

The

Bulletin

2016 -2017 OFSAA
Championship
Calendar

Character Athlete
Award Winners

Support for High
School Athletics



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

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LE SPORT SCOLAIRE UN ENTRAÎNEMENT POUR LA VIE

Ontario Federation of School Athletic Associations

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

A Word from Donna Howard, OFSSA Executive Director



A few months ago, the Ontario Government released their action plan for amateur sport titled "Game On". Inspired by the Pan Am/Parapan Am Games, the objective is for youth to have a best-in-class amateur sport system from playground to podium. OFSSA does much more than provide Provincial championships.

"Game On" highlights three priorities; Participation, Development and Excellence. OFSSA is able to connect with all three areas in the following way:

Participation – Addressing the gender gap in participation rates, OFSSA offers an equal distribution of sports for both male and female students. We have a gender equity committee and provide the "Women's Sport School" Conference, for female teacher/coaches. Students from low income families are provided with financial assistance to participate in high school sport through OFSSA's partnership with Kidsport Ontario. Our para athletes are offered the opportunity to participate at OFSSA championships in a number of sports. Sport safety and managing risk is always paramount in OFSSA's work. We are working closely with other stakeholders to ensure our coaches receive the most effective and accessible training possible.

Development – Through OFSSA's championships, both coaches and officials are able to gain provincial experience and training in their role. OFSSA relies very heavily on volunteers to ensure sport through education is delivered successfully. Volunteers are one of the most important resources that OFSSA has.

Excellence – OFSSA's championships are hosted by communities across the province. These events can bring schools and students together, create lasting partnerships and produce economic and social benefits.

OFSSA does an excellent job in reaching all the areas of the Ontario Government's "Game On" Sport Plan. We continue to move forward with our vision in which OFSSA will be a leader in the holistic development of students.



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RUGBY WORLD CUP 2015 ENGLAND

GILBERT

CREATED₂PERFORM

Photo by Jamie McDonald

Age Classifications for the 2016-17 School Year

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

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

How old was the student on January 1, 2016?

Years of eligibility

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

2016-17 Transfer Appeal Meeting Dates

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

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

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



OFSAA Social Spotlight

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



facebook.com/OFSAA



twitter.com/OFSAA



instagram.com/OFSAAGRAM



youtube.com/OFSAAvids

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

@OFSAASnow

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@OFSAABoyHockey

@OFSAAGirlHockey

@OFSAABoySoccer

@OFSAAGirlSoccer

@OFSAARugby

@OFSAASwimming

@OFSAATennis

@OFSAATrack

@OFSAAVBall

@OFSAAWrestling

Please Support OFSAA's School Sport Sponsors

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

Badminton

Yonex

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



Black Knight

- Official badminton eyewear provider of OFSAA



Football

Spalding

- J5V Silver, Official football of OFSAA



Basketball

Spalding

- TF-1000 Legacy, Official basketball of OFSAA



Volleyball

Baden

- Baden Perfection 15-0, Official volleyball of OFSAA



Rugby

Monilex

- Official supplier of Gilbert rugby balls to high schools



Soccer

Molten

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



Accommodations

Westmont Hospitality Group

- Official hotel partner of OFSAA



Cross Country and Track and Field

Nike

- Official sponsor



Character Athlete Award

Jostens

- Official sponsor



Shot Clock

Scoreboard Man/ NEVCO

- Official Shot Clock of OFSAA



Into the Sunset...

We took time at our April AGM to recognize our volunteers who were leaving their posts as association reps and valuable members of OFSAA:

- Laura Aubertin is leaving after 11 years as the NOSSA representative
- Gord Martin is leaving after six years as the NWOSSAA representative
- Kris Koskela is leaving after four years as the NEOAA representative
- Peter Kalbfleisch is leaving after three years as the GBSSA representative
- Julia McCreadie is leaving after three years as the GBSSA representative



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OFSAA THREE-YEAR CALENDAR – NEW POLICY

The Federation office shall, in consultation with the chairpersons of Representatives' Council and Executive Council, be responsible for maintaining a Three-Year Calendar. It shall list the Associations that are hosting OFSAA championships/festivals in the following three school years. It shall be presented at the AGM.

PROCEDURE

- At each April AGM, bids are received from Association Reps to host championships/festivals that will occur during the third year on the Calendar. No bids are taken prior to these meetings.
- If more than one Association bids for a championship/festival, then presentations are made by Association Reps at the November meetings of the C.G.A., C.B.A., and Representatives Council two years prior to the event. Members vote to decide the host Association.
- Any other time during the three year period, when firm bids are received from an Association, the OFSAA Executive Council will vote to decide who will host the event. Bids will be accepted until noon the day prior to the next scheduled Executive Council meeting.
- The Federation office shall notify member associations with an updated three-year calendar after each Executive Council meeting.

The following criteria will be considered by the OFSAA Executive Council when voting takes place:

- General Information - Convenor named, championship/festival application form submitted, including a preparatory budget and all requirements for a bid.
- OFSAA Championship Calendar - avoid overloading one Association in one season or year, spread events throughout the province.
- Previous Hosting of the Same Event - schools applying to host an event for the first time should be given priority if their bids are sound, priority given to those Associations who have not hosted the event for an extended period of time and overall success of a championship/festival if previously hosted.

OFSAA-sanctioned Invitational Events

Planning on hosting a Tournament or Meet, or attending Invitational Events outside the province – make sure you follow the proper process ...

You MUST obtain OFSAA sanction for:

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

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

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

The Process: ** IMPORTANT CHANGES

- All forms for requesting OFSAA sanction are on the OFSAA website (ofsaa.on.ca) **and can now be completed and submitted ON-LINE.**
- Forms requesting participation in out-of-province events are to be completed and submitted **ON-LINE.**
- Forms to host invitational events can also be completed **ON-LINE.** 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 the Sanctions Coordinator.
- Application for OFSAA sanction must be received at least 30 days prior to the start of the event.
- Hosts must indicate in their promotional mailing that the event is 'OFSAA-sanctioned'. The OFSAA logo or the terms 'Ontario', 'Championship' or 'OFSAA event' may not be used in any connection with the invitational event.
- Applications for sanction to attend out-of-province events come directly to OFSAA.

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

At Sanctioned events:

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

Sanctioned Invitational High School Events 2016-17

HOCKEY

Lady Crusader Girls' Tournament

December 6-7, 2016

Wendy Glover/Mike Chaney, Catholic Central H.S.

London, Ontario

Phone: 519-675-431

Emails: wglover@ioffice.ldcsb.on.ca

mike.chaney@rogers.com

Crusader Cup Christmas Extravaganza Boys' Tournament

December 15-17, 2016

Wendy Glover/Mike Chaney, Catholic Central H.S.

London, Ontario

Phone: 519-675-431

Emails: wglover@ioffice.ldcsb.on.ca

mike.chaney@rogers.com

Varsity Boys' Gator Invitational Hockey Tournament

Wed-Thurs, Jan. 11-12, 2017

Stephen Sim, Lakeshore Catholic HS

Port Colborne

Phone: 905-835-2451

Email: Stephen.sim@ncdsb.com

Junior Boys' Gator Invitational Hockey Tournament

Tues-Wed, March 28-29, 2017

Stephen Sim, Lakeshore Catholic HS

Port Colborne

Phone: 905-835-2451

Email: Stephen.sim@ncdsb.com

Junior Crusader Boys' Tournament

March 23, 2017

Wendy Glover/Mike Chaney, Catholic Central H.S.

London, Ontario

Phone: 519-675-431

Emails: wglover@ioffice.ldcsb.on.ca

mike.chaney@rogers.com

Junior Crusader Girls' Tournament

March 23, 2017

Wendy Glover/Mike Chaney, Catholic Central H.S.

London, Ontario

Phone: 519-675-431

Emails: wglover@ioffice.ldcsb.on.ca

mike.chaney@rogers.com

CORRECTION NOTICE

The Fall 2015 Bulletin unfortunately printed 2014 results for the 3K Para Mixed cross-country race instead of those from the 2015 Championship. OFSAA regrets the error. Congratulations are due to:

1. Nicholas Neri - Cardinal Leger, Brampton
2. Michael Hollis - St. Thomas Aquinas, London
3. Jacob Balan - St. Marcellinus, Mississauga
4. Zack Gingras - Bill Crothers SS, Unionville
5. Charles Addley - Westminster SS, London
6. Owen Konkle - Beamsville DSS, Beamsville

TRYday **funding available for the 2016-17 School Year!**

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

WHO IS ELIGIBLE?

- 130 publicly-funded secondary schools



BEFORE YOU APPLY . . .

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

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

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



APPLY NOW!

Fill out the Try Day application on the OFSAA website ([ofsa.on.ca/Programs/Try Day](http://ofsa.on.ca/Programs/Try_Day)) and **SUBMIT ONLINE.**

Funds will be allocated on a first-come, first-served basis, provided that the request fits the parameters of the program.

Your school will receive their acceptance for funding by email within 2 weeks of receipt of the application.

Direct any questions to: Diana Ranken, 'Try Day' Program Coordinator (diana@ofsa.on.ca)

ESC Theriault Takes on the World

By Benjamin Aubé, Timmins Press | abridged from story originally published April 28, 2016

OFSAA along with our Cross Country sponsor Nike is proud of the accomplishment of the Theriault girls' team who ran halfway around the world and represented their country, their province, and their school with pride.



Proving once again what many already knew, the Thériault Flammes showed they are among the best on the planet at the 2016 ISF Cross-Country World Schools Championship in Budapest.

The Team Canada representatives took a ninth-place finish out of 24 teams competing in the 3.6 km event, led by Maxine Dupuis' personal best time of 12:11, good for 30th overall among 139 of the best runners from around the world.

"It was amazing," said Dupuis, back at school Thursday with her teammates for the first time since leaving Timmins early last week. "The experience was incredible, the team performed great, and it was all really fun."

Finishing just five seconds behind Dupuis at 34th overall was fellow Grade 9 runner Kristen Kornell, who clocked in at 12:16.

Alexa Béland took 47th overall with her time of 12:41, while Meghan Boileau seized 56th with a time of 12:48, and Maia Kvas allowed the Flammes to secure the school's first-ever Top 10 finish with a 73rd-place finish in 13:14.

Also back at school for the first time on Thursday, Kvas admitted she was still in the middle of adjusting to life back on home soil.

"It's hard when you're waking up at like five in the morning," she said with a laugh. "It was amazing, just meeting different people from different countries, being able to run the race with these amazing people, and visiting the beautiful city of Budapest with these people was even better."

...

Also making the voyage were longtime Thériault cross-country coaches, Joel Ruel and Carmen Lefort.

Ruel still recalls the two 12th place finishes by the teams Thériault sent to the World Schools Championship in 2000 and 2008. The 2016 version proved to be the best of them all.

"The girls really surpassed our expectations," said Ruel. "We wanted to improve on our performances in past years, and that's just what they did. With the training they did, with the 5 km race they ran in Hamilton (at the 122nd Around the Bay in early April), we knew they were in great shape and we were hoping for the Top 10 finish, which they ended up getting."

The Timmins-based Canada squad shared living quarters with teams from Algeria and Slovakia — although Ruel said that partying well into the night seemed more of an interest to the latter two, compared to the Flammes who did their best to get a good night's sleep.

It's just one example of the consummate professionalism consistently shown by cross-country athletes from Thériault, as well as from other schools in the Timmins area.

The proof continues to be in the results.

"The six girls were excellent ambassadors, whether it was for the school, for the city or for the country," said Ruel. "They were very polite, they'd go out of their ways to talk to as many people as they could, so it was great in that sense."

All five Thériault runners scored personal bests on the biggest stage of their careers, but that was just one portion of what they lived throughout the week-long trip.

...

"We got really close, especially going overseas together, we were constantly with each other. We just melded so well. We were a really good group of girls, and even with the ninth graders, I've never been so close to ninth graders before," said Kvas with a smile. "We really became a family."

Ruel explained that any school can request to take part in the event subject to approval, though only the best of the best tend to do so.

"We'd really like to thank the community and the sponsors who supported us and allowed the girls — and even us coaches — to live an incredible experience we won't forget," said Ruel. "We're very lucky to have so much support."



2016 Women's Sport School

Thank you to all of the delegates that attended the 2016 Women's Sport School. It was a great conference filled with informative sessions, networking, socializing and fun! Professional development opportunities such as these are vital for teachers and teacher-coaches and we were happy to provide the forum for professional growth and development. We believe that giving women an opportunity to learn, network and socialize together is so important and helps to continue to foster development of our female student-athletes.

A number of sessions were offered on a variety of exciting topics including; Extra-Ordinary Games, Tabata, Kin-Ball, Ideas for your Fitness Classes, New Technology in Phys. Ed., Pickleball, Inclusion of Students with Special Needs and Bonding Through Bootcamp.

Some of the highlights of the conference were:

Tradeshow and Social:

Delegates interacted with vendors and enjoyed a delicious meal and prizes. After the Tradeshow was over, attendees danced the night away to music selected by DJ Stevie B who awarded prizes for fun team-work games throughout the night. It was a great night for all!

Keynote:

Delegates were treated to Nina Spencer, an in-demand keynote speaker with 20+ years of expertise. The Canadian bestselling author of *Getting Passion out of Your Profession: How to keep loving your living come what may*, Nina offered delegates tips and techniques for heightening their passion for teaching and coaching sport.

Amazing Race:

New this year we offered the "Amazing Race" team building exercise that gave attendees a better chance to get to know each other and interact! Tasks were simple to complete and helped delegates to interact during their sessions, meals and breaks.



2017 North American Indigenous Games

2017 North American Indigenous Games

Are you a student of North American Indigenous descent and will be between the ages of 13-18 in 2017? Are you an athlete who is looking for the next big stage to compete on after OFSAA? The North American Indigenous Games (NAIG) are coming to Toronto in 2017 and are a fantastic opportunity to compete while building lifelong friendships and celebrating indigenous cultures.

The Aboriginal Sport and Wellness Council of Ontario (ASWCO) will be selecting athletes to compete for Aboriginal Team Ontario (ATO) in anticipation of the Games. If you think this is an opportunity that sounds perfect for you please refer to www.aswco.ca for further information regarding tryouts locations and times!

Please note: all participants in NAIG must have documentation showing their ancestry as well as their participation as a full time student.

OFSAA Hockey hosts make Cinderella run

by Jim Parker, Windsor Star | originally published March 10, 2016



LASALLE — Instead of two days and out, the Villanova Wildcats took fans on a wild four-day ride.

But Villanova's battle for OFSAA gold at the boys' AAA hockey championship came up short in Thursday's final game.

The No. 1-seeded Peterborough St. Peter Saints took the gold with a 4-0 win over the Wildcats before nearly 1,000 fans at the Vollmer Complex.

"It's frustrating, but in the end, we just wanted to be here and we're extremely proud of what we did," Wildcats captain Ernie Godden said.

Thursday's silver medal was no small feat for a Villanova team that only got into the event as the tournament host after being dumped in the WECSSAA final.

The reward for entry was the 16th and last seed in the tournament.

"There are 750 high school hockey teams in Ontario that would love to be here," St. Peter head coach Steve Stanlick said. "No, that's crazy (the 16th seed made it). That's a testament to how well Villanova played."

The Wildcats took out the No. 3 seed and the No. 5 seed in preliminary play to win their pool. "A lot of people were expecting us to go 0-3 in this tournament," Wildcats goalie Lucas DiLuca said.

"We played a lot of great teams and beat them."

Earlier Thursday, Chris Francia and Jacob DeLuca scored in a 2-1 win over No. 13 Sault Ste. Marie St. Mary's College to send the Wildcats to the gold-medal game for the first time ever.

It sent Villanova students scrambling to get their parents to sign notes in order for them to get out of school as they raced to make Bristol board signs to cheer on their favourite players.

"I'm been trying to get to this thing for 17 years and you don't want to waste an opportunity like this," Wildcats head coach Grant O'Keefe said.

But a roster with eight players in Grade 9 was simply overmatched and out of gas against the Saints, who claimed their second OFSAA title in four years and their third podium finish over that time.

"Honestly, we just got outmatched," DiLuca said. "What can you do at this point? It's just a tough game. These guys played awesome and we didn't have it in us. We just couldn't win that last game."

The Saints got an early lead, played disciplined without taking a penalty in the game, and never opened a door for the Wildcats to slip through — the Cinderella story never got the golden finish.

"You always start to believe," Godden said of hopes going into the final. "In my heart, it's always going to be a Cinderella story because you never think this would happen, especially with the team that we had."

It will take weeks for the Wildcats to put this accomplishment in perspective and O'Keefe was doing his best to convey that to players after Thursday's loss.

"Really, you can't be disappointed when you exceed expectations," O'Keefe said. "It's when you come up short that it's heartbreaking."

"I'm already pretty good with it. Coming in second with the lowest-ranked team, the youngest team by a mile, I'm pretty proud."

The silver medal will no doubt be a golden moment talked about at Villanova and among players for years to come.

"Right now, it's deflating," DiLuca said. "In a few weeks from now, we're going to look back and say, 'We got silver in OFSAA and we weren't even supposed to be close to this.'"

Policy for Safe Return to Play After Concussion

TABLE 1. Graduated Return to Play and School Guidelines—This suggested guidelines are adapted from the 4th Consensus Statement on Concussion in Sport by the Concussion in Sport Group (2013) and from Gerard A. Gioia (2014). Medical-school partnership in guiding return to school following mild traumatic brain injury in youth. *Journal of Child Neurology.*

REHABILITATION STAGE	RETURN TO PLAY Concussion in Sport Group 2013	RETURN TO SCHOOL Gioia 2014	GOAL
■ Stage 1	No physical activity Symptom-limited physical rest.	Low-level cognitive and physical activity. No activity involving prolonged concentration.	Recovery, avoid second injury. As symptoms improve, try reading or math challenge task for 10–30 min; assess for symptom increase.
■ Stage 2	Light aerobic exercise Walking, swimming, stationary cycling – keeping intensity below 70 per cent maximum heart rate. No resistance training.	Return to school, partial days (1–3 h) Attend one to three classes, with rest breaks as needed. Minimal expectations for productivity at school. No tests or homework.	Increase heart rate, brain activity, avoid second injury.
■ Stage 3	Sport-specific exercise E.g. Skating drills in hockey, running drills in soccer. No head-impact activities.	Full day, maximal supports required throughout the day Attend most classes, with two to three rest breaks (20–30 min), no tests.	Add movement complexity, increase load on perception and memory by increasing levels of reading and social activity.
■ Stage 4		Return to full day, moderate supports provided in response to symptoms Attend all classes with one to two rest breaks (20–30 min); begin quizzes. Moderate homework (60–90 min). Moderate expectations for productivity.	
■ Stage 5	Noncontact training drills Progression to more complex training drills, e.g., passing drills in football and ice hockey. May begin progressive resistance training.	Return to full day, minimal supports (monitoring final recovery) Attend all classes with zero to one rest breaks (20–30 min); begin modified tests (breaks, extra time). Homework (90+ min), moderate-to-maximum expectations for productivity.	Challenge exercise, coordination, cognitive load. Restore confidence and assess functional skills by parents and teachers.
■ Stage 6	Full contact practice Following medical clearance, resume normal training activities.	Full return, no supports needed. Full class schedule, no rest breaks. Maximum expectations for productivity.	Restore confidence and assess functional skills by coaches.
■ Stage 7	Return to play Normal game play.		



ONTARIO TEACHER-COACH RESEARCH STUDY

The following results are representative of a 2015 study conducted by Martin Camiré and Colin J. Deal from the University of Ottawa. The study contained a national survey of Canadian high school teacher-coaches, of which 870 respondents (28%) were from Ontario and whose results are below:

“Adult leaders in sport can exert a considerable influence on young athletes’ development but this influence is mediated by the quality of the relationship that is formed between both parties.”

- Martin Camiré



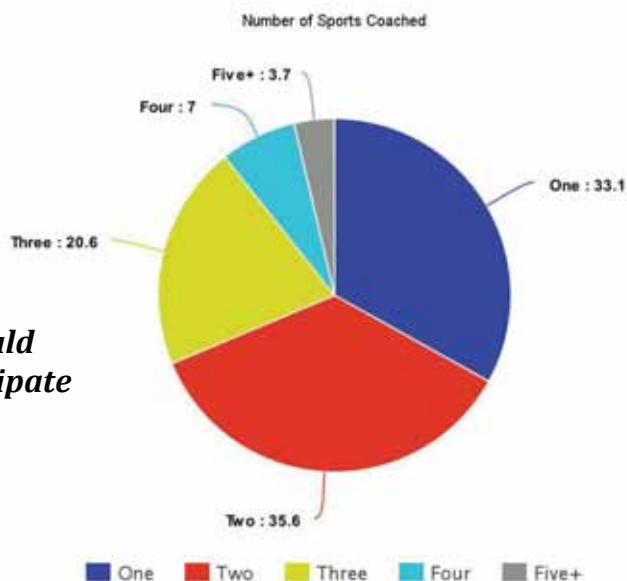
- Findings From Teacher-Coaches -

- 61% of teacher-coaches in Ontario indicated holding some level of coaching education from the National Coaching Certification Program (NCCP).
- 98% reported no financial compensation for coaching, beyond reimbursements for expenses
- 99.4% reported not receiving reduced teaching load for service as coaches
- 66.9% reported coaching two or more sports teams in their school

12

Average Weekly Hours Coaching

CONCLUSION: Teacher-coaches believe they perform an essential and needed role in schools and would encourage other teachers to participate and receive professional training



- Relationship Development -

“Do you believe that developing relationships with students is easier in the context of high school sports than in the classroom?”

YES = 86.5% NO = 13.5%

Sport has a greater emotional dimension than a classroom, which brings coaches and athletes closer together. Average responses = 6.11/7

CONCLUSION: Compared to teachers not involved in extracurricular activities, teacher-coaches strongly believed that they were better positioned to develop relationships with students through interaction in a variety of settings.



- Recommendations -

Teacher-coaches were asked to rate a series of recommendations that may help with the challenges they face, on a scale of 1 (low) to 7 (high) for both usefulness / feasibility.

- Having the school cover fees for coach education courses = 6.43/3.77
- Offering coach education courses at school during PA days = 6.38/4.20
- Recognizing coach education as professional development = 6.31/4.41
- Receiving more resources for sport from the school board = 5.99/3.30
- Offering coach education courses on the Internet = 5.14/4.90

CONCLUSION – Teacher-coaches believe they deserve recognition for professional development through coaching education, and recommend schools help pay for courses that could be run at school during PA days.

To view the study in its entirety please visit -
http://www.ofsaa.on.ca/sites/default/files/PDFs/national_teacher-coach_report_2015.pdf

MY OFSAA EXPERIENCE

By Dawson Lyon



I finished my last interval and looked at my watch, 1:50, ten minutes from the start of the senior boys 4x1km relay, and I was fired up. I had dropped my extra weight, drank my coffee, and done a full warm up. We breezed through our semi-final and were the top contender in this race. Other teams told me they had already accepted that Glebe Collegiate A was going to take home the gold. As the starting leg runner I should be at the line 10 minutes before the gun, so I started heading down to the start. That's when I ran into teammate Ezra Pierce. "Dawson! Your race is starting NOW!" I didn't even think. It took me seconds to spin around and book it down the hill towards the start.

I had no concern for the safety of anyone on that hill, I had just started racing and they better not be in my way. As I came into sight of the start line I could see my team as well as Glebe Collegiate B and when they saw me, a string of crass words and crude gestures ensued. I didn't even flinch. I tore open my warm up jacket so the officials could see my bib and kept skiing as hard as I could. When I got

up the first hill I could tell I wouldn't be catching anyone. The fast competitors would already be going into the lap lane, and I could see the few stragglers trying to catch up. It was windy and I could feel my warm up pants and open jacket slowing me down, but I just pushed harder, I'd already messed up one thing today. I came into the lap lane and tagged off before collapsing, acknowledging the barrage of insults from my team mates with a silent nod; I knew I had it coming.

I silently put my skis away and walked to the finish line. Glebe Collegiate A ended up coming 5th overall but was disqualified because my warm up jacket obscured the number on my back. Glebe Collegiate B had come 2nd. But the real kicker was the one that gave me a big hug, "That was so unfortunate dude." It was Simon Smith, my friend, ski rival and now OFSAA gold medalist.

We stuck around for the awards. I wasn't sure what to do with the faux champagne we bought for the podium now and no one else wanted to take it up to the podium, so after a brief reconciliation with my team, we all went up onto the podium to receive Glebe Colligate B's 1st place aggregate, and sprayed bubbles everywhere.

After, teammate Reilly Mclure turned to me and smiled, "We'll take our sportsmanship award now," she quipped, and after a short burst of laughter I could see the bigger picture. Messing up can suck, but it's not life changing (except for when it is) and at the end of the day we had a great time, my teammates still had my back, and Glebe Collegiate still won an OFSAA gold medal.

CIAAA IS COMING!!!!



Are you a current Athletic Director or Athletic Coordinator at your school or board? Are you a teacher who has an interest in becoming an Athletic Director or Athletic Coordinator in the future? If the answer is yes,

then OFSAA can help you enhance your school's athletic program through an exciting new program.

Beginning in September 2016, OFSAA is partnering with the Canadian Interscholastic Athletic Administrators Association (CIAAA) to bring an established Leadership Training Program designed specifically for Athletic Directors and Athletic Coordinators to Ontario High School teachers.

The CIAAA offers 13 courses specifically designed to assist Athletic Directors or Athletic Coordinators in the development of effective and successful athletic programs at the school or board level. Delivered by certified Ontario teachers, each four-hour course costs only \$99. Individuals who would like to complete a more comprehensive program can actually acquire a Masters of Science in Athletic Administration online through Grace College of Indiana.

OFSAA believes that this program continues to emphasize and support our motto of "Education through School Sport." To find out more about this educational opportunity, contact OFSAA's CIAAA Coordinator, Jim Barbeau at jim@ofsaa.on.ca. You can also get more information at the CIAAA website (ciaaa.ca).



SCHOOL SPORT CANADA
SPORT SCOLAIRE CANADA

School Sport Canada Online Courses

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

Courses can be accessed through www.schoolcoach.ca or through the OFSAA website under "Programs." The following courses are being offered:

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

Athletic Injury Management

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

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

Coaching Basketball & Volleyball Fundamentals

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

Concussion in Sports - What You Need To Know

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

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

Engaging Effectively with Parents

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

Fundamentals of Coaching

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

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

Legal Course for Coaches

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

Teaching & Modeling Behaviour

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

Tobacco - "Be the NORM"

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

Coaching in Ontario Schools (CIOS)



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

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

Course Cost

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

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



To organize a CIOS workshop please contact Shamus Bourdon at 416-426-7440 or shamus@ofsa.on.ca

OFSAA thanks some valuable teacher-coaches ...

Ontario Service Awards 2016

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

Congratulations to our 2016 recipients!

Michel Leroux	(NOSSA)	Karen Oude-Reimerink	(CISAA)
Kerry McLean	(NCSSAA)	Christine Baillie	(SOSSA)
David Shepherd	(GBSSA)	Erin Gray	(YRAA)

It is with sadness that we inform you of the passing of David immediately following his nomination for this award. He was also the GBSSA recipient of the Pete Beach Award this year. We know his family will proudly accept these awards on his behalf, and that our thoughts are with them in their loss.

Congratulations and thanks to all of this year's recipients for the long-term commitment to the student-athletes across the province!

Photo: Christine and Karen with the presenters (Elizabeth Grant (Niagara area) and Rick Beaver (Ministry of Citizenship)



OUA

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'KidSport' Grants 2016-17



So **ALL** Kids Can Play!

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

- There will be a maximum amount of funding allowed per student, per school year.
- The endorser must clearly indicate what the fees cover for the specific sport.
- Monies are only approved for interschool participation fees for regular league play. This grant is not intended to cover any costs associated with exhibition matches, tournament play, or additional costs incurred from qualifying for championships.
- A certain amount of funding is allocated for each sport season and students must apply separately for sports in different seasons by the **deadline dates: Fall sports - October 31, 2016; Winter sports - February 1, 2017; Spring sports - May 1, 2017**

- Applications must be on the form for the current year, 2016-17, which can be found on both the OFSAA (ofsa.on.ca) and KidSport websites
- To determine grant eligibility the committee will consider social and economic barriers facing the student's family as identified by the parents. It is important that the parents' information section on the form includes comprehensive information on the family's current financial situation.
- Funding for eligible recipients is divided into sport seasons so there is only so much funding available each term.

Check the OFSAA and KidSport websites for the 2016-17 application forms.

The OFSAA Alumni Scholarships 2016-17

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

The OFSAA Alumni Association

The Alumni Association is composed of retired teacher-coaches and former student-athletes, and provides an opportunity for them to keep in touch with their peers. Donations to the scholarship fund from current teachers, former teacher-coaches, graduates, and alumni members provide the money for annual scholarships for students from around the province who pursue post-secondary education in a Canadian institution. Members receive copies of the OFSAA Bulletin and newsletters. Pass along this information to retirees and former student-athletes in your Association so we can expand the membership and continue to provide these scholarships. student-athletes in your Association so we can expand the membership and continue to provide these scholarships.



Character Athlete Award 2015-16



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

Nominations come to the OFSAA office detailing the exceptional character of student-athletes across Ontario, inspiring those around them with their involvement on the playing field and in the classroom, in both school and the community.

Beginning in 2015-16 the Character Athlete Award comes with a \$1000 scholarship from our partners at Josten's, towards studies at a Canadian post-secondary institution.

Selecting just one boy and one girl recipient of the OFSAA Character Athlete Award is never easy, but the following two individuals stood out.



Samantha Despond
Nominated by: Phil Hunks

Samantha is a Grade 12 student at St. Mary Catholic Secondary School in Hamilton, Ontario where she is an active member of many school organizations as well as athletic teams that she persevered to be a part of.

After a serious shoulder injury took her out of the pool, determination allowed this promising swimmer to return to the water. After being forced to sit out all sports in Grade 9 while recovering, Samantha began to run cross country in Grade 10, but was again sidelined for back surgery.

Finally healthy, and better than ever, Samantha blew away the competition winning the 2015 Senior Girls 1500m City Championship in Track & Field. Then after four years on dry land she churned the water to qualify for two OFSAA swimming events and placed fifth overall in the 100M individual medley.

"Although this wasn't a medal finish the St. Mary school community was impacted by the courage, perseverance and determination she displayed to fulfill her dream of representing her school and swimming her best at OFSAA in her graduating year," said her coach Phil Hunks.

Samantha served as assistant coach of the swim team all four years despite not being able to compete, was a member of the Healthy Action Team at St. Mary, and played a huge role with the Robotics team initiating and conducting special events and mentoring robotics rookies.

For overcoming adversity and pursuing her passion Samantha has earned the title of OFSAA Character Athlete.



Michael Bedarev
Nominated by: Bryan McAlpine

Michael is a Grade 12 student at Monarch Mark Collegiate in Toronto, Ontario whose involvement in school sports teams didn't stop with his own athletic pursuits, instead inspiring physical participation throughout the

school.

Taking on a leadership role, Michael created and implemented a "house" system at Monarch Park that generated an exciting intramural program and much more school spirit.

A respectful role model in the school to students and teachers alike, Michael was captain of the hockey team, libero for the volleyball team, learned and adapted to become vice captain of the cricket team, assistant captain of the ultimate Frisbee team, and a member of the table tennis and swimming teams as well.

Michael also represented his school as Head of Household for the athletic council, spirit chair of student council, editor and contributor to the parental newsletter, a Grade 9 mentor, and served in his community as a hockey coach, camp counselor, hospital tour guide and many other volunteer and charity opportunities.

"Michael's greatest attribute cannot be found on a resume or a transcript," said his teacher-coach Bryan McAlpine. "What sets him apart from other high achieving students is that he is a tremendously genuine and well-rounded person."

For demonstrating OFSAA's values of leadership, commitment, respect, equity and growth Michael has well earned the title of Character Athlete. Congratulations!

'Pete Beach' Recipients 2016

School Sport programs would not exist without the strong support of teacher-coaches across the province. Once again we recognize those individuals who put forth that extra effort in their schools, their Association, at the OFSAA level, and in their community on behalf of sport. Congratulations to the following teacher-coaches who are the recipients of the 2016 'Pete Beach' Award in recognition by their Association of their commitment and contribution to sport programs. These individuals reflect the traits of Pete Beach, a former Executive Director of OFSAA, who demonstrated throughout his life - a love of sport, community involvement, commitment to his work, and most importantly, a true love and concern for young people.

CISAA	David Whitty	NWOSSAA	George Lotsios
COSSA	Elizabeth Gibson	ROPSSAA	Steve Chylinski
CWOSSA	Brian Millar	SOSSA	Albina Pereira
EOSSAA	Roger Poirier	SWOSSAA	Badi Qawwas
GBSSA	David Shepherd	TDCAA	Eva Roser
GHAC	Jodi Pomerleau	TDSSAA	Andrew Fair
LOSSA	Michael Kennelly	TDSSAA	Stath Kourmoutseas
NCSSAA	Sean Clancy	TDSSAA	Diane Reed
NEOAA	Joel Ruel	WOSSAA	Noralie Jackett
NOSSA	Michel Leroux	YRAA	Cindy Seligman

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Gymnastics Festival

Windsor, ON

April 25-26, 2016



Windsor is no stranger to hosting OFSAA Gymnastics; they have hosted numerous times in the last 10 years. Convenor Melanie Sylvestre-Nabben upheld the high standard that past Windsor hosts have set and put on a top-notch event. Athletes and coaches were treated to Zumba lessons and an amazing guest speaker presentation from local CTV News reporter, Christie Bezaire, at the banquet. Attendees were also treated to a surprise visit from the guest speaker's husband, assistant coach of the Toronto Maple Leafs, DJ Smith. Thank you to Melanie and her committee for putting on such a well-run event.

The Dr. Gene Sutton award is given out each year at the event to an individual acting in a volunteer capacity as a coach, judge or administrator, in memory of Dr. Gene Sutton. This year the award was given to Shelley Lefler. Shelley has been a coach, judge and technical advisor for over 20 years and was a close friend of Gene's. Nominator and fellow judge, Lynne Smiley had this to say of Shelley, "She has always been and continues to be a strong supporter and advocate of high school gymnastics and the participation of girls in sport."

ARTISTIC GYMNASTICS

LEVEL 6

Vault:

Name	Association	School	Score
Lindsay Stakes	COSSA	PECI	9.55
Katharine Herron	COSSA	Bayside	9.35
Julia Pearce	SWOSSAA	Cardinal Carter	9.25
Alana Waller	CWOSSA	St. Mary's	9.2
Ella Doornaert	SWOSSAA	Sandwich	9.15

Beam:

Name	Association	School	Score
Bayleigh Hooper	CWOSSA	St. Mary's	9.78
Christine Tullio	CISAA	Toronto French	9.6
Victoria Schrapp	SOSSA	St - Paul	9.55
Lindsay Stakes	COSSA	PECI	9.3
Avery Smith	SOSSA	Myer	9.28

LEVEL 5

Vault:

Name	Association	School	Score
Gabrielle Petryshyn	SWOSSAA	Sandwich SS	9.43
Megara Horton	COSSA	St. Peter's	9.35
Mackenzie McAllister	EOSSAA	Holy Trinity	9.28
Erin Menzies	COSSA	St. Peter's	9.23
Jenna Scott	EOSSAA	Holy Trinity	9.15

Beam:

Name	Association	School	Score
Sarah Watson	SOSSA	Ridgeway Crystal	9.45
Hannah Sharp	SOSSA	Myer	9.43
Megara Horton	COSSA	St. Peter's	9.4
Jenna Scott	EOSSAA	Holy Trinity	9.15
Mackenzie McAllister	EOSSAA	Holy Trinity	9.1

LEVEL 4

Vault:

Name	Association	School	Score
Lauren Davidson	CWOSSA	West Hill	9.5

Bars:

Name	Association	School	Score
Christine Tullio	CISAA	Toronto French	9.6
McKenna Galbraith	CWOSSA	West Hill	9.48
Bayleigh Hooper	CWOSSA	St. Mary's	9.45
Amelia Potts	SWOSSAA	Sandwich	9.43
Jocelyn Mouradian	SOSSA	St. Paul	9.4

Floor:

Name	Association	School	Score
Katharine Herron	COSSA	Bayside	9.63
Mikayla Girdier	CWOSSA	Owen Sound	9.63
Abby Bolton	SOSSA	Ridgeway Crystal	9.62
Christine Tullio	CISAA	Toronto French	9.6
Bayleigh Hooper	CWOSSA	St. Mary's	9.6

Bars:

Name	Association	School	Score
Mackenzie McAllister	EOSSAA	Holy Trinity	9.55
Taylor Saunders	SWOSSAA	Walkerville	9.4
Bailey Meraw	COSSA	Bayside	9.3
Jenna Scott	EOSSAA	Holy Trinity	9.25
Hannah Sharp	SOSSA	Myer	9.23

Floor:

Name	Association	School	Score
Lauren Norris	COSSA	Lindsay	9.53
Taylor Saunders	SWOSSAA	Walkerville	9.43
Larissa Gilforte	SOSSA	Lakeshore	9.4
Megara Horton	COSSA	St. Peter's	9.38
Mackenzie McAllister	EOSSAA	Holy Trinity	9.35

Bars:

Name	Association	School	Score
Isabelle Wilson	CWOSSA	Kincardine	9.2

Sydney Seymour	EOSSAA	St-Joseph's	9.45	Mya Baptiste	EOSSAA	Holy Trinity	9.15
Emilie Bonin	NOSSA	Champlain	9.4	Emilie Bonin	NOSSA	Champlain	9.13
Emily Lennox	CWOSSA	Owen Sound	9.35	Danika Blais	NOSSA	Notre-Dame	9.08
Isabelle Wilson	CWOSSA	Kincardine	9.2	Marie-Michelle Croteau	NOSSA	Notre-Dame	9.05
Beam:				Floor:			
Name	Association	School	Score	Name	Association	School	Score
Alexandra Tanner	NOSSA	Notre-Dame	9.3	Emilie Bonin	NOSSA	Champlain	9.78
Lauren Davidson	CWOSSA	WHSS	9.2	Kassandra Yonemitsu	COSSA	St. Peter's	9.75
Kassandra Yonemitsu	COSSA	St. Peter's	9.15	Lauren Davidson	CWOSSA	WHSS	9.73
Emilie Bonin	NOSSA	Champlain	9.13	Alexandra Tanner	NOSSA	Notre-Dame	9.7
Hannah Daniel	SWOSSAA	St. Anne's	9.1	Marie-Michelle Croteau	NOSSA	Notre-Dame	9.6

LEVEL 3

Vault:				Bars:			
Name	Association	School	Score	Name	Association	School	Score
Emma Martin	CWOSSA	Saugeen	9.7	Makenzie Gratton	NOSSA	Notre-Dame	9.08
Courtney Ferguson	NOSSA	Confederation	9.5	Natalie Starr	COSSA	Lindsay	8.83
Ruby Hall Elwood	CWOSSA	Kincardine	9.4	Courtney Ferguson	NOSSA	Confederation	8.6
Mikaela Trudeau	COSSA	Centre Hasting	9.4	Emma Ghanam	SWOSSAA	St. Anne's	8.58
Hayley McMillian	CWOSSA	WHSS	9.35	Sydney Sanderson	CWOSSA	WHSS	8.5
Beam:				Floor:			
Name	Association	School	Score	Name	Association	School	Score
Ruby Hall Elwood	CWOSSA	Kincardine	9.33	Christine Cousineau	NOSSA	Colge Ntre-Dame	9.65
Mikaela Trudeau	COSSA	Centre Hasting	9.2	Ariel McDonald	CISAA	Toronto French	9.65
Taya Angius	SWOSSAA	St-Joseph's	9.18	Grace Pan	CISAA	Ridley College	9.63
Emma Martin	CWOSSA	Saugeen	9.1	Natalie Starr	COSSA	Lindsay	9.58
Megan Foster	COSSA	PECI	9.08	Ruby Hall Elwood	CWOSSA	Kincardine	9.55

LEVEL 2

Vault:				Bars:			
Name	Association	School	Score	Name	Association	School	Score
Jordan Daniels	CWOSSA	WHSS	9.4	Rebecca Alain	CISAA	Toronto French	9.58
Michaela Ethier	NOSSA	Notre-Dame	9.33	Ariane Pietri	CISAA	Toronto French	9.55
Laurène Pietri	CISAA	Toronto French	9.28	Laurène Pietri	CISAA	Toronto French	9.43
Ariane Pietri	CISAA	Toronto French	9.28	Macy Miller	CWOSSA	Kincardine	9.28
Olivia Maisonneuve	NOSSA	Notre-Dame	9.23	Kailyn Adam	NOSSA	Lockerby	9.28
Rachel Ledingham	CWOSSA	St. Mary's	9.15	Floor:			
Beam:				Name	Association	School	Score
Name	Association	School	Score	Huntar-Shana Rodic	NOSSA	Colge Ntre-Dame	9.9
Huntar-Shana Rodic	NOSSA	Colge Ntre-Dame	9.7	Jordan Daniels	CWOSSA	WHSS	9.8
Charlotte Knapp	CISAA	Toronto French	9.63	Rebecca Alain	CISAA	Toronto French	9.75
Rebecca Alain	CISAA	Toronto French	9.6	Jennifer Canizaro	COSSA	PECI	9.75
Kailyn Adam	NOSSA	Lockerby	9.58	Cristina Pearce	SWOSSAA	Cardinal Carter	9.75
Ariane Pietri	CISAA	Toronto French	9.55	Bars:			

LEVEL 1

Vault:				Bars:			
Name	Association	School	Score	Name	Association	School	Score
Meghan Mosgrove	EOSSAA	Napanee	9.5	Sarah Waito	SWOSSAA	E.J. Lajeunesse	9.18
Grace Vandervelde	COSSA	Centennial	9.5	Grace Vandervelde	COSSA	Centennial	9.1
Eryn Murphy	COSSA	Lindsay	9.4	Hayley Chartrand	NOSSA	Champlain	9.0
Jayden Lafrenière	NOSSA	Notre-Dame	9.23	Meghan Mosgrove	EOSSAA	Napanee	8.95
Etaremi Brisibe	CISAA	Ridley College	9.15	Serina Wild	SWOSSAA	St. Anne's	8.83
Beam:				Floor:			
Name	Association	School	Score	Name	Association	School	Score
Meghan Mosgrove	EOSSAA	Napanee	9.7	Grace Vandervelde	COSSA	Centennial	9.7
Dominique Plante	NOSSA	Notre-Dame	9.65	Sara Gauthier	NOSSA	Marymount	9.63
Emma Gregoire	SWOSSAA	E.J. Lajeunesse	9.55	Casey Baillargeon	SWOSSAA	Riverside	9.53
Ashley Wilson	COSSA	Centre Hasting	9.5	Chidera Jude-Moyne	CISAA	Ridley College	9.45
Jessica Chalmers	SWOSSAA	Sandwich	9.43	Meghan Mosgrove	EOSSAA	Napanee	9.43

AEROBIC GYMNASTICS

Open Division

School	Association	Score
Notre-Dame	NOSSA	22.40
Bayside SS	COSSA	22.15
Toronto French School	CISAA	21.35
St. Peter's	COSSA	20.45
Marymount	NOSSA	20.40

Novice Division

School	Association	Score
Manitoulin	NOSSA	21.85
Centennial	COSSA	21.50
Toronto French	CISAA	20.85
Notre-Dame	NOSSA	20.75
Marymount	NOSSA	20.35

Draft 2016-17 OFSAA

BOYS' GOLF (CWOSSA)

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

GIRLS' GOLF (YRAA)

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

GIRLS' FIELD HOCKEY

Nov. 3-5, 2016, TBD
Entry Deadline: Oct. 29, 2016

CROSS COUNTRY (CISAA)

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

BOYS' A VOLLEYBALL (NOSSA)

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

BOYS' AA VOLLEYBALL (SWOSSAA)

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

BOYS' AAA VOLLEYBALL (GHAC)

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

GIRLS' A BASKETBALL (NEOAA)

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

GIRLS' AA BASKETBALL (SWOSSAA)

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

GIRLS' AAA BASKETBALL (TDCAA)

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

FOOTBALL BOWLS

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

ALPINE SKIING

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

NORDIC SKIING (NEOAA)

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

SWIMMING (SWOSSAA)

Feb. 28- Mar. 1, 2017, Windsor
Danielle Parent, E.J. Lajeunesse CSS
519-972-5763
paredani@cscprovidence.ca
Entry Deadline: Feb. 22, 2017

WRESTLING (ROPSSAA)

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

SNOWBOARDING (YRAA)

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

BOYS' A BASKETBALL (SWOSSAA)

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

BOYS' AA BASKETBALL (NOSSA)

Mar. 6-8, 2017, Sault Ste. Marie
Jeff Giovantti, Korah Collegiate
705-945-7180
gjoanjanj@email.adsb.on.ca
Entry Deadline: Feb. 28, 2017

BOYS' AAA BASKETBALL (NOSSA)

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

GIRLS' A VOLLEYBALL (SOSSA)

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

GIRLS' AA VOLLEYBALL (COSSA)

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

GIRLS' AAA VOLLEYBALL (GBSSA)

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

CURLING (NOSSA)

Mar. 21-24, 2017, North Bay
Sean Mullan, Widdifield
705-472-5711
sean.mullan@nearnorthschools.ca
Entry Deadline: Mar. 9, 2017

BOYS' A/AA HOCKEY (NWOSSAA)

Mar. 21-24, 2017, Fort Frances
Shane Beckett, Fort Frances HS
807-274-7747
sbeckett@mail.rdsb.com
Entry Deadline: Mar. 9, 2017

FOR COMPLETE CHAMPIONSHIP

Championship Calendar

BOYS' AAA HOCKEY (ROPSSAA)

Mar. 21-24, 2017, Mississauga
Joel Agnew, St. Aloysius Gonzaga CSS
905-820-3900
joel.agnew@dpcdsb.org
Entry Deadline: Mar. 9, 2017

GIRLS' A/AA HOCKEY (NOSSA)

Mar. 22-24, 2017, North Bay
Ryan Culhane, West Ferris SS
705-475-2333
ryan.culhane@nearnorthschools.ca
Entry Deadline: Mar. 9, 2017

GIRLS' AAA HOCKEY (ROPSSAA)

Mar. 22-24, 2017, Mississauga
Melanie Jones, St. Aloysius Gonzaga CSS
905-820-3900
melanie.jones@dpcdsb.org
Entry Deadline: Mar. 9, 2017

GIRLS' GYMNASTICS

April 24-25, 2017, TBA
Entry Deadline: Apr. 18, 2017
BADMINTON (SWOSSAA)
May 4-6, 2017, Pain Court
Mike Schinkelshoek, ES Pain Court
519-352-1614
schimich@cscprovidence.ca
Entry Deadline: Apr. 29, 2017

TENNIS (YRAA)

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

GIRLS' A/AA & AAA RUGBY (LOSSA)

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

BOYS' A/AA FIELD LACROSSE

May 29-31, 2017, TBA
Entry Deadline: May 23, 2017

BOYS' AAA FIELD LACROSSE

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

BOYS' A/AA & AAA RUGBY (NCSSAA)

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

GIRLS' A SOCCER (TDCAA)

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

GIRLS' & BOYS' AA SOCCER (NOSSA)

June 1-3, 2017, North Bay
Tyson Brear & Ryan Culhane, West Ferris SS
705-475-2333
tyson.brear@nearnorthschools.ca
Entry Deadline: May 27, 2017

GIRLS' AAA SOCCER (SWOSSAA)

June 1-3, 2017, Belle River
Frank Graziano, Belle River DHS
519-728-1212
media.tsports@yahoo.ca
Entry Deadline: May 27, 2017

BOYS' A SOCCER (SWOSSAA)

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

BOYS' AAA SOCCER (GHAC)

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

TRACK & FIELD

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

BOYS' BASEBALL EAST REGIONAL

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

BOYS' BASEBALL WEST REGIONAL (SWOSSAA)

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

2016 OFSAA Snowboarding Festival

BEAVER VALLEY SKI CLUB

March 3, 2016



This year's OFSAA Snowboarding Festival was hosted by York Region at the Beaver Valley Ski Club. Prior to the event there was a huge snowstorm which provided boarders with outstanding snow conditions. This year's event saw more than 300 enthusiastic snowboarders from across the province gather to take part in giant slalom events for both boys' and girls' in Level 1 and 2 categories.

OFSAA would like to thank Adrienne Chong and Mark

Arsenault from YRAA, for convening this year's Festival. A special thanks to their organizing committee, the many volunteers, and the capable and experienced staff at Beaver Valley Ski Club, who helped make this such a tremendous experience for all of the athletes.

Congratulations to all the snowboarders who qualified for the Festival and a special congratulations to the award winners listed below.

LEVEL 1 BOY'S GIANT SLALOM

Individual:

- | | |
|-----------------|--------------|
| 1. Ryan Dewey | Perth D.C.I |
| 2. Caleb Coulas | Renfrew H.S. |
| 3. Quinton Ladd | Perth D.C.I |

Team:

1. Renfrew H.S.
2. Aurora H.S.
3. Country Day School

LEVEL 2 BOY'S GIANT SLALOM

Individual:

- | | |
|---------------------|-------------------------------------|
| 1. Corey Farber | Community Hebrew Academy of Toronto |
| 2. Matthew Crawford | Northern S.S. |
| 3. Cam Oliver | Oakville Trafalgar H.S. |

LEVEL 1 GIRL'S GIANT SLALOM

Individual:

- | | |
|-------------------|--------------|
| 1. Sommer Gendron | Malvern C.I. |
| 2. Georga Byrne | Aurora H.S. |
| 3. Quinn Bucciol | Aurora H.S. |

Team:

1. Renfrew H.S.
2. Country Day School
3. Lawrence Park C.I.

LEVEL 2 GIRL'S GIANT SLALOM

Individual:

- | | |
|---------------------|------------------------------|
| 1. Holly Hamilton | Hillfield Strathallan School |
| 2. Jordan Tallis | Malvern C.I. |
| 3. Sadie Phillipson | Etobicoke School of Arts |

2016 OFSAA Alpine Skiing Championships

Blue Mountain, Collingwood

February 29 & March 1, 2016



Once again the OFSAA Alpine Ski Championships were held at Blue Mountain Resort. 346 skiers from 72 schools representing 14 associations came together to compete for individual and team honours in Boys' and Girls' Slalom and Giant Slalom races. Aside from a blizzard that descended upon the Collingwood area on the afternoon of the second day of competition, the conditions were excellent and the race courses provided a stiff challenge for all those involved.

As has been the case in previous years, the banquet was held following the Slalom races on Monday evening. Blue Mountain Resort is to be commended for putting on a tremendous spread for the athletes in a very timely and efficient manner. During dinner, Spectro Photography once again put on a professional slide show presentation which had an action shot of each and every skier contained in it. At the conclusion of dinner, awards were presented to the top eight individuals and the top eight teams in each of the Slalom categories.

Sheila Barclay from The Bishop Strachan School (CISAA) received the OFSAA Leadership in School Sport Award for her outstanding leadership and commitment to high school sport. Sheila has been our official Race Secretary for a long time and her efforts are one of the big reasons that this event runs seamlessly. Sheila is also a tireless worker in her school and has developed a strong and competitive ski program which regularly participates at the OFSAA Championships.

A special thank you to this year's organizing committee, chaired by Karen Normet, event sponsors, the numerous volunteers who support the event year in and year out, and the Blue Mountain Staff for making the 2016 OFSAA Alpine Skiing Championships such a memorable event.

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

LEVEL 1 BOYS

Slalom

Individual:

1. Connor Roth
2. Matt Orr
3. AJ McLean-Howard
4. Nick Orr
5. Roman Grod
6. Andrew Popov

- Aurora H.S.
- Jean Vanier C.H.S.
- St. Michael's College
- Jean Vanier C.H.S.
- St. Michael's College
- South Carleton H.S.

Team:

1. St. Michael's College
2. St. Andrew's College
3. South Carleton H.S.
4. Aurora H.S.
5. Lawrence Park C. I.
6. Kingston C.V.I.

- 18 points
- 39 points
- 52 points
- 58 points
- 77 points
- 95 points

Giant Slalom

Individual:

1. Lachlan Carmichael
2. Matt Orr
3. Tom Cooney
4. Nick Orr
5. AJ McLean-Howard
6. Josh Weiss

- Lawrence Park C.I.
- Jean Vanier C.H.S.
- Huron Heights S.S.
- Jean Vanier C.H.S.
- St. Michael's College
- Greenwood College

Team:

1. Jean Vanier C.H.S.
2. St. Michael's College
3. Lawrence Park C.I.
4. St. Andrew's College
5. Kingston C.V.I.
6. South Carleton H.S.

- 18 points
- 44 points
- 45 points
- 51 points
- 86 points
- 93 points

LEVEL 2 BOYS

Slalom

Individual:

1. Jacob Charendoff
2. Jonathan Neron
3. Connor Hicks
4. Matthew Brendel
5. Jake Yantha
6. Eric Herauf

- C.H.A.T.
- Louis Riel S.S.
- T.A. Blakelock H.S.
- St. Andrew's College
- Madawaska Valley D.H.S.
- Trafalgar H.S.

Team:

1. Louis Riel S.S.
2. St. Andrew's College
3. Collingwood C.I.
4. North Toronto C.I.
5. Northern S.S.
6. Waterdown D.H.S.

- 25 points
- 32 points
- 46 points
- 52 points
- 95 points
- 95 points

Giant Slalom

Individual:

1. Carson Foxcroft
2. Parker Lobban
3. Jacob Charendoff
4. Connor Hicks
5. Yarik Konstantinovski
6. Jake Ballantyne

- Hillfield Strathallan College
Bluevale C.I.
C.H.A.T.
T.A. Blakelock H.S.
Bear Creek H.S.
North Toronto C.I.

Team:

1. Louis Riel S.S.
2. North Toronto C.I.
3. St. Andrew's College
4. Collingwood C.I.
5. Trafalgar H.S.
6. Mayfield H.S.

- 30 points
56 points
62 points
64 points
72 points
96 points

LEVEL 1 GIRLS

Slalom

Individual:

1. Alegra Ritcher
2. Cat Wang
3. Maggie Whitmore
4. Kate Anderson
5. Lucy Pennyfather
6. Emily Anderson

- Elmwood H.S.
Bell H.S.
Kingston C.V.I.
Lasalle S.S.
Trafalgar H.S.
Lasalle S.S.

Team:

1. LaSalle S.S.
2. Northern S.S.
3. Bell H.S.
4. Aurora H.S.
5. Lawrence Park C.I.
6. Jean Vanier C.H.S.

- 20 points
38 points
46 points
53 points
55 points
61 points

Giant Slalom

Individual:

1. Maggie Whitmore
2. Jennifer Steenhorst
3. Kara Passi
4. Lucy Pennyfather
5. Lily Denis
6. Emily Jaunkalns

- Kingston C.V.I.
Aurora H.S.
Lockerby Composite School
Trafalgar H.S.
Jean Vanier C.H.S.
St. Clements School

Team:

1. Aurora H.S.
2. Lawrence Park C.I.
3. Lakefield College
4. Northern S.S.
5. LaSalle S.S.
6. Jean Vanier C.H.S.

- 38 points
50 points
51 points
51 points
54 points
58 points

LEVEL 2 GIRLS

Slalom

Individual:

1. Fred Pomerleau
2. Anna Carruthers
3. Kasha Mansour
4. Mackenzie Bier
5. Taylor Unger
6. Kendra Smith

- Trinity College
Collingwood C.I.
Lawrence Park C.I.
Leaside H.S.
Aurora H.S.
Lawrence Park C.I.

Team:

1. Collingwood C.I.
2. Lawrence Park C.I.
3. Leaside H.S.
4. Trafalgar H.S.
5. Nepean H.S.
6. Aurora H.S.

- 17 points
18 points
62 points
66 points
72 points
89 points

Giant Slalom

Individual:

1. Fred Pomerleau
2. Mackenzie Bier
3. Jayden Metcalfe
4. Alta Lashley
5. Alex Thayer
6. Avery Webber

- Trinity College
Leaside H.S.
Collingwood C.I.
Collingwood C.I.
Trafalgar H.S.
Hillfield Strathallan

Team:

1. Collingwood C.I.
2. Lawrence Park C.I.
3. Trafalgar H.S.
4. Leaside H.S.
5. Aurora H.S.
6. Nepean H.S.

- 23 points
27 points
41 points
43 points
79 points
85 points



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Badminton

North Bay, ON

May 5-7, 2016



For the first time the OFSAA Badminton Championship found its way to the great City of North Bay, On. Participants were treated to great hospitality and first time convenor Guy Horth (West Ferris SS) pleasantly went about the business of hosting with a calm demeanor. Congratulations to the City of North Bay who once again provided quiet support in the background of

the Championship. Using Nipissing University and Canadore College proved to be a great choice as participants were treated to top quality venues.

Canadore College was the site for this year's championship banquet where students were treated to a great meal and fun atmosphere. Participants took part in an historical badminton trivia game, to the surprise of the organizing committee student-athletes did in fact know the sport well and a winner was eventually determined. The evening concluded with the presentation of the Leadership in School Sport Award to James Munroe from West Ferris Intermediate & Secondary School (NOSSA) for his years of coaching badminton in high school sport. His ability to be a positive influence on students has resulted in many athletes learning and enjoying the sport of badminton.

Congratulations to all the athletes and coaches, your sportsmanship and behaviour throughout the championship was exemplary. Thanks again to the host organizing committee for all their hard work ensuring a memorable experience for all participants.

BOYS DOUBLES

A Flight

- Gold - Clement Chow, Victor Chan (YRAA)
- Silver - Kingsley Wu, Thomas Ho (YRAA)
- Bronze - Kevin Wang, Daniel Liang (ROPSSAA)
- Antique Bronze - Mikael Gaumond, Mathieu Brunet (EOSSAA)

B Flight

- Gold - Caleb Parfitt, Cameron Yeates (NOSSA)
- Silver - Calvin Cheung, Eric Wang (CISAA)
- Bronze - Evan Falardeau, Lukas Kaufman (WOSSAA)
- Antique Bronze - Brandon Liu, Jack Liu (LOSSA)

C Flight

- Gold - Tim Clay, Shaun Pickering (WOSSAA)
- Silver - Ryu Lien, Owen Fang (TDSSAA)
- Bronze - Gabriel Pharand, Nicholas Babich (NOSSA)
- Antique Bronze - Yule De La Cerna, Ethan (Yisheng) Luo (TDCAA)

GIRLS DOUBLES

A Flight

- Gold - Tammy Lai, Crystal Lai (ROPSSAA)
- Silver - Michelle Pao, Christy Yam (YRAA)
- Bronze - Mary Wang, Shirley Yang (YRAA)
- Antique Bronze - Jessica Cai, Jenny Lei (NCSSAA)

B Flight

- Gold - Christine Jing, Samantha Wong (TDSSAA)
- Silver - Cindy Guo, Luna Yang (TDSSAA)
- Bronze - Vibha Choudhary, Kritika Choudhary (SOSSA)
- Antique Bronze - Aleema Tahir, Stephanie Huang (CWOSSA)

C Flight

- Gold - Katie Li, Tiffany Sum (TDSSAA)
- Silver - Amy Cheng, Isabelle Ou (EOSSAA)
- Bronze - Hillary Lansfield, Carly Pearce (GHAC)
- Antique Bronze - Sabrina Kong, Cassandra Lee (WOSSAA)

MIXED DOUBLES

A Flight

- Gold - Catherine Choi, Samuel Li (YRAA)
- Silver - Vania Wu, Cyrus Lo (YRAA)
- Bronze - Michelle Mei, Ryan Kong (TDSSAA)
- Antique Bronze - Dinu Heiyantuduwa, Madusha Gamage (NCSSAA)

B Flight

- Gold - Andres Rodriguez, Maggie McCullough (WOSSAA)
- Silver - Nakul Mulhotra, Hattie Osborne (CWOSSA)
- Bronze - Daniel Tudor, Olivia Anderson-Clarke (TDCAA)
- Antique Bronze - Grace Xu, Vincent Tan (ROPSSAA)

BOYS SINGLES

A Flight

- Gold - Jason Ho-Shue (YRAA)
- Silver - Brian Yang (YRAA)
- Bronze - Tihan Hewagama (ROPSSAA)
- Antique Bronze - Samson Chan (COSSA)

B Flight

- Gold - Felix Lafortune-Lemieux (NCSSAA)
- Silver - William Zhao (NCSSAA)
- Bronze - Wil HausenBlas (NOSSA)
- Antique Bronze - Henry Andkilde (SWOSSAA)

C Flight

- Gold - Jeremy St-Pierre (EOSSAA)
- Silver - Caleb Schmidt (COSSA)
- Bronze - Victor Gao (CWOSSA)
- Antique Bronze - Sean Lai-Cheong (LOSSA)

GIRLS SINGLES

A Flight

- Gold - Crystal Qu (TDCAA)
- Silver - Katie Ho-Shue (YRAA)
- Bronze - Talia Ng (CISAA)
- Antique Bronze - Giselle Chan (YRAA)

B Flight

- Gold - Ashwini Ganesh (NCSSAA)
- Silver - Rita Zhu (TDCAA)
- Bronze - Victoria Duong (CWOSSA)
- Antique Bronze - Isabel Simmons (CWOSSA)

C Flight

- Gold - Pham Mi (TDSSAA)
- Silver - Georgia Gutierrez (TDSSAA)
- Bronze - Kiersten Hillman (GBSSA)
- Antique Bronze - Anna Kramer (WOSSAA)

C Flight

- Gold - Grace Reszenik, Lachlan Carmichael (TDSSAA)
- Silver - Agatha Driedger, Josh Bluhm (SWOSSAA)
- Bronze - Craig Morishita, Rachael Morgan (LOSSA)
- Antique Bronze - Nika Gottlieb, Jack Longwell (CISAA)

OFSAA Boys' A Basketball Championship

Sault Ste. Marie, ON

March 7 – 9, 2016



This year's OFSAA 'A' Boys' Basketball Championship Tournament was hosted by White Pines C&VS. Conveners Joey Turco & Matt Figures, along with the entire staff at White Pines and the City of Sault Ste. Marie, proved to be great hosts throughout the 3 day event.

The tournament tipped off with an incredible banquet at the Delta hotel, which was the host to many of the participating teams, officials and fans. The food was not only fantastic but the staff of the hotel were incredibly efficient and made sure that everyone had plenty to eat and drink throughout the dinner. There were 3 major highlights during the dinner worth noting. To kick off the dinner, White Pines student Dion Syrette-Ottereyes used a hand drum to entertain everyone with a Native Honour Song. Dion's performance was very powerful and clearly appreciated by both the athletes and the adults in the room. The guest speaker at the banquet was long time Laurier Golden Hawks Men's Basketball Coach Peter Campbell, who is retiring from his position this spring. Peter was Convener Turco's coach at Laurentian University

and he used the opportunity to entertain and educate the participants by reflecting on his life in basketball and how many of the things that he has learned through his involvement in basketball have translated into real life. At the conclusion of the dinner, the White Pines School Band "The Pinecones" played an amazing rendition of the Aerosmith's huge hit "Dream On" that captured the attention of everyone in the audience and had other guests of the hotel stopping in to listen to their incredible performance. Congratulations to the eventual Gold Medal team from Timmins, O'Gorman High School and players Ryan Basso, Sean Cole, Skylar Cornell, Matthew Cosco, Dave

Gagnon, Parker Gilbert, Nathan Hookimaw, Charlie Knapaysweet, Jeremy Okonmah, Jordan Saumur-Nelson, Joshua St. Jaques, Cameron Stevens, Derek Vien and coaches Don Davis, Doug Basso and Jamie Lamothe.

This year's Leadership in School Sport Award winner was Bernie Burnett from Rockway Mennonite Collegiate. Bernie was honoured for his many years of involvement in High School sport in both a coaching and convening capacity. In fact, Bernie was unable to attend this year's Championship where he was to receive this deserving award because he was convening the 'A' Girls' Volleyball Championship.

The organizing committee selected Toronto French School to receive the Team Sportsmanship Award. TFS demonstrated all of the values associated with OFSAA's motto "Education through School Sport" both on and off the court. Congratulations to their coaches, Bob Tarle and Steve Turner as well as all of the players on this year's team.

Participating Teams

CISSA	Toronto French School
COSSA	Nicholson Catholic College
CWOSSA	Owen Sound C.&V.I.
EOSSAA	St. Lawrence Secondary School
EOSSAA	Brockville C.I.
GBSSA	Almaguin Highland SS
NCSSAA	Ottawa Islamic School
NEOAA	O'Gorman High School
NOSSA	White Pines C.&V.S.
NOSSA	E.S. Algonquin
NWOSSAA	Manitouwadge High School
ROPSSAA	Brampton Christian Academy
SOSSA	Niagara Christian College
SWOSSA	ESC E.J. Lajeunesse
TDSSAA	Central Toronto Academy
WOSSAA	Holy Cross C.S.S.

Quarter Finals

O'Gorman def. Algonquin	51-32
Central Toronto def. St. Lawrence	73-21
Nicholson def. Holy Cross	63-35
Toronto French def. Brockville	48-31

Semi Finals

O'Gorman def. Central Toronto	55-51
Nicholson def. Toronto French	46-38

Consolation Final

Ottawa Islamic def. Lajeunesse	54-44
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Bronze Medal Match

Central Toronto def. Toronto French	76-46
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Gold Medal Match

O'Gorman def. Nicholson	61-42
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OFSAA Boys' AA Basketball

Timmins, ON March 7-10, 2016

The OFSAA Boys' AA Basketball Championship took place in beautiful, Timmins, On. The host at Timmins High & Vocational School (NOSSA) led by Peter Graham put on a great event and helped prove that boys' basketball in high schools across the province is alive and well. Using the great atmosphere at Timmins High and facilities at ESC Theriault and O'Gorman H.S, fans were treated to great competition. This year's field was deep, however, one team stood above all others. In an exciting Gold medal game Bishop Macdonell C.H.S (CWOSSA) defeated



Ashbury College (NCSSAA) in the final game 66-58. Congratulations to following players from Bishop MacDonell: Keith Bray, Jake Chaput, Logan Fisher, Evan Hosker, Greg MacEachern, Jack Olson, Chris Poloniato, Chris Poloniato, Kurt Sialana, Noah Slater, Matteo Stradiotto, Lukas Wood and coaches Andrew Chaput and Trevor Smith.

OFSAA tradition continued with the athletes and coaches being treated to a wonderful banquet at the Dante Club, the participants were loaded with carbohydrates and great Italian food. Craig Beda was

awarded the Leadership in School Sport Award for his years of coaching of student-athletes in high schools .

The Team Sportsmanship Banner was awarded to the well deserving Eden High School (SOSSA) who demonstrated great sportsmanship throughout the tournament and served as great role models for all competitors.

Participating Teams

Timmins H&V	(NEOAA)
Timiskaming DSS	(NEOAA)
Hon. W. C. Kennedy Collegiate	(SWOSSAA)
Emery CI	(TDSSAA)
St. Paul HS	(SOSSA)
Eden HS	(SOSSA)
Lasalle SS	(NOSSA)
Ashbury College	(NCSSAA)
St. Theresa HS	(GBSSA)
Bishop Macdonell CHS	(CWOSSA)
John Paul II CSS	(WOSSAA)
Quinte SS	(COSSA)
St. Ignatius HS	(NWOSSAA)
Frontenac SS	(EOSSAA)
Father Michael McGivney CHS	(YRAA)
Assumption HS	(GHAC)
Kingston CVI	(EOSSAA)
Crescent School	(CISAA)

Quarter-Finals

John Paul II def. St. Paul	49-36
Crescent def. Emery	34-31
Ashbury def. Assumption	63-36
Bishop Macdonell def. Kennedy	68-51

Semi Finals

Bishop MacDonell def. Crescent	65-49
Ashbury def. John Paul II	63-58

Consolation Final

Lasalle def. Eden	55-41
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Bronze Medal Match

Crescent def. John Paul II	55-40
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Gold Medal Match

Bishop MacDonell def. Ashbury	66-58
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OFSAA Boys' AAA Basketball

Windsor, ON

March 7-10, 2016



The Boys' AAA Basketball Championship found its way back to Windsor and long-time host Catholic Central High School (SWOSSAA). Convenor Pete Cusumano once again led an amazing group of volunteer staff and students, who worked tirelessly to ensure a great experience was provided for all participants. This year's high school tournament played host to enthusiastic crowds and fantastic finishes throughout the Championship. The Gold medal game found Father Henry Carr (TDCAA) against Oakwood Collegiate Institute (TDSSAA), The St. Clair College gymnasium spectators were entertained as Father Henry Carr prevailed 61-53. Congratulations to Tristan Sadler, Jonathon Kasweka, John Akenda, Carlo Dubria, Denier Campbell, Shamar Bailey, Dan Kazumba, Mychael

Paulo, Siemens Ogbeide, Deshaunte Stevens, Osario Fairclough, Shae LintonBrown, Kyle LeFave, Mabior Ater, Chaquan Clarke and coaches Paul Melnick, Leon Archer, Taysean Nolan.

The championship banquet took place at the Caboto Club where athletes and coaches were fed a fantastic meal in preparation for the start of tournament the next day. The OFSAA Leadership in School Sport Award was presented to Jeff Zownir from St. Michael's College, for his dedication to the development of student-athletes in basketball.

St. Joseph Secondary School (ROPSSAA) was awarded a deserving Team Sportsmanship Banner for their commitment to fair play and acts of sportsmanship during the championship. Congratulations to players and coaches for representing your school and serving as role models to all athletes.

Participating Teams

Father Henry Carr	(TDCAA)
Vaughan SS	(YRAA)
Oakwood CI	(TDSSAA)
St. Michael's College	(CISAA)
Pine Ridge SS	(LOSSA)
Bishop P.F. Reding SS	(GHAC)
Sir John A Macdonald SS	(CWOSSA)
St. Anne SS	(SWOSSAA)
H.B. Beal SS	(WOSSAA)
West Humbar CI	(TDSSAA)
St. Joseph SS	(ROPSSAA)
Catholic Central HS	(SWOSSAA)
Sir Allan McNabb SS	(SOSSA)
St. Patrick's HS	(NCSSAA)
Holy Cross CSS	(EOSSAA)
Collingwood CI	(GBSSA)
Adam Scott C&VI	(COSSA)
St. Mary's College	(NOSSA)

Quarter-Finals

Father Henry Carr def. West Humbar	59-41
Sir John A Macdonald def. Vaughan	59-57
Oakwood def. Bishop Reding	51-42
St. Michael's def. Pine Ridge	80-62

Semi Finals

Father Henry Carr def. St. Michael's	67-57
Oakwood def. Sir J A Macdonald	55-26

Consolation Final

Sir Allan MacNab def. St. Anne's	75-68
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Bronze Medal Match

St. Michael's def. Sir John A Macdonald	62-38
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Gold Medal Match

Father Henry Carr def. Oakwood	61-53
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OFSAA Boys' and Girls' Curling

North Bay, ON

March 7-10, 2016



Sean Mullan and his outstanding organizing committee hosted this year's Curling Championships at the Granite Club in North Bay. The convenor and the committee put in long hours to provide the curlers with a great Near North Ontario experience with memories that will last a lifetime. Starting with the banquet and ending with the awards

ceremony, everything was first rate.

Congratulations to the girls' champions from Lawrence Park Collegiate (TDSSAA) in Toronto who went through the championship undefeated; Cayla Auld, Courtney Auld, Nicole Gamm, Corinne Hisey, Erin Ziahtic and coach Erroll Platt.

Congratulations also go to the boys' champions from Richview Collegiate (TDSSAA) in Toronto who also went through the championship undefeated; Matthew Garner, Brandon Holowczak, Russell Stouffer, Sean Wylie and coach Deborah Haden-Reeves.

Bruce Anderson and Anthony Loretto from Widdifield S.S in North Bay were the winners of the Leadership in School Sport Award in recognition of their contribution to high school athletics.

Both boys' and girls' teams from Glendale HS in Tillsonburg won the Team Sportsmanship award for their fair play and positive attitude throughout the championship.

GIRLS PLAYOFFS

Quarter Finals

Lawrence Park def. Timiskaming
A.N. Myer def. Maxwell Meights
Bishop Allen def. Eastview
John McCrae def. ESC Jeunesses-Nord

Semi Finals

Lawrence Park def. John McCrae
A.N. Myer def. Bishop Allen

Bronze Medal

Bishop Allen def. John McCrae

Gold Medal

Lawrence Park def. A.N. Myer

BOYS PLAYOFFS

Quarter Finals

Widdifield def. Almonte
Therault def. Sacred Heart
Fort Frances def. E.L. Crossley
Richview def. Markham

Semi Finals

Richview def. Widdifield
Fort Frances def. Therault

Bronze Medal

Therault def. Widdifield

Gold Medal

Richview def. Fort Frances



Participating Teams

Girls

HALIBURTON HIGHLANDS S.S.	COSSA
CENTRE DUFFERIN D.S.S.	CWOSSA
VANKLEEK HILL C.I.	EOSSA
EASTVIEW S.S.	GBSSA
BISHOP P. F. REDING S.S.	GHAC
MAXWELL HEIGHTS S.S.	LOSSA
JOHN MCCRAE S.S.	NCSSAA
TIMISKAMING DISTRICT S.S.	NEAOAA
E.S.C. JEUNESSE-NORD	NOSSA
WIDDIFIELD S.S.(host)	NOSSA
FORT FRANCES H.S.	NWOSSA
OUR LADY OF MOUNT CARMEL C.S.S.	ROPSSAA
ST. ALOYSIUS GONZAGA	ROPSSAA
A.N. MYER S.S.	ROSSA
VINCENT MASSEY S.S.	SWOSSA
BISHOP ALLEN ACADEMY	TDCAA
LAWRENCE PARK C.I.	TDSSAA
GLENDALE H.S.	WOSSAA
MARKHAM D.H.S.	YRAA
HAMMARSKJOLD H.S.	NWOSSA

Boys

MOIRA S.S.	COSSA
NORTH PARK C.V.S.	CWOSSA
ALMONTE D.H.S.	EOSSA
PARRY SOUND S.S.	GBSSA
DR. FRANK J. HAYDEN S.S.	GHAC
DONALD A. WILSON	LOSSA
OSGOODE TOWNSHIP H.S.	NCSSAA
E.S.C. THERIAULT	NEAOAA
ST. MARY'S COLLEGE(host)	NOSSA
WIDDIFIELD S.S.	NOSSA
FORT FRANCES H.S.	NWOSSA
HUMBERVIEW S.S.	ROPSSAA
E.L. CROSSLEY S.S.	ROSSA
VINCENT MASSEY S.S.	SWOSSA
BISHOP ALLEN ACADEMY	TDCAA
RICHVIEW C.I.	TDSSAA
GLENDALE H.S.	WOSSAA
MARKHAM D.H.S.	YRAA
SACRED HEART C.H.S.	YRAA
WESTGATE C.V.I.	NWOSSA

Participating Teams

OFSAA Boys' A / AA Hockey

Ottawa, ON

March 7-10, 2016



OFSAA Hockey returned to Ottawa this year after several years . The tournament was held at the Richcraft Sensplex in the east end of the city. Led by Gary Schreider, the veteran organizing committee did a tremendous job in preparing for the championships.

Many thanks to the many volunteers, the retired teachers, and the students from the area high schools who supported the committee in various capacities and that made this championship a great success for everyone.

The committee would like to thank Frontenac SS for sending a team at the last moment . Frontenac did very well winning the bronze medal game.

Congratulations to Fort Frances and head coach Jamie Davis for capturing the OFSAA A/AA hockey championship by defeating a very strong Silverthorn team coached by Karl Kyriacou and his staff.

Fort Frances team members included :

- | | |
|--------------------|--------------------|
| Cole Allan | Brent Jourdain |
| Colton Bodnar | Graeme Kitt |
| Matthew Booth | Chase McGuire |
| Jon Busch | Dylan Ossachuk |
| Jake Clendenning | Sullivan Shortreed |
| Mike Drouin | Byron Stewart |
| Kendyn Faragher | Connor Tibbs |
| Cameron Gushulak | Sam Tibbs |
| Nick Hahkala | Maxwell Williams |
| Cooper Witherspoon | |

Congratulations to the Fort Frances Coaches :Jamie Davis Mike Cuzzolino; Ken Christiansen; Jordan Sinclair

Congratulations to Gary Schreider (NCSSAA) for being honored as the recipient of the 2016 Leadership In School Sport Award for Boys' A/AA Hockey.

Congratulations to Huntsville SS for being named the recipient of the OFSAA Team Sportsmanship Award for the A/AA Championship.

We are looking forward to the 2017 Boys' A/AA OFSAA Championships which will be held in Fort Frances.

PLAYOFF RESULTS

Quarter-Finals

- | | |
|------------------------------------|-------|
| Fort Frances defeated Lockerby | 3 - 2 |
| Silverthorn defeated ESC Hearst | 3 - 0 |
| St. Joseph's defeated Holy Trinity | 4 - 3 |
| Frontenac defeated | |
| St. Thomas Aquinas | 2 - 1 |

Semi Finals

- | | |
|--------------------------------|-------|
| Fort Frances defeated | |
| St. Joseph's (EOSSAA) | 3 - 2 |
| Silverthorn defeated Frontenac | 6 - 1 |

Bronze Medal Game

- | | |
|---------------------------------|-------|
| Frontenac defeated St. Joseph's | 6 - 4 |
|---------------------------------|-------|

Championship Game

- | | |
|-----------------------------------|-------|
| Fort Frances defeated Silverthorn | 4 - 2 |
|-----------------------------------|-------|

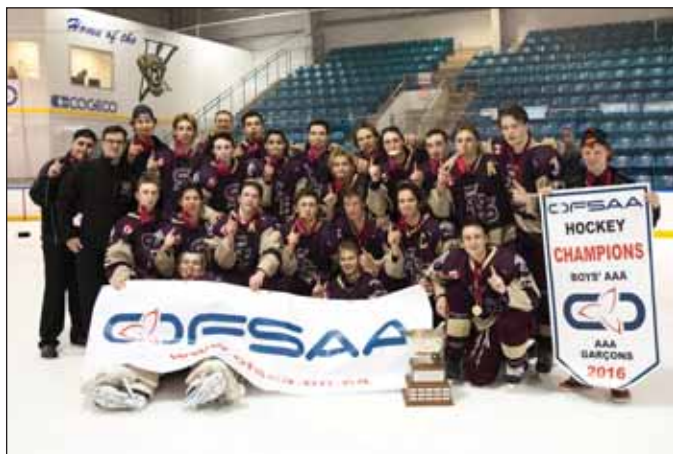
Participating Teams

- | | |
|--|---|
| COSSA : Centennial SS (Belleville) | COSSA # 2 : Centre Hastings (Madoc) |
| CWOSSA : Sacred Heart (Walkerton) | EOSSAA : St. Joseph's (Cornwall) |
| EOSSAA # 2 : Frontenac SS (Kingston) | GBSSA : Patrick Fogarty (Orillia) |
| GBSSA # 2 : Huntsville SS | GHAC : St. Mary's (Hamilton) |
| LOSSA : Holy Trinity (Courtice) | NCSSAA : St. Pius X (Ottawa) |
| NCSSAA # 2 : St. Joseph's (Ottawa) | NEOAA : ESC Hearst (Hearst) |
| NOSSA : Lockerby (Sudbury) | NWOSSAA : Fort Frances (Thunder Bay) |
| ROPSSAA : St. Paul (Mississauga) | SOSSA : St. Michael (Niagara Falls) |
| SOSSA # 2 ; Holy Cross (St. Catharines) | SWOSSAA : General Amherst (Amherstberg) |
| TDSSAA : Silverthorn (Toronto) | WOSSAA : St. Thomas Aquinas (London) |

OFSAA Boys' AAA / AAAA Hockey

Windsor, ON

March 7-10, 2016



Congratulations to Steve Stanlick and his entire coaching staff for another outstanding coaching job with this fine team of athletes.

St. Peter team members included: Cole Arnold; Calen Booth; Clay Coles, Charles Cowie, Cole Ellis, Jared Foxon, Kenny Grady, Ambrose Graham, William Hatton, William Hickey, Connor Hill, Kevin Koch, Trevor Lawren, Lyndon LeMoire, Nick Mahoney, Jesse Merrill, Nicholas Mutton, Kyle Nelson, Mitchell Ogilvie, Eric Sutton, Erik Van Brenk and Ethan Young.

Steve Stanlick and Andrew Miller comprised an excellent coaching staff for the champions from COSSA.

OFSAA Hockey returned to Windsor for the first time in nearly ten years under the youthful leadership of John Talerico.. The 2016 edition had thrills at every turn with two teams from the bottom line of pool play qualifying for the semi finals. Six of the playoff games were determined by one goal.

OFSAA would like to thank John Talerico as well as the organizing committee for their commitment in hosting the AAA championship. Many thanks to the many volunteers, especially the retired teachers from the Windsor area, who supported the committee in different capacities.

The entire organizing committee did a tremendous job hosting the championships in Windsor and La Salle. As usual, the people of both cities turned out to support the championships.

Congratulations to Grant O'Keefe (St. Thomas of Villanova) for being named the recipient of the OFSAA Team Sportsmanship Award for the AAA Championship.

Windsor was a very busy city with OFSAA Swimming, Boys "AAA" Basketball, and Wrestling also being held at the same time.

Congratulations to St. Aloysius Gonzaga for being named the recipient of the OFSAA Team Sportsmanship Award for the AAA Championship.

St. Peter HS (top seed in the tournament) has been the perennial representative from COSSA capturing their second Gold Medal. The school won its previous championship in Mississauga (2013)

We are looking forward to the 2017 OFSAA Championships which will be held in Mississauga (ROPSSAA).

Quarter-Finals

St. Peter's defeated Grand River	3- 2
St. Aloysius Gonzaga defeated Sir Oliver Mowat	3 - 2 (SO)
St. Thomas of Villanova defeated Holy Cross	1 - 0
St. Mary's defeated Bill Crothers	7 - 2

Semi Finals

St. Peter defeated St. Aloysius Gonzaga	1 - 0
St. Thomas of Villanova defeated St. Mary's	2 - 1

Bronze Medal Match

St. Aloysius Gonzaga defeated St. Mary's	3 - 2
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Gold Medal Match

St. Peter defeated St. Thomas of Villanova	4 - 0
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Participating Teams

St. Peter's SS	COSSA
St. Aloysius Gonzaga	ROPSSAA
Grand River CI	CWOSSAA
Notre Dame College	SOSSA
Holy Cross CSS	EOSSAA
St. Thomas Villanova	SWOSSAA
Bear Creek SS	GBSSA
St. Anne SS	SWOSSAA
St. Thomas More CSS	GHAC
Michael Power	TDCAA
Pickering HS	LOSSA
Sir Oliver Mowat SS	TDSSAA
Sacred Heart HS	NCSSAA
Medway HS	WOSSAA
St. Mary's College	NOSSA
Bill Crothers SS	YRAA

OFSAA Girls' A/AA & AAA Hockey

Stratford, ON

March 7-10, 2016



Experienced host St. Michael CSS (WOSSAA), led by convenor Sandie Ennett offered athletes, coaches and spectators an event to remember. High level hockey could be seen at any of the 5 venues from 7am-4pm. It was quite a feat of scheduling and Sandie and her team pulled it off brilliantly. Thank you to the organizing committee for putting on a first-class event.

Defending champions and hosts St. Michael CSS Warriors became hometown heroines when they came from behind to win 6-3 in the Girls' A/AA Gold Medal game against Collège Notre-Dame (NOSSA). Congratulations to; Madison Davey, Allyson Denstedt, Christena Downey, Emily Drake, Faith Flanagan, Mikayla Flanagan, Tori Gavin, Bridgid Goris, Erin Kuepfer, Brooklyn Mac Lean, Mel Nolan, Brooklyn Rau, Dani Schoonderwoerd, Laura Skinner, Madison Smith, Skyler Stockie, Kirsten Stolk, Jordan Templeman, Lexi Templeman, Joanna Van De Walle, Neve Van Pelt, Clodagh Weber, Carly Wouters, Paula Wouters and coaches Sandie Ennett, Joe Tigani and head coach Mark Flanagan.

Not only did Mark Flanagan coach the 2016 gold medal winning team from St. Michael CSS, he was also honoured with the Leadership in School Sport award for the Girls' A/AA Championship for all of his years of service developing fantastic student-athletes. Convenor Sandie Ennett said, "Mark is willing to do everything behind the scenes for any coach in his school." Mark is obviously a very deserving winner of this award.

The Leadership in School Sport Award for the Girls' AAA Championship was given out to Bob Ellison from

St. Marys DCVI (WOSSAA) for his commitment to athletics at the local and WOSSAA level. Bob was the Executive Director of Huron-Perth Athletic Association for 14 years and has been involved in coaching and administrating athletics for over 30 years.

Centennial CVI (CWOSSA) and Lawrence Park CI (TDSSAA) were fated to meet in the Girls' AAA gold medal game being number 1 and 2 seeds. Lawrence Park CI was unstoppable throughout the championship, not losing one game throughout the tournament. The gold medal game was no exception, and Lawrence Park CI skated to victory, winning 3-0 in regular time. Congratulations to team members; Lucy Birrell, Maddie Carew, Grace Doris, Leah Ellement, Samie Gorman, Emily Harper, Quinn Johnston, Julia Keogh, Megan Killeen, Veronica Moore, Emily Morgan, Natali Robinson, Jamie Samson, Riley Samson, Michelle Scully, Riley Smith, coach Colette Scully and head coach Karen Daigle.

The OFSAA Sportsmanship award for the Girls' A/AA Championship was given to Fort Frances HS (NWOSSAA) who brought their positive attitude and enthusiasm from over 16 hours away near the Manitoba boarder. The Girls' AAA Championship gave out the OFSAA Sportsmanship award to Cobourg CI (COSSA) for their fantastic attitude throughout the championship. Even with their close losses in both the semi-finals and bronze medal games, they cheered their team on and wore their antique bronze medals with pride.

Participating Teams Girls' A/AA

Pool A

St. Michael CSS –
WOSSAA

Southwood SS –
CWOSSA

St. Mary's HS -
GHAC

St. Thomas
Aquinas HS -
NWOSSAA

Pool B

Grimsby DSS -
SOSSA

ÉSC Theriault –
NEOAA/AANEO

St. Theresa's HS -
GBSSA

Lambton Central C&VI –
SWOSSAA

Pool C

St. Theresa CSS -
(Belleville) – COSSA

Collège Notre-Dame -
NOSSA

Timmins H&VS –
NEOAA/AANEO

St. Mark HS -
NCSSAA

Pool D

Fort Frances HS –
NWOSSAA

Holy Trinity SS -
LOSSA

Holy Trinity SS -
WOSSAA

És Embrun -
EOSSAA

Participating Teams Girls' AAA

Pool A

Centennial C&VI –
CWOSSA

Bishop Tonnos CHS –
GHAC

St. Anne SS –
SWOSSAA

Glebe CI -
NCSSAA

Pool B

Sinclair SS -
LOSSA

Medway HS -
WOSSAA

St. Joan of Arc SS -
GBSSA

Holy Cross CSS -
EOSSAA

Pool C

Lawrence Park CI -
TDSSAA

Bishop Allen Academy -
TDCAA

Cobourg CI -
COSSA

Marymount Academy -
NOSSA

Pool D

A.B. Lucas SS -
WOSSAA

Blessed Trinity HS -
SOSSA

Our Lady of Mount
Carmel - ROPSSAA

St. Maximillian Kolbe
CHS - YRAA

Results A/AA:

Championship Quarter Finals:

St. Michael def. Grimsby 6-1
Holy Trinity def. St. Theresa (Belleville) 5-2
St. Theresa's def. Southwood 3-0
Notre-Dame def. Mother Teresa 3-0

Championship Semi-Finals:

St. Michael def. Holy Trinity 2-1
Notre-Dame def. St. Theresa's 7-1

Consolation Final:

St. Mary's def. Lambton Central 2-1

Bronze Medal:

Holy Trinity def. St. Theresa's 3-2

Gold Medal:

St. Michael def. Notre-Dame 6-3

Results AAA:

Championship Quarterfinals:

Centennial def. Sinclair 1-0
Medway def. Bishop Tonnos 3-0
Lawrence Park def. A.B. Lucas 2-0
Cobourg def. Our Lady of Mount Carmel 3-2 (OT)

Championship Semi-Finals:

Centennial def. Cobourg 4-3
Lawrence Park def. Medway 2-0

Consolation Final:

St. Anne def. St. Joan of Arc 6-1

Bronze Medal:

Medway def. Cobourg 1-0

Gold Medal:

Lawrence Park def. Centennial 3-0



OFSAA Nordic Skiing 2016

Dunroon, ON

February 25-26, 2016



Highlands Nordic in Dunroon played host to this year's 2016 OFSAA Nordic Skiing Championship. Sherry Taylor-Fox (Collingwood C.I.) this year's convenor did nothing short of providing a positive experience for all participants. With weather conditions poor and

the closing of roads, this year's organizing committee was accommodating and flexible. Sherry and the volunteers attended to one concern after another and in every situation did it with smiles on their face. The experienced volunteers from Highlands Nordic helped facilitate perfect race conditions. The trails in Dunroon provided skiers a challenging and high quality course. Congratulations to all athletes and coaches who dealt with the changes in schedule with patience and understanding.

Following the conclusion of races on day one, athletes and coaches attended the championship banquet at Collingwood Collegiate Institute. Similar to a scene out of, "Saturday Night Fever", racers embraced the disco themed evening. The night concluded with medal presentations and recognition of this year's Leadership in School Sport Award for Nordic Skiing, Sherry Taylor-Fox. Her contributions to school sport and passion for athlete success are appreciated by students and colleagues alike.

Congratulations to all skiers! Once again we would like to thank Sherry and all the volunteers for their leadership and commitment in hosting a fantastic championship. See you in Timmins in 2017!

TEAM RESULTS

Junior Boys

1. Glebe Collegiate Institute (NCSSAA)
2. Parry Sound HS (GBSSA)
3. West Hill SS (CWOSSA)

Senior Boys

1. Glebe Collegiate Institute (NCSSAA)
2. West Hill Secondary School (CWOSSA)
3. Glebe Collegiate Institute (B) (NCSSAA)

Junior Girls

1. Collingwood Collegiate Institute (GBSSA)
2. Parry Sound High School (GBSSA)
3. Nepean High School (NCSSAA)

Senior Girls

1. Glebe Collegiate Institute (NCSSAA)
2. Glebe Collegiate Institute (B) (NCSSAA)
3. Beaver Brae Secondary School (NWOSSAA)

TEAM SPRINT RELAYS RESULTS

Junior Boys

1. Glebe Collegiate Institute (NCSSAA)
2. Nepean High School (NCSSAA)
3. St. Peter Secondary School (COSSA)

Senior Boys

1. West Hill Secondary School (CWOSSA)
2. Glebe Collegiate Institute (B) (GBSSA)
3. Orangeville District Secondary School (CWOSSA)

Junior Girls

1. Collingwood Collegiate Institute (GBSSA)
2. Glebe Collegiate Institute (NCSSAA)
3. Nepean HS (NCSSAA)

Senior Girls

1. Glebe Collegiate Institute (NCSSAA)
2. Glebe Collegiate Institute (B) (NCSSAA)
3. Beaver Brae Secondary School (NWOSSAA)

INDIVIDUAL RESULTS

Junior Boys

1. Erik Ohrling (Collingwood CI)
2. Spencer Vreugdenhil-Beaucler (West Hill SS)
3. Ben Milley (Glebe CI)

Senior Boys

1. Aiden Kirkham (Earl of March SS)
2. Alexander Maycock (Orangeville DSS)
3. Graham Ritchie (Parry Sound HS)

Junior Girls

1. Shilo Rousseau (Central Algoma)
2. Shaylynn Loewen (Parry Sound HS)
3. Natasia Variieur (Hunsville HS)

Senior Girls

1. Alison Pouw (Glebe CI)
2. Heidi Ohrling (Collingwood CI)
3. Alia Sanger (Lisgar CI)

PARA RESULTS

PARA NORDIC SIT SKI BOYS

1. Caelen Flannigan (Timiskaming District)

PARA NORDIC STANDING GIRLS

1. Audréanne Soenens (ES Macdonald-Cartier)

PARA NORDIC STANDING BOYS

1. Rory McDonald (Mayfield)

Swimming

Windsor, ON

March 8-9



Georgetown DHS (GHAC) again swept the high school division team rankings; winning the Junior and Senior division for both the boys and girls, as well as the Overall Combined team rankings. They were also the loudest school at the pool, cheering their swimmers on and creating a positive atmosphere of sportsmanship and comradery. Local swimmers from Westview Freedom Academy (SWOSSAA) took the Para-swimming division with 160 points. The Girls' Open division was won by Lawrence Park CI from TDSSAA by a difference of 50 points and the Boys' Open division was won by Sir Frederick Banting SS (WOSSAA).

The athletes, coaches and spectators were excited to watch the high calibre swimming at the new Windsor International Aquatic and Training Centre. Those that attended were not disappointed with the facility, races or Windsor itself. Convenor Danielle Parent of EJ Lajeunesse CSS (SWOSSAA) and her organizing committee worked hard to provide a great experience for the athletes, including giving them free access to the large indoor waterpark at the facility after the day's races were done. Thank you to Danielle and her group for putting on a great event!

The OFSAA Leadership in School Sport award was given to coach Jodi Scott from Riverside HS (SWOSSAA). Jodi continues to give back as a swim coach in Windsor, in addition to helping to convene SWOSSAA championships and other local meets. Congratulations to Jodi!

TEAM STANDINGS

Overall Combined Team		Senior Boys' Team	
1 Georgetown DHS	1458	1 Georgetown DHS	396
2 Sir Frederick Banting SS	749	2 Oakville Trafalgar	258
3 Lawrence Park CI	711	3 Nicholson Catholic	254
4 Michael Power-St. Joseph	709	4 Upper Canada College	216
5 Nicholson Catholic	611	5 Trinity College School	201
Combined PARA Team Medalists		Senior Girls' Team	
1 Westview Freedom Academy	160	1 Georgetown District	396
2 St Francis CSS	124	2 Oakville Trafalgar	258
2 White Oaks	124	3 Nicholson Catholic	254
4 HB Beal SS	121	4 Upper Canada College	216
5 Eden HS	119	5 Trinity College School	201
Open Boys' Team		Junior Boys' Team	
1 Sir Frederick Banting SS	269	1 Georgetown District	235
2 St Theresa of Lisieux CHS	248	2 Upper Canada College	223
3 Ancaster	202	3 Clarkson SS	203
4 Sir Winston Churchill	200	3 Michael Power-St Joseph	203
5 St Thomas Aquinas	179	5 St Andrew's College	175.5
Open Girls' Team		Junior Girls' Team	
1 Lawrence Park CI	305	1 Georgetown District	310
2 Glendale SS	253	2 Trinity College School	256
3 Sir Frederick Banting SS	231	3 Riverdale C I	215
4 Ashbury College	226	4 Earl Haig SS	181
5 Collingwood Collegiate	174	5 Sinclair SS	167

HIGH SCHOOL DIVISION

Senior Girls' 200m Freestyle		Junior Girls' 200m Medley Relay	
1 Angelina Pan, Havergal	2:18.60	1 Georgetown DHS	2:20.94
2 Niki Galoto, Michael Power-St Joseph	2:24.40	2 Riverdale CI	2:22.55
3 Aurora Zuraw, Georgetown DHS	2:25.82	3 Trinity College School	2:23.24
4 Stephanie Rohn, Michael Power-St Joseph	2:28.88	4 Port Perry HS	2:24.35
5 Emma Young, Oakridge	2:29.46	5 Earl Haig SS	2:26.80
Senior Boys' 200m Freestyle		Junior Boys' 200m Medley Relay	
1 Derek Choi, St Elizabeth CHS	2:05.95	1 Upper Canada College	2:10.24
2 Victor Luu, Earl Haig SS	2:06.02	2 Don Mills CI	2:11.66
3 Thomas Dodig, De La Salle College	2:07.96	3 Riverdale CI	2:12.79
4 Alec Martin, Georgetown DHS	2:09.80	4 St Andrew's College	2:13.68
5 Isaac Jarvis, Nicholson Catholic	2:12.98	5 Georgetown DHS	2:14.38

Junior Girls' 50m Freestyle		Junior Boys' 200m Freestyle Relay	
1 Anna Lok, L'Amoreaux	28.98	1 Clarkson SS	1:52.10
2 Taylor Kirkaldy, Trinity College School	29.05	2 St Theresa of Lisieux CHS	1:53.43
3 Sophia Buu, St Augustine	29.15	3 Michael Power-St Joseph	1:56.31
4 Olivia Ness, Senator O'Connor	30.01	4 Blessed Trinity	1:56.69
5 Jessica Fraser, Patrick Fogarty CSS	30.25	5 Georgetown DHS	1:57.28
Junior Boys' 50m Freestyle		Senior Girls' 100m Individual Medley	
1 Josh Selway, Aldershot	26.60	1 Tiara Higuchi, Port Credit SS	1:10.58
2 Nikolas, Alaves, Centennial CVI	26.70	2 Louisa Wright, Branksome Hall	1:12.55
3 Eric Justason, Dundas Valley SS	26.99	3 Jessica Clark, St Thomas Aquinas	1:13.77
4 Baoro Kim, Bishop Tonnos	27.09	4 Eryn Loney, MM Robinson	1:14.27
5 Daniel Link, St Andrew's College	27.13	5 Sam Despond, St Mary CSS	1:15.28
Senior Girls' 50m Freestyle		Senior Boys' 100m Individual Medley	
1 Erika Savage, Agincourt CI	27.60	1 Angus Cowan, North Park Collegiate	1:02.10
2 Lena von Buren, White Oaks	28.34	2 Brandon Ryu, Sir Frederick Banting SS	1:02.18
3 Arielle Mersiadis-Carrier, Georgetown	28.36	3 Jonathan Chu, Upper Canada College	1:03.27
4 Eryn Loney, MM Robinson	28.39	4 Jun Sun, Bur Oak Secondary	1:04.16
5 Clare Dobbin, Branksome Hall	29.50	5 Christian Maidankine, Pickering HS	1:07.16
Senior Boys' 50m Freestyle		Junior Girls' 100m Individual Medley	
1 Nick Pflug, Kitchener Collegiate	24.05	1 Mackenzie Warnock, Georgetown DHS	1:14.84
2 Shakil Jiwa, Nicholson Catholic	24.27	2 Brooklyn Wodehouse, Pickering College	1:14.96
3 James Stevenson, St Andrew's College	24.35	3 Sydney Kelly, Sinclair SS	1:17.34
4 Joseph Jun, Lawrence Park CI	24.97	4 Harriet Owen, Huron Park SS	1:18.44
5 Tommy Ly, R H King Academy	25.14	5 Xinyi Zhang, Earl Haig SS	1:19.46
Junior Girls' 50m Butterfly		Junior Boys' 100m Individual Medley	
1 Kasey Miele, St Francis CSS	31.80	1 Matthew Lee, Dunbarton HS	1:07.46
2 Sydney Kelly, Sinclair SS	32.46	2 Jack Lam, Clarkson SS	1:08.11
3 Julia Ramsay, Sir William Mulock SS	32.92	3 Michael Marcuzzi, St Aloysius Gonzaga	1:08.35
4 Leah Creelman, Holy Trinity Catholic	33.15	4 Preston Tse, University of Toronto School	1:09.46
5 Maggie Steinbach, Waterloo Collegiate	33.46	5 Jeremy Moher, Nicholson Catholic	1:11.44
Junior Boys' 50m Butterfly		Senior Girls' 100m Freestyle	
1 Zac Vrhovsek, Sir Winston Churchill	28.16	1 Erika Savage, Agincourt	1:00.63
2 Asha Balogh, Jean Vanier	28.56	2 Angelina Pan, Havergal	1:01.26
3 Alex Fisina, St Theresa of Lisieux	28.69	3 Bryna Sharkey, St Francis Xavier HS	1:03.42
4 Spencer Tsukada, Father John Redmond	28.84	4 Lena von Buren, White Oaks	1:04.21
5 Darren Tse, Bur Oak Secondary	28.98	5 Clare Dobbin, Branksome Hall	1:04.43
Senior Girls' 50m Butterfly		Senior Boys' 100m Freestyle	
1 Arielle Mersiadis-Carrier, Georgetown DHS	31.12	1 Nick Pflug, Kitchener Collegiate	54.06
2 Vicky Di Donato, Sir Wilfrid Laurier CI	31.16	2 Joseph Jun, Lawrence Park CI	54.67
3 Sarah Alexis Gritis, Havergal	31.17	3 Derek Choi, St Elizabeth CHS	56.99
4 Brianna Robinson, Trinity College School	31.27	4 Ryan Jarvis, Nicholson Catholic	57.18
5 Charlotte Van Amelsvoort, Orillia SS	31.66	5 Justin Kirkham, White Oaks	57.98
Senior Boys' 50m Butterfly		Junior Girls' 100m Freestyle	
1 Omar Lozano, St Thomas Aquinas	26.94	1 Taylor Kirkaldy, Trinity College School	1:03.87
2 Angus Cowan, North Park Collegiate	27.04	2 Anna Lok, L'Amoreaux	1:05.36
3 Jun Sun, Bur Oak Secondary	27.09	3 Zororo Mutomba, Trinity College School	1:05.57
4 Alex Gilchrist, Trinity College School	27.77	4 Jessica Leishman, Aldershot	1:05.59
5 Shakil Jiwa, Nicholson Catholic	28.12	5 Lauren Monhemius, Georgetown DHS	1:07.76
Junior Girls' 50m Breaststroke		Junior Boys' 100m Freestyle	
1 Brooklyn Wodehouse, Pickering College	36.71	1 Sebastian Grocott, University of Toronto School	1:00.28
2 Mackenzie Warnock, Georgetown DHS	37.90	2 Alexander Kelly, Northern SS	1:00.82
3 Willow Cherny-Bayer, De La Salle College	38.96	3 Armando Morales-Pires, Brebeuf	1:01.11
4 Tina Medvidovic, Riverside SS	39.01	4 Sebastian Krewdel, Iroquois Ridge	1:01.97
5 Gloria Lo, Thornlea SS	39.11	5 Alexander Pedda, John Paul II	1:02.98
Junior Boys' 50m Breaststroke		Senior Girls' 100m Backstroke	
1 Jack Zhang, Cawthra Park SS	33.01	1 Chanel Minichini, St Jean de Brebeuf	1:09.75
2 Cyrus Chan, Academie Ste Cecile	34.71	2 Jennifer Hoang, Albert Campbell CI	1:10.07
3 Matthew Lee, Dunbarton HS	34.58	3 Adrianna Medinilla, St Thomas Aquinas	1:10.39
4 George Yu, Markville SS	35.09	4 Kiana Lodin, ESC de Hearst	1:10.67
5 Nathan John, Bluevale Collegiate	35.23	5 Brianna Robinson, Trinity College School	1:10.72
Senior Girls' 100m Breaststroke		Senior Boys' 100m Backstroke	
1 Tiara Higuchi, Port Credit SS	1:21.05	1 Arthur Portman, Humberside Collegiate	1:01.81
2 Olivia Marshall, Clarkson SS	1:22.15	2 Omar Lozano, St Thomas Aquinas	1:01.96
3 Louisa Wright, Branksome Hall	1:22.53	3 Scott Love, Oakville Trafalgar	1:03.08
4 Janine Beatty, Centennial CVI	1:23.69	4 Millar Coveney, Sir Winston Churchill	1:03.61
5 Kiana Webber, Loretto Abbey	1:23.71	5 Jack Whitford, Bishop Reding	1:04.18
Senior Boys' 100m Breaststroke		Junior Girls' 50m Backstroke	
1 Brandon Ryu, Sir Frederick Banting SS	1:06.58	1 Jessica Leishman, Aldershot	33.25
2 Jonathan Chu, Upper Canada College	1:08.94	2 Kaitlin Lam, Unionville HS	33.81
3 Alex Gilchrist, Trinity College School	1:10.74	3 Sophia Buu, St Augustine	33.92
4 Christian Maidankine, Pickering High School	1:14.28	4 Xinyi Zhang, Earl Haig	34.93
5 Aramis Cheung, Trudeau	1:15.15	5 Alyzee Minichini, St Jean de Brebeuf	34.98
Senior Girls' 200m Medley Relay		Junior Boys' 50m Backstroke	
1 Havergal Collegiate	2:13.24	1 Zac Vrhovsek, Sir Winston Churchill	30.01
2 Branksome Hall	2:18.75	2 Sebastian Krewdel, Iroquois Ridge	30.57
3 North Toronto CI	2:19.53	3 Jack Lam, Clarkson SS	30.76
4 Port Credit SS	2:20.40	4 Josh Selway, Aldershot	31.25
5 Dunbarton HS	2:21.65	5 Michael Nowak, Michael Power-St Joseph	31.79
Senior Boys' 200m Medley Relay		Senior Girls' 200m Freestyle Relay	
1 Georgetown DHS	1:58.98	1 North Toronto CI	1:59.25
2 Oakville Trafalgar	2:00.25	2 Georgetown DHS	1:59.59
3 St Andrew's College	2:00.54	3 Lawrence Park CI	2:03.89
4 Trinity College School	2:01.51	4 Riverside SS	2:06.07
5 Upper Canada College	2:06.20	5 Father John Redmond	2:06.20
Junior Girls' 200m Freestyle Relay		Senior Boys' 200m Freestyle Relay	
1 Georgetown DHS	2:06.41	1 Nicholson Catholic	1:43.92
2 Riverdale CI	2:07.49	2 Oakville Trafalgar	1:45.81
3 Ashbury College	2:10.38	3 Bluevale Collegiate	1:46.19
4 Wallaceburg DSS	2:10.45	4 Georgetown DHS	1:46.40
5 Newmarket HS	2:12.31	5 Upper Canada College	1:46.82

OPEN DIVISION

Girls' 200m Freestyle

1 Roxanna Ramirez, St Mary's CHS	2:05.85
2 Joan-Shiao Chen, Marc Garneau	2:07.27
3 Stephanie Cairns, Nicholson Catholic	2:07.45
4 Jessica Stoyan, St Marcellinus	2:09.79
5 Caroline Hickman, Appleby	2:10.58

Boys' 200m Freestyle

1 Gokhan Bozyigit, Sir Winston Churchill	1:53.78
2 Hohyun Ryu, Bayview SS	1:55.28
3 Justin Konik, Sir Winston Churchill	1:55.47
4 Panos Papanagelakis, St Thomas Aquinas	1:57.18
5 Jax Chan, St Theresa of Lisieux	2:00.04

Girls' 200m Medley Relay

1 Glendale HS	2:03.58
2 Ashbury College	2:04.96
3 Westside	2:07.44
4 Sir Frederick Banting SS	2:08.07
5 Collingwood Collegiate	2:09.31

Boys' 200m Medley Relay

1 St Theresa of Lisieux CHS	1:49.88R
2 Sir Frederick Banting SS	1:49.90
3 Ancaster	1:53.19
4 Loyalist CVI	1:54.13
5 Centennial CVI	1:55.66

Girls' 50m Freestyle

1 Rachel Rode, St Thomas of Villanova	25.85R
2 Joan-Shiao Chen, Marc Garneau	27.32
3 Abby Gowland, Courtice SS	27.64
4 Caroline Hickman, Appleby College	27.69
5 Britney Dortona, Christ the King Catholic	27.73

Boys' 50m Freestyle

1 Javier Acevedo, Neil McNeil	22.40R
2 Alexandre Perrault, Esc Beatrice Deslozes	23.96
3 Aaron Norg, Maranatha Christian	23.97
4 Tai Brown, York Mills CI	24.30
5 Michael Taylor, Governor Simcoe SS	24.36

Girls' 100m Butterfly

1 Abby McDonald, Marymount	1:04.44
2 Candace Ng, St Augustine CHS	1:04.96
3 Maude Boily-Dufour, St Francois	1:05.48
4 Karsyn Fink, Westside	1:05.55
5 Rebecca Li, University of Toronto School	1:05.95

Boys' 100m Butterfly

1 Javier Acevedo, Neil McNeil	53.10R
2 Alexandre Perrault, ESC Beatrice Deslozes	54.03
3 Gokhan Bozyigit, Sir Winston Churchill	57.93
4 Pawel Kendra, Sacred Heart	58.07
5 Brady Barrow, Ancaster	58.22

Girls' 100m Breaststroke

1 Nina Kucheran, College Notre Dame	1:10.04
2 Maddy Lavoie, Leamington DSS	1:12.08
3 Lilly Tuck, Port Perry HS	1:15.29
4 Celeste Hui, Langstaff SS	1:15.47
5 Talia Moss, Lawrence Park CI	1:16.65

Boys' 100m Breaststroke

1 Jake Gu, Trudeau	1:05.33
2 Dawson Konrad, Centennial CVI	1:05.79
3 Charles Cheng, Crescent School	1:06.85
4 Prisco Ju, St Robert CHS	1:07.77
5 Clement Law, Unionville HS	1:07.84

PARA DIVISION

Girls' PARA 50m Freestyle

1 Angela Marina, Monsignor Doyle	30.05
2 Cobie McIlhargey, Goderich DCI	35.96
3 Ally Poole, Saunders SS	41.31
4 Mercedes Laking, St Thomas Aquinas	42.20
5 Reece Doucett, Eden HS	42.51

Boys' PARA 50m Freestyle

1 William Grebe, St Thomas of Villanova	32.93
2 Zach Griffith, St Joseph's	36.97
3 Cameron Clephan, Dunbarton HS	37.41
4 Trevor Leigh, Westview Freedom	38.90
5 Adam McLeod, Lakeshore	37.96

Girls' PARA 100m Freestyle

1 Cobie McIlhargey, Goderich DCI	1:19.33
2 Mercedes Laking, St Thomas Aquinas	1:33.36
3 Reece Doucett, Eden HS	1:38.44
4 Rebeca Hayden, St Francis CSS	1:47.45
5 Chantelle Balanowski, St Francis CSS	1:50.47

Girls' 200m Individual Medley

1 Roxanna Ramirez, St Mary's CHS	2:22.66
2 Taylor Cherry, Clarkson SS	2:22.92
3 Kayla Whitehead, Colonel By SS	2:24.11
4 Alexis Bragman, Lawrence Park CI	2:26.19
5 Paige Lavergne, Iroquois Ridge	2:26.33

Boys' 200m Individual Medley

1 Leon Ouyang, Massey	2:08.95
2 Hayden Richardson, Sir Frederick Banting	2:09.08
3 Rafik Jiwa, Nicholson Catholic	2:10.18
4 Tristan Curry, Westside	2:11.42
5 Matthew McGill, Pickering College	2:13.97

Girls' 100m Individual Medley

1 Maddy Lavoie, Leamington DSS	1:04.39R
2 Nina Kucheran, College Notre Dame	1:06.05
3 Francesca Zammit-Maempel, Eden HS	1:06.54
4 Carolyn Tran, Pain Court	1:07.47
5 Celeste Hui, Langstaff SS	1:08.41

Boys' 100m Individual Medley

1 Eun Soo Ha, St Theresa of Lisieux	59.75
2 David Xu, St Andrews College	1:01.00
3 Johnnie Lin, Trudeau	1:01.20
4 Nik Jelcic, Monarch Park Collegiate	1:01.92
5 Daniel Bowen, Niagara Christian	1:02.02

Girls' 100m Freestyle

1 Nadya Culic, Don Mills CI	59.02
2 Stephanie Cairns, Nicholson Catholic	59.49
3 Alexia Estrada, Pickering HS	59.67
4 Britney Dortona, Christ the King	59.76
5 Maddi Ashton, Saugeen DSS	59.82

Boys' 100m Freestyle

1 Samuel Boily-Dufour, St Francois	51.44
2 Aaron Norg, Maranatha Christian	52.58
3 Thomas Boyd, Lockerby	52.74
4 Panos Papanagelakis, St Thomas Aquinas	53.02
5 Tai Brown, York Mills CI	53.16

Girls' 100m Backstroke

1 Maude Boily-Dufour, St Francois	1:03.98
1 Cynthia Yang, St Robert CHS	1:03.98
3 Jessica Stoyan, St Marcellinus	1:05.30
4 Gabby Studebaker, Niagara Christian	1:07.21
5 Ryllie Tyron, Bishop A Carter	1:07.24

Boys' 100m Backstroke

1 Hayden Richardson, Sir Frederick Banting	57.98
2 Eun Soo Ha, St Theresa of Lisieux	58.33
3 Ethan Locis, Monsignor Doyle	59.74
4 Johnnie Lin, Trudeau	1:00.19
5 Daniel Bowen, Niagara Christian	1:00.32

Girls' 400m Freestyle Relay

1 Lawrence Park CI	4:03.03
2 Collingwood Collegiate	4:07.80
3 Ashbury College	4:07.93
4 St Marcellinus	4:08.70
5 White Oaks	4:10.16

Boys' 400m Freestyle Relay

1 St Thomas Aquinas	3:43.71
2 Ancaster	3:44.75
3 Sir Winston Churchill	3:46.83
4 St Augustine CHS	3:48.54
5 St Andrews College	3:48.82

Boys' PARA 100m Freestyle

1 Zach Zona, Holy Trinity	1:05.12
2 William Grebe, St Thomas of Villanova	1:21.55
3 Ryan Estabrooks, HB Beal SS	1:31.75
4 Cameron Clephan, Dunbarton HS	1:33.14
5 December Htoo, Westview Freedom	1:40.32

Girls' PARA 50m Backstroke

1 Ally Poole, Saunders SS	51.14
2 Julia Lane, Westview Freedom	52.80
3 Josie Guilbeault, Beamsville DHS	53.50
4 Rebeca Hayden, St Francis CSS	57.18
5 Julianne Miszk, St Michael CHS	1:02.62

Boys' PARA 50m Backstroke

1 Zach Zona, Holy Trinity	39.07
2 Adam Tibbs, Thorold	47.98
3 Peter Flagler, Michael Power-St Joseph	54.83
4 Ryan Estabrooks, HB Beal SS	54.90
5 Ryan Works, White Oaks	59.49

Girls' A Volleyball

Kitchener, ON

March 7-9



strong, winning in 3 straight sets. Congratulations to the winning team members; Janelle Albert, Emily Heming, Rebecca Reid, Makayla Schoonhoven, Micaela Stegeman, Sarah VanderVeen, Lauren Veltman, Kamrin Ward, Alexa Wiedemann, Amber Wiedemann, coaches Evelyn Dengerink, Rachael Weening and head coach Judy Van Schepen. Though everyone was there for the volleyball, it was the little touches that made this championship a truly special event. The organizing committee had 3 speakers present at the banquet, each whom had achieved a different level of competition, and they emphasized the importance of female leadership throughout by having almost all female officials.

Rockway Mennonite Collegiate in Kitchener played host to this year's Girls' A Volleyball Championship. Bernie Burnett and Ray Boehm were masters of organization, running a well-oiled machine that was this year's championship. They couldn't have done it without the many volunteers and amazing organizing committee. Thank you to Bernie, Ray and their group!

Toronto District Christian HS (YRAA) went up against Quinte Christian HS (COSSA) in the gold medal match-up. Toronto District Christian proved to be just too

The Leadership in School Sport Award was given to convenor Ray Boehm who has coached over 50 teams in the last 20 years. He has also helped to organize many events at the CWOSSA level and at the local level, and continues to exude his passion for athletics in everything that he does. The Sportsmanship award was given to É.S. Franco-Cité in Sturgeon Falls (NOSSA) who showed class and prestige on and off the court.



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Participating Teams			
Pool A	Pool B	Pool C	Pool D
Toronto District Christian HS - YRAA	Woodland Christian HS – CWOSSA	Quinte Christian HS – COSSA	St. Thomas Aquinas HS – NWOSSAA
É.C. Saint-Charles Garnier – LOSSA	Hamilton District Christian HS – SOSSA	Holy Trinity School – CISAA	University of Toronto Schools - TDCAA
Acton District HS – GHAC	É.S.C. Monseigneur -Bryère – WOSSAA	Brampton Christian Academy – ROPSSAA	É.S. Franco-Cité – NOSSA
Rainy River HS - NWOSSAA	Maranatha Christian Academy – SWOSSAA	Vaughan Road Academy - TDSSAA	Perth and District CI - EOSSAA
Rockway Mennonite Collegiate - CWOSSA	Almaguin Highlands SS – GBSSA	Clarke HS - LOSSA	Englehart HS – NEOAA/AANEO

Results:

Championship Quarter-Finals
 Toronto District Christian def. Monseigneur-Bryère 25-18 25-20 25-21 St. Thomas Aquinas def. Holy Trinity School 25-17 25-12 19-25 25-12
 Acton District def. Maranatha 25-20 25-15 25-16 University of Toronto Schools def. Vaughan Road 25-9 25-10 25-12

Championship Semi-Finals
 Quinte Christian def. Woodland Christian 19-25 24-26 28-26 25-19 17-15 Toronto District Christian def. St. Thomas Aquinas 25-14 25-16 25-17

Consolation Final
 University of Toronto Schools def. Hamilton District Christian SS 25-11 25-19 25-15

Bronze Medal
 St. Thomas Aquinas def. Woodland Christian 25-14 25-20 25-18

Gold Medal
 Toronto District Christian def. Quinte Christian 25-13 25-19 25-18

Girls' AA Volleyball



Kenora, ON

March 7-9



David Tressor from Beaver Brae SS (NWOSSAA) was honoured at the Girls' AA Volleyball Championship twice in one night; once with the convenor plaque for all his work helping out with the Championship, and once as the Leadership in School Sport award recipient. David has been involved in high school sport for 27 years and has been an advocate for athletes as teacher, athletic director and vice-principal throughout these years.

In a surprise underdog story, the gold medal winners from Garth Webb SS in Oakville (GHAC) battled their way as a 17th seed from the bottom of Pool D to the top of the tournament. They were unstoppable beating Riverside SS (SWOSSAA) in 3 straight sets. Congratulations to the winning team members; Lauren Caroll, Cassie Champagne, Taylor Coulman, Sarah Ganter, Teaghan Hignett, Leah Kremer, TM Nguyen, Loren Onate, Catherine Ostapovych, Kia Skeete, Megan Tu, coach Megan Kerr and head coach Carol Onate. Not only was there an amazing display of athletics on the court, there was also a fantastic display of sportsmanship by one particular team at the event, Timmins HVS (NEOAA/AANEO). Timmins HVS was awarded the Sportsmanship award for this fantastic display and I'm sure their classmates, teachers and parents are so very proud of them.

Thank you to Reg McDonald and his organizing committee for putting on another high class event full of great volleyball, local culture and lasting memories.

Participating Teams			
Pool A	Pool B	Pool C	Pool D
Eden HS – SOSSA	Francis Liebermann CSS – TDCAA	CC Samuel-Genest – NCSSAA	St. Michael CSS – WOSSAA
ÉSP De La Salle - NCSSAA	Henry Street SS – LOSSA	ÉS de Casselman – EOSSAA	Patrick Fogarty SS – GBSSA
Kingston C&VI - EOSSAA	Riverside SS – SWOSSAA	Dryden HS – NWOSSAA	Confederation SS - NOSSA
Holy Trinity CHS – CWOSSA	Timmins H&VS – NEOAA	L'Amoreaux CI - TDSSAA	Bayside SS – COSSA
Beaver Brae SS – NWOSSAA	Streetsville SS - ROPSSAA	Sir Winston Churchill SS	Garth Webb SS – GHAC

Girls' AA Results:

Championship Quarter-Finals

Eden def. Henry Street 25-19 25-17 25-12
 Samuel-Genest def. St. Michael 20-25 28-26 25-21 15-25 15-13

Championship Semi-Finals

Garth Webb def. Eden 25-17 15-25 23-25 25-21 15-11
 Riverside def. Samuel-Genest 25-23 20-25 25-22 25-23

Consolation Final

Patrick Fogarty def. Francis Libermann 15-25 25-17 25-23 25-17

Garth Webb def. Casselman 25-21 23-25 25-16 25-12
 Riverside def. Holy Trinity 25-19 15-25 25-16 25-15

Bronze Medal

Eden def. Samuel-Genest 25-23 25-13 25-16

Gold Medal

Garth Webb def. Riverside 28-26 25-20 25-20

Girls' AAA Volleyball

Kenora, ON

March 7-9



It was a tense fourth set for gold medal winners; Alexandra Bartmann, Alex Dube, Devyn Fraser, Sarah Kokkinen, Stephanie Meharg, Avery Pottle, Julia Robinson, Kelly Schaefer, Jenna Steinman, Gillian Sweatman, Avarie Wideman, Daisy Woodhams, coaches Lisa Borovskis, Faraz Ghafur and head coach Andony Kiriakou from Uxbridge SS (LOSSA). The team was only one set away from becoming champions of the 2016 Girls' AAA Volleyball Championship. Unfortunately, Uxbridge lost the 3rd set, but this lit a fire in the hearts of each player on the team and they battled back to win the 4th set 25-16. Congratulations to the players and

coaches from Uxbridge SS.

Convenor Colleen Egan brought enthusiasm and excitement to the Girls' AAA Volleyball Championship in North Bay. She didn't let a moment go by when this excitement and buzz wasn't infused into the championship and we have the pictures to prove it! There was an extensive photo gallery set up on the championship website with pictures throughout the 3 days. Thank you to Colleen and her organizing committee for making it a magical event for all.

Sportsmanship is a vital and important part of high school sport and OFSAA puts in high regard the winners of the OFSAA Sportsmanship award that is given at each team championship. This year, the honour went to Cameron Heights CI (CWOSSA) in Kitchener. Equally important is recognizing the teacher-coaches and administrators of sport programs in high schools and each year OFSAA recognizes a teacher-coach or sport administrator through the Leadership in School Sport award. At this year's championship, the award was given to Dez Forget from Chippewa SS (NOSSA). Dez has been involved in all levels of school sport for over 20 years and continues to develop successful student-athletes.

Participating Teams

Pool A

Oakridge SS – WOSSAA

St. Thomas Aquinas – GHAC

Cameron Heights CI - CWOSSA

Sydenham HS - EOSSAA

Chippewa SS - NOSSA

Pool B

Uxbridge SS – LOSSA

Governor Simcoe SS – SOSSA

Bishop Allen Academy - TDCAA

St. Maximillian Kolbe CHS – YRAA

Nantyr Shores SS

Pool C

Bill Crothers SS – YRAA

Holy Names HS - SWOSSAA

St. Francis Xavier SS - ROPSSAA

Lockerby CS - NOSSA

Westdale SS - SOSSA

Pool D

Havergal College - CISAA

Thomas A. Blakelock - GHAC

Sir Oliver Mowat CI - TDSSAA

Glebe CI - NCSSAA

Cobourg CI - COSSA - GBSSA

Results:

Championship Quarter-Finals

Oakridge def. St. Maximillian Kolbe 25-18 25-21 25-20
 Bill Crothers def Sir Oliver Mowat 25-19 25-20 20-25 25-16

Havergal def. Holy Names 27-25 26-24 25-17 25-19
 Uxbridge def. St. Thomas Aquinas 25-23 25-17 25-24

Championship Semi-Finals

Uxbridge def. Bill Crothers 25-19 25-20 25-22
 Havergal def. Oakridge 25-19 23-25 25-19 25-11

Bronze Medal
 Bill Crothers def. Oakridge 24-26 25-19 25-14 25-22

Consolation Final

Bill Crothers def. Oakridge 24-26 25-19 25-14 25-22

Gold Medal

Uxbridge def. Havergal 25-20 25-18 20-25 25-16

OFSAA WRESTLING

Windsor, ON

February 29 - March 2, 2016



Over 850 of the province's best high school wrestlers traveled to Windsor for the 2016 OFSAA wrestling championships. Windsor Family Credit Union Arena, home of the OHL's Windsor Spitfires and NBL's Windsor Express, was the host site with 10 mats set up to handle over 2000 matches. For the second year in a row Dave Hawkins from Tecumseh

Vista Academy and his organizing committee worked long and hard arranging accommodation, soliciting sponsors and generally ensuring a great OFSAA experience.

In spite of the icy conditions outside the competition was hot inside the arena. Turner-Fenton from ROPSSAA won the boys' team championship, the girls' team championship and the combined championship. Congratulations!

David Trembley of Ecole Secondaire Catholique L'Essor in Tecumseh was presented with the Leadership in School Sports Award for his over 30 years involvement in high school wrestling as a coach and mentor to other coaches. Congratulations and merci, David.

BOYS

38KG

Jeremiah Swarath - Saunders - WOSSAA
 Shazain Naqvi - Turner Fenton - ROPSSAA
 Matt Hadaway - Kitchener Collegiate - CWOSSA
 Liam Urry - PORT PERRY - LOSSA
 Liam Warboys - Patrick Fogarty - GBSSA
 Hugh Smart - Guelph Collegiate - CWOSSA

41KG

Joel Swarath - Saunders - WOSSAA
 Owen Rivard - Monsignor Doyle - CWOSSA
 Adam Vanderstigt - St Clair - SWOSSAA
 Param Sahajpal - Turner Fenton - ROPSSAA
 Gabriel Labas - Nouvelle Alliance - GBSSA
 Jeevan Dhiman - Bill Crothers - YRAA

44KG

Lachlan McNeil - Newtonbrook - TDSSAA
 Nathan McMillan - St Francois Xavier - SWOSSAA
 Prem Seecharran - Heart Lake - ROPSSAA
 Logan Arsenaull - Patrick Fogarty - GBSSA
 Jbiert Adam - Eastwood - CWOSSA
 Tyler Murray - Clarke Road - WOSSAA

47.5KG

Patrik Leder - St. Francis Xavier - ROPSSAA
 Mahdi Warsame - Eastwood - CWOSSA
 Hussein DaSilva - CATHEDRAL - GHAC
 Denroi Clemente - Assumption - SWOSSAA
 Mateo Anisi - PICKERING - LOSSA
 Daniel Sanchez - BISHOP RYAN - GHAC

51KG

Brayden Todd - Ingersoll - WOSSAA
 Matty Anderson - SINCLAIR - LOSSA
 Ethan Carelse-Turner - Turner Fenton - ROPSSAA
 Jalen Jerald - Sandwich - SWOSSAA
 Jacob Alexander Torres - Turner Fenton - ROPSSAA
 Amin Marzi - William Lyon Mackenzie - TDSSAA

54KG

Marco Palermo - St Patrick High School - NWOSSAA
 Yogi Chakalall - Turner Fenton - ROPSSAA
 Hassan Al-Hayawi - Massey - SWOSSAA
 Viduran Thanarajah - Mentor College - ROPSSAA
 TJ Dibaba - Eastwood - CWOSSA
 Justin Reiss - Sandwich - SWOSSAA

57.5KG

Josh Piette-Walton - St. Joan of Arc - GBSSA
 Trystan Kato - Bill Crothers - YRAA
 Connor Quinton - Holy Cross - EOSSAA
 Ryan Lanktree - Turner Fenton - ROPSSAA
 Jesse Schouten - Sandwich - SWOSSAA
 Jose Badillo LR - Ecole secondaire publique Louis-Rie

61KG

Kyle Robinson - GEORGETOWN - GHAC
 Garrett Sales - Delhi - CWOSSA
 William Young - Turner Fenton - ROPSSAA
 Michael Sanchez - Holy Names - SWOSSAA
 Diego De Jesus - St. Augustine - YRAA
 Kalvin Doxtator - H.B.Beal - WOSSAA

64KG

Gunnar Sales - Delhi - CWOSSA
 Pierre Arubadijan - JF Ross - CWOSSA
 Martin Wleh - BISHOP RYAN - GHAC
 Adam Johnson - Heart Lake - ROPSSAA
 Cameron Carter - Clarke Road - WOSSAA
 Chris Renaud - Sandwich - SWOSSAA

67.5KG

Harvir Lall - St. Benedict's - CWOSSA
 Raheem Rahamatulla - Sandalwood - ROPSSAA
 Adam Scott - PICKERING - LOSSA
 Cole Michaelis - CRAIG KIELBURGER - GHAC
 Devan Larkin - Cairine Wilson S.S. - NCCSSAA
 Elijah Wright - St Clair - SWOSSAA

72KG

Simon Chaves - Guelph Collegiate - CWOSSA
 Alexander Geske - BISHOP RYAN - GHAC
 Abraham Ntjema - Cairine Wilson S.S. - NCCSSAA
 Davis Rapagana - GEORGETOWN - GHAC
 Kemar Harris - PICKERING - LOSSA
 Colin White - Orillia Secondary School - GBSSA

77KG

Benny Zahra - Regiopolis ND - EOSSAA
 Jake Michaelis - CRAIG KIELBURGER - GHAC
 Ty Bridgewater - Jacob Hespeler - CWOSSA
 Bobby Narwal - West Humber - TDSSAA
 Jalen Kato - PICKERING - LOSSA
 Evan Fairhurst - Sir Winston Churchill CVI - NWOSS

83KG

Kyle Price - Thériault - NEOAA
 Sarabnoor Lally - Louise Arbour - ROPSSAA
 Kyle Jordan - Neil McNeil - TDCAA
 Richard Deschatelets - A.N. Myer - SOSSA
 Jamie Steckly - Stratford Northwest - WOSSAA
 Edy Vega - St. Mary's - CWOSSA

89KG

Tejvir Boal - West Humber - TDSSAA
 Daniel Francis - Saint Michael - SOSSA
 Austin Pilato - Denis Morris - SOSSA
 Usama Ali - Heart Lake - ROPSSAA
 Juan Leikis - Father Bressani - YRAA
 Baljot Mangat - Rick Hansen - ROPSSAA

95KG

Giordan Caruso - BISHOP RYAN - GHAC
 Arjun Sahota - Ascension of Our Lord - ROPSSAA
 Ethan Slater - St Ignatius High School - NWOSSAA
 Deionte Knight - PICKERING - LOSSA
 David KavtiaShvili - Newtonbrook - TDSSAA
 Branislav Orescanin - Richview - TDSSAA

130KG

Lucas Rosa - Monsignor Doyle - CWOSSA
 Steven Collura - BISHOP RYAN - GHAC
 Curtis Courneyea - Centennial - COSSA
 Noel Narine-James - Turner Fenton - ROPSSAA
 Cole Anderson - Sarnia Collegiate - SWOSSAA
 Anthony Parker - London Central - WOSSAA

GIRLS

41KG

Virginie Gascon
Janet Tang
Isreal Rain Roberts
Meaghan Smith
Jocelyn Marcoux
Kenna Winget

L'ESSOR - SWOSSA
Turner Fenton - ROPSSAA
Lourdes - CWOSSA
Trenton - COSSA
L'ESSOR - SWOSSA
Centre Wellington - CWOSSA

64KG

Meredith Woodhouse
Tara Godfrey
Sandra Bay
Grietje Kroes
Lili Ruggiri
Nina Ducre

St. Joseph's - WOSSAA
GEORGETOWN - GHAC
ST JEAN de BREBEUF - GHAC
Kenner - COSSA
Central Elgin - WOSSAA
Sandwich - SWOSSA

44KG

Rylie George
Olivia Menard
Sarah Coburg
Alex Birkenshaw
Mariana Carson
Shannon Gouthro

Centre Wellington - CWOSSA
L'ESSOR - SWOSSA
Denis Morris - SOSSA
University of Toronto Schools - TDC
Glendale - WOSSAA
Cameron Heights - CWOSSA

67.5KG

Maddie Haney
Annie Schiller
Klara Patel
Diondre Mallen
Antoinette Kennedy
Rachel Needham

Bear Creek - GBSSA
L'ESSOR - SWOSSA
Merivale H.S. - NCSSAA
Cameron Heights - CWOSSA
Trenton - COSSA
Perth District - EOSSAA

47.5KG

Rachael Swinson
Jaylin Reyes
Samantha Romano
Jane Jagas
Kira Ramroop
Veronica Quan

Beamsville - SOSSA
Laura Secord - SOSSA
PICKERING - LOSSA
St. David's - CWOSSA
CRAIG KIELBURGER - GHAC
Sandalwood - ROPSSAA

72KG

Shantlay Slater
Rebekah Trudel
Sydney Lewis
Alexia Sherland
Tran Tran
Cassandra Firman

PICKERING - LOSSA
Superior Heights - NOSSA
St Ignatius High School - NWOSSA
Sandalwood - ROPSSAA
Turner Fenton - ROPSSAA
Cameron Heights - CWOSSA

51KG

Daina Armstrong
Madison Clayton
Sadie Hickson
Erica Stirling
Lauren Ellenor
Onyinye Onyeka

Turner Fenton - ROPSSAA
Hammarskjold High School - NWOS
Lindsay - COSSA
Orillia Secondary School - GBSSA
St Clair - SWOSSA
Turner Fenton - ROPSSAA

77KG

Dejah Slater
Taryn McLachlan
Taryn Robinson
Nicole French
Autumn Ernteman
Mae Palubeskie

PICKERING - LOSSA
Trenton - COSSA
Sarnia Collegiate - SWOSSA
Humberview - ROPSSAA
H.B.Beal - WOSSAA
Forest Heights - CWOSSA

54KG

Amy Bellavia
Hannah Little
Taysia Pharr
Daniella Grant
Sydney Woodhouse
Megan Muller

BISHOP TONNES - GHAC
Centre Dufferin - CWOSSA
Sandwich - SWOSSA
Bill Crothers - YRAA
St. Joseph's - WOSSAA
Patrick Fogarty - GBSSA

83KG

Kara Nixon
Jasmine Tessier
Rachel Bannerman
Aleah Boersma
Paloma Ducre
Jamie Troke

Centre Wellington - CWOSSA
Macdonald - NOSSA
Sir Winston Churchill - SOSSA
Sarnia Northern - SWOSSA
Sandwich - SWOSSA
Kenner - COSSA

57.5KG

Jayd Davis
Jordan Schroecker
Jess Hodgkin
Kiera Kuebeck
Jenni Herrera
Casey Turner

PICKERING - LOSSA
Cameron Heights - CWOSSA
Sandwich - SWOSSA
PORT PERRY - LOSSA
Central Elgin - WOSSAA
Sir Winston Churchill CVI - NWOSSAA

115KG

1 Tatyanna Foster
2 Dayjanea Johnson
3 Kyra Williams
4 Racha El-Daruzi
5 Kassie St Louis
6 Ruth Agygang

Turner Fenton - ROPSSAA
Sandwich - SWOSSA
Ascension of Our Lord - ROPSSAA
Confederation - NOSSA
Tecumseh Vista - SWOSSA
JF Ross - CWOSSA

61KG

Wendy Liu
Sarah Long
Shyanne Swartzman
Amara Hill
Daniele Prive'
Kathryn Starratt

Albert Campbell - TDSSAA
Massey - SWOSSA
North Hastings - COSSA
Cobourg - COSSA
University of Toronto Schools TDC
Centre Wellington - CWOSSA



TEAM RESULTS

OVERALL BOYS' CHAMPIONS

- 179 - Turner Fenton - ROPSSAA
- 162 - Bishop Ryan - GHAC
- 96 - Saunders - WOSSAA
- 89 - Pickering - LOSSA
- 76 - Delhi - CWOSSA
- 68 - Monsignor Doyle - CWOSSA

OVERALL GIRLS' CHAMPIONS

- 145 - Turner Fenton - ROPSSAA
- 139 - Pickering - LOSSA
- 123 - L'Essor - SWOSSAA
- 116 - Centre Wellington - CWOSSA
- 102 - Sandwich - SWOSSAA
- 77 - Cameron Heights - CWOSSA

COMBINED CHAMPIONS

- 324 - Turner Fenton - ROPSSAA
- 228 - Pickering - LOSSA
- 197 - Bishop Ryan - GHAC
- 158 - Sandwich - SWOSSAA
- 137 - L'Essor - SWOSSAA
- 118 - Centre Wellington - CWOSSA

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OFSAA

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