

The Bulletin



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

Ontario Federation of School Athletic Associations

305 Milner Avenue, Suite 207 Toronto, Ontario M1B 3V4

Phone: (416) 426-7391

Website: www.ofsaa.on.ca

Publications Mail Agreement Number: 40050378

STAFF

Executive Director	Doug Gellatly	P: 416.426.7438	doug@ofsaa.on.ca
Assistant Director	Shamus Bourdon	P: 416.426.7440	shamus@ofsaa.on.ca
Communications Coordinator	Pat Park	P: 416.426.7437	pat@ofsaa.on.ca
Operations Coordinator	Beth Hubbard	P: 416.426.7439	beth@ofsaa.on.ca
Sport Coordinator	Tim Larry	P: 613.848.2855	tim@ofsaa.on.ca
Sport Coordinator	Jim Barbeau	P: 613.962.0148	jim@ofsaa.on.ca
Sport Coordinator	Brian Riddell	P: 416.904.6796	brian@ofsaa.on.ca

EXECUTIVE COUNCIL

President	Nick Rowe, Etobicoke CI	P: 416.394.7840	nick.rowe@tdsb.on.ca
Past President	Jennifer Knox, Kenner CI	P: 705.743.2181	jennifer_knox@kprdsb.ca
Vice President	Carolyn Chesney, John F. Ross CI	P: 519.822.7090	carolyn.chesney@ugdsb.on.ca
Metro Region	Eva Roser, St. John Henry Newman CHS	P: 416.393.5519	eva.roser@tcdsb.org
East Region	Courtney Beaulne, A.Y. Jackson SS	P: 613.836.2527	courtney.hyndman.beaulne@ocdsb.ca
West Region	Michele Van Bargaen, Strathroy DCI	P: 519.245.8488	m.vanbargaen@tvdsb.ca
South Region	Bob Gardiner, Dundas Valley SS	P: 905.628.2203	rgardine@hwdsb.on.ca
Central Region	Shawn Morris, Stephen Lewis SS	P: 905.326.7994	shawn.morris@yrdsb.ca
North Region	Tim Lowe, ES Algonquin	P: 705.472.8240	lowet@franco-nord.ca
CODE	Linda Staudt, London Catholic DSB	P: 519.663.2088 x 40002	lstaudt@ldcsb.ca
CODE	Manny Figueiredo, Hamilton-Wentworth DSB	P: 905.527.5092 x 2297	director@hwdsb.on.ca
CODE	André Blais, CSC Monavenir	P: 416.397.6564	ablais@cscmonavenir.ca
Member-at-Large	Linda de Jeu	P: 705.927.8605	lindadejeu@gmail.com
Member-at-Large	Barry Mutrie	P: 519.270.4461	abmut01@gmail.com

REPRESENTATIVES' COUNCIL

CISAA	Fraser Bertram, Crescent School Ashley Willis, Toronto Montessori Schools	P: 416.449.2556 P: 907.780.1002	fbertram@crescentschool.org awillis@tmsschool.ca
COSSA	Brian Poste, North Hastings DHS Leslie Creeden, IE Weldon SS	P: 613.332.1220 P: 705.324.3585 x 19017	bposte@hpedsb.on.ca leslie.creeden@tdsb.on.ca
CWOSSA	Johnny Forte, Cameron Heights CI Pamela Robinson, Simcoe Composite	P: 519.578.8330 P: 519.426.4664 x 501240	johnny_forte@wrdsb.ca pamela.robinson@granderie.ca
EOSSAA	Suchetan James, Limestone DSB Katherine Adams, Glengarry DHS	P: 613.544.6920 P: 613.525.1066	james@limestone.on.ca Katherine.adams@ucdsb.on.ca
GBSSA	Val Hargreaves, Eastview SS Stephen Urbach, Innisdale SS	P: 705.728.1321 P: 705.726.2552	vhargreaves@scdsb.on.ca surbach@scdsb.on.ca
GHAC	Mark Freeman, Notre Dame CSS Carolyn Mossey, St. Jean de Brebeuf SS	P: 905.335.1544 P: 905.388.7020	freemanm@hcdsb.org mosseyc@hwcdsb.on.ca
LOSSA	TBA Linda Correia, Dunbarton HS	P: 905.839.1125	linda.correia@ddsbs.ca
NCSSAA	Mike Rowley, St. Mother Teresa CSS Courtney Beaulne, A.Y. Jackson SS	P: 613.823.1663 P: 613.836.2527	michael.rowley@ocsb.ca courtney.hyndman.beaulne@ocdsb.ca
NEOAA	Sheldon Belanger, Kapuskasing DHS Anita Anderson, Englehart HS	P: 705.367.6164 P: 705.544.2337	sheldon.belanger@dsb1.ca anita.anderson@dsb1.ca
NOSSA	Tim Lowe, ES Algonquin Kim Chezzi, Lively District SS	P: 705.472.8240 P: 705.692.3671	lowet@franco-nord.ca chezzik@rainbowschools.com
NWOSSAA	David McCallum, Westgate CVI Jennifer Huhta, Nipigon-Red Rock DHS	P: 807.577.4251 P: 807.886.2201 x 221	david_mccallum@lakeheadschools.ca jhuhta@sgdsb.on.ca
ROPSSAA	Sean McCabe, Loyola CSS Kelly Gouveia, Fletcher's Meadow	P: 905.820.9822 x 66142 P: 905.495.2675 x 424	sean.mccabe@dpccsb.org kelly.gouveia@peelsb.com
SOSSA	Bob Gardiner, Dundas Valley SS Jill Stiefelmeyer, Governor Simcoe SS	P: 905.628.2203 P: 905.934.4006	rgardine@hwdsb.on.ca jill.stiefelmeyer@dsbn.org
SWOSSAA	James Clarke, John McGregor Stacey Ditchfield, St. Anne Catholic HS	P: 519.354.1740 x 11655 P: 519.727.8908	james.clarke@lkdsb.net Stacey_ditchfield@wecdsb.on.ca
TDCAA	Richard Gallacher, St. Mother Teresa CSS Eva Roser, Blessed Cardinal Newman	P: 416.393.5538 P: 416.393.5519	richard.gallacher@tcdsb.org eva.roser@tcdsb.org
TDSSAA	George Kourtis, Toronto DSB Chris Reid, Lawrence Park CI	P: 416.396.6000 P: 416.393.9500 x 20030	george.kourtis@tdsb.on.ca chris.reid@tdsb.on.ca
	Jacque Doggett, Weston Collegiate Alisha Hunnisett, Sir John A MacDonald SS	P: 416.394.3250 X 20032 P: 416.396.6793	jacque.doggett@tdsb.on.ca alisha.hunnisett@tdsb.on.ca
WOSSAA	Tim Clayton, Mother Teresa CSS Michele Van Bargaen, Strathroy DCI	P: 519.675.4433 P: 519.245.8488	tclayton@ldcsb.ca m.vanbargaen@tvdsb.ca
YRAA	Shawn Morris, Stephen Lewis SS Liana Williams, Milliken Mills HS	P: 905.326.7994 P: 905.477.0072	shawn.morris@yrdsb.ca liana.williams@yrdsb.ca

ADVISORS

Ministry of Education	Kelly De Fogain	kelly.defogain@ontario.ca
Ministry of Heritage, Sport, Tourism and Culture Industries	Greg Theriault	greg.theriault@ontario.ca

Contents

Executive Director’s Letter.....2

OFSAA NEWS

Age Classifications 2020-213
Transfer Appeal Meeting Dates 2020-213
OFSAA Social Spotlight3
OFSAA TryDay.....4
OFSAA Conference.....4
Please Support OFSAA’s School Sport Sponsors.....5
Statement from Nick Rowe6
The OFSAA TIMEOUT Podcast6
Subscribe to OFSAA’s E-Newsletter6
CIAAA.....8
Coaching In Ontario Schools.....8
5 Secrets to Coaching a Sport You’ve Never Played.....9-10
Athletic Council: The Unsung Heroes of High School Sports11-13

EVENTS

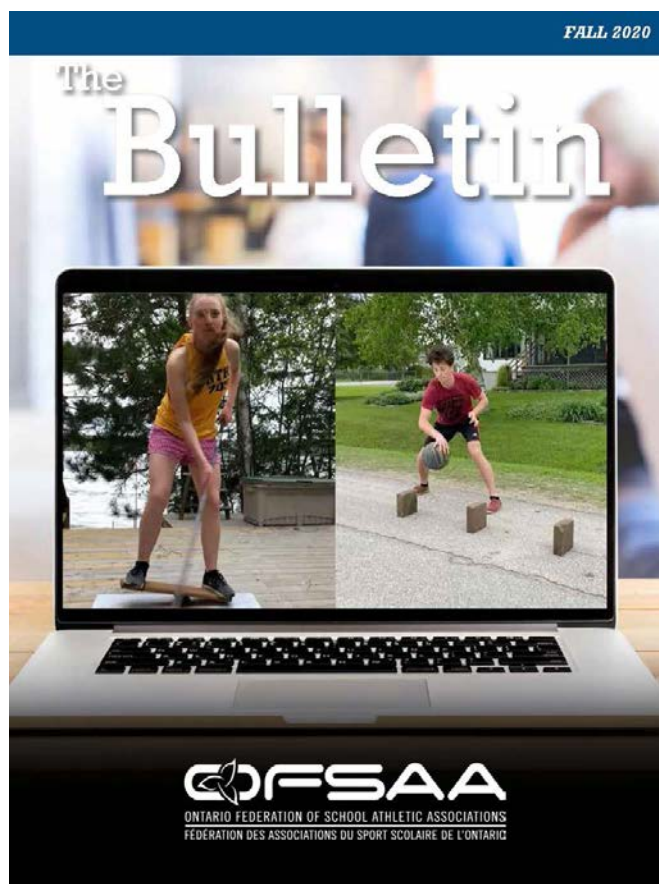
2020-21 OFSAA Championship Calendar14-15

OFSAA NEWS CONTINUED

Personal Resiliency Tips During the COVID-19 Pandemic...16
Psychological Implications of Returning Post-Isolation.....18-19
9 Ways to Support Mental Health During Lockdown.....20
Maintain Motivation To Train At Home.....21
Safely Social Distancing.....22

SCHOLARSHIPS & AWARDS

OFSAA Alumni Scholarship Recipients.....22-23
Brian Maxwell Memorial Scholarship Winners24-26
OFSAA Leadership in School Sport Award Recipients27
OFSAA Team Sportsmanship Award Recipients27
Pete Beach Award Winners28



ON THE COVER

OFSAA’s Advocacy Committee is very pleased to share their short promotional video which shines the light on the athletic determination of students at home during the pandemic. Please view the video, in English or French, at the OFSAA YouTube Channel by going to the QR Code below. Thanks for watching! #LETSGO



PHOTOGRAPHY CREDITS

Back Cover – Tennessee Tremain



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

A Word from Doug Gellatly, OFSAA Executive Director



It has been six months since the COVID-19 pandemic forced the closure of schools and the cancellation of a portion of the OFSAA winter championships, and subsequently the entire spring and fall seasons. As students, teachers and administrators return to an adjusted school environment, the fate of the winter and spring OFSAA events is uncertain.

Decisions will be made as each of those seasons draws closer, and will be based upon government regulations, health and safety considerations and the status of school sport around the province.

One thing that is obvious over the past several months, is that the pandemic has accelerated the use of technology to help organizations and companies function. Aside from online teaching, virtual meetings are now commonplace and the OFSAA Annual General Meeting was conducted last June using the Zoom platform.

As we head into a new school year, and with the possibility of no events at least for the fall season, we have transitioned to new programs and delivery methods. For example, our annual conference, which typically takes place in person, has been moved to a virtual format. This will occur on October 22, 23 and 24 with a full roster of presenters and topics, including an athlete panel hosted by CBC's Scott Russell and featuring Cassie Campbell-Pascall and Phylicia George, among others. The conference is suited for coaches, athletic directors, and new this year, will be sessions for student leaders. Beginning the week of September 21, please check out ofsaa.on.ca for more information and the fee for the conference is only \$25. Please note, the times have been set so they do not conflict with the school day.

Here is a list of other initiatives we have planned. Please go to our website for more details or contact me at doug@ofsaa.on.ca if you have any questions.

- Virtual sport contests (launching in October)
- Free one hour coach workshops (starting in November)
- Webinar formats for the Coaching in Ontario Schools course and the Canadian Interscholastic Athletic Administrators courses
- A student contest to design the new OFSAA mascot
- Monthly podcast release
- New online shop for OFSAA-branded merchandise

We are hopeful we will again be able to offer the Try Day program to schools, and details will be released when they become available. This program has been widely popular among schools for 15 years and is a great way to introduce students to a new, non-traditional sport or physical activity.

Please keep apprised of these and other opportunities through the OFSAA website and social media channels.

OFSAA continues to recognize the vital role of sports in education, and whenever possible, encourages the engagement of students in sports and activity for the benefit of their physical and mental well-being. The feasibility of such activities should be assessed by each school and school board in consultation with appropriate groups such as local public health. Ophea has also developed safety protocols which schools will find as a useful resource.

We send best wishes for a successful school year, and please contact the OFSAA staff if you have any questions or if we can be of assistance.

A handwritten signature in dark ink that reads "Doug Gellatly". The signature is fluid and cursive, with the first name being particularly prominent.

Doug Gellatly
Executive Director

Age Classifications for the 2020-21 School Year

For the 2020-21 school year, a Novice (formerly classified as "Midget") will be born in 2006 or later and may only compete at OFSAA in the Novice category for one year in Grade 9. A Junior will be born in 2005 or 2006 and a Senior will be born in 2001 or later.

2000 or earlier	Ineligible
2001	Senior
2002	Senior
2003	Senior
2004	Senior
2005/06	Junior
2006	Novice

How old was the student on January 1, 2020?

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.

2020-2021 Transfer Appeal Meeting Dates

Deadline for Applications Meeting Date

Mon., Sept. 28, 2020	Thurs., Oct. 8, 2020
Wed., Oct. 21, 2020	Thurs., Nov. 5, 2020
Mon., Nov. 30, 2020	Tues., Dec. 15, 2020
Wed., Feb. 3, 2021	Thurs., Feb. 18, 2021
Wed., April 7, 2021	Thurs., April 22, 2021

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.

Education Through School Sport



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



Education Through School Sport

VIRTUAL EVENT

Oct. 22 5-8:30 pm
Oct. 23 5-9 pm
Oct. 24 9-12 pm

- PD For Coaches & AD's
- Leadership Sessions For Students
- Intro To Throws & Flag Football
- The Olympic Athlete Panel & Much More

REGISTER AT:

ofsaa.connectedcommunity.org



Scott Russell
CBC Sports



Cassie Campbell-Pascall
Hockey Night In Canada



Nick Foligno
Columbus Blue Jackets





TRYday

For updated information
please check ofsaa.on.ca
and social media



Please Support OFSAA's School Sport Sponsors

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

Badminton

Yonex

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



Black Knight

- Official badminton eyewear provider of OFSAA



Baseball

Mizuno

- Official baseball of OFSAA: Mizuno MB380



Basketball

Molten

- Official basketball of OFSAA: GG-X Series



Nike

Official sponsor



Football

Baden

- Official footballs of OFSAA: F7000L & F9C



Soccer

Molten

- Official soccer ball of OFSAA: Molten F5G 4800 official game ball



Volleyball

Baden

- Official volleyball of OFSAA: Baden VCOR



Accommodations

InnVest Hotels

- Official hotel partner of OFSAA



Character Athlete Award

Jostens

- Official sponsor of OFSAA



The Top “Engagement” Tweet of 2020



OFSAA @OFSAA · Aug 12
OFSAA Statement (August 12, 2020)

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

August 12, 2020

Statement from Nick Rowe, OFSAA President:

On behalf of our Executive Council and staff, OFSAA has come to the difficult decision of cancelling the 2020 fall championships and festivals that were scheduled for October and November.

The decision is in alignment with the province's Stage 3 reopening regulations. Those regulations apply a number of restrictions to sports and recreation activities that ultimately prohibit the possibility of OFSAA events.

OFSAA established a Return To Sports Working Group in May. This working group is comprised of school administrators, teachers, a director of education, a public health official and OFSAA staff.

12 211 111



the **OFSAA**
TIMEOUT
Podcast

Available Now!
SPECIAL GUEST GERRY DEE

The OFSAA “TIMEOUT” Podcast is a fun and informative platform used to promote the efforts of individuals and the initiatives in school sport around the province. Be sure to check it out on your favourite apps, like Apple Podcasts and Spotify, or at anchor.fm/ofsaatimeout.

You can also find out more about this new initiative, and listen to the podcasts, by going to www.ofsaa.on.ca/Campaigns.

SPREAD THE WORD! Tell your friends, family and colleagues to **SUBSCRIBE and LISTEN!** Thanks for listening.

Subscribe to OFSAA's E-Newsletter

Stay updated on all of our awards, key dates, programs, conferences, scholarships, recognition, sponsorships and championships. Delivered via email in January, April, June and September, the newsletter has the OFSAA brand covered. Don't miss out!

Individuals can subscribe to the newsletter through any of the pages on our website at ofsaa.on.ca.



ALL NEW MERCH AT

The OFSAA Shop



GET YOURS TODAY!

POWERED BY



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

canuckstuff

www.canuckstuff.com
(416) 299-1704

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

EXCLUSIVE
RETAILER OF




Canadian Interscholastic Athletic Administrators Association – CIAAA



This is a joint venture between OFSAA and the Canadian Interscholastic Athletic Administrators Association that promotes, supports and trains existing and aspiring Athletic Directors/Coordinators.

OFSAA, in cooperation with the CIAAA, delivered our first ever online course for Athletic Directors during the month of February. CREATING YOUR ATHLETIC HANDBOOK (602C) was delivered over three nights with each session 1 hour in duration. Participants then had time to work on their handbooks between sessions and bring back questions and ideas to instructors and fellow participants for the next class. Ten Athletic Directors from across Canada brought varying levels of experience to the course and they were joined by three OFSAA/CIAAA trained instructors.


Look for online and in person course offerings from our OFSAA/CIAAA trained staff in 2020-21. If you have further questions, please contact Jim Barbeau at jim@ofsaa.on.ca and please visit the CIAAA website at www.ciaaa.ca for additional information.



2020–2021 OFSAA Promotional Offer



Molten's NEW F5A4900 Soccer Ball


The Official Soccer Ball of OFSAA



ELITE COMPETITION

SPECIAL OFFER Buy 3, get 1 FREE!



F5A4900
MSRP \$72.99

FIFA APPROVED and NFHS Approved, Premium high gloss PU cover, Hand cross-stitched, 4-ply lamination with foam backing, High density latex bladder*, Size 5 only, 1-year warranty.

MOLTEN USA
1170 Trademark Dr, Suite 109
Reno, NV 89521
(800) 477-1994

For more information or to order, please contact:

Kahunaverse Sports Group (877) 632-3755 info@kahunaverse.com	Marchant's School Sport (877) 439-9400 sales@marchants.com	Sports Equipment of Toronto (800) 925-0002 jd@sportsequipmentoftoronto.com	T. Litzen Sports (800) 603-5164 sales@tlitzen.com	VSP Sports (877) 677-1954 info@vsp.net
---	---	---	--	---

*Offer valid on above products through June 30, 2021



OFSAA

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! Online courses are available in both english and french. Please contact Shamus Bourdon at shamus@ofsaa.on.ca or 416-426-7440.

Out of Your League: 5 Secrets to Coaching a Sport You've Never Played

By Lindsay Reynen

Have you been asked to coach a sport that you don't know much about? Maybe you are hesitant to get involved because you aren't an expert in the sport you are being asked to coach. If the main goal as athletic educators is to increase participation and get more students involved in sports, we need to be able to offer a variety of individual and team experiences – but in order to do this, we may need to step out of our comfort zones and take a risk. Read on for some tips on how to create a positive learning experience for your athletes as well as yourself as you coach a sport you've never played.

Be confident



Open and honest communication with your team is important. You should be upfront with your players. Tell them that you are new to the sport and you are excited to take on a challenge. Does the team need to know you've never done a particular drill, or you don't know the best strategy to use in every situation? Absolutely not. Do your research and then have confidence in your decisions. You will earn more respect from your athletes if you are purposeful and confident in your actions than if you constantly second-guess yourself. For example, let's say you want to work

on blocking in volleyball. If you ask experienced volleyball coaches what the best drill is for learning blocking technique, they will all give you slightly different tips and ideas. There is no one right way. Have confidence in picking the drill you think will work best and present it to your team.

Get online



You can find warm-ups, skill breakdowns, drills, strategies and more online. There is almost too much information – it can be overwhelming. Guidebooks can be helpful but looking at x's and o's on a page can be confusing. So, what's the best approach? You can try watching YouTube videos. Watching athletes move across the playing area while listening to the coach's directions will show you exactly how to implement the drill. Listening to the videos introduces you to the sport-specific lingo that goes with the sport. You'll be able to tell your team to "shag" the volleyballs or complete a "fartlek" run. Slowly, as you watch the videos and plan your practices over the season, you will begin using this language without even thinking about it.

27	16
SCHOOLS	SPORTS

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

FOR MORE INFORMATION,
PLEASE VISIT WWW.OCAA.COM



/THEOCAA



/THEOCAA

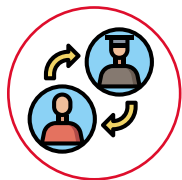


/THEOCAA



Browse the internet for practice schedules posted by other schools. It may not be exactly what you want to use but it will give you an idea of how to plan your season. When I first took on the cross-country team, I didn't realize there were so many ways to practice running. After researching workouts online, I gained a better understanding of how to build a runner up using a variety of runs including hill repeats, tempos, long slow interval, and race pace runs.

Find a mentor



Although you can find everything you need online, it can help to have an expert on hand to learn common training routines. This can be a retired teacher, graduated student, parent volunteer or a teacher from another school.

I was lucky enough to work with a retired teacher who came back to volunteer with the teams she used to coach. At the beginning of the season, she came to every practice and I observed and assisted. After practice, I recorded everything we did. The handover of the team was a smooth transition where I gradually took on more of a role until, I learned the routine. Once she felt I had a grasp of the training program, she came to practice only a few times a week. At first, the team members would always ask if the other coach was coming. It took some time for them to gain confidence in me. I had to prove to the team that I had the ability to lead them to success. Finding a mentor that can come to a practice here and there can be valuable to your development.

Keep in mind that it is important to find a mentor whose goal is to develop you as a coach. All too often, an expert coach will come in and take over the team. This will reduce the authority of the true coach. Choose your mentor carefully and make sure to communicate what you hope to accomplish together.

Rely on your leaders



Identify the players on your team that have participated in the sport before and have a good rapport with the team. Pump up your potential leaders and reward them with praise for leading the group through simple tasks such as warm-ups or tracking jersey numbers.

There are several benefits to encouraging leadership on your team: They will have your back in tense situations. They may say, "I think we're out of rotation, maybe you should call a time out?" or "Jacob's getting frustrated- he's going to foul out soon!" Your leaders will also help take the load off you and allow you to concentrate on fewer tasks. Having a group of students set up the flags for the championship soccer game will give you the time to greet the opposing team and double check your line up.

Developing student leaders will help you raise team players that aren't dependent on the coach. Your players will be able to think for themselves and use each other to problem solve. If a player is constantly looking to the coach for direction, they are not using critical thinking or teamwork skills to get through a situation. In this case, having a coach that doesn't know everything about the game will make for stronger, more independent, confident players.

You're the coaching pro



As teachers, we have all received years of formal education focusing on how to effectively manage children. You may feel intimidated taking on a team with experienced athletes but the chances are, the athletes don't know as much as you think they do.

I was nervous about coming up with some effective basketball plays when I took on the senior boys' basketball team. I thought the team would have a bunch of complicated plays they already used in previous years and they wouldn't think mine were good. It turned out that they didn't know a single play and were eager to learn. They completely soaked up everything I had to say. Students can tell when you are working hard and putting effort into the team and they respect you for that. You might not be able to do the skills you are having your athletes perform but you are the pro at teaching, encouraging, managing, organizing; you are a pro at coaching!

The next time you are offered the chance to coach a sport you've never played, consider taking on the role. Have trust in your ability to lead. Learn as you go. Not only will you gain confidence through tackling a new challenge, you will have given a group of young people an unforgettable experience.



Lindsay Reynen is the Physical and Health Education Curriculum Leader at North Lambton Secondary School in Forest, Ontario. She has coached cross country, volleyball, basketball, badminton, soccer, figure skating and track and field.

ATHLETIC COUNCIL: The Unsung Heroes of High School Sports

Courtney Beaulne, OCT, B.Sc., B.Ed., M.Ed.
Health & Physical Education Teacher, A.Y. Jackson SS

Elliott Flockton
Grade 12 Athletic Council Co-Head, A.Y. Jackson SS



AY Jackson Athletic Council Co-Head Elliott Flockton (grade 12 in 2020) and Courtney Beaulne.

There is nothing quite like the excitement that fills a high school in the lead up to an OFSAA championship. It all starts with the eagerness of the players who cannot wait

for tryouts. Then, to regular season home games, when the gym is packed with screaming fans. Next comes the playoff run, with so much drama and passion from athletes, students, teachers and anyone else who walks through the front doors of that high school when it is game day. And finally, the immense frenzy and euphoria that comes after the final whistle is blown, signifying that you have won your district championship.

As the season draws to a close, it is extremely hard to not get caught up in all the action on the sidelines. Whether you are a teacher in the school, the best friend of one of the starting players, or a new student to the school, there is a strong sense of school community that is formed when a school rallies behind a sports team on their journey towards OFSAA. Any meaningless “in the game” or “in the halls” friction is soon forgotten when a school comes together to cheer on their team, showing solidarity and unity in sport. This powerful feeling of school pride and togetherness begins long before any sport season begins. For some, it starts the first time they walk into their high school gym, with the smell of the freshly stained wooden floor and banners all along the walls proudly showing all of the school’s past championships. For others, it is the feeling they get when they step onto the field for their first high school tryout. Or maybe it’s going to play their favourite sport during lunchtime intramurals with their friends, just for fun to expend some energy. In many schools, this

VCOR

Baden

BOYS AND GIRLS HIGH SCHOOL OFFICIAL VOLLEYBALL

TRUFLIGHT COVER
SPIN TRAK

MINIMUM LEGAL PANELS
WET TRACTION

*Aerodynamic dimpled cover means the ball goes where you hit it
High contrast blocks of color allow players to better gauge spin and better anticipate ball motions
Fewer seams means more accuracy and consistent play
Proprietary coating keeps the ball from getting slick when wet, maintaining play consistency until the last set*



everyday school athletic spirit is the work of their high school athletic council.

High school athletic councils exist to help build school pride by celebrating athletic successes at the school-level, association-level and, for those who prove victorious in their region, the provincial level. They work to add hype and excitement to the lunch hour intramural programs, they plan athletic spirit weeks to get the student body involved, and they help to get students to occupy the ever-steamy mascot uniform to rev up spectators during home games. Athletic councils aim to help bestow a positive high school experience, not only for high school athletes, but for any student looking to get involved in school sport or physical activity. They help provide all students the opportunities to be a part of the action as participants, score-table volunteers, team managers, student-coaches, or spectators. They work to bring the hype to life through authentic opportunities to grow school spirit on the court, ice, field or wherever your sport takes you into action.

At A.Y. Jackson Secondary School in Kanata (just west of Ottawa in the NCSSAA), our athletic council is all about engaging the student body, interacting with athletes and non-athletes alike, and connecting the school community through sport and physical activity. On any given weekday after school, you can spot someone from the athletic council filming a high school sports game for our year-end athletic banquet. You can also spot some of them on teams themselves, in the upper gym



A.Y. Jackson intramural floor hockey champions team with their championship tshirts. L to R Back row: Charlie Johnson, Evan Mitchell, Asa MacFarlane, Alex Caufield, Ben Fletcher; Bottom row: Josh Clark, Gill Heckman, Connor Bell.

conditioning for track and field, or on the ice helping their team clinch a spot in the semi-finals. This particular week, they're going around the school tallying grade war points for participation in our annual Athletic Spirit Week.

Athletic council is an avenue to work on augmenting students' leadership skills, as they help build a culture of positivity and pride through school sport participation. Our athletic council is comprised of a teacher supervisor from the Phys. Ed. department, 2-3 members from grades 9-11 who fill out applications at the start of each year (with staff recommendations), and two grade 12 co-heads who were voted on through our student council elections in the spring of the previous year. These co-heads have many important responsibilities like advertising school athletic events through the use of social media and amusing video announcements, running lunchtime intramurals for teachers and students, and the big kahuna: organizing the year-end athletic banquet in June.

Elliott Flockton, one of the co-head athletic representatives at AY Jackson for 2019-2020, has been honing his leadership skills through athletic council since he was in grade 10. "I believe that athletic councils are absolutely necessary to provide students with a rich high school experience", says Flockton. "It gives the entire school population an opportunity to come together through something that we all love... sport. It gives students from every grade the chance to become leaders, and work with others to provide the school with a strong sense of athletic pride. Seeing a gym packed with crazy fans, jumping up and down as a home team shot from the three-point line drops through the basket makes all the hard work worth it."

Our athletic council members help students be known and heard through athletic promotion and participation. They poll the student body on what intramural sports they would be interested in playing each year, and what athletic spirit days they would like to have. Such as our new "rest and recovery day" this year which encourages students to dress in ath-leisure wear (flops and socks, track pants, and hoodies) while also attempting to demonstrate to student athletes the importance of rest. Not into traditional sports? No problem! We're trying a Harry Potter spirit day to entice students who wouldn't normally come try intramurals into the gym and get active playing Quidditch.

Athletic council also helps facilitate the Try Day programming to help increase opportunities for students to be physically active at lunch hour. Our newest Try Day adventures in the AYJ gym: floor curling! It's not always a full gym at lunch but those sometimes students who do come out to the gym to try new sports or activities are sure to have a blast.

Sports bring people together. No matter what sport, age, or level of competitiveness, sport is one of the only things in the world that can bring a huge mass of people together, to cheer for a common goal. Sports are good for your mental, physical, and emotional health, while also teaching you many crucial life skills like effective communication, leadership, and perseverance.

Our athletic council wholeheartedly believes that these benefits are absolutely essential for any teen as they learn about themselves and the world in their four years of high school. Athletic councils help amplify the sense of school athletic pride, no matter what your role in athletics. From

the nervous first step on the field for tryouts, to the first feeling of joy after a win, to the jubilation after winning the championship, athletic councils are the unsung heroes of high school sports.

TOP 10 things you can do to help raise athletic school spirit at your school:

1. Start a student-centered athletic council at your school, with members from each grade, to help make athletic programming at your school be the best it can be!
2. Plan a fantastic athletic banquet for the end of the school year to celebrate your school's athletic achievements.
3. Take lots of videos and pictures throughout the different sport seasons to play/show at your athletic banquet.
4. Go social with a social media presence! Come up with a great social media handle for your school athletic program to share upcoming events or showcase great athletic talent.
5. Apply to OFSAA for the Ministry of Education funded Try Day grant to get students involved in a sport or activity they've never tried before.
6. Mirror your intramural programming with your sport seasons so students can work on their skills at lunch to get ready for tryouts.
7. Honour great athletic involvement by choosing both a male and female athlete of the month and post their photo outside your gym.
8. Plan school athletic fundraisers like high school sport game buyouts in your gym (for an early-start basketball or volleyball game), multi-sport tournament day or a 3-point/free-throw/hockey shootout competition in the gym at lunch.
9. Plan an athletic spirit week to showcase school athletic participation. Some favourites include: jersey day, summer sports day, winter sports day, and rest and recovery day. An Olympic year? Even better! Plan an Olympic-themed spirit week in February for Winter Olympics (with winter-like sports in the gym at lunch) or similarly a June Olympic-themed spirit week for Summer Olympics.
10. Get your high school mascot out to games to increase fan involvement. This is also a great way for high school students to earn their community service hours!



Molten is the Official Ball of OFSAA

Trademarks owned by Molten Corporation or Molten USA, Inc. ©2018 Molten USA, Inc.

2020-2021 OFSAA CHAMPIONSHIPS

Boys' Golf (NOSSA) CANCELLED

Oct. 14-15, 2020, North Bay
Tim Lowe, ÉSC Algonquin
705-472-8240

lowet@franco-nord.ca

Entry Deadline: Oct. 8, 2020

Girls' Golf (SWOSSAA) CANCELLED

Oct. 14-15, 2020, Windsor
Joe Amicarelli, Essex DHS
519-776-7344

joe.amicarelli@publicboard.ca

Entry Deadline: Oct. 8, 2020

Girls' Field Hockey (GHAC) CANCELLED

Nov. 5-7, 2020, Oakville
Daniela Orlando, St. Ignatius of Loyola CSS
905-847-0595

orlandod@hcdsb.org

Entry Deadline: Oct. 31, 2020

Cross Country (LOSSA) CANCELLED

Nov. 7, 2020, Uxbridge
Rob Grepe, R.S. McLaughlin CVI
905-728-9407

robert.grepe@ddsb.ca

Entry Deadline: Nov. 3, 2020

Boys' A Volleyball (NOSSA) CANCELLED

Nov. 26-28, 2020, North Bay
Brandon Grube, West Ferris I&SS
705-475-2333

brandon.grube@nearnorthschools.ca

Entry Deadline: Nov. 21, 2020

Boys' AA Volleyball (NOSSA) CANCELLED

Nov. 26-28, 2020, North Bay
Craig Nodwell, Chippewa SS
705-475-2345

craig.nodwell@nearnorthschools.ca

Entry Deadline: Nov. 21, 2020

Boys' AAA Volleyball (TDSSAA) CANCELLED

Nov. 26-28, 2020, Toronto
Andrew D'Angelo, Sir John A. Macdonald CI
416-396-6793

andrew.dangelo@tdsb.on.ca

Entry Deadline: Nov. 21, 2020

Girls' A Basketball (GBSSA) CANCELLED

Nov. 26-28, 2020, South River
Trevor Hingley, Almaguin Highlands SS
705-472-5563

trevor.hingley@nearnorthschools.ca

Entry Deadline: Nov. 21, 2020

Girls' AA Basketball (NWOSSAA) CANCELLED

Nov. 26-28, 2020, Thunder Bay
Paul Wodja, Hammerskjold HS
807-767-1631

paul_wodja@lakeheadschoools.ca

Entry Deadline: Nov. 21, 2020

Girls' AAA Basketball (SWOSSAA) CANCELLED

Nov. 26-28, 2020, Sarnia
John Thrasher/Andrew Westlake, Northern CI&VS
519-542-5545

coachjt@cogeco.ca

Entry Deadline: Nov. 21, 2020

Football Bowls (EOSSAA) CANCELLED

Nov. 25-27, 2020, Kingston
Tim Pendergast/Mike Doyle, Holy Cross SS
613-384-1919

penderga@alcdsb.on.ca

Entry Deadline: Nov. 19, 2020

Nordic Skiing (YRAA)

Feb. 25-26, 2021, Barrie
Maria Moreau/Elizabeth Mick, Dr. G. W. Williams
905-727-3131

maria.moreau@gmail.com

Entry Deadline: Feb. 20, 2021

Alpine Skiing (CISAA)

Feb. 22-23, 2021, Collingwood
Janet Audet, Bishop Strachan School
647-330-8622

janecaudet@gmail.com

Entry Deadline: Feb. 16, 2021

Snowboarding (YRAA)

Feb. 24, 2021, Collingwood
Adrienne Chong, Markville SS
905-940-8840

adrienne.chong@yrdsb.ca

Entry Deadline: Feb. 18, 2021

Swimming (SWOSSAA)

Mar. 2-3, 2021, Windsor
Danielle Parent, ÉSC E.J. Lajeunesse
519-972-5763

paredani@cscprovidence.ca

Entry Deadline: Feb. 24, 2021

Wrestling (NCSSAA)

Mar. 2-3, 2021, Ottawa
Guy Macdougall/Jason Kirby, Cairine Wilson SS
613-824-4411

guy.macdougall@ocdsb.ca

Entry Deadline: Feb. 24, 2021

Boys' A Basketball (NEOAA)

Mar. 8-10, 2021, Timmins
Peter Graham, Timmins High & VS
705-360-1411

peter.graham@dsb1.ca

Entry Deadline: Mar. 2, 2021

Boys' AA Basketball (EOSSAA)

Mar. 8-10, 2021, Smiths Falls
Todd Spencer, Smiths Falls DCI
613-288-0288

todd.spencer@ucdsb.on.ca

Entry Deadline: Mar. 2, 2021

Boys' AAA Basketball (SOSSA)

Mar. 8-10, 2021, Welland
Mark Gallagher, Notre Dame College
905-788-3060

mark.gallagher@ncdsb.com

Entry Deadline: Mar. 2, 2021

Girls' A/AA/AAA Volleyball (WOSSAA)

Mar. 8-10, 2021, London
Mike Darling, Oakridge SS
519-872-7196

m.darling@tvdsb.ca

Entry Deadline: Mar. 2, 2021

Girls' A/AA Hockey (WOSSAA)

Mar. 24-26, 2021, Stratford
Paul Santagapita, St. Thomas Aquinas SS
519-660-2798

psantagapita@ldcsb.ca

Entry Deadline: Mar. 11, 2021

Boys' A/AA Hockey (SOSSA)

Mar. 24-26, 2021, St. Catharines
Jim Whittard, Saint Francis SS
905-646-2002

james.whittard@ncdsb.com

Entry Deadline: Mar. 11, 2021

Girls' & Boys' AAA Hockey (LOSSA)

Mar. 24-26, 2021, Brooklin
Ethan Markham, Brooklin HS
905-655-2015

ethan.markham@ddsb.ca

Entry Deadline: Mar. 11, 2021

FOR COMPLETE CHAMPIONSHIP

ONSHIP/FESTIVAL CALENDAR

Curling (COSSA)

Mar. 24-27, 2021
TBA

Entry Deadline: Mar. 11, 2021

Badminton (WOSSAA)

May 3-5, 2021, London
Tim Marks, Oakridge SS
519-452-2750
t.marks@tvdsb.ca

Entry Deadline: Apr. 27, 2021

Ultimate (SWOSSAA)

May 27-28, 2021, Windsor
Stacey McClounie, F.J. Brennan CHS
519-945-2351

stacey_mcclounie@wecdsb.on.ca

Entry Deadline: May 22, 2021

Tennis (TDSSAA)

May 31-June 2, 2021, Toronto
Larry Laughlin, Stephen Leacock CI
416-396-2414

larry.laughlin@tdsb.on.ca

Entry Deadline: May 25, 2021

Girls' & Boys' A/AA Rugby (COSSA)

May 31-June 2, 2021, Belleville
Pete Hercus, Centennial SS
613-962-9233

phercus@hpedsb.on.ca

Entry Deadline: May 25, 2021

Girls' AAA Rugby (CWOSSA)

May 31-June 2, 2021, Kitchener CI
Jennifer Armatage, Kitchener CI
519-745-6851

jennifer_armatage@wrdsb.ca

Entry Deadline: May 25, 2021

Boys' AAA Rugby (EOSSAA)

June 3-5, 2021, Kingston
Bob Amos/Alana Ramsay, Regiopolis-Notre Dame CHS
613-545-1902

ramsalan@alcdsb.on.ca

Entry Deadline: May 29, 2021

Boys' A/AA Lacrosse (CWOSSA)

May 31-June 1, 2021, Owen Sound
Darryl Ward, St. Mary's HS
519-376-4278

darryl_ward@bgcdsb.org

Entry Deadline: May 25, 2021

Boys' AAA Lacrosse (SOSSA)

June 2-4, 2021, Welland
Mark Iannizzi, Notre Dame College
905-788-3060

mark.iannizzi@ncdsb.com

Entry Deadline: May 27, 2021

Girls' A Soccer (GBSSA)

June 4-6, 2021, Collingwood
Liz Payton/Melissa Wheatcroft, Jean Vanier CHS
705-445-2043

mwheatcroft@smcdsb.on.ca

Entry Deadline: May 29, 2021

Girls' AA Soccer (NOSSA)

June 4-6, 2021, North Bay
Mark Robertson, West Ferris SS
705-475-2333

mark.robertson@nearnorthschools.ca

Entry Deadline: May 29, 2021

Boys' A & AA Soccer (WOSSAA)

June 4-6, 2021, Strathroy
Cam Hagle, Holy Cross CSS
519-660-2798

chagle@ldcsb.ca

Entry Deadline: May 29, 2021

Boys' & Girls' AAA Soccer (SWOSSAA)

June 4-6, 2021, Windsor
Paul Gebrael, St. Joseph's CHS
519-735-3326

paul_gebrael@wecdsb.on.ca

Entry Deadline: May 29, 2021

Track & Field (CISAA/TDSSAA/TDCAA)

June 4-6, 2021, Toronto
Fraser Bertrum/Chris Reid, Laurence Park CI
416-449-2556

fbertrum@crescentschool.org

Entry Deadline: May 22, 2021

Baseball East Regional (TDCAA)

June 2-3, 2021, Toronto
Paul Rebelo, Bishop Allen Academy
416-393-5549

paul.rebelo@sympatico.ca

Entry Deadline: May 27, 2021

Baseball West Regional (SWOSSAA)

June 2-3, 2021, Lakeshore
Steve Burke, St. Anne CHS
519-727-8908

sburke066@gmail.com

Entry Deadline: May 27, 2021

Baseball Final (OFSAA)

June 9, 2021, London
Brian Riddell, OFSAA
brian@ofsaa.on.ca

Personal Resiliency Tips During the COVID-19 Pandemic



It's essential to take care of yourself, not just for your well-being, but also for those you care about and support. Your self-care will help improve your energy, focus, ability to cope with challenges and overall life experience.

Nourish yourself

So often it's the little things, like taking time to eat and hydrate adequately, that get missed when we are busy caring for others. Be mindful of the foods you choose and how much water you drink. Food and water fuel us for the day.

Sleep

Sleep is critical to physical and mental health. By getting a full night of sleep, we help our bodies fight back against potential threats. However, sleep can be difficult in these challenging times. You may find that establishing sleep routines, like trying to go to bed at roughly the same time each night and avoiding news right before bed, can help. If you wake and have trouble returning to sleep, you could try taking some deep breaths and visualizing calm relaxing moments to give your brain a rest.

Stay active

Physical activity can enhance your energy, immune system, and mood. While you may have to be a bit creative at the moment, you can achieve these benefits with 30 minutes of sustained physical activity around your home (e.g., dance to your favorite music, walk briskly around your home, go up and down stairs or use a step to climb, try an exercise or yoga video, skip rope, enjoy some gentle stretching, do some gardening or yard work).



Stay connected

Maintaining connection with others can help to enhance your sense of well-being. Even when we're practicing physical distancing, we can all find ways to connect, engage, and reach out to others during this time. Staying connected may mean emailing, texting or calling someone that lifts your spirits, or it may be joining in on a social media event that makes you smile or helps you to feel part of something. Connect in ways that make sense to you, in keeping with the rhythm of your daily schedule.

Pause

Do your best to find a little time for yourself each day to do whatever allows you to feel relaxed, restored and ready to meet the challenges ahead. You know best what this looks like for you. Be open to exploring new hobbies, interests and ways to pause as you expand your self-care practice.

Reflect

Be mindful of your thoughts and feelings, both positive and negative, as part of your self-care. Take time to reflect on what is important to you both personally and professionally. Your values and a sense of purpose help you focus on what is meaningful for you.

Be gentle

Pay attention to how you talk to yourself. Treat yourself with compassion and gentleness, as you would a dear friend. Research has shown that practising self-compassion increases psychological well-being and emotional resilience. Life is hard right now, and all you can do is your best. Be kind to yourself.

Be committed

Prioritize your self-care and persist with this, even when life gets challenging. You will be more able to help your students when you are feeling as strong and well as you can be. Caring for yourself, especially when life gets challenging, increases your ability to care for others.



School
Mental Health
Ontario

Santé mentale
en milieu scolaire
Ontario

www.smho-smso.ca



2020-2021 OFSAA Basketball Promotional Offer



ELITE COMPETITION

BGGX SERIES

FIBA Approved official 12 panel, 2-tone design, Composite cover, Butyl bladder, Available in official size 7 and intermediate size 6, 2-year warranty.



★ BUY 5, GET 1 FREE*



BGG7X

BGG6X

Alternative Options for Lower Levels and Camps :

BG3800 SERIES

FIBA Approved official 12 panel, 2-tone design, Indoor / Outdoor synthetic cover, Butyl bladder, Available in official size 7 (B7G3800), intermediate size 6 (B6G3800), and junior size 5 (B5G3800), 1-year warranty.



★ BUY 5, GET 1 FREE*



BGR SERIES

Replica 12 panel design in new colors, Indoor/Outdoor rubber cover, Available in official size 7 (BGR7), intermediate size 6 (BGR6) & junior size 5 (BGR5), 1-year warranty.

*Size 5 and 6 basketballs are children's products



VY

B7G2000

BGRX SERIES

Replica 12 panel design in new colors, Indoor/Outdoor rubber cover, Available in official size 7 (BGRX7), intermediate size 6 (BGRX6) & junior size 5 (BGRX5), 1-year warranty.

*Size 5 and 6 basketballs are children's products



BG

RB

KS

MOLTEN USA
1170 Trademark Dr, Suite 109
Reno, NV 89521
(800) 477-1994

For more information or to order, please contact:

*Offer valid on above products through June 30, 2021

Kahunaverse Sports Group
(877) 632-3755
info@kahunaverse.com

Marchant's School Sport
(877) 439-9400
sales@marchants.com

Sports Equipment of Toronto
(800) 925-0002
jd@sportsequipmentsfortoronto.com

T. Litzen Sports
(800) 603-5164
sales@tlitzen.com

VSP Sports
(877) 677-1954
info@vsp.net



Molten is the Official Ball of OFSAA



Trademarks owned by Molten Corporation or Molten USA, Inc. ©2020 Molten USA, Inc.

The Psychological Implications of Returning to Sport Post-Isolation

Posted on <https://sirc.ca/blog/> July 8, 2020

by Lori Dithurbide, CSC Atlantic and Amelie Soulard, INS Québec



As public health restrictions begin to lift across the country, the return to some form of sport participation will require adjustment and adaptation. As athletes return to sport, the virus is still present, and so is the uncertainty. The cancellation of sport events and the imposition of stay-at-home and physical distancing protocols over the last several months have caused many athletes to experience a loss of control, even a loss of their sense of identity (Koninckx & Teneau, 2010). These feelings of loss may continue long after returning to training.

With the return to sport, athletes may move through three phases of emotional challenges: managing the emotions associated with losing their bearings; making sense of the situation and giving meaning to the necessary change; and mobilizing energy and efforts to adapt to the new reality. This blog will discuss each phase and the implications for athletes and coaches.

Phase 1: Managing emotions

Athletes will experience different reactions and varying levels of comfort and motivation in returning to sport. This could range from joy and excitement to being with friends, returning to training, and looking forward to competition; to fear and anxiety relating to the risk of infection, the effects of detraining,

or being behind competitors and teammates. It is important to acknowledge these differences and increase our emotional awareness of ourselves and others.



Expectations for the first few training sessions should be low and focused on reconnection and relationships. If small groups of athletes/coaches are training together, allow time for them to catch-up and reorient themselves to the training environment.

This reconnection is important for emotion management and supports adaptation to the new training environment, which will likely be quite different compared to pre-pandemic.

It is also likely that athletes and coaches will experience some levels of mental fatigue once returned to their sport environment. The stress of adhering to guidelines, the new environment, and simply interacting with others following months of limited social interactions can lead to greater feelings of tiredness.

Phase 2: Making sense of the situation

The second phase is the reconstruction of meaning. If an athlete's motivation and commitment have not been affected by the circumstances surrounding the pandemic, they are a source of energy to move forward. If motivation and commitment have been altered, feelings of incoherence, lack of efficiency and effectiveness, doubts, and mood swings may be experienced (Koninckx & Teneau, 2010).



At this phase, physical and technical assessments are important as athletes will return to sport at different levels than pre-isolation. If athletes have kept up with at-home exercises and conditioning, they are probably not as far behind as they expect. Athletes who spent time working on other aspects of their performance (e.g. mental or tactical performance) may find themselves ahead of the game once they return to their sport. Training should be gradual to avoid injury and overtraining, and both athletes and coaches must remain adaptable as they navigate changing restrictions and renew goals.

Some athletes will return and want to resume training at pre-pandemic levels; others may be questioning their return. It may be helpful for athletes and coaches to explore and discuss the athlete's "why" – their profound reasons for pursuing their athletic career and goals.

Phase 3: Mobilizing energy and efforts

This third phase is that of new balance, when athletes return to focusing on performance. While specific target events may have shifted due to the pandemic, daily performance and process goals should still reflect the pursuit of long-term goals. It can be challenging to maintain motivation when the "finish line" is unclear. To help, athletes and coaches can refocus on short-term performance and process goals that are within their control that will ultimately support performance in the long-term. Athletes should maximize the use of available resources and expertise (e.g., integrated support teams, coaches) to ensure their training plan and objectives are well aligned with the physical, technical, tactical and mental aspects of performance.

At this phase (and any phase), athletes may find themselves struggling with doubts and decreased self-confidence. Coaches can help athletes challenge any false beliefs (e.g. "I'm so behind") with facts by regularly measuring and tracking progress, and comparing results with pre-isolation

data when helpful. By setting and evaluating short term goals, athletes can gain confidence and motivation moving forward, even in the uncertainty of tangible long-term goals.



Returning to training following isolation is similar to returning following a long-healing injury. Gradual reintegration is key. However, one major difference between returning from injury and returning from isolation is how athletes are likely to feel. Returning from injury, athletes might not be at 100%. However, returning from isolation athletes may feel the most rested or recovered they have in a long time. This may lead to athletes wanting to do too much, too soon.

Lastly, it is so important that we use the mental skills, creativity, and lessons learned during the COVID-19 public health restrictions and transfer them to our adapted training environment. As a result, a new reality will be created, confidence will return, and new ideas will emerge (Koninckx & Teneau, 2010; Deetjeans, 2005). Ultimately, we may realize that the pandemic has helped build athletes' resilience and tolerance to uncertainty, developed transferable skills, and increased their wisdom.

About the Author(s)

Lori Dithurbide (@DrLoriD) is an Assistant Professor in the School of Health and Human Performance at Dalhousie University. Her research focuses on the psychosocial aspects of sport. She is also the Lead Mental Performance Consultant for the Canadian Sport Centre Atlantic and the Canadian Women's Artistic Gymnastic team, and has worked with high-performance athletes from a variety of different Olympic and Paralympic sports.

Amelie Soulard is a registered psychologist and Lead Mental Performance Consultant for the Institut National du Sport du Québec (INS Québec) where she works with boccia, wheelchair rugby, and other international level athletes from different sports. She also teaches sport and performance psychology at the Université de Sherbrooke and at the Conservatoire de Musique de Montréal.

References

Deetjeans, M.-C. (2005). *Résilience et autodétermination : l'art de rebondir après la souffrance*. [Resilience and Self-determination: The Art of Rebounding from Suffering]. Montréal : Les éditions Quebecor.

Koninckx, G. & Teneau, G. (2010). *Résilience organisationnelle: Rebondir face aux turbulences*. [Organizational Resilience: Bouncing Back from Turbulence]. Louvain-la-Neuve, Belgique: De Boeck Supérieur.

9 WAYS COACHES CAN SUPPORT ATHLETES TO LOOK AFTER THEIR MENTAL HEALTH DURING LOCKDOWN



Encourage your athletes to regularly check in with how they are feeling



Support your athletes to stay connected to their friends, family and teammates through a variety of technology



Encourage athletes to talk openly about how they are feeling and what they are thinking. Be patient and understanding



Support your athletes to be mindful and present with what they are doing



If your athlete is struggling support and be there for them. Help them find professional support if needed



Promote coping skills. Schedule a session each week where you can learn and practise a new coping skill together



Encourage your athlete to identify their strengths and see how they can keep working towards them each week



Help your athletes to focus on things which are in their control



Make sure your athletes are scheduling in enough time for rest and recovery and self care

 @BELIEVEPHQ



HOW YOUNG ATHLETES CAN MAINTAIN MOTIVATION TO TRAIN AT HOME



Get into a regular routine with training. Schedule it in using an activity planner



Get regular feedback from your coach and identify areas to keep working on



Think about a new skill which you can master over the coming days and weeks



Identify your top 5 strengths and think about how you can keep using them throughout training each week



Engage in some online team training sessions with your teammates



Stay connected with teammates and see how they are doing. This is a great way to maintain positive relationships



Focus on the things that are in your control (your thoughts, feelings and behaviours)



Take regular breaks. Try not to put too much pressure on yourself to train all the time. It is important to find time to rest and recover



Reward yourself for mastering a skill or completing sessions



@BELIEVEPHQ

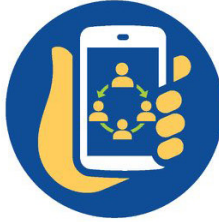
Safely Social Distancing



Seeing friends **outside is safer than inside**. Always keep a distance from anyone not in your social bubble.



Smaller groups = safer groups! Skip bigger gatherings, especially indoors & opt for smaller ones.



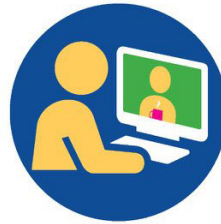
Download the COVID Alert app and/or designate a “contact keeper” to keep track of who you’re hanging out with.



Don’t forget the basics – **clean your hands often** with soap & water, or an alcohol-based hand sanitizer.



If you feel even a little bit sick, stay home. Don’t risk passing it onto your friends – hang out another time.



Check in with how friends are feeling & offer support.



Not sharing is caring! BYOE (bring-your-own-everything) – don’t pass around food, drinks or other items.



Spread fun – not the virus. Reserve hugs & high fives for those in your social bubble.

TORONTO.CA/COVID19

TORONTO Public Health

2020 OFSAA Alumni Scholarship Recipients

This year OFSAA’s Alumni Scholarship Association is awarding 3, \$500- scholarships to deserving students from this year’s eligible Associations, CWOSSA, GBSSA, NEOAA, NOSSA, SWOSSAA & YRAA. The Alumni Scholarship Association Selection Committee is pleased to announce that Reanne Chapleau from Ecole Secondaire Cochrane HS (NEOAA), Bradley Bertrand from Ecole Secondaire du Sacre-Coeur (NOSSA) and Luke Kilgour from Eastview SS (GBSSA) are this year’s recipients.

La bourse des Anciens de la FASSO, d’une valeur de 500 \$, est décernée à des élèves-athlètes méritants dont les activités sportives sont chapeautées par l’une des associations admissibles (CWOSSA, GBSSA, AANEO, NOSSA, SWOSSAA et YRAA). Le comité de sélection est heureux d’annoncer le nom des lauréats et lauréates de cette année : Reanne Chapleau, de l’École secondaire Cochrane High School (AANEO); Bradley Bertrand, de l’École secondaire du Sacré-Coeur (AANEO); et Luke Kilgour, de la Eastview Secondary School (GBSSA).

REANNE CHAPLEAU



Reanne is a grade 12 student and was a three (3) sport athlete during her years at ESCHS. She participated in track & field, swimming and volleyball during her high school career. She was also heavily involved in school related groups like Student Council, Jack Chapters Mental Health Group, the Music Club and the Empty Bowls Initiative. Reanne’s involvement also extended into the community where she was an assistant coach for the Cochrane community swim team as well as being a member of the Timmins Symphony Orchestra for the past 4 years. In her personal statement Reanne said that “not only do sports create inclusivity, but engaging in sports contributes to building coping strategies for everyday stressors, offering a way to deal with mental and emotional health.” Reanne is a 90%+ student and will be studying Music Education at Memorial University in the fall.

Reanne Chapleau, élève de 12e année, a pratiqué trois sports au cours de son passage à l'École secondaire Cochrane High School : l'athlétisme, la natation et le volley-ball. Elle a également participé très activement aux activités parascolaires, dont le conseil étudiant, le regroupement sur la santé mentale Jack Chapters, l'harmonie musicale et l'initiative Empty Bowls. Du côté de l'implication communautaire, Reanne a été entraîneuse adjointe de l'équipe de natation de Cochrane, et elle est membre de l'Orchestre symphonique de Timmins depuis quatre ans. Dans sa déclaration personnelle, Reanne a indiqué que « les sports sont non seulement une source d'inclusivité, mais également une façon d'apprendre à gérer efficacement les stress de tous les jours et de garder une bonne santé mentale et émotionnelle ». Reanne a conservé une moyenne scolaire de plus de 90 % et elle étudiera l'enseignement de la musique à l'Université Memorial à compter de l'automne.

BRADLEY BERTRAND



Bradley is a grade 12 student at Ecole Secondaire du Sacre-Coeur in Sudbury. Bradley is an excellent student as well, maintaining a 90%+ average in his Grade 12 courses while being part of 7 different sports teams during his high school years. He was involved in volleyball, basketball, hockey, soccer, badminton, tennis and track & field. Demonstrating his significant time management skills, Bradley was also involved in school activities like the Student Athletic Association, the Student Pastoral Group, School Choir and the Student House Committee. His extensive community involvement also included roles in the Sudbury Chill Volleyball Club, the local volleyball officials association and as a volunteer within the school to help run community sporting events. One of Bradley's teachers commented that "Bradley is someone who demonstrates great elements of maturity and resourcefulness and it is thanks to this that he has managed to stay level-headed." Bradley will be enrolled in the Promotion de la Sante (Health Promotion) program at Laurentian University in the fall.

Bradley Bertrand, qui fréquente la 12e année à l'École secondaire du Sacré-Cœur de Sudbury, excelle dans ses études, puisqu'il a obtenu une moyenne supérieure à 90 % au cours de sa dernière année du secondaire. Il a également été membre de sept équipes sportives de son école : volley-ball, basket-ball, hockey, soccer, badminton, tennis et athlétisme. Bradley sait gérer son temps avec brio, puisqu'il a également participé aux activités du regroupement des athlètes étudiants, du groupe de pastorale, de la chorale et du comité de la maison des élèves. Très présent dans son milieu, Bradley s'est impliqué auprès du club de volley-ball Northern Chill et de l'association locale d'arbitres de volley-ball, en plus d'apporter une contribution bénévole à l'organisation d'activités sportives communautaires à l'école. L'un de ses enseignants a souligné que « Bradley fait preuve d'une grande maturité et de beaucoup de débrouillardise, ce qui lui a permis de garder les deux pieds sur terre ». Bradley est inscrit au programme Promotion de la santé à l'Université Laurentienne cet automne.

LUKE KILGOUR



Luke is a grade 12 student from Eastview SS in Barrie who was involved in football, track and field, cross country and soccer during his high school years. Another 90+% student-athlete, Luke has been actively involved in both school and community events including the United Way, Special Needs Track & Field and numerous volunteer positions with local hockey teams and summer camps. In his letter to the committee, Luke emphasized that "joining sports teams taught me priceless skills such as time management, cooperating on a team, and most importantly how to be a leader while under pressure." One of Luke's teacher-coaches emphasized that Luke emerged as a "dependable team member with exemplary character" and that he was an "integral member of every team that he has participated on in his 4 years. In the fall, Luke will be studying Biochemistry at Western University.

Luke Kilgour, un élève de 12e année à la Eastview Secondary School de Barrie, a pratiqué le football, l'athlétisme, le cross-country et le soccer pendant son passage au secondaire. Comme les autres lauréats, cet élève-athlète a obtenu une moyenne scolaire supérieure à 90 %. Luke joue un rôle actif dans la vie scolaire et la vie communautaire, notamment auprès de Centraide, de l'équipe d'athlétisme pour jeunes ayant des besoins particuliers, d'équipes de hockey et de camps d'été. Dans sa lettre de demande adressée au comité de sélection, Luke indique que « la participation aux sports d'équipe m'a enseigné des habiletés précieuses comme la gestion du temps, l'esprit de collaboration, et surtout le leadership lorsque la pression se fait sentir ». L'un des enseignants-entraîneurs de Luke a ajouté que son élève était « un coéquipier fiable au caractère exemplaire » et qu'il était « présent à part entière au sein de chacune des équipes dont il a été membre au cours de ses quatre années à l'école ». À l'automne, Luke étudiera en biochimie à l'Université Western.

For more information on the criteria for selection and application requirements, please go to:

Pour en savoir plus sur les critères de sélection et les exigences, veuillez consulter la page suivante (en anglais) :

ofsa.on.ca/programs/scholarships/ofsa-alumni

Congratulations 2020 Brian Maxwell Memorial Scholarship Winners

OFSAA and the Brian Maxwell Memorial Scholarship Fund are extremely pleased to announce the student-athlete recipients for 2020.

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.

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 2020 recipients of the Brian Maxwell Memorial Scholarship:



A seven-time OFSAA participant in Cross Country and Track and Field. Mackenzie's running highlights include three team medals (two gold and a bronze), and a 43rd, 26th, 18th and this past

November 6th place finish individually in Cross country. In track and field, she began as a sprinter, qualifying in the 100 and 200 in grade 9, 200 & 400 in grade 10 and finishing 8th and 9th respectively in the steeplechase and 3000m in 2018!

She has also played Interschool volleyball and swam for KVCI during her high school career

Academically, Mackenzie excels in the classroom, where she has a 98% average across her grade 12 courses!

Outside the classroom, she demonstrates leadership and selflessness through her actions. She has been a lead organizer of her school Terry Fox Run, organized a shoe-box campaign to help provide footwear for kids in need, been on the executive of the school math club, co-chaired her school's Athletic Association and coached an elementary school volleyball team.

Her teachers and coaches speak glowingly of her commitment, dedication, and perseverance.

Next fall, she will be attending the University of British Columbia, enrolled in their Bachelor of Science program.



A four-time OFSAA cross country qualifier, with a best finish of 19th in grade 10, Kileigh is described by her teachers as a quiet leader, one who leads by example.

During her high school career, she qualified for OFSAA in cross country four times, as well as in Nordic Skiing, Hockey and basketball, demonstrating herself to be a well-rounded athlete.

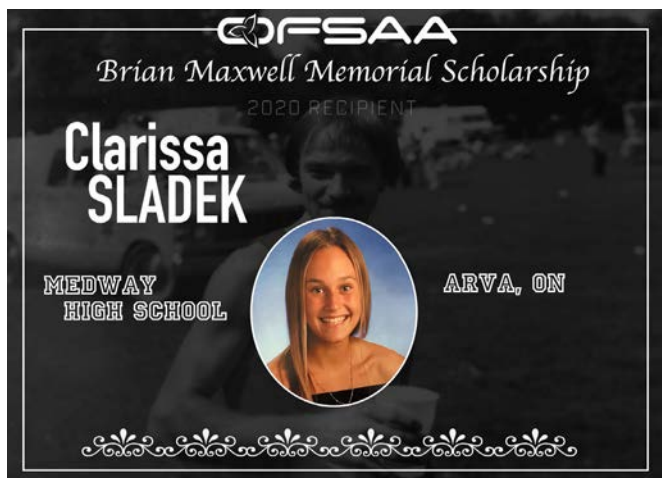
In the classroom, she also excels, achieving an overall average of 97%. Around the school, she has been a member of the school Social Justice Club, been in the school concert band, competed in the Waterloo Math Contest, where she has achieved levels of distinction in two areas.

In the community, Kileigh has volunteered with Special Olympics in nordic skiing and snowshoeing, as well as with programs at her church. She has helped with science fairs, worked as a day counsellor at YMCA camps and local sports leagues.

She loves spending time playing outside, whether it be informal backyard play with her brothers or on family ski trips.

Her family's motto is "be flexible and have a sense of humour". Certainly wise words in any time, but particularly during a pandemic!

Kileigh will be attending McMaster University in Hamilton, where she will be enrolled in Engineering.



Clarissa is a 5-time OFSAA qualifier in cross country and track and field. Her best performance was 18th individually in Grade 11 and 23rd in Grade 10, helping her team capture 6th place. On the track, she was 3rd in the 3000m and 9th in the 1500m in grade 10 and 8th in the 3000m in Grade 11 as a first-year senior.

An all-around athlete, she has excelled in the classroom, achieving a 95% overall average. She has been involved in numerous school activities, from her Medway's Sport Athletic Association to her involvement with 'Best Buddies' program for special needs students at her school.

In her community, she has been involved in numerous roles in her church, including a mission to Honduras. She called this her most meaningful achievement. Along with 3 other families, they feed homeless people, cared for infants in the hospital, installed water filters for those who needed and generally did whatever they could for those less fortunate. This trip was life-changing, making her gain an appreciation for how fortunate she feels to be Canadian and not longing for basic necessities we so often take for granted.

Her teachers and coaches describe her as extremely motivated and driven. A student who displayed tremendous skill and leadership throughout her time at her school.

Clarissa will be attending Western University next year, enrolled in the Kinesiology program.



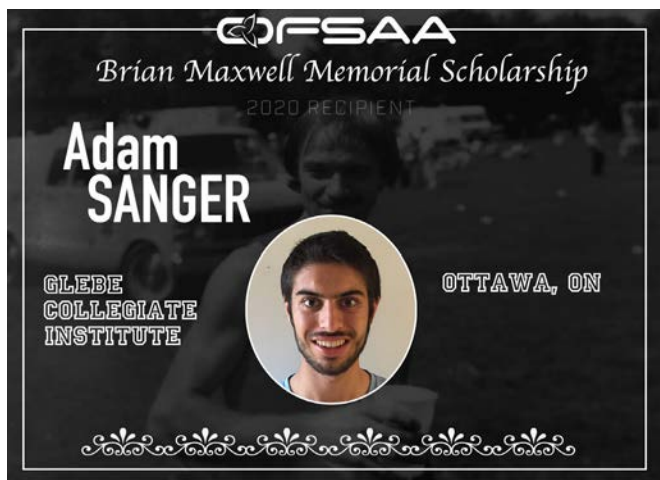
Ben Miske is a 6- time OFSAA Cross Country and track and field qualifier during his time at Port Credit High School. As a Junior aged competitor in Grade 10, he had his best finish in Cross Country with a 4th place finish. He also had a 12th, 13th, and 21st place finish in these races. On the track, he qualified in

the 1500m, steeplechase and 3000m in grade 10 and 11, with outstanding finishes of 5th in the 2000m steeplechase as a first year senior in grade 11 and 6th place finishes in the 1500 and 3000 in junior. He also was 11th in the 3000 in grade 11.

Ben is a well-rounded young person, excelling in and out of the classroom. He holds a 95% overall average in his grade 12 courses, where he particularly enjoys the math and science subjects. Around his school, he has been very involved in a number of areas, particularly Student Government and Athletic council. He has been on a number of different teams, including the swim team, badminton team, and ultimate frisbee team.

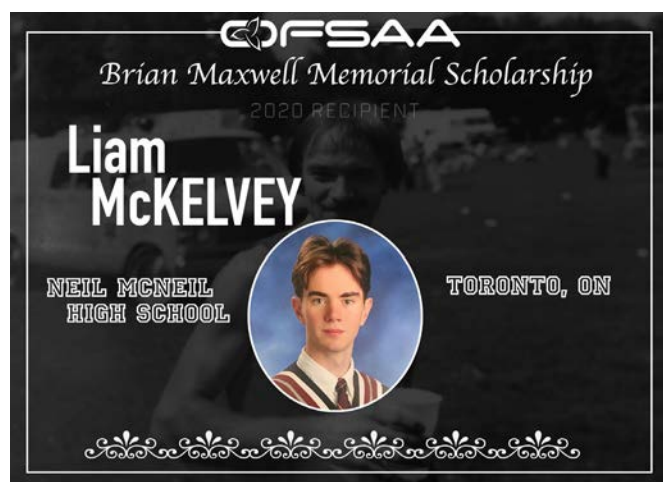
In the community, Ben has volunteered his time at a YMCA Camp Wabanaki, tutored students in math and volunteered at the school fall fair. One hobby he has is in the board game Catan. He can explain the game to anyone who is interested and it is a real passion for him.

Ben will attend Queen's University, where he will study in the Engineering faculty.



Adam Sanger has an impressive resume in both cross country running and track and field to his name. He qualified for OFSAA XC all four years of high school, finishing 8th on two occasions, including this past November as a grade 12 runner. His eighth place helped his school capture an OFSAA Silver medal in the team competition! He also was 22nd and 23rd his other two trips to OFSAA.

On the track, he captured a bronze medal in the 3000m in grade 9 and had a 7th and 8th place finish in the 3000m and



Liam McKelvey is a 5-time OFSAA qualifier. Four Cross Country championship races, with his best performance taking place in Grade 9, when he was a bronze medallist. In grade 10, he was 5th and as a Senior boy he was 47th and 84th. On the track, he qualified in both the 1500m and 3000m in Grade 9 in Belleville, finishing 10th and 12th respectively.

Liam is a 97% student in his grade 12 courses, where he particularly enjoys mathematics. In fact, he was recognized by the University of Waterloo for distinction in the Cayley Mathematics contest.

1500m respectively in his junior year. Injuries cut short his grade 11 season and he was looking forward to this year's championship that were cancelled due to Covid-19.

Adam has been involved in a number of initiatives while a student at The Glebe. He has helped run intramural programs, a charity dodgeball tournament, a mental health awareness week, athletic banquet and 'Spinathalon'!

His most rewarding accomplishment has been his involvement in helping Denis and Metis students from Fort Providence, NWT create and present a plan for a youth centre to their MP and Senator. He, along with other students worked tirelessly to assist these students in coming up with a plan that while initially was not successful, the students learned from their first attempt and were successful in the end. Adam and others from his school went up to visit and helped with some of the construction.

One of Adam's other areas of interest is in Nordic skiing. Adam received certification to become the youngest ever nordic ski instructor in Canada. He teaches at his local club and takes great pride in seeing kids pick up the sport with his help.

Adam maintained a mid 90% average and will be attending McGill University this fall, enrolled in the Arts/Science faculty in Cognitive Science.

It is of particular note that Liam struggled in school in his younger years, finding school somewhat boring and not very challenging at times. He was diagnosed with ADHD and had a better understanding of himself, he began to run for how it gave him some direction, purpose and positive self-esteem. School became much more enjoyable and his success in all areas of school soon followed.

His coaches describe him as a leader, someone who is respected by his peers and teachers. He is one of those athletes who is usually first to arrive and last to depart, willing and able to help coaches and teammates any way he can, all the while achieving to high standards himself.

Around his school, Liam has been involved in student council, intramurals, a semi-formal committee and been on the ski and snowboard team. In his community, he has played high level lacrosse and works at the club as a referee. In fact, Liam was selected for Team Ireland for the 2020 World U19 Lacrosse Championships this summer, but since cancelled due to Covid-19. He has also volunteered with the Ted Reeve Hockey and skating school.

This fall, Liam has been accepted into University of Waterloo /Wilfred Laurier in a double major program of Mathematics and Business Administration.

2019-2020 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	Craig Cavanagh	Wrestling	Ron Rietsma
Cross Country	Karen Passi	Swimming	Kevin Wong
Girls' Field Hockey	Kerry Abols	Boys' "A" Basketball	Dan Coutu
Boys' "A" Volleyball	Pam Barwell	Boys' "AA" Basketball	Dave Walls
Boys' "AA" Volleyball	Steven Scott	Boys' "AAA" Basketball	Steve Clark
Boys' "AAA" Volleyball	Mark Dewan	Girls' "A" Volleyball	Donnette Wand
Girls' "A" Basketball	Frank Hickey	Girls' "AA" Volleyball	Steve Johnson
Girls' "AA" Basketball	Tara Poulin	Girls' "AAA" Volleyball	Al Hendrie
Girls' "AAA" Basketball	Paul Gelinias	Girls' A/AA Hockey	Tim Doherty
Nordic Skiing	Anne Marie Thuss	Boys' A/AA Hockey	Marc Venneri
Alpine Skiing	John Labine	Boys' AAA Hockey	Dan Laporte
	Melissa Wheatcroft	Girls' AAA Hockey	Kim Pearce

2019-2020 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	North Hastings HS	Boys' "A" Basketball	Atikokan HS
Boys' "A" Volleyball	Quinte Christian HS	Boys' "AA" Basketball	Jean Vanier CSS
Boys' "AA" Volleyball	Jean Augustine SS	Boys' "AAA" Basketball	Innisdale SS
Boys' "AAA" Volleyball	Uxbridge SS	Girls' "A" Volleyball	É.S L'Heritage
Girls' "A" Basketball	Marathon HS	Girls' "AA" Volleyball	É.S.C Theriault
Girls' "AA" Basketball	E.L Crossley SS	Girls' "AAA" Volleyball	Sir Winston Churchill SS
Girls' "AAA" Basketball	Richview CI		

CATCH ALL THE ACTION

OUA SPORT. ALL SEASON LONG.

EXPERIENCE THE ENTIRE #QUESTFORTHECUP LIVE ON OUA.TV

2019-20 Pete Beach Award Winners

The Pete Beach Award is presented annually to one person in each Association who exemplifies the qualities of Pete Beach, a former Executive Director of OFSAA. Pete dedicated his life to sport and to helping others achieve their full potential, not just as an athlete, but as a person.

A recipient of the Pete Beach Award should exemplify the same dedication, spirit and love of sport that made Pete Beach such a success in both his professional and private life. He worked tirelessly to help young people both within the school system and also within the community.

CISAA	Tom Stanton	NWOSSAA	Rob Murphy
COSSA	Louis O'Neil	ROPSSAA	Chris Kelman
CWOSSA	Brian Henry	SOSSA	Dave Walker
EOSSAA	Karen Kennedy	SWOSSAA	Stacey Ditchfield
GBSSA	Lance Chomyc	TDCAA	Ann Fearon
GHAC	Peter Szpakowski	TDSSAA	John Kalantzakos Rick Mahoney Stacy Ganogiannis-Reid Janice McDonald-Teggart
LOSSA	Brad White	WOSSAA	Kelly Welch
NCSSAA	Kendra Read	YRAA	Dale Peltola
NEOAA	John Elliott		
NOSSA	Tony Yachuk		

Official Exclusive Football
of the Ontario Federation of School Athletic Associations

OFSAA

Baden

Baden QB1

Baden QB1
COMPOSITE

F7000L-QB
leather

F9C
composite

OFSAA Committees and Chairs

Advocacy	Barry Mutrie	P: 519.270.4461	abmut01@gmail.com
Coaching	Sean Clancy, Cairine Wilson SS	P: 613.824.4411	sean.clancy@ocdsb.ca
Future Directions	Carolyn Chesney, John F. Ross CI	P: 519.822.7090	carolyn.chesney@ugdsb.on.ca
Transfers	Dave Carscadden, Innisdale SS	P: 705.726.2552	dcarscadden@scdsb.on.ca
Constitutional Review	Heather Chambers	P: 705.474.7681	0621chambers@gmail.com
Equity	Suchetan James, Limestone DSB	P: 613.544.6920	james@limestone.on.ca
Classifications	Hugh Rowland, Sir Oliver Mowat CI	P: 416.396.6802	hugh.rowland@tdsb.on.ca
Championship Review	Helen Thomson, St Michael CSS	P: 519.271.0890	hthomson@hpcdsb.ca
Sanctions	Brian Poste, North Hastings DHS	P: 613.332.1220	bposte@hpedsb.on.ca
Alpine Skiing	Karen Normet, Iroquois Ridge	P: 905.845.0012	normetk@hdsb.ca
Badminton	TBA		
Baseball	Paul Solarski, Brebeuf College	P: 416.393.5508	paul.solarski@tcdsb.org
Basketball	Peter Graham, Timmins High	P: 705.360.1411	peter.graham@dsb1.ca
Co-Chair	Jason Leili, Kingsville DHS	P: 519.733.2347	jason.leili@publicboard.ca
Cross Country Running	Kirk Dillabaugh, Glebe CI	P: 613.239.2424	kirk.dillabaugh@ocdsb.ca
Curling	Yvonne Nieuwenhuis, Sir Robert Borden HS	P: 613.829.1287	yvonne.nieuwenhuis@ocdsb.ca
Field Hockey	Liz Rusch, Merivale HS	P: 613.224.1807	elizabeth.rusch@ocdsb.ca
Boys' Field Lacrosse	Alex Frescura, St. Michaels College	P: 416.653.3180	frescura@smcmail.com
Football	James Clarke, John McGregor SS	P: 519.354.1740 x11655	james.clarke@lkdsb.net
Golf	Kendra Read, All Saints CHS	P: 613.271.4254	kendra.read@ocsb.ca
Co-Chair	John Elliott, Timmins H&VS	P: 705.360.1411	john.elliott@dsb1.ca
Hockey	Tim Clayton, Mother Teresa	P: 519.675.4433	tclayton@ldcsb.ca
Co-Chair	Eileen Elliott, St. John's College	P: 519.755.4992	eelliott@bhncdsb.ca
Nordic Skiing	Todd Harris, Lakefield CS	P: 705.652.3324	tharris@lcs.ca
Rugby	David Schaffler, Oakville Trafalgar HS	P: 905.845.2875	schafflerd@hdsb.ca
Co-Chair	Carrie Bowie, St. Patrick's HS	P: 613.733.0501	carrie.bowie@ocsb.ca
Snowboarding	Duncan Warrener, Nelson HS	P: 905.637.3825	warrenerd@hdsb.ca
Soccer	Tony Fiorino, Chaminade CS	P: 416.393.5509	tony.fiorino@tcdsb.org
Swimming	Michelle Harshman-Bettig	P: 905.676.1191	michelle.bettig@peelsb.com
Tennis	Shawn Morris, Stephen Lewis SS	P: 905.363.0289 x153	shawn.morris@yrdsb.ca
Track & Field	Craig Cavanagh, Riverside SS	P: 519.948.4116	craig.cavanagh@publicboard.ca
Ultimate	Kevin Macleod, Bowmanville HS	P: 905.623.4416	kevin_macleod@kprdsb.ca
Co-chair	Carla DiFilippo, Greenwood College	P: 416.482.9811	carla.difilippo@greenwoodcollege.org
Volleyball	Pat Farrell, Regiopolis Notre Dame	P: 613.545.1902	farrellp@alcdsb.on.ca
Co-chair	TBA		
Wrestling	Dave Hawkins, Tecumseh Vista Academy	P: 519.739.2189	dave.hawkins@publicboard.ca

INNVEST Hotels

Stay at over 80 properties managed by InnVest Hotels, 34 of which are located in Ontario.

For a complete hotel listing of all of our properties across Canada, visit InnVesthotels.com

Remember to ask for the 'OFSAA Rate and Convenor Incentive' when booking!

For reservations, contact the hotel directly or contact

Saverio Gioffre
National Sales Manger

416-607-7100 ext 2400

Saverio.Gioffre@innvesthotels.com

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 nd 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



Tennessee Tremain, an OFSAA athlete from Guelph Collegiate VI, broke the world record for fastest mile while dribbling a basketball. On July 18, he ran a 4.33.9 to better the previous record by three seconds.



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**