.	EOSSAA
E.S. Franco Ouest	NCSSAA
Oakwood C.I.	TDSSAA

### Pool C

St. Martin	ROPSSAA
St. Mary C.S.S.	COSSA
Jean Vanier H.S.	GBSSA
Beaver Brae S.S.	NWOSSAA
Cairine Wilson S.S.	NCSSAA

### Pool D

Lester B Pearson H.S.	GHAC
E.S. L'Essor	SWOSSAA
St. Mary's College	NOSSA
Holy Cross H.S.	SOSSA
Denis O'Connor H.S.	LOSSA

## Quarter-Finals

St. Christopher def. Holy Trinity	3 - 0
St. Martin def. St. Mary's	2 - 1 OT
Bishop Macdonnel def. Franco-Ouest	1 - 0
L'Essor def. Cairine Wilson	1 - 0 PK

## Semi-Finals

L'Essor def. St Christopher	2 - 1 PK
St. Martin def. Bishop MacDonnel	2 - 1 PK

## Bronze Medal Game

Bishop MacDonnel def. St. Christopher	2 - 1
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## Gold Medal Game

L'Essor def. St Martin	2 - 1 PK
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# OFSAA Girls' AAA Soccer

Windsor

June 6-8, 2013



Twenty teams from across the province faced off in Windsor for the OFSAA Girls' AAA Championship. Although each team fought incredibly hard, only one team could emerge with the gold medal and that team was the Blessed Trinity High School Thunder from Grimsby (SOSSA).

Congratulations to: Alessandra Bianco, Colleen Champ, Shannon Colling, Jessica DiPasquale, Kara DiPasquale, Meagan Farrell, Bianca Kristo, Amanda McMurray, Tysina Mein, Cassidy Murray, Haille Nickerson, Samantha Pafford, Alyssa Petrina, Chelsey Sicard, Taylor Thomson, Rachel Trigatti, Sierra Volpe, Rachel Wachner, Kayla

Woolvett, Natalie Zima, coaches Amanda Di Carlo, Joseph Pagnotta and Michelle Wilson.

Convenors Mike McKittrick and Stacey Ditchfield and the rest of their organizing committee should be commended for their hard work. The gold medal game at the University of Windsor and a great Italian banquet were nice touches that helped to make a memorable OFSAA experience.

At the banquet, David Koloff of Holy Names High School was presented with Leadership in School Sport Award for his long time contribution to high school athletics and more importantly to the development of student athletes.

The team from Henry Street High School was recognized for their exemplary conduct throughout the championship, with the Team Sportsmanship Award. They had a great rapport with the officials and their opponents. Congratulations!

## Participating Teams

### Pool A

E.S.P. Louis-Riel  
Blessed Trinity H.S.  
Bishop Ryan C.S.S.  
St. Patrick H.S.  
St. James C.H.S.

NCSSA  
SOSSA  
GHAC  
NWOSSAA  
CWOSSA

### Pool B

Belle River D.H.S.  
Loyola C.S.S.  
Centennial S.S.  
Regiopolis-Notre Dame  
Senator O'connor

SWOSSAA  
ROPSSAA  
COSSA  
EOSSAA  
TDCAA

### Pool C

St. Mary's H.S.  
Henry Street H.S.  
Iona C.S.S.  
St. Peter's S.S.  
Humberside C.I.

### Pool D

St. Thomas Aquinas  
Widdifield S.S.  
Chatham-Kent S.S.  
Nepean H.S.  
St. Maximilian Kolbe C.H.S.

GHAC  
LOSSA  
ROPSSAA  
GBSSA  
TDSSAA

WOSSAA  
NOSSA  
SWOSSAA  
NCSSAA  
YRAA

## Quarter-Finals

Blessed Trinity def. Regiopolis-Notre Dame 2 - 1 PK  
Louis Riel def. Belle River 4 - 1  
Humberside def. Chatham-Kent 5 - 0  
Iona def. Nepean 3 - 1

## Semi-Finals

Blessed Trinity def. Iona 3 - 1 OT  
Louis Riel def. Humberside 2 - 1

## Bronze Medal Game

Humberside def. Iona 3 - 0

## Gold Medal Game

Blessed Trinity def. Louis Riel 2 - 1 PK



# OFSAA Girls' AAAA Soccer

Niagara Falls June 6-8, 2013

Convenor Steve Abbruscato from St. Paul's H.S. in Niagara Falls and his committee put many hours of preparation into organizing the 2013 OFSAA Girls' AAAA Soccer Championship. When rainy weather closed down some of their venues, they were ready. A quick move to some turf fields in the area met the challenge posed by the weather. OFSAA extends its thanks for a job well done.



When all the rain had stopped the team from Pickering High School (LOSSA) had won the gold medal at the 2013 championship.

Congratulations to: Tatiana Ambursley, Mackenzie Barry, Mackenzie Brauer, Alisha Campitelli, Darrian Capizzo, Alyssa Cornelius, Mikayla Dias, Nadine Eltayeb, Karena Evans, Madeline Iozzi, Alannah Jelic, Janae John, Madeleine Krupl, Kendra Prince, Nichelle Prince, Layton Risto, Alicia Rose, Lauren Sims, Gabrielle Somersall,

Kendra Thompson, Stephanie Zaban, coaches Lisa Morrison and Laura Williams.

Andrew Boon of Lakeshore Catholic was presented with Leadership in School Sport Award for his involvement, leadership, and commitment to high school sport. OFSAA congratulates Andrew on this well deserved recognition.

The team from Glebe C.I. won the Team Sportsmanship Award. This is the second time this year that a team from this school has won this award. (Girls' AAAA volleyball was the other.) . Clearly, this school's administration and coaches believe that being a good sport is as important as winning. OFSAA salutes Glebe for its commitment to "Education through School Sport".

## Participating Teams

### Pool A

Bishop Redding S.S.	GHAC
Bishop Allen Academy	TDCAA
Leaside	TDSSAA
Notre Dame College	SOSSA

### Pool B

Mother Teresa CSS	WOSSAA
Bill Crothers S.S.	YRAA
St Joan Of Arc S.S.	GBSSA
Ajax H.S.	LOSSA

### Pool C

St Edmund Campion	ROPSSAA
Pickering H.S.	LOSSA
Holy Trinity S.S.	GHAC
Glebe C.I.	NCSSA

### Pool D

Holy Names H.S.	SWOSSAA
Waterloo C.I.	CWOSSA
St Brother Andre C.H.S.	YRAA
St. Paul H.S.	SOSSA

## Quarter-Finals

Bishop Redding def. Ajax	1 - 0
Notre Dame def. Bill Crothers	1 - 0
Pickering def. Holy Names	4 - 3
St. Paul def. Holy Trinity	3 - 1

## Semi-Finals

Bishop Redding def. St. Paul	4 - 3
Pickering def. Notre Dame	5 - 4

## Bronze Medal Game

St. Paul def. Notre Dame	1 - 0
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## Gold Medal Game

Pickering def. Bishop Redding	2 - 0
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# OFSAA Tennis

Toronto

June 3-5, 2013



Under very favourable weather conditions from June 3 -5, 350 tennis players from 143 schools completed 487 matches at the 2013 OFSAA Tennis Championship at the Rexall Centre and York University.

All the athletes and coaches must be congratulated on qualifying for the championship. During the three day event, there were many excellent matches played.

OFSAA would like to thank the convenor, Michael Robinson, and his organizing committee of Tami Hawkins, Dave Hawkins, Mary Jane Robinson, and David McCallum for their effort on organizing an excellent championship. Thank you must also go to all the volunteers who helped make the championship run smoothly.

OFSAA would like to thank David Lea of the Ontario Tennis Association for his assistance with OFSAA Tennis.

This year's recipient of the OFSAA Leadership in School Sport Award for tennis was David Stocks from Kingston Collegiate and Vocational Institute. His commitment to coaching and convening tennis championships for both KASSAA and EOSSAA over the past 12 years has been very commendable.

Congratulations to all the medal winners listed below.



## High School Boys Singles:

1. Cole Osborne- Bayridge SS (EOSSAA)
2. Jason Boudreau -Bishop Alexander Carter (NOSSA)
3. Nikolas Koppi - Bayside (COSSA)
4. Dylan Smith- Upper Canada College (CISAA)

## High School Boys Doubles:

1. Calum Scott & Jonathan Keilhauer- Bayview Glen (CISAA)
2. James Gibbard-McCall & Tommy Hunter - Lawrence Park (TDSSAA)
3. Jeremy Chisholm & Alexander Conlon - St. Anne's (WOSSAA)
4. DJ & Matt Fenerty - Mother Teresa (WOSSA)

## High School Girls Singles:

1. Dasha Larinova-Westmount S.S. (SOSSA)
2. Sandra Chindalo - Richview (TDSSAA)
3. Magda Reckendrees- Trinity College School (CISAA)
4. Alexa Spadafora-Holy Names (SWOSSAA)

## High School Girls Doubles:

1. Jasmine Eltaib & Nicole Jordan - St. Thomas Aquinas (WOSSAA)
2. Kenzie Arnett & Mirable Saiar- Cameron Heights CI (CWOSSA)
3. Claudia Pecoraro & Sam Zekelman-Ste. Cecile (SWOSSAA)
4. Julia Kafato & Laine Lubgans - Nelson HS (GHAC)

## High School Mixed Doubles:

1. Brandon Lai & Minie Vatayothin- Trinity College School (CISAA)
2. Caroline & Clarck Perez - Vaughan Road (TDSSAA)
3. Austin Flannigan & Renee Morin - La Citadelle (EOSSAA)
4. Marisa & Ravi Seth- Centre Wellington DHS (CWOSSA)

## Open Boys Singles:

1. Griffin Brockman - Northern (TDSSAA)
2. Adrian Mag -Tecumseh Vista (SWOSSAA)
3. Christopher Fletcher -Massey (SWOSSAA)
4. Gabriel Pozo-Bishop Allen (TDCAA)

## Open Boys Doubles:

1. Jake Salsburg & Michael Selfe- Upper Canada College (CISAA)
2. Marc Reid & Cameron Connor- Upper Canada College (CISAA)
3. Stefano Benedetti & Blake Ducharme- Bishop Allen (TDCAA)
4. Mark Jensen & Spencer Grant - Oakville Trafalgar HS (GHAC)

## Open Girls Singles:

1. Maja Vujic - A.N. Myer S.S.(SOSSA)
2. Sami Budai - Banting (WOSSAA)
3. Sammy Mayer- Havergal College (CISAA)
4. Helen He- Centennial CVI (CWOSSA)

## Open Girls Doubles:

1. Heather Hills & Priscilla Bulandres - St Augustine CHS (YRAA)
2. Jane Coombs & Kasey Lambert - Oakville Trafalgar HS (GHAC)
3. Sofia Miller & Veronika Georgeff - Malvern (TDSSAA)
4. Paulina Zakaeva & Claire McGuivney- Loretto Abbey (TDCAA)

## Open Mixed Doubles:

1. Louise Kwan & John Kwan - Earl Haig (TDSSAA)
2. Stefan & Katerina Trinic- A. N. Myer SS (SOSSA)
3. Andrew Richards & Emily Sneddon - Oakridge (WOSSAA)
4. Heather Borsos & Kevin Borsos Banting Memorial HS (GBSSA)





## OFSAA Track & Field

Oshawa

June 6-8, 2013

It has been twenty (20) years since the City of Oshawa hosted the OFSAA Track & Field Championships under the leadership of the late Gord Banks. Kevin Dillon (Paul Dwyer SS) convened the 2013 championships at the refurbished track complex at the Oshawa Civic Recreation Complex. Kevin provided the leadership and inspiration for the many volunteers and committee members from the Central Region to ensure the success of the championship for 2372 participants and their coaches from 536 schools across Ontario. Kevin has hosted many meets over the years. This was his first OFSAA Track & Field championship as convenor.

OFSAA would like to thank the organizing committee: Kevin Dillon (Convenor); Krista Allen (Program); Karen Briard (Awards); Chrystal Bryan (Opening Ceremonies); Chris Deighan (Registration); Sue Deighan (Registration); Natalie Desgroseilliers (Financial Secretary); Rob Grepe (Facilities); Val Hargreaves (Meals); Nick Kolodzie (Site Coordinator); Andrea Lamantia (Officials Packages); Ed Larocque (Minor Officials); Craig McLaughlin (Track Officials); Angela Miles-Berry (Signage); Anna Nadon (Medical); Svend Paulson (Athletics Ontario Liaison); Mike Pichette (Sponsorship); Cyril Sahadath (Accommodations); David Shepherd (Website/Entries/Results); Andrew Stark (Field Officials); Janet White (Security). The organizing committee would also like to thank the City of Oshawa for its support of OFSAA as well as the many sponsors who also contributed to the success of these championships.

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

OFSAA congratulates both Kevin Dillon (Paul Dwyer CHS) and Karen Briard (J. Clarke Richardson CI) for being the recipients of the OFSAA Leadership In School Sport Award. Both Kevin and Karen have made a significant contribution to high school sport in their respective areas for many years.

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

For the second year in a row, Mariam Abdul-Rashi (Eastdale CVI, Oshawa) captured three gold medals in the individual events (Junior Girls – 100m, 200m & 400m)

Kyra Constantine (St. Roch CSS, Brampton) also captured three gold medals in the 100m, 200m & 400m

The following OFSAA records were broken during the 2013 championships:

### Midget Women 400m

Kyra Constantine – St. Roch CSS (Brampton) – 54.63

### Midget Women 1500m

Jessie Fleming – London Central SS (London) 4:28.41  
In the same race, Allison Anderson of Malvern CI (4:32.13) and Kristen O’Neill of St. Ignatius of Loyola CSS (4:35.79) broke the OFSAA record of 4:36.27

### Junior Women 800m

Kailee Sawyer – Bluevale CI – Waterloo (2:08.22)

### Junior Women 1500m

Heather Jaros – La Salle SS – Kingston (4:26.85)  
In the same race, Charlotte Prouse of London Central SS (4:29.27) and Chardae Henry of R.S. McLaughlin (4:31.57) broke the OFSAA record of 4:32.03

### Junior Women 3000m

Charlotte Prouse – London Central SS – London – 9:51.25  
In the same race, Hannah Woodhouse of Georgian Bay SS (9:54.15; Claire Smith of Glebe CI (9:55.95; and Stephanie Ryall – Westdale SS (9:58.33) broke the OFSAA record of 10:00.90

### Junior Women 4 x 100m Relay

David Suzuki SS – Brampton – 48.34

### Senior Women 3000m

Jaimie Phelan – St. Mary’s HS – Kitchener – 4:22.03

### Junior Men 300m Hurdles

Davis Edward – Oakridge SS – London – 38.21

We look forward to the 201 OFSAA Championships which will be held at St. Marcellinus SS in Mississauga hosted by the South Region.

#### Midget Girls

##### 100m

1. Kyra Constantine	St. Roch CSS	12.21
2. Rachel Springer	St. Joseph Morrow Park	12.30
3. Remy Wade	Glebe CI	12.32
4. Zaria Armstrong	TA, Blakelock HS	12.33
5. Chisom Otule	Notre Dame HS	12.54
6. Maya Kamah	Glebe CI	12.69

##### 200m

1. Kyra Constantine	St. Roch CSS	25.11
2. Ebhani Blackwood	Bill Crothers SS	26.16
3. Rachel Springer	St. Joseph Morrow Park	26.51
4. Maja Messam	Langstaff SS	26.53
5. Claudia Rusu	Windfields JHS	26.81
6. Sarah Jackson	St. Mark CHS	26.97

##### 400m

1. Kyra Constantine	St. Roch CSS	54.63*
2. Jenna Smith	Highland SS	56.40
3. Maja Messam	Langstaff SS,	57.37
4. Savannah Rouse	Vaughan Road Academy,	58.04
5. Dallyssa Huggins	Bill Crothers SS	58.62
6. Sarah Jackson	St. Mark CHS	59.38

##### 800m

1. Kristen O’Neill	St. Ignatius Loyola	2:11.76
2. Lucia Stafford	Toronto French School	2:14.01
3. Allison Anderson	Malvern CI	2:14.41
4. Savannah Rouse	Vaughan Road Academy	2:19.53
5. Branna MacDougall	Regiopolis-Notre Dame	2:20.32
6. Olivia Gaudet	Nepean HS	2:21.29

##### 1500m

1. Jessie Fleming	London Central SS	4:28.41*
2. Allison Anderson	Malvern CI,	4:32.13
3. Kristen O’Neill	St. Ignatius Loyola	4:35.79
4. Lucia Stafford	Toronto French School	4:41.87
5. Heidi Ohrling	Collingwood CI	4:42.55
6. Annie Vieira	All Saints CSS	4:42.66

Note: The OFSAA 1500m Record was broken by the top three finishers.

<b>3000m</b>			<b>Javelin</b>			<b>High Jump</b>		
1 Jesse Fleming	London Central SS	9:53.86	1 Danika Falvo	College Notre-Dame	36.14m	1 Shyla Carly	E.L. Crossley SS	1.60m
2 Madenzie Cameron	Christ the King SS	10:14.79	2 Alexis Brenzil	Centennial SS	33.20m	2 Gabby Marlon	North Park CVS	1.60m
3 Heidi Ohrling	Collingwood CI	10:15.30	3 Hope Larmour	Eden HS	31.50m	3 Shaelyn Laurie	Greenwood College	1.55m
4 Katherine Marshall	Glebe CI	10:19.24	4 LeeAnn Skulj	Centennial SS	31.42m	4 Ashley Abou-Ak	St. Jean de Brebeuf CHS	1.55m
5 Laura Wheeler	Northern SS	10:26.45	5 Denise Balogh	Cardinal Carter CHS	30.96m	5 Ashley Wheeler	Stratford Central SS	1.55m
6 Jenna Bolton	Thomas A. Stewart SS	10:27.93	6 Julia Xu	Dr.Norman Bethune	30.29m	6 Emily McKay	Waterloo CI	1.55m
<b>80m Hurdles</b>			<b>WOMEN – JUNIOR</b>			<b>Pole Vault</b>		
1 Kylie Paliani	Medway HS	11.81	<b>100m</b>			1 Anna Larsson	Sir John A	MacDonald
2 Brittany Stenekes	Parkside HS	12.09	1 Mariam Abdul-Rashid	Eastdale CVI	11.94	2 Regan Glen	E.L. Crossley SS	2.80m
3 Jaideen Mulder	General Amherst HS	12.32	2 Chinique Thompson	O'Neill CVI	12.29	3 Ally Lecky	Char-Lan DHS	2.80m
4 Mohogany Brown	Pickering HS	12.60	3 Zanara McIntosh	Pickering HS	12.34	4 Catherine Petolescu	Northern SS	2.65m
5 Kaleigh Jeffrey	TA. Blakelock HS	12.61	4 Shania Alexander	Bill Crothers SS	12.43	5 Emma Mikelberg	Lawrence Park CI	2.65m
6 Tatiana Desender	Saunders SS	12.68	5 Jeneyis Gordon	St. Augustyne SS	12.47	6 Jennifer Drane	Lockerby Composite	2.50m
<b>300m Hurdles</b>			<b>200m</b>			<b>Long Jump</b>		
1 Kylie Paliani	Medway HS	44.45	1 Mariam Abdul-Rashid	Eastdale CVI	25.03	1 Jamilah James	Birchmount Park CI	5.56m
2 Dallyssa Huggins	Bill Crothers SS	45.12	2 Natassa McDonald	David Suzuki SS	25.44	2 Taliyah Campbell	Markville SS	5.35m
3 Tatiana Desender	Saunders SS	45.27	3 Zanara McIntosh	Pickering HS	25.45	3 Courtney Wright	Jacob Hespeler SS	5.33m
4 Brittany Stenekes	Parkside HS	45.35	4 Jeneyis Gordon	Bill Crothers SS	25.81	4 S. Rainford-Allen	Denis Morris HS	5.33m
5 Morgan Byng	Banting Memorial HS	46.72	5 Shania Alexander	Wexford	25.84	5 Clare Thompson	Ursuline College	5.10m
6 Cheyenne Jankulowski	Sir Wilfrid Laurier CI	47.20	6 Tiffany Sabado	Notre Dame HS	25.98	6 Jenna McCurdy	Assumption College	4.96m
<b>4 x 100m Relay</b>			<b>400m</b>			<b>Triple Jump</b>		
1 Father Henry Carr	49.94		1 Mariam Abdul-Rashid	Eastdale CVI	55.12	1 Courtney Wright	Jacob Hespeler SS	11.24m
2 Bill Crothers SS	50.31		2 Natassa McDonald	David Suzuki SS	56.46	2 Anastasia Maslak	Ursuline College	11.14m
3 St.Marguerite D'Youville	50.61		3 Kailee Sawyer	Bluevale CI	56.58	3 Sara Kovac	Eden HS	11.13m
4 Innisdale SS	51.08		4 Errin Stenman-Fahey	Canterbury HS	56.68	4 Anna Larsson	Sir John A. MacDonald	10.84m
5 Northern CI & VS	51.11		5 Tiffany Sabado	Country Day School	57.44	5 Lauren Rock	Georgetown HS	10.62m
6 Medway HS	51.18		6 Rachel Glynn	Country Day School	57.46	6 Meaghan Rice	St. Mary CSS	10.58m
<b>High Jump</b>			<b>800m</b>			<b>Shot Put</b>		
1 Brett Belanger	Uxbridge SS	1.58m	1 Kailee Sawyer	Bluevale CI	2:08.22*	1 Ashley Wallace	Park Street CI	11.33m
2 Alexandria Ferdinand	Malvern CI	1.58m	2 Heather Jaros	La Salle SS	2:09.83	2 Savannah LaRouche	Assumption College	11.28m
3 Emily Oldfield	Elmvale DHS	1.55m	3 Erin Stenman-Fahey	Canterbury HS	2:12.29	3 Modupe Okeowo	St. Roch CSS	10.54m
4 Allie Giffin	Holy Cross CSS	1.55m	4 Rachel Glynn	Country Day School	2:13.10	4 Tenisha Dixon	St. Augustine SS	10.39m
5 Virginia Mertens	Monarch Park CI	1.55m	5 Julia Kearley	Uxbridge SS	2:13.82	5 Emily Good	Central Algoma SSS	10.14m
6 Hailey Kranics	Lakeshore CHS	1.50m	6 Brianne Bracci	Vincent Massey SS	2:16.52	6 Kim Arbour	St. Martin SS	10.03m
<b>Pole Vault</b>			<b>1500m</b>			<b>Discus</b>		
1 Makiah Hunt	St.Michael's CHS	2.85m	1 Heather Jaros	La Salle SS	4:26.85*	1 Samantha Buck	Orillia District CVI	37.51m
2 Leah Hesman	Sandwich SS	2.60m	2 Charlotte Prouse	London Central SS	4:29.27	2 Cyrrera Cassell	Bill Crothers SS	35.41m
3 Tessa Hamilton	Delhi DSS	2.40m	3 Chardae Henry	R.S. McLaughlin CVI	4:31.57	3 Ashley Wallace	Park Street CI	33.08m
4 Jessie Tsang	Sandwich SS	2.40m	4 Claire Smith	Glebe CI	4:32.79	4 Jennifer O'Neill	Elmvale DHS	31.26m
5 Lindsay Hartrupp	Cameron Heights CI	2.40m	5 Stephanie Ryall	Westdale SS	4:38.09	5 Jory Falcher	Lambton Central CVI	31.03m
6 Cassie Osterlund	E.L. Crossley SS	2.40m	6 Alison Head	Vincent Massey SS	4:38.52	6 Savannah LaRouche	Assumption College	31.01m
3 Eden B'Dacy	Lawrence Park CI	2.40m	Note: The OFSAA 1500m Record was broken by the top three finishers.					
<b>Long Jump</b>			<b>3000m</b>			<b>Javelin</b>		
1 Ebhani Blackwood	Bill Crothers SS	5.38m	1 Charlotte Prouse	London Central SS	9:51.25*	1 Tabitha Tremblay	ESC Algonquin	34.99m
2 Rachel Springer	St. Joseph Morrow Park	5.11m	2 Hannah Woodhouse	Georgian Bay SS	9:54.15	2 Madeline McCloskey	Essex District HS	34.83m
3 Brittany Stenekes	Parkside HS	5.05m	3 Claire Smith	Glebe CI	9:55.95	3 Samantha Buck	Orillia District CVI	34.47m
4 Holly Halltrap	St. Mary CHS	4.99m	4 Stephanie Ryall	Westdale SS	9:58.33	4 Ashley Pryke	Greenwood SS	34.05m
5 Kara Blair	Rideau DHS	4.90m	5 Chardae Henry	R.S. McLaughlin CVI	10:01.47	5 Dara Karakolis	Birchmount Park CI	32.33m
6 Lynton Lam	London Central SS	4.75m	6 Alison Head	Lorne Park SS	10:25.87	6 Keira Allen	Michael Power/St. Joseph	32.31m
<b>Triple Jump</b>			<b>80m Hurdles</b>			<b>WOMEN – SENIOR</b>		
1 Ebhani Blackwood	Bill Crothers SS	11.52m	1 Bella Efremenko	Cameron Heights CI	11.94	<b>100m</b>		
2 Katherine Herron	Bayside SS	11.25m	2 Alexandra Lee	St. Clement's School	12.07	1 Charifa Labarang	EST Omer-Deslauriers	11.93
3 Brianna Livingston	Sir Wilfrid Laurier CI	10.98m	3 Alanna Hendricks	Pickering HS	12.09	2 Rebecca Murray	Our Lady of the Lake	11.97
4 Julie Radford	Hon.W.C. Kennedy CI	10.75m	4 Jasmine Hur	St. General Amherst HS	12.15	3 Maya Stephens	St. Roch CSS	11.98
5 Keely Gibb	General Amherst HS	10.54m	5 K. Downey-Sparkes	David Suzuki SS	12.67	4 Laya Buchanan	Our Lady of Mt.Carmel	12.01
6 Lois Boateng	St. Joseph's SS	10.42m	6 Hailey Mckechnie	Earl of March SS	12.70	5 D'Andra Layne	L.B. Pearson CI	12.18
<b>Shot Put</b>			<b>300m Hurdles</b>			<b>200m</b>		
1 Ashley Chin	Dunbarton HS	10.41m	1 Nicole Skimming	Bill Crothers SS	43.61	1 Charifa Labarang	EST Omer-Deslauriers	24.56
2 Gabriel Warren	Brock HS, Cannington	10.19m	2 Bella Efremenko	Cameron Heights	43.86	2 Christian Brennan	St.Mary CSS	24.72
3 Hailey Wolfram	Regiopolis-Notre Dame	9.97m	3 Natassa McDonald	David Suzuki SS	44.84	3 Khadijah Valentine	Blessed Mother Teresa	24.72
4 Alexis Brenzil	Centennial SS	9.72m	4 Alexandra Lee	St. Clement's School	45.36	4 Rebecca Murray	Our Lady of the Lake	24.72
5 Alexis Hibbert	St. Marcelinus	9.62m	5 Hailey Mckechnie	Earl of March SS	46.10	5 D'Andra Layne	L.B. Pearson CI	25.10
6 Jessica Richards	Innisdale SS	9.52m	6 Robyn Gruninger	Sir Frederick Banting	47.03	6 Victoria Mcntyre	Ashbury College	12.21
<b>Discus</b>			<b>4 x 100m Relay</b>			<b>400m</b>		
1 Morgan Desjardins	ESC de Poin Court	32.86m	1 David Suzuki SS	48.34	1 Christian Brennan	St. Mary CSS	55.69	
2 VVanMassenhoven	Opeongo HS, Douglas	31.02m	2 Pickering HS	48.73	2 Micha Powell	Leaside HS	55.93	
3 Denise Balogh	Cardinal Carter CHS	30.15m	3 Bill Crothers SS	48.73	3 Sierra Wolfe	Essex DHS	56.82	
4 Ashley Chin	Dunbarton HS	29.04m	4 Birchmount Park CI	50.37	4 Alison Fraser	John FRoss,Guelph	56.83	
5 Rebecca Chouinard	St. Joseph's CHS	27.40m	5 Father John Redmond CSS	50.75	5 D.Julius-Williams	All Saints CSS	56.92	
6 Tasja Rhooms	St. Aloysius Gonzaga	25.93m	6 Lawrence Park CI	52.75	6 Cassandra Jones	Stephen Leacock CI	57.42	

# Championship Results

## 800m

1	Jaimie Phelan	St.Mary HS	2:11.20
2	Katelyn Ayers	Orillia DHS	2:12.06
3	Rebecca Wendt	Henry Street HS	2:12.17
4	Nicole Armstrong	Sydenham HS	2:12.91
5	Cozette Collin	Assumption College	2:13.32
6	Paige Nock	Courtree SS	2:13.83

## 1500m

1	Jaimie Phelan	St.Mary HS	4:22.03 *
2	Gabriela Stafford	Toronto French School	4:25.19
3	Rebecca Wendt	Henry Street HS	4:28.76
4	Olivia Robertson	Brookfield HS	4:31.56
5	Nicole Armstrong	Sydenham HS	4:33.09
6	Heather Petrick	Ridley College	4:33.70

## 3000m

1	Gabriela Stafford	Toronto French School	9:35.89
2	Rachel Faulds	Trenton HS, Trenton	9:46.75
3	Olivia Robertson	Brookfield HS	9:46.77
4	Natalia Hawthorn	Bracebridge MLSS, Bracebridge	9:53.08
5	Hilary Stafford	St. Thomas Aquinas	9:53.64
6	Heather Petrick	Ridley College	9:54.60

## 100m Hurdles

1	Nicole Setterington	Oakridge SS	13.77
2	Lexi Aitken	St. Anne's CSS, Clinton	13.79
3	Tia Thevenin	Pine Ridge SS	13.84
4	Juliana Puopolo	St.Elizabeth CHS, Thornhill	14.00
5	Alexandra Tierney	Sacred Heart HS, Stittsville	14.11
6	Erin Hodge	Innisdale SS	14.40

## 400m Hurdles

1	Yanique Bennett	Nantyr Shores SS, Innisfil	58.66
2	Lexi Aitken	St. Anne's CSS, Clinton	58.89
3	Alexandra Tierney	Sacred Heart HS, Stittsville	1:01.48
4	Cassidy Crowe	Northern CI &VS	1:01.83
5	Ivy Coulis	St. David CSS	1:02.97
6	Bridget Hayes	Mother Teresa HS	1:03.32

## 1500m Steeplechase

1	Renee Maisonneuve	ESC Theriault	4:57.06
2	Carlee Cassidy	St. Thomas Aquinas	4:59.77
3	Sarah Spottiswood	Montcalm SS	4:59.90
4	Jordyn Visscher	Woodland Christian HS	5:00.04
5	Emily Nowak	St. Joan of Arc, CSS	5:04.32
6	Alyssa Bolliger	Our Lady of Lourdes	5:04.43

## 4 x 100m Relay

1	L.B. Pearson CI	48.81
2	Brookfield HS	48.97
3	Essex HS	49.30
4	Our Lady of Mount Carmel SS	49.64
5	St. Edmund Champion CSS	49.71
6	Notre Dame CSS	49.78

## 4 x 400m Relay

1	St. Mary's HS	3:55.38
2	John F. Ross	3:56.53
3	Birchmount Park CI	3:56.60
4	Highland SS	4:00.16
5	Glebe CI	4:03.14
6	St. Christopher CSS	4:03.39

## High Jump

1	Maya Nuruzewicz	Fr.Michael Goetz	1.74m
2	Carolyn Adams	A.B. Lucas SS	1.68m
3	Alyssa Bickle	Woodstock CI, Woodstock	1.65m
4	Barbara Bitchoka	Merivale HS	1.60m
5	Ali Baker	Mother Teresa CSS	1.60m
6	Devyn MacKenzie	Abbey Park HS, Oakville	1.60m

## Pole Vault

1	Emma Li	Bill Crothers SS	3.70m
2	Jenna Kelsall	Eastview SS	3.50m
3	Jordan Boyle	Bill Crothers SS	3.10m
3	Emily Loebach	Sandwich SS	3.10m
5	Ashley Stoyanovich	St.Thomas Aquinas	3.10m
6	Kaitlyn Pretti	Sandwich SS	2.95m

## Long Jump

1	Celina Decarolis	Holy Trinity CHS, Simcoe	5.55m
2	Danielle Quinn	St. Christopher CSS	5.43m
3	Danica Sawicki	London South CI	5.40m
4	Jordan Bates	Richview CI	5.34m
5	Daijha Heron	Sindair SS	5.25m
6	Martina Pollack	Donald A. Wilson	5.18m

## Triple Jump

1	Danielle Quinn	St. Christopher CSS	12.13m
2	Angela Mercurio	St. Mary's HS	12.08m
3	Allie Weeks	Parry Sound HS	11.76m
4	Jordan Bates	Richview CI	11.70m
5	Brittany Graves	St. Joan of Arc CHS	11.60m
6	Clara Phillips	Brookfield HS	11.49m

## Shot Put

1	Obeng Marfo	Father Henry Carr CSS	13.26m
2	Ashley Connell	South Grenville DHS	13.18m
3	Brooke Hoxar	Lord Dorchester SS	12.76m
4	Leanna Garcia	St. Pius X CHS	12.25m
5	Brianna Quenneville	Belle River DHS	12.08m
6	Kayann Henry	Ascension of our Lord	11.76m

## Discus

1	Kelly Gribbons	Saugeen DSS	39.19m
2	Samantha Irwin	Elmvale DHS	37.06m
3	Brooke Hoxar	Lord Dorchester SS	35.09m
4	Katie Klatt	Fellowes HS	34.84m
5	Ashley Connell	South Grenville DHS	33.76m
6	Obeng Marfo	Father Henry Carr CSS	33.45m

## Javelin

1	B. Wilson-Bennett	Bill Crothers SS	46.40m
2	Victoria Smith	Belle River DHS	44.91m
3	Bailey Dell	Sandwich SS	41.38m
4	Jasmine Wilson	Elmira DSS	40.66m
5	Victoria Schoonings	A.N. Myer SS	40.63m
6	Kelly Gribbons	Saugeen DSS	39.15m



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**PHYSICAL & INTELLECTUAL CHALLENGED EVENTS**

**WOMEN – 100M – BLIND**

1	Alexis Askin-Hunter	Sarnia CI & TS	16.91
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**MEN – 100M – BLIND**

1	Adam McLeod	Lakeshore CHS	16.13
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**WOMEN – 800M – BLIND**

1	Meghan Mahon	O’Gorman HS	2:56.97
2	Christina DiMaria	Cardinal Carter CHS	3:20.42

**MEN – 800M – BLIND**

1	Adam McLeod	Lakeshore CHS	3:02.38
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**WOMEN – 200M – WHEELCHAIR**

1	Jeannie Rochon	ESC L’Horizon	1:17.82
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**WOMEN – 400M – WHEELCHAIR**

1	Jeannie Rochon	ESC L’Horizon	2:19.33
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**MEN – 400M – WHEELCHAIR**

1	Dylan Ritter	Marshall McLuhan CSS	1:27.99
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**WOMEN – 100M – AMBULATORY**

1	Sara Albers	St. Thomas Aquinas	16.20
2	M. Wilson-Walker	Lord Dorchester SS	16.55

**MEN – 100M – AMBULATORY**

1	Cody Salomons	London Christian SS	13.27
2	Jay Mistry	Castlebrooke SS	15.37
3	Austin McLaren	Saugeen DSS	15.71
4	Dylan Eisnor	North Lambton SS	16.29
5	Devon Newell	Central Huron SS	17.25
6	Jason Robert	Chaminade College	17.36

**WOMEN – 800M – AMBULATORY**

1	Julianne Miskz	St. Michael CHS	3:10.06
2	Amen Ehi	St. Michael CHS 4:02.95	
3	Isabelle Charron	St. Peter’s SS	4:20.71

**MEN – 800M – AMBULATORY**

1	Dylan Eisnor	North Lambton SS, ForeSt.	2:57.08
2	Jay Mistry	Castlebrooke SS	3:38.76

**WOMEN – 100M - INTELLECTUAL**

1	Alicia Tustin	Fellowes HS	14.65
2	Talin Najarian	Governor Simcoe SS	16.05
3	Shirley Hughes	Sydenham HS	16.36
4	Julianne Miskz	St. Michael CHS	16.87
5	Chloe Davies	Woodroffe HS	16.88
6	Emma Colpitts	Fellowes HS	16.89

**MEN – 100M - INTELLECTUAL**

1	Peter Snider	Waterloo CI	11.98
2	Eddie Nicks	St. Augustine SS	12.33
3	Brandon Meredith	Moir SS	12.74
4	Garrett Thompson	Sydenham HS	13.44
5	Jesse Stewart	Northern CI & VS	13.57
6	Thomas Wood	Assumption College CHS	13.73

**MEN – MIDGET**

**100m**

1	Aiden Victor	Sindair SS	11.17
2	Kurdell Reason	All Saints CSS	11.24
3	Rojae Rowe	St. Joseph’s CHS	11.30
4	Muhindo Muhima	Woodroffe HS	11.35
5	Dorbor Kollie	Longfields-Davidson Hts	11.40
6	Marco Dos Santos	Bishop Marrocco /Merton	11.47

**200m**

1	Rojae Rowe	St. Joseph’s CHS	23.50
2	Tre McCalla	Agincourt CI	23.55
3	Kurdell Reason	All Saints CSS	23.66
4	Dorbor Kollie	Longfields-Davidson Hts	23.68
5	Jesse Hamblett	David Suzuki SS	23.71
6	Muhindo Muhima	Woodroffe HS	23.96

**400m**

1	Alexander Bimm	St. Michael’s College	51.27
2	Michael Petersen	Malvern CI	51.66
3	Cody Pauli	Mitchell District HS	51.84
4	Ezana Wossen	Marshall McLuhan CSS	51.97
5	Austin White	St.Michael’s CHS	52.17
6	Liam Wilson	Orangeville DSS	52.18

**800m**

1	Edward Hayfron	Birchmount Park CI	1:58.19
2	Graeme Fisher	Vincent Massey SS	1:58.59
3	Owen Day	Holy Trinity CHS	1:58.68
4	Sandy Freeland	Bluevale CI	2:00.23
5	Alexander Bimm	St. Michael’s College	2:02.28
6	Ian MacKinnon	Westdale SS	2:03.58

**1500m**

1	Edward Hayfron	Birchmount Park CI	4:03.40
2	Owen Day	Holy Trinity CHS	4:03.82
3	Quinn Cannella	Chatham-Kent SS	4:05.10
4	Ian MacKinnon	Westdale SS	4:06.87
5	Millar Coveney	Sir W. Churchill SS	4:07.08
6	Riley Tell	Fr.Leo J. Austin CSS	4:07.36

**3000m**

1	Riley Tell	Fr. Leo J. Austin CSS	8:58.52
2	Josh McGillivray	Leaside HS	9:00.08
3	Cameron Lincott	Kingston CVI	9:00.95
4	Quinn Cannella	Chatham-Kent SS	9:01.89
5	Alexander Montesano	St. Theresa of Lisieux	9:10.06
6	Michael Cocca	Guelph CVI	9:15.61

**100m Hurdles**

1	Philip Di Vizio	W.L.Mackenzie CI	14.22
2	Nyal Higgins	Sindair SS	14.27
3	Joey Daniels	Cameron Heights	14.29
4	Will Morgan	Malvern CI	14.52
5	Jamie Kusi-Acquah	St. Marcellinus	14.61
6	Felix Marchand	Chatham-Kent SS	14.86

**300m Hurdles**

1	Cody Pauli	Mitchell DHS	40.56
2	Clayton Jeffrey	Upper Canada College	41.28
3	Stephan Adams	Lawrence Park CI	41.91
4	Philip Di Vizio	W.L. Mackenzie CI	42.32
5	Felix Marchand	Chatham-Kent SS	42.36
6	David Collins	Tecumseh Vista Acad	42.59

**4 x 100m Relay**

1	ESP Louis Riel, Gloucester	45.25
2	Michael Power/St.Joseph	45.56
3	Sindair SS	46.36
4	A.N. Myer SS	46.38
5	Coburg DCI West	46.89
6	St.Edmund Campion CSS	49.32

**High Jump**

1	Joseph Mordaca	A.N. Myer SS	1.86m
2	Mike Sylvester	St. Roch CSS	1.83m
3	Tyler Grummett	E.L. Crossley SS	1.80m
4	James Proulx	St.Theresa’s CHS	1.75m
4	Taye Williams	Sindair SS	1.75m
6	Sebastian Smith	Northern CI & VS	1.70m

**Pole Vault**

1	Nick Christopher	St. Thomas Aquinas	3.05m
2	Tyler Grummett	E.L. Crossley SS	2.85m
3	Christopher Wahl	Jacob Hespeler SS	2.85m
4	Sam Knechtel	Stratford NW SS	2.70m
5	Noah Serre	College Notre - Dame	2.70m
6	Sam Cowan	Thousand Islands SS	2.55m

**Long Jump**

1	Sebastian Smith	Northern CI & VS	6.24m
2	Jevante Stanley	St.Thomas Aquinas	6.17m
3	Joseph Mordaca	A.N. Myer SS	5.96m
4	Dajae Montaque	York Memorial CI	5.95m
5	Taye Williams	Sindair SS	5.88m
6	Marcus Cooper	Holy Names CHS	5.88m

**Triple Jump**

1	Sebastian Smith	Northern CI & VS	12.78m
2	Lucky Osuigwe	Eastern Commerce CI	12.74m
3	Julian Walker	Innisdale SS	12.70m
4	Mohammed Syed	L’Amoreux CI	12.59m
5	James Tyler	North Lambton SS	12.39m
6	Brett Jeanson	W.C. Eaket SS	12.33m

**Shot Put**

1	Jackson Savery	Stouffville DSS	15.88m
2	Tanner Horgan	Lockerby Composite SS	15.04m
3	Ethan Carleton	ESC L’Essor, Tecumseh	14.49m
4	Michael Pezzetta	De La Salle College	14.28m
5	Danny Nguyen	Westview Centennial SS	14.11m
6	Erik Ferreira	Marshall McLuhan CSS	13.98m

**Discus**

1	Jackson Savery	Stouffville DSS	47.20m
2	Cole Candella	St. Marcellinus SS	47.15m
3	Tom Nedow	Thousand Islands SS	46.17m
4	Patrick Ryall	Elmwale DHS	44.81m
5	Jarrett Litalien	Korah CVS	44.66m
6	Ben Drummond	Bluevale CI	43.46m

**Javelin**

1	Fletcher Smith	Belle River DHS	50.50m
2	Govyn McCabe	Superior Hts C & VS	45.89m
3	Zach Piazza	Port Colborne HS	45.02m
4	Brad Thibert	Belle River DHS	43.50m
5	Andrew Snowden	Penetanguishene SS	42.45m
6	Jacob MacLean	O’Neill CVI	42.40m

**MEN – JUNIOR**

<b>100m</b>	1 Malik Ugwuala	Michael Power/St.Joseph	10.85
	2 Aaron Hector	Father Henry Carr	10.91
	3 Cole Norton	Prince Edward CI	10.93
	4 Sherman Paul	St. Paul CHS	11.04
	5 Daiten Rhone	Donald A. Wilson SS	11.17
	6 Chad Elliot	St. Mary CSS	11.28

**200m**

1	Aaron Hector	Father Henry Carr	22.72
2	Cole Norton	Prince Edward CI	22.80
3	Logan Riley	All Saints CSS	22.95
4	Ishan Anderson	Silverthorn CI	23.12
5	Liam Smith	Thousand Islands SS	23.18
6	Nathan Egert	Nelson HS, Burlington	23.49

**400m**

1	Davis Edward	Oakridge SS	49.48
2	Robert Heppenstall	St.Thomas More CSS	49.74
3	Chris Miller	Donald A. Wilson SS	49.93
4	Ildemaro Ponnambalam	St. David CSS	50.82
5	Logan Riley	All Saints CSS	50.92
6	Ishan Anderson	Silverthorn CI	51.03

**800m**

1	Robert Heppenstall	St. Thomas More CSS	1:54.86
2	Max Serviss	General Panet HS	1:56.27
3	Mark Patton	Centre Wellington DHS	1:57.63
4	Phoenix Tashlin-Clifford	Northern SS	1:58.12
5	Natan Muacasso-Shour	Albert Campbell CI	1:58.80
6	Kyle Denomme	Riverside SS	1:59.03

**1500m**

1	Muhumed Sirage	Montcalm SS	3:58.30
2	Braydon Rennie	Erindale SS	3:58.50
3	Max Serviss	General Panet HS	4:01.28
4	Josh Kellier	Chatham-Kent SS	4:03.35
5	Sergio Raez-Villanueva	John Cabot CSS	4:03.40
6	Ben Workman	Kingston CVI	4:04.47

**3000m**

1	Muhumed Sirage	Montcalm SS	8:42.40
2	Braydon Rennie	Erindale SS	8:42.48
3	Ben Workman	Kingston CVI	8:45.82
4	Sergio Raez-Villanueva	John Cabot CSS	8:47.28
5	Jared RueSt.	Georgian Bay SS	8:47.80
6	Josh Kellier	Chatham- Kent SS	8:50.64

# Championship Results

## 100m Hurdles

1	Geoffrey Lawson	Osgoode Township HS	13.54
2	TAbrahams-Webster	Pickering HS	13.62
3	Alec Pichelli	Sacred Heart CHS	13.83
4	Kyle Stevens	Riverdale CI	14.22
5	Jamar Redhead	Villanova College	14.25
6	Ryan Ebbers	St. Theresa CSS	14.45

## 300m Hurdles

1	Davis Edward	Oakridge SS	38.21*
2	Chris Miller	Donald A. Wilson SS	38.56
3	Ildemaro Ponnambalam	St. David CSS	39.85
4	Kyle Stevens	Riverdale CI	40.61
5	Stephen McEwen	Maranatha Christian	40.65
6	Conner McRobbie	Sacred Heart CHS	41.03

## 4 x 100m Relay

1	Holy Names CHS	44.01
2	All Saints CSS	44.08
3	Thousand Islands SS	44.14
4	Bill Crothers SS	44.36
5	Northern CI & VS	44.61
6	Pickering HS	44.68

## High Jump

1	Niles Crews	Northern CI & VS	1.86m
2	Justin McKague	EE. Madill SS	1.86m
3	Joe Wilson	Penetanguishene SS	1.80m
4	Nathaniel Mechler	Elmira DSS	1.80m
5	Cole Montgomery	E.L. Crossley SS	1.75m
5	David Cox	Sharbot Lake HS	1.75m
5	Jordan Grannum	West Hill CI	1.75m

## Pole Vault

1	Joel Mueller	Ridgeway-Crystal BHS	4.20m
2	Brad Gyemi	St.Anne CHS, Lakeshore	3.60m
3	Ross Benn	St. Maximilian Kolbe CHS	3.50m
4	Thomas Weigl	Jacob Hespeler SS	3.50m
5	Jamie McNaughton	Carleton Place	3.35m
6	Philip Miller	Lockerby Composite SS	3.35m

## Long Jump

1	Chad Elliot	St. Mary CSS	6.40m
2	Joe Wilson	Penetanguishene SS	6.36m
3	Josh Liang	Dr. Norman Bethune	6.32m
4	Zach Lakeit	Dunbarton HS	6.27m
5	Andrew Stewart	St. Augustine SS	6.25m
6	Scott Billings	London Central SS	6.12m

## Triple Jump

1	Scott Billings	London Central SS	13.34m
2	Twanell Bell	Denis Morris HS	13.12m
3	Arizona Iiodigwe	Brother Andre CHS	13.08m
4	Jaquan Selman	Denis Morris HS	13.05m
5	Jamison Buck	Collingwood CI	12.98m
6	Kadre Gray	Eastern Commerce CI	12.95m

## Shot Put

1	Nohah Ralph	Parkside CI	17.38m
2	Mathew Rosati	Chaminade College	16.68m
3	Henry Easton	Sir Frederick Banting	15.65m
4	Mathew Del Bove	W.L. MacKenzie CI	15.49m
5	Aleks Rapp	Christ the King SS	15.38m
6	Chris Po	St. Centre Hastings HS	15.28m

## Discus

1	Nohah Ralph	Parkside CI	49.29m
2	Lucas Clattenburg	Port Colborne HS	48.16m
3	Drew Desjarlais	Belle River DHS	45.75m
4	Aleks Rapp	Christ the King SS	44.83m
5	Kaden Shearer	St. Theresa's CHS	44.82m
6	Luca Martin	Bishop Allen Academy	42.02m

## Javelin

1	Simon Folkers	Smithville Christ HS	52.41m
2	Colton Powlev	Northern SS	52.15m
3	Mathew Zilke	Woodstock CI	51.04m
4	Ben Cross	Frontenac SS	50.54m
5	Noah Ralph	Parkside CI	50.21m
6	Jacob Turk	St. Thomas Aquinas	49.46m

## MEN- SENIOR

### 100m

1	Andre Ford-Azonwanna	Cardinal McGuigan CHS	10.43
2	Bolade Ajomale	Alexander MacKenzie HS	10.51
3	Deion Barker	St. Marcellinus CHS	10.60
4	Nichaola Palomino	Dr. G.W. Williams SS	10.73
5	Theshawn Barry	Sir John A. MacDonald	10.77
6	Jacob Plunkett	Arnprior DHS	11.07

### 200m

1.	Bolade Ajomale	Alexander MacKenzie HS	21.71
2	Wade Embury	Sydenham HS	22.07
3	Dillando Alletay	Paul Dwyer CHS	22.15
4	Cameron Nurse	Michael Power/St.Joseph's	22.17
5	Jaiden Brown	Pine Ridge SS	22.30
6	Lucas Fallaise	Centennial SS	22.74

### 400m

1	Joshua Cunningham	Brother Andre CHS	47.78
2	Rayshaun Franklin	Stephen Leacock CI	48.05
3	Wade Embury	Sydenham HS	48.12
4	Neinkel Paljola	Forest Heights CI	48.39
5	Graeme Thompson	St. Mary CSS	48.51
6	Jermain Stephenson	St. James CHS	48.53

### 800m

1	Scott Buttinger	Resurrection CSS	1:51.20
2	Liam Smith	Highland SS	1:51.76
3	Elijah Silva	Brebeuf College	1:52.17
4	Matthew Viveiros	Michael Power	1:52.50
5	Tommy Land	Holy Trinity CHS	1:52.88
6	Riley Malcolm	North Park CVS	1:53.19

### 1500m

1.	Elijah Silva	Brebeuf College	3:52.38
2	Alex Freemantle	Sacred Heart CHS	3:52.78
3	Scott Buttinger	Resurrection CSS	3:53.37
4	Troy Smith	Grimsby SS	3:53.43
5	Ben Flanagan	St. Mary's HS	3:53.99
6	Nick Holden	Quinte SS	3:54.74

### 3000m

1	Brandon Allen	General Amherst HS	8:14.33
2	Ben Flanagan	St. Mary's HS	8:17.31
3	Ryan Sleiman	Kingsville DHS	8:17.85
4	Troy Smith	Grimsby SS	8:18.92
5	Justyn Knight	St. Michael's College	8:19.48
6	Jeremy Coughler	Port Hope HS	8:23.68

### 110m Hurdles

1	Chris Green	Cameron Heights CI	13.47
2	Jordan Sherwood	Cameron Heights CI	14.19
3	Jacob Plunkett	Arnprior DHS	14.29
4	Andrew MacAuley	Arnprior DHS	14.31
5	Mathew Anane	Pickering HS	14.34
6	Mike Giorgi	Lambton Central CVI	14.44

### 400m Hurdles

1	Chris Green	Cameron Heights CI	53.20
2	Jared Kerr	St. Edmund Campion CSS	53.78
3	Daniel Brady	Greenwood College	54.11
4	Khalil Parris	Sandwich SS	54.88
5	Jordan Sherwood	Cameron Heights CI	54.98
6	Justin Cameron	Arnprior DHS	55.38

### 2000m Steeplechase

1	Jeremy Coughler	Port Hope HS	5:38.87
2	Brandon Allen	General Amherst HS	5:45.53
3	Graham Hansel	West Ferris SS	5:50.26
4	Ben Preisner	Dunlop P.F. Reding SS	5:57.30
5	Brandon Kirkup	Dunbarton HS	6:02.02
6	Isaac Dobos	R.S. McLaughlin CVI	6:02.59

### 4 x 100m Relay

1	Cameron Heights CI	42.41
2	Northern CI & VS	42.81
3	W.F. Herman SS	43.15
4	Pickering HS	43.21
5	Upper Canada College	43.34
6	Catholic Central HS	43.50

### 4 x 400m Relay

1	Cameron Heights CI	3:19.32
2	Sydenham HS	3:20.01
3	Pickering HS	3:22.27
4	St. Michael's College	3:22.80
5	Northern CI & VS	3:23.71
6	Sandwich SS	3:24.18

## High Jump

1	Locky Butcher	London Central SS	2.00m
2	Paul Galas	Our Lady of Mt.Carmel	1.95m
3	Leaugen Fray	Trenton HS, Trenton	1.95m
3	Hans Lafleur	ESC Franco-Gite	1.95m
5	J.T. Hunt	St. Michael CHS	1.95m
6	Daniel Linardic	Cardinal Leger SS	1.95m

## Pole Vault

1	Zack Kerr	Hillcrest HS	4.55m
2	Connor Young	Saunders SS	4.20m
3	Eric Cowan	Thousand Islands SS	4.20m
4	Brian Choja	Oakridge SS	4.05m
5	Mark Syptak	Silverthorn CI	4.05m
5	Luke Dailleboust.FE	Madill SS	4.05m

## Long Jump

1	Riley Bell	Central Elgin CI	7.08m
2	Luke Dailleboust.FE	Madill SS	6.76m
3	Brandyn Leitert	Erin DHS, Erin	6.75m
4	Riley Flanagan	St. Mary's HS	6.61m
5	Amir Robinson	St. Joseph SS	6.50m
6	Joey Zhou	Dr. Norman Bethune	6.47m

## Triple Jump

1	Braden Cok	Sir John A. Macdonald SS	14.47m
2	Riley Bell	Central Elgin CI	14.24m
3	Shemar Hines	Bur Oak SS	14.22m
4	Jared Kerr	St. Edmund Campion	14.22m
5	Leaugen Fray	Trenton HS, Trenton	14.11m
6	Bryson Patterson	John McCrea SS	14.01m

## Shot Put

1	Daniel Polinski	Philip Pocock SS	19.07m
2	Eli Pawliw	Nelson HS, Burlington	17.78m
3	Brett Boersma	Northern CI & VS	16.35m
4	Peter Nikolovski	Malvern VCI	16.23m
5	John Kryszkowski	Port Credit SS	16.06m
6	Sasha Dajia	St. Maximilian Kolbe CHS	15.71m

## Discus

1	Daniel Polinski	Philip Pocock SS	53.46m
2	Zach Karoll	Governor Simcoe SS	51.03m
3	Peter Nikolovski	Malvern CI	51.01m
4	Andrew Vermette	Assumption College CHS	47.82m
5	Charles Nguyen	St. Joseph's CHS	45.97m
6	Trevor Greenwood	Clarke HS, Newcastle	44.98m

## Javelin

1	William Christodoulou	Crescent School	56.47m
2	John Kryszkowski	Port Credit SS	55.70m
3	Josh Shepley	Belle River DHS	53.46m
4	Kellen Ledair	E.J. Brennan CHS	53.18m
5	Jay Dearborn	Sydenham HS	51.25m
6	Scott Campbell	Lambton Central CVI	49.00m

## TEAM SCORES MIDGET GIRLS

1	Bill Crothers SS	48
2	St. Roch CSS	30
3	St.Joseph's Morrow Park	24
4	London Central SS	23
4	Medway HS, Arva	23
6	Malvern CI	22

## JUNIOR GIRLS

1.	David Suzuki SS	36
2	Bill Crothers SS	33
3	Eastdale CVI	30
4	Pickering HS	26
5	Birchmount Park CI	22
6	La Salle SS	18
6	London Central SS	18
6	E.L. Crossley SS	18
6	Cameron Heights CI	18

**SENIOR GIRLS**

1	St. Mary's HS	38
2	Bill Crothers SS	27.5
3	Brookfield HS	22
4	St. Christopher CSS	21
5	ESP Omer-Deslauriers	20
6	Toronto French School	18
6	St. Mary CSS	18
6	L.B. Pearson CI	18

**MIDGET BOYS**

1	Sindair SS	32
2	Northern CI & VS	23
3	A.N. Myer SS	21
4	Strouffville DSS	20
4	Birchmount Park CI	20
6	Chatham-Kent SS	18

**JUNIOR BOYS**

1	Parkside CI	24
2	Oakridge SS	20
2	Montcalm SS	20
4	Father Henry Carr	18
4	St. Thomas More CSS	18
4	Donald A. Wilson	18
4	All Saints CSS	18

**SENIOR BOYS**

1	Cameron Heights CI	52
2	Sydenham HS	26
3	Philip Pocock SS	20
4	Alexander MacKenzie HS, Richmond Hill	18
4	Central Elgin CI	18
4	General Amherst HS	18
4	Northern CI & VS	18

**OVERALL GIRLS**

1	Bill Crothers SS	108.5
2	St. Roch CSS	42
3	London Central SS	41
4	St. Mary HS	38
5	David Suzuki SS	36
6	St. Michael CHS	35

**OVERALL BOYS**

1	Cameron Heights CI	59
2	Northern CI & VS	59
3	Thousand Islands SS	34
4	Sindair SS	32.5
5	All Saints CSS	32
6	Pickering HS	31
6	Sydenham HS	31



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