

# The Bulletin

2016 -2017 OFSAA  
Championship  
Calendar

Nutrition For Cold  
Weather

Scholarships Available  
in 2017



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.

# OFSAA STAFF UPDATES

## Assistant Director

OFSAA would like to welcome Jim Barbeau as its interim Assistant Director responsible for girls' championships and festivals, the Swimming Championship, the Convenor Workshop, girls' Sport Advisory Committees, Volleyball, Rugby, Swimming and Hockey Sport Advisory Committees and the CIAAA Athletic Directors Conference.

Lexy Fogel, outgoing assistant director, is moving on after nine years with the OFSAA family to work as Program Consultant with the Games Unit at the Ministry of Tourism, Culture and Sport.

"It's been such a pleasure working with all the amazing

volunteers, teacher-coaches and staff. They all have a great passion for school sport and developing student-athletes, and I've learned so much from working with them that I will take forward in both my professional and personal life."



Jim Barbeau has been working with OFSAA as a special projects coordinator since the fall of 2014, coordinating alpine skiing, snowboarding, tennis and the Board of Reference - Sanctions. Jim worked at Nicholson Catholic College for 27 years, serving as Athletic Director for 21 years before retirement.

## Goodbye from Lexy Fogel



It is with a mixture of sadness and excitement that I leave OFSAA for my new position as Program Consultant at the Ministry of Tourism, Culture and Sport in their Games Unit. I have been with the organization for 9 years and it has been such an amazing and significant experience. I have been so lucky to have worked with so many fantastic volunteers and staff through championships, sport advisory committees, Championship Review Committee, Gender Equity Committee, Representatives' Council, Executive Council, Women's Sport School, Coaching Symposium, and Convenor Workshop. I am continually awed by the dedication, commitment and care of the volunteers and staff that I have worked with. They have taught me so

much that I will take with me in my personal and professional life.

I will miss so many things about OFSAA; travelling across the province to see communities big and small come together to organize a championship, the warm welcomes I have received from organizing committees when I attend their championship, the student-athletes that cry when they win and when they lose, the joy and surprise when someone wins a Leadership in School Sport award, the dinner after a long day of meetings at the Reps' Council and AGM, the way that sport advisory committees come together to work through a problem, the ice breaker games where new friendships are formed at the Women's Sport School and Coaching Symposium, the fun had with the organizing committee for the Women's Sport School and Coaching Symposium, the excitement of new convenors at the Convenor Workshop and of course the wonderful friendships I have formed with teachers and administrators across the province and the staff in our office. I often refer to my OFSAA family when speaking to others. Working at OFSAA has been like spending time with a really great and really big family. I care deeply about this organization and it will always be with me. Thank you so much for a wonderful 9.5 years!

## Notice

OFSAA is accepting nominations for the position of Vice President. The position of Vice President is a two (2) year term followed by a two (2) year term as President, followed by a two (2) year term as Past President. According to by-law Section 2 (a) "The incoming Vice President shall be the opposite sex to the former Vice President who shall become the President." OFSAA is looking for male nominations for the position of Vice President.

Duties of the Vice President: two-year term; voting member of the Executive Council, the Principals' Council and will attend the Annual Assembly meeting in April each year; member of the Management Committee (meets via conference call on an as-needed basis); Should attend the Representatives' Council meeting in November;

Chairperson of the Future Directions Committee (two-year term) - two meetings annually; Chairperson of the Committee of Principals' Representatives (two-year term) - one meeting annually at the General Assembly in April; may fill in for the President if necessary; may be a member of a Board of Reference; may be a member of any other ad hoc committee; weekday commitment - seven days/year (maximum nine).

An Association representative, after consultation with the Association's Principal representative may, if her/she chooses, nominate an individual for this position. The individual must be a principal or vice principal. Nominations including a resume must be forwarded to Beth Hubbard by Thursday February 23rd at 4 pm.



## Age Classifications for the 2016-17 School Year

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

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

How old was the student on January 1, 2016?

Years of eligibility

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

## 2016-17 Transfer Appeal Meeting Dates

<b>Meeting Date</b>	<b>Deadline for Applications</b>
Thurs., Feb. 23, 2017	Wed., Feb. 8, 2017
Thurs., Apr. 20, 2017	Wed., April 5, 2017

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

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

## OFSAA Social Spotlight

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



[facebook.com/OFSAA](https://facebook.com/OFSAA)



[twitter.com/OFSAA](https://twitter.com/OFSAA)



[instagram.com/OFSAAGRAM](https://instagram.com/OFSAAGRAM)



[youtube.com/OFSAAvids](https://youtube.com/OFSAAvids)

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

- |                 |                  |
|-----------------|------------------|
| @OFSAASnow      | @OFSAABadmnton   |
| @OFSAAXC        | @OFSAACurling    |
| @OFSAAFootball  | @OFSAAGolf       |
| @OFSAABoySoccer | @OFSAAGirlSoccer |
| @OFSAATennis    | @OFSAATrack      |
| @OFSAABaseball  | @OFSAABasketball |
| @OFSAAGirlsFH   | @OFSAALacrosse   |
| @OFSAABoyHockey | @OFSAAGirlHockey |
| @OFSAARugby     | @OFSAASwimming   |
| @OFSAAVBall     | @OFSAAWrestling  |

Instagram of the Month



# Please Support OFSAA's School Sport Sponsors

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

## Badminton

### Yonex

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



### Black Knight

- Official badminton eyewear provider of OFSAA

## Football

### Spalding

- Alpha, Official football of OFSAA



## Basketball

### Spalding

- TF-1000 Legacy & TF-1000 Classic, Official basketballs of OFSAA



## Volleyball

### Baden

- Baden Perfection 15-0, Official volleyball of OFSAA



## Rugby

### Monilex

- Official supplier of Gilbert Barbarian Match Ball, Official rugby ball of OFSAA



### Molten

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



## Accommodations

### Westmont Hospitality Group

- Official hotel partner of OFSAA



## Cross Country and Track and Field

### Nike

- Official sponsor



## Character Athlete Award

### Jostens

- Official sponsor



## Shot Clock

### Scoreboard Man/ NEVCO

- Official Shot Clock of OFSAA



# 2017 National Athletic Director's and School Coaching Conference

Hosted in Partnership with  **OFSAA**  
ONTARIO FEDERATION OF SCHOOL ATHLETIC ASSOCIATIONS  
FÉDÉRATION DES ASSOCIATIONS DU SPORT SCOLAIRE DE L'ONTARIO



Conference schedule and reservations:  
<http://www.ciaaa.ca/>



Sheraton Centre Toronto Hotel  
Toronto, Ontario  
April 20-22  
2017





# OFSAA-sanctioned Invitational Events

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

It is **your responsibility as a school** to submit the request for OFSAA sanction form **at least 30 days prior** to any invitational event your school is **hosting or entering**. When OFSAA sanction is granted, **all competitors must be OFSAA-eligible**. Failure to obtain OFSAA sanction could result in a team or individuals being denied entry or arriving at the event and not being allowed entry. When attending events, a designated staff member must be responsible for the team throughout the event. Please make all teacher-coaches and outside coaches aware of this requirement.

**\*\*Application forms for both hosting and attending invitational events are on the OFSAA website and must now be completed and submitted ONLINE.**

## For Interprovincial Competitions

- Schools must receive OFSAA sanction in order to participate

## For attendance at US events

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

## For Hosting Meets/Tournaments

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

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

For information or questions on OFSAA sanctioning for invitational events, contact: Diana Ranken (diana@ofsa.on.ca).

## Sanctioned Invitational High School Events 2016-17

### HOCKEY

#### York University Hockey Tournaments

For a full listing of the Girls' and Boys' hockey tournaments at York University check the OFSAA website.

Convenor: Al Rose, York University

416-661-5000 X251

Email: arose@icesports.com

#### 23rd Annual Bur Bear Winter Carnival

February 2-4, 2017

Convenor: Carl Vanlandschoot, Corpus Christi HS

Burlington

905-3331-5591

Email: vanlanc@hcdsb.org

#### 12th Annual Blessed Trinity Junior Boys' Hockey Tournament

March 21, 2017

Convenor: Rich Vrataric, Blessed Trinity CSS

Grimsby

905-845-6706

Email: richard.vrataric@ncdsb.com

#### Junior Crusader Girls' Hockey Tournament

March 23, 2017

Convenors: Wendy Glover, Catholic Central HS

London

519-675-4431

Email: wgllover@office.lcdsb.on.ca

Email: mike.chaney@rogers.com

Mike Chaney

#### Junior Gators Boys' Invitational Hockey Tournament

March 28-29, 2017

Convenor: Stephen Sim, Lakeshore CHS

Port Colborne

905-835-2451

Email: Stephen.sim@ncdsb.com

#### Phoenix Boys' Invitational Hockey Tournament

April 4-5, 2017

Convenor: Jim Whittard, St. Francis CSS

St. Catharines

905-646-2002

Email: james.whittard@ncdsb.com

### SOCCER

#### Marauder Girls' Invitational Soccer Tournament

May 5, 2017

Convenor: Jeff Northrop, Banting Memorial HS

Alliston

705-435-6288

Email: jnorthrop@scdsb.on.ca

### TRACK AND FIELD

#### 41st Annual Ron Hungerford Track and Field Classic

May 5-6, 2017

Convenor: Jack Weststrate, Thousand Islands SS

Brockville

613-342-1100

Email: jack.weststrate@ucdsb.on.ca

### RUGBY

#### YMCA Youth Exchange Rugby Tournament

April 29-May 2, 2017

Convenor: Blair Watson, Bishop Smith HS

Pembroke

613-639-8804

Email: bwatson@rccdsb.edu.on.ca

### ARCHERY

#### Boys' and Girls' High School Archery Invitational

May 17-18, 2017

Convenor: James Dohaniuk, Peel Board

Richmond Hill

905-270-6000 X6628

Email: james.dohaniuk@peelsb.com

### SLO-PITCH

#### 22nd Annual High School Slo-Pitch Tournament

May 25-26, 2017

Convenors: Charlie Guidice, St. Mary's, Hamilton

Dorchester

905-526-0214

Email: charlie\_guidice@hotmail.com

Email: jariss@slopitch.org

John Ariss, Slo-Pitch Ontario

### MOUNTAIN BIKING

#### High School Mountain Bike Challenge

June 2, 2017

Convenor: Eric Orschel, Dunbarton HS

Durham Forest

905-839-1125

Email: eric.orschel@ddsb.ca



## By the Numbers: Why OFSAA Needs Your Sport Participation Stats

Athletic Directors from across the province are reminded they need to send in their sport participation numbers to OFSAA.

This information is vital to determine OFSAA events based on participation. OFSAA status of current and potential future Championships and Festivals is based on these numbers to reflect sport activity in the province and provide equitable opportunity for participation.

Contact Shamus Bourdon (shamus@ofsaa.on.ca)

## OFSAA combines gender-divided SACs

With the amalgamations of OFSAA's basketball, rugby, golf, and hockey Sport Advisory Committees, every SAC that determines structure and directions of high school championships and festivals concerning their specific sport has now combined male and female membership.

## International Students and OFSAA's Transfer Policy

International students are not exchange students and therefore must apply for eligibility through the OFSAA Transfer Policy.

International students may apply for eligibility through Transfer Policy section a (ii): "The student has transferred to an Ontario school from outside Canada or the United States and is attending the designated school in their choice of system (public, catholic or independent) according to school board boundaries (or is attending the closest school in the student's choice of system to the student's home if no school boundaries exist)."

They may apply also for eligibility through section b (ii): "The student accepts his/her ineligibility under the Transfer Policy, but requests eligibility for the sports he/she did not participate in at the interschool level for the twelve months prior to the date of transfer."

International Students are not exempt from the Transfer Policy. For complete OFSAA Transfer Policy please visit: [www.ofsaa.on.ca/resources/policies/transfer-policy](http://www.ofsaa.on.ca/resources/policies/transfer-policy)

# THE SCOREBOARD MAN

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With the debut of the Alpha football as the official ball of the OFSAA Football Bowls Spalding has recommitted to keeping football safe in Ontario schools.

Bridging the gap from the Keeping Football Safe contest, OFSAA and Spalding are happy to announce a new initiative with the same focus to benefit teacher-coaches and football programs across the province.

Newly mandated OPHEA safety guidelines require one coach per team to have completed the NCCP Safe Contact course.

Teacher-coaches who have funded and successfully

completed the course any time in the 2016-17 school year can apply for reimbursement below. You must also submit appropriate receipt of your course registration to [shamus@ofsa.on.ca](mailto:shamus@ofsa.on.ca). Up to 100 will qualify.

From those successful applicants OFSAA will draw three winners who each receive \$1500 product credit from Spalding. An additional 40 winners will receive a new Spalding Alpha football, official football of OFSAA.

Please look into taking the Safe Contact course, and apply for your reimbursement and chance to win!

Applications will be accepted until May 1st, 2017





# Coaching Your Child in High School

By Janet Hannigan on NFHS.org

Coaches face many challenges and enjoy many rewards throughout their careers. If they are lucky, they can coach championship teams and develop lifelong relationships with their athletes. There are also trying times when coaches may question why they ever thought of getting into coaching. Nevertheless, there are also situations that may occur in coaching careers when you are faced with a unique challenge: coaching your own sons and daughters.

One of the reasons we find value in coaching is due to the relationships we build; we teach athletes lessons to be successful not just solely in athletics but throughout their lives. One day, they arrive as unknown freshmen, and the next, you're sitting in a chair on a warm Saturday morning watching them receive their diploma, heading off to the next chapter in their lives. Knowing that time as a parent is short, parent-coaches need to develop ways so they can enjoy time together.

**Allow coaching from others** - Although we may find ourselves on the same team as our sons and daughters, it is important to let your children be coached by other people. Even if you are a highly recognized head coach, they can learn new things in a different way from other coaches, even your assistants. Throughout an athlete's career they are bound to face good and bad coaching, but just like other parents, parent-coaches quickly need to learn to not coach them from the sidelines. One of our goals as coaches is to develop leadership in not just athletes but our fellow coaches as well. To instill this leadership, we must allow other coaches to do their jobs. This allows a more productive atmosphere that fosters respect. In that same mindset, it is best not to talk to your children after a game, match or race. We have all heard stories about parents burning out their sons and daughters by overanalyzing game results. As coaches who are parents, we need to be there for our children, but allow them to bring up the conversation of play and outcome only if they wish to do so. A further step is that we can ask our sons and daughters to speak to another coach on staff first before they talk to us.

**Treat your child like any other** - A child's personality may set some of the tone of the coach/parent relationship. I do feel it is extremely important to set some parameters as to how things are to be handled. Even though coaches may treat their sons and daughters differently at home, they need to treat them like any other player during practices and games. Some coaches set environmental ground rules. At games and practices with the public present, the coach is coach; however, when at home it's only mom or dad. This may seem trivial, but teammates notice nuances and if we are going to treat athletes the same, something as simple as a title can go a long way in showing the distinction between the two.

**Be able to make the tough decisions and see the future** - As we raise our own children, most of us instill the values we pass on to others through coaching. In school and sports, we want our kids to work hard, be respectful, communicate well and look people in the eye. However, even following the Six

Pillars of Character will not ensure competitiveness. When it comes to putting the program first, coaches want the best players on the team. Some players provide skill and work ethic while others have heart that will only make your team better. Finding the right combination and making the right choices, as any coach will tell you, is the most difficult part of coaching. When we find our own children being a possible piece to maximizing team potential, it is a challenge to separate what is best for the team and for our children as we have vested interests in both. It is during these times that parent coaches need to rely on vision and core principles.

A high school athletic career is only four years long, but crucial in the development of many of our youth. Many come with aspirations to be a scholarship player and even play professionally. Coaches can help in achieving these goals, but there is much more benefit in instilling habits in all athletes that will allow them to find success in any number of post high school goals. Parent coaches are tasked with remembering their core principles and having vision. Most coaches will agree they want their athletes to be able to overcome hardship, have the ability to make plans to work toward success, and build a network with friends with others that can last a lifetime. Parent coaches may have children with a wide range of ability levels, but they have to allow their core principles to coincide with their parenting.

An example of this is when a coach has two girls that both play JV volleyball together during their sophomore and freshman year. The younger daughter turns out to be the best player on the JV team and is moved up for playoffs. During next season's tryouts, the younger daughter – now a sophomore – brings more skill and experience and easily earns a spot on the varsity team. However, the older daughter does not have the skills of her sister. She is one of the players that needs to be addressed individually by the parent coach and coaching staff. These are real parental coaching moments and as coaches we are charged to look after the entire team by displaying the honesty and professionalism that all our communities expect. In addition, when we have these conversations with a focus on core principles and vision, we are better able to communicate with all athletes in these delicate situations.

**Be honest with all team members** - As a coach, honesty helps team members understand their team roles. Honesty fosters a positive team environment and we need to be honest with all players regardless of whether they are our sons and daughters. One area that we can focus on when we have sons and daughters on our teams is to be aware of our comments and find ways to recognize all player contributions. Coaches' sons and daughters are part of teams they play on and need to be treated like the rest of their teammates.

Coaching a team is full of challenges and rewards, and essentially, we create the foundations of a "second family." Each player is like a son or daughter. It has been wonderful to build relationships like this over the years and can be just as rewarding when your son or daughter become part of the school program.

# Hayden Goalie Fired Up About Competing at OFSAA

## Huskies seeded fourth for provincial high school field hockey tournament

Story by Herb Garbutt, Burlington Post, Nov. 2, 2016



### Hayden Huskies' goalie Lyndsay Swanston does the splits to deny a Nelson shooter in penalty strokes during Friday's GHAC field hockey final

Lyndsay Swanston spent a week in August rappelling down buildings, cutting cars apart, hauling hoses and battling blazes in bulky, heavy gear in scorching heat. Camp Ignite was a five-day introductory firefighting course in Mississauga geared toward teenage girls with an interest in pursuing it as a career.

"It's always been something I was interested in," she said, "so I thought I would do it because I'd never tried it before."

That sense of adventure has played a major role in the Grade 12 student's athletic career as well. When she arrived at the newly-opened Frank Hayden Secondary School in Grade 9, she went out for the school's first-ever field hockey team. Few players had any experience in the sport and the team was lacking one key element — a goalie.

When the coaches asked for volunteers, Swanston raised her hand.

For four years, she's guarded the Huskies net, donning the oversized gear to block shots and frustrate opponents. The last line of defence, she's been called upon to put out fires while Hayden built its program.

And Friday, Swanston came to the rescue once more.

With the Huskies and the Nelson Lords tied 1-1 after regulation in the Golden Horseshoe Athletic Conference final, the game came down to penalty strokes.

"She made a phenomenal save that totally saved us," said Hayden coach Kelly Grzesik. "She did full splits to make a save on a strong shooter."

That save helped the Huskies pull out a 2-1 victory and secure the fourth seed for this week's Ontario Federation of School Athletic Associations (OFSAA) tournament in Kitchener.

"We were so bummed after the loss (to Nelson) in the Halton final," Swanston said of the 4-1 defeat three days earlier. "We knew we could play better and that win just sets everything in order to get us ready to play at OFSAA."

Hayden earned a second shot at Nelson by beating Bishop Ryan 1-0 in last Thursday's GHAC semifinal, backed by Swanston's shutout and a goal by Sara Grabauskas. Meanwhile, Nelson topped St. Jean de Brebeuf 3-0 in the other semi to set up the rematch.



Emma Davis gave Hayden a lead but Nelson's Anna Costanzo tied it up to send the game to penalty strokes, where Hayden exacted a measure of revenge, though both teams are OFSAA-bound (Nelson is seeded sixth).

"Beating Nelson gave them some confidence and being ranked fourth gave them a boost, recognizing them as being a contender," Grzesik said.

The thought of competing at OFSAA seemed like a far-off dream when Swanston and her teammates came together to form Hayden's first junior team. They won just two of nine games, though they began play in tier 1, unlike most new schools who work their way up the ranks.

"I had no idea why we were in tier 1. Nobody really knew what they were doing," Swanston said. "But our coaches said it would be better for us and it was definitely the right move."

Hayden won only two games the following year with a senior team that had no Grade 12s. But over the past two seasons, the Huskies have only one loss in 14 regular-season games.

Grzesik said players have dedicated themselves to the game, with many of them joining the Halton Field Hockey Club. Grade 10 midfielder Megan Rennie, like Swanston, has played for the provincial team. Defenders Allie Hoegl and Paige Waddell and midfielder Mackenzie Williams play rep with Halton while others play in the club's development league.

"A lot of teams, you're beating one or two players," the Hayden coach said. "We're pretty solid everywhere. We can look at our bench and there are players who can give us good minutes and potentially score some goals."

One player Hayden opponents will have to beat is Swanston. She plays an aggressive style, coming out to challenge shooters and makes the saves her team needs from her. Hayden allowed a league-low four goals in nine games before the Halton final.

Swanston, who played for the national junior indoor team in a series against the U.S. in March, was recruited by U.S. colleges but is now leaning toward Canadian schools. She'll go to university and if she's still interested in firefighting when she graduates, she may return to college. That still seems like a long way off, but then so did OFSAA to that Grade 9 who offered to be the team's goalie.

"Everything's happened so fast," the 17-year-old said. "The girls who are in Grade 12 who were in the first year of the program, we've been working so hard for it. That's been our goal since Grade 9. Then all of sudden, it was like 'Oh my gosh, we're going to OFSAA.'"

The Huskies couldn't ask for anyone better equipped to lead them into the fire.

**\* Bulletin note:** Dr. Frank J Hayden would go on to place third at the 2016 OFSAA Girls' Field Hockey Championships with a 3-0 shutout in the Bronze medal match.

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# Call for High Risk Sport Experts!

OFSAA is in search of content writers for the creation of OFSAA High Risk Sport e-learning modules. These modules will be designed specifically for Secondary School Teacher-Coaches in Ontario and assist with meeting the revised safety guidelines for inter-school sport.

The following sports need teacher-coach experts: Swimming, Ice Hockey, Lacrosse, Rugby, Football, Field Hockey, Gymnastics, Track & Field, Wrestling, Alpine Skiing

## Responsibilities/Requirements:

- Knowledge of safety and skill progressions for the specific sport.
- Develop module curriculum suitable for an e-learning platform.
- Assist in preparation of content and format for the e-learning environment.
- Work in collaboration with OFSAA staff to produce content by July 1st, 2017.

## Compensation:

- An honorarium will be provided for approximately 20 hours of work.

If you are interested in becoming a High Risk Sport writer for OFSAA please contact us by February 28th, 2017:

Jim Barbeau (jim@ofsa.on.ca) - Swimming, Ice Hockey, Field Hockey, Gymnastics and Alpine Skiing

Shamus Bourdon (shamus@ofsa.on.ca) - Lacrosse, Football, Track & Field, Wrestling, and Rugby

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# School Sport Canada Online Courses

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

Courses can be accessed through [www.schoolcoach.ca](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.

### Coaching Basketball & Volleyball Fundamentals

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

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

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

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

### Engaging Effectively with Parents

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

### Fundamentals of Coaching

A grassroots course focusing on critical skills and understanding athlete needs; a must for all coaches.

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

### Legal Course for Coaches

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

### Teaching & Modeling Behaviour

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

### Tobacco - "Be the NORM"

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

## Coaching in Ontario Schools (CIOS)



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

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

### Course Cost

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

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



To organize a CIOS workshop please contact Shamus Bourdon at 416-426-7440 or [shamus@ofsaa.on.ca](mailto:shamus@ofsaa.on.ca)

# Nutrition for Cold Weather Sports

## Special Considerations

Special attention to adequate fuel and fluids is imperative in cold weather sports. Some of the issues that are unique to these sports include:

- Cold temperatures increase the risk of hypothermia and can reduce the desire to eat and drink;
- Shivering increases energy expenditure through the use of carbohydrate (glycogen) in the muscle, making the athlete more prone to fatigue;
- Location of training and competition can limit access to food and fluid, making the athlete more likely to neglect to fuel and hydrate adequately.

## Hydration

Athletes participating in sports involving multiple training or competition runs (alpine and freestyle skiing, snowboarding, sledding, etc.) need to make a special effort to hydrate. Since fluids are not usually taken in actual competition, pre-hydration is important, and care should be taken to hydrate between events or training runs. To ensure optimal hydration, athletes should be encouraged to:

- Wear or carry a water bottle on a belt or in a backpack during warm-up;
- Carry a water bottle in a bag during training, which can be left at the top or bottom of the hill;
- Wrap bottles in clothing to keep them off the ground and prevent freezing in sub-zero temperatures;
- Pack warm beverages or soups in insulated containers to reduce the risk of hypothermia;
- Use non-breakable bottles that can be opened without having to remove gloves.

## Fueling

Since cold weather suppresses appetite, it can be easy for athletes to not eat enough until meal breaks or the end of training. To help ensure optimal performance and prevent physical and mental fatigue, athletes should be encouraged to:

- Bring carbohydrate-based snacks that are cold-tolerant, easy to digest, and can be handled with gloves if necessary, such as crackers and cheese, arrowroot cookies, pretzels, dried fruit, fruit leathers, dry cereal, trail mix, granola bars, and peanut butter and jam sandwiches;
- Use unbreakable, easy-to-open containers, such as zippered or unsealed sandwich bags or rubber containers;
- Take a few bites of a carbohydrate-based snack after each run to maintain blood sugar and glycogen levels, and to encourage ongoing muscle recovery.

## NOTE:

Athletes involved in indoor winter sports (such as ice hockey and figure skating) and cold weather endurance sports (such as cross-country skiing and biathlon) can plan for fueling and hydration before and during training and competition in much the same way as similar warm-weather sports. Consult the fact sheet **Fluids and Food DURING Training/Competition** ([www.coach.ca/-p140141](http://www.coach.ca/-p140141)) for more information.





## OFSAA Experience – Terry Cooper



**Terry Cooper, back right, is shown with his boys' basketball team in the early 70s"**

Every day when Terry Cooper walks over to Marathon High School to coach in his Falcons gear, he's a happy man. It's been that way for over 50 years now.

Though Mr. Cooper retired from teaching 15 years ago, he's stayed involved with the school community of Marathon, a small town of a little more than 3000 people between Thunder Bay and Wawa. He taught grade nine math and boys' physical education to all grades starting in 1966 and a trip to Ontario Leadership Camp early on sparked his interest in coaching.

Now in his 51st year at the head of the bench, Cooper coaches the grandchildren of some of those first teams he headed. First this year it was the Senior Girls' basketball team and now it's the Junior Boys' basketball squad but he's also coached many athletic activities over his years.

"Over the years I had a hand in just about every sport from hockey to volleyball, to track and field, to gymnastics to basketball," Cooper said in a feature article in the *Marathon Mercury*.

"I couldn't even begin to guess how many kids I coached over the years... it's very difficult to put a number on that but we won our fair share of titles. We had some great successes on the court."

And even after retirement Cooper couldn't stay away from

the gym. He loved and still loves the teaching aspect of coaching, and how it provides an avenue to relate to the kids on a level outside the classroom.

"It's a joke in our family," says Terry's daughter, Robin Cooper. "For the past ten or so summers we ask him what his coaching plans are for the fall. He says he thinks he's going to pack it in. Then it comes to the fall and someone, usually one of the players from the previous year, asks him if he would consider returning and he says yes!"

His planning and coaching style haven't changed much over the years – though he does use an iPad now after seeing a coach from Thunder Bay using one.

"Each year you get a different group of kids with different skill sets. With a junior team or grade nines, how you start them off depends on where they need the help," says Mr. Cooper. "The whole objective of the program is for the students to gain enough knowledge and confidence to be able to play at the senior level. I've always thought that sports is the only thing that keeps some kids in school."

"Always have something positive to say after a practice or a game. That grows on the kids and, sometimes on later years, where you learn that those kids have found their particular niche in life and are doing well it's a great feeling."

# Scholarships and Awards Available for 2017

OFSAA has formed partnerships with a number of organizations, benefitting student-athletes and teacher-coaches across the province. Please see the Recognition tab on our [ofsa.on.ca](http://ofsa.on.ca) website.

The following are available to student-athletes:

## **OFSAA Alumni Scholarship**

Encourage your students to apply for the 2017 OFSAA Alumni Scholarship. Students in schools in NEOAA, COSSA, CWOSSAA and TDCAA are eligible to apply this year.

Applications must be received by April 14th, 2017 by mail or courier. Criteria and application forms may be found on the OFSAA website ([ofsa.on.ca](http://ofsa.on.ca)) under Programs/Scholarships. Please make your teacher-coaches, and the Student Services department aware of this opportunity for your students.

## **Colin Hood School Sport Award**

The Colin Hood Award is given out annually to one graduating male, one graduating female, and one coach in every school in the province.

Application deadline is April 28, 2017.

## **OFSAA Character Athlete Award**

Once a year, OFSAA awards the Character Athlete Award to two recipients (one male, one female) who embody OFSAA's values of leadership, commitment, equity, respect and sportsmanship. Winners receive a \$1000 scholarship from Josten's, and a plaque from OFSAA commemorating this accomplishment.

Application deadline is May 1, 2017.

## **Brian Maxwell Memorial Scholarship**

The Brian Maxwell Memorial Scholarship is awarded each year to two student athletes that will be continuing their post secondary education at a Canadian College or University. One male and one female will each win a scholarship of \$8000, \$4000, or \$2000 based on criteria including honesty, integrity, compassion and an unwavering quest to accomplish the best they can.

Application deadline is June 20, 2017.

## 'KidSport' Grants 2017

REMINDER ... Funding is still available to help high school students in Ontario overcome financial barriers that are restricting their participation in school sports. This is a combined grant provided by OFSAA and KidSport.

- Application forms may be found on both the OFSAA and KidSport websites and must be completed fully. Parents are required to give reasons for the financial need, and the endorser (preferably the Athletic Director or Physical Education department head), must provide a detailed outline of how the sport fees are dispersed.
- A certain amount of funding is allocated for each sport season and students must apply separately for sports in different seasons by the deadline dates: Winter sports - February 3, 2017; Spring sports - May 1, 2017



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## Coaching Excellence Awards: School Sport Award 2015-16

The Coaches Association of Ontario (CAO) Coaching Excellence Awards aim to recognize the outstanding achievements and significant contributions coaches have made both to their sport and athletes in Ontario. OFSAA is responsible for the selection of a male and a female coach in the School Sport category. This award is open to active teacher-coaches with a minimum of five years coaching experience. Nominated coaches must have coached two or more sports in a school year over the period of five years. The awards do not reflect the accomplishments of a coach in any one year; rather the award is designed to recognize the contributions a coach has made over a period of years.

### Jo-Anne Dexter – E.S.C. La Citadelle (EOSSAA)

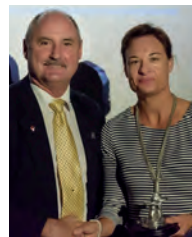


Jo-Anne started coaching at a young age and has spent the past 29 years at La Citadelle leading loudly – they say you can hear when she’s in the gym.

Described as a natural motivator, passionate, caring and supportive Jo-Anne is also the teacher-coach that will chase her athletes up and down the court rather than stand and direct.

“I love working with students and I love pushing them to their limits,” says Dexter. “If they stay after practice, they want to shoot another couple shots, kick another couple balls, one more 50m to get our time – if they ask me on their own that’s my level of success.”

### Ken McDonald – Senator O’Connor (TDCAA)



Ken has coached inside and outside of schools for 40 years including soccer, inline and ice hockey, baseball, gymnastics, basketball, volleyball, curling, “and on and on.”

A caring coach that teaches the positive impact of play whether win or lose, he’s always instructing but with a twist – like a little something funny to lighten the perspective.

“They feed off of you,” says McDonald. “They can see whether you’re jaded and I’m always trying to talk and trying to improve certain things they’re trying to do correctly. It’s not a criticism, you want them to improve and do better because I’ll cheer just as loud as they do if they make a good play or catch so it’s like I’m making the catch at the same time they are.”

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# Draft 2016-17 OFSAA

## **BOYS' GOLF (CWOSSA)**

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

## **GIRLS' GOLF (SWOSSAA)**

Oct. 12-13, 2016, Windsor  
Fernando Brunone, St. Thomas Villanova  
519-734-6444  
fernando\_brunone@wecdsb.on.ca  
**Entry Deadline: Oct. 6, 2015**

## **GIRLS' FIELD HOCKEY (CWOSSA)**

Nov. 3-5, 2016, Kitchener  
Ruth Hibbard, Huron Heights SS  
519-896-2631 x5066  
ruth\_hibbard@wrdsb.on.ca  
**Entry Deadline: Oct. 29, 2016**

## **CROSS COUNTRY (CISAA)**

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

## **BOYS' A VOLLEYBALL (NOSSA)**

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

## **BOYS' AA VOLLEYBALL (SWOSSAA)**

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

## **BOYS' AAA VOLLEYBALL (GHAC)**

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

## **GIRLS' A BASKETBALL (NEOAA)**

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

## **GIRLS' AA BASKETBALL (SWOSSAA)**

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

## **GIRLS' AAA BASKETBALL (TDCAA)**

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

## **FOOTBALL BOWLS**

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

## **ALPINE SKIING**

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

## **NORDIC SKIING (NEOAA)**

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

## **SWIMMING (SWOSSAA)**

March 7-8, 2017, Windsor  
Danielle Parent, E.J. Lajeunesse CSS  
519-972-5763  
paredani@cscprovidence.ca  
**Entry Deadline: Feb. 25, 2017**

## **WRESTLING (ROPSSAA)**

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

## **SNOWBOARDING (YRAA)**

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

## **BOYS' A BASKETBALL (SWOSSAA)**

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

## **BOYS' AA BASKETBALL (NOSSA)**

Mar. 6-8, 2017, Sault Ste. Marie  
Jeff Giovantti, Korah Collegiate  
705-945-7180 x66506  
giovantj@adsb.on.ca  
**Entry Deadline: Feb. 28, 2017**

## **BOYS' AAA BASKETBALL (NOSSA)**

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

## **GIRLS' A VOLLEYBALL (SOSSA)**

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

## **GIRLS' AA VOLLEYBALL (COSSA)**

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

## **GIRLS' AAA VOLLEYBALL (GBSSA)**

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

## **CURLING (NOSSA)**

Mar. 21-24, 2017, North Bay  
Sean Mullan, Widdifield  
705-472-5711  
sean.mullan@nearnorthschools.ca  
**Entry Deadline: Mar. 8, 2017**

## **BOYS' A/AA HOCKEY (NWOSSAA)**

Mar. 21-24, 2017, Fort Frances  
Shane Beckett, Fort Frances HS  
807-274-7747  
sbeckett@mail.rrdsb.com  
**Entry Deadline: Mar. 8, 2017**

FOR COMPLETE CHAMPIONSHIP



# Championship Calendar

## **BOYS' AAA HOCKEY (ROPSSAA)**

Mar. 21-24, 2017, Mississauga  
Joel Agnew, St. Aloysius Gonzaga CSS  
905-820-3900  
joel.agnew@dpcdsb.org  
**Entry Deadline: Mar. 8, 2017**

## **GIRLS' A/AA HOCKEY (WOSSAA)**

Mar. 21-24, 2017, Stratford  
Kim Ruston, Stratford Northwestern  
519-271-9740  
kimberly.ruston@ed.amdsb.ca  
**Entry Deadline: Mar. 8, 2017**

## **GIRLS' AAA HOCKEY (ROPSSAA)**

Mar. 21-24, 2017, Mississauga  
Melanie Jones, St. Aloysius Gonzaga CSS  
905-820-3900  
melanie.jones@dpcdsb.org  
**Entry Deadline: Mar. 8, 2017**

## **GIRLS' GYMNASTICS (COSSA)**

April 10-11, 2017, Belleville  
Debbie Clare, Centennial SS  
613-962-9233 x3409  
dclare@hpedsb.on.ca  
**Entry Deadline: Apr. 1, 2017**

## **BADMINTON (SWOSSA)**

May 4-6, 2017, Pain Court  
Mike Schinkelshoek, ES Pain Court  
519-352-1614  
schimich@cscprovidence.ca  
**Entry Deadline: Apr. 29, 2017**

## **TENNIS (YRAA)**

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

## **GIRLS' A/AA & AAA RUGBY (LOSSA)**

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

## **BOYS' A/AA FIELD LACROSSE**

May 31-June 2, 2017, Brantford  
Geoff Stead, Pauline Johnson CVS  
519-756-1320  
william.stead@granderie.ca  
**Entry Deadline: May 23, 2017**

## **BOYS' AAA FIELD LACROSSE**

May 29-31, 2017, Brantford  
Geoff Stead, Pauline Johnson CVS  
519-756-1320  
william.stead@granderie.ca  
**Entry Deadline: May 27, 2017**

## **BOYS' A/AA & AAA RUGBY (NCSSAA)**

June 1-3, 2017, Ottawa  
Carrie Bowie, St. Patricks HS  
613-733-0501  
carrie.bowie@ocdsb.ca  
**Entry Deadline: May 27, 2017**

## **GIRLS' A SOCCER (TDCAA)**

May 31 - June 2, 2017, Toronto  
Jeff Kennedy, UTS  
416-770-3301  
jeffkennedy@utschools.ca  
**Entry Deadline: May 27, 2017**

## **GIRLS' & BOYS' AA SOCCER**

June 1-3, 2017, North Bay  
Guy Horth/ Tyson Brier, West Ferris I&SS  
705-475-2333  
guy.horth@nearnorthschools.ca/tyson.  
brear@nearnorthschools.ca  
**Entry Deadline: May 27, 2017**

## **GIRLS' AAA SOCCER (SWOSSAA)**

June 1-3, 2017, Belle River  
Frank Graziano, Belle River DHS  
519-728-1212  
frank.graziano@publicboard.ca  
**Entry Deadline: May 27, 2017**

## **BOYS' A SOCCER (SWOSSAA)**

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

## **BOYS' AAA SOCCER (GHAC)**

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

## **TRACK & FIELD**

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

## **BOYS' BASEBALL EAST REGIONAL**

May 31-June 1, 2017, Etobicoke  
Paul Rebelo, Bishop Allen Academy  
416-395-5549  
paul.rebelo@sympatico.ca  
**Entry Deadline: May 27, 2017**

## **BOYS' BASEBALL WEST REGIONAL (SWOSSAA)**

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

## **Boys' Baseball FINAL**

June 7, 2017, London  
Brian Riddell, OFSAA  
416-904-6796  
brian@ofsaa.on.ca

# OFSAA Football Bowls 2016

Tim Horton's Field, Hamilton

November 28 - 30, 2016



The 2016 OFSAA Football Festival was held in Hamilton. Tim Horton Stadium, home of the Hamilton Tiger Cats, served as our gracious host for the second time. It will also be home for the 2017 Festival.

Nine bowl games were played over the three days. The weather was excellent which allowed the athletes to compete without any weather problems.

OFSAA would like to express a special thanks to the organizing committee who did a fantastic job: Sean Allen, Dan Del Mastro, Campbell Blake, Darrin Curtis, Brian Gaw, Dan Dominico, Bruce Dyce, Devin Gray, Dave Morrissey, Chick Kennedy, Dana McKiel, Peter Morris, Mario Pietrangelo, Erica Phillips, Pat Reilly, Dan Russell, Kent Farrow, and Dana McKiel. We would also like to thank the student volunteers from McKinnon Park SS, who ensured that the event ran smoothly.

Thanks to our many sponsors: Marchant's School Sports, University of Guelph, Canada Football Chat, Pizza Pizza, Cable 14, Fox 40, Josten's Rings, Westmont Hotels, Sheraton Hotel (Hamilton) Spalding and Gatorade. The OFSAA Football Festival could not have happened without your continued support.

Thanks to John Metcalfe for his announcing of all nine games and game statistics. Thanks To Gerry Angus for being the official photographer for OFSAA Football. Thanks to Murray Taylor, OFOA, for coordinating the officials for the bowl games. Thanks to Cable 14 and Dana McKiel for the broadcast of all three Tuesday games.

Canada Football Chat, who streamed the Bowl games, ranked six of the nine bowl champions in their Top 20 across Canada after the bowl games were completed.

W.F. Herman	#1	St. Thomas More	#10
A.N. Myer	#2	London South	#12
Burlington Nelson	#9	Etobicoke CI	#17

Huron Heights who lost to W.F. Herman, ranked #11

## MONDAY, NOVEMBER 28

### EASTERN BOWL

Msgr. Paul Dwyer Saints (LOSSA)	38
St. Thomas More Knights (GHAC)	15

The St. Thomas More Knights from Hamilton remain undefeated in OFSAA Football Bowl games capturing their second consecutive win. This was their fourth appearance having won the Golden Horseshoe Bowl Championship previously in 2006, 2007 & 2015.

This was a wide open game with both teams amassing over 500 yards much of it through the air. The game had a little of everything. Jacob Baker (Knights) ran two interceptions for touchdowns. Vance Bundy (Saints) blocked a punt and returned it for a 25 yard touchdown. Kevin Matuga, Knights kicker, was successful on all five of his converts.

Bobby Cadman (Saints) played both ways and was in on 7 tackles while Justin Almonte led Knights defense with 6 tackles.

Congratulations to the St. Thomas More Knights on their second consecutive OFSAA Bowl win.



**METRO BOWL**

Michael Power Trojans (TDCAA) 7  
 St. Matthew Tigers (NCSSAA) 28

St. Matthew was appearing in their first OFSAA Bowl appearance after defeating perennial representative St. Peter's in the NCSSAA Final.

The Tigers were just too much for the Toronto Catholic Champions amassing over 274 yards while holding their opponents to 39 yards.

Kian Williams led the Tigers with three touchdowns. Horation Martin had put Michael Power into an early lead with a four yard run.

Thomas Manttari led the Michael Power defense with four tackles while Katley Joseph led St. Matthew with 6 tackles

Congratulations to St. Matthew in winning their first OFSAA Football Bowl.

**NATIONAL CAPITAL BOWL**

Frontenac Falcons (EOSSAA) 18  
 Crestwood Mustangs (COSSA) 19

Crestwood was returning to the OFSAA Football Bowl Series after a few years absence. This was the Mustangs 9th appearance and 4th win.

Frontenac lost a heartbreaker to their rivals from Peterborough when a last second field goal to clinch the victory hit the uprights and ended the game with Crestwood winning 19 – 18.

The two teams had a net offense of almost 700 yards. Frontenac had the edge in the passing game while Crestwood controlled the ground game.

Ryan Astom led Crestwood's offense with three touchdowns. Jacob Magee and Spencer Riley each scored a touchdown for Frontenac.

James Macdonald (Falcons) and Dawson Puk (Mustangs) led their defenses with numerous tackles.

Congratulations to both teams for a very exciting and entertaining game for spectators, university coaches, and parents.

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**TUESDAY, NOVEMBER 29**

**GOLDEN HORSESHOE BOWL**

Burlington Nelson Lords (GHAC)	27
St. Marcellinus Spirit (ROPSSAA)	6

Both Burlington Nelson and St. Marcellinus opened Tuesday with an exciting game which featured 540 total yards in offense.

Before a spirited crowd from both schools, the game was still in doubt until a Zach Ihasz touchdown with under four minutes to play gave Nelson a 27 – 6 lead.

This was Burlington Nelson’s 5th OFSAA Football Bowl win in 6 appearances.

Christopher Micelli kicked two field goals to account for St. Marcellinus’ scoring. Kevin Wong led the running attack for the Spirit with 157 yards rushing.

Michael Lehmann led the Lord’s 8 catches for 74 yards.

**SIMCOE BOWL**

Bear Creek Kodiaks (GBSSA)	16
St. Ignatius Falcons (NWOSSAA)	29

The Falcons finally broke the spell by winning their first OFSAA Bowl in their third consecutive bowl appearance. The Thunder Bay representative won it with four

touchdowns in the second quarter taking a 29 – 7 lead into half-time. Liam Puskas deflated the Kodiaks with two key interceptions in the second quarter which he returned for touchdowns. The Kodiaks sole touchdown came from an 8-yard run by Noah Jacka.

Both teams were evenly matched in statistics. The key to this game were the two huge interceptions that turned into touchdowns for the Falcons.

It would be a joyous 16 hour return bus ride to Thunder Bay for these very jubilant athletes and their coaches.

**INDEPENDENT BOWL**

McKinnon Park Blue Devils (SOSSA)	0
London South Lions (WOSSAA)	64

The London South Lions, fresh from their exciting victory over Catholic Central in the WOSSAA Championship in the final two minutes, continued their winning ways by dominating the Blue Devils from Caledonia capturing their first OFSAA Bowl.

Both Nick Morello and Ethan Martin led the Lions offense with three touchdowns each.

Although they were outplayed. McKinnon Park still had 15 first downs and a total offense of 233 yards.

Congratulations to the coaching staff and players



from McKinnon Park (making their first appearance at OFSAA Football Bowl Series) for coaching and playing their hardest until the final whistle despite the lopsided score.

London South proved that they are a team that will surely be returning to the OFSAA Bowl Series in the future.

**WEDNESDAY, NOVEMBER 30**

**CENTRAL BOWL**

Jacob Hespeler Hawks (CWOSSA)	7
A.N. Myer Marauders (SOSSA)	50

The difference between these two strong teams was simply the passing game; where the Marauders passed for 328 yards to 66 yards for the Hawks. The Marauders from Niagara Falls completed their third consecutive OFSAA Bowl and jumped to a 2nd place ranking according to Canada Football CHAT behind W.F. Herman.

Tyler Scholz and Tre Ford each had two touchdowns in the opening game on Wednesday. Devonte Hudson Scored on a 17 yard pass and run from Jackson White. Dallas Bone was good on all seven converts.

Adam Derochie (Hawks) and Jake Andrews (Marauders) each had four tackles.

**NORTHERN BOWL**

Superior Heights Steelhawks (NOSSA)	18
Etobicoke Rams (TDSSAA)	30

The Etobicoke Rams captured their first OFSAA Football Bowl by upending Superior Heights in a very tough game. There was not much difference in the offensive game with Superior Heights gaining 356 yards to the Etobicoke Rams 312 yards.

Keegan Dicks scored two long touchdowns (58 and 65 yards) on passes from quarterback Justice Allin for the Rams in the second half which was the difference in the game. Cooper Laframboise (Steelhawks) rushed for two touchdowns.

Joe Rosso (Steelhawks) and Tenzin Tsultrim (Rams) led their respective defenses with many tackles.

**WESTERN BOWL**

W.F. Herman Griffins (SWOSSA)	13
Huron Heights Warriors (YRAA)	7

These two powerhouses in high school football finally met in the final game of the 2016 Football Bowl Series. They did not disappoint the crowd from both schools along with up to seventy five university coaches who were in attendance. This game was not decided until there was less than a minute remaining on the clock.

Each team scored a touchdown. Michael Beale ran for a touchdown to put Herman ahead 10 – 0 in the second quarter. Aiden Mielczarek ran for 45 yards to close the gap to 13 – 7. Huron Heights had a chance after recovering a Herman fumble with less than three minutes to go. However, they were unable to convert a 3rd down and 5 and turned the ball over to Herman.

This was W.F. Herman’s 5th consecutive OFSAA Bowl victory in their 9th appearance. They maintained their ranking as the top high school football team in Canada.

Thanks again to everyone who made the 2016 OFSAA Football Bowl Festival a success.



# OFSAA Girls' Golf Festival

Windsor, Roseland Golf & Curling Club

October 12-13, 2016



This year's Girls' Golf Festival took place at the beautiful Roseland Golf and Curling Club in Windsor (SWOSSAA). The weather was warm and sunny for October and the girls were treated to great weather and great competition. It was an exciting two days of golf using the new format of two rounds of golf where golfers were split into an "A" and "B" Flight after day one. Jasmine Ly from Holy Names (SWOSSAA) was victorious after two days and took home first place for the "A" Flight with an impressive combined score of 141. Rachel Bauer from Holy Trinity (CWOSSA) took home first place for the "B" Flight by one stroke at a combined score of 178. Congratulations to Jasmine and Rachel and all the golfers that participated at this year's Festival.

This amazing event would not have been possible without the dedication and time of convenor Fernando Brunone who organized the whole event this year and last year! Thank you to Fernando and his volunteers.

### Individual Results A Flight:

1. Jasmine Ly, Holy Names HS (SWOSSAA)	R1: 68	R2: 73	Total: 141
2. Hailey Katona, Tilbury DHS (SWOSSAA)	R1: 69	R2: 76	Total: 145
T3. Emily Ward, AN Myer SS (SOSSA)	R1: 76	R2: 75	Total: 151(p)
T3. Lauren Bevan, Dunbarton HS (LOSSA)	R1: 74	R2: 77	Total: 151

### Individual Results B Flight:

1. Rachel Bauer, Holy Trinity CHS (CWOSSA)	R1: 92	R2: 86	Total: 178
2. Sophia Fallea, St. Thomas of Villanova CHS (SWOSSAA)	R1: 91	R2: 88	Total: 179
T3. Victoria Gates, Huron Heights SS (CWOSSA)	R1: 97	R2: 83	Total: 180(p)
T3. Emily White, Denis Morris CHS (SOSSA)	R1: 90	R2: 90	Total: 180
T3. Sasha Baker, Lakeshore CHS (SOSSA)	R1: 94	R2: 86	Total: 180
T3. Vanessa Chychrun, Cardinal Carter CHS (YRAA)	R1: 90	R2: 90	Total: 180

### Association Results:

Association Winner ROPSSAA with an average score of 165 – Vaijayanti Bharkhada (154), Elaine Surjoprajogo (167), Hansika Tathgur (167), Kacey Walker (171)







# OFSAA Girls' A Basketball Championship

Timmins

November 24 - 26, 2016

The 2016 Girls' A Basketball Championship was hosted by O'Gorman HS (NEOAA) with the help and support of two other high schools, all from different boards in Timmins. You could feel and see the community pride as the hometown heroes from O'Gorman HS played to a sold-out crowd in the gold medal game. The gold medal as well as the bronze medal games were especially exceptional games as these games consisted



of all female head coaches, showing the strong female leadership in girls' high school basketball today. It was a see-saw match up, with the girls from É.S. Jean Vanier coming out on top by showing their amazing skill and drive to win the gold medal 51-45 for the third time in the past five years. Congratulations to the Gold Medal winning team members from É.S. Jean Vanier; Keturah Balabyekkubo, Danielle Bilodeau, Emily Charron, Natasha Desjardins, Julia Doucet, Kendel Dunn, Alexandra Hebert, Mikayla Lafontaine, Gabrielle Lemay, Julia McPhail, Isabelle Sinclair, Sophie Vaillancourt, Kyara Wendling, Matteya Wendling and coach, Tricia Poulin and head coach Tara Poulin.

There was a warm welcome from the organizing committee, lead by Doug Basso and Cathy Beard, and those in the community to the city of Timmins and O'Gorman HS. It was the little things that made this such a great event including; the basketball backdrop at the

banquet for the athletes to take their picture in front of, the welcoming volunteers and technical team putting on the live streaming. Thank you to Doug, Cathy and their team for making this a memorable event for all. The event was especially memorable for Head Coach of O'Gorman HS, Marcy McCarty, as she won both the OFSAA Leadership in School Sport award as well as a silver medal. Marcy is an energetic and dedicated high school coach, who has committed herself to coaching 3 sports per year over the past 15 years. She has led many athletes to excel through her support including guest speaker Megan Mahon, who was a member of the 2016 Goalball Canadian team at the 2016 Rio Paralympics.

After all the games were done, the organizing committee selected Almaguin Highlands SS as the Team Sportsmanship Award winner for their excellent display of sportsmanship and spirit, both on and off the field of play. Congratulations to these athletes and coaches for being the epitome of the values of school sport.

## PARTICIPATING TEAMS

Trinity College	CISAA
Nicholson CC	COSSA
St. Peter SS	COSSA
Kincardine DSS	CWOSSA
Rideau DHS	EOSSAA
Carleton Place HS	EOSSAA
Almaguin Highlands SS	GBSSA
Lester B. Pearson SS	GHAC
G.L. Roberts C&VI	LOSSA
Hillcrest HS	NCSSAA
O'Gorman HS	NEOAA/AANEO
Englehart HS	NEOAA/AANEO
Lo-Ellen Park SS	NOSSA
Queen Elizabeth DHS	NWOSSAA
ÉS Jean Vanier	SOSSA
Hamilton District CHS	SOSSA
ÉSC E.J. Lajeunesse	SWOSSAA
U of T Schools	TDCAA
Lord Dorchester SS	WOSSAA

## RESULTS

### Quarter-Finals

Jean Vanier def. Carleton Place	44-25
O'Gorman def. G.L. Roberts	66-20
EJ Lajeunesse def. Rideau	44-38
Lo-Ellen Park def. Trinity College	53-24

### Semi-Finals

Jean Vanier def. E.J. Lajeunesse	53-13
O'Gorman def. Lo-Ellen Park	39-24

### Consolation Final

Lord Dorchester def. Nicholson CC	46-16
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### Bronze Medal Match

Lo-Ellen Park def. E.J. Lajeunesse	47-19
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### Gold Medal Match

Jean Vanier def. O'Gorman	51-45
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# OFSAA Girls' AA Basketball Championship

Belle River

November 24-26, 2016



Belle River DHS and convenor Frank Graziano played host to the 2016 OFSAA Girls' AA Basketball Championship. It was a well-organized event that was all about the athletes. There was competition and fun at every turn from the games played at the banquet to the games played in the gyms. All of the coaches and athletes walked away from an event to remember. The event was especially memorable for the OFSAA Leadership in School Sport award winner, Gerald Hlady. Gerald's coaching philosophy is that, "Coaches are mentored to influence student athletes to develop decision making skills that will help them become leaders, teammates and loyal; to benefit all parties involved in the sporting process." Congratulations to Gerald. Congratulations also to Frank and his organizing committee for making this championship one to remember.

Immaculata HS (NCSSAA) in Ottawa 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. Immaculata HS was an easy pick, as they displayed a positive attitude and poise on and off the court. Congratulations to the athletes and coaches from Immaculata HS.

The gold medal game was a nail-biter between Notre Dame CSS (GHAC) and Mother Teresa CSS (WOSSAA). In the end, the athletes from Notre Dame CSS played with just that bit more finesse and drive and were victorious with a 53-49 win over Mother Teresa. Congratulations to gold medal winners; Birute Bantye, Skye Barbato, Mairin Clarke, Melina Delulio, Payton Hughes, Jaiden Jackson-Fuller, Deborah Kamba, Ketsia Kamba, Meghan Starr, Tianna Tartaglia, coach Jon Low and head coach Mark Freeman.



## RESULTS

### Quarter-Finals

Mother Teresa def. Theriault	60-44
Notre Dame def. Eden	47-45
St. Joseph's def. Nelson	47-24
La Salle def. Wallaceburg	44-43

### Semi-Finals

Mother Teresa def. St. Joseph's	60-50
Notre Dame def. La Salle	36-35

### Consolation Final

Stephen Leacock def. Carine Wilson	45-41
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### Bronze Medal Match

La Salle def. St. Joseph's	52-42
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### Gold Medal Match

Notre Dame def. Mother Teresa	53-49
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## PARTICIPATING TEAMS

Prince Edward CI	COSSA
Our Lady of Lourdes HS	CWOSSA
La Salle SS	EOSSAA
St. Joseph's CHS	GBSSA
Notre Dame CSS	GHAC
Nelson HS	GHAC
Father Leo J. Austin CSS	LOSSA
Carine Wilson SS	NCSSAA
Immaculata HS	NCSSAA
ÉSC Theriault	NEOAA/AANEO
ÉS Macdonald-Cartier	NOSSA
Hammarskjöld HS	NWOSSAA
Applewood Heights SS	ROPSSAA
Eden HS	SOSSA
Wallaceburg DSS	SWOSSAA
Belle River DHS	SWOSSAA
Father Henry Carr	TDCAA
Stephen Leacock CI	TDSSAA
Mother Teresa CSS	WOSSAA
Dr. J.M. Denison SS	YRAA





# OFSAA Girls' AAA Basketball

Toronto

November 24-26, 2016



The OFSAA Girls' 2016 AAA Basketball Championship was hosted by Cardinal Newman C.H.S. (TDCAA) in Scarborough. Convenors Eva Roser and Francesco Malfitano and their organizing committee did an outstanding job setting up an exhilarating tournament. Thanks to Eva for buying hundreds of feet of Ethernet cable to live stream the action from centre court!

The banquet was held at the Peter and Paul Banquet Hall nearby in Scarborough where the girls enjoyed the colourful MC talents of Anson Blackburn who made them cheer for their dinner, plenty of opportunities for selfies, and a mass game of Kahoot! A memorial Spalding basketball was provided to every table with a white side for all teams to autograph and keep.

Tanya Callaghan was selected to receive the Leadership in School Sport Award for her contributions to building up girls' basketball not only in the TDCAA, but also with her not-for-profit organization Girls Addicted to basketball,

better known as G.A.B., where she is the founder and director and through program outreach spread hope and basketball to Swaziland, Africa. The guest speaker was U of T women's basketball coach Michèle Bélanger who has lead that program for 38 years and spoke of lessons learned in dedication to basketball.

Seeded fourth, the A.B. Lucas Vikings upended the top two teams to claim OFSAA Gold. It was the first OFSAA Championship in AAA Girls' basketball for a London-area team since 1993. After squeaking past No.

5 Newmarket in Friday's quarterfinals, Lucas beat top-seeded Hamilton St. Mary's 58-56 in the semis before beating No. 2 Toronto St. Mary's 57-49 in the final. They trailed early in the game but mounted a comeback thanks in part to Claire Litchfield's seven three-pointers.

Congratulations to the gold medal winning team members from A.B. Lucas SS in London: Laura Donovan, Sarah Donovan, Sydney Kendellen, Alexa Jesse, Nora MacRae, Lucy Gardner, Emily Oh, Annette Rozdolsky, Kaitlyn Jacob, Claire Litchfield, Bianca Hatchett, Sarah Swance, Natalie Anglin and coaches Elsa Donovan, Joshua Gray, and Kris Potter.

For their displays of spirit on their way to the Consolation Final, Glebe CI was named Sportsmanship Award recipients. Congratulations to the players and coaches for their embodiment of OFSAA's values and for making this a great OFSAA experience.

## RESULTS

### Quarter-Finals

St. Mary HS def. Northern CI	49-43
Pickering HS def. Michael Power	54-39
A.B. Lucas SS def. Newmarket HS	69-67
St. Joseph's College def. Innisdale SS	60-26

### Semi Finals

A.B. Lucas SS def. St. Mary's HS	58-56
St. Joseph's College def. Pickering HS	60-32

### Consolation Finals

Holy Cross CSS def. Glebe CI	62-54
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### Bronze Medal Match

St. Mary's HS def. Pickering HS	43-42
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### Gold Medal Match

A.B. Lucas SS def. St. Joseph's College	57-49
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## PARTICIPATING TEAMS

A.B. Lucas SS	WOSSAA
Glebe CI	NCSSAA
Holy Cross CSS	EOSSAA
Humberview SS	ROPSSAA
Innisdale SS	GBSSA
Martingrove CI	TDSSAA
Michael Power/ St. Joseph	TDCAA
Newmarket HS	YRAA
Northern CI & VS	SWOSSAA
Pickering HS	LOSSA
St. John's College	CWOSSA
St. Joseph's College	TDCAA
St. Mary's College	NOSSA
St. Mary's HS	GHAC
St. Peter SS	COSSA
Waterdown DHS	SOSSA

# OFSAA Girls' Field Hockey Championship

Kitchener-Waterloo

November 3-5, 2016



Bluevale was victorious this time with a nail-biting game that came down to penalty strokes. Congratulations to gold medal winning players; Madison Baker, Abby Beaton, Brie Berberich, Olivia Bickers, Sarah Dunbar, Sidney Evans,

First-time convenors Ruth Hibbard and Laurie Montgomery organized the 2016 OFSAA Field Hockey Championship like they had done it 100 times. Their group of highly dedicated teachers put on an event to remember from the beautiful participation banners, to the great facilities, to the wonderfully decorated banquet hall. Thank you to Ruth, Laurie and their organizing committee for putting on a magical event for all. Ruth Hibbard from Huron Heights SS (CWOSSA) was also presented, in an emotional ceremony, with the OFSAA Leadership in School Sport award for her years of commitment to developing athletes locally and across the province.

Jordyn Faiczak, Taylor Faiczak, Mya Hamley, Abbey Israel, Katelyn Israel, Erin Josslin, Becca Passmore, Sophie Roth, Sophie Schmidt, Madison Snook, Paisley Steele, Sara Thompson, Madeline Waywell, Kylie Wilson and coach Nicole Malatches and head coach Tara Macey.

After the final games were finished, the organizing committee selected the team from Goderich DCI (WOSSAA) as the Team Sportsmanship Award winner for their great character and spirit throughout the event. Congratulations to the players and coaches for being what OFSAA is all about!

The athletes at this year's championship played hard and fought for every goal scored. There were a number of exciting games culminating in the gold medal game between the 2015 gold medal winners Resurrection CSS (CWOSSA) and association rivals, Bluevale CI (CWOSSA).

## RESULTS

### Quarterfinals

Bluevale def. Goderich	4-3
St. John's Kilmarnock def. Pickering	2-1
Resurrection def. Holy Cross	4-0
Dr. Frank J Hayden def. Nepean	3-2

### Semi-Finals

Resurrection CSS def. St. John's Kilmarnock	1-0
Bluevale def Dr. Frank J Hayden	2-0

### Bronze Medal Match

Dr. Frank J Hayden def. St. John's Kilmarnock	3-0
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### Gold Medal Match

Bluevale def Resurrection (win on penalty strokes)	2-1
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## PARTICIPANTS TEAMS

### Pool A

Bluevale CI	CWOSSA
St. John's Kilmarnock	CISAA
Riverdale CI	TDSSAA
Humberview CI	ROPSSAA

### Pool B

Goderich DCI	WOSSAA
Pickering HS	LOSSA
Bill Crothers SS	YRAA
Eden HS	SOSSA

### Pool C

Resurrection CSS	CWOSSA
Nelson HS	GHAC
Michael Power/St. Joseph	TDCAA
Nepean HS	NCSSAA

### Pool D

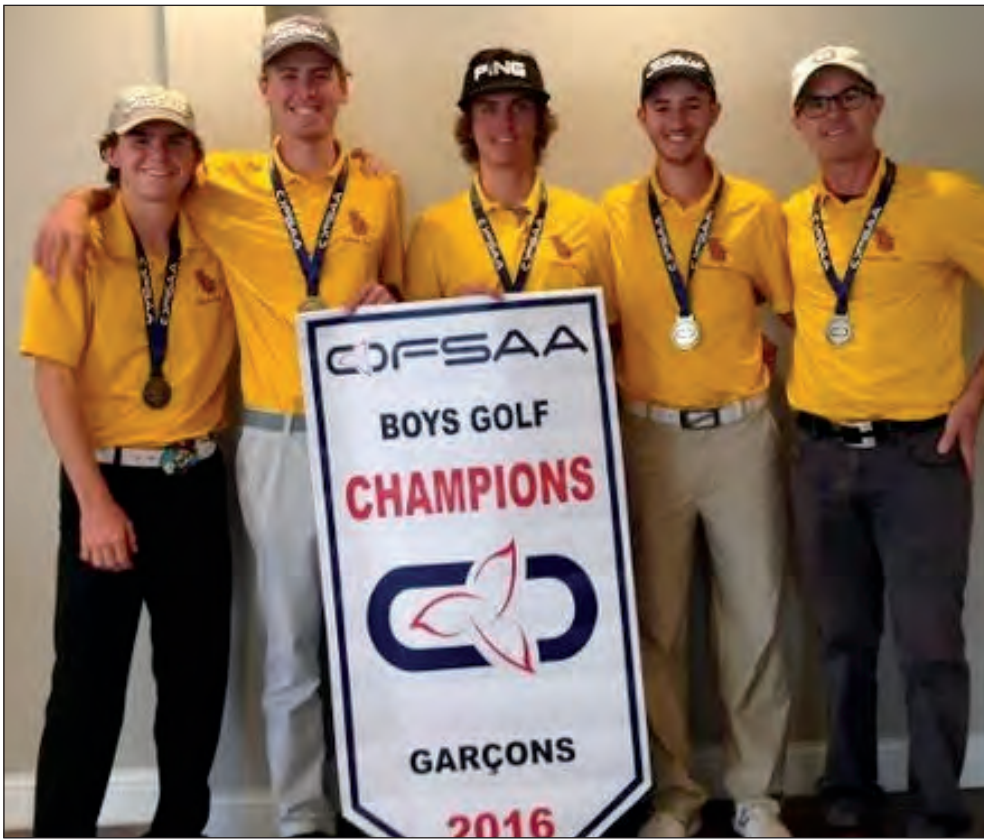
Dr. Frank J Hayden SS	GHAC
Clarkson SS	ROPSSAA
Holy Cross CSS	EOSSAA
Haliburton Highlands SS	COSSA



# OFSAA Boys' Golf 2016

Saugeen Golf Club

October 12-13, 2016



Sport award was presented to John Elliot from Timmins High & Vocational School (NEOAA), for his continued years of service to high school boys' golf throughout the province.

Both rounds of this year's championship featured great shot making skills and pressured play on the greens. The course conditions at Saugeen GC were excellent, challenging the top players in the province.

In the end, Luke Gavin (St. Peter CSS) captured the Gold medal with a two-day score of 142, the only participant to defeat the course at (-2). The Silver and Bronze medal needed a 3-hole playoff to determine the winners. Peyton Callens (Holy Trinity CHS) prevailed and captured the Silver medal. The Bronze

OFSAA Golf made its first appearance in the beautiful area of Saugeen Shores and Port Elgin, Ontario in 2016. First time convenor George Condy of Saugeen District Secondary School (SWOSSAA) set a new standard for the OFSAA Golf Championship and treated the student-athletes to a memorable provincial event. Saugeen Golf Club members and staff spent countless hours in both preparation and assistance during the event. New additions to the Championship included live hole-by-hole online scoring and live streaming. This provided teacher-coaches, student-athletes and spectators an incredible two-day experience. Coaches and athletes gathered in the Saugeen clubhouse for a fantastic banquet meal. This year's Leadership in School

medal was won by Brendan Dunphy (Sinclair SS). Both finished with a two day total of 146 (+2). The team event did not need a playoff with St. Peter Catholic Secondary School (COSSA) capturing its 2nd straight Gold medal with a total score of 449 (+17). Congratulations to Coach Steve Stanlick and student-athletes, Luke Gavin, Jackson Weichel, Tyler White and Mathew Stevens. The Silver went to Sinclair Secondary School (LOSSA) and Bronze was won by St. Mary Catholic Secondary School

Thanks again to George Condy and his organizing committee for providing all participants a fantastic OFSAA Championship.

**INDIVIDUAL RESULTS (DETERMINED BY PLAYOFF)**

1. Luke Gavin, St. Peter CSS	(COSSA)	R1: 73	R2: 69	Total: 142
2. Peyton Callens, Holy Trinity CHS	(EOSSAA)	R1: 76	R2: 70	Total: 146 (p)
3. Brendan Dunphy, Sinclair SS	(LOSSA)	R1: 71	R2: 75	Total: 146 (p)

**TEAM RESULTS**

1. St. Peter CSS	(COSSA)	R1: 229	R2: 220	Total: 449
2. Sinclair SS	(LOSSA)	R1: 230	R2: 231	Total: 461
3. St. Mary CSS	(COSSA)	R1: 234	R2: 235	Total: 469

# OFSAA Cross Country 2016

Trinity College, Port Hope

November 5, 2016



What a fantastic day for OFSAA Cross Country! Great weather, great setting, great crowd.

OFSAA Cross Country 2016 was hosted by CISAA of the Metro Region under the capable leadership of Tim White. The championship was held at the beautiful campus of Trinity College in Port Hope. Trinity College hosted the OFSAA Cross Country Championship in 2002 which was the first time OFSAA used chip timing. There have been several races on these courses over the years. The courses were fair and presented a challenge to the athletes. 1,800 athletes, including 36 Para athletes from 370 schools treated approximately 3000 parents, coaches, and friends to seven exciting races.

Congratulations to Tim and his entire organizing committee from CISAA for convening the 2016 championship. OFSAA would also like to thank the numerous volunteers who worked throughout the day to ensure the success of the championship.

We would also like to thank the staff of Trinity College for their tremendous support in hosting the 2016 Championship.

NIKE Canada acted again as the official sponsor of the event. The athletes' village added a positive atmosphere surrounding the event. We would also like to thank our other sponsors who contributed to the success of the event.

This was the fifth year of the Para Race that became an official race this year. Athletes qualified for the Para race through their association meets. The Para Event was divided into three categories: Ambulatory, Visually Impaired, and Intellectually Challenged.

Male Para winners were:

Nicholas Neri–Cardinal Leger–Brampton (Visual Impaired)

Zack Gringas – Bill Crothers SS – Unionville (Ambulatory)  
Jacob Balan – St. Marcellinus – Mississauga (Intellectual)

Female Para Winners were:

Sarah Gilles, Orangeville (Ambulatory), Clarista Ardiel, Almaguin Highlands, South River (Intellectual), Tessa Rankin, W.Ross MacDonald, Brantford (Visual)

The OFSAA Individual Champions for 2016 were: Haley Davis – John F. Ross (Midget Girls'); Joe Fast, Ridgemont (Midget Boys'); Cameron Ormond, Aurora (Junior Girls'); Nick Mota, Newmarket (Junior Boys'); Martha MacDonald, Havergal College (Senior Girls'); Andrew Alexander, Neil McNeil (Senior Boys').

Cameron Ormond, Aurora, who won the 2015 Midget Girls' Championship captured the 2016 Junior Girls' Championship.

The OFSAA Team Champions for 2016 were: Kingston CI (Midget Girls'); Birchmount Park (Midget Boys'); Northern SS (Junior Girls'); St. Michael's College School (Junior Boys'); Bishop Strachan School (Senior Girls'); St. James (Senior Boys')

The OFSAA Overall Girls' Champion was both Glebe SS (Ottawa) and Loretto Abbey (Toronto).

The OFSAA Overall Boys' Champion was Holy Names CSS (Windsor).

Tim White (Trinity College) and Denise Steadman (Country Day) were the recipients of the 2016 OFSAA Leadership In School Sport Awards for their contribution to high school sport for many years.

We look forward to the OFSAA 2017 Cross Country Championships which will be held in Petwawa and hosted by the East Region.





## OFSAA CROSS COUNTRY RESULTS 2016

### Top Six Finishers

#### MIDGET GIRLS' (3.2 KM)

##### Individual

1. Haley Davis , John F. Ross, Guelph
2. Eliza – Jane Boston, St. Maximilian Kolbe, Aurora
3. Anna Workman, Kingston CI, Kingston
4. Mackenzie Bilotta, Saint Andre Bessette, London
5. Emma Graham, Senator O'Connor, Toronto
6. Robyn Perry, Greenwood College, Toronto

##### Team

- |                              |            |
|------------------------------|------------|
| 1. Kingston CI, Kingston     | 139 Points |
| 2. North Toronto CI, Toronto | 165 Points |
| 3. Sir John A. MacDonald     | 194 Points |
| 4. Lo-Ellen Park, Sudbury    | 273 Points |
| 5. Bear Creek, Barrie        | 316 Points |
| 6. Brooklin HS, Brooklin     | 340 Points |

#### MIDGET BOYS' (5 KM)

##### Individual

1. Joe Fast, Ridgemont HS, Ottawa
2. Zachary Meredith, De La Salle ESP, Ottawa
3. Liam McKelvey, Neil McNeil, Toronto
4. Cameron Heinz, Huntsville HS, Huntsville
5. Matthew Lampard, Crescent School, Toronto
6. Seth Kwasnicki, Holy Names CHS, Windsor

##### Team

- |                                    |            |
|------------------------------------|------------|
| 1. Birchmount Park, Toronto        | 254 Points |
| 2. ESC Theriault, Timmins          | 285 Points |
| 3. Anderson CVI, Whitby            | 291 Points |
| 4. Holy Names, Windsor             | 303 Points |
| 5. Sir Wilfrid Laurier             | 311 Points |
| 6. Sir Winston Churchill, Hamilton | 325 Points |

#### JUNIOR GIRLS' (4.2 KM)

##### Individual

1. Cameron Ormond, Aurora HS, Aurora
2. Alexandra Weir, Northern SS, Toronto
3. Remy Cattell, Leaside HS, Toronto
4. Sydney Winokur, Lawrence Park, Toronto
5. Kate Knafelc, E.L. Crossley, Fonthill
6. Maxine Dupuis, ESC Theriault, Timmins

##### Team

- |                           |            |
|---------------------------|------------|
| 1. Northern SS, Toronto   | 64 Points  |
| 2. ESC Theriault, Timmins | 76 Points  |
| 3. Leaside HS, Toronto    | 183 Points |
| 4. Uxbridge SS, Uxbridge  | 212 Points |
| 5. Glebe CI, Ottawa       | 236 Points |
| 6. Loretto Abbey, Toronto | 321 Points |

#### JUNIOR BOYS' (5.9 KM)

##### Individual

1. Nick Mota, Newmarket HS, Newmarket
2. Joshua Zelek, Stratford Central, Stratford
3. Scott Arndt, Waterloo CI, Waterloo
4. Santiago Gaitan-Cabe, Notre Dame Welland
5. Brock McKenzie, Our Lady of Lourdes, Guelph
6. Evan Burke, South CI, London

##### Team

- |                                    |            |
|------------------------------------|------------|
| 1. St. Michael's College, Toronto  | 109 Points |
| 2. Vincent Massey SS, Windsor      | 266 Points |
| 3. Holy Names CSS, Windsor         | 288 Points |
| 4. Glebe CI, Ottawa                | 336 Points |
| 5. Sir Winston Churchill, Hamilton | 351 Points |
| 6. St. Mary's, Kitchener           | 353 Points |



## SENIOR GIRLS' (5KM)

### Individual

1. Martha MacDonald, Havergal College, Toronto
2. Hanna Johnston, Hammarskjold HS, Thunder Bay
3. Shona McCulloch, Longfields-Davidson, Ottawa
4. Christine Laurie, Kitchener Waterloo, Kitchener
5. Madeleine Ghazarian, Preston CI, Cambridge
6. Kylee Raftis, Bishop Strachan School, Toronto

### Team

- |                                    |            |
|------------------------------------|------------|
| 1. Bishop Strachan School, Toronto | 89 Points  |
| 2. Loretto Abbey, Toronto          | 220 Points |
| 3. Glebe CI, Ottawa                | 285 Points |
| 4. Lawrence Park, Toronto          | 329 Points |
| 5. Havergal College, Toronto       | 352 Points |
| 6. Uxbridge SS, Uxbridge           | 398 Points |

## SENIOR BOYS' (7 KM)

### Individual

1. Andrew Alexander, Neil McNeil, Toronto
2. Matthew Courtenay, Bear Creek, Barrie
3. Braydon Clarke, Erin District, Erin
4. Jordan MacIntosh, Hammarskjold HS, Thunder Bay
5. Cameron Dean, Anderson CVI, Whitby
6. Eric Morris, Centre Wellington, Fergus

### Team

- |                               |            |
|-------------------------------|------------|
| 1. St. James, Guelph          | 247 Points |
| 2. Dunbarton, Pickering       | 298 Points |
| 3. Glebe CI, Ottawa           | 348 Points |
| 4. Centre Wellington, Fergus  | 356 Points |
| 5. Dundas Valley, Hamilton    | 356 Points |
| 6. Vincent Massey SS, Windsor | 358 Points |

## Para (3.2 KM)

### Female

1. Sarah Gilles, Orangeville HS, Orangeville
2. Clarista Ardiel, Almaquin Highlands, South River (Intellectual)
3. Julianne Misk, St. Michael CHS (Intellectual)
4. Tessa Rankin, W. Ross MacDonald, Brantford (Visual)
5. Dana Godfrey, East Northumberland, Brighton
6. Megan Miller, W. Ross MacDonald, Brantford (Visual)

### Male

1. Nicolas Neri, Cardinal Leger, Brampton (Visual)
2. Zack Gingras, Bill Crothers, Unionville (Ambulatory)
3. Jacob Balan, St. Marcellinus, Mississauga (Intellectual)
4. Owen Konkle, Beamsville DSS, Beamsville (Intellectual)
5. Nick Heffernan, St. Thomas Aquinas (Ambulatory)
6. Craig Machan, Alexander MacKenzie (Intellectual)

## OVERALL BOYS' - TEAM

- |                                    |    |
|------------------------------------|----|
| 1. Holy Names, Windsor             | 34 |
| 2. Glebe CI, Ottawa                | 30 |
| 3. Birchmount Park, Toronto        | 29 |
| 4. Vincent Massey, Windsor         | 28 |
| 5. St. Michael's College, Toronto  | 23 |
| 6. St. James, Guelph               | 22 |
| 6. Sir Winston Churchill, Hamilton | 22 |

## OVERALL GIRLS' - TEAM

- |                                    |    |
|------------------------------------|----|
| 1. Loretto Abbey, Toronto          | 28 |
| 1. Glebe CI, Ottawa                | 28 |
| 3. Uxbridge SS, Uxbridge           | 24 |
| 4. Bishop Strachan School, Toronto | 20 |
| 4. Kingston CI, Kingston           | 20 |
| 4. Northern SS, Toronto            | 20 |


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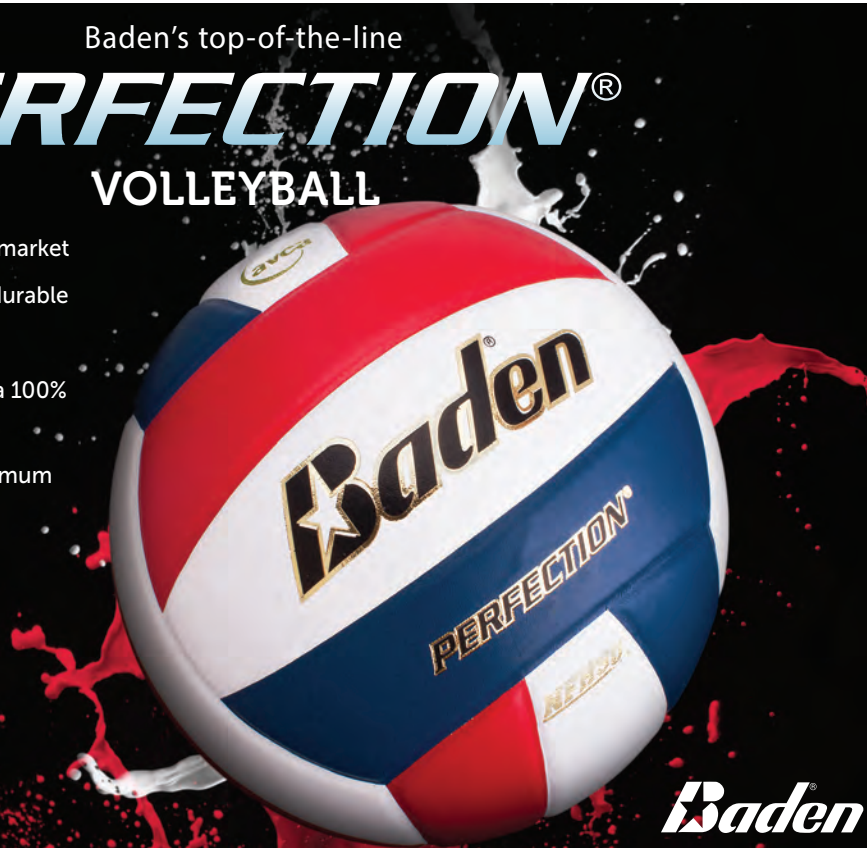
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# OFSAA Boys' A Volleyball

North Bay, Ontario

November 24-26, 2016

OFSAA Volleyball returned to North Bay in 2016. This time Boys' A would take centre stage at four different local high schools. Repeat convenor Colleen Egan and her staff of organizers showed the province how popular volleyball is in Northern Ontario.

As participants arrived to wintery conditions, all were excited for the customary OFSAA banquet to be held at the Championship host hotel. Teacher-coaches and student-athletes were treated to excellent food and a fun atmosphere. The Leadership in School Sport Award was presented to Wendy Bear from West Ferris I & SS. Her commitment to student-athlete development has been appreciated by many over the course of Wendy's career.

Pool play throughout the tournament revealed some outstanding volleyball skills and close matches. In the end the Gold medal went to École Secondaire Publique Louis-Riel (NCSSAA) who defeated the Silver medalist St. Mary's DC & VI (WOSSAA) in three straight sets. In the Bronze medal game É.S. Jean Vanier (SOSSA) defeated Durham Christian (LOSSA) 3-0 as well. In the consolation match Quinte Christian (COSSA) defeated Atikokan (NWOSSAA).

Congratulations to the members of Louis Reil: Fabrice



Ahadi, Luca Beaulieu, Merveille Benjamin, Michael Brisard, Richard Bucar, Hamza El-Ouedghiri, Abdirahman Ali, Oderah Pecore-Ugorji, Alexandre St-Denis, Maxime St-Denis, Cedric Torres and coaches Patrick Fortin, Francois St-Denis.

A special congratulations to Valley Heights SS (CWOSSA) for being awarded the OFSAA Team Sportsmanship award. Your positive examples of student-athlete behaviour were appreciated by the organizing committee.

Thank you to Colleen and her staff of volunteers for providing a positive and memorable event for all participants.

## PARTICIPATING TEAMS

### Pool A

Louis Reil	NCSSAA
Jean Vanier	SOSSA
Rideau	EOSSAA
St. Michael's Choir	TDCAA
Brampton Christian	ROPSSAA

### Pool C

St. Mary's	WOSSAA
Marc-Garneau	COSSA
Rockway Mennonite	CWOSSA
Romeo-Dallaire	NCSSAA
West Ferris	NOSSA

### Pool B

Quinte Christian	COSSA
Timiskaming	NEOAA
Toronto Christian	YRAA
Manitoulin	NOSSA
Valley Heights	CWOSSA

### Pool D

Durham Christian	LOSSA
Atikoken	NWOSSAA
UTS	TDCAA
Acton	GHAC
Chatham Christian	SWOSSAA

## RESULTS

### Championship Semi Finals

St. Mary's def. Jean Vanier	16-25, 25-22, 25-19, 23-25, 15-10
Louis Reil def. Durham Christian	25-11, 25-17, 25-18

### Consolation Championship

Quinte def. Atikoken	25-20, 25-19, 15-25, 25-11
----------------------	----------------------------

### Bronze Medal Match

Jean Vanier def. Durham Christian	25-21, 26-24, 25-23
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### Gold Medal Match

Louis Reil def. St. Mary's	25-24, 25-16, 25-20
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# OFSAA Boys' AA Volleyball

Windsor, Ontario

November 24-26, 2016



Pat Osborn returned as convenor of OFSAA Volleyball in 2016 and the organizing committee were well prepared to welcome the province to the City of Windsor. Using many different venues throughout the city proved to be a valuable experience for all participants and once again all teams performed at a high level throughout the 3 day event.



The Caboto Club was chosen as the banquet facility and of course provided student-athletes and teacher-coaches an excellent banquet dinner. As part of the evening, presentation of the Leadership in School Sport Award was made to Jeff Miller. Coach Miller has been a dedicated teacher-coach for 15 years at General Amherst HS. He is well respected by his colleagues who spoke to the time and dedication he puts into coaching students and serving on various local athletic association committees.

After some tight matches in pool play, eight strong teams emerged to compete in the consolation and medal round. The Gold medal match featured Stratford Central SS (WOSSAA) and Ecole Secondaire Catholique Franco Cité (NCSSAA). In a highly contested four set match, Franco Cite prevailed and returned as Gold medalists, winning the schools 2nd OFSAA Championship in three

years. Eden HS (SOSSA) prevailed in the Bronze medal match and the OFSAA consolation plaque was awarded to MM Robinson HS (GHAC).

Members of the 2016 Franco Cite Senior Boys' Volleyball team: Francois Albert, Charlie Azzi, Daniel Barriault, Simon Brunet, Julien Caswell, Jackson Dunning, Danny Farhat, Christopher Malekos, Marco Najem, Alexandre Rioux, Alexandre Nsakanda, Alexandre Sollars, Mateusz Wlodarski and coaches Rejean Godmaire, Thierry Lavigne.

Thanks again to Hon. W.C. Kennedy SS in Windsor for being such great hosts!

## PARTICIPATING TEAMS

### Pool A

ESC Franco Cite  
Norwell  
Leamington  
Sir Winston  
MM Robinson

NCSSAA  
CWOSSA  
SWOSSAA  
NWOSSAA  
GHAC

### Pool B

Eden HS  
Lasalle  
Bracebridge  
Kennedy  
Iona

SOSSA  
NOSSA  
GBSSA  
SWOSSAA  
ROPSSAA

### Pool C

Stratford  
Francis Libermann  
Kingston  
Henry Street  
Renaissance

WOSSAA  
TDCAA  
EOSSAA  
LOSSA  
NEOAA

### Pool D

Monarch Park  
Saugeen  
Beatrice  
ES L'Escale  
Adam Scott

TDSSAA  
CWOSSA  
NCSSAA  
EOSSAA  
COSSA

## RESULTS

### Championship Semi Finals

Franco Cite def. Lasalle 25-6, 25-12, 25-16  
Stratford def. Eden 25-16, 30-28, 24-26, 25-17

### Bronze Medal Match

Eden def. Lasalle 25-16, 25-18, 25-19

### Consolation Championship

MM Robinson def. Sir Winston Churchill 25-23, 25-18, 25-23

### Gold Medal Match

Franco Cite def. Stratford 25-18, 25-27, 25-18, 25-13





# OFSAA Boys' AAA Volleyball

Burlington, Ontario

November 24-26, 2016

First-time OFSAA volleyball convenors Mike Skoech and Nickolas Peterson along with their organizing committee from Dr. Frank J. Hayden Secondary School welcomed the province to Burlington. Student-athletes and teacher-coaches were treated to a great volleyball venue and a well-organized event.

Prior to day one of competition, participants were treated to a first class banquet at the Holiday Inn Burlington & Convention Centre. Guest Speaker Dave Preston (Head Coach of McMaster Men's Volleyball Team) provided participants with a positive message and motivational speech. The Leadership in School Sport award was presented to Kevin Houldcroft (Craig Kielburger SS) for years of service in school sport. Kevin was instrumental in developing positive opportunities both with his school teams and community programs throughout the Halton region.

Throughout the championship spectators were treated to high level volleyball throughout pool play and the playoff rounds. The Gold and Bronze medal matches featured programs that have had great success throughout the season. Mississauga SS (ROPSSAA) prevailed over Eastview SS (GBSSA) to win the Gold medal and finish the season with an undefeated record overall. The Bronze medal was won by York Mills CI (TDSSAA) defeating Sir William Mulock SS (YRAA) in three straight sets. The consolation final was



a thrilling five set match and in the end Georgetown DHS (GHAC) prevailed.

Congratulations to Mississauga Secondary School players Arslan Ahmed, Avy Bath, Deepak Brar, Matthew Cheung, Gurpartap Dhami, Deman Dulat, Harnoor Grewal, Michael Ho, Jaiveer Kang, Yashdeep Marwaha, Arjun Selhi, Saad Shaikh, Zaid Shaikh, Luxshan Sivathasan, Navreet Suhan and coaches Brent Austin and Lloyd Jones.

Also to be congratulated is Cameron Heights C.I. (CWOSSA) who won the Team Sportsmanship Award. Your positive example on and off the court was appreciated by all participants.

## PARTICIPATING TEAMS

### Pool A

Mississauga SS	ROPSSAA
Georgetown DHS	GHAC
Regiopolis-Notre Dame CSS	EOSSAA
Upper Canada College	CISAA
Sir William Mulock	YRAA

### Pool C

Eastview SS	GBSSA
Uxbridge SS	LOSSA
Cameron Heights CI	CWOSSA
Longfields SS	NCSSAA
Chippewa SS	NOSSA

### Pool B

Neil McNeil HS	TDCAA
Saunders SS	WOSSAA
Chatham-Kent SS	SWOSSAA
Sir John A. Macdonald CI	TDSSAA
Cobourg CI	COSSA

### Pool D

Christ the King CSS	GHAC
York Mills CI	TDSSAA
St. Marcellinus SS	ROPSSAA
St. Michael's College	CISAA
A.N. Myer SS	SOSSA

## RESULTS

### Championship Semi Finals

Mississauga SS def. York Mills CI	23-25, 19-25, 25-20, 25-18, 15-10
Eastview SS def. Sir William Mulock SS	25-19, 22-25, 25-23, 25-20

### Consolation Championship

Georgetown DHS def. Cameron Hgts CI 26-24, 23-25, 25-21, 21-25, 15-12

### Bronze Medal Match

York Mills CI def. Sir William Mulock SS 25-18, 25-20, 25-17

### Gold Medal Match

Mississauga SS def. Eastview SS 25-23, 25-16, 25-19

# Code of Conduct for Spectators



1 Cheer in a positive manner



2 Respect the decisions of officials



3 Do not interfere with the competition



4 Support the coaches



5 Be courteous and respectful



Thank you for supporting school sport.  
\*Failure to comply with this Code of Behaviour may lead to ejection.





# OFSAA Committees and Chairs

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<b>Gender Equity</b>	TBD			
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<b>Hockey - Girls'</b>	TBD			
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<b>Tennis</b>	Tami Hawkins, Tecumseh Vista Academy	P: 519.987.6200	F: 519.739.2611	tami.hawkins@publicboard.ca
<b>Track &amp; Field</b>	Mark Lewis, Seaway DHS	P: 613.652.4878	F: 613.652.1315	mark.lewis@ucdsb.on.ca
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<b>Volleyball</b>	Pat Farrell, Regiopolis Notre Dame	P: 613.545.1902	F: 613.548.4024	farrell@alcdsb.on.ca
<b>Co-chair</b>	Andrea Lackovic, Westmont SS	P: 905.385.5395	F: 905.574.6020	alackovi@hwdsb.on.ca
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