

The Bulletin



2014 -2015 OFSAA
Championship
Calendar

Character Athlete
Award Winners

Scholarships Available
in 2015



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

EDUCATION THROUGH SCHOOL SPORT

LE SPORT SCOLAIRE UN ENTRAÎNEMENT POUR LA VIE

Ontario Federation of School Athletic Associations

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

A Word from Doug Gellatly, OFSAA Executive Director

Over the years, I've attended many OFSAA championships in various parts of the province. Each has had its own identity or unique characteristics that make it interesting for the participants and which differentiate it from other championships. Since we've asked a student from Parkdale Collegiate Institute to write about his experience attending the OFSAA Boys' AA Volleyball Championship in Dryden, I thought I'd do the same.



The last time I attended a championship in Dryden was in 2006 and I often recall a trip I made with Bob Beatty as we drove from one school to another so we could take in some of the matches. To get to the school, we took a shortcut across a field in his pick-up. At least I thought it was a field until Bob set me straight by telling me we were on a frozen lake. He was too polite to call me a typical southerner.

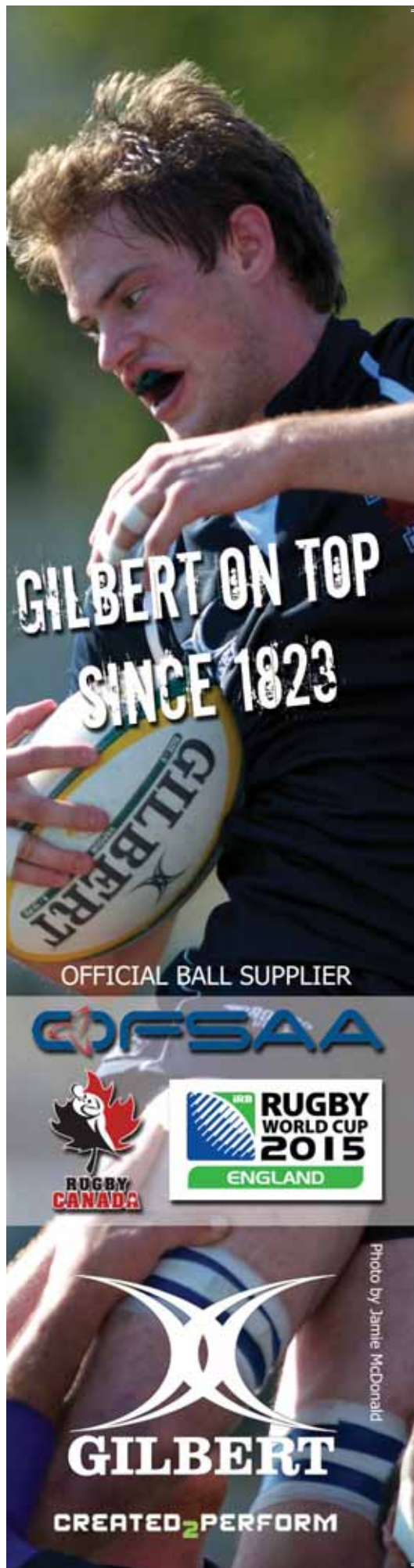
A trip to Dryden from southern Ontario usually involves a flight from Toronto to either Thunder Bay or Winnipeg. Dryden is halfway between both cities. I chose to fly to Thunder Bay and then drove four hours west to Dryden. The drive was uneventful, other than a few hair-raising white outs that occurred when I passed transport trucks heading in the opposite direction.

I arrived in town about an hour before the coaches' meeting and checked into the motel on the Wabigoon River. Like most businesses in Dryden, the motel has friendly and helpful staff who gave me directions to the Royal Canadian Legion where the meeting and banquet were taking place. It was there that I saw convenors Jennifer McMaster and Todd Desautels and reintroduced myself to some friends I had met back in 2006.

The coaches' meeting took place on the downstairs level of the Legion, while upstairs the student-athletes were being entertained by an aboriginal drum and dance performance. I was a touch envious as it sounded like they were enjoying themselves. The banquet featured an outstanding buffet meal and the guest speaker was Dane Pischke. During the banquet, the Leadership in School Sport Award was presented to Geoff Zilkalns of Dryden High School. Geoff is known for his calm approach and pleasant ways, and I was happy to see him recognized for his work in high school athletics.

It is always a relief for the convenor when the banquet is finished and they can focus on the event. With everything in place, the championship was ready to move forward without a hitch. That is, until a small fire

broke out in the school and the fire alarm sounded. This happened near the beginning of day one and students, athletes and coaches filed out into -22 C weather. Shorts and t-shirts don't mix well in these conditions, so the community centre across the street became the gathering place while the fire department attended to the problem. After about 45 minutes, the tournament resumed without incident.





Like many small communities, a lot of the teachers at DHS attended the high school as students and have their graduating class photos on the school walls. I enjoyed picking out some members of the organizing committee in the pictures and poking fun at their hair styles.

As I drove around Dryden I was reminded about the importance of the championship to the community. It seemed that most local businesses had "Go Eagles" on their windows to inspire the Dryden High School team. Others had "Welcome OFSAA Participants" on their signs. The local media provided great coverage and the stands were full for many matches, some of which didn't even involve DHS.

Each team was assigned a team ambassador. Similar to 2006, the convenors decided this should be retirees from the community and I would recommend this to any convenor. The ambassadors were responsible for looking after their team, helping them out when needed, and generally making them feel welcome. This was definitely well-received by the teams, and the ambassadors seemed to be enjoying every moment connecting with the students.

The host committee in Dryden really made this a great championship. They did the extra things such

as television scoreboards in the elementary school sites, webcasting, and results on a television using a Google service. In 2006 they posted good luck email messages on the wall outside the gymnasium, but in a few short years, texting and social media have eliminated the need. On the last day I wandered into the organizers' room and Co-Convenor Todd Desautels was ironing "champions" onto shirts for the winning team. Almost everyone who came into the room had a smart comment for Todd as he ironed away. He took them in good stride.

On the court, I witnessed some impressive volleyball action and good sportsmanship. The finals were between eight-time defending champion Eden High School and ESC Franco-Cité. The stands were packed, creating an exciting atmosphere. In the end, Franco-Cité came away with the championship in a well-played final.

The next morning I drove back to Thunder Bay to catch the flight home. Other than getting stopped in a ride check on the Trans-Canada Highway at 11:00 a.m., it was a quiet drive through a beautiful part of the province. When I got to the airport, I came across two teams, l'Escale and Franco-Cite, who were playing pool and socializing while waiting for their flight.

I looked forward to getting home, but was sorry to have to leave Dryden after the championship. The people at Dryden High School and in the community are great hosts who are clearly proud of their town and northern Ontario.

OFSAA is a provincial organization, and it is important that events take place in all regions. The host committee gave students an opportunity to visit northern Ontario and promised them a memorable experience. I'm certain nobody left disappointed.

OFSAA Welcomes Damien Hope



Damien Hope has joined the OFSAA office as an Assistant Director during the remainder of Lexy Fogel's sick leave, with Shamus Bourdon taking over full-time AD duties from the departed Mike Suraci.

Damien comes to OFSAA after working with Coaches of Canada as Coordinator, Administration and Licensing and Assistant to the Executive Director. He has also been active with the Toronto Blue Jays as an Amateur Baseball Instructor and worked in the Marketing department of the Toronto Rock Lacrosse Club.

He holds an advanced diploma from Humber College in Sport Management earned after graduating an Honours Double Major Degree in Political Science and Law and Society from York University.

Damien will be responsible for overseeing OFSAA Girls' Championships, and the OFSAA Coaching Symposium.

Please help us welcome Damien to the OFSAA family!

The OFSAA Experience

By Tenzin Thinley



This story has been contributed to the Bulletin by Parkdale Collegiate student-athlete Tenzin Thinley to illustrate his experience at OFSAA Volleyball in Dryden Ontario.

OFSAA 2014/2015 was a unique experience for all of us here at Parkdale.

It was a goal that we all shared throughout our years here at Parkdale. Sadly, we were unable to win in the city championships in the 2013/2014 season and didn't get to go to OFSAA. There was a mixture of emotions, mostly disappointed as it had been the last year for some of the members.

This year, we set the same goal and decided that we had to accomplish this not only for us but the previous members of the Parkdale volleyball team as well.

Our story is simple. Through hard work and determination, we were able to reach the city championships again and have a dramatic game against the same team that went down to the fifth set. This time we won and were able to go to OFSAA.

Now OFSAA was a different story, it was crazy that we had made it this far. So we decided to try our hardest and see where it took us.

OFSAA "AA" Boys' Volleyball was held in Dryden, Ontario. This was the farthest north some of us had ever been. It was a different environment than we were used to but we got used to it nonetheless. The generous hospitality of the Dryden natives was apparent when we went to the games and restaurants.

We especially want to thank Milly and Janice for their amazing support. They gave us their unwavering support throughout the tournament. We can only feel

disappointed that we weren't able to win it for them. We went into the tournament with a winning attitude but unfortunately, didn't get those results on the scoreboard.

Again, we want to thank the residents of Dryden, Ontario for their generous hospitality and for hosting the OFSAA "AA" volleyball championships. It was a once in a lifetime opportunity for some of us and we're glad that we got to experience it with such an amazing town.

We want to also thank our coaches Ms. Parik and Ms. Cosgrove for their dedication and support. Without them we wouldn't have come where we are. Hopefully our school can continue to be successful and compete for the OFSAA "AA" championships next year.



Team members of l'École secondaire catholique L'Escale (EOSSAA) and l'École secondaire catholique Franco-Cité (NCSSAA) relax together at the Thunder Bay Airport prior to their flight home.

Age Classifications for the 2014-15 School Year

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

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

How old was the student on January 1, 2014?

Years of eligibility

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

2014-15 Transfer Appeal Meeting Dates

Meeting Date **Deadline for Applications**

Thurs., Feb. 19, 2015 Wed., Feb. 4, 2015

Thurs., April 23, 2015 Wed., April 8, 2015

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

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



OFSAA Social Spotlight

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



facebook.com/OFSAA



twitter.com/OFSAA



instagram.com/OFSAAGRAM



youtube.com/OFSAAvids

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

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@OFSAAXC

@OFSAACurling

@OFSAAGirlsFH

@OFSAALacrosse

@OFSAAFootball

@OFSAAGolf

@OFSAABoyHockey

@OFSAAGirlHockey

@OFSAABoySoccer

@OFSAAGirlSoccer

@OFSAARugby

@OFSAASwimming

@OFSAATennis

@OFSAATrack

@OFSAAVBall

@OFSAAWrestling



School Sport Canada Online Courses

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

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

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

Athletic Injury Management

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

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

Concussion in Sports - What You Need To Know - FREE

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

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

This is a FREE Course!

Engaging Effectively with Parents - FREE

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

Fundamentals of Coaching

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

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

Legal Course for Coaches

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

Teaching & Modeling Behaviour

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

Tobacco - "Be the NORM" - FREE

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

This is a FREE Course.

Coaching in Ontario Schools (CIOS)



The Coaching in Ontario Schools (CIOS) course continues its popularity, particularly among teacher-candidates, with approximately 800 participants completing the course.

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

Course Cost

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

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

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



2015 Playing Regulation Updates

Badminton

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

Volleyball

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

Girls' Gymnastics

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

Girls' Hockey

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

Girls' Rugby

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

Soccer

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

Wrestling

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

Alpine Skiing

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

OFSAA Congratulates Anne MacDonald



Timmins Sports Heritage Hall of Fame 2014 Inductee



Anne MacDonald

Anne MacDonald, was presented with the Province of Ontario Special Achievement Award for Distinguished Contribution to Amateur Sport and Fitness in 1994. She also received the O.F.S.A.A. (Ontario Federation of School Athletic Associations) Pete Beach Award in 1990 for her leadership and contributions to school sport.

These two awards recognized her more than 25 years as a teacher-coach as well as many I.A.G.B. (Interscholastic Association of the Gold Belt) championships that she convened. Her leadership roles on the Executive of the IAGB for many years included positions of President and Secretary-Treasurer. For approximately two decades, she was a member of the Board of Directors of O.F.S.A.A. including chairing various committees. In 1994, she became the first female President of O.F.S.A.A., the organization that oversees all Ontario provincial sport championships.

Anne has been active in the community with the McIntyre Curling Club and Hollinger Golf Club in various committee roles on local, provincial and national events hosted here. She is also a founding member of Kidsport. She was honoured as an Olympic Torch Bearer in 2010. She continues to support student athletes and coaches and can often be found visiting local school gymnasiums to watch high school sports, including O'Gorman High, whose gymnasium bears her name.

Congratulations to former OFSAA President, Anne MacDonald on her recognition in the Timmins Sport Heritage Hall of Fame.

June 21, 2014



The 2015 OFSAA Coaching Symposium will be held May 12 and 13 at Durham College in Oshawa.

The bi-annual conference unites teacher-coaches across the province as they share ideas and get motivated!

Focusing on the technical side of coaching, the conference provides sport specific skills, drills and strategies through on-court and classroom sessions. The program has introductory and advanced sessions that will benefit both new and seasoned coaches. Best practice sessions will also be offered for new and experienced educators; providing strategies and information useful to any physical education environment.

For more information and how you can register visit our website: www.ofsaa.on.ca

DON'T MISS OUT!

Sessions Include:

- Basketball
 - Soccer
 - Badminton
 - Volleyball
 - Rugby
 - Nutrition
 - Athlete Training
 - CIOS Certification
- And much more!

Cost to register:

Plan A: \$350 + HST (Includes 2 nights' accommodations, meals and sessions)

Plan B: \$300 + HST (Includes meals and sessions only)

One-Day: \$150 + HST (Includes meals and sessions only for the day selected)

Attention all presenters! The 2015 conference still has room. If interested in sharing your knowledge, enthusiasm and expertise then please contact Damien Hope at 416-426-7436 or damien@ofsaa.on.ca.



FALL 2014 CONTEST WINNERS

High School Smash – Badminton Intramural Contest



Yonex Canada and OFSAA extended their partnership through 2019 and introduced the inaugural High School Smash – Badminton Intramural Contest. The contest encourages schools to develop an intramural badminton program at their school that focuses on fun, inclusion, and getting more students active.

Congratulations to our winners


Cairine Wilson SS
Gananoque SS

ESC regionale de Hawkesbury
Bishop Alexander Carter CSS

Each School Received:

- 16 Yonex Nanospeed (or equivalent) racquets
- 5 dozen (60) Mavis 350 shuttles
- A badminton instructional DVD

The fastest racquet on Earth.




Unrivalled technology. Extraordinary smash speeds.

The combination of a new frame construction that flexes at the frame edge to repel the shuttle with explosive acceleration, the smallest, most aerodynamic frame in YONEX history and a longer, slimmer shaft, takes the smash limit to a new level. Introducing the NANORAY Z-SPEED - the fastest racquet on Earth. Will you break the speed barrier?

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

The winner of the 2014 OFSAA Keeping Football Safe Contest is...

Korah Collegiate from Sault Ste. Marie!

Thank you to all who participated

Korah Collegiate will receive \$3,000 in product from Spalding Canada and will select which products it needs most!



Running Sisters Inspire Golden Moment at OFSAA

The hard ground churned beneath their feet as the girls approached the finish, miles behind them and just moments ahead.

Brogan MacDougall of Regiopolis Notre-Dame and Jocelyn Chau of De La Salle jockeyed for the lead with teammates, families, coaches, and other racers hollering words they'd hardly hear.

As they crossed the line with mutual times of 11:12.6 at the 3100m distance, Brogan's sister Branna was astride, having run much of the course to watch her younger sister. Even though it was a photo finish Branna was convinced her sister had won.

"I'll never forget it!" remembered Branna after the Championship. "Watching her race was one of the highlights of my life. I was so excited for her."

Midget Girls' Individual OFSAA Gold was awarded to Brogan to the delight of her supportive sister and family. After, Branna felt the pressure mounting for her own race but, feeling the support of her team, she prepared as always.

The MacDougall sisters grew up competing in triathlons. As kids their parents made them run laps around the garden when they misbehaved, remembers Brogan. They're a close-knit bunch with two younger brothers that run as well.

"The family as a whole supports, encourages, and lives vicariously through one another's successes and defeats," says Marcia O'Brien, their Regiopolis Notre Dame cross-country coach. "Both girls are respected and admired for their running abilities, but perhaps of greater importance are the values and character they display each day. They are both intelligent, courteous, gracious girls."

Coach O'Brien first met Branna in 2012 when she arrived at RND as a grade 9 student with a reputation as a strong runner. She met Brogan that same Fall, a wide-eyed and excited younger sister eager to see Branna compete. Since then she's grown to know the girls on the course and in the classroom.

Both sisters hold academic averages of 90+ per cent, are musicians and active in their church community.

When it's time to race they're known to be supportive teammates – the elder Branna cheering loudly and assuming a leadership role, the younger Brogan willing the other girls on.

They don't compete directly against each other on race days but their will to win shines through when they prepare together.

"Given our natures, there's always a competitive tinge between us," said Branna.

"We do our easy runs, warm-ups and cool downs together," said Brogan. "We are competitive by nature so looking at times and arguing about who is faster does factor in often."

Branna advanced from EOSSA to represent her school at OFSAA Cross Country each of her first two years of high school but did not place in the top six either occasion. Now, her younger sister with OFSAA Gold around her neck and the support of her coach, teammates and Brogan, she ran an inspired race.

In the Senior Girls' Individual event, Branna breezed her closest competition by more than five seconds, finishing with a time of 18:10.3 in the 5029m distance. Nobody was happier than Brogan.

"Branna has always been an inspiration to me for running. She works incredibly hard and I was just hoping to see that rewarded at the race," remembers Brogan. "When she got to me she had already gapped, which was a good job as I was speechless with joy."



"I was so proud of her, the entire day was just like a dream."

Both girls will be back at Regiopolis Notre-Dame next year hoping to repeat the rare feat of sisters winning double gold at OFSAA.

But first, Branna will represent Canada in March 2015 after qualifying for the Junior Girls' National Team in November's Canadian Cross Country Championships. She'll travel to China and Colombia to compete and bring that experience back to Kingston to help her team prepare for the school season and what should be an exciting sequel.

Following those footsteps won't be easy, but those miles have already started to fade into the distance and the trail holds plenty of promise for the moments ahead.



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.

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



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- TF-1000 Legacy, Official basketball of OFSAA



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Baden

- Baden Perfection 15-0, Official volleyball of OFSAA



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Dairy Farmers of Canada Sponsor Basketball Sportsmanship



Recharge with Milk wants to enhance the overall experience for the student athlete participants by implementing a recognition award for the 2014/2015 OFSAA Basketball championships.

The Recharge with Milk Most Sportsmanlike Team Program recognizes the school team whose student-athletes, coaches, managers, parents and supporters best demonstrate commitment to fair play, ethical and positive role model behaviour and respect for others.

OFSAA's Boys' and Girls' Basketball Championship host schools will designate three individuals to act as the RWM Most Sportsmanlike Team Selection Committee for their respective Championship. The award will be selected at all eight of OFSAA's 2014-15 Basketball Championships including Girls' A-AAAA and Boys' A-AAAA and be announced at the conclusion of each of those Championships.

Awards:

School Team Award:

A team award will be provided following the OFSAA Basketball Championship to be used by the school team throughout the 2015-2016 season and beyond. The prize items will be delivered to the school Principal or Athletic Director following the naming of the recipient at the conclusion of the OFSAA Basketball Championships. Prize suggestions may include: team warm up gear, team bag, equipment with an estimated value of \$500.

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SANCTIONED INVITATIONALS

ATTENTION: ATHLETIC DIRECTORS AND HEADS OF PHYSICAL EDUCATION
MAKE ALL YOUR COACHES AWARE OF THEIR RESPONSIBILITY

It is your responsibility as a school to submit the request for OFSAA sanction form at least 30 days prior to any invitational event your school is entering. Failure to do so could result in a team being denied entry or arriving at the event and not being allowed entry! Application forms are on the OFSAA website. When OFSAA sanction is granted, all competitors must be OFSAA-eligible and a designated staff member must be responsible for the team throughout the event.

For Interprovincial Competitions

- Schools must receive OFSAA sanction in order to participate

For attendance at US events

- Schools must get OFSAA sanction for all state-sanctioned or NFHS-sanctioned events.
- Tournament or meet information often does not indicate whether the event is sanctioned so schools are advised to obtain OFSAA sanction for all US events.

For Hosting Meets/Tournaments

- Many US schools must attend only events sanctioned by the host state or province, so it is recommended that you obtain OFSAA sanction for any events involving US schools or schools from other provinces. Failure to do so may result in a team being sanctioned by their state when they return.

Exhibition Game

- Teams travelling to other provinces or the US for one exhibition game are not required to obtain OFSAA sanction unless the opposing school requests it.

Check out the OFSAA website under Events - Sanctioned, to make sure the invitational event your school has applied to host or attend has been entered. To search for invitational events in the US, check their website. (nfhs.org).

For information on OFSAA sanctioning, contact: Diana Ranken (diana@ofsaa.on.ca)

Sanctioned Invitationals for 2014-15

BOYS' HOCKEY

Lakeshore CHS Junior Boys' Hockey Tournament

March 31-April 1, 2015
Vale Centre, Port Colborne
Convenor: Stephen Sim
Phone: 905-845-2451
Email: Stephen.sim@ncdsb.com13

10th Annual Blessed Trinity Junior Boys' Hockey Tournament

March 24-26, 2015
Grimsby Peach King Centre
Convenor: Rich Vrataric
Phone: 905-945-6706
Email: Richard.vrataric@ncdsb.com

Junior Crusader Cup Boys' Hockey Tournament

March 25, 2015
London
Convenor: Mike Chaney/Wendy Glover
Phone: 519-675-4431
Email: mike.chaney@rogers.com

Canlan Ice Sports Hockey Tournament

January-April 2015
Canlan Ice Sports Centre, Toronto
Check the OFSAA website for all the hockey tournaments
Convenor: Al Rose, Canlan Ice Sports
Phone: 416-661-5900 x251
Email: arose@icesports.com

GIRLS' SOCCER

Marauder Girls' Soccer Tournament

Friday, May 1, 2015
Banting Memorial High School, Alliston
Convenor: Jeff Northrop
Phone: 705-435-6288
Email: jnorthrop@scdsb.ca

SLO-PITCH

SPO 20th Annual High School Slo Pitch Tournament

May 21-22, 2015
Dorchester
Convenors: Charlie Guidice
Phone: 905-528-0214
Email: charlie_guidice@hotmail.com
John Ariss
Phone: 905-646-7773
Email: jariss@slopitch.org

TRACK AND FIELD

Podium Sports-Hungerford Invitational Track and Field Classic

May 1-2, 2015
Brockville
Convenor: Jack Weststrate
Phone: 613-342-1100
Email: jack.weststrate@ucdsb.on.ca

ULTIMATE FRISBEE

10th Annual Ultimate Frisbee Invitational Tournament

May 13, 2015
Barrie Sports Complex
Convenor: Kevin Simms
Phone: 705-726-6541
Email: ksimms@scdsb.on.ca



Nutritional Demands for Adolescent Athletes

from Sport Information Resource Centre

Good nutrition for adolescents is essential for promoting proper growth and development and is even more important with the demanding training schedules of a young athlete. The Canadian Food Guide provides excellent nutritional information for teenagers aged between 12 and 18 years who participate in general physical activity. For teens that train at high intensities and compete on competitive sports programs, the additional energy demands and fluid loss may require nutritional intake beyond what is recommended.

Energy

Energy requirements for adolescents should meet their needs for growth and development while supporting their sports participation. Eating large healthy meals and regular snacks should accommodate for the demands necessary to train and compete at their best.

Micronutrients are recommended as they help provide energy and fuel the body for optimum performance. The three micronutrients are:

Carbohydrates – They are an efficient source of energy that the body can easily use. They are stored as glycogen in the liver and muscles for later use especially in endurance activities. Carbohydrates can be found in starches (such as grains and potatoes), yogurt, fruit and milk.



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Nutritional Demands for Adolescent Athletes continued

Proteins – They are used to build, maintain and repair muscles after an intense activity. Protein is used for muscle growth and making red and white blood cells. Protein can be found in meat, fish, poultry, cheese, milk, legumes and nuts.

Fats - They provide a concentrated source of energy and essential fatty acids, such as omega-3 fats, that the body needs and cannot make. They help with the absorption of vitamin A, D, E and K and carotenoids. It's best to use unsaturated fats such as olive oil, nuts and avocados as they decrease the risk of developing heart disease.

Fluids

Consuming enough fluid is important before, during and after intense activities. Staying hydrated maintains muscle function and performance. Water is an excellent choice to replace fluids especially in low intensity and short duration sports.

Teaching about proper nutrition and fluid intake can help teens form a positive relationship as well as emphasizing the importance of fluid. Nutrition education for adolescents should focus on long-term development as well as the benefits it can have on health, recovery and sports performance. For more information on the importance of nutrition for active adolescents, it's recommended that you consult a sport dietitian.



TORONTO 2015 PAN AM GAMES ARE COMING!
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7,500 athletes
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51 sports



Globe and Mail Story on Physical Literacy

OFSAA's motto "Education Through School Sport" is all about the connection between physical literacy and success in the classroom. The skills learned on the field and the life lessons learned off of it through sport are an invaluable and inseparable part of secondary school education.

A study completed last year by Rob Williamson of the University of Ottawa concluded that student-athletes scored higher in specific developmental areas than those students who do not participate in athletics.

As schools reopen their doors to students for the 2014-15 school year, the Globe and Mail's Erin Anderssen wrote an article titled, "How physical exercise helps to get students intellectually fit," which has been excerpted below.

"To prep for high-school life, incoming Grade 9 students paid an early visit to Midland Secondary on Thursday. They found where their lockers will be, were given their timetables and memorized their wireless passwords.

They also received a short session on the importance of exercise. But intellectual – not physical – fitness was the theme. They learned that classes at this 100-year-old school in Georgian Bay's cottage country don't just mean sitting at desk. Here, studying everything from history to calculus also includes soccer in the hallway, ultimate Frisbee in the yard, even "swimming" across the floor – some of the brief workouts known as Spark breaks.

Classes last 75 minutes, but "I really find it hard to sit for 10 minutes, to be honest," admits Walker Hunter, a Grade 10 student who was helping to demonstrate floor swimming and other activities at the orientation. During a fitness break, he says, "you get refreshed, but you're still in work mode, and you can start up again. It gives me

time to get out and refocus."

Getting students to focus is a perennial preoccupation, but it seems especially pressing at the moment, with grade-obsessed parents, politicians and school trustees wringing their hands over Canada's recent slide in international math standings.

With that worry back in the news this week when Ontario's elementary math scores took a dip, neuroscience offers this subversive solution: Cut math class to dance – or walk, skip, play catch ... the theory being that whatever gets the heart pumping will get the brain humming as well.

"If you want to raise test scores, we have documented evidence – big-time evidence – that the key is to include fitness-based activity in the day," insists John Ratey, a psychiatrist at Harvard Medical School and a lead researcher in the area. "There's no question about it."

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Teacher-Coach Research Study

Attention Teacher-Coaches:

Seldom do we have the opportunity of a university level research project being conducted in an effort to support school athletics. OFSAA, as a member of School Sport Canada, is requesting that you and all of your teacher-coaches take the time to complete the survey at the link below... here are some details:

Dr. Martin Camiré from the University of Ottawa is overseeing a research project exploring how teacher-coaches believe they can influence the global development of student-athletes and what they perceive to be the benefits and challenges of being a teacher-coach.

Your participation consists of completing an online survey that takes approximately 12 minutes to complete. The survey consists of questions related to a) your demographic information, b) your experiences as a teacher and coach, c) your influence on the development of student-athletes, d) the benefits of teaching and coaching, and e) the challenges associated with being both a teacher and a coach.

Your participation can help better our understanding of a) how teacher-coaches can best influence student-athletes in the classroom and gymnasium, b) the realities of teacher-coaches, and c) the situational factors that force many teachers out of coaching.

Be informed that the contents related to your participation will only be used by Dr. Martin Camiré's research team for this research. You are free to withdraw from the study at any time or refuse to answer questions. If you choose to withdraw from the study, the data collected until the time of withdrawal will be destroyed and will not be used. The information you share will remain strictly confidential and anonymous because you do not need to divulge your name and you will never be personally associated with the answers you provide. Furthermore, all information will be kept in a secure database at the University of Ottawa. The information will only be accessed from a password-protected computer in the researcher's office. Once the project is completed, the data will be stored in a password-protected folder on an external hard drive in a locked cabinet for five (5) years after which they will be destroyed. If you have any questions with regards to the ethical conduct of this research, you may contact the Office of Research Ethics and Integrity, University of Ottawa, Tabaret Hall, 550 Cumberland Street, Room 154, Ottawa, ON K1N 6N5, tel.: 613-562-5387, email: ethics@uottawa.ca.

To complete the survey, visit ofsa.on.ca -> click Resources -> select Research Studies and click the link on the page

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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 TDSSAA, LOSSA and WOSSAA. Applications must be received by mail or courier by April 1st, 2015. 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.



SCHOLARSHIP OPPORTUNITIES

10 LEAGUE SPORTS

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29 *member schools*

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STUDENT-ATHLETES TODAY. LEADERS TOMORROW.

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'KidSport' Grants 2014-15



"KIDSPORT" grants available to assist student-athletes in financial need

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 2014-15 application form must be used** and can be found online. OFSAA partners with 'KIDSPORT' to provide this opportunity. A limited amount of funding is available for each sport season so get your applications in early.

So **ALL** Kids Can Play!

Some important reminders . . .

- Applications must be received by the deadline dates:
Winter sports - January 31, 2015
Spring sports - April 30, 2015
- 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.



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Character Athlete Award 2014-15

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.



Mackenzie Curran
Nominated by: Kelly Dixon

Mackenzie is a grade 11 student at Holy Cross in Kingston, so involved in sport and her community it's difficult to know where to begin.

She volunteers to share her story Journey through Cancer and a Bone Marrow Transplant, spreading her message to other schools and groups: "never give in and you never give up." She has given this message at Terry Fox runs, and as the welcome speech at the Relay for Life, and has become an active spokesperson for the donation of blood and bone marrow – all while maintaining at least a 90% academic average.

Through the "Miles for Mackenzie" program, the Canadian Blood Services and One Match raised over \$30,000.00 for the Cord Bank for future Bone Marrow transplants.

Other volunteer work has included a Christmas tree pick up program that raised funds for Clothes for Kids, funding out of town care for kids through McKenna's Dream, regular visits to Sick Kids and Kingston Cancer Center, and encouraging other youth to be involved in their community.

On the sport side, Mackenzie has volunteered for the past three years to help run a local basketball league, was awarded the JUEL Ontario Basketball's first Community Service Award for Community Involvement and has had the award named after her. Mackenzie will select the future winners of the award.

"Basketball was the motivating dream in her recovery," said her nominating teacher-coach Kelly Dixon. "Many days she has come right from Doctors' appointments to practice and would not miss a minute unless she had to. When asked to be in the Santa Claus Parade for Canada Blood services, Mackenzie asked for our team to be included also."

Mackenzie recently celebrated her one-year post-Bone Marrow transplant and it was announced by Canadian Blood Services that she would be the face for the advertising for the Christmas campaign to encourage others to give and continue to give blood.



Zach Boswell
Nominated by: Katherine Parker

Zach is a grade 12 student at Milton District High School where he is a member of school sports teams year-round: volleyball in the fall, basketball in the winter, and soccer in the spring.

When Zach's not playing on the field or the court you'll find the dedicated student-athlete on the stage where he sings and plays guitar at all of his schools events.

The musically-inclined senior is a member of the Acapella Music Group, Foster's Funk Band, the traveling school drum line, Senior Jazz Band, and played at many other school events, socials, fundraisers, and plays.

He's currently in the Music Audio Production Technologies Specialist High Skills Major program at Milton DHS and was essential to the set-up of a new recording studio for their music department this year. Putting the facilities to use, Zach created and recorded songs for school functions including a teacher's retirement and Remembrance Day.

"Zach demonstrates excellent leadership on and off the court for Milton District High School," said his nominating teacher-coach Katherine Parker. "It is not often that you find an individual who can balance being involved in such a wide range of activities, such as three school sports teams, many school music groups, the Specialist High Skills Major program, and a Wilderness North leader."

He continues to show OFSAA's values through school sport while building upon his music skills for his future music/school plans after graduation in June.

Congratulations to the first pair of recipients of 2014-15 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.

Scholarships and Awards Available for 2015

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 from those applications **received by the deadline of April 1, 2015**. The value of each scholarship is \$500. Only students from member schools in the following Associations may submit applications for consideration in **2014-15: TDSSAA, LOSSA and WOSSAA**.

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 15, 2015.**

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 30, 2015.**

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

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ATHLETIC SCHOLARSHIPS

Did You Know?

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



Follow OUA on:



oua.ca/scholarships

2014-15 OFSAA Championships

BOYS' GOLF (WOSSAA)

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

GIRLS' GOLF (SWOSSAA)

Oct. 15-16, 2014, Windsor
Matt Loebach, Herman
519-944-4700
matt.loebach@publicboard.ca

GIRLS' FIELD HOCKEY (GHAC)

Nov. 6-8, 2014, Milton
Andrew Brennan, Craig Kielburger SS
905-878-0575
brennana@hdsb.ca
Entry Deadline: Oct. 25, 2014

CROSS COUNTRY (CWOSSA)

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

BOYS' A VOLLEYBALL (SOSSA)

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

BOYS' AA VOLLEYBALL (NWOSSAA)

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

Boys' AAA Volleyball (EOSSAA)

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

BOYS' AAAA VOLLEYBALL (ROPSSAA)

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

GIRLS' A BASKETBALL (EOSSAA)

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

GIRLS' AA BASKETBALL (SWOSSAA)

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

GIRLS' AAA BASKETBALL (SWOSSAA)

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

GIRLS' AAAA BASKETBALL (CWOSSA)

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

FOOTBALL BOWLS

Nov. 26-28, 2014, Hamilton
Peter Morris
905-301-6960

NORDIC SKIING (NOSSA)

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

ALPINE SKIING

Feb. 23-25, 2015, Collingwood
Elaine Wright, school
613-828-9101 x 325
elaine.wright@ocdsb.ca
Entry Deadline: Feb. 13, 2015

SNOWBOARDING (CISAA)

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

SWIMMING

March 3-4, Etobicoke Olympium
Sheila Megson, Stephen Lewis SS
sheila.megson@peelsb.com
Entry Deadline: Feb. 23, 2015

WRESTLING (SWOSSAA)

Mar. 3-4, 2015, Windsor
Dave Hawkins, Tecumseh Vista Academy
519-739-2189
dave.hawkins@publicboard.ca
Entry Deadline: Feb. 24, 2015

BOYS' A BASKETBALL (SWOSSAA)

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

BOYS' AA BASKETBALL (NCSAA)

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

BOYS' AAA BASKETBALL (SWOSSAA)

Mar. 9-11, 2015, Windsor
Pat Osbourne, Kennedy
519-254-6475 ext. 30710
patrick.osborne@publicboard.ca
Entry Deadline: Mar. 3, 2015

BOYS' AAAA BASKETBALL (SWOSSAA)

Mar. 9-11, 2015, Windsor
Danielle Chevalier, St. Anne's
519-727-8908
danielle_chevalier@wecdsb.on.ca
Entry Deadline: Mar. 3, 2015

GIRLS' A VOLLEYBALL (SOSSA)

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

GIRLS' AA VOLLEYBALL (NWOSSAA)

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

GIRLS' AAA VOLLEYBALL (WOSSAA)

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

GIRLS' AAAA VOLLEYBALL (SWOSSAA)

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

GIRLS' A/AA HOCKEY (NWOSSAA)

Mar. 9-12, 2015, Kenora
Travis Batters, St. Thomas Aquinas HS
807-548-8281 ext. 258
tbatters@kcdsb.on.ca
Entry Deadline: Mar. 3, 2015

FOR COMPLETE CHAMPIONSHIP

Championship Calendar

GIRLS' AAA/AAAA HOCKEY (NCSSAA)

Mar. 9-12, 2015, Ottawa
Kendra Read, All Saints CHS
613-271-4254
kendra.read@ocsb.ca
Entry Deadline: Mar. 3, 2015

BOYS' A/AA HOCKEY (EOSSAA)

Mar. 9-12, 2015, Pembroke
Keith Roach, Fellows HS
613-735-6858
roachk@rcdsb.on.ca
Entry Deadline: Mar. 3, 2015

BOYS' AAA/AAAA HOCKEY (SOSSA)

Mar. 9-12, 2015, St. Catharines
Bill McLaren, Dennis Morris HS
905-684-8731
william.mclaren@ncdsb.com
Entry Deadline: Mar. 3, 2015

BOYS' CURLING (COSSA)

Mar. 9-12, 2015, Brighton
Suzanne Doornbos/Bradley Bresee, East
Northumberland
613-475-0540
suzanne_doornbos@kprdsb.ca
Entry Deadline: Mar. 3, 2015

GIRLS' CURLING (COSSA)

Mar. 9-12, 2015, Brighton
Suzanne Doornbos/Bradley Bresee, East
Northumberland
613-475-0540
suzanne_doornbos@kprdsb.ca
Entry Deadline: Mar. 3, 2015

BADMINTON (YRAA)

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

GIRLS' GYMNASTICS (NOSSA)

May 3-5, 2015, Sudbury
JoAnne Bradley, ESC Champlain
joanne.bradley@nouvelon.ca
705-855-9046
Entry Deadline: Apr. 28, 2015

TENNIS (SWOSSAA)

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

GIRLS' A/AA RUGBY (ROPSSAA)

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

GIRLS' AAA/AAAA RUGBY (ROPSSAA)

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

BOYS' A/AA FIELD LACROSSE (CISAA)

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

BOYS' AAA/AAAA FIELD LACROSSE

Jun. 4-6, 2015, Toronto
Brent MacKay, Upper Canada College
416-484-8645
bmacKay@ucc.on.ca
Entry Deadline: May 30, 2015
Entry Deadline: May. 30, 2015

BOYS' A/AA RUGBY (GBSSA)

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

BOYS' AAA/AAAA RUGBY (SOSSA)

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

GIRLS' A SOCCER (SWOSSAA)

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

GIRLS' AA SOCCER (SWOSSAA)

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

GIRLS' AAA SOCCER (SWOSSAA)

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

GIRLS' AAAA SOCCER (ROPSSAA)

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

BOYS' A SOCCER (NOSSA)

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

BOYS' AA SOCCER (NOSSA)

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

BOYS' AAA SOCCER (SWOSSAA)

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

BOYS' AAAA SOCCER (YRAA)

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

TRACK AND FIELD

June 4-6, 2015, Toronto
Joe Sileika
scores@tdcaa.org
Entry Deadline: May 30, 2015

BOYS' BASEBALL EAST REGIONAL (TDCAA)

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

BOYS' BASEBALL WEST REGIONAL (SWOSSAA)

June 3-5, 2015, Windsor
Sean Burke
519-727-8908
steve.burke@wecdsb.on.ca

OFSAA FOOTBALL BOWLS 2014

Hamilton

November 26 - 28, 2014

McMaster University



The 2014 OFSAA Football Festival moved to Hamilton for the 2014 OFSAA Football Bowl Games. Originally scheduled to be played at the new Tim Horton Stadium, the committee moved to McMaster University when they learned the new stadium would not be ready. We are hopeful that the 2015 competition will be played at the new stadium.

There were nine bowl games played over the three days. The weather was very good considering the havoc it played the previous week with some association finals being postponed because of poor field conditions.

OFSAA would like to express a special thanks to the organizing committee who did a fantastic job : Sean Allen, Campbell Blake, Pat Brennen, Darrin Curtis, Dan Dominico, Bruce Dyce, Devin Gray, Brian Gaw, Chick Kennedy, Dana McKiel, Peter Morris, Tam Morrison, 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,, Fox 40, Josten's Rings, Spalding and Gatorade. The OFSAA Football Festival could not have happened without your continued support.

Thanks to John Metcalfe for his announcing of all nine games and game statistics.

Thanks to Dan Dominico who coordinated the streaming of 5 of the games.

WEDNESDAY NOVEMBER 26

BOWL GAME # 1 TDCAA VS GHAC BOWL GAME

Chaminade College Gryphons (TDCAA)	35
Sir Allan MacNab Lions (SOSSA)	7

Mekhi Hymann's 112 yards rushing and three touchdowns were too much for the Sir Allan MacNab Lions as Chaminade defeated MacNab 35 – 7 in the opening bowl game. Chaminade completed an undefeated season. The Lions could take some consolation from the game as their touchdown by Tyler Ternowski in the first quarter were the first points the Gryphons defense had given up all season. Tyler led the Lions offenses for a combined total of 52 yards.

BOWL GAME # 2 SOSSA vs COSSA

Adam Scott Lions (COSSA)	31
A.N. Myer Maurders (SOSSA)	37

The middle bowl game of the first day turned into a strong offensive display as both A.N. Myer from Niagara Falls and Adam Scott CVI from Peterborough combined for a total of 684 yards rushing and passing. The Maurauders from Niagara Falls had what seemed to be a comfortable 33 – 14 lead going into the fourth quarter. Adam Scott, who had eliminated Crestwood in the COSSA semi finals to earn their first trip to OFSAA Football, roared back to close the gap to 39 – 31 with half a minute remaining. Their attempted on side kick

off was recovered by the Mauraders who were able to run out the clock without any further damage and capture their first OFSAA Bowl Festival.

Tre Ford of A.N Myer completed 20 of his 29 passes and scampered for a 2 yard TD. Devon Claypole was the story for the Lions offence scoring two touchdowns, one a 65 yard punt return, along with three converts.

BOWL GAME # 3

Richview Saints (TDSSAA)	20
Frontenac Falcons (EOSSAA)	24

Frontenac Falcons, who had been soundly defeated by Lorne Park (ROPSSAA) in the 2013 OFSAA Bowl Festival, were not going to be denied in 2014 as they held on to defeat the Richview Saints (TDSSAA) 24 – 20 in what many said was the best game of Day 1.

These two teams overshadowed the offensive statistics of the previous game with a combined total of 873 yards. Richview, attempting to win the game in the last minute, moved the ball from their own 27 yard marker to the Frontenac 4 yard line when time ran out.

Dustin Broggard of Frontenac rushed the ball 20 times for 128 yards and three touchdowns while Alec Ferland led the defense with five tackles.

Donald Shaw of Richview rushed the ball 28 times for a remarkable 312 yards and two touchdowns while Jordan Mealand and Kevin Amor each had three tackles for the Saints.

THURSDAY NOVEMBER 27

BOWL GAME # 4

Superior Heights Steelhawks (NOSSA)	26
St. Joan of Arc Knights (GBSSA)	7

Superior Heights who had won back to back Northern Bowl Festival at the Rogers Centre in 2010 and 2011 faced off against the St. Joan of Arc Knights who were fresh of a 2013 Bowl Festival against Central Tech.

The Steelhawks from Sault Ste. Marie led by Jeff Auger’s 32 carries for 203 yards and three touchdowns pulled away from the Knights from Barrie to win 26 – 7.

Devin McGuire, much of the offence for St. Joan of Arc finishing the game 80 yards rushing and receptions for an additional 40 yards. Mitchell French caught an 18 yard pass from Cody Shaw for the Knights lone touchdown.

BOWL GAME # 5

Holy Trinity Titans (GHAC)	50
St. Peter Knights (NCSSAA)	16

Holy Trinity was making their first appearance to the OFSAA Bowl Festival while St. Peter CSS was returning for the first time since winning the National Capital Bowl in 2009.

However, the Titans scored early and often amassing a net offence of 486 yards dominating the Knights by a score of 50 – 16.





Quinton Soares was the best player on the field for St. Peter playing both ways. He rushed for 93 yards and scored the lone Knight's touchdown.

Holy Trinity QB Nathan Rourke threw three TD passes completing 13 of his 20 passes for 271 yards. He also ran for a 46 yard touchdown. The Holy Trinity defense was led by Kwaku Antwi who made seven individual tackles.

Congratulations to the Holy Trinity Titans in capturing their first ever OFSAA Football Bowl Festival.

BOWL GAME # 6

A.B. Lucas Vikings (WOSSAA)	35
Paul Dwyer Saints (LOSSA)	28

A.B. Lucas Vikings from London and the Paul Dwyer Saints from Oshawa entertained the spectators and university coaches with an exciting game to conclude the second day of competition at the 2014 OFSAA Football Bowl Festival at McMaster University in Hamilton.

The Lucas Vikings from London were making their return visit to the Bowls games since their Western Bowl Victory at the Rogers Centre in 2011. They seemed to have everything under control with a comfortable lead of 35 – 7 until part way through the third quarter. The Saints from Oshawa, who were making their first trip to OFSAA Football, and realizing that the game was not over, turned it up a notch. Tristan Park's 17 yard touchdown run seemed to spark the team. They owned the final quarter with TD run on a 50 yard kick

off return by Vance Bundy. Keegan Brand brought the team to within a converted touchdown with less than 2 minutes remaining. However, the rally was cut short when the Saints short kick off was recovered by Lucas who were able to run out the clock for a 35 – 28 victory and the championship.

Dara Sos was the leader on offence for Lucas scoring three touchdowns on runs of 2, 28, and 45 yard runs in the first half.

FRIDAY NOVEMBER 28

BOWL GAME # 7

Lorne Park Spartans (ROPSSAA)	37
St. Ignatius CSS Falcons (NWOSSAA)	25

St. Ignatius players and coaches felt they were in a southern climate when they arrived in Hamilton. They had played their association championship in Thunder Bay at – 22 and a wind chill close to -40.

About one cm of snow and a truck accident on the QEW didn't dampen the spirits of defending OFSAA Football Bowl Champions, Lorne Park SS from Mississauga.

Both teams put on a tremendous show in the opening game of the final day combining for 62 points in a Lorne Park 37 – 25 victory before a very enthusiastic crowd.

The Falcons scores first and last in the game with Jacob Puskas scoring three touchdowns, one on an exciting 65 yard kick off return. In between, Lorne Park dominated the scoring with 37 points. Unlike previous games

played during the week, Lorne Park scoring was spread among five players. Quarterback Alex Lavric had a easy time passing for 361 yards and three touchdowns.

Ejaz Causer (Lorne Park) and Dray Theriault each had six tackles on defense.

BOWL GAME # 8

Assumption College Lions (CWOSSAA) 9
Assumption HS Crusaders (GHAC) 28

This was a battle between the two Assumption High Schools, the Lions from Brantford, who had previously won the Golden Horseshoe Bowl in 2004, and the Crusaders from Burlington.

The Lions could not seem to get untracked in this game after Liam Putt’s touchdown tied the game for the Lions early in the second quarter.

Domenic Mandalfino and Jordan Lyons each rushed the ball 19 times for the Crusaders for a combined 231 yards. Domenic scored two touchdowns while Jordan scored once to lead the Crusaders to an eventual 28 – 9 victory.

Ben Crocock led all defensive players with 8 tackles.

Congratulations to the Assumption Crusaders for capturing their second OFSAA Football Bowl Festival win.

BOWL GAME # 9

W.F. Herman Griffins (SWOSSAA) 29
Bill Crothers Colts (YRAA) 14

With their victory over Bill Crothers in the final game of the 2014 OFSAA Football Bowl Festival, W.F. Herman, from Windsor, has clearly established themselves as the top football team in Ontario. The Griffins won their second consecutive Bowl game and their fifth championship in six appearances. This is quite an accomplishment for the players and coaching staff led by Harry Lumley.

However, the Griffins were challenged in this game by a very good Colts team from Unionville who had defeated the very powerful team from Huron Heights in the YRAA Football Final.

Amir Zeisler ten yard touchdown run at 4.07 of the 4th quarter closed the gap for the Colts to 22 – 14. However, the Griffins slammed the door on the Colts when Marcus Kentner ran 51 yards for a touchdown a half minute later making the score 29 -14 and the game.

The difference in the game was the offense with Herman’s total offense being 381 yards to the Crothers 217 yards.

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



All Photos provided by OFSAA game photographer Gerry Angus. Order prints at spectrophotography.ca.

OFSSAA Girls' Golf Festival

Kingsville Golf & Country Club

October 15-16, 2014



The inaugural Girls' Golf Festival returned to Kingsville Golf & Country Club under the leadership of convenor Matt Loebach of W. F Herman SS (SWOSSAA). Following a day of practice round play, coaches and athletes gathered in the Kingsville G&CC clubhouse for a fantastic banquet.

Day 1 of the festival had the girls' feeling out the course in practice round play. Day 2 provided a mix of weather, warmer and colder weather would see the golfers dressed in various attire to fight the conditions throughout the round.

In the end, Julia Malone from Ashbury College (CISSA) was tied with Haley Barclay from Strathroy DCI (WOSSAA), both with a score of 75. A playoff was needed and Julia came out on top to earn the 1st place in the 2014 Festival. EOSSAA earned bragging rights this year and finished with a combined score of 235. Congratulations

Diana McDonald (Holy Cross), Sarah Cushing (TISS) and Abby Angelscu (Regiopoliis-Notre Dame). Congratulations to all golfers and coaches who braved the weather and conditions at this year's Festival.

Thank you again to Matt Loebach and his committee for all their work in ensuring a memorable Festival for all those able to attend.

Individual Results

T1. Julia Malone, Asbury College	CISAA	75
T1. Haley Barclay, Strathroy D.C.I	WOSSAA	75
3. Selena Costabile, Bill Crothers S.S.	YRAA	76

Association Award Results

1. EOSSA- Diana McDonald (78), Sarah Cushing (77), Abby Angelscu (80)	235
T2. YRAA- Kristen Wong (80), Selena Costabile (76), Sonia Nagindas (83)	239
T2. WOSSA- Lora Won (80), Haley Barclay (75), Alex Amos (84)	239

OFSAA Boys' Golf Championship

Stratford

October 15-16, 2014



Convenor Martin Ritsma brought the OFSAA Boys' Golf Championship to Stratford for the first time where the Stratford Country Club played host to a couple exciting days of close rounds and important putts.

At the delicious team banquet, Rob James was recognized for his contributions to OFSAA Golf as the deserving recipient of the Leadership in School Sport Award. Congrats Rob!

Sam Meek golfed a blistering 66 in round one to put him firmly in the lead, but defending OFSAA Boys' Golf individual champion Maxwell Sear came roaring back amid impending heavy rain to shoot a 65 on the second day and tie the two at 137. Heavy rain was a factor down the stretch as course officials from the Golf Association of Ontario (GAO) tracked the storm, designated alternate holes when certain fairways

were underwater, and even convenor Ritsma was out squeegeeing in his suit to ensure golfers could tap in and finish their rounds.

The partnership between OFSAA and the GAO was especially helpful with the trying weather conditions. This was the first year of the partnership that saw official starters and course officials from the GAO help preside over rulings, markings, and results. Thanks to the GAO for enhancing the OFSAA Boys' Golf Championship!

Back on the course, Meek and Sear played a one-hole playoff with the sun setting and the rains dissipating. Sear of Bill Crothers SS in Unionville claimed the OFSAA gold again with some clutch shooting and long, straight drives.

For the team title, Waterloo CI claimed OFSAA gold and South the silver, but a five-way draw for third place had to be resolved with a tiebreaker that ultimately named St. Patrick's the bronze medal winners.

OFSAA would like to thank the convenors, GAO officials, and organizing committee for all their hard work and time organizing this event and to the Stratford Country Club for hosting and opening their doors to these tremendous student-athletes.



Individual Results

1. Maxwell Sear, Bill Crothers, R1 - 72, R2 - 65, Total - 137 (p)
2. Sam Meek, Crestwood, R1 - 66, R2 - 71, Total - 137
3. Trevor Ranton, Waterloo CI, R1 - 69, R2 - 70, Total - 139

Team Results

1. Waterloo CI, R1 - 221, R2 - 228, Total - 439 (+13)
2. South, R1 - 225, R2 - 223, Total - 448 (+22)
3. St. Patrick's, R1 - 228, R2 - 226, Total - 454 (+28) (tb)

OFSAA Girls' A Basketball

South Stormont

November 20-22, 2014



Girls' A | Basketball | South Stormont | 2014



The banquet was held at the South Stormont Community Center. There was a photo booth set up during the banquet for teams and players to get their pictures done. PhotoVisions from Brockville was the photographer and they also provided each player with their own personalized identification badge for the championship. Guest Speaker was Andy Sparks, Women's Coach at the University of Ottawa. Banquet was catered by Quinn's Inn and was the best meal at any OFSAA Championship I have attended. Bob Thompson won the Leadership in School Sport Award for his promotion of the game of basketball in Greater Cornwall area. Games were played at Rothwell-Osnabruck School and the Former General Vanier High School with all the finals at Rothwell-Osnabruck. Each Athlete received a gift bag and gift for their participation at the Championship. Lots of positive comments from coaches that had attended OFSAA Championships before about how the tournament was run and the hospitality of the community.

Congratulations to the Gold Medal winning team members: Marni Campeau, Alix Marcil, Kristeen Lynch, Sarah Lefebvre, Adriana Conti, Danika Lalonde, Myriam Fontaine, Emma Jeurond, Kortney Seguin, and Melanie Leger and coaches Stephane Fontaine and Jo-Anne Dexter.

Congratulations also go out to Bob Thomson from Rothwell-Osnabruck on being named the winner of the Leadership in School Sport award and to Rainy River High School who were named Sportsmanship Team of the Championship for their excellent behaviour on and off the court during the championship.

Participating Teams

ESC Nouvelle-Alliance	GBSSA
ES Algonquin	NOSSA
ESC La Citadelle	EOSSAA
Villanova College	CISAA
King's Christian Collegiate	GHAC
Guido De Bres CHS	SOSSA
Rideau DHS	EOSSA
North Middlesex DHS	WOSSAA
ES Macdonald-Cartier	NOSSA
Kincardine DSS	CWOSSA
ESC E.J. Lajeunesse	SWOSSAA
Rothwell-Osnabruck	EOSSAA
St. Paul SS	COSSA
Rainy River HS	NWOSSAA
Englehart HS	NEOAA/AANEO
Brampton Christian High School	ROPSSAA



Semi Finals

ESC Nouvelle-Alliance def. Villanova College 62-37
ESC La Citadelle def. ES Algonquin 51-34

Consolation Championship

Rothwell-Osnabruck def. Kincardine DSS 63-38

Bronze Medal Match

Villanova College def. ES Algonquin 56-53 2OT

Gold Medal Match

ESC La Citadelle def. ESC Nouvelle-Alliance 52-34



OFSSA Girls' AA Basketball

Kingsville November 20-22, 2014



Jason Leili was the convenor and did a terrific job running a smooth Championship. There were some terrific donated items which were raffled off at the banquet which occurred in a beautiful venue called the Ciciaro Club in Windsor. The meal was delicious and Chantal Vallee, the Head Coach of the University of Windsor Women's Basketball team, was the guest speaker. She was quite animated and engaged the athletes easily for 20 minutes.

Congratulations go out to Jason Leili from Kingsville

DHS, who not only put on a great event, but was also selected as the Leadership in School Sport recipient and Dr. J.M. Denison SS was chosen as the Sportsmanship Team winner for their excellent attitude and behaviour on and off the court.

The Championship was closely contested throughout with some truly exciting games at both Kingsville DHS and Migration Hall culminating in a 5 point differential in the Gold Medal game with St. Matthew HS (NCSSAA) emerging victorious.

A big congratulations to the Gold Medal winning team members: Megan Kardos, Brianna Arichara, Ciera Carey, Madeline Wakefield, Elizabeth Peters, Brooklynn McAlear-Fanus, Brianna Thompson, Alexis Yorke, Brittany Mason and Juwana Lako and Coaches Rick Despatie and Chris Wakefield.

Participating Teams

John McGregor SS	SWOSSAA
E.S.C. Theriault HS	NEOAA/AANEO
St. Francis SS	SOSSA
Centennial SS Welland	SOSSA
Kingsville DHS	SWOSSAA
St. Matthew HS	NCSSAA
Bishop Macdonell	CWOSSAA
LaSalle SS	NOSSA
Carleton Place HS	EOSSA
Patrick Fogarty SS	GBSSA
La Salle SS	EOSSA
Dr. J.M. Denison SS	YRAA
St. Michael CSS	WOSSA
Hammarsjold HS	NWOSSAA
St. Paul SS	ROPSSAA
Bayside SS	COSSA
Stephen Leacock CI	TDSSAA
Community Hebrew Academy	TDCAA

Semi Finals

LaSalle SS def. Centennial SS	43-38
St. Matthew's HS def. E.S.C. Theriault HS	50-42

Consolation Final

Stephen Leacock CI def. Bayside SS	50-33
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Bronze Medal Match

E.S.C. Theriault HS def. Centennial SS	58-50
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Gold Medal Match

St. Matthew's HS def. LaSalle SS	40-35
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OFSAA Girls' AAA Basketball

Windsor

November 20-22, 2014



Although the weather was poor at times, the event itself went off without a hitch under the "rookie" convenorship of Bryan Dufour of Villanova and his assistant, Dana Pizzo. Mike McKittrick and Peter Cusumano added their expertise in guiding Bryan and Dana through this, their first, OFSAA convenor experience.

The administration, staff and students of Catholic Central and St. Thomas of Villanova provided much support and a very positive atmosphere to the convenors, officials and the spectators and in particular the student-athletes representing their coaches and schools. Special mention has to be made of the staff and students who "streamed" all the games at Villanova during the 3 days of competition.

The facilities at Catholic Central and Villanova were the best! The well-stocked "Coaches Lounge" was most appreciated by the officials, coaches and volunteers who, when they found time, could drop in for coffee, fruits, bakery treats and, of course, Gatorade.

The "Milk Guys" were very popular after the games as they provided the basketball players with what is quickly becoming a welcome tradition at the OFSAA Championships, chocolate milk!

The basketball games were all played with a high degree of skill and sportsmanship. These games were an ideal example of what high school sport is all about. Congratulations to all involved!

Congratulations go out to the Gold Medal winning team members: Halle Bovell, Hanna Hall, Julia Hanaka, Olivia Hughes, Hannah McGurk, Krysten Mullen, Taylor Randall, Felicia Spano, Hailey Summers, Mackenzie Trpcic, and Madison Trpcic and Coaches Kelly Mouldon and Rich



Wesolowski.

The banquet was held at the Caboto Club in Windsor and was a huge success with a great all-u-can-eat Italian style meal and was a terrific venue for pictures on the grand staircase leading to the hall. The athletes were well behaved and well-dressed. The meal was served late due to poor driving conditions so we decided to wait for all the teams to arrive before starting the festivities. One of the meal highlights was a candy table where the ladies were allowed to fill their candy bags with sweet treats! Mrs. Stacey Ditchfield, a former division one/two athlete was the guest speaker and encouraged all female athletes to be the best they can be by never settling for second best. Be proud of being an athlete and never feel inferior in your athletic endeavours. There were lots of prizes to be won and many of the female athletes left the banquet with nice gifts!

Congratulations goes out to Deb McMahon of St. Thomas Vilanova for being chosen as the Leadership in School Sport winner and to St. Francis Xavier High School on being named the winners of the Team Sportsmanship Award for their excellent behaviour throughout the championship.

Participating Teams

St. Mary's HS	GHAC
St. John's College	CWOSSA
OD/Park Secondary School	GBSSA
Regiopolis Notre Dame	EOSSAA
Northern CI	SWOSSAA
Oakwood CI	TDSSAA
Oakridge SS	WOSSAA
Sir Winston Churchill SS	SOSSA
Lo-Ellen Park SS	NOSSA
St. Thomas of Villanova	SWOSSAA
St. Francis Xavier HS	NCSSAA
Newmarket HS	YRAA
Father Henry Carr	TDCAA
Martingrove CI	TDSSAA
Thomas A. Stewart SS	COSSA
R.S. McLaughlin C & VI	LOSSA

Semi Finals

St. John's College def. Oakwood CI	54-37
St. Mary's HS def. Sarnia Northern CI	67-49

Consolation Championship

Newmarket HS def. Sir Winston Churchill SS	41-31
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Bronze Medal Match

Sarnia Northern CI def. Oakwood CI	56-50
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Gold Medal Match

St. Mary's HS def. St. John's College	57-40
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OFSAA Girls' AAAA Basketball

Guelph

November 20-22, 2014



Congratulations to convenor Toffer Treiguts on putting together an exceptionally well-organized and very coordinated Championship. Everything went smoothly from start to finish at both Centennial CVI and College Heights SS for the preliminary round and the University of Guelph for the Medal rounds. The volunteers were numerous and very helpful in supporting the fans who came out and the participating teams.

The banquet was held at the Hanlon Convention Centre on the Wednesday night. It was a great meal that was very well organized by all those involved. It was an especially nice touch to have Cartoon Bob

on hand to draw caricatures of the athletes for an affordable \$5.

Congratulations go out to Gold Medal winning team members: Angela Almero, Erica Ballott, Hope Brown, Shay Colley, Brittany Ennis, Xianna Josephs, Shanese Miller, Murielle Mpiana, Julia Nerb, Keanna Samuels, Yanique Smith, Janika Wallace, and Curryl Watson and Coaches Christine Hyde and Nicolette Stewart.

Congratulations also go out to Wayne Freaney from Orangeville DSS for being named the Leadership in School Sport award winner and to Longfield-Davidson Heights SS on being named the Sportsmanship Team of the Championship for their excellent behaviour throughout the event and to Rachel Webber from Ancaster HS on taking home the individual honours.

Participating Teams

A.B. Lucas SS	WOSSA
Ancaster HS	SOSSA
Earl Haig SS	TDSSAA
Father Michael Goetz SS	ROPSSAA
Grand River CI	CWOSSA
Innisdale SS	GBSSA
Longfields-Davidson Heights SS	NCSSAA
Northern SS	TDSSAA
Pickering HS	LOSSA
St. Anne CSS	SWOSSA
St. Edmund Campion SS	ROPSSAA
St. Ignatius of Loyola CSS	GHAC
St. John Paul II CSS	TDCAA
St. Maximillian Kolbe CSS	YRAA
St. Thomas More CSS	GHAC
Waterloo CI	CWOSSA

Semi Finals

Pickering HS def. St. Ignatius of Loyola CSS	62-40
St. Edmund Campion SS def. St. John Paul II CSS	47-46

Consolation Final

Ancaster HS def. St. Anne CSS	47-39
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Bronze Medal Match

St. Ignatius of Loyola CSS def. St. John Paul II CSS	51-39
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Gold Medal Match

St. Edmund Campion SS def. Pickering HS	71-45
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OFSAA Cross Country

Waterloo

November 1, 2014



OFSAA Cross Country 2014 was hosted by CWOSSAA of the West Region under the capable leadership of Ian Clancy (Sir John A. Macdonald). Kevin Huinink & Frank Whittmann were his capable assistants. The championships were held at Laurentian University. This is the first OFSAA Cross Country Championship to take place in Kitchener - Waterloo in many years. The course was in remarkable shape considering the area had been hit with heavy rain on the Friday. Race day was almost perfect with cloudy/sunny skies, with a temperature around six. 1,776 athletes including 35 Para athletes from 380 schools treated approximately 3000 parents, coaches, and friends to six exciting races on a wonderful course that worked its way around cornfields on the campus of the University of Waterloo.

This same committee also hosted the pre OFSAA meet three weeks earlier with one of the largest fields in memory of 3,500 athletes.

Congratulations to Ian and his entire organizing committee from CWOSSAA for convening the 2014 championship. The organizing committee included Ian Clancy, Frank Wittmann, Krestena Sullivan, Laura Perrin, Kevin Huinink, Ian Cunningham, Michael Grobe, Judy Divell, Dean Kueneman, Steffen Pauls, Wendy Shaw, Ian Carswell, Al VanBrunschof, Jane Jewson, Jennifer Roy, Anne Marie Moss, Larry Wiegand, Katie Shaw, Candy Adam, Ron Martinello and Patricia Strang. OFSAA would also like to thank the numerous volunteers who worked throughout the day to ensure the success of the championship.

We would also like to thank the University of Waterloo for their tremendous support in hosting the 2014 Championship.

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

This was the third year of the Para Invitational Race, which saw an increase in the number of participants increase to 35 competitors. The Para athletes ran the 3000m course

Mitchell Chase (Dunbarton) won the Boys Para race defeating two time champion Nicholas Neri (Cardinal Leger). Julianne Misk (St. Michael - Niagara Falls) won the girls Para Race.

The OFSAA Individual Champions for 2014 were: Brogan MacDougall - Regiopolis - Notre Dame (Midget Girls); Thomas Witkowicz - All Saints CSS (Midget Boys); Shona McCulloch - Longfields - Davidson Heights (Junior Girls); Matieu Plamondon - ESC Theriault (Junior Boys); Branna MacDougall - Regiopolis Notre Dame (Senior Girls); Cameron Linscott - Kingston CVI (Senior Boys).

Shona McCulloch and Matieu Plamondon (Midget Boys & Girls 2013 Champions) went on to capture the Junior Championships in 2014.

The OFSAA Team Champions for 2014 were: Vincent Massey (Midget Girls);

St. Marcellinus (Midget Boys); Lawrence Park (Junior Girls); Sir Winston Churchill (Junior Boys); Glebe CI (Senior Girls); Valour (Senior Boys)

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

The OFSAA Overall Boys Champion was Sir Winston Churchill (St. Catharines)

Glebe CI (Ottawa) was the top cross country team in the province capturing the Overall Girls Championship and finishing second in the Overall Boys Championship.

Ian Clancy (Sir John A Macdonald) and Candy Adam (Forest Heights SS) were the 2014 OFSAA Leadership In School Sport Awards for their contribution to high school sport for many years.

We look forward to the OFSAA 2015 Cross Country Championships which will be held on the Nordic Ski Trails in Duntroon and hosted by the Central Region.

OFSAA Cross Country Results - 2014

Top Six Place Finishers

Midget Girls (3100 M)

Individual

1. Brogan MacDougall, Regiopolis-Notre Dame, Kingston
2. Jocelyn Chau, De La Salle
3. Mei Mei Weston, Glebe CI , Ottawa
4. Aleksa Gold, Bishop Strachan School, Toronto
5. Beth Rhead – Glebe CI , Ottawa
6. Delainey Johnson, Chatham Kent SS

Team

- | | |
|-------------------------------|------------|
| 1. Vincent Massey (Windsor) | 152 Points |
| 2. Glebe CI (Ottawa) | 156 Points |
| 3. Sarnia Northern (Sarnia) | 226 Points |
| 4. Lawrence Park CI (Toronto) | 282 Points |
| 5. St. Peter's CSS (Barrie) | 320 Points |
| 6. Sinclair SS (Whitby) | 388 Points |

Midget Boys (5029 M)

Individual

1. Thomas Witkowicz , All Saints CHS, Whitby
2. Jonathan Desouza, St. Marguerite D'Youville , Brampton
3. Eric Morris, Centre Wellington DHS, Fergus
4. Marcus Kemp, St. Mary's HS, Kitchener
5. Joshua Desouza, St. Marguerite D'Youville, Brampton
6. Cameron Dean, Anderson CVI, Whitby

Team

- | | |
|-----------------------------------|------------|
| 1. St. Marcellinus (Mississauga) | 242 Points |
| 2. Centre Wellington DHS (Fergus) | 285 Points |
| 3. Vincent Massey (Windsor) | 295 Points |
| 4. E.L. Crossley SS (Fonthill) | 323 Points |
| 5. Frontenac (Kingston) | 336 Points |
| 6. Birchmount Park CI (Toronto) | 338 Points |

Junior Girls (4031M)

Individual

1. Shona McCulloch, Longfields-Davidson Heights, Ottawa
2. Christi Konstantopoulos, Toronto Prep School
3. Hanna Johnston, Hammarsjold HS, Hammarsjold
4. Christine Laurie – Kitchener Waterloo CVI, Kitchener
5. Kylee Raffis, Bishop Strachan School, Toronto
6. Emily Cohen, Lawrence Park CI, Toronto

Team

- | | |
|-------------------------------|------------|
| 1. Lawrence Park CI (Toronto) | 146 Points |
| 2. Glebe CI (Ottawa) | 173 Points |
| 3. Eden HS (St. Catharines) | 249 Points |
| 4. Loretto Abbey (Toronto) | 259 Points |
| 5. Donald A. Wilson (Whitby) | 279 Points |
| 6. Courtice SS (Courtice) | 283 Points |

Junior Boys (6000 m)

Individual

1. Matieu Plamondon, ESC Theriault , Timmins
2. Mitch deLange, Unity Christian HS, Barrie
3. Luke Jaciw-Zuraakowsky, Notre Dame CHS, Ajax
4. Graham Baird, Dunbarton HS, Pickering
5. Jonathan Stoppa, Madawaska VDHS, Barry's Bay
6. David Poloni, Frank Hayden SS , Burlington

Team

- | | |
|---|------------|
| 1. Sir Winston Churchill (St. Catharines) | 102 Points |
| 2. Neil McNeil HS (Toronto) | 170 Points |
| 3. Glebe CI (Ottawa) | 225 Points |
| 4. St. Michael's College School (Toronto) | 252 Points |
| 5. Holy Names HS (Windsor) | 267 Points |
| 6. Dunbarton HS (Pickering) | 269 Points |

Senior Girls (5029 m)

Individual

1. Branna MacDougall, Regiopolis-Notre Dame, Kingston
2. Hannah Woodhouse , Georgian Bay SS, Meaford
3. Maddie Ghazarian, Preston HS, Cambridge
4. Lucia Stafford, Toronto French School, Toronto
5. Hiley Dobbs, Donald A. Wilson, Whitby
6. Claire Smith, Glebe CI, Ottawa

Teams

- | | |
|-----------------------------------|------------|
| 1. Glebe CI (Ottawa) | 68 Points |
| 2. Westdale SS (Hamilton) | 275 Points |
| 3. Centre Wellington DHS (Fergus) | 277 Points |
| 4. Canterbury HS (Ottawa) | 369 Points |
| 5. All Saints CHS (Whitby) | 384 Points |
| 6. Eastview SS (Barrie) | 409 Points |

Senior Boys (6957m)

Individual

1. Cameron Linscott , Kingston CVI, Kingston
2. Miles Matthews, Belle River DHS, Belle River
3. Ben Workman, Kingston CVI, Kingston
4. Riley Tell, Father Leo Austin, Whitby
5. Matt Sheeler, Holy Cross SS, Strathroy
6. Craig Klump, St. Michael CSS, Stratford

Team

- | | |
|---|------------|
| 1. Valour (Petawawa) | 147 Points |
| 2. Kingston CVI (Kingston) | 152 Points |
| 3. Glebe CI (Ottawa) | 209 Points |
| 4. Sir Winston Churchill (St. Catharines) | 247 Points |
| 5. Leaside HS (Toronto) | 273 Points |
| 6. R. S. McLaughlin SS (Oshawa) | 314 Points |

Para Invitational (3 K) - Male

1. Mitchell Chase, Dunbarton , Pickering
2. Nicholas Neri, Cardinal Leger, Brampton
3. Michael Hollis, St. Thomas Aquinas, London
4. Jacob Balan , St. Marcellinus , Mississauga
5. Nick Heffernen , St. Thomas Aquinas, London
6. Chris Heaney, St. James CHS, Guelph

Para Invitational (3 K) – Female

1. Julianne Misk, St. Michael , Niagara Falls
2. Meghan Mahon , WRMS
3. Alicia Trusin, Fellowes HS, Pembroke
4. Emma Colpitts, Fellowes HS, Pembroke
5. Lacie Cariff, Fellowes HS, Pembroke
6. Tiffany Hillman , Alexander MacKenzie HS

OVERALL GIRLS CHAMPIONS

First - Glebe CI (Ottawa) - 56 Points
Second - Lawrence Park CI (Toronto) - 34 Points
Third - Vincent Massey (Windsor) - 20 Points
Fourth - Westdale SS (Hamilton) - 18 Points
Fifth - Centre Wellington (Fergus) - 16 Points
Sixth - Eden HS (St. Catharines) - 16 Points

OVERALL BOYS CHAMPIONS

First - Sir Winston Churchill (St. Catharines) - 34 Points
Second - Glebe CI (Ottawa) - 32 Points
Third - Birchmount Park CI (Toronto) - 27 Points
Fourth - Neil McNeil HS (Toronto) - 24 Points
Fifth - St. Michael's College School (Toronto) - 23 Points
Fifth - Vincent Massey (Windsor) - 22 Points





OFSAA Girls' Field Hockey

Burlington November 6th – 8th, 2014

The 2014 OFSAA Field Hockey Championship was hosted in Burlington by Craig Keilburger S.S. Convenors Andrew Brennan and Geoff Sheppard, along with a dedicated organizing committee, were successful in achieving their goal of putting on an extraordinary event. Who will forget the Burlington Teen Tour Band on Championship day! A big thank-you goes out to both Andrew and Geoff for all of your hard work and dedication to the event. Jane King was also honored at the banquet with the OFSAA Leadership in School Sport Award for many years of dedication to student-athletes and high school sport. A quiet leader, Jane was instrumental in developing the sport within her school and furthering Field Hockey in the region.



Congratulations to the 2014 OFSAA Field Hockey Champions: Jennifer Bean, Danielle Buttinger, Emily Buttinger, Sam Code, Alexa Corrado, Grace Davis, Chloe Dawson, Sammy Dietrich, Tatum Dietrich, Chloe Hillier, Kara Howitt, Lauren Hunter, Ashley Leu, Katherine MacMillian, Lauren Preiditsch, Michaela Quirk, Christina Sullivan and coaches: Yvonne Taylor, Kevin Eby, Gord Buttinger

Three days of cooler temperatures 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 without interruption in the schedule. This year's gold medal match featured once again Resurrection facing off against association rival Bluevale C.I. Resurrection continued their dominance in Girls' Field Hockey winning their 4th OFSAA Championship in the past 5 years.

The OFSAA Team Sportsmanship award was given to Saltfleet D.H.S 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		Pool C	
(1) Resurrection C.S.S	CWOSSA	(3) Appleby College	CISAA
(8) Clarkson S.S	ROPSSAA	(6) Pickering H.S.	LOSSA
Malvern C.I	TDSSAA	St. Ignatius of Loyola C.S.S	GHAC
Bishop Allen Academy	TDCAA	Parkside C.I	WOSSAA
Pool B		Pool D	
(2) Bluevale C.I	CWOSSA	(4) Nelson H.S	GHAC
(7) Regiopolis-Notre Dame	EOSSAA	(5) Ajax H.S	LOSSA
North Hastings H.S	COSSA	Newmarket H.S	YRAA
Longfields Davidson Heights S.S	NCSSAA	Saltfleet D.H.S	SOSSA

Quarter Finals		Semi Finals	
Saltfleet def. Pickering	2-0	Bluevale def. Saltfleet	2-1
Nelson def. Appleby	2-0	Resurrection def. Nelson	1-0
Resurrection def. Regiopolis-Notre Dame	4-0		
Bluevale def. Bishop Allen Academy	3-1	Bronze Medal Match	
		Nelson def. Saltfleet	2-0
		Gold Medal Match	
		Resurrection def. Bluevale	4-0

Boys' A Volleyball Championship

Welland, Ontario

November 20-22, 2014



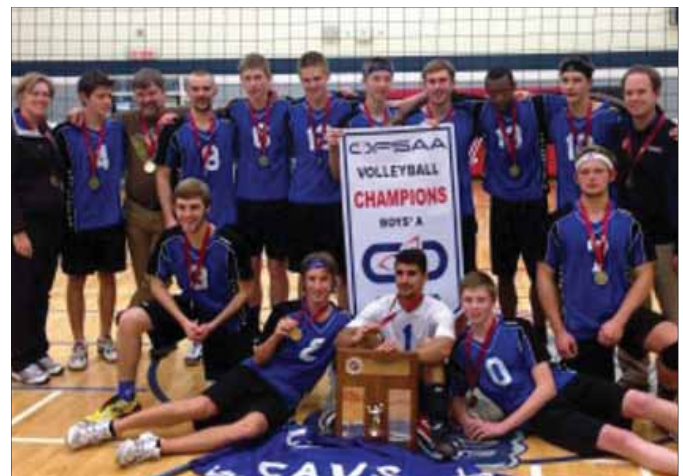
After some tight matches in the pool play portion of the tournament, eight strong teams emerged to compete in the championship playoffs. A strong showing from the host school Jean Vanier (quarter final appearance) made for an exciting championship round. The gold medal match featured Woodland Christian HS (CWOSSA) and Toronto District Christian High School (YRAA). Woodland proved that strong team defence could overcome the powerful hitting from TDCHS and won the Gold Medal Match in 3 straight sets.

Congratulations to Christopher Baczynskyj, Richard Carrick, Spencer Carrick, Shane Clarke, Ethan den Bak, Matthew Feenstra, Kevin Frank, Carter Holmes, Caleb Isaacs, Eric Katerberg, Aiden Timmerman, Ian Timmerman, Brendan Vandergeest and Coaches: Wayne Harris, Bernadine Verstaeten and Jamie Wright.

Also to be congratulated is Greenwood College (CISAA). The team displayed great sportsmanship throughout the tournament and were role models to all schools in attendance.

Convenors Phillippe Desjardins, Glen Beauregard and Jason Duthie (ÉSC Jean Vanier) and his committee were prepared to welcome the province to the City of Welland for three exciting days of volleyball. Both venues selected were perfect for volleyball competition. Thanks to both ÉSC Jean Vanier and the Niagara Sport and Social Clubhouse for being great hosts.

The participants gathered at Club Castropigno to share in an excellent banquet dinner. As part of the evening, presentation of the Leadership in School Sport Award was made to Phil Desjardins from the host school. Desjardins has been a dedicated teacher-coach for countless years at Jean Vanier. He is well respected by his colleagues who spoke to the time and dedication he puts into coaching students.



Participating Teams

Pool A

Smithville Christian H.S.	SOSSA
Durham Christian H.S.	LOSSA
St. Joseph's Catholic H.S.	EOSSAA
Nouveau Regard Pavillon Jeunesse Nord	NEOAA
North Addington Ed. Centre	COSSA

Pool B

Toronto District Christian H.S.	YRAA
ÉSC Jean -Vanier	SOSSA
University of Toronto Schools	TDCAA
Greenwood College	CISAA
Almaguin Highlands S.S.	GBSSA

Pool C

Quinte Christian H.S.	COSSA
Chippewa S.S.	NOSSA
St. Mary's District C.VI	WOSSAA
Chatham Christian H.S.	SWOSSAA
ÉSC Renaissance	YRAA

Pool D

Woodland Christian H.S.	CWOSSA
Académie Mère-Teresa	GHAC
Manitouwadge H.S	NWOSSAA
Brampton Christian Academy	ROPSSAA
Espanola	NOSAA

Championship Semi-Finals

TDCH def. Quinte 25-22 25-10 25-20
 Woodland def. Smithville 25-20 25-24 26-24

Consolation Final

St. Joseph's def. UTS 29-27 25-22 25-17

Bronze Medal

Quinte def. Smithville 25-18 21-25 25-14 19-25 15-9

Gold Medal

Woodland def. Toronto District Christian 31-29 25-21 25-23

Boys' AA Volleyball Championship

Dryden November 20-22, 2014



favourites heading into play, but in the end it was L'École secondaire catholique Franco-Cité (NCSSAA) who took home the gold medal by defeating Eden 3-1 in the finals. Congratulations to members of the Franco-Cité team: Paul-André Abou Zeid, Jérémie Baumeister, David Carranco, Alexandre Gandolfini, Kevin Gatavu, Cristopher Malekos, Bennett Mortimore, Éric Parker, Jordany Semajuste, Mathieu Utting, Sebastien Zuniga, and coaches Réjean Godmaire and Thierry Lavigne.

The OFSAA Leadership in School Sport Award was presented at the banquet to Geoff Zilkalns of Dryden High School. Geoff is a respected leader who has been athletic director at DHS for 15 years, in addition to serving in a number of volunteer capacities with both NorWOSSAA and NWOSSAA, including four years as NWOSSAA president. He also co-convened the OFSAA Boys' and Girls' Volleyball Champions in 2006. Congratulations, Geoff on this very deserving recognition!

Congratulations as well to Parkdale Collegiate Institute on winning the Team Sportsmanship Award. The coaching staff of Tiina Parik, Stewart Clarke, and Leah Cosgrove had this team well-prepared to represent their school and community. It should be noted that Parkdale also won this same award at the 2014 Girl's AA Volleyball Championship last March. Keep up the great work, Parkdale!

As is usually the case with OFSAA championships in Northern Ontario, the Dryden community was heavily involved in making this event a huge success. Businesses, community members, and Dryden High School staff and students all got behind supporting the championship, and clearly the focus was on creating a memorable experience for all participants.

Teams from across Ontario were treated to some Northern Ontario hospitality at the OFSAA Boys' AA Volleyball Championship in Dryden. It was a unique educational experience for all those who were fortunate enough to attend. Participants were treated to a very well-organized event thanks to the leadership of convenors Todd Desautels and Jennifer McMaster.

The championship kicked-off with the banquet at the Royal Canadian Legion. There was plenty of good food and a great atmosphere for the student-athletes and coaches. A highlight of the dinner was speaker Dane Pischke, a former University of Manitoba player and current member of Canada's national development team.

Meanwhile, spectators were treated to some outstanding volleyball as the boys performed at a high level throughout the championship. Eight-time defending champion Eden High School (SOSSA) was one of the

Participating Teams

Pool A

Eden HS
Lockerby CS
Essex DHS
Parkdale CI

SOSSA
NOSSA
SWOSSAA
TDSSAA

Pool C

St. Michael CSS
L'ESC L'Escale
Henry Street HS
Timiskaming DSS

WOSSAA
EOSSAA
LOSSA
NEOAA

Pool B

L'ESC Franco-Cité
Dr. G. W. Williams SS
Cobourg CI
Fort Frances HS

NCSSAA
YRAA
COSSA
NWOSSAA

Pool D

Sacred Heart HS
Dryden HS
Milton DHS
Midland SS

CWOSSA
NWOSSAA
GHAC
GBSSA

Championship Semi-Finals

Eden HS def. ESC L'Escale 25-18 25-17 25-16
ESC Franco-Cite def. St. Michael CSS 25-20 25-10 25-20

Consolation Final

Timiskaming DSS def. Midland SS 25-22 25-10 25-15

Bronze Medal

ESC L'Escale def. St. Michael CSS 20-25 25-22 25-22 22-25 15-10

Gold Medal

ESC Franco-Cite def. Eden HS 26-24 20-25 25-19 25-20

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Boys' AAA Volleyball Championship

Kingston November 20-22, 2014



The matches were held at Holy Cross Catholic Secondary School, Regiopolis Catholic Secondary School and Queen's University. The Banquet was held at the Ambassador Conference and Resort Centre and was a lively affair with great food and a great atmosphere. The speaker, Louis-Pierre Mainville, a national volleyball player from Quebec, was excellent.

As for the Championship itself, the co-convenors Joanna Besselink and Paul Melim did a great job running a very smooth tournament with a very friendly atmosphere. It was an exemplary display of "Education Through Sport"! As for the competition itself, a highly competitive tournament culminated in the Gold Medal match that went an outstanding 5 games where the first 4 games were all decided by just 2 points. The host team, Regiopolis, made it to the final and eventually

won, in front of a jam packed gym that was simply electric. Needless to say, the gym erupted when Regiopolis won!

A special congratulations to the Regiopolis-Notre Dame team members: Jeremy Arnold, Gregory Borschneck, Nathan Burtch, Matthew Chow, Elijah Deluzio, Angus Fay, Liam Huntley, David Krasna, Duncan Lambert, Joel Malcolm, Ognjen Marceta, Thomas McCabe, Enzo Romeo, Nicholas Savoie, Stevonn Scott, and David Spies and coaches Mark McKenna, Pat Farrell, Jim Londry, and Marcus Ruffalo.

Congratulations also go out to Bryan English from Sydenham HS who was chosen as the Leadership in School Sport award winner.

Participating Teams

Pool A

Chatham Kent	SWOSSAA
Lisgar	NCSSAA
Widdifield	NOSSA
St. Andrew's College	CISAA
LCVI	EOSSAA

Pool B

Regiopolis Notre-Dame	EOSSAA
Sir John A. MacDonald	TDSSAA
Cathedral	GHAC
Port Perry	LOSSA
Francis Libermann	TDCAA

Pool C

Jacob Hespeler	CWOSSAA
Oakridge	WOSSAA
Ancaster	SOSSA
St. Peter's	GBSSA
Beatrice-Desloges	NCSSAA

Pool D

Maple	YRAA
St. Thomas of Villanova	SWOSSAA
St. Paul	ROPSSAA
Holy Cross	EOSSAA
Marc-Garneau	COSSA

Championship Semi-Finals

Oakridge def. Chatham-Kent	25-17 25-21 25-21
Regiopolis-Notre Dame def. Jacob Hespeler	35-33 23-25 25-18 25-22

Consolation Final

Widdifield def. Ancaster	28-26 24-26 25-23 17-25 15-8
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Bronze Medal

Jacob Hespeler def. Chatham-Kent	25-21 17-25 25-20 25-19
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Gold Medal

Regiopolis-Notre Dame def. Oakridge	23-25 27-25 31-33 25-23 15-11
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Boys' AAAA Volleyball Championship

Brampton-Caledon November 19-22, 2014



The last AAAA boys' volleyball championship was co-convened by Ken Jone and Annette Robinson of Mayfield Secondary School with the help of their organizing committee. Using the gyms at Mayfield, Louise Arbour, Brampton Christian, and St. Marguerite D'Youville the organizing committee provided a great OFSAA experience for the 16 competing teams. Congratulations on a job well done.

The competition over 3 days was intense and exciting with 3 of the 4 pools having ties for first place. Both semi-finals matches went to five games to decide a winner. After a hard fought final Bill Crothers emerged as the final AAAA boys' volleyball champions. Congratulations to team members: Robert Chua, Dean Globocki, Davis Gordon, Benjamin Heatherly, Quinton Hudgins, Andrew Kidd, Nathaniel Ling, Arvin Namdarian, Ian Saczkowski, Andrew Shotbolt, Cole Slater, Brian Tsang, Curtis Wackett, Waylon Chen and their coaches Jonathan Lam and Shayanthan Mahesan.

The banquet was held at Mayfield S.S. and provided a great start to the championship allowing coaches and athletes to mingle with each other. A trivia challenge provided great entertainment for the athletes. The Mayor of Caledon as one her last official duties as mayor welcomed the teams and wished them luck.

At the banquet John Hallett of Mayfield Secondary School was presented with the Leadership in School Sport Award for his 35 year commitment to high school athletics. John is an uncompromising coach when it comes to growing young athletes. He knows when to trust the athletes and when they are in need of guidance both on the court and off the court with their academic pursuits. Congratulations John!

North Park SS was named the Sportsmanship team of the Championship for their great behaviour throughout the 3 day event. Congratulations to them!



Participating Teams

Pool A

Bill Crothers SS
Westmount SS
North Park SS
Cardinal Newman CSS

YRAA
SOSSA
ROPSSAA
GHAC

Pool C

St. Michael's College
Oakville Trafalgar HS
Agincourt CI
Sinclair SS

CISAA
GHAC
TDSSAA
LOSSA

Pool B

RSaunders SS
Mayfield SS
St. Anne
Bishop Allen Academy

WOSSAA
ROPSSAA
SWOSSAA
TDCAA

Pool D

Uxbridge SS
Eastview SS
Sir John A. MacDonald SS
Longfields-Davidson Heights SS

LOSSA
GBSSA
CWOSSA
NCSSAA

Championship Semi-Finals

Saunders SS def. Sinclair SS 22-25 25-23 13-25 25-13 15-12
Bill Crothers SS def. Bishop Allen Academy 25-20 25-27 24-26 25-15 15-9

Consolation Final

Uxbridge SS def. North Park SS 25-20 18-25 23-25 25-23 15-12

Bronze Medal

Bishop Allen Academy def. Sinclair SS 25-23 26-24 20-25 24-26 15-11

Gold Medal

Bill Crothers SS def. Saunders SS 23-25 25-23 25-10 25-11

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Alpine Skiing	Kevin Gosselin, Jean Vanier	P: 705.445.2043	F: 705.445.0790	kevin.gosselin8@sympatico.ca
Badminton	Michelle Whitney, East Northumberland SS	P: 613.475.0540	F: 613.475.3837	mariann_whitney@kprdsb.ca
Baseball	Paul Solariski, Brebeuf College	P: 416.393.5508	F: 416.229.4077	paul.solariski@tcdsb.org
Basketball - Boys'	Suche James, Frontenac SS	P: 613.389.2130	F: 613.389.8042	james@limestone.on.ca
Basketball - Girls'	Erin Gray, Aurora HS	P: 905.727.3107	F: 905.727.5804	eringray@rogers.com
Cross Country Running	Michael Smith, Dundas Valley SS	P: 905.628.2203	F: 905.627.2904	msmith@hwdsb.on.ca
Co-chair	Kevin Dillon, Paul Dwyer SS	P: 905.723.5255	F: 905.723.1631	kevin.dillon@dcdsb.ca
Curling	Yvonne Nieuwenhuis Sir Robert Borden HS	P: 613.829.1287	F: 613.829.1287	yvonne.nieuwenhuis@ocdsb.ca
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Boys' Field Lacrosse	Alex Frescura, St. Michaels College	P: 416.653.3180	F: 416.653.7704	afrescura@smcmail.com
Football	Barry Rushon, White Pine CVI	P: 905.945.7181	F: 905.945.0726	rushonb2@email.adsb.on.ca
Golf - Girls'	Jackie Mooney, Bayview SS	P: 905.884.4453	F: 905.770.3580	jjam@me.com
Golf - Boys'	John Elliot, Timmins H&VS	P: 705.360.1411	F: 705.268.6603	john.elliott@dbs1.edu.on.ca
Gymnastics	Melissa O'Donnell, Simcoe Composite School	P: 519.426.4664	F: 519.426.4020	melissa.odonnell@granderie.ca
Hockey - Boys'	Josh French, Maxwell Heights	P: 905.440.4472	F: 905.440.7333	dfrench30@hotmail.com
Co-chair	Dave Turner, Brother Andre	P: 905.294.7671	F: 905.294.7132	dgtturner@rogers.com
Hockey - Girls'	Ashley Stephenson, Nelson HS	P: 905.637.3825	F: 905.637.5960	stephensona@hdsb.ca
Nordic Skiing	Angus Doughty, Mayfield SS	P: 905.846.6060	F: 905.573.2408	angoose.doughty@gmail.com
Rugby - Boys'	Paul Pendakis, Saltfleet HS	P: 905.573.3000	F: 905.318.6561	paul.pendakis@hwdsb.on.ca
Rugby - Girls'	Annemaree Peters, Sherwood S.S.	P: 905.383.3377		annemaree.peters@hwdsb.on.ca
Soccer	Heather Windrem, Widdifield S.S.	P: 705.472.5711		hwindrem@hotmail.com
Co-chair	Tony Fiorino, Neil McNeil	P: 416.393.5502	F: 416.512.3386	afiorino@rogers.com
Snowboard Racing	Duncan Warrenner, Nelson High School	P: 905.637.3825	F: 905.637.5960	warrennerd@hdsb.ca
Swimming	Kevin Wong, St. Ignatius of Loyola CSS	P: 905.847.0595	F: 905.847.1498	wongk@hcdsb.org
Tennis	Tami Hawkins, Tecumseh Vista Academy	P: 519.987.6200		tami.hawkins@publicboard.ca
Track & Field	Mark Lewis, Seaway DHS	P: 613.652.4878	F: 613.652.1315	mark.lewis@ucdsb.on.ca
Co-chair	Craig Cavanagh, Riverside SS	P: 519.948.4116	F: 519.948.5559	craig.cavanagh@gecdsb.on.ca
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Co-chair	Brian Leidl, Chatham Kent SS	P: 519.352.2870	F: 519.351.8849	leidlbr@lkdsb.net
Wrestling	Rich Knill, Turner Fenton	P: 905.453.9220	F: 905.453.9692	richard.knill@peelsb.com



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