

# The Bulletin

A photograph of a baseball game in progress. A player in a maroon jersey with "Banting" on the front is sliding into a base. Another player in a red jersey is on the ground in front of him. The background shows other players and a fence.

**2019 - 2020 OFSAA  
Championship  
Calendar**

**Scholarship  
Recipients**

**PD Forum**



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.

We are pleased to welcome Nick Rowe who begins his two-year term as OFSAA president. Nick is currently vice principal at Etobicoke Collegiate Institute which is a member school of the Toronto District Secondary School Athletic Association (TDSSAA).

## OFSAA President's Message – Nick Rowe



I am excited to be OFSAA's president after serving with Jennifer Knox and Ian Press for the past two years as vice president. I look forward to working with Doug Gellatly and the entire OFSAA staff so we can continue to move the Federation towards our goals of the multi-year strategy plan.

One of the main goals is to attract young teachers into the coaching role that many of us have done for many years. This year, more than ever we need to help those young teachers develop their skills not only inside the classroom but outside as well to have the full expertise of being a mentor for young people. I

encourage all teacher-coaches to work with their younger colleagues, to be their mentors and help lay the foundation for the next generation.

As always, no organization or group operates without the hours of volunteer time that are put in by all of you, the coaches, teachers and administrators who support students and sport in our schools. You truly help create one of the best student success programs in the province through your time.

I look forward to the next two years as president and welcome your input and comments. I can be reached at [nick.rowe@tdsb.on.ca](mailto:nick.rowe@tdsb.on.ca).

Sincerely,

A handwritten signature in black ink, appearing to read "Nick Rowe", written in a cursive style.



Look for our booth at OFSAA championships and online for high quality OFSAA gear!

# canuckstuff

[www.canuckstuff.com](http://www.canuckstuff.com)

(416) 299-1704

1399 Kennedy Rd, Unit 15  
Toronto ON, M1P 2L6

EXCLUSIVE  
RETAILER OF



## Age Classifications for the 2019-20 School Year

For the 2019-20 school year, a Novice (formerly classified as “Midget”) will be born in 2005 or later and may only compete at OFSAA in the Novice category for one year in Grade 9. A Junior will be born in 2004 or 2005 and a Senior will be born in 2000 or later.

1999 or earlier	Ineligible
2000	Senior
2001	Senior
2002	Senior
2003	Senior
2004/05	Junior
2005	Novice

How old was the student on January 1, 2019?

Years of eligibility

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

## 2019-20 Transfer Appeal Meeting Dates

Meeting Date	Deadline for Applications
Thurs. Oct. 3, 2019	Mon. Sept. 23, 2019
Thurs. Oct. 31, 2019	Wed. Oct. 16, 2019
Tues. Dec. 10, 2019	Mon. Nov. 25, 2019
Thurs. Feb. 20, 2020	Wed. Feb. 5, 2020
Thurs. April 16, 2020	Wed. April 1, 2020

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.



Tweets  
7.464

Following  
836

Followers  
6.617

Following

## 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, LinkedIn, Instagram, SnapChat and YouTube!



/OFSAA



@OFSAA



/company/OFSAA



@OFSAAGRAM



RealOFSAA



/OFSAA

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

@OFSAASnow

@OFSAABadminton

@OFSAABaseball

@OFSAABasketball

@OFSAAXC

@OFSAACurling

@OFSAAGirlsFH

@OFSAALacrosse

@OFSAAFootball

@OFSAAGolf

@OFSAABoyHockey

@OFSAAGirlHockey

@OFSAABoySoccer

@OFSAAGirlSoccer

@OFSAARugby

@OFSAASwimming

@OFSAATennis

@OFSAATrack

@OFSAAVBall

@OFSAAWrestling

# Welcome Canuckstuff



OFSAA is extremely pleased to announce an exciting partnership with a merchandise company that has a wealth of experience with high school championships, great designs and a strong background in event execution. Canuckstuff is the new Exclusive Retailer of OFSAA.

Canuckstuff has been providing popular designs for many years at numerous OFSAA events including those in volleyball, lacrosse, baseball, rugby, field hockey, basketball, soccer, nordic skiing, badminton, hockey, golf and alpine skiing. In addition, the Toronto-based company has been the clothing suppliers for Ontario Volleyball, the Ontario Lacrosse Association and the Ontario Hockey League.

The new partnership, which will be phased in during the 2019-20 school year, will allow Canuckstuff to provide a full complement of clothing solutions required by each event, including online pre-event sales, on site availability and service, and online post-event sales, depending on the circumstances of each event.

Canuckstuff prides themselves on producing cool designs and delivering a wide range of quality merchandise and products that every student-athlete, coach, volunteer and parent will cherish as a memento from their OFSAA event.

Canuckstuff will also be establishing an online store for generic OFSAA apparel and merchandise. Check out the OFSAA website to order your product!

Beginning in 2020-21, be sure to count on Canuckstuff's reliability and friendly customer service at all OFSAA championships and festivals.



## OFSAA Going Green Initiative

On June 11th, 2019, the OFSAA Championship Review Committee passed a new registration process for all OFSAA events. In an effort to have a positive effect on the environment, starting in the 2019-2020 school year, coaches will no longer be required to submit hardcopy registration forms prior to OFSAA championships or festivals. Instead, schools will be required to complete all registration documentation electronically.

Feel free to visit any OFSAA championship or festival website for details on this important initiative.

## Ultimate Festival Debuts in 2019



April 2019.

This year's Ultimate Festival will be hosted by St. Ignatius of Loyola Catholic Secondary School (GHAC) on October 31 and November 1st.

"We're excited to host the inaugural OFSAA Ultimate Festival. In our region, we started as a club team in 2002. It's been incredible to watch the sport grow in all regions from our grassroots beginnings. We look forward to welcoming everyone to Oakville," stated Convenor Kevin Wong.

Thank you to all teacher-coaches throughout the province for providing positive opportunities for students within school sport.

OFSAA is pleased to announce the addition of Co-ed Ultimate as a sanctioned event in 2019.

Ultimate participation numbers have steadily increased in Ontario high schools over the past 10 years, surpassing 6000 participants in 2019-2020. Over that time, a group of teacher-coaches, led by Kevin Macleod from Bowmanville High School (LOSSA), and Jon Grimwood from Thomas A. Stewart Secondary School (COSSA) worked diligently on meeting requirements and preparing the application. Ultimate was officially approved by OFSAA membership in



# the PD FORUM



presented by OFSAA for athletic educators

OCTOBER 18 & 19, 2019

The PD Forum, presented by OFSAA, will take place October 18-19, 2019.

The PD Forum is ideal for athletic educators and will offer workshops in CIAAA (Canadian Interscholastic Athletic Administrators Association) and CIOS (Coaching in Ontario Schools).

CIAAA promotes, supports and trains existing and aspiring Athletic Directors/Coordinators.

CIOS is an ideal workshop for high school teacher-coaches and community coaches. CIOS also provides participants with three PD points to maintain NCCP certification.

Please keep posted to the OFSAA website for further details and registration.

For more information, please contact Denise Perrier at [denise@ofsaa.on.ca](mailto:denise@ofsaa.on.ca) or (416) 426-7436.

**OLYMPIC TROPHIES** *Since 1963* **Olympic Trophies** 905.856.5599  
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SPECIALIZING IN SPORT & ACADEMIC AWARDS FOR SCHOOLS

The advertisement displays a variety of trophies including a large silver cup, a hockey player figurine, a wooden cabinet for 'Student of the Year', a circular award plaque, a blue award plaque, and a tall glass trophy with a star.



# OFSAA-SANCTIONED INVITATIONAL EVENTS

*ATTENTION TO ALL ATHLETIC DIRECTORS & PHYSICAL EDUCATION CURRICULUM LEADERS*

*PLEASE ENSURE THAT ALL OF YOUR COACHES ARE AWARE OF THEIR RESPONSIBILITIES AS THEY APPLY TO ATTENDING OR HOSTING SANCTIONED EVENTS.*

Individual schools bear the responsibility of submitting timely and accurate requests for OFSAA Sanctioning if they wish to attend or host invitational events. Requests must be received **at least 30 days prior** to taking part in or hosting such an event. OFSAA Sanctioning requires that all competitors are **OFSAA eligible** and that **supervision** requirements are met by each school who wishes to take part.

**APPLICATION FORMS** to either host or attend invitational events are to be **completed on line** and can be found at: [ofsaa.on.ca/events/sanctioned-events](https://ofsaa.on.ca/events/sanctioned-events)

**IF YOU ARE TAKING PART IN AN INTERPROVINCIAL COMPETITION**, your school **must** receive OFSAA Sanctioning in order to participate. OFSAA has reciprocal agreements with the other provincial sport organizations that will protect the integrity of interprovincial events.

**IF YOU ARE ATTENDING AN EVENT IN THE USA**, your school must receive OFSAA Sanctioning for all state and National Federation of High School (NFHS) events. Since many events do not specifically indicate whether the event is sanctioned or not, it is wise to obtain OFSAA Sanctioning for all US events.

**IF YOU ARE HOSTING A MEET OR TOURNAMENT**, schools from the USA or other Canadian provinces must receive sanctioning from the host state or province, so it is recommended that you OFSAA sanctioning for your event if it involves any school(s) from outside Ontario. **FAILURE** to do so may result in a team being sanctioned by their state or province when they return home.

If you want to know if the invitational event or meet that you want to attend/host has been sanctioned by OFSAA, please go to: [ofsaa.on.ca/events/sanctioned-events/approved-team-sanctions](https://ofsaa.on.ca/events/sanctioned-events/approved-team-sanctions) or the NFHS site at [nfhs.org](https://nfhs.org).



# 2019 – 20 SANCTIONED INVITATIONAL HIGH SCHOOL EVENTS

## CROSS COUNTRY

### Pirates Invitational

October 2 OR 4, 2019  
Randy Givogue

Thousand Islands SS, Brockville  
Memorial Park  
randy.givogue@ucdsb.on.ca

### 31st Annual Bulldog Invitational

September 23, 2019  
Jim Predovich

Sir Winston Churchill SS  
Burgoyne Woods St. Catharines  
jim.predovich@dsbn.org

## HOCKEY

### LEAP Girls' Crusaders Cup

December 3 & 4, 2019  
Katie Tucker-Deluce & Wendy Glover  
London

Catholic Central HS  
Stronach & Carling Arenas  
ktucker@ldcsb.ca

### Lady Titan Sr. Girls' Tournament

December 10 & 11, 2019  
Mike Pepe & Mike Chaney

Regina Mundi CC  
London  
mpepe@ldcsb.ca

### LEAP Boys' Crusaders Cup

December 12 & 13, 2019  
Katie Tucker-Deluce & Wendy Glover

Catholic Central HS  
Nichols & Carling Arenas London  
ktucker@ldcsb.ca

### Titan Senior Boys' Christmas Tournament

December 13 & 14, 2019  
Mike Pepe & Mike Chaney

Regina Mundi CC  
London  
mpepe@ldcsb.ca

### Gator Varsity Boys'

Host: Lakeshore CHS  
Port Colborne Arena  
stephen.sim@ncdsb.com

January 7 & 8, 2020  
Convenor: Stephen Sim

### Titan Jr. Girls' & Jr. Boys' Tournament

March 24, 2020  
Mike Pepe & Mike Chaney

Regina Mundi CC  
London  
mpepe@ldcsb.ca

### LEAP Jr. Girls' & Boys' Crusaders Cup

March 27, 2020  
Katie Tucker-Deluce & Wendy Glover

Catholic Central HS  
Nichols & Carling Arenas London  
ktucker@ldcsb.ca

### Gator Jr. Boys'

April 7 & 8, 2020  
Stephen Sim

Lakeshore CHS  
Port Colborne Vale Centre  
stephen.sim@ncdsb.com

### 14th Annual Capital Boys' & Girls' Hockey Tournament

November 25 & 26, 2019  
Daniel Keleman

Holy Trinity CHS  
Bell Sensplex, Kanata  
daniel.keleman@ocsb.ca

### Boys', Girls' & Co-Ed Tournaments @ York University

2-Day Events- Minimum 4 Game guarantee

1-Day Events- Minimum 3 Game guarantee

All Boys' Tournaments offer A,B, and C Divisions Various Dates  
Al Rose

York University  
416-661-5900 X251  
arose@icesports.com

### Senior Boys'

(All Senior Boys' tournaments, including Mini Matches, will offer both CONTACT and NON CONTACT divisions. Coed teams are eligible to play NON CONTACT in any Senior Boys' Tournament)

Early Bird Mini Matches

North York Classic

Early December Mini Matches

Christmas Freezeout

Late December Mini Matches

New Year's Festival

Canadian Classic (Contact Only- longer games & 2 floods)

York University Classic

Mini Matches

Mini Matches

November 8, 2019  
November 20 & 21, 2019  
December 5, 2019  
December 12 & 13, 2019  
December 18, 2019  
January 9 & 10, 2020  
February 6 & 7, 2020  
February 20 & 21, 2020  
February 26, 2020  
March 11, 2020

### Junior Boys'

(All Tournaments will offer both CONTACT and NON CONTACT divisions.)

Early Bird

Mini Matches

Mini Matches

Mini Matches

Junior March Classic

Mini Matches

Junior Spring Classic

November 20 & 21, 2019  
December 5, 2019  
January 8, 2020  
February 26, 2020  
March 3 & 4, 2020  
March 27, 2020  
April 15 & 16, 2020

### Girls'

(All NON-CONTACT only. Unless otherwise stated, all tournaments offer A, B, C, D & DD divisions with the same minimum game guarantees as per the Boys' tournaments)

Early Bird Mini Matches

Early December Mini Matches

Christmas Classic

Late December Mini Matches

Mini Matches

Cardinal Carter Classic (A- D only)

"DD" Delight (DD level teams only)

Elite (longer games)

Mini Matches

November 19, 2019  
December 5, 2019  
December 10 & 11, 2019  
December 17, 2019  
January 8, 2020  
February 4 & 5, 2020  
February 4 & 5, 2020  
February 10 & 11, 2020  
March 11, 2020

### CO-ED

(All Non Contact only; teams must have 2 girls on the ice as skaters at all times.)

CO-ED Christmas Jamboree

December 16, 2019

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# RECOGNITION FOR A LIFETIME OF VOLUNTEERING IN SCHOOL SPORT

By Ben Leeson, The Sudbury Star  
www.thesudburystar.com

Robert (Sonny) Gawalko's career as a high school hockey coach, which yielded strings of city titles in the 1970s and '80s, regional and provincial championship appearances and earned him the nickname Mr. NOSSA, came close to ending early.

Countless student-athletes will be grateful that Gawalko, despite some early setbacks, decided to keep at it, eventually spending 35 years behind the bench at Sheridan Technical School and Sudbury Secondary.

"There were some early years in coaching where we must have lost by 10 or 12 goals," Gawalko recalled. "I said to the boys, 'Look, I'm ready to pack it in and you can go and get another coach, if we can't do any better than that.' They said, 'No, no, stay on.' I have always remembered that.

"Fast forward and we're at a tournament and we're the ones up 9-0. I said, 'OK boys, that's enough. Just pass the puck around, let everybody touch the puck, then we'll get a shot on goal.' "

His players wanted to continue their scoring spree, but they obeyed their coach's command. And years later, when some of them stepped behind the bench, they finally understood where Gawalko had been coming from.

"They took their kids, 10 years old, to a tournament and they were losing 10-0, the kids were crying," he said. "You don't



want to embarrass anyone, so that they give up the game."

Such wisdom has served Gawalko well in not just hockey, but also while coaching badminton, football, tennis, track and field and gymnastics, and has now helped him earn the status of a Greater Sudbury Sports Hall-of-Famer.

He was inducted in the builder category during the 51st annual Sudbury Sports Celebrity Dinner and Awards on June 12.

"It's a big honour, getting in, because I know a lot of the people who are in there, staff members, people I have worked with, and so on," Gawalko told The Sudbury Star. "I'm getting it, but what I'm going to do is give credit to all the athletes that I have coached over the years, because obviously, it has been enjoyable. They're the people who played for me for 35 years and made it enjoyable, and that's why I keep on doing it."

Still an active volunteer, Gawalko has spent several decades working with high school, club and community sports organizations, as a coach, manager, executive, convener or in other roles.

He recently helped with announcing at the SDSSAA track and field championships and he volunteered at the Sudbury Dragon Boat Festival this summer. He's also a starter at the Idylwyld Golf and Country Club. Later in the year, he will assist with the Big Nickel and Silver Stick hockey tournaments.

"I meet a lot of old friends, some former students, and I make some new friends," he said. "So I keep on doing it."

A well-rounded athlete in his own playing days, Gawalko participated in several sports before he took up coaching. As a bench boss, his hockey highlights included a run of three straight playoff championships from 1971 to 1973. All three of those teams travelled to NOSSA, while the '71 squad also appeared at the OFSAA championships. He also had winning teams in 1978 and the in the 1981 and '82 seasons.

Considered to be ahead of his time in terms of coaching hockey fundamentals, Gawalko influenced generations of coaches who followed. Sudbury Secondary hands out the Robert Gawalko Award for excellence in athletics and academic study.

"I don't think a day goes by where I don't run into somebody, someone I have worked with or who I have coached, and some of them have children now and they're helping out, volunteering themselves," Gawalko said. "It's just great."



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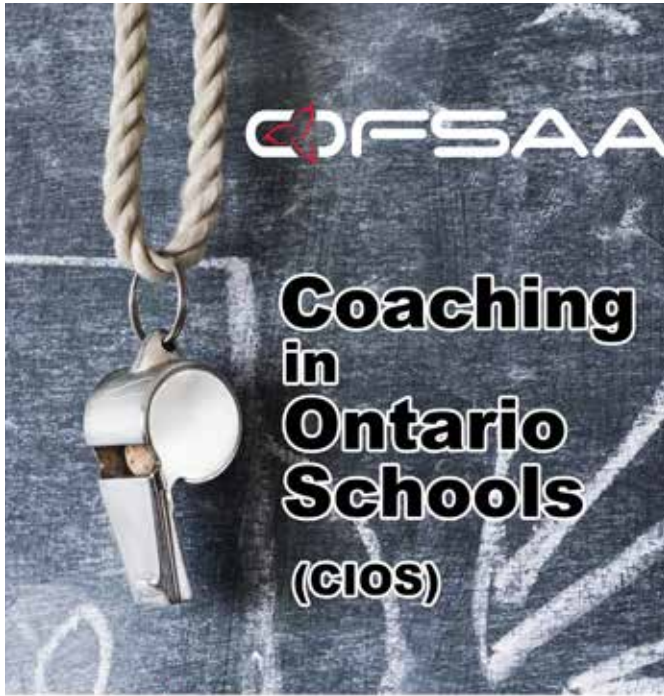
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## Coaching in Ontario Schools (CIOS)

CIOS is a program developed by the Coaching Association of Canada and the Ontario Federation of School Athletic Associations to give teacher-coaches and community volunteers the special skill-set they need to coach effectively in the school environment. CIOS also provides 3 PD points to maintain NCCP certification.

Let's look to educate more volunteers, teachers and coaches about OFSAA and we can do that through the CIOS! If you are interested in hosting a CIOS workshop at your school (this course is offered in both English & French), please contact Shamus Bourdon at shamus@ofsaa.on.ca or 416-426-7440.



# CATCH ALL THE ACTION

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This article by The Hockey News traces the cross-section of other sports played in their youth by draft-eligible hockey players for the recent NHL Draft in Vancouver. Results in the article show a wide variety of sports were played.



# NHL DRAFT COMBINE: THE IMPORTANCE OF PLAYING MULTIPLE SPORTS

By Ryan Kennedy, The Hockey News  
thehockeynews.com

*Even if hockey is your true calling, it can be beneficial to play different sports on your way up. Don't believe us? Ask virtually every prospect we talked to at the annual combine in Buffalo.*

BUFFALO – One of the most critical debates in grassroots hockey these days revolves around specialization. Yes, kids can play hockey year-round thanks to various spring and summer leagues, but should they? I was speaking to an NHL development exec the other week and he thought that even drafted NHL prospects were on the ice too much in the summer, between rookie camps and international duty. In an era of fierce competition however, parents are often afraid their kids will fall behind.

Well, why not ask the best of the best themselves? I asked a bunch of players at the NHL draft combine if they played other

sports while they were growing up and almost all of them did.

"I grew up playing different sports and I will continue to play different sports," said Russian goalie Pyotr Kotchetkov through a translator. "Because a goalie should be athletic."

Kotchetkov plays ping pong, as well as the most popular "other" sport among this 2019 draft class: soccer. Harrison Blaisdell, a North Dakota recruit who played for Chilliwack in the BCHL this season, played soccer and lacrosse, another popular reply.

"As far as lacrosse goes, it is a lot of the same skill set you use in hockey, a lot of co-ordination," he said. "The running is really good for my cardio and you're in a hockey rink for six or seven months a year, so it's a nice way to step away from that and get some refreshment."

For the NHL teams themselves this sort of variation is welcomed. Ryan Jankowski is the director of amateur scouting for the Buffalo Sabres and he says a player's athletic background gives teams a picture of what he can become. Jankowski previously worked for the New York Islanders and he cited a great example from his drafting days there: a future captain and 40-goal scorer.

"When we drafted Anders Lee, he was a dual sport player," Jankowski said. "He was a great football player and a really good hockey player, but he had never focused on one sport or the other. So when he started focusing on training his body for hockey, his game improved because his feet were better, his skating improved and he wasn't top-heavy – which you need in football as a quarterback. You want to dig in and see what these kids have done because it may explain why they are and where they are in their development curve."

Jankowski also worked for Hockey Canada, giving him insight into the grassroots philosophy on the matter.

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Cole Caufield (left) and Case McCarthy | Bill Wippert/Getty Images

“The Hockey Canada way has been ‘try different sports,’ because you have the burn-out factor,” he said. “If you do hockey year-round, are you sick of it when you’re 16, 17, 18 years old? From an elite stand-point, you do need to take breaks and try things at a young age to round yourself out.”

Trevor Timmins, assistant GM and draft guru for the Montreal Canadiens, also sees the importance of diversity for the next generation.

“That’s something that we’re not instilling in today’s young children,” Timmins said. “There’s too much hockey: spring hockey, summer hockey. If children can develop athleticism, it goes a long way to eventually becoming a hockey player. There are a lot of things in other sports – golf, tennis, soccer – that would help them become better hockey players in the future, becoming well-rounded athletes.”

And you don’t have to be jacked as a teenager to catch the eye of NHL scouts. If anything, there are pros and cons to both avenues.

“For an underdeveloped athlete, we’re trying to find out how much potential he has and does his body have the ability to add more muscle and weight,” Timmins said. “Does he have the competitiveness, the confidence to drive forward? Everyone has the will to win. Here, we’re looking for players that have the will to put the effort in, to improve as athletes and hockey players. We’re looking for growth potential.”

Here’s a look at a cross-section of draft combine participants,

which sports they played growing up and the age they stopped playing.

- Albin Grewe, RW: soccer and floorball until 10
- Ilya Nikolaev, C: soccer and basketball until 7
- Mattias Norlinder, D: soccer until 14
- Dominick Fensore, D: baseball until 16, lacrosse until Grade 5
- Matthew Robertson, D: soccer, baseball, lacrosse until 12
- Johnny Beecher, C: soccer, varsity basketball, stopped before high school
- Hunter Jones, G: lacrosse (played forward) until 15
- Peyton Krebs, C: lacrosse, track and field (800M) until last year
- Samuel Bolduc, D: baseball until 13, but still plays for fun
- Kirby Dach, C: None
- Harrison Blaisdell, C: soccer, lacrosse until 13/14 years old.
- Connor McMichael, C: soccer until three or four years ago
- Ethan Phillips, C: lacrosse and soccer growing up. Played tennis at South Kent school during spring semester, surfs every summer
- Artemi Kniazev, D: soccer, tennis, swimming, basketball, still plays for fun. Bandy – first winter he didn’t play because he was in Chicoutimi instead of Russia
- Samuel Fagemo, LW: soccer until 12
- Cole Caufield, RW: football, baseball until 13
- Pyotr Kotchetkov, G: soccer and ping pong, still plays
- Philip Broberg, D: soccer and floorball until 12
- Owen Lindmark, C: basketball, soccer, football until 9, baseball until 16 (didn’t start skating until he was 8)
- Drew Helleson, D: soccer, football, baseball until Grade 7
- Jackson LaCombe, D: lacrosse and football until Grade 4 or 5

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# School Sport Canada Online Courses

SCHOOL SPORT CANADA  
SPORT SCOLAIRE CANADA

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

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

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

## Athletic Injury Management

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

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

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


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

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# Have you changed schools? Thinking about changing schools?



## Your eligibility to play high school sports may be at risk.

All students who have changed schools are ineligible to play high school sports unless they are cleared through the **transfer policy**.

See your athletic director, HPE department head, or a member of your guidance department for more information, or to obtain a transfer appeal form.

Check out the OFSAA website to view the policy.



**Education Through School Sport**

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

## 2019 OFSAA Alumni Scholarship Recipients

This year OFSAA's Alumni Scholarship Association is awarding two \$500 scholarships to deserving students from this year's eligible Associations (EOSSAA, LOSSA, ROPSSAA, SOSSA, TDSSAA & WOSSAA). The Alumni Scholarship Association Selection Committee is pleased to announce that Kelsey Bowman from Sir Winston Churchill Secondary School (SOSSA) and Jake Sprenger from Richview Collegiate Institute (TDSSAA) are this year's recipients.

### KELSEY BOWMAN

Kelsey is a grade 12 student and was a seven-sport athlete during her high school years at Sir Winston Churchill SS. She participated in basketball, volleyball, cross country, swimming, softball, soccer and track & field during her high school career. She was also heavily involved in school-related groups like Student Council, Anti Bullying Club, Book Club and the Healthy Living Challenge Club. Kelsey's involvement also extended into the community where she was involved as a swim instructor and youth program leader at the YMCA as well as being a volunteer with the local Youth Advisory Council. In her personal statement, Kelsey said that "being a member of school teams has had a tremendous impact on my life by giving me great resilience, teaching me the true value of respect, and providing a platform to foster numerous meaningful and diverse connections." Kelsey is an 94% + student and will be studying Environmental Science at the University of British Columbia in the fall.



**Kelsey Bowman and swim coach Lars Bruschke**

### JAKE SPRENGER

Jake is a grade 12 student at Richview CI. Jake is an excellent student as well, achieving an 96% + average in his Grade 12 courses and was part of six different sports teams during his high school years. He was involved in football, cross country, tennis, baseball, volleyball and badminton. Demonstrating his significant time management skills, Jake was also involved in school activities like Student Council, the Engineering Club, School Leaderships Camps and the Me to We club. His extensive community involvement also included roles in Special Olympics Basketball, Challenger Baseball and the Terry Fox Run. One of Jake's teachers commented that "within the school community Jake embodies everything it means to be a leader and positive role model for both students within our school and the surrounding community." Jake will be enrolled in Electrical Engineering at the University of Toronto in the fall.



**Jake Sprenger with Stath Koumoutseas, Curriculum Leader and football coach (left) and Principal at Richview CI, Lucie Kletke**

For more information on the criteria for selection and application requirements, please go to: [ofsaa.on.ca/programs/scholarships/ofsaa-alumni](https://ofsaa.on.ca/programs/scholarships/ofsaa-alumni)

# Congratulations 2019 Brian Maxwell Memorial Scholarship Winners

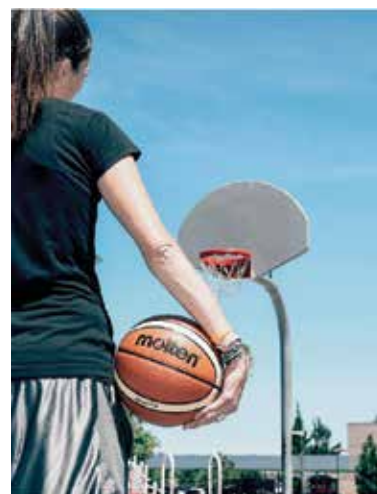


OFSAA and the Brian Maxwell Memorial Scholarship Fund are extremely pleased to announce the student-athlete recipients for 2019.

The scholarship fund is in memory of Brian Maxwell, a successful distance runner. Brian competed in track and field and cross country and achieved success as an OFSAA champion, and a Canadian junior, juvenile and senior champion. He also won numerous international marathons. In 1980, he was selected to the Canadian Olympic team and later became a successful entrepreneur who, with his wife, Jennifer, co-founded the nutritional supplement PowerBar. Brian was born with a defective heart valve and in 2004, at only 51 years of age, died of a heart attack.

The six recipients of The Brian Maxwell Memorial Scholarship each receive \$5,000. These three female and three male student-athletes with a track and field or cross country pedigree in high school will continue their post-secondary education at a Canadian college or university. The scholar-athletes must also

display qualities of honesty, integrity, compassion and an unwavering quest to accomplish the best academically and athletically while supporting fellow team members. These were all qualities of Brian Maxwell.



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OFSAA is appreciative for the opportunity to partner with the Brian Maxwell Memorial Scholarship Fund each year to support students continuing their education in Canada.

Please meet the 2019 recipients of the Brian Maxwell Memorial Scholarship:



## LARISSA ADAMO

Larissa graduated from A.N. Myer Secondary School in Niagara Falls and she's an honour roll student with grades in the high 90s.

Larissa has been a member of the school's cross country team from grades nine to twelve. Her effort resulted in participation at three OFSAA cross country championships and each year she received the Coaches Award or Most Valuable Player Award. Larissa is a 1500 and 3000 metres runner. She took part in track and field in grades 11 and 12 and her determination paid off with a berth in the 2019 OFSAA Track and Field Championship. She was training for half marathons in her first two years of high school.

The U10 Ringette team was fortunate to have Larissa serve as a mentor and role model for the young girls on the team. She teaches basic fundamental drills that help develop their motor skills. Larissa also devotes her time in the summer to being a Teacher's Aid at Heximer and Forestview Public School. Here she assists the teacher in setting up the classroom and she lends additional reading and writing support during the school year. Larissa also enjoys lacing up the skates to play hockey and she takes part in competitive ringette during the fall and winter.

Larissa is one of the leaders of the Roots Multicultural Club at her school where she helps spread messages of acceptance and anti-racism. She's also helping to better the lives of others in her community by being an active member of the Interact Volunteer Club. Finally, as a member of the school's S.M.A.R.T. Team (Students at Myer Achieving Resilience Together), she helps raise awareness pertaining to the available resources so that students can cope with mental health.

Larissa plans to attend McMaster University in the fall with an eye towards receiving an undergraduate degree in Kinesiology, while minoring in French or Biology.

What did Larissa enjoy the most participating in athletics at school?

"What I enjoyed most while participating in athletics at my school was the sense of satisfaction you receive from putting all your effort into achieving your goals. I also loved the satisfaction and hunger that comes from seeing yourself grow. I got to experience a great deal of improvement throughout my high school career, it was rewarding to see hard work pay off."



## ROSALYN BARRETT

Rosalyn graduated from Glebe Collegiate Institute in Ottawa.

Rosalyn is a four-time OFSAA Cross Country competitor and a participant in the 3000 metres race at the 2018 OFSAA Track and Field Championship in Toronto.

Rosalyn feels that her trip in 2018 to Costa Rica to help the less fortunate had a major impact on her life. She wanted to empower children and help them feel their own value and self-worth. As a member of her school's Athletic Council, she's played a large role in donating money to the Boys and Girls Club of Ottawa.

Camp Iawah is a place where Rosalyn enjoys running day camps for kids in the community and she's spent many hours in their leadership training programs called Crew. Rosalyn also volunteers with childcare at her church nursery while the parents are in the service.

Rosalyn is very passionate about playing hockey, and as a member of Glebe's girls' rugby team, she's competed at two OFSAA rugby championships.

Rosalyn plans to take the next year to work and volunteer and she aims to study Kinesiology at McMaster University in the fall of 2020.

What did Rosalyn enjoy the most participating in athletics at school?

"I enjoyed the sense of community with all the variety of performance levels and being able to work together."



## MILES BRACKENBURY

Miles is a graduate of Kingston Collegiate and Vocational Institute.

Miles has been a school participant in cross country for all four years of high school. As well, he has competed in the 1500 and 3000 metres for Kingston Collegiate. He's competed at OFSAA in each year of high school – finishing in the top 10 four times.

Miles strikes a balance between athletics, academics and drama. He has participated in three high school musicals, performing two solos. He's extremely proud of organizing the Terry Fox Run and he also took part in the Youth and Philanthropy Initiative. Here, he represented a local soup kitchen called Lunch By George. Miles prepared a presentation that showed the enormous impact it has on the community. His project took first place and the charity – Lunch By George- received a \$5000 grant.

In addition to playing basketball, Miles has served in the capacity of volunteer for the past five years in the Pete Petersen Basketball League. For this commitment and leadership, Miles was awarded an Ontario Volunteer Service Award and his volunteerism was also recognized by Kingston's local television station.

Miles is looking forward to studying at Queen’s University for Concurrent Education Program beginning in September while continuing his running pursuits at the varsity level.

What did Miles enjoy the most participating in athletics at school?

“I enjoyed the teamwork and friendships which formed through athletics. The memories from training camps and track and field meets will stay with me forever. Training with a group of people, working to become the best they can be is a uniting and a life-changing experience.”



### JASMINA BRAR

Jasmina graduated from Maxwell Heights Secondary School in Oshawa and maintained a 95+ average in all of her classes.

Jasmina competed at the 2016 OFSAA Cross Country Championship when she was in grade 10. In her first two years of high school, she ran the 1500 and 3000 metres races and in grade 11 she participated in the 1500 metres SteepleChase.

Jasmina is an Executive Member and Founding Member of the Maxwell Heights STEM club (Science, Technology, Engineering, Mathematics) which is a group that she collaborates with students and teachers to run community events. This year, she hosted a coding workshop at the Durham District School Board Parents as Partners Symposium where she interacted with the public and taught coding principles. As a Peer-Tutor, Jasmina assists students with chemistry, physics and advanced functions.

Jasmina also enjoys running cross country and track and field camps for younger athletes at the Durham Dragons Track Club Summer Camp.

Jasmina is eager to begin her next chapter at the University of Toronto. She will study Arts and Science and Computer Science.

What did Jasmina enjoy the most participating in athletics at school?

“While participating in athletics at high school, I met and developed friendships with many of the athletes on the track and cross-country teams. I was also given the opportunity to share my knowledge of these sports with the team, while learning and growing from advice given to me by my teammates and coaches.”



### ERIC KLASSEN

Eric Miles is a graduate of Sir Frederick Banting Secondary School in London and he has maintained a 90+ average throughout school.

Eric has been a member of the cross country running and middle distance track teams (800 metres to 3000 metres) during his high school career. He has qualified for OFSAA each year while receiving MVP awards for these teams in 2017, 2018 and 2019. Eric was the male nominee from his school for the SPECTRA Sports Awards for community-minded student-athletes. SPECTRA

represents Sportsmanship, Participation, Excellence, Character, Teamwork, Respect and Achievement.

Eric partakes in the school band as leading French Horn and he was the Lead Programmer for the Robotics Team from 2016-18. Eric has a notable background already in entrepreneurship. He has programmed Apps for his company, AppArt Software. This company was awarded a considerable grant from the Ontario Summer Company Program.

He gives back to the community by volunteering at track and robotic events, teaching swimming lessons and lifeguarding at the City pools as well as giving public music recitals and group performances.

Eric will be studying Engineering at the University of Western Ontario beginning in the fall. He will be joining their cross country and track and field teams.

What did Eric enjoy the most participating in athletics at school?

“What I enjoyed the most about athletics at Banting was the supportive team and community which surrounded me at every practice and meet.”

“What I enjoyed the most about athletics at Banting was the supportive team and community which surrounded me at every practice and meet.”



### BROCK MCKENZIE

Brock graduated Our Lady Of Lourdes Catholic High School in Guelph.

Brock was the grade 12 class valedictorian in June and he’s a former president of the Athletic Council. The native of Elora has had great success in the 800 metres, 1500 metres and 3000 metres going back to grade nine.

He captured OFSAA gold in the 1500 metres in year two of high school. He just recently placed 7th in Steeple Chase at the 2019 OFSAA Track and Field Championships. Brock also competed for his school in cross country in grades 9 and 10.

In early June, Brock was a recipient of a citizenship and leadership award presented by the school principal at the 2019 Awards of Excellence assembly. The award recognized students who excelled in their contributions to their community, country, religion or school.

Brock was involved with Elora’s “Save Our Water” campaign and he’s been a frequent volunteer for several hockey academies and track and field fundamentals sessions.

Brock is excited by the prospect of taking running to the next level while pursuing a Bachelor of Commerce degree at the University of Guelph beginning this fall.

What did Brock enjoy the most participating in athletics at school?

“I enjoyed the many extracurricular activities, community involvement and sporting events that my high school has to offer.”

## 2018-2019 OFSAA Team Sportsmanship Award Recipients

The Team Sportsmanship Award is given out at each Championship to the team that displays outstanding teamwork, positive attitude and respect for opponents.

Girls' Field Hockey	Saltfleet DHS
Boys' "A" Volleyball	É.S.P Maurice Lapointe
Boys' "AA" Volleyball	E. L Crossley SS
Boys' "AAA" Volleyball	Earl of March SS
Girls' "A" Basketball	Nicholson Catholic College
Girls' "AA" Basketball	Dr. J.M. Denison SS
Girls' "AAA" Basketball	Orillia SS
Boys' "A" Basketball	Yeshivat Bnei Akiva
Boys' "AA" Basketball	St. Joseph's CHS
Boys' "AAA" Basketball	Longfields-Davidson Heights SS
Girls' "A" Volleyball	É.S. Le Caron
Girls' "AA" Volleyball	Thornlea SS
Girls' "AAA" Volleyball	Regiopolis-Notre Dame
Boys' "A/AA" Hockey	Sioux North HS
Boys' "AAA" Hockey	É.S. L'Horizon
Girls' "A/AA" Hockey	Almaguin Highlands SS
Girls' "AAA" Hockey	Villanova SS
Boys' Curling	É.S.C Sainte-Marie
Girls' Curling	Fort Frances HS
Boys' "A/AA" Rugby	Henry Street HS
Boys' "AAA" Rugby	Barrie North CI
Girls' "A/AA" Rugby	Trenton HS
Girls' "AAA" Rugby	John F. Ross C&VI
Boys' "A" Soccer	West Ferris I&SS
Boys' "AA" Soccer	Roland Michener SS
Boys' "AAA" Soccer	Upper Canada College
Girls' "A" Soccer	Emmanuel Christian HS
Girls' "AA" Soccer	Father Leo Austin CSS
Girls' "AAA" Soccer	St. Patrick's HS

## 2018-2019 OFSAA Leadership in School Sport Award Recipients

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

Boys' Golf	Susan Hoard
Cross Country	Michael Smith
Girls' Field Hockey	Geoff Sheppard
Boys' "A" Volleyball	John Vanderwindt
Boys' "AA" Volleyball	Leslie Lawlor
Boys' "AAA" Volleyball	Christine Papadopoulos
Girls' "A" Basketball	Monique Dubyzt
Girls' "AA" Basketball	Angela Nobes
Girls' "AAA" Basketball	Nancy O'Shea
Nordic Skiing	Ann Scully
Alpine Skiing	Darren Matthews
Wrestling	Guy MacDougall
	Jason Kirby
Swimming	Frederick Charles
Boys' "A" Basketball	Brett Fliesser
Boys' "AA" Basketball	Harold Regan
Boys' "AAA" Basketball	Tish Jeffrey
Girls' "A" Volleyball	Reginald McDonald
Girls' "AA" Volleyball	Marg Ewer
Girls' "AAA" Volleyball	Irene Prime
Boys' "A/AA" Hockey	Tim Luinstra
Boys' "AAA" Hockey	Tim Hasenack
Girls' Hockey	Cullen Fay
Curling	Bob Boal
Badminton	Luc Villeneuve
Tennis	Shawn Morris
Boys' "A/AA" Rugby	Hugh Mowbray
Boys' "AAA" Rugby	Brad White
Girls' "A/AA" Rugby	David Chatten
Girls' "AAA" Rugby	Elaine Cole
Boys' "A" Soccer	Tim Wildeboer
Boys' "AA" Soccer	Mark Hopper
Boys' "AAA" Soccer	Dwayne Strelvel
Girls' "A" Soccer	David Wonder
Girls' "AA" Soccer	Kevin Williams
Boys' Baseball	Paul Robelo
Track & Field	Tanya Byers
	James Sniatenchuk

# 2019-2020 OFSAA CHAMPIONSHIPS

## Boys' Golf (SWOSSAA)

Oct. 16-17, 2019, Kingsville  
Matt Loebach, Riverside SS  
519-948-4116  
matthew.loebach@publicboard.ca

**Entry Deadline: Oct. 10, 2019**

## Girls' Golf (WOSSAA)

Oct. 16-17, 2019, St. Thomas  
Wade Walker, Central Elgin CI  
519-631-4460  
ripp24@hotmail.com

**Entry Deadline: Oct. 10, 2019**

## Girls' Field Hockey (ROPSSAA)

Oct. 31 – Nov. 2, 2019, Mississauga  
Pam Barwell, Clarkson SS  
905-822-6700  
pam.barwell@peelsb.com

**Entry Deadline: Oct. 26, 2019**

## Ultimate (GHAC)

Oct. 31 – Nov. 1, 2019, Oakville  
Kevin Wong, St. Ignatius of Loyola  
905-847-0595  
wongk@hcdsb.org

**Entry Deadline: Oct. 26, 2019**

## Cross Country (NOSSA)

Nov. 2, 2019, Sudbury  
Karen Passi, Lasalle SS  
705-566-2280  
passik@rainbowschools.ca

**Entry Deadline: Oct. 29, 2019**

## Boys' A Volleyball (SWOSSAA)

Nov. 21-23, 2019, Pain Court  
Mike Shinkelshoek, ÉSC Pain Court  
519-332-1220  
schimich@cscprovidence.ca

**Entry Deadline: Nov. 16, 2019**

## Boys' AA Volleyball (WOSSAA)

Nov. 21-23, 2019, Stratford  
Carolyn Bell, St. Michael CSS  
519-271-0890  
cbell@hpcdsb.ca

**Entry Deadline: Nov. 16, 2019**

## Boys' AAA Volleyball (TDCAA)

Nov. 21-23, 2019, Toronto  
Tony Morale, Neil McNeil HS  
416-393-5502  
antonio.morale@tcdsb.org

**Entry Deadline: Nov. 16, 2019**

## Girls' A Basketball (SOSSA)

Nov. 21-23, 2019, Welland  
Glen Beauregard, ÉSC Jean Vanier  
905-714-7882  
gbeauregard@cscmonavenir.ca

**Entry Deadline: Nov. 16, 2019**

## Girls' AA Basketball (SWOSSAA)

Nov. 21-23, 2019, Kingsville  
Jason Leili, Kingsville DHS  
519-733-2347  
jason.leili@publicboard.ca

**Entry Deadline: Nov. 16, 2019**

## Girls' AAA Basketball (ROPSSAA)

Nov. 21-23, 2019, Mississauga  
Kenneth Dvorsky, St. Francis Xavier SS  
905-507-6666  
Kenneth.Dvorsky@dpccsb.org

**Entry Deadline: Nov. 16, 2019**

## Football Bowls (GHAC)

Nov. 26-28, 2019, Burlington  
Jeff Brock, Nelson HS  
905-634-3268  
brockj@hdsb.ca

**Entry Deadline: Nov. 20, 2019**

## Nordic Skiing (GBSSA)

Feb. 20-21, 2020, Huntsville  
John Cowan, Huntsville HS  
705-789-5594  
john.cowan@tlds.on.ca

**Entry Deadline: Feb. 15, 2020**

## Alpine Skiing (GBSSA)

Feb. 24-25, 2020, Collingwood  
Kevin Gosselin, Jean Vanier CHS  
705-445-2043  
kgosselin@smcdsb.on.ca

**Entry Deadline: Feb. 18, 2020**

## Snowboarding (YRAA)

February 27, 2020, Markdale  
Adrienne Chong, Markville SS  
905-940-8840  
adrienne.chong@yrdsb.ca

**Entry Deadline: Feb. 22, 2020**

## Swimming (TDSSAA)

Mar. 3-4, 2020, Toronto  
Rick Mahoney, York Mills CI  
416-395-3340  
rick.mahoney@tdsb.on.ca

**Entry Deadline: Feb. 26, 2020**

## Wrestling (NOSSA)

Mar. 2-4, 2020, Sault Ste. Marie  
Trevor Manchester, Korah C&VS  
705-945-7180  
manchet@adsb.ca

**Entry Deadline: Feb. 25, 2020**

## Boys' A Basketball (NOSSA)

Mar. 9-11, 2020, North Bay  
Brandon Grube, West Ferris I&SS  
705-475-2333  
brandon.grube@nearnorthschools.ca

**Entry Deadline: Mar. 3, 2020**

## Boys' AA Basketball (NEOAA)

Mar. 9-11, 2020, Windsor  
Matt Loebach, Riverside SS  
519-948-4116  
matthew.loebach@publicboard.ca

**Entry Deadline: Mar. 3, 2020**

## Boys' AAA Basketball (GHAC)

Mar. 9-11, 2020, Burlington  
Sean Postma, Dr. Frank J. Hayden  
905-332-5325  
postmas@hdsb.ca

**Entry Deadline: Mar. 3, 2020**

## Girls' A Volleyball (CWOSSA)

Mar. 9-11, 2020, Walkerton  
Tanya Byers, Walkerton DCS  
519-881-1780  
tanya\_byers@bwdsb.on.ca

**Entry Deadline: Mar. 3, 2020**

## Girls' AA Volleyball (SWOSSAA)

Mar. 9-11, 2020, Kingsville  
Jason Leili, Kingsville DHS  
519-733-2347  
jason.leili@publicboard.ca

**Entry Deadline: Mar. 3, 2020**

## Girls' AAA Volleyball (SWOSSAA)

Mar. 9-11, 2020, Chatham  
Elish Smith, Chatham Kent SS  
519-352-2870  
elish.smith@kdsb.net

**Entry Deadline: Mar. 3, 2020**

## Girls' A&AA Hockey (WOSSAA)

Mar. 24-26, 2020, Stratford  
Sue Dunn, St. Michael CSS  
519-271-0890  
sdunn@hpcdsb.ca

**Entry Deadline: Mar. 12, 2020**

FOR COMPLETE CHAMPIONSHIP



# ONSHIP/FESTIVAL CALENDAR

## Boys' A&AA Hockey (SOSSA)

Mar. 25-27, 2020, St. Catharines  
Jim Whittard, Saint Francis CSS  
905-646-2002  
james.whittard.ncdsb.com

**Entry Deadline: Mar. 12, 2020**

## Boys' & Girls' AAA Hockey (SWOSSAA)

Mar. 25-27, 2020, Belle River  
John Talerico, St. Anne SS  
519-727-8908  
john\_talerico@wecdsb.on.ca

**Entry Deadline: Mar. 12, 2020**

## Curling (LOSSA)

Mar. 25-28, 2020, Uxbridge  
Rob Houston, Uxbridge SS  
905-852-3391  
robert.houston@ddsbs.ca

**Entry Deadline: Mar. 12, 2020**

## Badminton (WOSSAA)

May 7-9, 2020, London  
Tim Marks, Oakridge SS  
519-452-2750  
t.marks@tvdsb.ca

**Entry Deadline: May 2, 2020**

## Tennis (TDSSAA)

June 1-3, 2020, Toronto  
Larry Laughlin, Marc Garneau  
416-396-2414  
larry.laughlin@tdsb.on.ca

**Entry Deadline: May 26, 2020**

## Girls' A&AA Rugby (EOSSAA)

June 1-3, 2020, Kingston  
Reuben Brunet, La Salle ISS  
613-546-1737  
brunetr@limestone.ca

**Entry Deadline: May 26, 2020**

## Girls' AAA Rugby (CWOSSA)

June 1-3, 2020, Kitchener  
Jennifer Armatage, Kitchener CI  
519-744-6567  
jennifer\_armatage@wrdsb.ca

**Entry Deadline: May 26, 2020**

## Boys' A&AA Rugby (COSSA)

June 4-6, 2020, Belleville  
Pete Hercus, Centennial SS  
613-962-9233  
phercus@hpedsb.on.ca

**Entry Deadline: May 30, 2020**

## Boys' AAA Rugby (WOSSAA)

June 4-6, 2020, Arva  
Ryan Kimmerly, Medway HS  
519-660-8418  
r.kimmerly@tvdsb.ca

**Entry Deadline: May 30, 2020**

## Boys' A/AA Lacrosse (CWOSSA)

June 1-2, 2020, Owen Sound  
Darryl Ward, St. Mary's HS  
519-376-4278  
darryl\_ward@bgcdsb.org

**Entry Deadline: May 26, 2020**

## Boys' AAA Lacrosse (SOSSA)

June 2-4, 2020, Welland  
Mark Iannizzi, Notre Dame College  
905-788-3060  
mark.iannizzi@ncdsb.com

**Entry Deadline: May 27, 2020**

## Girls' A Soccer (EOSSAA)

June 4-6, 2020, Perth  
David Peters, St. John CHS  
613-267-4724  
david.peters@cdsbeo.on.ca

**Entry Deadline: May 30, 2020**

## Girls' AA Soccer (COSSA)

June 4-6, 2020, Cobourg  
Ian Kendrick, St. Mary CSS  
905-372-4339  
ikendrick@pvnccdsb.on.ca

**Entry Deadline: May 30, 2020**

## Boys' A&AA Soccer (WOSSAA)

June 4-6, 2020, Strathroy  
Cam Hagle, Holy Cross CSS  
519-660-2798  
chagle@ldcsb.ca

**Entry Deadline: May 30, 2020**

## Boys' & Girls' AAA Soccer (GHAC)

June 4-6, 2020, Hamilton  
Anthony Macaluso, Cardinal Newman CSS  
905-523-2314  
macalusoan@hwcdsb.ca

**Entry Deadline: May 30, 2020**

## Track & Field (TDSSAA)

June 4-6, 2020, Toronto  
Chris Reid, Lawrence Park CI  
416-393-9500  
chris.reid@tdsb.on.ca

**Entry Deadline: May 30, 2020**

## Baseball East Regional (TDCAA)

June 3-4, 2020, Toronto  
Paul Rebelo, Bishop Allen Academy  
416-393-5549  
paul.rebelo@sympatico.ca

**Entry Deadline: May 28, 2020**

## Baseball West Regional (SWOSSAA)

June 3-4, 2020, Lakeshore  
Steve Burke, St. Anne CHS  
519-727-8908  
sburke066@gmail.com

**Entry Deadline: May 28, 2020**

## Baseball Final (OFSAA)

June 10, 2020, London  
Brian Riddell, OFSAA  
brian@ofsa.on.ca

# OFSAA Boys' A/AA Lacrosse Festival

Peterborough

June 3-4, 2019



In one of the most thrilling gold medal games in OFSAA Lacrosse history, Holy Trinity Secondary School (LOSSA) needed three overtime periods in order to defeat Henry Street High School (LOSSA) by a score of 12 to 10. Spectators were treated to fierce competition and an intense rivalry as both schools qualified from the same association. Congratulations to all teams who participated in the 2019 OFSAA A/AA Lacrosse Festival.

First time convenor Wade Wiggins from Crestwood Secondary School (COSSA) and his organizing committee proved that early preparation to host a provincial event is crucial in providing a successful and memorable experience for all participants. Fleming College also proved to be the perfect venue to host

OFSAA and teams enjoyed having games, accommodations and the banquet in one location.

Congratulations to Jesse Barker, Ethan Bothwell, Zachary Bowles, Marco Costa-Gil, Nathan Ford, Zackery Ford, Caleb French, Logan Gallagher, Dante Kulas, Lucas Littlejohn, Matthew McCullough, Benton Oliver, Noah Parly, Ben Rankin, Jared Scott, Zachary Smith, Brock Strong, Owen Taylor and coaches Claudine Dowdell, Jennifer Koppens, Connor Scott and Jamie Taylor.

Once again, OFSAA appreciates all the hard work by Coach Wiggins and this year's volunteers.

## PARTICIPATING TEAMS (12)

Crestwood SS	COSSA
St. Mary's HS	CWOSSA
Patrick Fogarty SS	GBSSA
Thomas A. Blakelock HS	GHAC
Henry Street HS	LOSSA
Holy Trinity SS	LOSSA
AY Jackson SS	NCSSAA
Robert F. Hall Catholic SS	ROPSSAA
McKinnon Park SS	SOSSA
Hagersville SS	SOSSA
Silverthorn CI	TDSSAA
Sutton District HS	YRAA

## SEMI-FINALS

Holy Trinity def. Patrick Fogarty	12-3
Henry Street def. Crestwood	13-1

## BRONZE MEDAL GAME

Patrick Fogarty def. Crestwood	8-5
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## GOLD MEDAL GAME

Holy Trinity def. Henry Street	12-10 (3 OT)
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# OFSAA Boys' AAA Lacrosse Festival

Owen Sound

June 5-6, 2019



This year's gold medal at AAA Lacrosse was up for grabs as the reigning four-time champions were not in attendance and schools entered this year's festival with renewed goals. Paul Stewart from Owen Sound District Secondary School (CWOSSA) and his team of volunteers organized an excellent festival providing all participants with a memorable experience.

Using Kiwanis Park fields in Owen Sound, student-athletes and teacher-coaches enjoyed skilled lacrosse over both days of competition. In the end, Maxwell Heights Secondary School (LOSSA) captured OFSAA gold for the first time in school history, defeating St. Peter's Secondary School (COSSA) by the narrow margin of 10 to 9. Congratulations to the team from St. Peter's

who have now won silver in five straight OFSAA appearances!

Congratulations to Owen Agnew, Tyler Boyle, Carson Christie, Teagen Dempers, Tristen Dempers, John Dolighan, Owen Doyle, Nicholas Gibson, Trenton Johnston, Hayden LaCavera, Andrew Latin, Ben Macdonnell, Brent Mason, Will McCracken, Robbie McGrayne, Colton McNutt, Jayden O'Connor, Connor Perry, Parker Pipher, Zachary Pipher, Brendan Reid, Riley Simpson, Connor Stewart, Ethan Young and coaches Josh Cordery, Bill Hanrahan, David Ross and Jason Johansen.

A huge thank you to Paul Stewart and the organizing committee for providing a positive experience to all participants in 2019.

## PARTICIPATING TEAMS (12)

- |                                |         |
|--------------------------------|---------|
| St. Peter SS                   | COSSA   |
| Centre Wellington District HS  | CWOSSA  |
| Owen Sound DSS                 | CWOSSA  |
| Bracebridge & Muskoka Lakes SS | GBSSA   |
| Bishop P.F. Reding SS          | GHAC    |
| Maxwell Heights SS             | LOSSA   |
| Sacred Heart HS                | NCSSAA  |
| Mayfield SS                    | ROPSSAA |
| Denis Morris HS                | SOSSA   |
| Neil McNeil SS                 | TDCAA   |
| Humberside CI                  | TDSSAA  |
| Bill Crothers SS               | YRAA    |

### SEMI-FINALS

- |                                  |      |
|----------------------------------|------|
| St. Peter's def. Mayfield        | 14-4 |
| Maxwell Heights def. Neil McNeil | 9-5  |

### BRONZE MEDAL GAME

- |                           |      |
|---------------------------|------|
| Neil McNeil def. Mayfield | 10-8 |
|---------------------------|------|

### GOLD MEDAL GAME

- |                                  |      |
|----------------------------------|------|
| Maxwell Heights def. St. Peter's | 10-9 |
|----------------------------------|------|

# OFSAA Boys' Baseball Championship

Durham June 5-7, 2019

London June 12, 2019



For the second year in a row, all 18 teams gathered in one area to compete in the OFSAA baseball regionals. Geoff Whent and his LOSSA committee once again organized a great OFSAA experience for the student athletes from across the province. Nine different diamonds in Ajax, Whitby, Pickering and Oshawa played host to some great baseball to determine the four semi-finalists.

This year weather played a major factor in regional play as all third-round games were suspended because of a heavy downpour. As a result, some diamonds were unplayable until the Friday. Geoff did an outstanding job in reorganizing the schedule for Thursday and Friday. When the games were finally completed, the four semi-finalists that advanced to London were: Our Lady of Mount Carmel, Christ the King, A.N.

Myer and Humberside.

The following week in London under beautiful weather conditions, the semi-finals and finals were played. Thanks to Taylor Jones for his work in organizing the London portion of the championship. In the final, Humberside, after taking a big lead, held on to defeat A.N. Myer to win the OFSAA championship and the Prentice Cup.

Congratulations to: Paige Allen, Lucas Brown, Matthew Condoyannis, Taeg Gollert, Sam Grant, Roman Hayes, Jake Hooper, Matthew Jovanovic, Tommy Kalis, Liam MacPherson, Eugene Maksymiw, Aidan McAskie, Colin McLeod, Matthew Reynolds, Sam Reynolds, Kaman Tome, Mathias Trondson, James Wilson and their coaches Bob Walton, Michael Dingwall, Oliver Budziszyn, and Andrew Benn.

At the banquet in Oshawa, Paul Rebelo from Bishop Allen Academy was awarded the Leadership in School Sports Award for his great contribution to high school baseball. Paul has convened three OFSAA championships and has coached his teams in seven OFSAA appearances. Congratulations Paul!

OFSAA also recognizes the support from the Toronto Blue Jays for this championship.

## PARTICIPATING TEAMS (18)

Holy Names C.H.S.	SWOSSAA
Our Lady of Mount Carmel	ROPSSAA
Pickering H.S.	LOSSA
Christ The King C.S.S.	GHAC
Glendale H.S.	WOSSAA
St. Elizabeth C.H.S.	YRAA
A.N. Myer S.S.	SOSSA
Sir Robert Borden H.S.	NCSSAA
Holy Cross C.S.S.	EOSSAA
Sinclair S.S.	LOSSA
Great Lakes S.S.	SWOSSAA
Humberside	TDSSAA
Bishop Allen	TDCAA
Centennial C & VI	CWOSSA
St. Michael's College	CISAA
St. Charles College	NOSSA
Banting Memorial H.S.	GBSSA
St. Peter S.S.	COSSA

## SEMI-FINALS

A.N. Myer defeated Christ the King	6-5
Humberside def. Our Lady of Mount Carmel	2-1

## BRONZE MEDAL GAME

Christ the King def. Our Lady of Mount Carmel	8-6
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## GOLD MEDAL GAME

Humberside def. A.N. Myer	7-6
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# OFSAA Boys' A/AA & AAA Rugby Championships

Brooklin

June 6-8, 2019



The Boys' A/AA & AAA Rugby Championships were held in Brooklin and hosted by Brooklin HS (LOSSA) and led by convenor Ethan Markham. It was an event to remember for athletes, coaches and spectators.

The banquet was held at Durham College on the night before the start of competition. Throughout the dinner, Ethan had several giveaways including highest academic average and the best beard on the team. It was a great evening of laughs and fun! The Leadership in School Sport Awards for their dedication went to Hugh Mowbray, Dunbarton HS (LOSSA) for his 29 years and Brad White, Brooklin HS (LOSSA) for his 30 years of coaching. Thank you both very much!

Barrie North (GBSSA), AAA and Henry Street High School (LOSSA), A/AA, were awarded the Team Sportsmanship Awards

by the organizing committee for their excellent attitude throughout the entirety of the championship. Congratulations to the players, coaches and schools!

The AAA championship was exciting from start to finish with some exemplary displays of skill and hustle. Medway came in looking to defend their title from 2018 but were upset by Regiopolis in the quarters. With the title up for grabs, Thomas A Stewart, playing great rugby throughout the championship, earned the hard-fought victory!

Congratulations to Thomas A Stewart (COSSA) players and coaches on their AAA championship victory: Tyler Alleway, Riley Armstrong, Braden Bruce, Cole Crossley, Cole Fallis, Robin French, James Groot, Keegan James, Dylan Kranz, Brenden Lee, Max Lvasseur, Connor McCullough, Daniel Milburn, Kevin Milburn, Kyle Milburn, Haeden Moher, Dakota Moore, Mark Nicolson, Will Petterson, Kal Sager, Emmett Shebib, Ansh Soni, Zach Sukumaran, Noah Thomson, Tye Wesenberg, Cameron Wilson, Jacob Woodhouse, Jake Zajac and coaches Jeff Challice, Mike Goble and Vik Kulla.

## AAA PARTICIPATING TEAMS (16)

Medway HS	WOSSAA
Thomas A Stewart SS	COSSA
Lorne Park SS	ROPSSAA
Oakville Trafalgar	GHAC
Brooklin HS	LOSSA
Saltfleet DHS	SOSSA
Brantford CI	CWOSSA
Regiopolis-Notre Dame	EOSSAA
Upper Canada College	CISAA
Northern SS	TDSSAA
Bill Crothers SS	YRAA
Barrie North	GBSSA
John F. Ross	CWOSSA
Dunbarton HS	LOSSA
Neil McNeil HS	TDCAA
Sacred Heart HS	NCSSAA

### SEMI-FINALS

Oakville Trafalgar def. Regiopolis	19-9
Thomas A Stewart def. Saltfleet	28-5

### CONSOLATION FINAL

Barrie North def. Brantford	28-19
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### BRONZE MEDAL GAME

Saltfleet def. Regiopolis	17-6
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### GOLD MEDAL GAME

Thomas A Stewart def. Oakville Trafalgar	28-10
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The A/AA championship final pitted the defending champion St Mary CSS (COSSA) against the second-seed Eastdale CVI (LOSSA). St Mary CSS was just too much on this day and became back-to-back champions and took the title by a score of 40-0.

Congratulations to St. Mary CSS players and coaches on their A/AA Championship victory: Brendyn Beck, Wade Bolton, Wyatt Brown, Dylan Bryans, Brent Clemmer, John Corkery, Hayward Dalen, Luke Eriksson, Tucker Firth, Noah Flesch, Trent Giddings, Zaine Hunt, Isaac Kelly, Joseph Komar, Joshua Littlechild, Jarrett MacDonald, Connor McGovern, Adam McNee, Curtis Mullin, Lewis Odurny, Benjamin Quemby, Caleb Quemby, Jared Quemby, Cameron Rae-White, Koby Read, Ryan Campbell, Tristan Shaw, Ethan Shore, Jacob Sinclair, Connor Vician, Caleb Wharram, Colton Winters, Tyler Woodland and coaches Greg Conway, Shawn Carmichael, Ray Heffernan, Tim Linehan and Drew Quemby.

#### A/AA PARTICIPATING TEAMS (16)

St. Mary CSS	COSSA
Eastdale CVI	LOSSA
Frontenac SS	EOSSAA
Crescent School	CISAA
Ashbury College	NCSSAA
Adam Scott CVI	COSSA
Father Bressani CHS	YRAA
Cairine Wilson SS	NCSSAA
Eden HS	SOSSA
F.E. Madill SS	WOSSAA
Henry Street HS	LOSSA
Streetsville SS	ROPSSAA
Saugeen DSS	CWOSSA
Nottawasaga Pines SS	GBSSA
George S Henry Academy	TDSSAA
Thomas A. Blacklock	GHAC

#### SEMI-FINALS

St. Mary CSS def. Ashbury College	34-10
Eastdale def. Frontenac	26-7

#### CONSOLATION FINAL

Adam Scott CVI def. Streetsville	15- 12
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#### BRONZE MEDAL GAME

Ashbury College def. Frontenac	14-11
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#### GOLD MEDAL GAME

St. Mary CSS def. Eastdale	40-0
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# OFSAA Girls' A/AA & AAA Rugby Championships

Courtice

June 3-5, 2019



The 2019 OFSAA Girls' A/AA & AAA Rugby Championships were held in Courtice and it was highly competitive and exciting. Co-convenors David Chatten & Kaela Stewart, along with Courtice HS (LOSSA) and their organizing committee, did a great job putting together a well-run championship and should be congratulated for a job well done!

The AAA Leadership in School Sport Award was presented to Elaine Cole from Port Perry HS (LOSSA), with over 10 years of coaching. The A/AA recipient was David Chatten Courtice HS (LOSSA) for over 24 years of coaching. Thank you Elaine and David for the years of service and dedication to school sport.

The Team Sportsmanship Awards were given to Trenton HS (COSSA) in the A/AA championship and John F. Ross (CWOSSA) in the AAA event. Both teams were class acts throughout their respective championship. Congratulations!

In the AAA championship, spectators enjoyed some outstanding rugby as the girls' performed at a high level throughout the championship. Oakville Trafalgar, coming in as the one seed and the three-time defending OFSAA champion, suffered an upset in the semi-final to Mayfield SS. Mayfield would use that momentum and go on to beat the three seed Glebe in an extremely close final, 28-24.

Congratulations to Mayfield SS (ROPSSAA) players and coaches on their much-deserved AAA Championship victory: Imogen Barnard, Taysia Byam, Megan Camlasaran, Mya Careri, Caitlin Ciampaglia, Maiya Ebron, Jayna Gandhi, Lizzie Gibson, Kendra Gowe, Ashley Harrison, Holly Hickey, Sierra Jones, Madison Keats, Jade Langley, Yasmin Linklater, Monika Mancini, Milah Mills, Brooke Mulcahy, Amanda Parkes, Tapenga Peart, Rachel Popoff, Charlize Quiroz, Angela Radford, Cassandra Rasmussen, Caille Rosa, Madison Sayliss, Carly Turner, Madeline Watson, Tiffany Wheatley, and coaches Colin Bowins, Vimal Gandhi, Kirk Robertson and Lindsay Core.

## AAA PARTICIPATING TEAMS (16)

- |                             |         |
|-----------------------------|---------|
| IE Weldon                   | COSSA   |
| John F. Ross CVI            | CWOSSA  |
| Blessed Trinity HS          | SOSSA   |
| Regiopolis-Notre Dame       | EOSSAA  |
| Nantyr Shores SS            | GBSSA   |
| Oakville Trafalgar HS       | GHAC    |
| Jean Vanier CSS             | GHAC    |
| Pickering HS                | LOSSA   |
| Uxbridge SS                 | LOSSA   |
| Glebe CI                    | NCSSAA  |
| Mayfield SS                 | ROPSSAA |
| Ursuline College            | SWOSSAA |
| Blessed Cardinal Newman CSS | TDCAA   |
| Northern SS                 | TDSSAA  |
| Parkside CI                 | WOSSAA  |
| Stouffville DSS             | YRAA    |

### SEMI-FINALS

Mayfield def. Oakville Trafalgar 28-10  
 Glebe def. Uxbridge 14-7

### CONSOLATION FINAL

John F. Ross def. Nantyr Shores 29-7

### BRONZE MEDAL GAME

Oakville Trafalgar def. Uxbridge 49-5

### GOLD MEDAL GAME

Mayfield def. Glebe 28-24



The A/AA championship had an extremely strong field of teams and the gold medal match saw the #1 seed Trenton and the #2 seed Holy Cross, both from the same association (COSSA), go up against each other. It was a tight game throughout, but in the end, Trenton HS emerged with the victory!

Congratulations to Trenton HS (COSSA) players and coaches on their well-deserved A/AA Championship victory: Chloe Atienza, Sydney Brown, Bailey Burke, Cassandra Burton, Mackenzie Collar, Megan Dyer, Victoria Fell, Madysyn Garrett, Jazlyn Geesey, Madison Hunter, Katelyn Hutchinson, Melissa Lajoie, Sarah Lajoie, Samantha Lloyd, Katie MacDonald, Joleen Mason, Corey McArthur, Madison Montminy, Paige Reid, Adrienne Rosenplot, Maya Sharma, Rebekka Smith, Madilyn Styan, Phoebe Tedford, Lois Van Daal, Jasmin Wakeling, Addison Walker, Trinity Walker, Kiersten Westwood and coaches Brian Meindl, Darlene Walker and Tom Gauthier.

### A/AA PARTICIPATING TEAMS (16)

Trenton HS	COSSA
Holy Cross	COSSA
St. Mary's	CWOSSA
Grey Highlands SS	CWOSSA
Frontenac	EOSSAA
Napanee DSS	EOSSAA
Notre Dame CSS	GHAC
Courtice HS	LOSSA
Eastdale CVI	LOSSA
Cairine Wilson SS	NCSSAA
Streetsville SS	ROPSSAA
Lakeshore CHS	SOSSA
Beamsville DSS	SOSSA
George Vanier SS	TDSSAA
St. Joseph's CHS	WOSSAA
Ashbury College	NCSSAA

#### SEMI-FINALS

Trenton HS def. Courtice HS	46-5
Holy Cross def. Grey Highlands SS	23-5

#### CONSOLATION FINAL

Napanee def. Notre Dame	21-5
-------------------------	------

#### BRONZE MEDAL GAME

Grey Highlands SS def. Courtice HS	25-18
------------------------------------	-------

#### GOLD MEDAL GAME

Trenton HS def. Holy Cross	22-15
----------------------------	-------



# OFSAA Girls' & Boys' A Soccer Championships

Ancaster

June 6-8, 2019



Forty teams arrived in Ancaster bringing a fierce competitive spirit for the 2019 OFSAA Girls' and Boys' A Soccer Championships. Many thanks go to Brad Heidbuurt and his organizing committee from Hamilton District Christian High School (SOSSA) for hosting such a well-organized event which required many hours to make this a memorable experience for the teams in two separate championships. OFSAA appreciates all the hard work by volunteers for such a large event.

In the boys' competition, Ridley College (CISAA) returned to OFSAA and proved to be tough competition, however, in a thrilling championship match Glengarry District High School (EOSSAA) won OFSAA gold in penalty kicks. On the girls' side, two matches were decided by penalty kicks throughout playoff competition. In the end, both schools from EOSSAA battled once again this year, only this time for OFSAA gold. École secondaire

La Citadelle defeated École secondaire catholique Le Relais by a score of 1-0 and took home the OFSAA Championship.

Congratulations to the OFSAA Leadership in School Sport Award winners, David Wonder from Smithville Christian High School (SOSSA) and Tim Wildeboer from Guido de Bres Christian High School (SOSSA). Both teacher-coaches have spent many years coaching soccer at their respective schools, and above all, have a passion for student success both on and off the pitch.

Two teams rose above the rest in their display of sportsmanship, securing the OFSAA Team Sportsmanship Award banners. Congratulations to Emmanuel Christian High School (CWOSSA) for the girls and West Ferris Intermediate & Secondary School (NOSSA) for the boys. Your teams exhibited positive character and were an example to all of the other schools in attendance.



## GIRLS' RESULTS

Congratulations to the student-athletes from É.S. La Citadelle; Alexie Larivière, Alexandra Aubin, Nicole Boileau, Michaela Contant, Miranda Davidson, Janell Forget, Samantha Graveley, Jessica Grondin, Mélanie Guidon, Maxine Lanteigne, Mélina Lebrun, Mya Lepage, Jasmine Leroux, Mélanie Maloney, Kaylee Martin, Vanessa McPhee, Émilie Séguin, Payton Sills, Sara-Michèle Tremblay, Alexa Turgeon and coaches, Tanya Labonté and Cloée Litalien.

## PARTICIPATING TEAMS (20)

- |   |         |
|---|---------|
| De La Salle College                         | CISAA   |
| Quinte Christian HS                         | COSSA   |
| Woodland Christian HS                       | CWOSSA  |
| Emmanuel Christian HS                       | CWOSSA  |
| École secondaire catholique Le Relais       | EOSSAA  |
| École secondaire La Citadelle               | EOSSAA  |
| Jean Vanier Catholic HS                     | GBSSA   |
| Acton District HS                           | GHAC    |
| Clarke HS                                   | LOSSA   |
| École secondaire publique Louis Riel        | NCSSAA  |
| Timiskaming District SS                     | NEOAA   |
| École secondaire Algonquin                  | NOSSA   |
| St. Thomas Aquinas HS                       | NWOSSAA |
| St. Paul SS                                 | ROPSSAA |
| Smithville Christian High School            | SOSSA   |
| Hamilton District Christian H.S             | SOSSA   |
| École secondaire catholique E.J. Lajeunesse | SWOSSAA |
| University of Toronto Schools               | TDCAA   |
| Lord Dorchester S.S                         | WOSSAA  |
| Villanova College                           | YRAA    |

## QUARTER-FINALS

- |                                      |          |
|--------------------------------------|----------|
| Le Relais def. Woodland Christian    | 1-0      |
| Lord Dorchester def. EJ Lajeunesse   | 0-0 (PK) |
| La Citadelle def. Emmanuel Christian | 2-0      |
| Louis Riel def. Smithville Christian | 2-0      |

## SEMI-FINALS

- |                                   |          |
|-----------------------------------|----------|
| Le Relais def. Louis Riel         | 2-1      |
| La Citadelle def. Lord Dorchester | 1-1 (PK) |

## BRONZE MEDAL GAME

- |                                 |     |
|---------------------------------|-----|
| Louis Riel def. Lord Dorchester | 2-1 |
|---------------------------------|-----|

## GOLD MEDAL GAME

- |                             |     |
|-----------------------------|-----|
| La Citadelle def. Le Relais | 1-0 |
|-----------------------------|-----|

## BOYS' RESULTS

Congratulations to the student-athletes from Glengarry D.H.S.; Ethan Attridge, Rocco Bhagwandin, Kevin Doyle, Liam Fillion, Seamus Hardy, Benjamin Horton, Aaron Keurentjes, Logan Keurentjes, Sheldon MacCallum, Liam MacDonald, Lochlan MacDonald, Hamish MacLeod, Jared MacLeod, Kenneth MacMillan, Hunter MacPherson, Bailey Pidgeon, Cameron Poirier, Crew Rickerd, Dove Rickerd, Craig Van Loon, Berry Wassihun and coaches, Glen Campbell, David Fillion and Laurent Rivard.



### PARTICIPATING TEAMS (20)

Ridley College	CISAA
Nicholson Catholic College	COSSA
É.S.C. Père René-de-Galinée	CWOSSA
Walkerton District Community School	CWOSSA
Glengarry District HS	EOSSAA
St. Michael Catholic HS	EOSSAA
Jean Vanier Catholic HS	GBSSA
École secondaire catholique Sainte-Trinité	GHAC
École Ronald Marion	LOSSA
École secondaire publique Louis Riel	NCSSAA
Kirkland Lake District Composite School	NEOAA
West Ferris I & SS	NOSSA
St. Thomas Aquinas HS	NWOSSAA
St. Paul SS	ROPSSAA
Guido de Bres Christian HS	SOSSA
Hamilton District Christian HS	SOSSA
Tilbury District HS	SWOSSAA
George S. Henry Academy	TDSSAA
Holy Cross High School	WOSSAA
Woodbridge College	YRAA

### QUARTER-FINALS

Ridley College def. Guido de Bres	2-1
Glengarry def. Jean Vanier	2-0
Louis Riel def. Ronald Marion	3-1
St. Paul def. Hamilton Christian	1-0

### SEMI-FINALS

Ridley College def. St. Paul	3-3 (PK)
Glengarry def. Louis Riel	3-1

### BRONZE MEDAL GAME

Louis Riel def. St. Paul	2-0
--------------------------	-----

### GOLD MEDAL GAME

Glengarry def. Ridley College	0-0 (PK)
-------------------------------	----------



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# OFSAA Boys' AA Soccer Championship

North Bay

June 6-8, 2019



Widdifield Secondary School (NOSSA) and convenor Sean Mullan played host to the 2019 OFSAA Boys' AA Soccer Championship. It was a well-organized event that was all about the athletes. There was competition and fun at every turn and all of the coaches and student-athletes experienced an event to remember. The championship was especially memorable for the OFSAA Leadership in School Sport award winner, Mark Hopper. Mark's coaching philosophy is obvious through the many school and local youth programs that he has been involved with over the past fifteen years. Congratulations to Mark! Congratulations also to Sean and his organizing committee for spending countless hours planning and organizing this year's championship.

Roland Michener Secondary School (NEOAA) in Timmins was the winner of the OFSAA Team Sportsmanship Award. This award is given to the team with the greatest display of sportsmanship

throughout the championship. Roland Michener was an easy choice, as they displayed a positive attitude and poise on an off the field. Congratulations to the athletes and coaches!

The gold medal game featured St. David Catholic Secondary School (CWOSSA) and Mother Teresa Catholic Secondary School (WOSSAA). In the end, the athletes from St. David C.S.S played to a 3-0 win over Mother Teresa C.S.S.

Congratulations to gold medal winners; Nick Bayou, Nolan Beddoe, Wes Bruce, David Claeys, Kevin De Oliveira, Matthew Diebolt, Isaac George, Zachary Gladding, Tyresse Griffith, Sam Hepditch, Quinton Jackson, Connor Johnson, Hassan Kamara, Joe Moniz, Justin O'Keefe, Sam Publicover, Aidan Rudd, Ruben Solano Siliezar, Brett Springer, Kahlib Stewart, Liam Stewart, Ryan Suljak, Daniel Szczepanek and coaches Steve Bedic, Anthony Spanopulos and Mark Temple.

## PARTICIPATING TEAMS (20)

- |                             |         |
|-----------------------------|---------|
| St. Mary CSS                | COSSA   |
| Preston HS                  | CWOSSA  |
| St. David CSS               | CWOSSA  |
| Kingston C & VI             | EOSSAA  |
| Patrick Fogarty SS          | GBSSA   |
| King's Christian Collegiate | GHAC    |
| Fr. Leo J. Austin CSS       | LOSSA   |
| Cairine Wilson SS           | NCSSAA  |
| Roland Michener SS          | NEOAA   |
| St. Charles College         | NOSSA   |
| Widdifield SS               | NOSSA   |
| Fort Francis HS             | NWOSSAA |
| Iona CSS                    | ROPSSAA |
| Holy Cross SS               | SOSSA   |
| Riverside SS                | SWOSSAA |
| St. Mary CA                 | TDCAA   |
| C.W. Jefferys CI            | TDSSAA  |
| Silverthorn CI              | TDSSAA  |
| Mother Teresa CSS           | WOSSAA  |
| Father Bressani CHS         | YRAA    |

### QUARTER-FINALS

- |                                    |     |
|------------------------------------|-----|
| Mother Teresa def. Father Bressani | 6-0 |
| St. David def. Kingston            | 2-0 |
| St. Mary def. Iona                 | 2-1 |
| King's Christian def. Preston      | 2-0 |

### SEMI-FINALS

- |                                     |          |
|-------------------------------------|----------|
| Mother Teresa def. King's Christian | 4-4 (PK) |
| St. David def. St. Mary             | 4-1      |

### BRONZE MEDAL GAME

- |                                |     |
|--------------------------------|-----|
| St. Mary def. King's Christian | 5-2 |
|--------------------------------|-----|

### GOLD MEDAL GAME

- |                              |     |
|------------------------------|-----|
| St. David def. Mother Teresa | 3-0 |
|------------------------------|-----|

# OFSAA Boys' AAA Soccer Championship

Sarnia

June 6-8, 2019

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St. Martin Catholic Secondary School (ROPSSAA) completed their perfect championship by winning all four games in pool play before handling the competition in the playoff rounds to capture the gold medal. The team met their ROPSSAA rival, and the only other undefeated club – Cardinal Ambrozic Catholic Secondary School, in the semi-final game and came away with a decisive 3-1 victory.

In the gold medal game, St. Martin faced a determined opponent from St. Joseph's Catholic High School (SWOSSAA). St. Martin played a solid team game throughout and came away with a 4-0 win.

Congratulations to team members Daniel De Sousa, Wojtek Syzdek, Anthony Lancione, Lukyan Petruk, Kyler Smalling, Daunte Walkes, Sean Costa, Ronaldo Marshall, Alojzije Vuksevic, Dylan Medina, Ainsley Bryan, Filip Cabrajic, Jaydn Poirier-Harris, Mikkel Sifflet, Kevin Leksani, Brandon Gabriele, Tej Bhandari, Chris Oakley, Nick Da Silva, Peter Mauro, and coaches Anto Cosic, Chris Daigle and Sean Keaveney.

Thank you to this year's championship convenor Richard Prudom. Richard and his assistant convenor Jim Rawson put on an outstanding championship at Veteran's Memorial Field for the teams that came from all corners of the province. The teams gathered at the classy Dante Club on the evening of day one for the tournament banquet. Thank you to the host committee for arranging the special event for such a large number of players and coaches.

This year's deserving winner of the Leadership in School Sport Award was Dwayne Strelve, a teacher in the Lambton-Kent District School Board for many years. Dwayne has coached girls and boys soccer (junior and senior) for over 20 years. He has also coached hockey and basketball for several years. Dwayne has held numerous executive and board member positions in addition to convening in the past. Congratulations!

Congratulations as well to Upper Canada College (CISAA), winners of this year's Team Sportsmanship Award for their impressive conduct both on and off the field. The team is led by coaches Richard Turner and Premek Hamr.

## PARTICIPATING TEAMS (20)

St. Patrick's CHS	SWOSSAA
St. Joseph's CHS	SWOSSAA
St. Peter's CSS	GBSSA
Notre Dame CSS	LOSSA
Pickering HS	LOSSA
St. Joan of Arc CHS	YRAA
Bayside SS	COSSA
Upper Canada College	CISAA
Longfields-Davidson Heights SS	NCSSAA
St. Mary's HS	CWOSSA
Regiopolis-Notre Dame CSS	EOSSAA
Cardinal Newman CSS	GHAC
St. Mary's College	NOSSA
St. Ignatius HS	NWOSSAA
St. Martin CSS	ROPSSAA
Cardinal Ambrozic CSS	ROPSSAA
A.N. Myer SS	SOSSA
Bishop Allen Academy	TDCAA
East York Collegiate Institute	TDSSAA
A.B. Lucas SS	WOSSAA

## QUARTER-FINALS

St. Martin def. Upper Canada College	4-0
St. Mary's HS def. East York CI	3-1
St. Joseph's def. St. Joan of Arc	2-1
Cardinal Ambrozic def. A.N. Myer	5-1

## SEMI-FINALS

St. Martin def. Cardinal Ambrozic	3-1
St. Joseph's def. St. Mary's HS	2-1

## BRONZE MEDAL GAME

St. Mary's HS def. Cardinal Ambrozic	5-1
--------------------------------------	-----

## GOLD MEDAL GAME

St. Martin def. St. Joseph's	4-0
------------------------------	-----

# OFSAA Girls' AA Soccer Championship

Belle River

June 6-8, 2019



Congratulations to the student-athletes from Notre Dame CSS; Sara Boucher, Abigail Burnett, Kaitlin Conway, Julia Dalley, Abigail Davis, Miranda Dyer, Isabella Forsyth, Danielle Gravina, Katrina Hammond, Lauren Hebert, Rebekah Lee, Jaiden Morgan, Olivia Muhar, Emma Oliphant, Martina Penic, Guila Podda, Morgan Smith, Alanna Starcevic, Katelyn Starr, Victoria Valeri and coaches Casey Downey, Melissa Giardina and Jennifer Scully.

At the banquet, the OFSAA Leadership in School Sport Award was presented to Belle River District High School coach Kevin Williams.

The weather conditions were perfect and so was the enthusiasm of the organizing committee, student-athletes and teacher-coaches at OFSAA Girls' AA Soccer in 2019. The championship would not have been possible without the hard work and planning provided by the Belle River District High School (SWOSSAA) committee, led by Frank Graziano.

Notre Dame Catholic Secondary School returned to attempt to recapture their 2017 championship title and would face some stiff competition this year. In the end, the past champion defeated Holy Trinity High School (GBSSA) by a score of 4-2 and regained top spot in the province. Congratulations to all schools on qualifying for the 2019 championship!

Thanks for your commitment to student-athlete success. The OFSAA Team Sportsmanship Award went to Fr. Leo J. Austin Catholic Secondary School (LOSSA) for exhibiting patience and understanding throughout this year's championship.

Once again a huge thanks to the Belle River D.H.S team of volunteers for hosting the 2019 OFSAA Girls' AA Soccer Championship!

## PARTICIPATING TEAMS (20)

- |                         |         |
|-------------------------|---------|
| St. Mary CSS            | COSSA   |
| Bishop Macdonell CHS    | CWOSSA  |
| É.S. Embrun             | EOSSAA  |
| Holy Trinity HS         | GBSSA   |
| Notre Dame CSS          | GHAC    |
| Corpus Christi CSS      | GHAC    |
| Fr. Leo J. Austin CSS   | LOSSA   |
| Cairine Wilson SS       | NCSSAA  |
| É.S.C. Theriault        | NEOAA   |
| Superior Heights C&VI   | NOSSA   |
| Beaver Brae SS          | NWOSSAA |
| Clarkson SS             | ROPSSAA |
| Saint Francis CSS       | SOSSA   |
| E.L. Crossley SS        | SOSSA   |
| É.S. L'Essor            | SWOSSAA |
| Belle River District HS | SWOSSAA |
| Dante Alighieri Academy | TDCAA   |
| Lakeshore CI            | TDSSAA  |
| St. Andre Bessette CSS  | WOSSAA  |
| Father Bressani CHS     | YRAA    |

### QUARTER-FINALS

- |   |     |
|---|-----|
| St. Andre Bessette def. Saint Francis   | 2-0 |
| Holy Trinity def. L'Essor               | 4-0 |
| Notre Dame def. Cairine Wilson          | 3-0 |
| Fr. Leo J. Austin def. Bishop Macdonell | 1-0 |

### SEMI-FINALS

- |                                    |          |
|------------------------------------|----------|
| Notre Dame def. St. Andre Bessette | 1-0      |
| Holy Trinity def. Fr. Leo Austin   | 4-4 (PK) |

### BRONZE MEDAL GAME

- |  |     |
|--|-----|
| St. Andre Bessette def. Fr. Leo Austin | 3-0 |
|--|-----|

### GOLD MEDAL GAME

- |                              |     |
|------------------------------|-----|
| Notre Dame def. Holy Trinity | 4-2 |
|------------------------------|-----|

# OFSAA Girls' AAA Soccer Championship

Alliston

June 6-8, 2019

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Alliston was the setting for this year's OFSAA Girls' AAA Soccer Championship and where first time convenor, but longtime teacher-coach Jeff Northrop, showcased his organizational talent and the abilities of their dedicated organizing committee. Thank you to Jeff and his team of volunteers for hosting a quality soccer championship in 2019.

Skills and strong teamwork showcased this year's championship as teams grinded out an intense OFSAA schedule over the three-day competition. Two teams stood on top and fought hard during the gold medal match. In the end, Donald A. Wilson Secondary School (LOSSA) prevailed in penalty kicks over the 2016 OFSAA champion Cardinal Newman Catholic Secondary School (GHAC). Congratulations to all teams who

qualified in 2019!

This year, the OFSAA Team Sportsmanship Award was awarded to St. Patrick High School (NWOSSAA) for their great display of sportsmanship both on and off the field.

Congratulations to players from Donald A. Wilson SS; Lauren Anthony, Lauryn Arruda, Lauryn Bedford, Sara Clark, April Dejong, Vanessa Dixon, Imman Elberdi, Tanner Gustavsen-Walker, Noelle Harnett, Ashlyn MacGillivray, Mimi MacNeilly, Cierra Mailhot, Nicole Painchaud, Nicole Peach, Taylor Powell, Rachel Rockburne, Hannah Sealy, Kaylee Spridgeon, Trystan Thompson-Cotterell, Caisey Van Den Oetelaar, Marley Van Den Oetelaar, Tianna Wilson and coaches Megan DeJonge-Smith and Melissa Nicholls for their gold medal win.

## PARTICIPATING TEAMS (20)

A.B. Lucas SS	WOSSAA
A.N. Myer SS	SOSSA
Banting Memorial HS	GBSSA
Cardinal Newman CSS	GHAC
Cobourg Collegiate Institute	COSSA
Donald A. Wilson SS	LOSSA
East York CI	TDSSAA
Emily Carr SS	YRAA
Northern SS	TDSSAA
Regiopolis-Notre Dame	EOSSAA
Senator O'Connor College	TDCAA
St. Marcellinus SS	ROPSSAA
St. Martin CSS	ROPSSAA
St. Mary's College	NOSSA
St. Mary's HS	CWOSSA
St. Patrick HS	NWOSSAA
St. Peter HS	NCSSAA
St. Peter's SS	GBSSA
St. Thomas More CSS	GHAC
St. Thomas of Villanova SS	SWOSSAA

## QUARTER-FINALS

St. Thomas of Villanova def. St. Thomas More	1-0
St. Peter def. Regiopolis	2-0
Cardinal Newman def. Banting	1-0
Donald A. Wilson def. A.B. Lucas	3-2

## SEMI-FINALS

Donald A. Wilson def. St. Thomas of Villanova	1-0
Cardinal Newman def. St. Peter	3-1

## BRONZE MEDAL GAME

St. Peter def. St. Thomas of Villanova	2-1
--	-----

## GOLD MEDAL GAME

Donald A. Wilson def. Cardinal Newman	1-1 (PK)
---------------------------------------	----------

# OFSAA Tennis Championship

Toronto

June 3-5, 2019



This year the Toronto District Secondary School Athletic Association (TDSSAA) hosted the OFSAA Tennis Championship

at the Aviva Centre on the York University Campus. Mayfair West, Veneto and L'Amoreaux Tennis Clubs were also used to host the 411 student-athletes who competed in 10 different divisions. Considering the fact that poor weather played havoc with the tournament's schedule, convenor Larry Laughlin, along with a very capable group of teacher-coaches and student volunteers, delivered another high-quality event. OFSAA would like to thank Larry and his committee for their efforts on behalf of all of the student-athletes and teacher-coaches that were able to enjoy the experience of an OFSAA Championship event.

Shawn Morris from Stephen Lewis SS (YRAA) is this year's recipient of the Leadership in School Sport Award. On behalf of the YRAA, Shawn was the convenor of the previous three OFSAA Tennis Championships at the University of Toronto - Scarborough and is heavily involved in tennis on both the local and national stage as a coach and official. Shawn is also a member of the OFSAA Executive Council and the YRAA.

Congratulations Shawn, and thank you for your continued dedication to high school sport in Ontario!

**RESULTS:**

**HIGH SCHOOL BOYS' SINGLES**

GOLD	Erick Ortega	(WOSSAA)	A.B. Lucas SS
SILVER	Steven Lovrics	(SOSSA)	A.N. Myer SS
BRONZE	Michael Orrett	(LOSSA)	Henry Street HS
ANTIQU BRONZE	Andrew Varghese	(NOSSA)	Lo-Ellen Park SS

**HIGH SCHOOL GIRLS' SINGLES**

GOLD	Paige Baynham	(WOSSAA)	H.B. Beal SS
SILVER	Dylan Wall	(SOSSA)	St. Francis CSS
BRONZE	Sierra Olsthoorn	(CWOSSA)	Waterloo CI
ANTIQU BRONZE	Marcelina Szmurlo	(SOSSA)	Jean Vanier CHS

**HIGH SCHOOL BOYS' DOUBLES**

GOLD	Charlie Dunbar James Flynn	(CISAA)	Upper Canada College
SILVER	Aleksander Ceho Steven Stakusic	(TDSSA)	Silverthorn CI
BRONZE	Ethan Kernaghan Nathan Sousa	(SOSSA)	Notre Dame CS
ANTIQU BRONZE	Samuel Phillips Josh Snider	(COSSA)	East Northumberland SS

**HIGH SCHOOL GIRLS' DOUBLES**

GOLD	Rachel Fluxman Eden Granovsky	(TDCAA)	CHAT
SILVER	Sophia Lindy Aly Lowry	(TDSSAA)	Lawrence Park CI
BRONZE	Ava White Sarah White	(TDSSAA)	Lawrence Park CI
ANTIQU BRONZE	Eesha Atikukke Mia Petretta	(SWOSSAA)	Ste. Cecile IS

**HIGH SCHOOL MIXED DOUBLES**

GOLD	Annalia Fraser Alec Fraser	(GBSSA)	Holy Trinity CSS
SILVER	Hilary Kent Simon Blasby	(TDSSAA)	Lawrence Park CI
BRONZE	Ivana Milisic Oscar Judelson	(CWOSSA)	Cameron Heights CI
ANTIQU BRONZE	Emma Rendell Ethan Kelly	(WOSSAA)	Oakridge SS

**OPEN GIRLS' SINGLES**

GOLD	Erika Dimitrev	(TDSSAA)	North Toronto CI
SILVER	Gena Huang	(EOSSAA)	Kingston CVI
BRONZE	Maya Lal	(CISAA)	Bishop Strachan School
ANTIQU BRONZE	Milana Hrudka	(LOSSA)	Donald A. Wilson SS

**OPEN BOYS' SINGLES**

GOLD	Alessandro Santangelo	(GHAC)	Georgetown DHS
SILVER	Benjamin George	(YRAA)	Sacred Heart CHS
BRONZE	Neil Kandhai	(ROPSSAA)	Castlebrooke SS
ANTIQU BRONZE	Tim Zelikovsky	(YRAA)	Langstaff SS

**OPEN GIRLS' DOUBLES**

GOLD	Rachel Hanford Sarah Liu	(ROPSSAA)	St. Martin CSS
SILVER	Yochana Benchetrit Tilly Rigby	(CISAA)	St. Clements School
BRONZE	Amelie Gal Niki Karol	(TDSSAA)	Northern SS
ANTIQU BRONZE	Abby Currie Kate Currie	(TDSSAA)	Lawrence Park CI

**OPEN BOYS' DOUBLES**

GOLD	Oscar Roy Owen Varkey	(CISAA)	St. Michael's CS
SILVER	Cole Bedard Tanner Bedard	(SOSSA)	E.L. Crossley SS
BRONZE	Gijs Notboom Roy Taguchi	(CISAA)	Upper Canada College
ANTIQUÉ BRONZE	Ethan Chan Zack Wilson	(TDCAA)	University of Toronto School

**OPEN MIXED DOUBLES**

GOLD	Julie Kuszynski Simon Kuszynski	(YRAA)	St. Brother Andre CHS
SILVER	Nifemi Akinbiyi Nicolas Pietropaolo	(GHAC)	Abbey Park HS
BRONZE	Lauren Son Daniel Sauer	(YRAA)	Thornhill SS
ANTIQUÉ BRONZE	Jovana Paramentic Nicholas Murdaca	(SOSSA)	A.N. Myer SS

<b>27</b>	<b>16</b>
<b>SCHOOLS</b>	<b>SPORTS</b>

**STUDENT-ATHLETES TODAY.  
LEADERS TOMORROW.**

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# OFSAA Track & Field Championship

University of Guelph

June 6 – 8, 2019



OFSAA would like to thank the organizing committee, the adult officials, and the student volunteers who made the 2019 championships a great success. The organizing committee would also like to thank the many sponsors who also contributed to the success of the event.

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

OFSAA congratulates Tanya Byers (Walkerton District Community School) and James Sniatenchuk of Sir John A. MacDonald (Waterloo) for being the recipients of the OFSAA

The 2019 OFSAA Track & Field Championship was convened by CWOSSA and hosted at the University of Guelph. Under the leadership of Richard Tremain (Guelph CVI), Brad MacNeill (Guelph CVI) and the great supporters from the University of Guelph, all of the logistics were pulled together in a very short period of time to secure the host venue.

After a truly unsettled spring which saw colder temperatures and lots of rain across the province, conditions for all three days of the OFSAA Championship were ideal allowing for a strong competition in all events.

Richard Tremain and Brad MacNeill provided the leadership and inspiration for the many volunteers and committee members from CWOSSA and the University of Guelph to ensure the success of the championship for 2,355 participants and their coaches from 528 schools across Ontario.

Leadership In School Sport Award. Both Tanya and James have made a significant contribution to high school sport in CWOSSA and their respective schools for many years. The west region has been the real benefactor of their leadership.

The championships are all about the athletes and they did not disappoint the enthusiastic crowds that filled the stands at Alumni Stadium at The University of Guelph for the three days.

## Congratulations to the following athletes who were triple gold medal winners:

### JUNIOR MEN

Mark Skerl (Cardinal Newman – Hamilton)

### SENIOR MEN

Miles Misener- Daley (Westdale SS – Hamilton)

## Congratulations to the following athletes who were double gold medal winners:

### MIDGET WOMEN

Gabrielle Cole (J. Clarke Richardson – Ajax)

Haley Martin (Sacred Heart)

### MIDGET MEN

Christopher Morales (St. Elizabeth – Thornhill)

Ben Brewer (Kincardine)

### JUNIOR WOMEN

Jillian Catton (Notre Dame – Brampton)

Emma Pegg (Chatham – Kent)

Jenna James (Craig Kielburger)

### JUNIOR MEN

Eric Campbell (Sir Winston Churchill – St. Catharines)

### SENIOR WOMEN

Mackenzie Pierre-Webster (All Saints – Whitby)

### SENIOR MEN

Foster Malleck (St Mary's – Kitchener)

Anthony Argyropoulos (Holy Trinity – Richmond Hill)

### PARA MEN

Zach Gingras (Bill Crothers SS – Unionville)

## The following OFSAA records were broken during the 2019 Championships:

### MIDGET BOYS 400M

Christopher Moralis (St. Elizabeth) -49.14

### MIDGET BOYS 300M HURDLES

Ryder King (Ursula Franklin Academy) -39.24

### MIDGET BOYS POLE VAULT

Mauro Comin (John F. Ross) -3.76m

### JUNIOR BOYS 100M HURDLES

Mark Skerl (Cardinal Newman) -12.95

### SENIOR BOYS 400M

Myles Misener-Daley (Westdale SS) -45.71

### SENIOR GIRLS TRIPLE JUMP

Mahalia Mitchell (Marguerite D'Youville) -13.06m

### OPEN GIRLS 2000M STEEPLECHASE

Molly Strain (Adam Scott) -6:57.89

### PARA BOYS AMBULATORY 100M

Zachary Gingras (Bill Crothers SS) -11.91

### PARA BOYS VISUAL 100M

Austin Ingram (Valour) -11.26

### PARA GIRLS INTELLECTUAL 800M

Cassie Kemp (St. Catharines) -2:39.79

### PARA BOYS AMBULATORY SHOT PUT

Gabriel Ferron Bouius (Nepean) -11.92m

### PARA BOYS INTELLECTUAL SHOT PUT

Nathan Parcels (Norwood) -10.01m

### PARA GIRLS INTELLECTUAL SHOT PUT

Rebecca Dobbis (Cornwall CSV) -9.03m

### MIDGET GIRLS 4 X 100M RELAY

Father Henry Carr -48.86

### JUNIOR BOYS 4 X 100M RELAY

Our Lady of Mount Carmel -42.75

## The following Canadian Interscholastic records were broken during the 2019 Championships:

### SENIOR MEN 400M

Myles Misener-Daley (Westdale SS) -45.71

### OPEN GIRLS 2000 M STEEPLECHASE

Molly Strain (Adam Scott SS) -6:57.89

## Congratulations to the following schools for capturing the Division Championships:

### MIDGET WOMEN

Sacred Heart- Walkerton

### MIDGET MEN

ESC Paul-Desmarais- Stittsville

### JUNIOR WOMEN

Notre Dame- Brampton

### JUNIOR MEN

Our Lady of Mount Carmel- Mississauga

### SENIOR WOMEN

Dunbarton- Pickering

### SENIOR MEN

Thousand Islands SS- Brockville

### OVERALL WOMEN

Leaside HS- Toronto

### OVERALL MEN

Thousand Islands SS- Brockville

## We look forward to the University of Toronto hosting the 2020 OFSAA Championship.

### OFSAA Track & Field Results 2019

#### University of Guelph

# Indicates New OFSAA Record

! Indicates New Canadian Interscholastic Record

#### MIDGET WOMEN

#### 100M

1	Gabrielle Cole	J.C. Richardson- Ajax	12.05
2	Mackayla Francis	Sir John A Macdonald	12.20
3	Madison Armitage	Carleton Place	12.41
4	Kiana Brown	Thornlea SS- Thornhill	12.42
5	AbbyGail Byers	Elmira	12.42
6	Lemyah Hylton	Regina Mundi - London	12.44

#### 200M

1	Gabrielle Cole	J.C. Richardson- Ajax	25.18
2	Mackayla Francis	Sir John A Macdonald	25.20
3	Emily Martin	St. Joan of Arc- Barrie	25.98
4	Kristie Anyaogu	Father Henry Carr- Toronto	26.03
5	Sierra DiMarino	St. Joan of Arc- Maple	26.43
6	Nia Grose	Sinclair SS- Whitby	26.49

#### 400M

1	Mackayla Francis	Sir John A Macdonald	55.98
2	Emily Martin	St. Joan of Arc- Barrie	57.28
3	Maddie White	Medway- London	57.43
4	Sierra DiMarino	St. Joan of Arc- Maple	57.72
5	Erin Lou	Westdale SS- Hamilton	58.46
6	Madison Fearon	Bramalea SS	58.74

#### 800M

1	Madison Fearon	Bramalea SS	2:17.91
2	Ella Jackson	Brooklin	2:20.00
3	Kayla Sanderson- Kirby	Richview Cl- Toronto	2:21.69
4	Caden Lee	Aurora HS	2:23.03
5	Isabella Goveia	Winston Churchill- St. Catharines	2:23.94
6	Lexy Rivard	Leaside HS- Toronto	2:26.67

#### 1500M

1	Ella Jackson	Brooklin	4:37.34
2	Aysia Maurice	Humberview- Bolton	4:37.95
3	Sierra Rodrigues	St. Michael's- Bolton	4:45.84
4	Maria Sandor	Donald A. Wilson- Whitby	4:48.74
5	Hailey Abbott	Collingwood Cl	4:49.77
6	Caleigh Pribaz	Northern SS- Toronto	4:51.92

#### 3000M

1	Aysia Maurice	Humberview- Bolton	10:20.55
2	Sierra Rodrigues	St. Michael's- Bolton	10:25.02
3	Sofia Bowe	Etobicoke School of Arts- Toronto	10:26.22
4	Reese McShane	Holy Cross- Kingston	10:33.75
5	Dale Kenny	Carleton Place	10:34.49
6	Grace Cousineau	Martingrove Cl- Toronto	10:36.59

#### 80M HURDLES

1	Hailey Reid	St. Mary- Hamilton	11.92
2	Jade Celestine	Pickering HS- Ajax	11.97
3	Ella Asumang	Kitchener Waterloo	12.05
4	Charlotte Bishop	Glenview Park- Cambridge	12.29
5	Lucinda Pollitt	St. Clement's School- Toronto	12.14
6	Gillian Gough	Holy Names- Windsor	12.49

#### 300M HURDLES

1	Jade Celestine	Pickering HS- Ajax	45.05
2	Brianna Rand	Lord Dorchester- Dorchester	45.44
3	Reyne Rodrigues	Brooklin	45.65
4	Ella Asumang	Kitchener Waterloo	45.68
5	Kyra McKibbin	Essex	46.41
6	Cadance Nelson	Essex	47.21

#### HIGH JUMP

1	Kate Plumb	London South	1.60m
2	Precious Drub	St. Basil- The Great- Toronto	1.60m
3	Erika Graham	St. Anne- Clinton	1.55m
4	Avery Oestreicher	Walkerton	1.55m
5	Abigail McAlpine	Marc Garneau- Trenton	1.55m
6	Genevieve Mackay	Valour- Petawawa	1.55m

#### POLE VAULT

1	Anna Kistulinc	Blenheim DHS	3.10m
2	Lisa Caruso	Oakridge SS- London	3.00m
3	Daniela Beckett	Mother Teresa	3.00m
4	Brynn Miller	Bishop PF Reding- Milton	2.90m
5	Sierra McLaren	Georgian Bay DSS- Penetang	2.80m
6	Amber Judge	Mitchell DHS	2.70m

#### LONG JUMP

1	Peace Omonzane	St. Edmund Campion- Brampton	5.63m
2	Shana Van Eldren	St. Thomas Aquinas- Brampton	5.45m
3	Tolu Akinduro	North Albion- Toronto	5.24m
4	Isabella Ahmed	St. Maximilian Kolbe- Aurora	5.17m
5	Kristy Yang	A Y Jackson- Toronto	5.17m
6	Thea Lawson	Notre Dame- Welland	5.13m

#### TRIPLE JUMP

1	Tolu Akinduro	North Albion- Toronto	11.59m
2	Ava Mastronardi	St. Anne- Windsor	11.31m
3	Miya Nero-Boswell	St. Martin SS- Mississauga	11.16m
4	Lucinda Pollitt	St. Clement's School- Toronto	10.80m
5	Natalie Picton	Notre Dame- Welland	10.73m
6	Csenge Lodi	Cardinal Carter CHS- Aurora	10.51m

#### SHOT PUT

1	Rose Forshaw	ES L'Essor- Tecumseh	12.22m
2	Harley Martin	Sacred Heart	11.59m
3	Bronwyn Allen	North Park- Bradford	11.16m
4	Martina De Buglio	St. Basil- The Great- Toronto	10.85m
5	Sheridan Sneek	Port Colborne HS	10.84m
6	Mikayla Kallian	Sutton West	10.74m

#### DISCUS

1	Harley Martin	Sacred Heart	35.31m
2	Jessie Buck	Orillia SS	34.22m
3	Alexis Wright	Centennial- Welland	31.19m
4	Rose Forshaw	ES L'Essor- Tecumseh	30.86m
5	Madison Gaudreau	St. Joseph's- Windsor	29.00m
6	Jayne Marcotte	Timmins HVS	27.83m







## DISCUS

1	Anthony Argyropoulos	Holy Trinity- Richmond Hill	54.16m
2	Tye McSorley	St. Marcellinus- Mississauga	53.83m
3	Jeremy Elliott	Sacred Heart	50.61m
4	Frank Vreugdenhill	Quinte Christian- Belleville	49.68m
5	Brandon Ovington	West Carleton	49.39m
6	Osa Osaghea	St. Peter- Barrie	48.44m

## JAVELIN

1	Wariso Dullo	Gloucester HS	57.94m
2	Bailey Couch	Woodstock	57.62m
3	Mac Douglas	Valour- Petawawa	57.59m
4	Jared O'Riley	College Avenue SS- Woodstock	56.65m
5	Nathan D'Costa	Governor Simcoe SS- St. Catharines	54.69m
6	Jeremy Piazzi	La Salle SS- Kingston	54.59m

## 4 X 100M RELAY

1	St. Edmund Campion- Brampton	41.63
2	St. Michael's College- Toronto	42.56
3	Sandwich SS- La Salle	43.03
4	Appleby College- Oakville	43.25
5	Francis Libermann- Toronto	43.26
6	Pickering HS- Ajax	43.46

## 2000M STEEPLECHASE

1	Kevin Robertson	Bell HS- Ottawa	5:47.55
2	Liam Walsh	Bayside SS- Belleville	5:55.86
3	Will Cox	Colonel By- Gloucester	5:56.97
4	Noah Costa	Vincent Massey- Windsor	6:00.65
5	Ben Miske	Port Credit SS- Mississauga	6:01.15
6	Daniel Rosen	Lawrence Park CI- Toronto	6:04.61

## 4 X 400M RELAY

1	St. Edmund Campion- Brampton	3:19.86
2	Thousand Islands SS- Brockville	3:20.32
3	Holy Cross- Kingston	3:21.23
4	Birchmount Park CI- Toronto	3:21.27
5	St. Thomas Aquinas- Brampton	3:22.38
6	St. Michael's College- Toronto	3:23.54

## PARA EVENTS

### WOMEN - 100M AMBULATORY

1	Brittney Yurek	Twin Lakes SS- Orillia	18.01
2	Mariah Garcia	Woburn CI- Toronto	18.51
3	Abby Miller	Meadowdale SS- Mississauga	18.75
4	Kaitlyn Rivait	Mackenzie	20.92
5	Carly Gomes	St. John Paul II	41.73

### MEN - 100M AMBULATORY

1	Zachary Gingras	Bill Crothers SS- Unionville	11.91#
2	Erik Kuchemann	Notre Dame- Welland	13.48
3	Scott Verbeek	Port Colborne HS	13.58
4	Gabriel Ferron-Bouius	Nepean HS	14.47
5	Jordan Jeyanthan	J.Clark Richardson- Ajax	19.72
6	Bowen Chen	Woodroffe	20.44

### WOMEN - 100M VISUALLY IMPAIRED

1	Scarlett Lowrie	F.J. Brennan- Windsor	16.96
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### MEN - 100M VISUALLY IMPAIRED

1	Austin Ingram	Valour- Petawawa	11.26#
2	Tiago Brum	Bishop Tonnos- Ancaster	13.43
3	Haydn Leaf	Brockville CI	14.61
4	Bidhalyh Sanon	F.J. Brennan- Windsor	17.45

### WOMEN - 100M INTELLECTUALLY IMPAIRED

1	Kyla Rodrigue	Woodstock	13.49
2	Shannon Swinson	Beamsville DSS	14.62
3	Cassie Kemp	St. Catharines CIV	15.05
4	Jadyn Collins	Uxbridge	15.37
5	Tara Oshodi	Madonna- Toronto	15.59
6	Mackenzie Donaldson	Resurrection- Kitchener	15.71

## MEN - 100M INTELLECTUALLY IMPAIRED

1	Andre Ferguson	Westview Freedom Academy	12.02
2	Terrin Waltin	W.F. Herman- Windsor	12.09
3	Nathan Nowak	Regiopolis- Notre Dame- Kingston	12.15
4	Carter Smellie	J.Clark Richardson- Ajax	12.31
5	Jacob Balan	St. Marcellinus- Mississauga	13.03
6	Andres Rolon	St. Catharines CVI	13.04

## WOMEN - 200M WHEELCHAIR

1	Paige Nevestuk	Blessed Trinity	1:05.37
2	Abbey LeBlanc	Alexander MacKenzie SS	1:18.32
3	Kanice Mclean	Governor Simcoe SS- St. Catharines	1:31.42

## MEN - 200M WHEELCHAIR

1	Mason Sajder	Jean Brebeuf	54.80
2	Wilson Gostick	Centennial- Welland	1:00.98
3	Connor McGowan	Christ The King SS- Georgetown	1:01.15

## WOMEN - 800M VISUALLY IMPAIRED

No Entries

## MEN - 800M VISUALLY IMPAIRED

1	Josh Roberto	Paul Dwyer CHS- Oshawa	2:22.01
2	Tiago Brum	Bishop Tonnos CHS- Ancaster	2:28.78

## WOMEN - 800M AMBULATORY

1	Sarah Gillies	Orangeville	2:44.09
2	Brittany Yurek	Twin Lakes SS- Orillia	3:56.25

## MEN - 800M AMBULATORY

1	Zachary Gingras	Bill Crothers SS- Unionville	2:11.40
2	Jack Revell	Sydenham HS	2:36.14
3	Gabriel Ferron-Bouius	Nepean HS	2:40.91
4	Scott Verbeek	Port Colborne	2:59.49
5	Bowen Chen	Woodroffe	4:33.69

## WOMEN - 800M INTELLECTUALLY IMPAIRED

1	Cassie Kemp	St. Catharines CVI	2:39.79#
2	Shannon Swinson	Beamsville DSS	3:01.11
3	Paige Heffernan	Sydenham HS	3:10.05
4	Deanna Donnelly	Port Colborne CHS	3:23.27
5	Sydney Pratt- Vallier	La Salle SS- Kingston	3:25.77
6	Cheyenne Robinson	Timiskaming DSS- New Liskeard	3:37.56

## MEN - 800M INTELLECTUALLY IMPAIRED

1	Antonio Fricano	Bishop Tonnos- Ancaster	2:21.77
2	Corey McCaugherty	Sydenham HS	2:22.87
3	Jacob Balan	St. Marcellinus	2:23.74
4	Andres Rolon	St. Catharines CIV	2:26.31
5	Mark Cheek	Huntsville	2:27.03
6	Nathaniel Cardinal	Port Hope HS	2:35.10

## WOMEN - SHOT PUT - AMBULATORY

No Entries

## MEN - SHOT PUT - AMBULATORY

1	Gabriel Ferron-Bouius	Nepean HS	11.92m#
2	Scott Verbeek	Port Colborne HS	8.40m
3	Emilio Zuniga	Mayfield SS- Caledon	7.76m

## MEN - SHOT PUT - INTELLECTUALLY IMPAIRED

1	Nathan Parcels	Norwood DHS	10.01m#
2	Isaac Ellis	Kapusking DHS	9.76m
3	Evan Brascoupe	St. Catharines CIV	8.96m
4	Evan Goertz	Bluevale CI- Waterloo	8.95m
5	Danny Champagne	Cornwall CSV	8.82m

## WOMEN - SHOT PUT - INTELLECTUALLY IMPAIRED

1	Rebecca Dobbs	Cornwall CSV	9.03m#
2	Deanna Donnelly	Port Colborne HS	8.09m
3	Mackenzie Donaldson	Resurrection- Kitchener	7.77m
4	Brianna Clow	Sydenham	7.03m
5	Shannon Swinson	Beamsville DSS	6.79m
6	Skyler Sears	Sydenham HS	6.55m

## TEAM RANKINGS

### MIDGET GIRLS

		POINTS
1	Sacred Heart- Walkerton	28
2	Sir John A Maconald- Toronto	26
3	Brooklin HS	24
4	J.Clark Richardson- Ajax	20
5	Pickering- Ajax	18
5	Humberview SS- Bolton	18

### JUNIOR GIRLS

1	Notre Dame- Brampton	28
1	Lo- Ellen Park SS- Sudbury	28
3	Leaside HS	26
4	Sandwich SS- La Salle	21
5	Chatham- Kent	20
5	Father Henry Carr- Toronto	20

### SENIOR GIRLS

1	Dunbarton- Pickering	34
2	Leaside HS- Toronto	32
2	Chatham- Kent	32
4	Sandwich SS- LaSalle	24
5	Father Henry Carr- Toronto	20
5	All Saints- Whitby	20

### MIDGET BOYS

1	ESC Paul- Desmarais- Stittsville	22.50
2	St. Elizabeth- Thornhill	22
3	St. Thomas Aquinas- Brampton	21
3	St. Michael's College- Toronto	21
5	Appleby College- Oakville	20
5	Kincardine	20

### JUNIOR BOYS

1	Our Lady of Mt Carmel- Mississauga	39
2	Essex	34
3	Cardinal Newman SS- Hamilton	30
4	Guelph CVI	24
4	McKinnon Park- Caledonia	24
6	Westmount- Hamilton	20

### SENIOR BOYS

1	Thousand Islands SS- Brockville	41
2	St. Edmund Campion CSS- Brampton	33
3	Westdale SS- Hamilton	30
4	East Northumberland- Brighton	26
5	Birchmount Park- Toronto	23
6	Three Schools tied with 20	20

### OVERALL GIRLS

1	Leaside HS- Toronto	61
2	Father Henry Carr	55
3	Sandwich SS- LaSalle	53
4	Chatham- Kent	52
4	Sacred Heart- Walkerton	37
6	Dunbarton- Pickering	31

### OVERALL BOYS

1	Thousand Islands SS- Brockville	51
2	Bill Crothers SS- Unionville	41.50
3	St. Edmund Campion CSS- Brampton	41
4	Essex	40
5	Our Lady of Mt Carmel- Mississauga	39
6	St. Michael's College- Toronto	32

# OFSAA Committees and Chairs

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<b>Volleyball</b>	Pat Farrell, Regiopolis Notre Dame	P: 613.545.1902	farrell@alcdsb.on.ca
<b>Co-chair</b>	Andrea Lackovic, Westmount SS	P: 905.385.5395	alackovi@hwdsb.on.ca
<b>Wrestling</b>	Dave Hawkins, Tecumseh Vista Academy	P: 519.739.2189	dave.hawkins@publicboard.ca

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## THE OFFICIAL OFSAA HOTEL SUPPLIER

Holiday Inn Barrie Hotel & Conf. Centre	705-728-6191	Comfort Inn Orillia	705-327-7744
Comfort Inn Belleville	613-966-7703	Comfort Inn Ottawa East	613-744-2900
Hilton Garden Inn Burlington	905-631-7000	Comfort Inn Ottawa West	613-592-2200
Holiday Inn Burlington Hotel & Conf. Centre	905-639-4443	Holiday Inn & Suites Ottawa Kanata	613-271-3057
Homewood Suites Burlington	905-631-8300	Marriott Ottawa	613-238-1122
Comfort Inn Cambridge	519-658-1100	Les Suites Hotel Ottawa	613-232-2000
Comfort Inn Cobourg	905-372-7007	Comfort Inn Parry Sound	705-746-6221
Comfort Inn Dryden	807-223-3893	Comfort Inn Pembroke	613-735-1057
Holiday Inn Guelph Hotel & Conf. Centre	519-836-0231	Comfort Inn Pickering	905-831-6200
Comfort Inn Hamilton	905-560-4500	Comfort Inn Sault Ste. Marie	705-759-8000
Comfort Inn Kapuskasing	705-335-8583	Comfort Inn Simcoe	519-426-2611
Comfort Inn Kenora	807-468-8845	Comfort Inn Sudbury Regent St	705-522-1101
Comfort Inn Kingston 401	613-546-9500	Comfort Inn Sudbury 2 <sup>nd</sup> Ave	705-560-4502
Holiday Inn Kingston Waterfront	613-549-8400	Comfort Inn Thunder Bay	807-475-3155
Delta London Armouries	519-679-6111	Comfort Inn Timmins	705-264-9474
Comfort Inn Newmarket	905-895-3355	Holiday Inn Express Toronto Downtown	416-367-5555
Holiday Inn Express North Bay	705-476-7700	Comfort Inn Waterloo	519-747-9400



 **OFSAA**

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

**EDUCATION THROUGH SCHOOL SPORT**

**LE SPORT SCOLAIRE :  
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