

The Bulletin

2013 -2014 OFSAA
Championship
Calendar

Character Athlete
Award Winners

High School
Grand Prix Entries



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

EDUCATION THROUGH SCHOOL SPORT

LE SPORT SCOLAIRE UN ENTRAÎNEMENT POUR LA VIE

Ontario Federation of School Athletic Associations

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Contents



A Word from OFSAA's Executive Director 2

OFSAA NEWS

Age Classifications 2013-14.....	3
Transfer Appeal Meeting Dates 2013-14.....	3
Try Day Funding Available for 2014.....	4
2014 Playing Regulation Updates.....	5
OFSAA Invitational Sanctioning for 2014.....	6 - 7
Ken VanderZwaag Memorial.....	7
Nike High School Grand Prix Entries.....	8
Please Support School Sport Sponsors.....	8
Keeping Football Safe Contest.....	9
DATE CHANGE for 2015 championships.....	9
Niska's Girls Basketball take on Ontario.....	10-11
Women's Sport School 2014.....	12
Running circles around cystic fibrosis.....	13
My OFSAA Experience.....	14
Recharge With Milk.....	15

SCHOLARSHIPS & AWARDS

Character Athlete Award Recipients.....	16
The OFSAA Alumni Scholarships.....	17
KidSport Ontario Financial Assistance.....	18
Scholarships and Awards Available.....	18

INFORMATION ARTICLES

Instagram and Vine: New Social Media Has Same Risks for Coaches.....	20-21
---	-------

EVENTS

2013-14 OFSAA Championship Calendar.....	22 - 23
--	---------

FALL 2013 PHOTO GALLERY.....	24 - 25
------------------------------	---------

FESTIVAL RESULTS

Football Bowls.....	26 - 29
Girls' Golf.....	30

CHAMPIONSHIP RESULTS

Boys' Golf.....	31
Girls' A Basketball.....	32
Girls' AA Basketball.....	33
Girls' AAA Basketball.....	34
Girls' AAAA Basketball.....	35
Cross Country.....	36 - 38
Girls' Field Hockey.....	39
Boys' A, AA, AAA and AAAA Volleyball.....	40 - 43



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

A Word from Doug Gellatly, OFSAA Executive Director

Coaches can take advantage of several opportunities to upgrade their coaching knowledge and abilities. Recognizing that better trained coaches will create a more valuable experience for student-athletes, OFSAA has made an investment in coach education by creating courses and conferences to help both new and experienced coaches. Please consider investing a small amount of your time into some of the following options that are available.



Coaching in Ontario Schools (CIOS)

Coaching in Ontario Schools is a program developed by OFSAA, School Sport Canada, and the Coaching Association of Canada. It provides teacher-coaches and community volunteers with the skills and knowledge to effectively coach in the educational environment. This is a three and a half hour course, delivered in the classroom setting in English or French, and it is NCCP accredited. To organize a course at your school, contact Michael Suraci at michael@ofsa.on.ca.

Women's Sport School

Held every two years, the Women's Sport School is a two-day conference for female teachers and features a variety of sessions for both curricular and co-curricular programs. This year's event takes place May 8 and 9 at Durham College/UOIT in Oshawa. Registration packages are available that include meals and accommodations.

OFSAA Coaching Symposium

The Coaching Symposium is also held every two years, with the next being in May 2015. The Coaching Symposium is for both male and female teacher-coaches with the focus being on the technical side of coaching, providing sport-specific skills, drills and strategies through both active and classroom sessions. There is enough variety that both new and experienced coaches will benefit.

School Sport Canada

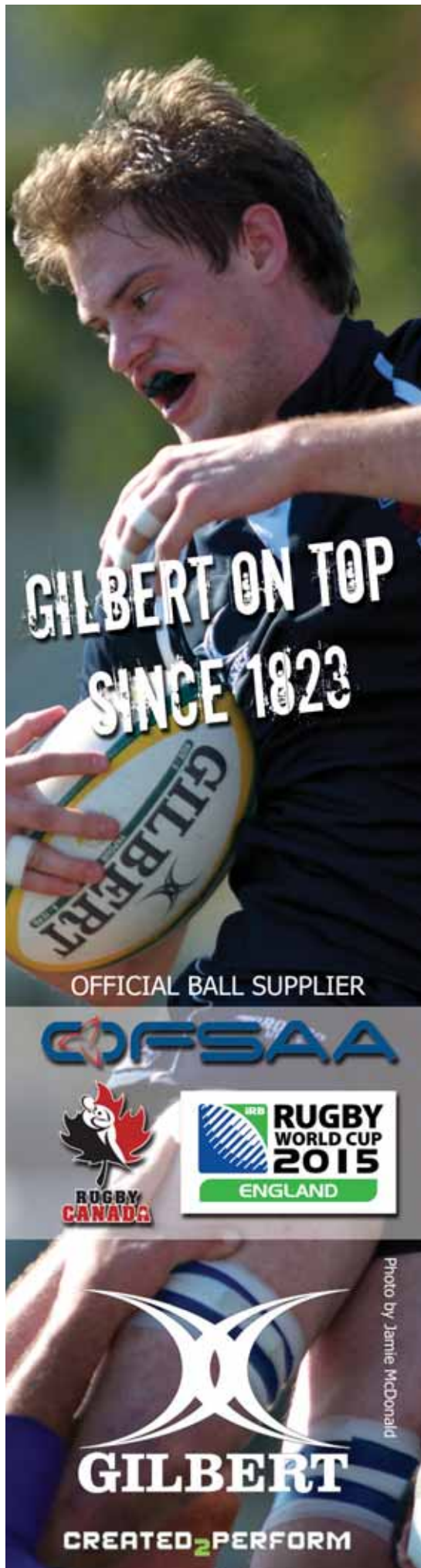
OFSAA has supported the development of national online courses offered by School Sport Canada. There are several different subjects that would benefit all coaches, each of which is specific to the school environment. These include:

- Athletic Injury Management (\$75)
- Concussions in Sports (Free and recommended for all coaches)
- Engaging Effectively with Parents (Free)
- Fundamentals of Coaching (\$85)
- Legal Course for Coaches (\$35)
- Safety in Physical Activity and Sport (\$35)
- Teaching and Modelling Behaviour (\$55)
- Tobacco – Be the Norm (Free)

It is easy and not overly time consuming to take these courses online. They can be accessed at www.schoolcoach.ca.

In addition to the above-mentioned learning opportunities, there are also courses through the Coaches Association of Ontario, and sport-specific courses offered by each Provincial Sport Organization.

Expanding your knowledge can often re-energize you and validate the work you are already dedicating to your student-athletes. Ultimately, you'll be better positioned to provide a beneficial experience and may even increase the personal rewards you get from coaching.



Age Classifications for the 2013-14 School Year

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

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

How old was the student on January 1, 2013?

Years of Eligibility

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

2013-14 Transfer Appeal Meeting Dates

Meeting Date	Deadline for Applications
Thurs. Feb. 20, 2014	Wed. Feb. 5, 2014
Thurs. April 17, 2014	Wed. April 2, 2014

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

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

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www.twitter.com/OFSAA



www.youtube.com/OFSAAvids

TRYday

Good News!!

Try Day Funding Now Available for the 2013-14 School Year!

OFSAA is pleased to announce the continuation of the Try Day program. Funding for this program is being provided by the Ministry of Education, Government of Ontario. Funding of up to \$700 will be available for 93 PUBLICLY FUNDED schools. Try Day programs must introduce a new sport or physical activity and must include students in the planning and implementation of the program. Try Day programs must be completed between January 31st and June 1st, 2014. Application forms and criteria to qualify for the funding are available on the OFSAA website. Take this opportunity to enhance or develop your athletic programs with new and exciting activities for students in all grades. Get your application in quickly!



“TRY DAY” FUNDS available for 2013-14

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

AN OPPORTUNITY

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

PROGRAM REQUIREMENTS:

- To be eligible for Try Day funding, **the program must be offered to students in multiple grade levels** (a minimum of 60 students is recommended).
- Try Day programs must introduce a **new sport or physical activity** that is not currently provided at the school.
- All ‘Try Day’ programs must be completed by **June 1, 2014**.
- Schools must submit the final report, receipts, photos, and any media articles of their Try Day upon completion of the event, and no later than **June 15th, 2014**, prior to receiving reimbursement.

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

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

Diana Ranken, ‘Try Day’ Program Coordinator

diana@ofsaa.on.ca

2014 Playing Regulation Updates

Badminton

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

Boys' Basketball

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

Lacrosse

- 1) For 16-team or greater, the festival will be held over a 3-day period. This change is a result of a safety concern and is effective immediately.
- 2) No team shall play more than two (2) games in a day. This impacts the format for A/AA, resulting in the elimination of a semi-final following pool play and having pool winners advance directly to the gold medal match, second place pool teams advance to bronze medal match, third place teams advance to fifth place match, and fourth place teams advance to seventh place match. This change is a result of a safety concern and is effective immediately.
- 3) A heat/hydration policy has been adopted to reflect the rest times required at specific temperature levels. This change is a result of a safety concern and is effective immediately.

Boys' Rugby

Game sheet requirements: "The player/game roster sheet provided by the convenor prior to the start of each game must identify 22 players to compete in each game including identification of 5 players who are suitably trained and experienced to play in the front row. During the course of a game, if a team cannot replace a front row player with an identified front row sub from your game sheet then you must play with a 7 man scrum (number 8 removed) that is de-powered with a total of 14 players on the field. If a situation arises in which a 2nd front row player needs to be substituted, the de-powered scrum becomes a total of 6 players with both flankers removed from the field and a player returns to the number 8 position."

Swimming

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

Wrestling

Please be advised that the following rule changes will be in effect for the 2014 OFSAA Wrestling. These changes will supersede those published in the 2013-2014 edition of the Wrestling Canada Lutte Rulebook. All other rules previously published in the 2013-2014 edition will be in effect. This is necessary because OFSAA playing regulations state that we follow CAWA rules, because CAWA made these changes OFSAA must follow the changes.

Competition Format:

A wrestler must have a minimum of 30 minutes rest between the end of one bout and the beginning of the next bout.

Wrestling Rules:

Technical superiority

- 10 points for Freestyle Wrestling

Throws

- Freestyle Wrestling: 4 points for all throws

End of Match

- Elimination of 2 x 3 points and 1 x 5 points resulting in a victory

Par Terre

- Elimination of the 5 second count for the 1 additional back point exposure
- Any penalty imposed for a false start will receive 1 point (not 2 points as currently practiced)

Takedown

- From the standing or neutral position, whenever a wrestler secures control of his/her opponent and brings him down without back exposure, 2 points are awarded. This may occur as either an offensive or defensive maneuver (anything that goes directly from the feet to the back is worth 4 points)

Aboriginal Athletes Wanted for Indigenous Games

Team Ontario is accepting high school aged aboriginal athletes for the North American Indigenous Games taking place next summer in Regina. Interested students may contact Stephanie Feletto, Assistant Chef de Mission, at stephaniefeletto@gmail.com.

OFSAA Invitational Sanctioning for 2014

Hosting an Invitational Event

For those convenors hosting an invitational event who wish to ensure that all participants are eligible under the rules and regulations of their Association and of OFSAA, and are accompanied by a teacher, OFSAA sanction can be received by completing the form found on the OFSAA website and submitting it to one of your OFSAA representatives. They will then sign the form and forward it to OFSAA. This must be done well ahead of your event so you can promote the invitational as "OFSAA-sanctioned" in your tournament/meet information to schools. **If you are inviting out-of-province or US schools, then you must obtain OFSAA sanction.**

Attending Invitational Events Out-of-Province

Schools participating in events in another province must obtain OFSAA sanction. This is the responsibility of the coach, and again must be applied for at least 30 days prior to the event. These forms are also on the OFSAA website and are submitted directly to the OFSAA office.

Questions related to sanctioning for invitational events should be directed to: Diana Ranken at diana@ofsa.n.ca.

Attending Events in the US

Schools attending any invitational events in the U.S.A. are recommended to obtain OFSAA sanction. **Sanction is required for any event that is sanctioned by the host state or the National Federation (NFHS)**, however, often the registration materials do not indicate that the event is sanctioned and teams find out too late and may not be allowed to participate.

REMEMBER . . .

- All sanction requests should be submitted to the OFSAA office at least 30 days prior to the event.
- After submitting your sanction request you can check to see that you have been approved by going to the OFSAA website under Events – Sanctioned
- When your event or team receives OFSAA sanction, all participants must be eligible under the rules and regulations of your Association and of OFSAA, and must be supervised by a teacher as designated by your principal

BOYS' BASKETBALL

Georgetown DHS Junior Boys' Basketball Tournament

December 6-7, 2013
Georgetown
Randall Keast
Georgetown DHS
Phone: 905-877-6966
Email: keastr@hdsb.ca

CROSS COUNTRY/TRACK

Louis Riel Indoor High School Track Festival

February 6-7, 2014
Sebastian Lalonde
ESP Louis Riel
Phone: 613-590-2233
Email: sebastian.lalonde@cepeo.on.ca

Nike Adams Invitational Track and Field Meet

February 28, 2014
York University, Toronto
Ashley Masterson, Neil McNeil HS
Phone: 416-393-5502
Email: ashley.masterson@tcdsb.org

HOCKEY

Canlan Ice Hockey Tournaments 2013-2014

Canlan Ice Sports
York University
Al Rose
Canlan Ice Sports
416-661-5900 X251
arose@icesports.com

Senior Canlan Boys' Tournaments

February 6-7, 2014
February 21, 2014
February 27-28, 2014
March 21, 2014
April 3-4, 2014
Canadian Classic (Contact only)
Mini Matches
York University Classic
Mini Matches
Senior Springfest

Junior Canlan Boys' Tournaments

February 13-14, 2014
February 25, 2014
March 3-4, 2014
March 20, 2014
April 9-10, 2014
Junior York University Festival
Mini Matches
Junior March Classic
Mini Matches
Canadian Junior Classic

Canlan Ice Sports Girls' Tournaments

February 4-5, 2014
February 11-12, 2014
February 19-20, 2014
March 5-6, 2014
March 19, 2014
April 1-2, 2014
Cardinal Carter Classic A.B.C.D. Divisions)
Canlan Elite (Longer Games)
DD Delight (DD Teams only)
Girls' March Classic
Mini Matches
Girls' Springfest

The "Wave" Challenge Series Hockey Tournaments

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

FEBRUARY 13-14, 2014
FEBRUARY 14, 2014
MARCH 25, 2014
MARCH 26, 2014
APRIL 2-4, 2014
Senior Boys' Playoff 'Tune Up' Jamboree
8th Annual "Queen of Hearts" Invitational
Junior Boys' Jamboree #1
Junior Boys' Jamboree #2
27th Annual 'Burlington Cup' Tournament

9th Annual Blessed Trinity Junior Boys' Hockey Tournament

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

MOUNTAIN BIKE

High School Invitational Mountain Bike Challenge

May 30, 2014
Durham Forest
Eric Orschel, Dunbarton HS
Phone: 905-839-1125
Email: eric_orschel@durham.edu.on.ca
Sean Ruppel, Superfly Racing
Phone: 647-226-3313
Email: sean@superflyracing.com

SOCCER

15th Annual Blessed Trinity Thunder Girls' Indoor Soccer Classic

March 25, 2014
Grimsby

Joe Pagnotta
Blessed Trinity CSS
Phone: 905-945-6706
Email: joseph.pagnotta@ncdsb.com

21st Marauder Girls' Soccer Tournament

May 2, 2014
Alliston

Jeff Northrop/Romina lafrate
Banting Memorial HS
Phone: 705-435-6288
Email: jnorthrop@mail.scdsb.on.ca

15th Annual Blessed Trinity Boys' Indoor Soccer Classic

March 26, 2014
Grimsby

Mike Minicucci
Blessed Trinity CSS
Phone: 905-945-6706
Email: michael.minicucci@ncdsb.com

ULTIMATE FRISBEE

"Spring Fling" Ultimate Tournament

May 14, 2014
(Rain Date: May 16, 2014)
Barrie

Kevin Simms
Barrie North CI
Phone: 705-725-8246
Email: k.simms@scdsb.on.ca

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Ken VanderZwaag August 20, 1957 - December 6, 2013



Following a three year battle with pancreatic cancer, Ken VanderZwaag, a long time teacher, athletic director and coach at Woodland Christian High School passed away. Ken was also a long time and valued member of the CWOSSA executive and had served as the OFSAA Boys Representative for the past ten years. Although his illness had kept him out of the classroom for the past two plus school years, he continued

to fulfill his duties within CWOSSA and OFSAA until this past fall when he was no longer able to do so.

Ken was an integral part of the formation of his local athletic association, District 8, from its beginnings in 1990 and continued through the years as the Independent School Representative on the District 8 Board of Directors. His roles within CWOSSA were many and varied, and included being a member of the transfer committee and a reliable convenor of many championships. He also represented the CWOSSA association very well at the provincial level.

Ken was an advocate and a voice for the smaller schools within his local district and association, making sure that they had a place to play and a route to compete at higher levels that was fair and equitable to those of larger schools. Ken had the ability to always see the "big picture" and was a person that others within our association turned to for advice and issues within their own districts. He believed passionately in high school athletics and worked tirelessly to instill the values of fair play, teamwork and hard work in the athletes that he coached and has no doubt left a lasting impression on many.

In June 2012, Ken was CWOSSA's recipient of the Pete Beech Award and earlier this fall CWOSSA nominated Ken for the Coaches Association of Ontario 2014, "Coaching Excellence Award" recognizing his long time contribution to high school sport, as well as for his organizational and leadership abilities.

Most importantly, Ken was a committed husband, father, grandfather, son, brother and valued friend. He was a man of deep conviction and strong faith, who faced his illness with quiet dignity and courage. He will be missed for his contributions to high school sport, but also for his caring spirit which was an encouragement to all who had the privilege to know and work with him.

Rest in Peace Ken.

This memorial submitted by Pat Klassen of St. Benedict's Catholic Secondary School in Cambridge. Pat served with Ken on CWOSSA executive and OFSAA representative's council.

Nike High School Grand Prix Entries Announced for 2014

The Nike High School Grand Prix is excited to announce the participating teams for 2014. The third year of the event will build on the huge success of the first two track and field invitationals and provide students from across the country the opportunity to mix competition and sportsmanship while building new friendships and having the experience of a lifetime!

A total of 12 girls' teams and 12 boys' teams from Canada's provinces and territories will compete to measure themselves against young athletes from across the country.

Congratulations to the girls' and boys' Ontario teams!

Girls' – Lord Dorchester Secondary School (Dorchester)

A small school of 520 students outside of London, the team looks forward to learning community values and training techniques from other student-athletes across the country, and build track & field support in their school community. The team will be coached by James Tennant and Jen Ashby.



HIGH SCHOOL

GRAND PRIX

Boys' – Holy Cross Catholic Secondary School (Kingston)

In the past five years with no track suitable for competition, the track & field team was forced to travel to Belleville to compete. With leadership in the school and community they have built a new track and hope participation in the HSGP can help inspire student-athletes to rebuild the track & field team too. The team will be coached by Joanna Besselink and Robin Dziemienko.

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



Field Hockey

AK Pro

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



Rugby

Monilex

- Official supplier of Gilbert rugby balls to high schools



Football

Spalding

- J5V Silver, Official football of OFSAA



Basketball

Spalding

- TF-1000 Legacy, Official basketball of OFSAA



Milk

- The official recovery drink of OFSAA Basketball



Volleyball

Baden

- Baden Perfection 15-0, Official volleyball of OFSAA



Soccer

Molten

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



Accommodations

Westmont Hospitality Group

- Official hotel partner of OFSAA



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Jostens

- Official ring supplier of OFSAA



Cross Country and Track and Field

Nike

- Official sponsor



Keeping Football Safe Contest

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Congratulations to Markham DHS (Markham), Korah C & VS (Sault Ste. Marie), Saltfleet DHS (Stoney Creek), and ESP Northern SS (Sturgeon Falls) for being selected as the inaugural recipients of OFSAA's Keeping Football Safe Contest. To be eligible for entry into the contest (random draw), teams must have completed three tasks:

- 1) All team coaches must have completed a concussion workshop/course within the past 3 years
- 2) One coach must have completed the NCCP Football Introduction to Competition Course
- 3) Team must complete a minimum of one practice specifically dedicated to safe contact/tacking with all team athletes in attendance

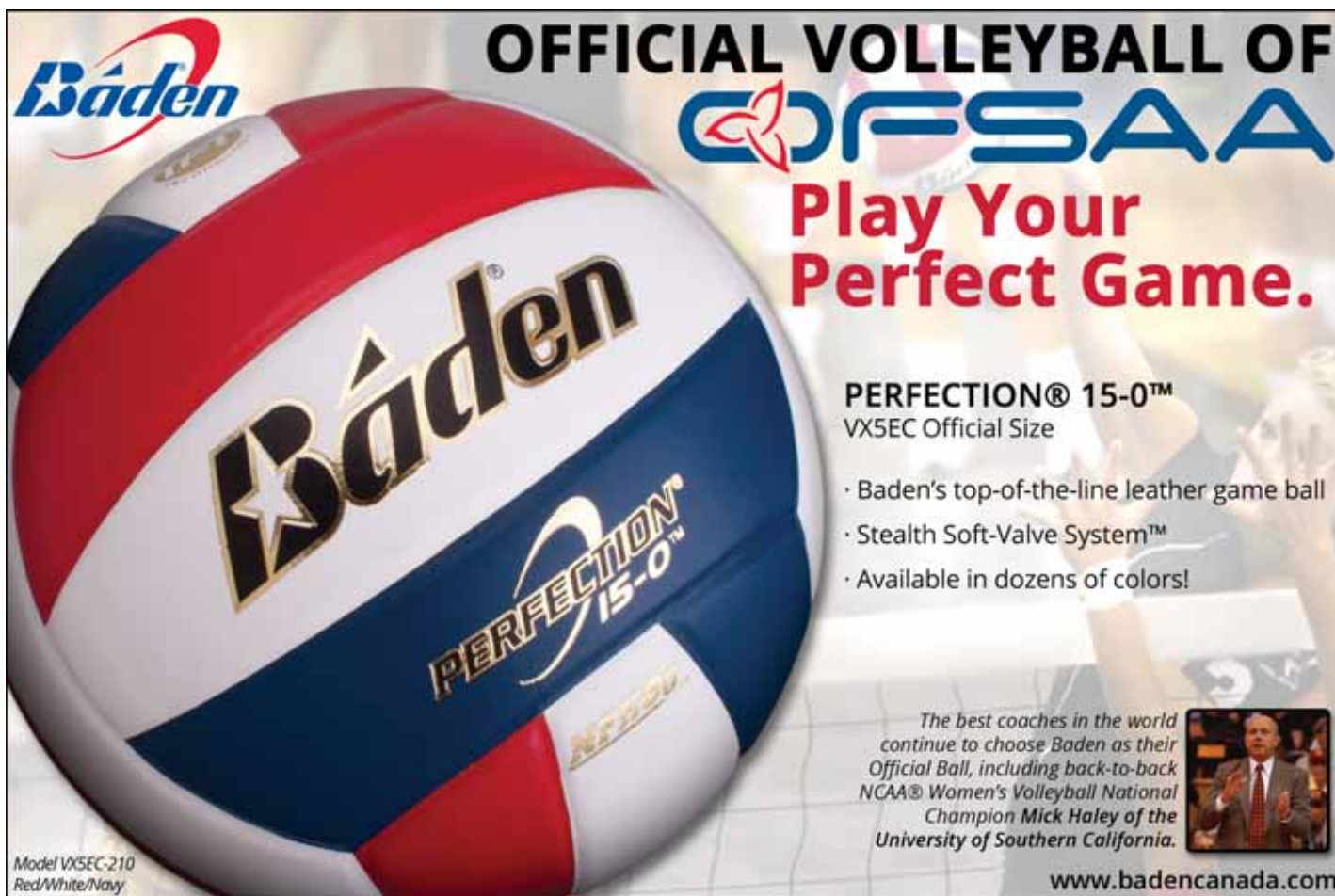
Each of these teams will be receiving \$2,000 of in-kind product from Spalding/Russell Athletic to support their high school football program.

Thank you to all those who participated in this year's contest. We look forward to running the contest again next year.

DATE CHANGE for 2015 Boys' & Girls' Hockey and Curling

As a result of the later timing of the Ministry's March Break, the EQAO testing taking place the week after March Break, and Easter the following weekend, Boys' and Girls' Hockey and Curling will be taking place the WEEK PRIOR TO MARCH BREAK in 2015. Additionally, a similar issue may arise in 2016. Once there is confirmation on the EQAO date, a decision will be made on the timing of the OFSAA events.

Should you have any questions, please contact the OFSAA Office.



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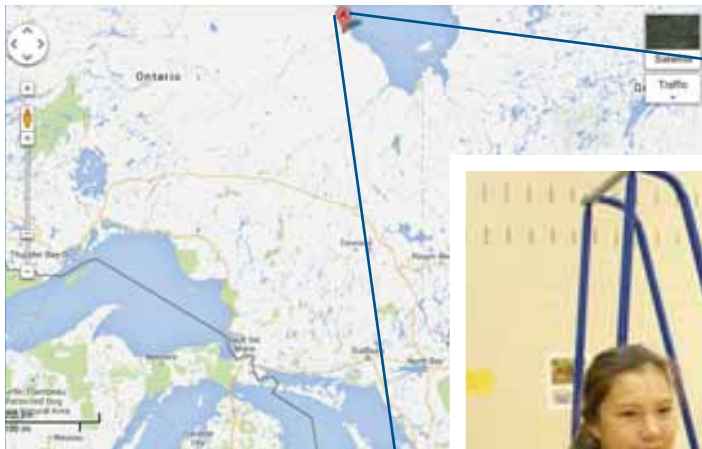


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Niska's Girls Basketball take on Ontario

Original story by Lenny Carpenter, Wawatay News. Photo by Ken Sackaney



This story features a Fort Albany team breaking down barriers to represent NEOAA at the OFSAA girls' A basketball championships, with permission to republish by a local writer.

The Fort Albany senior girls' basketball team advanced to the provincials last month, making it the first First Nations high school sports team in northeastern Ontario history to do so.

The Peetabeck Academy "Niska's" played in the Ontario Federation of School Athletic Associations' (OFSAA) 'A' Girls basketball tournament from Nov. 21-23 in Sault Ste. Marie, the highest level of competition for high schools across the province.

Amber Nakogee, 17, said it was exciting just to compete in the tournament. "It was good feeling to be there," the Grade 12 student said. "Those teams are really good. It made us want to try harder."

The Peetabeck Academy senior girls' basketball is one of the few First Nations sports teams to ever qualify for an OFSAA tournament. Coach Justin Sackaney said he is only aware of a boys' team from northwestern Ontario

to play in an OFSAA tournament but in a different sport. That was sometime in the 1990s.

What makes Peetabeck's advance to the tournament impressive is how new Fort Albany's school sports program is to the community and how it operates on little resources.

Sackaney began developing the program back in 2007. It was then that he recruited Nakogee and her teammate and friend, Karen Etherington. "I didn't really know how to play," said Etherington, who was in Grade 6 at the time. "I got better at it so I kept playing." "I didn't really know how to dribble (at the time)," said Nakogee, who was in the same grade.

Being in an isolated community, it was difficult for the team to compete against other teams. Often, they played against the boys' team for practice in a game setting.

When the team did travel to play, the growing pains were obvious at times. In one game, they got beat by 100 points. "We got creamed, but they're playing Grades 8, 9, 10," Sackaney said. "They were getting their butts kicked, but for the most part, they did keep their heads up."

After years of growing together as a team, the Peetabeck girls advanced to the regionals last year for the first time. The girls lost in the final game, falling 14 points short of making OFSAA.

The Peetabeck Academy team had a great start to the season, going undefeated in league play and were able to select a school to host the qualifying tournament on its behalf. The team chose the Kirkland Lake District Composite Secondary School, who graciously accepted.

The school welcomed Peetabeck Academy on its bulletin board, displayed facts about Fort Albany on TV screens across the school, and adopted the team's colours.

And while family members were able to attend the games, students of the Kirkland Lake school also cheered on Peetabeck. "It was amazing," Nakogee said. "We never had that kind of support."

Sackaney recalled one moment where the school's student council hosted a dinner with the Peetabeck girls. "The student council was talking to our girls for 20 minutes," he said. "It was a really good cross cultural moment." Etherington said the students asked about life in Fort Albany, and some did not even know where it was located.

In the regionals, Peetabeck defeated École Secondaire Catholique Sainte-Marie in the final game by six points to qualify for OFSAA then set out for Sault Ste. Marie to compete against the best in the province.

The Peetabeck girls had never played in such a competitive tournament. "We were scared, we didn't know how to feel," Nakogee said. "Lots of teams have already been there." But Nakogee added they were warmly received at the tournament. "We felt like outsiders, but it was very welcoming," she said. "We didn't feel any negativity."

The first game was against Port Colbourne, a team from southern Ontario near Niagara Falls. The girls' inexperience at competing at a high level became obvious from the first game when they lost 47-21. Later in the day, they lost 48-21. The next day, they lost the consolation quarter-finals 41-12.

Having competed at OFSAA as a high school player himself, Sackaney said he forgot what it was like.

"At OFSAA, they realized don't take breaks during a game," he said. "They forget what to do on the offensive side and made mental lapses. You can't do that at OFSAA."

Despite the losing record in the tournament, the players looked on the positive side of the experience. "I think just going there, we had lessons about our commitment when a seven-man team makes it to OFSAA," Nakogee said. "Overall we had good defense. We learned that anyone can make it if they put their mind to it."

Sackaney is proud of the players and the development they've had over the years. "For them to being beat by 100 points, to going to the provincials, that's pretty cool," he said. "A lot of kids have opportunities to move away and join other basketball programs. But these ones stuck around to play for their town, to show how hard work can be done."

Having made it to OFSAA, the bar is now even higher for the girls. "We can try harder," Etherington said. "We know that we just need to become a better team and we can make it farther next time."

But next year's squad may be without its two co-captains.

Etherington is debating whether to pursue studying sports psychology in Sudbury next school year and Nakogee wants to study civil engineering in either Ottawa or Sudbury. She will still play basketball but it will be without her Peetabeck teammates alongside her. "It's gonna be sad to leave that," she said, "but it feels good to know I've been a part of that (making OFSAA)."

The team will be in good hands however, as Sackaney plans on continuing to run the basketball teams in Fort Albany. The girls' successes have given the school and its program credibility, he said. More sponsors have stepped up and he thinks the program will continue to grow. "It was cool to come back into community," he said. "I felt vindicated for all the stuff I've been doing in Fort Albany. There were times where I wanted to leave and do something else. Just because it's so hard to get these kids to games."

Sackaney will also be involved in coaching a girls basketball team at the North American Indigenous Games next summer.

Asked if any of the Peetabeck girls will be on the squad, he laughed. "I can't say that. They have to go through the tryout process like anyone else," he said. "But you never know."



May 8-9 – Durham College/VOIT in Oshawa

The Women's Sport School is a professional development conference that brings together teacher-coaches from across the province to share ideas and get motivated. The program encompasses a wide variety of sessions for both curricular and co-curricular programs, with sessions geared to high school and middle school teachers. The aim of the Women's Sport School is to increase participants' knowledge in several areas of school sport, expose them to new/unconventional sports and teaching methods, as well as provide opportunities for discussion groups with peers. The program offers sessions that will benefit both new and seasoned educators, and will target different areas of interest. All sessions offered will be led by highly qualified and experienced instructors.

Sessions

The Women's Sport School will include sessions on: teaching games for understanding, TRX, zumba, yoga, tabata, mental health, nutrition, outdoor education, ParaSport activities, as well as various sport-specific sessions. The program also offers a Keynote speaker, tradeshow, and social activities.



Registration Deadline – April 4, 2014

- **Plan A:** \$350 + HST = \$395.50 Includes 2 nights' accommodations (May 7 & 8), meals and sessions
- **Plan B:** \$300 + HST = \$ 339.00 Includes meals, and sessions only
- **One-Day Registration:** \$150.00 + HST = \$169.50 Includes meals & sessions for 1 day only

Special rates available for Faculty of Education students

Conference Coordinator:

Lexy Fogel
416-426-7436
lex@ofsaa.on.ca

For more information please go to:

<http://www.ofsaa.on.ca/events/conferences/women's-sports-school>



Kate Richards running circles around cystic fibrosis

Original story and photo by Scott Haddow – Straight Up Sports on NorthernLife.ca

An inspiring story on a Sudbury student-athlete exceeding expectations and overcoming adversity to compete in the OFSAA cross country championships, with permission to republish by a local writer.

Kate Richards has her good races and bad races in terms of results.

She has accepted this. It is going to happen no matter how hard she trains or pushes herself during a competition.

Richards, 14, has cystic fibrosis. She was diagnosed at age seven. The disease has not stopped her from going after her dreams of being a runner. It wreaks havoc on her day-to-day life, but cystic fibrosis will never stop Richards from doing what she believes she can do.

"I can do anything I want to," the Grade 9 Lo-Ellen Park student-athlete said.

Richards was brought to see a medical specialist when she was seven because doctors thought she might have asthma. She had been sick a lot before the age of seven, but it got worse and worse and she couldn't digest food.

It was a big reality check for Richards to be diagnosed with cystic fibrosis. It brought a lot of fear into her life — fear Richards has eventually shaken free from to live a life full of promise and realizing her own potential.

"When I was first diagnosed, I was scared," she said. "I was really sad because life expectancy is low. I wanted to get rid of it. I can't hide from it. I stay active and I stay involved. This increases my life expectancy. I'm not scared anymore."

Richards follows strict daily routines to battle cystic fibrosis and compete in racing events. It is all about loosening mucus buildup in her lungs. Every morning when she wakes up and every night before she goes to bed, Richards does physiotherapy for 20 minutes each time.

She does a percussion on her chest to knock mucus loose. She uses an acapella tube to improve her breathing throughout the day. She also uses a vapourizing unit with a saline solution for 10 minutes, breathing in through a mask to clear her lungs.

Over the course of a day, Richards takes a mixture of 60 vitamin and enzyme pills, including 15 in the morning, to help her digest food and get the nutrients her body requires. Once a year, Richards is hooked up to an IV line which gives her medicine to thin mucus and fight off bacteria.

It is sports that has impacted Richards the most when it comes to dealing with cystic fibrosis. Richards is heavily influenced by her mom, Sarah McIlraith, a competitive long-distance runner who has raced triathlons and half marathons, and her step dad, Neil Phipps, also a runner who has won the local fitness challenge event.

Richards trains six days a week and also competes in track and field and cross-country. Richards is also into hiking and cross-country skiing.

"When I am running, I get more air into my lungs and it makes them work harder and better," she said. "The air goes deeper into my lungs. It helps me breath better. I don't notice it much anymore because I do a lot of sports. I will always have mucus to cough up in my lungs ... before races, after races and even during races.

"It's worth it. I know I would be more sick if I didn't do sports. It gives me something to focus on. I don't think about having cystic fibrosis when I'm running."

To say Richards is an inspiration to her school cross-country and track teammates would be an understatement. Richards had a goal since Grade 6 to compete in OFSAA cross-country. She realized the goal early in November when she competed in the girls midget division and placed as Lo-Ellen Park's best runner from the midget team.

Allison Caswell has been friends with Richards since they were in Grade 1. They are teammates on the Lo-Ellen Park squad. Caswell has seen the fight Richards must endure every day of her life just to put on a pair of running shoes and go training, let alone compete. Caswell is always impressed with the courage Richards demonstrates each day in the face of cystic fibrosis.

There is no better form of motivation.

"I always think about what Kate has to every day and it puts everything in perspective for me," Caswell said. "I never had it bad. It makes me push myself as hard as Kate does. She is inspiring."

Richards' teammates and friends count on her for more than motivation. Richards has a spark in her that makes people gravitate towards her and want to be around her. They are most impressed with her positive attitude towards life despite the obvious difficulties she endures.

"Kate is just a lot of fun to be around," Kyla Bruni said. "She has a great sense of humour and we are always laughing and having a good time. She is one of those people who is smiling and always happy and it makes you smile and be happy."

Richards has shown herself to be a dedicated athlete in more ways than one. Through her exploits with the Lo-Ellen Park cross-country team this season, Richards showed coaches and teachers and other athletes how much resolve and will she has to run and compete.

"Kate is resilient, focused, and mature, as one might expect," Lo-Ellen Park cross-country and track coach Colin Ward said. "She can do more than most, better than most, or is more fit than most, with way more obstacles in her way than most people encounter. Not a lot of people have her level of focus and determination."

My OFSAA Experience: Charlotte Prouse, London Central SS



As a high school athlete the biggest event to attend is OFSAA. The competition where adrenaline, skill and competitiveness is at its highest.

I have been lucky to have been able to attend many OFSAA's in my high school career for cross country and track. After training all year with the OFSAA stage and hopefully gold in mind the hard work pays off once you qualify and cross the finish line. In training I make sure to give 100% not only with my school team but on the weekends with my club as hard work is the key to my success. Although in grade 9 cross country things did not go as well as I hoped the OFSAA race was an amazing learning experience for myself as I learned that Ontario is the

hardest province to compete in and that hard work is needed to succeed.

After grade 9 my running maturity really increased as I made sure to train hard but train smart, making sure that no injuries occurred in the process. Even though my personal goals are a large part of my focus I want the team to do well also. The team at Central has been an amazing fit with great coaching and great teammates that I love being around. Winning OFSAA individual titles is an amazing feeling that I will never forget, but winning a team medal is something that tops all. There is nothing like the OFSAA experience.

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Recharge With Milk

OFSAA and **Recharge with Milk** are happy to present the Up Your Game program once again for the 2013-14 season that will support high school basketball in Ontario, working to improve the experience for all players and coaches involved.

Be sure to visit upyourgame.ca for free downloadable content to help your team with valuable training tips and techniques, nutritional information, and specially designed drills with videos where you can ultimately "Face the Beast" and take your game to

the next level. Power up by getting the facts on hydration, endurance, muscle building, carbs and protein.

For coaching tips, questions and concerns, you can reach out to Ryerson Rams and Canadian Junior Men's National Team head coach Roy Rana through the site. There are many valuable tools in the Coaches Clipboard including coaching notes, practice plans, season support checklist, and more.



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

Recovering the right way.

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

Milk helps.

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

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



Character Athlete Award 2013-14

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

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 community.

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



Madison Whittet

Nominated by: Laurie Vezina

Madison is a swimmer, runner and golfer who has "improved by leaps and bounds over the past two years in all her endeavours." She participated in two OFSAA events this fall and works relentlessly in the classroom.

As a member of the Cross Country squad Madison started a new policy of waiting at the finish line until the last runner came through, a trend that has since been adopted by the midget and junior teams. During one race Madison stopped to aid a girl she found in need of medical help until it arrived, thereby sacrificing her individual result in the race to potentially save a life.

Her dedication to development led her to improve on her golf game every day. She finally made OFSAA and was the top golfer from NOSSA, showing her improvement with every drive and putt.

"Madison is very coachable and dedicated to improving herself while still extremely focused on team rather than individual results," said school physical education department head Laurie Vezina. "We are so proud of her participating in two OFSAA's this fall and know she will continue to strive for excellence while motivating others."



Jared Salmond

Nominated by: Joel Hasler

Jared is captain of his school's varsity volleyball team, the only team his remote school runs due to a secondary student population of about 95. To bring sports to his school he organizes intramural games and tournaments for the whole school, which ranges from kindergarten to Grade 12. He also developed and ran a lunchtime athletic program last year for Grades 5 to 8.

Off the court, Jared is the President of Student Council, student rep for the Parent Advisory Council, involved with many other community initiatives, volunteers with local youth basketball volleyball, and swimming programs where he is a water safety instructor at Bon Echo Provincial Park all while maintaining a 93% academic average.

His community was shaken last year by the death of a student and teammate after a car crash, and Jared spoke at the emotional memorial on behalf of the team.

"This was probably one of the hardest experiences for this group of young men and Jared led them through it as a cohesive team with strength, respect, and integrity," said school program leader Joel Hasler. "Jared is a role model for all that OFSAA values, and promotes these values in a quiet, unassuming way that inspires others around him to do the same."

Congratulations to the first pair of recipients of 2013-14 OFSAA Character Athlete Award. We will announce two more winners at the end of the school year. If you wish to nominate a student-athlete, please visit our awards section online and fill out an application form.

The OFSAA Alumni Scholarships

Each year OFSAA Alumni Scholarships are presented to students in specific Associations. This year applications will only be received from students in schools in SOSSA, EOSSAA and ROPSSAA. Applications must be received by mail or courier by April 1st, 2014. Criteria and application forms can be found on the OFSAA website under 'Programs/Scholarships'. 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 the scholarships.

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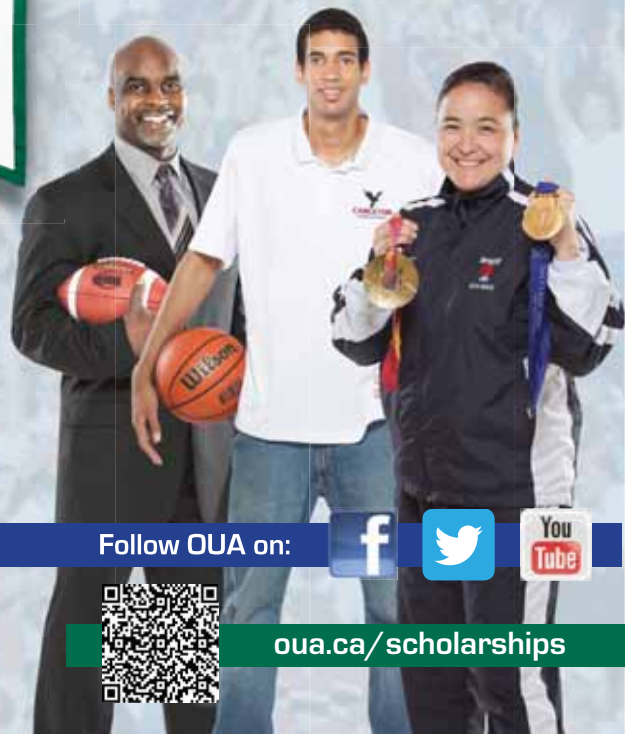


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FOR LIFE.**

ATHLETIC SCHOLARSHIPS

Did You Know?

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



Follow OUA on:



oua.ca/scholarships

KidSport grants available to assist student-athletes in financial need



So **ALL** Kids Can Play!

To enable students who have difficulty finding the monies to pay their athletic fee to participate in the school sport(s) of their choice, have them apply for a "KidSport" grant. The application form can also be found online at www.ofsaa.on.ca. OFSAA partners with 'KidSport' to provide this opportunity.

Some important reminders . . .

- Applications must be received by the deadline dates:
Winter sports - January 31, 2014
Spring sports - April 30, 2014
- Separate applications must be submitted for each season.
- The maximum amount a student may be granted within a school year is \$250
- Only fees covering league play expenses will be reimbursed.
- All sections of the application form must be completed in full with an accurate breakdown of the fee.
- The endorser must be a person aware of the student's situation and needs, and of the breakdown of the fees. (Suggest the Athletic Director or Physical Education Department Head serve as the endorser) Note: A parent is not an acceptable endorser for the student.

Scholarships and Awards Available for 2014

OFSAA has formed partnerships with a number of organizations, benefitting student-athletes, as well as teacher-coaches across the province.

The following scholarships are available to graduating student-athletes:

OFSAA Alumni Scholarship

This year, four OFSAA Alumni Scholarships will be presented to student-athletes in pre-determined OFSAA member Associations. The value of each scholarship is \$500. Only students from member schools in the following Associations may submit applications for consideration in 2013-14: ROPSSAA, SOSSA and EOSSAA. **Application deadline is April 1, 2014.**

Roger Neilson/Toronto Maple Leafs Alumni Scholarship

Awarded each year to two student-athletes who will be continuing their post secondary education. One male and one female are awarded separate scholarships in the amounts of \$10,000, each spread out over four yearly payments of \$2,500. In addition to these two recipients, the Toronto Maple Leafs Alumni Association also offers one-time bursaries of \$1,000 to two additional scholarship finalists. **Application deadline is April 1, 2014.**

For application forms and full details on all scholarships and awards available please visit www.ofsaa.on.ca under programs and recognition

Brian Maxwell Memorial Scholarship

The Brian Maxwell Memorial Scholarship is awarded each year to two student athletes that will be continuing their post secondary education at a Canadian College or University. One male and one female track/cross country qualifying student-athlete are awarded separate scholarships in the amounts of \$5,000 each. **Application deadline is June 16, 2014.**

Colin Hood School Sport Award

Annually awarded to one graduating male, one graduating female, and one coach in every school in the province who, throughout their high school career, have been committed to the success of sport at their school and within their Association. **Application deadline is April 25, 2014.**



SCHOOL SPORT CANADA
SPORT SCOLAIRE CANADA

School Sport Canada Online Courses

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

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

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

Athletic Injury Management

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

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

Concussion in Sports - What You Need To Know

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

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

This is a FREE Course!

Engaging Effectively with Parents

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

Fundamentals of Coaching

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

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

Legal Course for Coaches

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


Teaching & Modeling Behaviour

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

Tobacco - "Be the NORM"

A course designed to give students and coaches an understanding of the negative effects of tobacco use. This is a FREE Course.

Coaching in Ontario Schools (CIOS)



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






This year, we are hoping to offer the course through a live-time online format which will allow participants from across the province to interact and take the course at pre-established dates/times. We hope to have this option made available soon.

Course Cost

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

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

To organize a CIOS workshop please contact Michael Suraci at 416-426-7440 or michael@ofsa.on.ca



Instagram and Vine: New Social Media Has Same Risks for Coaches

Special to the Bulletin by Kevin Lawrie (KRL@sportlaw.ca)

image by Feelart via FreeDigitalPhotos.net

The speed at which young people use and discard social media mediums (plural: media) often outpaces the speed at which adults understand those same social media. Coaches are now very familiar with Facebook, YouTube, and Twitter. Most coaches know how to use these media successfully for communicating with their athletes and also know of the dangers and benefits of athletes using these media. I've previously written about why coaches should have a personal social media strategy, the 'coach' profile, and the inclusion of social media within a code of conduct.

But social media evolves. Are your social media efforts (your strategy and policies) malleable enough to apply to new social media that become more widely used? Remember that evolved social media are not the same as what currently exists. Instagram is not the same as Twitter and Vine is not the same as YouTube. These new social media could presumably bring new benefits but also new dangers.

Instagram is a photo-sharing service that permits users to upload pictures and change the filter of the image (sepia, black and white, etc.). Instagram is similar to Twitter in that users have a handle (username) and other users follow each other's handles, and like and comment on each other's pictures. However where Twitter is primarily for text, Instagram is primarily for pictures. Both Twitter and Instagram use hashtags (which are short comments beginning with a # that allow other users to search for pictures/tweets tagged with the same #hashtag) but on Instagram hashtags are used far more frequently. Also, Twitter permits retweets (quick reposting of other users' messages) whereas Instagram does not.

Vine is a video-sharing application owned by Twitter and users can login through Twitter or create a separate account. Vine videos are limited to six seconds but users can start the camera, pause it, and resume the recording to create a compilation video. Currently, Vine videos are all public unlike most other social media – Twitter, Facebook, and Instagram – on which users can determine if the content should be public or private. Vine videos can be 'revined' and reposted by other users.

NEW ISSUES

The evolution of social media appears to be moving from 'text-as-priority' to 'image-as-priority' and coaches and schools should prepare for these changes by being aware of the legal areas most likely to be encountered.

For example, with text-based comments one of the salient risks is an athlete making a defamatory statement ("Selection process is corrupt!") or making racist/sexist/homophobic comments directed toward other individuals. On image-based social media, these concerns are reduced (though not eliminated). Text communication is infrequent on newer social media, reposts are not as common, and hashtags are more prevalent.

Most schools or teams can, and do, have prohibitions within their code of conduct for athlete behaviour related to defamation and other controversial comments. But does a hashtag count? Professional basketball athlete JR Smith recently encountered controversy for his hashtag #NoSandusky in a tweet about children. It should be clear that hashtag comments are included under the jurisdiction of the code of conduct.

In terms of athlete conduct on social media, coaches should also prepare for the 'proof' of irresponsible conduct to be more easily available and thus more easily brought to a coach's attention. Whereas a text-based comment may have multiple valid interpretations, a short video or a picture has fewer interpretations. An athlete who tweets "Drinking at Regionals!" is referencing conduct that

may or may not have actually occurred as written, but an athlete who posts an Instagram picture of himself drinking from a



image by patrisyu via FreeDigitalPhotos.net

Image by adamr via FreeDigitalPhotos.net



bottle of alcohol is confirming his behaviour. Coaches may have an easier time disciplining the athlete but may have to discipline more athletes given the popularity and blatant nature of image-as-priority social media.

Confidentiality is one of the main legal areas that may be encountered more frequently with image-as-priority social media. Athletes given confidential documents or access to private areas may not immediately see the negatives associated with posting Instagram photos of this confidential material. Without much consequence, an athlete may tweet "Headed to a team meeting!" – but posting a public picture of the coach's whiteboard may be a breach of the team's confidentiality expectations.

POLICY UPDATES

Codes of conduct for schools and teams should be written generally and should be specific enough so that athletes are aware of what type of conduct – regardless of what medium – is inappropriate. Some conduct is more frequent on different media and the

code of conduct should not prioritize one medium over another.

If your school or team has a social media policy or guidelines for social media the documents may need to be updated to highlight the possible dangers specific to the new media. Particularly relevant recently is the public nature of the content (especially on Vine), the confidentiality of team documents and areas, the privacy of teammates, and the consequences of hashtags that breach the code of conduct.

Besides the dangers of the new social media, the image-as-priority social media offer more opportunities for schools to publicize and promote its athletes and teams. In a previous post, we wrote about how organizations take proactive and reactive approaches to social media. Understanding the new social media for one approach should accompany a strategy or policy update applying the new social media for the other approach as well.

We are looking forward to what comes next – such as 'always-on' personal cameras that record our every move and allow us to watch the videos of our lives. This 'life-logging' does not yet seem to include a capacity for easily sharing material with others. But young people may begin using and abusing this social medium before adults even realize it exists.

SCHOLARSHIP OPPORTUNITIES

10 LEAGUE SPORTS

— *five* —

TOURNAMENT SPORTS

29 *member schools*

— ONE —

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2013-14 OFSAA Championships

BOYS' GOLF (SWOSSAA)

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

GIRLS' GOLF FESTIVAL (YRAA)

Wed-Thurs Oct. 16-17, York Region
Jane King & Scott Bone, Huron Heights SS
P: 905-895-2384 F: 905-895-8912
Jane.king@yrdsb.edu.on.ca
Entry Deadline: Mon, Oct. 7

GIRLS' FIELD HOCKEY (CWOSSA)

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

CROSS COUNTRY (NOSSA)

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

BOYS' A VOLLEYBALL (NOSSA)

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

BOYS' AA VOLLEYBALL (NWOSSAA)

Thurs - Sat, Nov. 21 - 23, Thunder Bay
Scott Masters, Churchill C&VI
P: 807-473-8100
F: 807-475-4732
scott_masters@lakeheads.schools.ca
Entry Deadline: Sat, Nov. 16

BOYS' AAA VOLLEYBALL (WOSSAA)

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

BOYS' AAAA VOLLEYBALL (ROPSSAA)

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

GIRLS' A BASKETBALL (NOSSA)

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

GIRLS' AA BASKETBALL (SWOSSAA)

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

GIRLS' AAA BASKETBALL (WOSSAA)

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

GIRLS' AAAA BASKETBALL (SWOSSAA)

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

Football Bowls (Committee)

Week of Nov. 25-29, Toronto
Centennial Park
Entry Deadline: Nov 22

Alpine Skiing (Committee)

Mon - Tues, Feb. 24 -25, Blue Mountain
Ken Coffin, OFSAA
P: 905-853-8869
ken@ofsaa.on.ca
Entry Deadline: Fri, Feb 14

SNOWBOARDING FESTIVAL (TDCAA)

Thurs Feb 27, Mansfield Ski Club
Rainer Wenzl & Deryck Fox
Father John Redmond CSS
P: 416-393-5540 F: 416-393-5761
Entry Deadline: Wed, Feb 19

NORDIC SKIING (NEOAA)

February 25-26, Timmins
John LaBine,
Timmins High and Vocational School
P: 705-360-1411
john.labine@dbs1.edu.on.ca
Entry Deadline: Fri, Feb. 14

SWIMMING (CWOSSA)

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

WRESTLING (ROPSSAA)

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

BOYS' A BASKETBALL (NEOAA)

Mon-Wed March 3-5, Timmins
Don Davis, O'Gorman HS
P: 705-268-4501 F: 705-267-1550
ddavis@ncdsb.on.ca
Doug Basso, O'Gorman HS
P: 705-268-4501 ext 4122 C: 707-363-8567
F: 705-267-1550
dbasso@ncdsb.on.ca
Entry Deadline: Tues, Feb. 25

BOYS' AA BASKETBALL (EOSSAA)

Mon-Wed March 3-5, Perth
Kevin Bellamy, Perth & District CI
P: 613-267-3051 F: 613-267-4538
kevin.bellamy@ucdsb.on.ca
Entry Deadline: Tues, Feb 25

BOYS' AAA BASKETBALL (SOSSA)

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

BOYS' AAAA BASKETBALL (ROPSSAA)

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

GIRLS' A VOLLEYBALL (CISAA)

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

GIRLS' AA VOLLEYBALL (NWOSSAA)

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

GIRLS' AAA VOLLEYBALL (SWOSSAA)

Mon-Wed March 3-5, Windsor
Jason Leili, Kingsville DHS
P: 519-733-2347 F: 519-733-2631
Jason.leili@gecdsb.on.ca
Entry Deadline: Wed, Feb 26

GIRLS' AAAA VOLLEYBALL (GBSSA)

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

Championship Calendar

GIRLS' A/AA HOCKEY (NOSSA)

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

GIRLS' AAA/AAAA HOCKEY (NOSSA)

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

BOYS' A/AA HOCKEY (GHAC)

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

BOYS' AAA/AAAA HOCKEY (YRAA)

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

BOYS' CURLING (NOSSA)

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

GIRLS' CURLING (ROPSSAA)

March 19 – 22, Brampton
Rocco Bellusci & Maria Stewart
St. Michael CSS
P: 905-951-8935 F: 905-951-6559
Rocco.bellusci@dpcdsb.org
Maria.stewart@dpcdsb.on.org
Entry Deadline: Thurs, March 6

GIRLS' GYMNASTICS (COSSA)

April 7-8, Peterborough
Kathy Garvey & Liz Kuipers
St. Peter's HS
P: 705-745-1358 F: 705-745-5025
ekuipers@pvnccdsb.on.ca
ggarvey1@cogeco.ca
Entry Deadline: Fri, March 28

BADMINTON (YRAA)

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

TENNIS (SOSSA)

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

BOYS' A/AA FIELD LACROSSE (SOSSA)

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

BOYS' AAA/AAAA FIELD LACROSSE (ROPSSAA)

Wed-Fri June 4-6, Mississauga/ Brampton
Jonathan Diamond & Jim Commandant
Our Lady of Mount Carmel
S: 905-824-1025 F: 905-824-4549
Jim.commandant@dpcdsb.org
Entry Deadline: Sat, May 31

GIRLS' A/AA RUGBY (COSSA)

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

GIRLS' AAA/AAAA RUGBY (GHAC)

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

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

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

TRACK & FIELD (ROPSSAA)

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

BOYS' A SOCCER (WOSSAA)

Thurs-Sat June 5-7, London
Cam Hagle, Holy Cross CSS
P: 519-660-2796 F: 519-245-7693
chagle@office.lcdsb.on.ca
Entry Deadline: Sat, May 31

BOYS' AA SOCCER (SWOSSA)

Thurs-Sat June 5-7, Leamington
Jim Kittl, Cardinal Carter
P: 519-322-2804 F: 519-322-4214
Jim_kittl@wecdsb.on.ca
Entry Deadline: Sat, May 31

BOYS' AAA SOCCER (NOSSA)

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

BOYS' AAAA SOCCER (SWOSSAA)

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

Girls' A Soccer (SWOSSAA)

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

GIRLS' AA SOCCER (GBSSA)

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

GIRLS' AAA SOCCER (NWOSSAA)

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

GIRLS' AAAA SOCCER (GHAC)

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

BOYS' BASEBALL WEST REGIONALS (WOSSAA)

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

BOYS' BASEBALL EAST REGIONALS (LOSSA)

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

OFSSA Fall 2013 Cha



Championship Photo Gallery



OFSAA FOOTBALL BOWLS

Toronto November 26 - 29, 2013 Etobicoke Centennial Stadium



The 2013 OFSAA Football Festival took on a new format this year as a result of not returning to the Rogers Centre, which had been our host for the past five years.

Each association had a direct entry to one of nine bowl games played at Etobicoke Centennial Stadium over four days.

OFSAA would like to express a special thanks to the organizing committee who did a fantastic job in organizing the event in a very short period: Sean Allen, Campbell Blake, Dan Del Mastro, Dan Dominico, Devin Gray, Brian Gaw, Ken Green, Chick Kennedy, Dana McKiel, Peter Morris, Mario Pietrangelo, Erica Phillips, Pat Reilly, Dan Russell, Kent Farrow, and the many student volunteers who ensured that the event ran smoothly.

Thanks to our many sponsors: Marchant's School Sports; Pizza Pizza, Rogers TV, Toronto Sun, Josten's Rings, Spalding and Gatorade. The OFSAA Football Festival could not have happened without your continued support.

TUESDAY NOVEMBER 26

BOWL GAME # 1 Presented By Marchant's School Sport
Lorne Park (ROPSSAA) 32 vs Frontenac (EOSSAA) 1



Quarterback Alex Lavric completed 16 of 24 passes to lead the Lorne Park Spartans to a commanding 32-1 victory over Kingston's Frontenac Falcons.

Devin Condlin scored two TD's as the Spartans primary receiver (seven passes for 153 yards). The Falcons had several good drives but simply could not push the ball across the goal line despite a net offense of 322 yards.

BOWL GAME # 2 Presented By Gatorade

Crestwood (COSSA) 17 vs Sir Wilfrid Laurier (NCSSAA) 13



The Laurier Falcons from Ottawa were poised to upset the Crestwood Mustangs from Peterborough who were making their eighth bowl appearance. They were dominant in the first half taking a 13 - 3 lead into the locker room at halftime. Jackson Bennett had two running touchdowns of 57 and 44 yards.

Experience paid off for Crestwood as Josh Pennello scored two second-half touchdowns (the second with 4:22 on the clock) to lead his team to their third OFSAA Football Bowl with a 17 - 13 victory.

WEDNESDAY NOVEMBER 27

BOWL GAME # 3 Presented By Toronto Argonauts
West Ferris (NOSSA) 10 vs Richview CI (TDSSAA) 12



Richview CI was making its first Bowl appearance since capturing the Metro Bowl in 2001. West Ferris SS was making its first ever bowl appearance after defeating Superior Heights SS (Sault Ste Marie) in the NOSSA championship the previous week.

Marcus Marchese used his talent as a kicker and receiver

to lead Richview to a narrow 12- 10 victory. His field goal from 11 yards with 4:11 remaining in the fourth quarter was the margin of victory for the Saints.

The Trojans from North Bay dominated the running game accumulating 257 yards along the ground. They were led by Zach Delorme who carried nineteen times for 151 yards and one touchdown.

Richview was able to move the ball through the air with a total of 214 yards. Marchese caught six passes for 122 yards and one touchdown.

BOWL GAME # 4 Presented By Marchant’s School Sport
Westdale SS (SOSSA) 13 vs Assumption College (CWOSSAA) 24



Assumption College’s Lions made their third bowl appearance, looking for their first bowl win. The Lions from Brantford never looked back after an early field goal by Andre Toic to defeat a very scrappy Westdale SS team from Hamilton to win 24-13.

Andre Toic scored once for the Lions and caught 3 passes for 76 yards. Liam Putt completed 10 of his 15 passes for a Lion total of 168 yards.

Westdale quarterback Sam Malavolta led the way for the Warriors completing 14 of his 21 passes. Joey Ricottone and Andrew Pacheco led the defenses with a combined 16 tackles.

BOWL GAME # 5 Presented By Spalding
W.F. Herman (SWOSSAA) 42 vs Upper Canada College (CISAA) 7

The powerful W.F. Herman Green Griffins, led by legendary coach Harry Lumley, captured their third OFSAA Football Bowl in the past four years by easily defeating a very good Upper Canada College Blues team on a cold, windy and snowy evening.

After Aidan Powers had given Upper Canada an early lead on a 40 yard run, the Griffins took command running the ball 33 times for a total of 309 yards, scoring six running



touchdowns, and eating up valuable clock time. Curtis Holmes (three touchdowns) and Marquise Thompson (two touchdowns) led a very balanced attack. Maquise also kicked four converts. Phillippe Martin did lead a very tired Blues defense corps with 10 tackles.

Herman from Windsor has been one of the most successful teams to compete at the OFSAA Football Bowl games capturing five championships in six appearances.

THURSDAY NOVEMBER 28

BOWL GAME # 6 Presented By Pizza Pizza
Westgate (NWOSSAA) 13 vs St. Mary (LOSSA) 20

The Westgate Tigers from Thunder Bay and St. Mary Monarchs from Pickering put on quite a show for the fans in this game as momentum swung back and forth until Austin Benn put the Monarchs ahead for good with a TD run of 27 yards early in the fourth quarter.

With their 20-13 victory, St. Mary won their first OFSAA Football Bowl Championship in their second appearance. 320 spectators traveled on several buses from Pickering to support their team and cheer them on to victory.

Josh Whitehurst and Tucker Arnold scored touchdowns for Westgate. The Monarchs were led by touchdowns from Josh Henry, Justice Johnson, and Austin Benn.

The difference in this contest was the passing game where St. Mary threw for a total of 244 yards while Westgate could only muster 83 yards.

Congratulations to the Westgate Tigers team and their spectators who made a huge sacrifice in traveling from Thunder Bay to participate in this bowl game.



BOWL GAME # 7 Presented By Pizza Pizza

Huron Heights (YRAA) 29 vs Catholic Central (WOSSAA) 9

Huron Heights proved again to be one of the elite teams in high school football in Ontario as they defeated a very determined Catholic Central Crusader team from London by the score of 29-9. Backed by tremendous support from their fans, Huron Heights used a powerful running game, (413 total yards) to score four touchdowns. They were able to score a touchdown in each quarter.

Caleb Scott led the Warrior attack with three touchdowns highlighted by 99 and 62-yard TD'S.

John Arboleda led the Catholic Central attack with 81 yards on the ground with eight carries. Alex Vanderhoeff and Brett Rombough led the Crusader defense with a combined 12 tackles.

This was Huron Heights' second consecutive OFSAA Football Bowl appearance.

FRIDAY NOVEMBER 29

BOWL GAME # 8 Presented By Marchant's School Sport

Cardinal Newman (GHAC) 11 vs Don Bosco (TDCAA) 21



The Don Bosco Eagles captured their first OFSAA Football Bowl by defeating the GHAC champion Cardinal Newman Cardinals by the score of 21 - 11.

Steve Mpenega who scampered for two touchdown runs, leading Don Bosco to victory.

Statistics for both teams were very close with the Eagles

having a total of 218 yards to the Cardinals 189 yards. Mitchell Atlee led Cardinal Newman running attack with 10 carries for 59 yards. Justin Connolly was a threat both running and catching.

BOWL GAME # 9 Presented by Toronto Sun

Central Technical School (TDSSAA) 1 vs St. Joan of Arc (GBSSA) 35

St. Joan of Arc dominated the final bowl game from the beginning limiting a very strong Central Tech. running game to 103 total yards.

The Joan of Arc Knights captured their first OFSAA Football Bowl with an impressive 34-1 victory over the Blues from Central Technical School.

Knights QB Adam Zussino scored a TD and was successful through the air (17 for 23) for a total of 217 yards. Jesse Alves scored a lone touchdown from within the red zone.

Kadeem Thomas was a dominant two-way player for Central Tech all season, but could muster only 27 yards on the ground. Kadeem was in on 8 tackles for their defense.

Thanks again to everyone who made this years' OFSAA Football Bowl Festival a success.



All football photos provided by Gerry Angus. Please visit spectrophotography.com to view and purchase thousands of OFSAA images.

GAME 1		GAME 6	
Lorne Park (ROPSSAA)	32	Westgate (NWOSSAA)	13
Frontenac (EOSSAA)	1	St. Mary (LOSSA)	20
GAME 2		GAME 7	
Crestwood (COSSA)	17	Huron Heights (YRAA)	29
Sir Wilfrid Laurier (NCSSAA)	13	Catholic Central (WOSSAA)	9
GAME 3		GAME 8	
West Ferris (NOSSA)	10	Cardinal Newman (GHAC)	11
Richview CI (TDSSAA)	12	Don Bosco (TDCAA)	21
GAME 4		GAME 9	
Westdale SS (SOSSA)	13	Central Technical School (TDSSAA)	1
Assumption College (CWOSSAA)	24	St. Joan of Arc (GBSSA)	35
GAME 5			
W.F. Herman (SWOSSAA)	42		
Upper Canada College (CISAA)	7		

OFSAA Girls' Golf Festival

Shanty Bay Golf Club, Barrie October 16-17, 2013

The grounds were wet and the wind was chilly, but that did not stop some of Ontario's finest high school golfers from bringing their best to compete at the 2013 OFSAA Girls' Golf Festival. The course at Shanty Bay Golf Club served up a few challenges, but this did not stop Selena Costabile (YRAA) from securing the victory, scoring just one above par with a 72. Her competition was not far behind, with Alyssa Getty (SWOSSAA) and Crystina Kertsos (LOSSA) tied at 73 after 18 holes. Second and third place would be decided by a play-off between the two golfers, with Crystina sinking a key putt to edge out Alyssa for second place honours. Strong performances by a group of YRAA golfers secured them the Association title with a score of 226.



Thank you to convenors Jane King and Scott Bone for all of their hard work and dedication. Congratulations on a well run and successful event!

Results

1. Selena Costabile	Bill Crothers S.S.	YRAA	72
2. Crystina Kertsos	St. Mary C.S.S.	LOSSA	73
3. Alyssa Getty	Kingsville D.H.S.	SWOSSAA	73
4. Diana McDonald	Holy Cross C.S.S.	EOSSAA	75
5. Madeline Marck-Sherk	Ridgeway-Crystal Beach H.S.	SOSSA	76
5. Julia Champion	Markham D.H.S.	YRAA	76

Association Award Winner: YRAA

1. Selena Costabile	Bill Crothers S.S.	72
2. Julia Champion	Markham D.H.S.	76
3. Jessica Ip	Jean Vanier C.H.S.	78



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OFSAA Boys' Golf Championship

Windsor October 16-17, 2013

Convenors Fernando Brunone and Walt Pascot having hosted two Girls' Golf Festivals decided to bring their experience and expertise to the Boys' Championship in 2013. Hosting at the historic Essex Golf & Country Club, students were provided the opportunity to play one of Ontario's finest courses. A beautiful autumn day allowed early arrivals to play a practice round before convening for a dinner banquet. Following dinner, the Leadership in School Sport Award was presented to Pat Hickson (St. Thomas of Villanova) for his years of support for high school athletics. During this time he has been a strong supporter of high school sport being involved as a coach as well as held leadership roles within the SWOSSAA Executive Council including President. The evening concluded with guest speaker Ryan Hughes, University of Windsor Golf Coach. Ryan spoke to the opportunities Canadian universities offer for students wanting to pursue golf at the post-secondary level and became a crowd favorite by handing out prizes for correct local trivia answers.

In almost a complete contrast to what is expected at the Boys' Golf Championship, warm double-digit temperatures and spots of sunshine filled the course. Gusty winds were the only weather factor on day one as golfers did their best to keep their shots below the treeline. Scores were tight on both the team and individual sides as athletes took to the tees on day two. Cooler temperatures and some light rain made for more challenging conditions as play continued into the late afternoon. Once all scores were tallied, Maxwell Sear of Bill Crothers SS came from behind with a final round of two under par to capture OFSAA gold. In addition, Maxwell and his Bill Crothers' teammates took home the Team Championship Banner.



Photo credit: Dax Melmer from the Windsor Star

OFSAA would like to thank the convenors and organizing committee for all their work in planning an excellent event. A thank you is also extended to the Golf Association of Ontario for officiating the event and to Essex Golf & Country Club for one again opening their doors to high school golfers.

Individual Results		Team Results	
Maxwell Sear (Bill Crothers SS):	73-69 = 142	Bill Crothers SS (YRAA):	449
John Boncoddio (St. John's College):	72-71 = 143	St. John's College (CWOSSA):	452
Spencer Dobbs (David A Wilson):	74-70 = 144	Holy Cross CSS (EOSSAA):	459

OFSAA Girls' A Basketball

Sault Ste. Marie November 21-23, 2013



This year's OFSAA Girls' A Basketball Championship was hosted in Sault Ste. Marie by White Pines C & V.S. Convenors Wendy Basawa and Josh Pallot welcomed teams from across the province, kicking things off with a beautiful banquet where teams were treated to an Italian feast. Thank you to Josh and Wendy for their hard work and dedication to this event.

The banquet also provided the opportunity to honour Wendy as the recipient of the OFSAA Leadership in School Sport Award for her dedication to student-athletes and school sport, both within her school and city-wide. Congratulations to Wendy on this well-deserved award.

The outcome of the championship came down to a very intense and closely matched gold medal game. It was a NOSSA final as No. 1 seed Algonquin (North Bay) faced off against No. 3 seed and host White Pines (Sault Ste. Marie). With the score tied at 32-32 with only five seconds left in the 4th quarter, it was almost certain that the game would be going to overtime; however a last-minute basket by White Pines at a crucial moment pulled them ahead to secure the win in their home gym. Congratulations to Jessica Beach, Adriane Bruni, Olivia Bruni, Kara Harrison, Taylor Kinnunen, Jessica Myers, Keirstin Olar, Heather Pine, Chase Sewell, Brooke Smith, Assistant Coach Wendy Basawa, and Head Coach Josh Pallot.



The OFSAA Team Sportsmanship Award was given to Peetabeck Academy (NEOAA) for their positive spirit throughout the championship, both on and off the court. Check this Bulletin for more on the Peetabeck team. Congratulations to the athletes and coaches from Peetabeck!



Photo credit: Jay Houselander

Participating Teams

Trinity College School	CISAA
St. Thomas Aquinas C.S.S.	COSSA
Woodland Christian H.S.	CWOSSA
North Grenville D.H.S.	EOSSAA
Rideau D.H.S.	EOSSAA
É.S.C. Nouvelle-Alliance	GBSSA
King's Christian Collegiate	GHAC
Peetabeck Academy	NEOAA
White Pines C & V.S.	NOSSA
É.S. Algonquin	NOSSA
Rainy River H.S.	NWOSSAA
Port Colborne H.S.	SOSSA
Hamilton District Christian H.S.	SOSSA
É.S. E.J. Lajeunesse	SWOSSAA
Nelson A. Boylen S.S.	TDSSAA
É.S. Monseigneur-Bruyère	WOSSAA

Quarter Finals

Algonquin def. King's Christian	47-25
Bruyère def. Rideau	40-30
White Pines def. Hamilton District Christian	55-22
Nouvelle-Alliance def. Trinity	51-32

Semi Finals

Algonquin def. Nouvelle-Alliance	39-23
White Pines def. Bruyère	56-46

Consolation Championship

Woodland Christian def. Port Colborne	26-21
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Bronze Medal Match

Bruyère def. Nouvelle- Alliance	44-40
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Gold Medal Match

White Pines def. Algonquin	34-32
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OFSAA Girls' AA Basketball

Windsor November 21-23,

The veteran convenor team of Pete Cusumano and Mike McKittrick at Windsor's Catholic Central High School pulled off yet another successful OFSAA championship. The 2013 OFSAA Girls' AA Basketball Championship was a first-class event from start to finish. Thank you to Pete and Mike for your tireless efforts – you make it look too easy!

The championship highlighted some of Ontario's finest high school girls' basketball. It was the top four seeded teams that would make it to the medal matches, with No. 4 seed Dr. Denison of Newmarket coming out on top as the gold medal winner. Congratulations to Lindsay Edward, Libby Farhoud, Jasmine Ferdousi, Katie Gilmor, Samantha Kordez, Kali Ledgerwood, Megan Meyer, Kimberlee Nesbitt, Brie Rurak, Emily Tinnes, Samantha Torrens, Jennifer Waddell, Candice Wyns, Assistant Coach Amanda McGowan, and Head Coach Jackie Zicaro. The Dr. Denison squad was also selected as the winner of the OFSAA Team Sportsmanship Award for their gracious attitudes and commitment to the



positive values of school sport, both on and off the court, which was modeled by their coaches. Congratulations on an outstanding championship!

The OFSAA Leadership in School Sport Award went to Denise Hébert of Assumption College in Windsor for years of service and involvement in school sport. Denise has been a dedicated coach in numerous sports, and very involved in athletics in her local associations. Denise is a very deserving recipient of this award. Congratulations!

Participating Teams

St. Theresa C.S.S.	COSSA
Bishop Macdonell C.H.S.	CWOSSA
La Salle S.S.	EOSSAA
Carleton Place H.S.	EOSSAA
St. Joseph's H.S.	GBSSA
Assumption H.S.	GHAC
St. Matthew H.S.	NCSSAA
É.S.C. Thériault	NEOAA
LaSalle S.S.	NOSSA
Hammarskjold H.S.	NWOSSAA
Centennial S.S.	SOSSA
St. Francis S.S.	SOSSA
General Amherst D.H.S.	SWOSSAA
Catholic Central H.S.	SWOSSAA
Francis Libermann C.H.S.	TDCAA
Oakwood C.I.	TDSSAA
St. Michael C.H.S.	WOSSAA
Dr. J.M. Denison S.S.	YRAA

Quarter Finals

Denison def. Oakwood	57-45
Centennial def. Bishop Macdonell	40-26
St. Francis def. Thériault	30-23
General Amherst def. St. Michael	40-21

Semi Finals

Denison def. Centennial	53-47
St. Francis def. General Amherst	37-27

Consolation Final

La Salle def. St. Matthew	56-44
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Bronze Medal Match

General Amherst def. Centennial	46-34
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Gold Medal Match

Denison def. St. Francis	48-40
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OFSAA Girls' AAA Basketball

London November 21-23, 2013



Convenors Tracey Swift and Rob Angione were the perfect hosts as they welcomed teams from across the province to London for the 2013 OFSAA Girls' AAA Basketball Championship. They attended to every detail to ensure a memorable experience for athletes and coaches alike. It was Hamilton's St. Mary Crusaders that would dominate the championship final once again, with a decisive 64-36 victory over Sarnia's Northern C.I. & V.S. to secure their third consecutive OFSAA championship. Congratulations to Sarah Badke, Halle Bovell, Ally Brandt, Natasha Burns, Christina Butternham, Amira Giannattasio, Hilary Hanaka, Julia Hanaka, Hannah McGurk, Taylor Randall, Mackenzie Trpcic, Assistant Coach Jessie Lampaski, Assistant Coach Gillian Valvasori, and Head Coach Nate McKibbon.

At the banquet, George Ubanowicz of Regina Mundi College, was the recipient of the OFSAA Leadership in School Sport Award. In his 42 years as teacher-coach, George has been a coach, a convenor, a therapist, a referee; according to his nominator and convenor Rob Angione, "George wore all and any hats that would help kids and the athletic program." George always upheld a dedication to fun, hard work, determination, and perseverance in all of his pursuits. Congratulations to a deserving recipient!

At the conclusion of the championship, it was the team from Toronto's Father Redmond C.S.S. that was chosen as the winner of the OFSAA Sportsmanship Award for their positive display of gamesmanship and dedication to the spirit of school sport. Congratulations to players and coaches.

Participating Teams

Thomas A. Stewart S.S.	COSSA
St. John's College	CWOSSA
Regiopolis-Notre Dame C.S.S.	EOSSAA
OD/Park S.S.	GBSSA
St. Mary C.H.S.	GHAC
Father Leo J. Austin C.S.S.	LOSSA
É.S.P. Louis-Riel	NCSSAA
St. Basil S.S.	NOSSA
Highland S.S.	SOSSA
Northern C.I. & V.S.	SWOSSAA
Father Redmond C.S.S.	TDCAA
Richview C.I.	TDSSAA
York Memorial C.I.	TDSSAA
St. Thomas Aquinas C.S.S.	WOSSAA
Regina Mundi Catholic College	WOSSAA
Vaughan S.S.	YRAA
Nepean H.S.	NCSSAA
St. Maximilian Kolbe C.H.S.	YRAA

Quarter Finals

St. Mary def. OD/Park	49-24
Northern def. Louis-Riel	45-37
St. Thomas Aquinas def. Regiopolis	60-44
Highland def. St. John's College	56-48

Semi Finals

St. Mary def. St. Thomas Aquinas	69-15
Northern def. Highland	36-26

Consolation Champions

Regina Mundi def. York Memorial	58-47
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Bronze Medal Match

St. Thomas Aquinas def. Highland	44-21
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Gold Medal Match

St. Mary def. Northern	64-36
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OFSAA Girls' AAAA Basketball

Belle River/Windsor November 21-23, 2013

As two-time defending champions, the team from Hamilton's St. Thomas More came to Windsor hungry to go home with a third consecutive OFSAA title. They were unrelenting in pursuit of this goal as they went on to defeat Toronto's Blessed Pope John Paul II for the gold medal, with a score of 73-47. Congratulations to Hailey Brown, Erin Burns, Abbey Clark, Eva DiGregorio, Taylor Floris, Jessica Guyatt, Natalie Laharnar, Ella Mahler, Annamaria Misale, Kia Nurse, Nicole Ramberg, Julia Randazzo, Julia Sorbara, Assistant Coach Brittany MacFarlane, Assistant Coach Angela Valvasori, and Head Coach Blaize DiSabatino.



A huge thank-you goes out to co-convenors Bob Loebach and Danielle Chevalier of St. Anne C.S.S. in Belle River for the countless hours that they dedicated to hosting a first-class event, athlete-centred event. This was a memorable experience for all who attended.

The championship kicked off with a terrific banquet which set the tone for the entire tournament. The banquet also provided the opportunity to recognize OFSAA Leadership in School Sport Award winner Roger Mousseau. Roger was a very deserving recipient on account of over 25 years of

dedication to the sport of basketball at the high school level. Roger has had an impact coaching both boys and girls teams, and has been an involved committee member in hosting numerous OFSAA championships. In the words of nominator and convenor Bob Loebach, "Roger does ALL the work nobody wants to do...tapes ankles, paperwork, money collection...and he is a grandpa to every player." Congratulations Roger on this achievement.

The OFSAA Sportsmanship Award was awarded to the silver medalists, the team from Blessed Pope John Paul II of Toronto. Described as "first class", this team played hard but clean, and was extremely gracious throughout the entire tournament both on and off the court. Congratulations to players and coaches!

Participating Teams

Centennial C.V.I.	CWOSSA
Waterloo C.I.	CWOSSA
Eastview S.S.	GBSSA
St. Thomas More C.S.S.	GHAC
Pickering H.S.	LOSSA
St. Peter C.H.S.	NCSSAA
Notre Dame S.S.	ROPSSAA
St. Edmund Campion C.S.S.	ROPSSAA
Westdale S.S.	SOSSA
St. Anne C.S.S.	SWOSSAA
St. Patrick's C.S.S.	SWOSSAA
Blessed Pope John Paul II	TDCAA
North Toronto C.I.	TDSSAA
Northern S.S.	TDSSAA
A.B. Lucas S.S.	WOSSAA
Newmarket H.S.	YRAA

Quarter Finals

St. Thomas More def. Northern	60-36
St. Patrick's def. Eastview	45-41
Pickering def. St. Edmund Campion	58-42
Blessed Pope JP II def. St. Anne	55-27

Semi Finals

St. Thomas More def. Pickering	60-41
Blessed Pope JP II def. St. Patrick's	42-34

Consolation Champions

Waterloo def. Westdale	47-41
------------------------	-------

Bronze Medal Match

St. Patrick's def. Pickering	56-35
------------------------------	-------

Gold Medal Match

St. Thomas More def. Blessed Pope JP II	73-47
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OFSAA Cross Country

Sudbury November 2, 2013



OFSAA Cross Country 2013 was hosted by NOSSA of the North Region under the capable leadership of Dave Gallant (Espanola HS) and Kerry Abols (Lockerby Composite School). The championships were held at Laurentian University. This was the first OFSAA Cross Country Championship to take place in Sudbury in many years. The course was in remarkable shape considering the area had been hit with heavy rain during the week. High winds worked a miracle in drying up the saturated areas.

Race day was almost perfect with sunny skies, little wind and a temperature around zero. 1,599 athletes from 368 schools treated approximately 3,000 parents, coaches, and friends to six exciting races on a true cross country course with its unique character though the Nordic Ski Trails of Laurentian University.

Congratulations to Dave and Kerry and their entire organizing committee from NOSSA for convening the 2013 championship. OFSAA would also like to thank the numerous volunteers who worked throughout the day to ensure the success of the championship.

NIKE Canada acted again as the official sponsor of the event. The athletes village added a positive atmosphere surrounding the event.

NIKE also introduced the popular web site for athletes and schools (www.runnerspace.com/ofsa) for both Cross Country & Track. We encourage athletes, coaches, and parents to visit the site. All OFSAA races were videotaped and can be seen on the site.

This was the second year of the Para Invitational Race which saw an increase in the number of participants increase to 28 from 17. The Para athletes ran a special 3000m course that was designed by Sarah Hill who was the inspirational leader in coordinating this event as part of the OFSAA Cross Country Championship. Nicolas Neri (Cardinal Leger) was the repeat winner of the event.

The OFSAA Individual Champions for 2013 were: Shona McColloch – Longfields Davidson (Midget Girls); Matthew Plamondon – ESC Theriault (Midget Boys); Bethany Bolton – Thomas A. Stewart (Junior Girls); Owen Day – Holy Trinity (Junior Boys); Charlotte Prouse – London Central SS (Senior Girls); Justyn Knight – St. Michael’s College School (Senior Boys).

Charlotte Prouse was the only repeat winner having won the Junior Girls Division in 2012 at Heart Lake.

The OFSAA Team Champions for 2013 were: Lawrence Park CI (Midget Girls); Neil McNeil HS (Midget Boys); Westdale SS (Junior Girls); Father John Redmond CSS (Junior Boys); Uxbridge SS (Senior Girls); R.S. McLaughlin (Senior Boys)

The OFSAA Overall Girls Champion was Glebe SS (Ottawa).

The OFSAA Overall Boys Champion was St. Michael’s College School (Toronto)

Dave Gallant (Espanola HS) and Laura Stanyon (Lockerby Composite School) were the 2013 OFSAA Leadership In School Sport Awards for their contribution to high school sport for many years.

We look anxiously forward to the OFSAA 2014 Cross Country Championships that will be held in Kitchener and hosted by the West Region.

Midget Boys (5.210 K)

Individual

1. Mathieu Plamondon, ESC Theriault (Timmins)
2. Mitch Delange, Unity Christian HS (Barrie)
3. Luke Jaciv-Zurakowsky, Notre Dame CHS (Carleton Place)
4. Alexander Broekhuysen, St.Thomas More (Hamilton)
5. Theo Hassim, Sir Winston Churchill, (St. Catharines)
6. Sam Nusselder, Saugeen DSS, (Saugeen)

Team

- | | |
|---|------------|
| 1. Neil McNeil HS (Toronto) | 110 Points |
| 2. St. Michael’s College School (Toronto) | 200 Points |
| 3. Holy Names(Windsor) | 275 Points |
| 4. Royal St.George’s College (Toronto) | 282 Points |
| 4. St. James CHS (Guelph) | 298 Points |
| 5. Notre Dame CHS (Carleton Place) | 325 Points |

Midget Girls (3 K)

Individual

1. Shona McColloch, Longfields Davidson (Nepean)
2. Kylee Raftis, Bishop Strachan School (Toronto)
3. Sevanne Ghazarian, St. Benedict CSS (Cambridge)
4. Emily Cohen, Lawrence Park CI (Toronto)
5. Natali Robinson, Lawrence Park CI (Toronto)
6. Miranda Thompson, Bishop Strachan School (Toronto)

Team

- | | |
|-------------------------------------|------------|
| 1. Lawrence Park CI (Toronto) | 129 Points |
| 2. Glebe CI(Ottawa) | 149 Points |
| 3. Loyala (Oakville) | 214Points |
| 4. St. Anne's CSS (Clinton) | 266 Points |
| 5. Thousand Islands SS (Brockville) | 321 Points |
| 6. St. Benedict's CSS (Cambridge) | 346 Points |

Junior Boys (5.820 K)

Individual

1. Owen Day, Holy Trinity (Kanata)
2. Edward Hayfron, Birchmount Park CI (Toronto)
3. Riley Tell, Father Leo Austin CHS (Whitby)
4. Ian Mackinnon , Westdale SS (Hamilton)
5. Cameron Linscott, Kingston CVI (Kingston)
6. Josh Martin, Courtice SS (Courtice)

Team

- | | |
|---|------------|
| 1. Father John Redmond (Toronto) | 184 Points |
| 2. Glebe CI (Ottawa) | 197 Points |
| 3. Bluevale (Waterloo) | 317 Points |
| 4. St. Michael's College School (Toronto) | 342 Points |
| 5. Ancaster (Ancaster) | 372 Points |
| 6. Tecumseh Vista Academy (Tecumseh) | 391 Points |

Junior Girls (4.210 K)

Individual

1. Bethany Bolton, Thomas A. Stewart SS (Peterborough)
2. Mackenzie Cameron, Christ The King SS (Georgetown)
3. Jenna Bolton, Thomas A. Stewart (Peterborough)
4. Caroline Lampard, Havergal College (Toronto)
5. Hiley Dobbs, Donald A. Wilson SS (Whitby)
6. Katherine Marshall, Glebe CI (Ottawa)

Team

- | | |
|--|------------|
| 1. Westdale SS (Hamilton) | 196 Points |
| 2. Christ The King SS (Georgetown) | 200 Points |
| 3. Michael Power/ St. Joseph's (Toronto) | 271 Points |
| 4. Glebe CI (Ottawa) | 278 Points |
| 5. Courtice SS (Courtice) | 281 Points |
| 6. Thomas A. Stewart SS (Peterborough) | 329 Points |

Senior Boys (6.950 K)

Individual

1. Justyn Knight, St. Michael's College (Toronto)
2. Graham Hansel, West Ferris SS (North Bay)
3. Isaac Dobos, R.S. McLaughlin (Oshawa)
4. Ben Preisner, Bishop Reding SS (Milton)
5. Matt Sheeler, Holy Cross, (London)
6. Farah Abdulkarim, Gloucester (Gloucester)

Team

- | | |
|--|------------|
| 1. R.S. McLaughlin (Oshawa) | 91 Points |
| 2. Vincent Massey (Windsor) | 181 Points |
| 3. Centennial CVI(Guelph) | 203 Points |
| 4. Sir Winston Churchill SS (St. Catharines) | 204 Points |
| 5. London Central (London) | 221 Points |
| 6. St. Michael's College School (Toronto) | 298 Points |

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Senior Girls (5.210 K)

Individual

1. Charlotte Prouse, London Central SS (London)
2. Claire Smith, Glebe CI (Ottawa)
3. Katie Fisher, Uxbridge SS (Uxbridge)
4. Julia Kearley, Uxbridge SS (Uxbridge)
5. Olivia Robertson, Brookfield (Ottawa)
6. Kirsten Vergara, Bill Crothers SS (Markham)

Team

- | | |
|-------------------------------------|------------|
| 1. Uxbridge SS (Uxbridge) | 181 Points |
| 2. London Central SS (London) | 247 Points |
| 3. Canterbury HS (Ottawa) | 253 Points |
| 4. Glebe CI (Ottawa) | 259 Points |
| 5. Centre Wellington DHS (Fergus) | 260 Points |
| 6. Thousand Islands SS (Brockville) | 262 Points |

Para Invitational (3 K) - Male & Female

1. Nicolas Neri, Cardinal Leger (Brampton)
2. Kevin Smit, Alexander Mackenzie (Richmond Hill)
3. Paul Ethier, Fellowes HS (Pembroke)
4. Jacob Balan , St. Marcellinus CSS (Mississauga)
5. Matthew Bouillon , ESC Macdonald Cartier (Sudbury)
6. Francois Desroches, ESC Nouvelle Alliance (Barrie)

Overall Team

- | | |
|--|-----------|
| Girls' - Glebe CI (Ottawa) | 46 Points |
| Boys' - St. Michael's College School (Toronto) | 42 Points |





OFSAA Girls' Field Hockey

Waterloo October 31-November 2, 2013

The 2013 OFSAA Field Hockey Championship was hosted in Waterloo by defending champions, Resurrection C.S.S. Convenors Chris Woodcroft and Yvonne Taylor, along with a dedicated organizing committee, were successful in achieving their goal of putting on an event with an athlete-centred focus. A big thank-you goes out to both Chris and Yvonne for all of your hard work and dedication to the event. Yvonne was also honoured at the banquet with the OFSAA Leadership in School Sport Award for 30 years of dedication to student-athletes and high school sport. A quiet leader, Yvonne was instrumental in developing the sport within her school and furthering school sport in the region.



Three days of heavy winds and rain made for less-than-ideal conditions for an outdoor championship, but seemed to have no effect on the quality of play or spirit of the championship. All games were played on artificial turf fields, which allowed play to continue despite soggy conditions. This year's gold medal match was a repeat of the last three years, with host squad Resurrection facing off against cross-town rivals Sir John A. MacDonald. It was an intensely close game, and after three years as the runner-up, it was Sir John A. MacDonald who rose to victory.

MacDonald, Taylor McLearn, Alyssa Morgan, Kelly Nelson, Julia Podrebarac, Rhiannon Runstedler, Jaclyn Strauss, Hillary Strong, Nicole Woodcroft, Brittany Wright, Assistant Coach Catherine Dover, and Head Coach Laurie Montgomery.

Congratulations to the 2013 OFSAA Field Hockey Champions: Laura Black, Kelly Burns, Maddie Campbell, Taytum Clairmont, Allison Cole, Olivia Dale, Taylor Frost, Autumn Grant, Anna Larsson, Alanna MacDonald, Emily

The OFSAA Team Sportsmanship award was given to Goderich D.C.I. for their outstanding display of positive attitudes and spirit, both on and off the field. Congratulations to these athletes and coaches for representing the values of school sport.

Participating Teams

Pool A

(1) Sir John A. MacDonald S.S.	CWOSSA
(8) Clarkson Saltfleet	ROPSSAA
Ajax H.S.	SOSSA
	LOSSA

Pool B

(2) Resurrection C.S.S.	CWOSSA
(7) Nelson Bill Crothers S.S.	GHAC
Havergal College	YRAA
	CISAA

Pool C

(3) Oakville-Trafalgar	GHAC
(6) Pickering H.S.	LOSSA
North Hastings	COSSA
Michael Power/St. Joseph	TDCAA

Pool D

(4) Merivale H.S.	NCSSAA
(5) Goderich D.C.I.	WOSSAA
Regiopolis-Notre Dame C.H.S.	EOSSAA
Malvern C.I.	TDSSAA

Quarter Finals

Pickering def. Goderich	2-1
Oakville-Trafalgar def. Merivale	5-0
Sir John A. MacDonald def. Nelson	5-0
Resurrection def. Saltfleet	3-1

Semi Finals

Sir John A. MacDonald def. Pickering	2-1
Resurrection def. Oakville-Trafalgar	3-0

Bronze Medal Match

Oakville-Trafalgar def. Pickering	2-1
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Gold Medal Match

Sir John A. MacDonald def. Resurrection	1-0
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Boys' A Volleyball Championship

North Bay November 21-23, 2013



Chippewa SS and convenor Colleen Eagan hosted the 2013 OFSAA Boys' A Volleyball Championship in North Bay. The championship kicked-off with a banquet dinner, providing hungry students with a nutritious meal before heading into competition. Sue Martel of Elizabeth Bruyere (NOSSA) was presented with the Leadership in School Sport Award. Sue has been actively coaching at high school athletes for over 25 years and although her focus has been on badminton, she has also helped out with a number of other sports including volleyball.

Working hard to ensure a memorable experience for the student-athletes, coaches and officials, the committee arranged for introductions using a piper to lead everyone involved in the match onto the court. Chippewa SS also recruited fans from local elementary schools to help cheer on the host school and bring an exciting atmosphere to the tournament. On the final day of the championship, competition moved to Nipissing University. As a special treat, the university even arranged to have a jumbotron set-up to showcase the play. In the gold medal match, host school Chippewa SS (NOSSA) faced Smithville Christian HS (SOSSA). Each set was highly contested with students giving everything they had but in the end Smithville proved to be too much for the hometown team.

Congratulation to Quintin Attema, Nico DeBruyne, Mitchell Harris, Mark Khoury, Aydan Schat, Wesley Schilstra,



Andrew VandenBurg, Adam VandenDool, Tyler Vanderwal, Joseph Zantingh, and coaches Tim DeVries Tim DeVries Tim DeVries Tim DeVries, Rob Greenham, Gina Vandendool, and Chris Wiersma.

The committee would also like to extend its appreciation to North Middlesex DHS (WOSSAA) for being selected for the Team Sportsmanship Award. The organizers enjoyed having this team attend the championship and appreciated their spirit and sportsmanship throughout the event.

Participating Teams

Pool A

Chippewa SS	NOSSA
Quinte Christian HS	COSSA
Harrow DHS	SWOSSAA
University of Toronto Schools	TDCAA
Nouveau Regard Pavillion Jeunesse Nord	NEOAA

Pool B

Smithville Christian HS	SOSSA
Brampton Christian Academy	ROPSSAA
North Middlesex DHS	WOSSAA
ES Le Caron	GBSSA
Hillfield Strathallan College	CISAA

Pool C

ESP Louis-Riel	NCSSAA
Toronto District Christian HS	YRAA
Manitouwadge HS	NWOSSAA
King's Christian Collegiate	GHAC
St. Michael's Choir	TDCAA

Pool D

Woodland Christian HS	CWOSSA
Durham Christian HS	LOSSA
St. Joseph's CHS	EOSSAA
Elliot Lake SS	NOSSA
Marc-Gameau	COSSA

Consolation Quarter-Finals

Brampton Christian Academy def. Harrow DHS	25-19, 21-25, 25-21, 25-23
King's Christian Collegiate def. Elliot Lake SS	25-18, 25-15, 25-23
Manitouwadge HS def. St. Joseph's CHS	25-23, 25-14, 23-25, 25-12
U of T Schools def. ES Le Caron	25-17, 25-20, 25-20

Championship Quarter-Finals

Chippewa SS def. North Middlesex DHS	25-17, 25-17, 25-23
Durham Christian HS def. ESP Louis-Riel	23-25, 25-22, 26-24, 11-25, 15-12
Toronto District Christian HS def. Woodland Christian HS	25-12, 25-21, 25-18
Smithville Christian HS def. Quinte Christian HS	25-14, 25-12, 25-19

Consolation Semi-Finals

U of T Schools def. Manitouwadge HS	25-21, 25-19, 25-18
King's Christian Collegiate	26-24, 25-21, 25-21

Championship Semi-Finals

Smithville Christian HS def. Toronto District Christian HS	25-22, 25-20, 25-22
Chippewa SS def. Durham Christian HS	26-24, 25-23, 18-25, 25-23

Consolation Final

King's Christian Collegiate def. U of T Schools	29-27, 29-27, 21-25, 25-16
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Bronze Medal

Toronto District Christian HS def. Durham Christian HS	27-25, 25-21, 25-20
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Gold Medal

Smithville Christian HS def. Chippewa SS	25-15, 16-25, 25-23, 25-22
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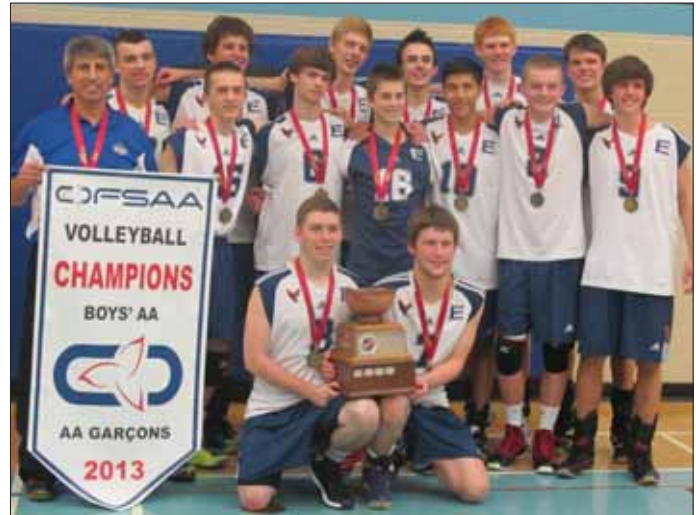


Boys' AA Volleyball Championship

Thunder Bay November 21-23, 2013

Beautiful Northern Ontario rolled out the welcome mat to teams from across the province as Thunder Bay hosted this year's Boys' AA Volleyball Championship. Scott Masters and Riley Lucas and their team of volunteers opened the event with a banquet dinner at the Airline Conference Centre. This included special guest speaker, Scott Koskie, former Team Canada setter and current assistant coach of the Canadian Women's Team, who provided inspiration and encouragement to the student-athletes. Also, before the evening was concluded, Scott Masters (Sir Winston Churchill CVI) was presented with the Leadership in School Sport Award for his 24 years of dedication to high school sport. During this time, Scott has been heavily involved in coaching volleyball and track and field, has been the volleyball convenor for his district, and has been involved with the Board of Governors for the Superior Secondary Schools Athletic Association for 20 years.

Although temperatures were dropping outside, action was heating up inside with teams giving everything they had in an effort to capture OFSAA gold. Top seeded team, Eden HS, was looking to extend their streak to an unprecedented eighth gold medal. Standing in their way was a spirited team from St. Michael CSS (Stratford). However, once again Eden HS proved too strong extending their gold medal collection with a 25-17, 25-17, 25-21 three set victory.



Congratulations to Ryan Bashford, Matthew Bate, Spencer Edwards, Stephen Henderson, Craig Ireland, Noah Janzen, Cameron Klassen, Matthew Langendoen, Reuben Lopez, Christopher Mostert, Nestor Nebesio, Jordan Pereira, Mitchell Taylor, Jonathan Wismer, and coach Albino Pereira.

Cobourg District CI West (COSSA) were awarded the Team Sportsmanship Banner. Congratulations to the coaches and athletes for representing your school and association proudly at this championship.

Participating Teams

Pool A

Eden HS	SOSSA
Cobourg District CI West	COSSA
Henry Street HS	LOSSA
Bracebridge & Muskoka Lakes SS	GBSSA
Mentor College	ROPSSAA

Pool B

College Catholique Samuel-Genest	NCSSAA
Dryden HS	NWOSSAA
Lockerby Composite School	NOSSA
St. Andrew's College	CISAA
CW Jefferys CI	TDSSAA

Pool C

St. Michael CSS	WOSSAA
Sir Allan McNab	SOSSA
Our Lady of Lourdes HS	CWOSSA
Gath Webb	GHAC
Dr. JM Denison SS	YRAA

Pool D

Essex DHS	SWOSSAA
St. Michael CHS	EOSSAA
ESC Franco Cite	NCSSAA
Sir Winston Churchill CVI	NWOSSAA
Timiskaming District SS	NEOAA

Consolation Quarter-Finals

College Catholique Samuel-Genest def. Henry Street HS	25-20, 25-15, 25-20
Dr. JM Denison SS def. Essex DHS	25-20, 18-25, 25-23, 25-21
Our Lady of Lourdes HS def. Sir Winston Churchill CVI	25-17, 25-18, 25-16
St. Andrew's College def. Bracebridge Muskoka Lakes SS	25-15, 25-12, 25-14

Championship Quarter-Finals

Eden HS def. Lockerby Composite School	25-21, 23-25, 26-24, 25-13
St. Michael CHS def. Sir Allan McNab SS	25-20, 22-25, 26-28, 25-16, 15-13
St. Michael CSS def. ESC Frano-Cite	15-25, 25-16, 26-19, 25-18
Dryden HS def. Cobourg Diristrict CI West s	25-22, 25-13, 25-20

Consolation Semi-Finals

Our Lady of Lourdes HS def. St. Andrew's College	20-25, 25-21, 25-18, 19-25, 15-10
College Catholique Samuel-Genest def. Dr. JM Denison	25-19, 25-12, 25-22

Championship Semi-Finals

Eden HS def. St. Michael CHS	25-20, 25-22, 25-16
St. Michael CSS def. Dryden HS	25-13, 25-17, 25-22

Consolation Final

College Catholique Samuel-Genest def. Our Lady of Lourdes	25-16, 25-16, 29-27
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Bronze Medal

St. Michael CHS def. Dryden HS	25-17, 25-23, 30-28
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Gold Medal

Eden HS def. St. Michael CSS	25-17, 25-17, 25-21
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Boys' AAA Volleyball Championship

London November 21-23, 2013



A special thank you needs to be extended to Frank Delle Donne of John Paul II (WOSSAA) and his committee who picked-up this championship late in the year, leaving little time to plan. However, no one would argue that they still didn't manage to pull off a first-class event. At the banquet, former Oakridge SS and Team Canada volleyball player Paul Duerden spoke to the teams in attendance. He provide a positive message about not letting outcomes (or medals) define who you are as an athlete and person. The banquet also allowed for the presentation of the Leadership in School Sport Award, which was given to Anne Sinai (John Paul II). Anne has been involved in high school sport for over 20 years, working in schools in Ottawa, Toronto, and now in London. She has been a strong supporter of volleyball coaching junior and senior boys and girls teams over the years. Anne has also volunteered as the convenor for the 2011 and 2012 All Catholic Boys' Volleyball Tournament and on the organizing committee for the 2012 OFSAA Girls' AAAA Basketball and 2013 Boys' AAA Volleyball Championships.



Using four different facilities across the City, teams were provided the opportunity to showcase their skills in-front of excitable crowds and against strong competition. Oakridge SS played host to the final set of matches including the gold medal, which had their home school facing defending champions Chatham-Kent SS (SWOSSAA). A very loud and proud crowd of supporters cheered on the evenly matched teams as

they moved into a fifth and deciding set. Once again, Chatham-Kent got the better of the London rivals winning the tiebreaking set 15-13.

Congratulations to Daniel Allman, Rick An, Christian Bechard, Mihai Branzan, Matthew Caron, Jared Cobb, Nicholas Eagleson-Ladd, Ethan Hamilton, Garnet Hansen, Bradley Hockin, Josh Horney, Cai Kellier, Lee Kucera, Griffin McTavish, Drew Medd, Brad Paraskevopoulos, Ian Smart, Isaiah Wright and coaches Brian Leidl, Timothy Leidl, and David Corrente.

Also to be congratulated are the students and coaches from St. Joseph's HS (GBSSA) who were selected to receive the Team Sportsmanship Banner. The Committee had a difficult decision to make with a number of teams embracing the true spirit of sportsmanship but the group from St. Joseph's stood out.

Participating Teams

Pool A

Chatham-Kent SS	SWOSSAA
Widdifield SS	NOSSA
Francis Libermann CHS	TDCAA
Longfields-Davidson Heights SS	NCSSAA
I.E. Weldon SS	COSSA

Pool B

Regiopolis-Notre Dame	EOSSAA
Jacob Hespeler SS	CWOSSA
Port Perry HS	LOSSA
St. Joseph's HS	GBSSA
John Paul II CSS	WOSSAA

Pool C

Oakridge SS	WOSSAA
St. Thomas of Villanova CSS	SWOSSAA
Danforth CTI	TDSSAA
St. Paul SS	ROPSSAA
Holy Cross CSS	EOSSAA

Pool D

Lisgar Collegiate Institute	NCSSAA
Governor Simcoe SS	SOSSA
Sacred Heart CHS	YRAA
Milton DHS	GHAC
Upper Canada College	CISAA

Consolation Quarter-Finals

Longfields Davidson Heights def. Port Perry HS	25-21, 25-21, 22-25, 26-24
Sacred Heart CHS def. St Paul SS	25-18, 25-15, 22-25, 25-14
Danforth CTI def. Milton DHS	25-11, 25-23, 25-23
St. Joseph's HS def. Francis Libermann CHS	25-20, 25-12, 25-18

Championship Quarter-Finals

Chatham-Kent SS def. Jacob Hespeler SS	25-19, 26-24, 25-19
Lisgar Collegiate def. St. Thomas of Villanova CSS	25-22, 25-16, 25-20
Oakridge SS def. Governor Simcoe SS	25-17, 25-13, 25-15
Regiopolis-Notre Dame def. Widdifield SS	24-26, 25-10, 25-15, 25-15

Consolation Semi-Finals

St. Joseph's HS def. Danforth CTI	22-25, 25-19, 25-18, 25-23
Sacred Heart CHS def. Longfields Davidson Heights	25-16, 25-22, 25-15

Championship Semi-Finals

Oakridge SS def. Regiopolis-Notre Dame	25-17, 20-25, 25-23, 25-23
Chatham-Kent SS def. Lisgar Collegiate	25-20, 25-14, 25-20

Consolation Final

Sacred Heart CHS def. St. Joseph's HS	25-20, 25-18, 25-20
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Bronze Medal

Lisgar Collegiate def. Regiopolis-Notre Dame	25-21, 22-25, 25-23, 25-21
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Gold Medal

Chatham-Kent SS def. Oakridge SS	25-20, 23-25, 25-23, 21-25, 15-13
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Boys' AAAA Volleyball Championship

Mississauga November 21-23, 2013

The folks at Rick Hansen SS were back at it, hosting another OFSAA Volleyball Championship under the leadership of Tyler Robinson and Dave McAllister. A true effort was made by the committee to involve as many aspects of the school as possible. This began by hosting the banquet within the school's cafeteria and having dinner provided by the school's culinary department. Following dinner, Mississauga Mayor, Hazel McCallion, a strong supporter of sport, provided words of encouragement to the athletes and wished everyone luck in the competition. The Leadership in School Sport Award was presented to Annette Robertson (Mayfield SS) who has been involved in all aspects of high school sport including coaching, fundraising, and hosting. Over her 23 years of service, Annette has coached junior and senior volleyball and has also taken on coaching rugby.

Pool play took place at four local high schools, all of which had an outstanding crew of volunteers eager to be a part of the event and taking their roles very seriously. The Rick Hansen broadcasting students provided live streaming of the events, working tirelessly to capture every serve, dig, and spike. After two hard-fought days of volleyball, the gold medal match had Georgetown DHS (GHAC) meeting Sinclair SS (LOSSA). The two teams did not disappoint the strong crowd in attendance with back and forth action. Following extra points in the fourth set, Sinclair SS emerged victorious claiming the OFSAA title.



Congratulations to Luke Amos, Brandon Barclay, Benjamin Cook, Alec Brandwood, Riley Dymont, Jared Harris, Samuel Kloke, Tyler Paxton, Nicholas Pye, Nelson Ramsay, Ryan Skelly, Daniel Templin, Marc Watson, Jeremy Williams and coaches Dave Boyce and Chris Jury.

Westdale SS (SOSSA) was named the recipient of the Team Sportsmanship Banner. The team conducted themselves in a positive manner throughout the championship and were a role model for student-athletes.

Participating Teams

Pool A

Mississauga SS	ROPSSAA
Saunders SS	WOSSAA
Bishop Allan Academy	TDCAA
Richmond Hill HS	YRAA

Pool B

Sinclair SS	LOSSA
Forest Heights CI	CWOSSA
St. Michael's College	CISAA
Collingwood CI	GBSAA

Pool C

Georgetown DHS	GHAC
Rick Hansen SS	ROPSSAA
York Mills CI	TDSSAA
Westdale SS	SOSSA

Pool D

Ursuline College	SWOSSAA
St. Jean de Brebeuf	YRAA
Cameron Heights CI	CWOSSA
Glebe CI	NCSSAA

Consolation Quarter-Finals

Bishop Allen Academy def. Collingwood CI	25-22, 25-17, 25-17
Cameron Heights CI def. Westdale SS	25-15, 20-25, 25-17, 25-22
York Mills CI def. Glebe CI	10-25, 27-25, 25-23, 25-15
St. Michael's College def. Richmond Hill HS	25-21, 23-25, 25-22, 25-19

Championship Quarter-Finals

Mississauga SS def. Forest Heights CI	25-21, 25-15, 22-25, 15-11
Georgetown DHS def. St. Jean de Brebeuf	25-21, 25-15, 25-20
Rick Hansen SS def. Ursuline College	25-20, 25-21, 18-25, 20-25, 17-15
Sinclair SS def. Saunders SS	25-14, 27-25, 25-16

Consolation Semi-Finals

Bishop Allen Academy def. Cameron Heights CI	25-22, 27-25, 23-25, 25-19
St. Michael's College def. York Mills CI	25-21, 25-22, 28-26

Championship Semi-Finals

Georgetown DHS def. Mississauga SS	25-23, 25-23, 16-25, 25-23
Sinclair SS def. Rick Hansen SS	22-25, 25-20, 22-25, 29-27, 15-11

Consolation Final

Bishop Allen Academy def. St. Michael's College	19-25, 25-22, 25-22, 25-17
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Bronze Medal

Mississauga SS def. Rick Hansen SS	25-22, 25-22, 25-17
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Gold Medal

Sinclair SS def. Georgetown DHS	21-25, 25-20, 25-20, 27-25
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