

The Bulletin



**2017 -2018 OFSAA
Championship
Calendar**

**Scholarships Available
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**OFSAA Conference
Coming in May**



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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A Word from Doug Gellatly, OFSAA Executive Director



It has been four years since the OFSAA Executive Council developed a strategic plan for the organization. Most strategic plans are three to five years in length and therefore the time for a new plan has arrived. Some organizations have plans longer than five years, but those are usually for organizations that experience little change. For OFSAA, three to five years is a reasonable time frame due to the frequently changing nature of education and school sport.

In an effort to solicit input into the new plan, OFSAA distributed an electronic survey to students, teacher-coaches, athletic directors, school administrators, and senior school board administrators. Within a week we had over 1,000 responses. This was very encouraging as it demonstrates a passion for school sport by all the various groups.

Particularly interesting were the responses students gave to the question, "Why do you participate in school sports?" Here were some of the common responses:

- Stay fit and healthy/relieve stress
- Competition
- Fun
- Socialize/make new friends/be with friends
- Feel part of the school/sense of community/part of a team
- Represent my school
- Learning opportunities
- Develop life skills/personal development

I think these responses resonate because they align with the overall mandate of school sport and its important place in the education system. Couple these responses with research OFSAA conducted a few years ago that showed coaching contributes to higher job satisfaction among teacher-coaches and stronger relationships with students, and one cannot deny the importance of school sport.

I recently came across an OFSAA promotional flyer which appeared to be from the 1970s. The OFSAA philosophy in the flyer was described as follows:

"OFSAA is an educational organization which operates solely within the medium of school sport. Its philosophy is founded on two related tenets. First, sport, in general, has the potential both to offer healthy and enjoyable diversion and to instill and nourish personal characteristics which will prove to be of long term value. Second, school sport specifically, possesses the capacity to realize that potential."

The OFSAA philosophy is not just theory nor could it be. It is based in the past experience of thousands of teachers. It has been verified time and again by research which emphasizes the extremely strong correlation which exists between extensive student involvement in extra-curricular activities and eventual success and well-being."

It is noteworthy that the philosophy of 40 years ago still serves the needs of today's students which were revealed in the recent survey results. OFSAA's new strategic plan must therefore enact change within the organization and meet the needs of students, but not compromise the longstanding philosophy of Education through School Sport.

Housekeeping Update – corrections from Fall Bulletin

The Fall Bulletin unfortunately did not publish the correct recap of the 2017 Track & Field Championships. OFSAA regrets this error. The information below was intended for The Bulletin's Fall Issue:

The 2017 spring track season was very difficult in terms of weather conditions. However, under the beautiful backdrop of Mary Ann Sills Park Complex & Bruce Faulds Track in Belleville, the conditions were near perfect. Brian Poste (North Hastings) and Tim Larry (retired) provided the leadership and inspiration for the many volunteers and committee members from the East Region to ensure the success of the championship for 2,392 participants and their coaches from 530 schools across Ontario. OFSAA would like to thank the organizing committee, the adult officials, and the student volunteers who

made the 2017 championships a great success. The organizing committee would also like to thank the City of Belleville for its support of OFSAA as well as the many sponsors who also contributed to the success of these championships. OFSAA would also like to thank NIKE for its contribution to the championships. OFSAA congratulates Louis O'Neill (St. Thomas Aquinas – Lindsay) for being the recipient of the OFSAA Leadership In School Sport Award. Louis has made a significant contribution to high school sport in the Lindsay area for many years. COSSA has been the real benefactors of his leadership over this time.

OFSAA STAFF UPDATES

OFSAA would like to welcome two new full-time staff members to their office.



Denise Perrier took over the duties as the Manager of Programs in early November. Under the new staff structure, Denise will be responsible for programs such as Coaching in Ontario Schools, CIAAA course delivery, the inaugural OFSAA conference, as well as all volleyball and rugby-related matters.

The St. Thomas, Ontario native played a key role recently with the Toronto 2015 Pan/Parapan American Games and the 2017 North American Indigenous Games. Serving as manager, sport & operations with the Indigenous Games, and manager, sport with the Pan/Parapan American Games, she was responsible for the planning and successful execution of strategies and plans for a portfolio of sport competitions.

She also previously held management roles in the athletic department at University of Toronto and at the offices of the Ontario Basketball Association.



Pat Park joined the team in September in the role of Communications and Marketing Coordinator. In this role, he will oversee media relations, publications, social media and branding, among other duties.

Pat spent over 25 years in a communications capacity in the front office of the NHL's Toronto Maple Leafs—his last 15 years as the hockey club's director of media relations. Prior to joining OFSAA, the Sarnia, Ontario native was the Media Chair for the 2015 World Junior Hockey Championship and a media venue supervisor for the 2015 Pan/Parapan American Games and the 2017 Invictus Games.

Pat also taught Sports Public Relations in Centennial College's School of Sports Journalism in 2017.



OFSAA would also like to extend warm best wishes to Diana Ranken as she transitions into full-time retirement this winter. As the Women's representative of TDIAA when she was first involved with OFSAA in the 1970s, Diana was at the forefront of women gaining representation on the OFSAA Board. She also played a prominent role in the introduction of girls' championships and for women to take leadership roles in conducting these events. The former assistant executive director at OFSAA has been a fixture at countless championships across the province during her career. Her relentless efforts have created an equitable playing field for the young women in our schools and her guiding hand has given them the opportunity to experience new sports and the thrill of competition.

Diana has a deep-rooted belief in the values of school sport and she has worked tirelessly to ensure these standards are upheld in the conduct of school sport. She is a firm believer that school sport is an integral part of a student's total education and that teachers are the focal point in the overall effectiveness of OFSAA's programs.

Diana will remain the primary contact for the TRY Day program moving forward.

Thank you, Diana for your dedication and mentorship over these many years!

In Memoriam

“A Tribute to a True Friend of School Sport”

Helen Gurney
1918 - 2017



The world of sport lost a good friend, and a mentor for young women, teachers, and coaches with the passing of Helen Gurney on October 28, 2017.

Gurney was the only female member of the founding Board of OFSAA, and a true friend and supporter of school sport throughout her 99 years. As a Ministry representative to OFSAA for over 25 years, she advocated for strong athletic school programs, more women in leadership positions, and fair and equitable competition for all student-athletes.

When Helen began her teaching career in the 1940s, sport was mainly male-dominated. ‘Gurney’ quickly became known as a respected educator, coach and basketball official. She inspired many young women to participate in sports and worked tirelessly to provide them with fair and equitable athletic opportunities. However, Helen’s efforts to build and improve sport programs extended to both males and females. Many of you may have met Helen at the Ontario Athletic Leadership Camp where she was director and made sure the student-athletes received instruction and guidance from the top physical education teachers in the province. Helen believed good role models were necessary to encourage the young leaders of the future and she herself certainly led by example.

In recent years the many organizations in which Helen played key roles in the building of their groups and programs, have recognized her contribution with their

top awards. She was inducted into the Windsor and Essex County Sports Hall of Fame, and the University of Toronto Sports Hall of Fame, Builders’ Division. She received the CAAWS “Historical Award”, and the Honour Awards of the Canadian Federation of Provincial School Athletic Associations and the Canadian Association for Health, Physical Education and Recreation. The YWCA recognized Helen’s work by bestowing their “Women of Distinction” award on her in the sport category. Helen was honoured with both the Queen’s Silver and Golden Jubilee Award (OFSAA’s nominee). She promoted growth within these groups with her generous financial support for scholarship programs and program development.

Helen took pride in women’s sports and the progress she witnessed during her career. She published two books to record this: “A Century of Progress - A History of High School Sport”, and “A Century to Remember - 1893-1993: The Story of Women’s Sports at the University of Toronto”.

Helen was a strong supporter of the OFSAA Alumni Scholarship Fund. If interested, donations may be given in her name to the Fund or to the charity of your choice by completing the “In Memoriam Scholarship Donation” form located at www.ofsaa.on.ca/news.

Many of you may not have had the privilege of knowing Helen, but the teaching and coaching environment is a better place today because of her efforts.

(Thank you to Diana Ranken for this tribute to Helen’s career and contributions)

**WE’VE
MOVED**



Age Classifications for the 2017-18 School Year

For the 2017-18 school year, a Midget will be born in 2003 or later and may only compete at OFSAA in the Midget category for one year in Grade 9. A Junior will be born in 2002 or 2003 and a Senior will be born in 1998 or later.

1997 or earlier	Ineligible
1998	Senior
1999	Senior
2000	Senior
2001	Senior
2002/2003	Junior
2003	Midget

How old was the student on January 1, 2017?

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.

2017-18 Transfer Appeal Meeting Dates

Meeting Date	Deadline for Applications
Thurs., Feb. 22, 2018	Wed., Feb. 7, 2018
Thurs., Apr. 19, 2018	Wed., Apr. 4, 2018

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!



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

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@OFSAACurling

@OFSAAGirlsFH

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@OFSAAFootball

@OFSAAGolf

@OFSAABoyHockey

@OFSAAGirlHockey

@OFSAABoySoccer

@OFSAAGirlSoccer

@OFSAARugby

@OFSAASwimming

@OFSAATennis

@OFSAATrack

@OFSAAVBall

@OFSAAWrestling



School Sport Canada Online Courses

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

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

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

Athletic Injury Management

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

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

Concussion in Sports - What You Need To Know - FREE

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

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

This is a FREE Course!

Engaging Effectively with Parents - FREE

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

Fundamentals of Coaching

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

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

Legal Course for Coaches -FREE

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

Teaching & Modeling Behaviour

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

Tobacco - "Be the NORM" - FREE

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

This is a FREE Course.

Coaching in Ontario Schools (CIOS)



The Coaching in Ontario Schools (CIOS) course continues its popularity, particularly among teacher-candidates, with approximately 200 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@ofsa.on.ca



2018 Playing Regulation Updates - High School Division

This is a reminder of new playing regulations in effect for 2018 for Nordic Skiing and Badminton. Both sports have implemented the "High School" division. Teacher-coaches are responsible for properly designating student-athletes prior to the start of each season.

A copy of playing regulations for both sports can be found at www.ofsaa.on.ca/resources/playing-regulations.

Nordic Skiing

- A skier who exclusively trains with/for his/her high school and does not train or compete with/for any other Nordic program or program with a Nordic skiing component.
- A skier in grade nine (9) is eligible, who has ceased to compete with/for any other Nordic program or program with a Nordic component prior to the start of the school year.
- A skier in grade ten or above is eligible, who has ceased to compete with/for any other Nordic program or program with a Nordic component prior to the start of the previous school year.

- Associations shall be allowed to enter;
 - (i) one (1) Junior and one (1) Senior Boys' Team,
 - (ii) one (1) Junior and one (1) Senior Girls' Team,
 - (iii) one (1) Junior and one (1) Senior Combined Team
 - (iv) in the absence of a Junior and/or Senior combined entry, an Association may send a second place Girls' and/or Boys' team.
 - (v) a team that qualifies for OFSAA must remain together for OFSAA.

Note: Teams may be made up of any mix of Open and High-school division athletes.



- (vi) in addition, each Association may enter up to sixteen (16) individuals, ten (10) in the high school trained division and six (6) in the open division, in each classification who are not already eligible as members of a qualifying team and who placed in the top ten, in their respective divisions, at the Association meet (if one is held). All association entries are eligible to race in the distance events.

Badminton

- A badminton player who exclusively trains with and competes with/for their high school and does not train or compete with/for any other badminton program.
- An Association may enter a maximum of two (2) competitors in each event. In the men's and women's singles events at least one (1) competitor must be classified as a high school trained athlete."
- The tournament will consist of three flights. Participants who are unsuccessful in matches 1-16 of "A", enter the first round of "B" flight. Participants who are unsuccessful in matches 17-24 of "A" flight, enter the second round of "B" flight. Only 'High School' participants of matches 25-48 in "B" flight, enter first round of "C" flight. 'Open' participants are not eligible to participate in the "C" flight.

Hosting or Attending an Invitational Event??

The ONLINE PROCESS to request OFSAA sanction....

- Go to the OFSAA website (ofsaa.on.ca)
- Click on Events/Sanctioned Events
- Scroll down to the bottom of the page and click on the required form either to HOST or to ATTEND an invitational event
- Complete the form and Submit online
- Once approved the school principal, and the coach or convenor will receive a letter of confirmation.

****All schools must now use this online method to request OFSAA sanction. Faxed forms will not be accepted.**

REMEMBER...

1. OFSAA-sanctioned Invitational Events must not contain the words, 'Ontario', 'Provincial', 'National', 'Canadian', or 'Championship' in their titles.
2. You MUST obtain OFSAA sanction for:
 - Any interprovincial tournament or meet you are attending.
 - Invitational events you are hosting that involve out-of-province participants.
 - Any state or NFHS-sanctioned tournaments or meets you are attending in the United States (Some American tournaments do not indicate whether they are sanctioned so it is best to obtain OFSAA sanction to be on the safe side).
 - Several cross-border states now require OFSAA sanction for exhibition events, so it is advisable to obtain sanction.

Failure to obtain OFSAA sanction may result in sanctioning of your school by the OFSAA Board of Reference - Sanctions, and may cause the out-of-province invited teams to be sanctioned by their home association.

Reminder to schools ... Once again your team may only play OFSAA-eligible students in all your games (league and invitational) if you wish to be eligible for OFSAA and OFSAA-approved invitational events within or outside of the province.

What does 'OFSAA-sanctioned' mean???

All participants must be eligible under the rules and regulations of the Provincial or State Association of which they are members.

A teacher-coach will be present and responsible for the athletes throughout the duration of your event.

Schools will only play other schools that are eligible under their province/state rules.

Once you have applied for OFSAA sanction and receive your confirmation letter, check the website under 'Events/Sanctioned' to make sure your school is listed as attending or hosting, and that the information is accurate. Athletic Directors and department heads make sure this information gets to all your coaches, both teacher-coaches and non-teacher coaches. **Applications must be received by OFSAA at least 30 days prior to the start of the event.**

For more information, please contact Jim Barbeau at jim@ofsaa.on.ca

Sanctioned Invitational High School Events 2017-18

HOCKEY

York University Tournaments

There is a full slate of hockey tournaments for Junior and Senior Boys, Girls, and Coed teams, at York University from November until April. Check the website for the entire schedule.

November until April Toronto
 Al Rose Phone: 416-661-5900 x251
 York University Email: arose@icesports.com

Lady Crusader Pre-Playoff Girls' Hockey Tournament

Feb. 7, 2018 London
 Christian Finkenzeller Phone: 519-675-4431
 Catholic Central HS Email: cfinkenzeller@ldcsb.ca
 Mike Chaney mike.chaney@rogers.com

Junior Crusader Boys' Hockey Tournament

March 27, 2018 London
 Christian Finkenzeller Phone: 519-675-4431
 Catholic Central HS Email: cfinkenzeller@ldcsb.ca
 Mike Chaney mike.chaney@rogers.com

Junior Boys' Gator Hockey Tournament

March 27-28, 2018 Port Colborne
 Steve Sim Phone: 905-835-2451
 Lakeshore CHS Email: stephen.sim@ncdsb.com

Saint Francis Junior Boys' Hockey Tournament

April 4-5, 2018 St. Catharines
 James Whittard Phone: 905-646-2002
 St. Francis CSS Email: james.whittard@ncdsb.com

Rugby

Medway HS Senior Boys' Rugby Exhibition Game

April 14, 2018 Arva
 Ryan Kimmerley Phone: 519-660-8418
 Medway HS Email: r.kimmerley@tvdsb.on.ca

Slo-Pitch

23rd Annual Girls' & Boys' HS Slo-Pitch Tournament

May 24-25, 2018 Hamilton
 John Ariss Phone: (905) 646-7773
 Slo-Pitch Ontario jariss@slopitch.org
 Charlie Gludice Phone: (905) 528-0214
 St. Mary CHS charlie_gludice@hotmail.com

SOCCER

25th Annual Marauder Girls' Soccer Tournament

May 4, 2018 Alliston
 Jeff Northrop Phone: 705-791-3408
 Banting Memorial HS Email: jnorthrop@sdsb.on.ca

Spalding Keeping Football Safe-Continued Support for 2017-2018



With last year's debut of the Alpha football as the official ball of the OFSAA Football Bowls, Spalding has recommitted to keeping football safe in Ontario schools for the 2017-2018 school year.

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

Teacher-coaches who successfully complete the course can apply for reimbursement through the OFSAA website. Up to 100 will qualify.

From those successful applicants, OFSAA will draw three winners who each receive a \$1500 football prize pack from Spalding.

Please look into taking the Safe Contact course, and check the OFSAA website for details and upcoming news on Spalding's program and how to apply for your reimbursement and chance to win!

Apply for reimbursement and contest entry at <http://www.ofsaa.on.ca/slide/spalding-keeping-ofsaa-football-safe>

2018 OFSAA CONFERENCE

The inaugural 2018 OFSAA CONFERENCE is in the early planning stages but we want you to know that it is slated for May 10-11, 2018 at Humber College.

Teacher-coaches, administrators, athletic directors and physical education teachers will be among the invitees to the event.

The conference will incorporate the following areas of focus:

- 1) Coaching skills and drills
- 2) Current issues in sports
- 3) Safety considerations (OPHEA & OSBIE)
- 4) CIAAA and CIOS courses for Athletic Directors

Registration details and much more information will be made available at a later date.

Please continue to visit ofsaa.on.ca and @OFSAA on Twitter in the future for all of the latest updates.

We look forward to seeing you this spring!

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The OFSAA Experience

By Simran Sidhu, Student-Athlete, Lester B. Pearson High School, Burlington, Ontario



Simran Sidhu, front row, holding the trophy

Lester B. Pearson High School, under the guidance of Coach Corey Trodd, captured the GHAC Championship and advanced to the Girls' A OFSAA Basketball Championship in Timmins. For their overall outstanding positive attitudes, the Patriots were named the recipients of the Team Sportsmanship Award at the event's conclusion. Here is a reflection of the team's 750 km journey to Northern Ontario and the life moments experienced on and off the court by team member Simran Sidhu.

The 23-20 final score will always be one to remember in the minds of our team. Winning the Halton championship was only the start to a very memorable experience at OFSAA that our team will never forget. Being a school of only 400 students, being able to accomplish what we did is unheard of. We had a very rough start to the season, losing by 5 points or less even though we were the better, and stronger team. The game was just not in our favour. Our team experienced things other high school teams probably wouldn't have to face. Through the the GREAT adversity our team faced, we stuck together and helped each other grow, not only as players individually, but as teammates that will stay friends forever. However, this motivated us to not only get better, but to prove everyone wrong. For our team, going to practices was never "forced", it was more





the tournament because that's where all the memories were made. When we should've been sleeping, we stayed up having life chats. Some of the most deep topics came up and I think that's what brought us closer together. Even though we spent almost everyday together, there was still things we didn't know about each other, and we realized we have a lot more in common than we thought. Our team made so many memories that we still reminisce to this day. When we were dropped off at the wrong school and had to walk in 2 feet of snow with shorts and flip flops

like a time to release stress and have fun with our teammates. After the little problems went away, we started to win games, which boosted our confidence and lead us to qualifying for OFSAA in Timmins. Not only was the 8 1/2 hour bus ride the longest trip any of us will ever experience, it was really hard because the DVD/TV was broken. However, that gave us the chance to bond and make the experience even better. Staying in the hotel was probably the best part of

on. Or when we were constantly laughing so hard at almost anything that happened. Even when we should have been in study hall doing homework, secretly we were texting each other of how bored we were. Little sayings like "Leadership", developed meaning to our team that will stay in our hearts forever. Walking past each other in the hallways, whispering "Leadership" to each other means so much.

Continued...

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Throughout the tournament, none of the girls really took pictures or used their phones. I think this was because we were too busy enjoying the moment, and could not have cared less if we captured the moment on our phones. I think this is what made the OFSAA experience even better. There was never a time, we weren't talking to each other and just sitting on our phones.

Going into the tournament, it wasn't about winning. It was just an honor to be known as the top 18 teams in all of Ontario. I was one of the two grade 12's on the team, which I thought would be boring personally. I soon realized that having a younger team made the experience a lot better, and I wouldn't have it any other way. For a young team like us, it was about gaining the experience to help develop our skills for the future. Speaking from personal experience, playing on a younger team kept the season and OFSAA a lot more fun and energized. To be able to have grade 12 and grade 10 students be friends, it shows something that you wouldn't usually see at other high schools.

During all the games at OFSAA, it was very tiring for the starters on the team. Sometimes on teams, you have a very weak bench; however, not for us. All throughout the season, when the starters were getting tired or frustrated, we could always rely on the bench to come in and keep up the intensity and momentum. At OFSAA, when they were able to keep the silver medalists from scoring for a whole 5 minutes, it showed how hard they worked to keep up the intensity. Personally speaking, I would feel so proud when some players off the bench would score. It showed how their hard work paid off and that their skills improved.

The banquet at OFSAA was a great time to bond with the team. Dressing up with the people you're used to seeing in shorts and t-shirts. It also gave us the opportunity to interact with other teams, and meet more people that have the same interests as us.

It was also fun to listen to the Lakehead University women's basketball coach speak about her experience. It was truly inspirational for all of us, and we learned that if you have a dream in life, you gotta work hard for it. When each team's captains went up to give a little speech on how they got there, and an interesting fact about their school, it was fun to listen to all the different stories. There wasn't one team that told the same thing. Some schools even rapped which made it even more awesome.

Even though an innocent team like us were not afraid to play pranks in the hotel, it was good to know we had each others' backs. We would never let one of us go down alone. This happened on and off the court.

When the tournament ended for our team, it was not only the end of a very hard earned season, it was the end of an era. With the possible closure of Lester B. Pearson High School, it was a lot more emotional. In the change room, tears were shed and hugs were shared between everyone. This might've been the last time LBP's name was ever mentioned at an OFSAA event. Our team was just glad we got to be apart of that. We learned so much at OFSAA of what it takes to be a supporting teammate, and an excellent athlete. We will take the life lessons we learned and apply it to our daily lives. As Coach Trodd always says "Don't get Beat!", and we most certainly did not.

Nutrition for Cold Weather Sports

Article courtesy of www.coach.ca



Created by Schantalao - Freepik.com

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.

OFSAA CONTINUES PARTNERSHIP WITH MOLTEN



OFSAA and Molten are pleased to announce a new three-year partnership that will see Molten serve as the official soccer ball of OFSAA.

"Molten is honored to continue our longstanding relationship with the Ontario Federation of School Athletic Associations (OFSAA) and thanks them for their overwhelming support and partnership," stated Jeff Keyes, Sales Director of Molten USA. "We will continue our work to provide the highest quality and value products to the coaches, athletes, and membership of OFSAA."

The new agreement introduces Molten's most advanced soccer ball – the F5G 4800 - as the official ball to be used exclusively in all OFSAA-sanctioned boys and girls soccer championships and events.

"We are delighted to continue this partnership with Molten," said OFSAA's Manager of Sport, Shamus Bourdon. "We are certain that the advanced F5G 4800 soccer ball will continue to have a significant and positive impact on the quality of play throughout our boys and girls championships in the spring. We are grateful for Molten's support."

About Molten USA, Inc.

Since 1958, the Molten Corporation has been providing the highest quality athletic balls to the most prestigious sporting events in the world. The Molten Corporation manufactures a wide range of athletic balls in several sport categories – including volleyball, soccer, and basketball. Molten is an official soccer ball of the American Youth Soccer Organization (AYSO), the official ball of FIBA (International Basketball Federation), also the official volleyball of the NCAA Volleyball Championships, USA Volleyball and numerous state associations, collegiate conferences, collegiate programs, and junior sports programs. For more information on Molten USA, Inc., please visit moltenusa.com.

Please Support OFSAA's School Sport Sponsors

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

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Badminton

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



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Football

- Spalding**
- Alpha, Official football of OFSAA



Basketball

- Spalding**
- TF-1000 Legacy, Official basketball of OFSAA



Volleyball

- Baden**
- Baden VCOR, Official volleyball of OFSAA



Soccer

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



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Character Athlete Award

- Jostens**
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Shot Clock

- Scoreboard Man/ NEVCO**
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'KidSport' Grants 2018

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 the OFSAA website, ofsaa.on.ca, 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 - January 31, 2018; Spring sports - April 30, 2018



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Coaching Excellence Awards: School Sport Award 2016-17

The Coaches Association of Ontario (CAO) Coaching Excellence Awards aim to recognize the outstanding achievements and significant contributions coaches have made to both their sport and athletes in Ontario. The selection of recipients (one male, one female) is based on their unique contribution to sport through continuous development. 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 lengthy period of time.

OFSAA is responsible for the selection of a male and female coach in the School Sport category. The award is open to active teachers/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 nominated coach must have influenced the development of new coaches and have shown evidence of program building as well as encouraging athletes to give back to sports. In addition, their coaching style has proven to be ethical while demonstrating sportsmanship and positive game behaviour.

The award ceremony marked the start of National Coaches Week (September 23-30), a week-long celebration of the

tremendous positive impact coaches have on our athletes and communities.

Two special individuals were recognized for their outstanding lifetime coaching contributions at the 2017 Ontario Coaching Excellence Awards held in Toronto.



© Chelsie Xavier-Blower

Selected by OFSAA, **Denis Gauthier** is the 2017 male recipient of the Coaches Association of Ontario Award for Coaching Excellence in the School Sport Coach category. A teacher at Sudbury's Lasalle Secondary School, Gauthier has coached girls' and boys' basketball for 30 years. He has also been involved in school soccer, golf, softball and wrestling and he has served on the Lasalle Athletic Council for 15 years.



© Chelsie Xavier-Blower

The female winner of the 2017 Coaching Excellence Award in the School Sport Coach category for the Coaches Association of Ontario, and selected by OFSAA, is **Laurie Baulcomb**. The long-time soccer coach of 34 years retired this past summer from Preston High School in Cambridge. Her coaching resume includes: boys' and girls' volleyball, girls' basketball and also soccer.

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Scholarships and Awards Available for 2018

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

The following scholarships are available to graduating student-athletes:

OFSAA Alumni Scholarship

The OFSAA Alumni Scholarship Program encourages Ontario High School students to apply for the 2018 OFSAA Alumni Scholarship. This year, students in schools in **CISAA, GHAC, NCSSAA, and NWOSSAA** are eligible to apply for the scholarship. Applications must be received in the OFSAA office no later than **April 15th, 2018**.

The criteria for selection and application forms may be found on the OFSAA website (ofsaa.on.ca) under Programs/Scholarships. Please make Teacher-Coaches and Student Services departments in your associations 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 30, 2018.

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 April 30, 2018.

Brian Maxwell Memorial Scholarship

The Brian Maxwell Memorial Scholarship is awarded each year to six student-athletes that will be continuing their post-secondary education at a Canadian College or University. Three males and three females will each be awarded a scholarship of \$5000 based on criteria including honesty, integrity, compassion and an unwavering quest to accomplish the best they can.

Application deadline is June 15, 2018.

OFSAA & CIAAA Professional Development Courses



During the 2016 – 17 school year, OFSAA and the CIAAA partnered to bring quality professional development to new and aspiring Ontario High School Athletic Directors. Our first year was extremely successful with 9 courses being delivered in 5 of the 6 OFSAA regions. As we move forward with the program, we are excited about the prospect of expanding the program into each of our 18 member associations. Already we have already scheduled 7 courses for the new year in Brampton, Toronto, Fergus, Ottawa and at the OFSAA Conference. Check out our information page on the OFSAA website for course details (ofsaa.on.ca/programs/ciaaa) and if you are interested in scheduling a course for Athletic Directors in your area, please contact Denise Perrier, OFSAA Manager of Programs at denise@ofsaa.on.ca

2017-18 OFSAA Char

BOYS' GOLF (SWOSSAA)

Oct. 11-12, 2017, Windsor
Matt Loebach, Riverside SS
519-944-4700
matthew.loebach@publicboard.ca
Entry Deadline: Oct. 5, 2017

GIRLS' GOLF (NOSSA)

Oct. 11-12, 2017, North Bay
Laurie Vezina, St. Joseph-Scollard Hall
705-494-8600
vezinal@npsc.ca
Entry Deadline: Oct. 5, 2017

GIRLS' FIELD HOCKEY (GHAC)

Nov. 2-4, 2017, Burlington
Kelly Grzesik, Dr. Frank J. Hayden
905-332-5235
grzesikk@hdsb.ca
Entry Deadline: Oct. 28, 2017

CROSS COUNTRY (EOSSAA)

Nov. 4, 2017, Petawawa
Rick Schroeder, Valour SS
613-687-2121
schroederr@rcdsb.on.ca
Entry Deadline: Oct. 31, 2017

BOYS' A VOLLEYBALL (YRAA)

Nov. 23-25, 2017, Woodbridge
Matt Heinbuch, Toronto District CHS
905-851-1772
heinbuch@tdchristian.ca
Entry Deadline: Nov. 18, 2017

BOYS' AA VOLLEYBALL (EOSSAA)

Nov. 23-25, 2017, Brockville
Dennis Hutt, St. Mary's CHS
613-342-4911
dennis.hutt@cdsbeo.on.ca
Entry Deadline: Nov. 18, 2017

BOYS' AAA VOLLEYBALL (CWOSSA)

Nov. 23-25, 2017, Kitchener
Bryan Stover/Lynn Vicic,
Forest Heights CI/SAIM
519-744-6567
bryan_stover@wrdsb.on.ca/
Lynn_Vicic@wrdsb.on.ca
Entry Deadline: Nov. 18, 2017

GIRLS' A BASKETBALL (NEOAA)

Nov. 23-25, 2017, Timmins
Doug Basso, O'Gorman HS
705-268-4501
dbasso@ncdsb.on.ca
Entry Deadline: Nov. 18, 2017

GIRLS' AA BASKETBALL (GBSSA)

Nov. 23-25, 2017, Huntsville
Susan Fawcett, Huntsville HS
705-789-5594
susan.fawcett@nearnorthschools.ca
Entry Deadline: Nov. 18, 2017

GIRLS' AAA BASKETBALL (CWOSSA)

Nov. 23-25, 2017, Guelph
Toffer Treiguts, Centennial CVI
519-821-0360
kristoffer.treiguts@ugdsb.on.ca
Entry Deadline: Nov. 18, 2017

FOOTBALL BOWLS (OFSAA)

Nov. 27-29, 2017, Hamilton
Jim Barbeau, OFSAA
jim@ofsaa.on.ca
Entry Deadline: Nov. 21, 2017

ALPINE SKIING (OFSAA)

Feb. 26-27, 2018, Collingwood
Jim Barbeau, OFSAA
jim@ofsaa.on.ca
Entry Deadline: Feb. 20, 2018

NORDIC SKIING (NOSSA)

Feb. 22-23, 2018, Sudbury
Perry Sakki, Sudbury SS
705-674-7551
sakkip@rainbowschools.ca
Entry Deadline: Feb. 17, 2018

SWIMMING (SWOSSAA)

Feb. 27-28, 2018, Windsor
Danielle Parent, E.J. Lajeunesse
519-972-5763
paredani@cscprovidence.ca
Entry Deadline: Feb. 21, 2018

WRESTLING (SWOSSAA)

Mar. 5-7, 2018, Windsor
Dave Hawkins, Tecumseh Vista
519-739-2189
dave.hawkins@publicboard.ca
Entry Deadline: Feb. 27, 2018

SNOWBOARDING (YRAA)

Mar. 1, 2018, Markville
Adrienne Chong, Markville SS
905-940-8840
adrienne.chong@yrdsb.ca
Entry Deadline: Feb. 24, 2018

BOYS' A BASKETBALL (EOSSAA)

Mar. 5-7, 2018, Cornwall
Josh Greenley, Almonte DHS
613-933-8410
joshua.greenley@ucdsb.on.ca
Entry Deadline: Feb. 27, 2018

BOYS' AA BASKETBALL (EOSSAA)

Mar. 5-7, 2018, Pembroke
Patrick Childerhose, Fellowes HS
613-735-6858
childerhosep@rcdsb.on.ca
Entry Deadline: Feb. 27, 2018

BOYS' AAA BASKETBALL (SWOSSAA)

Mar. 5-7, 2018, Windsor
Pat Osborne, Hon. W.C. Kennedy CI
519-245-6475
patrick.osborne@publicboard.ca
Entry Deadline: Feb. 27, 2018

GIRLS' A VOLLEYBALL (SWOSSAA)

Mar. 5-7, 2018, Windsor
Thomas Couvillion, ESC E.J. Lajeunesse
519-972-0071
couvthom@cscprovidence.ca
Entry Deadline: Feb. 27, 2018

GIRLS' AA VOLLEYBALL (ROPSSAA)

Mar. 5-7, 2018, Mississauga
Jim Dinner, Streetsville SS
905-826-1195
jim.dinner@peelsb.com
Entry Deadline: Feb. 27, 2018

GIRLS' AAA VOLLEYBALL (WOSSAA)

Mar. 5-7, 2018, London
Mike Darling, Oakridge SS
519-452-2750
m.darling@tvdsb.ca
Entry Deadline: Feb. 27, 2018

FOR COMPLETE CHAMPIONSHIP

Championship Calendar

CURLING (NWOSSAA)

Mar. 21-24, 2018, Fort Frances
Christine Jean, Fort Frances HS
807-247-7747

christine.jean@mail.rrdsb.com

Entry Deadline: Mar. 8, 2018

BOYS' A/AA HOCKEY (GBSSA)

Mar. 21-23, 2018, Collingwood
Liz Payton, Jean Vanier CHS
705-445-2043

epayton@smcdsb.on.ca

Entry Deadline: Mar. 8, 2018

BOYS' AAA HOCKEY (SOSSA)

Mar. 21-23, 2018, St. Catharines
Frank Cappelletti, Dennis Morris CHS
905-684-8731

frank.cappelletti@ncdsb.com

Entry Deadline: Mar. 8, 2018

GIRLS' A/AA HOCKEY (NEOAA)

Mar. 21-23, 2018, Timmins
Patrick Durepos, ESC Theriault
705-267-7419

patrik.durepos@cscdgr.education

Entry Deadline: Mar. 8, 2018

GIRLS' AAA HOCKEY (CWOSSA)

Mar. 21-23, 2018, Cambridge
David Jaeger, St. Benedict CSS
519-621-4050

david.jaeger@wcdsb.ca

Entry Deadline: Mar. 8, 2018

GIRLS' GYMNASTICS (NOSSA)

Apr. 23-24, 2018, Chelmsford
Jo-Anne Bradley, ESC Champlain
705-855-9046

joanne.bradley@nouvelon.ca

Entry Deadline: Apr. 17, 2018

BADMINTON (SWOSSAA)

May 3-5, 2018, Windsor
Stacey McClounie, F.J. Brennan CHS
519-945-2351

staceymcclounie@mytools2go.ca

Entry Deadline: Apr. 28, 2018

TENNIS (YRAA)

June 4-6, 2018, Vaughan
Shawn Morris, Stephen Lewis SS
905-326-7994

shawn.morris@yrdsb.ca

Entry Deadline: May 29, 2018

GIRLS' A/AA RUGBY (WOSSAA)

June 4-6, 2018, Stratford
Tony Roes, Stratford Northwestern SS
519-271-9740

anthony.roes@ed.amdsb.ca

Entry Deadline: May 29, 2018

GIRLS' AAA RUGBY (ROPSSAA)

June 4-6, 2018, Mississauga
Jason Cormier, St. Francis Xavier SS
905-507-6666

jason.cormier@dpcdsb.org

Entry Deadline: May 29, 2018

BOYS' A/AA LACROSSE (NCSSAA)

June 4-5, 2018, Ottawa
Brett Lyle, South Carleton HS
613-838-2212

brett.lyle@ocdsb.ca

Entry Deadline: May 29, 2018

BOYS' AAA LACROSSE (NCSSAA)

June 4-6, 2018, Ottawa
Brett Lyle, South Carleton HS
613-838-2212 brett.lyle@ocdsb.ca

Entry Deadline: May 29, 2018

BOYS' A/AA RUGBY (COSSA)

June 7-9, 2018, Belleville
Pete Hercus, Quinte SS
613-962-9295

phercus@hpedsb.on.ca

Entry Deadline: June 2, 2018

BOYS' AAA RUGBY (WOSSAA)

June 7-9, 2018, Arva
Ryan Kimmerly, Medway HS
519-660-8418

r.kimmerly@tvdsb.on.ca

Entry Deadline: June 2, 2018

GIRLS' A SOCCER (SWOSSAA)

June 7-9, 2018, Pain Court
Mike Schinkelshoek, ESC Pain Court
519-352-1614

schimich@cscprovidence.ca

Entry Deadline: June 2, 2018

GIRLS' & BOYS' AA SOCCER (SWOSSAA)

June 7-9, 2018, Windsor
Jean-Paul Cayen, ESC L'Essor
519-735-4115

cayejean@cscprovidence.ca

Entry Deadline: June 2, 2018

GIRLS' AAA SOCCER (SWOSSAA)

June 7-9, 2018, Windsor
Stacey Ditchfield, Catholic Central HS
519-256-3171

stacey_ditchfield@wecdsb.on.ca

Entry Deadline: June 2, 2018

BOYS' A SOCCER (SOSSA)

June 7-9, 2018, Fort Erie
James Kryger, Niagara Christian Collegiate
905-871-6980

jkryger@niagaracc.com

Entry Deadline: June 2, 2018

BOYS' AAA SOCCER (NWOSSAA)

June 7-9, 2018, Thunder Bay
Tony Colistro, St. Patrick's HS
807-623-5218

tcolistro@tbcschools.ca

Entry Deadline: June 2, 2018

TRACK & FIELD (YRAA)

June 7-9, 2018, Newmarket
Chris Deighan, Sacred Heart HS
905-895-3340

christopher.deighan@ycdsb.ca

Entry Deadline: June 2, 2018

BASEBALL REGIONALS (LOSSA)

June 6-7, 2018, Whitby
Geoff Whent, Sinclair SS
905-666-5400

geoffrey@durham.edu.on.ca

Entry Deadline: May 31, 2018

BASEBALL FINALS (OFSAA)

June 13, 2018, London
Brian Riddell, OFSAA
brian@ofsaa.on.ca

OFSAA FOOTBALL BOWLS 2017



Hamilton

November 27 - 29, 2017

Tim Hortons Field



The OFSAA Football Bowl Festival was held at Tim Hortons Field in Hamilton for the 3rd consecutive year. Nine games were played over three days by 18 schools representing 17 Associations. Cool but dry weather provided ideal football conditions for all of the student-athletes, teacher-coaches and fans who took part in the event. A highlight for everyone involved was the first ever night game on the second day of competition.

Monday, November 27

INDEPENDENT BOWL

St. Michael's College (CISAA)	21
Cardinal Newman CSS (GHAC)	18

In the opening game, featuring St. Michael's College (CISAA) and Cardinal Newman CSS (GHAC), the Kerry Blues jumped out to a 21-0 halftime lead and hung on in the second half to win the Independent Bowl 21 - 18. This game was a close as the score indicated, with both teams producing balanced offensive attacks to go along with solid defensive units. This was St Michael's first bowl win since 2008.

EASTERN BOWL

Holy Trinity CSS (LOSSA)	28
Crestwood SS (COSSA)	23

In game 2 of the opening day, Holy Trinity CSS (LOSSA) rebounded from a 23 - 13 3rd quarter deficit to defeat Crestwood SS (COSSA) 28 - 23. A touchdown reception by Josh Metzner from quarterback Ethan Duggan capped the comeback with just under four minutes to go and then the Titans' defence was able to contain the Mustangs' offence and capture their second Eastern Bowl victory in just their 2nd appearance at the Festival.

NATIONAL CAPITAL BOWL

Arnprior DHS (EOSSAA)	28
Nantyr Shores SS (GBSSA)	10

The National Capital Bowl completed the first day of action and featured Nantyr Shores SS (GBSSA) and Arnprior DHS (EOSSAA). This was Arnprior's first appearance in a Bowl game and they made the trip from Eastern Ontario a worthwhile one as they defeated the Tritons 28 - 10. Quarterback Justin Smith had a memorable game for the Rapids, scoring three touchdowns rushing while Steven Noble of Nantyr Shores led all defensive players with six tackles.

Tuesday, November 28

CENTRAL BOWL

Lorne Park SS (ROPSSAA)	29
Cambridge Jacob Hespeler SS (CWOSSA)	25

Four games highlighted Day 2. It all started with a game between ROPSSAA Champ Lorne Park SS and Cambridge Jacob Hespeler SS (CWOSSA) in the Central Bowl. In another nailbiter, Lorne Park jumped out to 21 - 2 halftime lead then watched it's lead disappear to the point where they trailed 25 - 21 with under three minutes left. Ryan DiFlorio caught an 8 yard pass from Jakob Page with 15 seconds to go to give the Spartans the victory. Incredibly, this was Lorne Park's 5th consecutive Bowl win in their five trips to the OFSAA Festival.

METRO BOWL

Richview CI (TDSSAA)	52
Michael Power - St. Joseph SS (TDCAA)	0

Game 2 on Tuesday was the 38th edition of the Metro Bowl and featured Richview CI (TDSSAA) and long time rival Michael Power - St. Joseph from the TDCAA. After a closely contested first quarter which saw Richview score two touchdowns in the last three minutes, the Saints took complete control in the second quarter and scored three more times to lead 35 - 0 at the half. The final score was Richview 52, Michael Power - St. Joseph 0. Keanu Brown had 168 yards on just 10 carries for the Saints while Brandon Owusu had 79 yards rushing and six tackles for the Trojans. This was Richview's 3rd Metro Bowl victory, having won previously in 1991 and 2001.

WESTERN BOWL

Holy Names CSS (SWOSSAA)	21
London South CI (WOSSAA)	17

The much anticipated Western Bowl between London South CI (WOSSAA) and Holy Names CSS (SWOSSAA) kicked off at 4 pm. Two talented and well coached teams played an outstanding game with the margin of victory ultimately being four points in favour of Holy Names. Mike Herzog scored two touchdowns in the fourth quarter, one on a 1 yard run and the other on a 39 yard pass from Jake Heydon at the 10:03 mark, to secure the victory for the Knights. Julian DeBono of the Lions led all defensive players with seven tackles in the game.

GOLDEN HORSESHOE BOWL

St. Thomas More (GHAC)	57
Notre Dame College (SOSSA)	7

For the first time ever, the OFSAA Bowl Festival held a night game. The St. Thomas More Knights (GHAC Champ) welcomed Welland's Notre Dame College (SOSSA) to Tim Hortons Field for the 7 pm game. Michael Chris-Ike ran for an incredible 336 yards and scored 5 touchdowns in the Knights 57 - 7 win over the Fighting Irish. Quarterback Brandon Graziani was 10 - 18 for 148 passing for the Irish. This was St. Thomas More's 5th Bowl game victory and 3rd in a row for the Hamilton school. Another highlight of the night was the Drumline competition at halftime that featured bands from both schools. Notre Dame was declared the victor of the competition as they entertained the biggest crowd of the event at the break.



Wednesday, November 29

NORTHERN BOWL

Sir Winston Churchill CVI (NWOSSAA)	36
West Ferris SS (NOSSA)	14

Day 3 began with the Northern Bowl between West Ferris SS (NOSSA) and Sir Winston Churchill CVI (NWOSSAA). The Trojans from Thunder Bay made the long bus ride worthwhile as they defeated West Ferris 36 - 14 in a game that was closer than the score indicated and full of exciting and explosive offensive performances. Churchill gained over 500 yards in total offence, 200 of which came via the arm of quarterback Dylan Ford. Braeden Prochnicki ran for 179 yards for the Trojans while Ryan McColeman had 118 yards and two majors for West Ferris. This was the 1st Bowl victory in four tries for the Thunder Bay school, that will be closing at the end of this school year.

SIMCOE BOWL

Huron Heights SS (YRAA)	40
St. Matthew (NCSSAA)	6

The Simcoe Bowl was the final game of the Festival and featured Huron Heights SS (YRAA) and the NCSSAA reps from St. Matthew. This much anticipated matchup was dominated by the Warriors ground game as they rushed for 304 yards and scored three of their 4 touchdowns on the ground. Sebastien Scott led Huron Heights to the 40 - 6 victory, running for 178 and two touchdowns while Abdul Karim Ismail, with 10 tackles, was a defensive standout for St. Matthew's. For the Warriors, this was their 3rd Bowl victory in six appearances.

OFSAA would like to recognize the efforts of the Organizing Committee, co-chaired by Dan Dominico and Peter Morris. This experienced, committed group of individuals did a tremendous job on behalf of the participants and made sure that each and every detail was considered in order to ensure a high quality event. Congratulations and thank you to everyone involved. A special thank you to all of the Festival's sponsors as well. Without your support, this event would not have been possible.

Football photos provided by OFSAA game photographer Gerry Angus. Order prints at spectrophotography.ca.



OFSAA Girls' Golf Festival

North Bay Golf & Country Club

October 11-12, 2017



This year's OFSAA Girls' Golf Festival went north to beautiful North Bay where student-athletes were treated to incredible fall conditions. Fortunately for convenor Laurie Vezina the cold held off and both rounds had very little frost. Laurie's organizing committee spent countless hours preparing to host female golfers from around the province and in the end provided an enjoyable festival for all participants.

In the open division, Taylor Kehoe of Strathroy DCI took home top Girls' OFSAA Golf Festival honours with a three under total score of 155 over the course of the two-round tournament. Kehoe was able to stave off second-place finisher, and 2016 winner, Jasmine Ly of Holy Names High School in Windsor who shot a 157. Third-place went to competitor Emily Ward of AN Myer Secondary School with a score of 158.

In the high school division, two girls from LOSSA stood above the rest: Ava Koukofikas of Dunbarton High School shot a 166 over the two days and narrowly beat Megan Fitchett of Monsignor Paul Dwyer by 2 strokes to take home OFSAA gold. Congratulations also to Payton Bennett from Cardinal Newman Secondary School for winning

the bronze medal in the high school division.

OFSAA appreciates the efforts of Laurie and her committee for taking on the task of hosting the first ever girls' golf festival which included the new high school division. Thank you for all the hard work put into this year's event.

Open Division Results

- | | |
|---|-----------|
| 1. Taylor Kehoe, Strathroy DCI (WOSSAA) | +11 (155) |
| 2. Jasmine Ly, Holy Names HS (SWOSSAA) | +13 (157) |
| 3. Emily Ward, A.N. Myer SS (SOSSA) | +14 (158) |

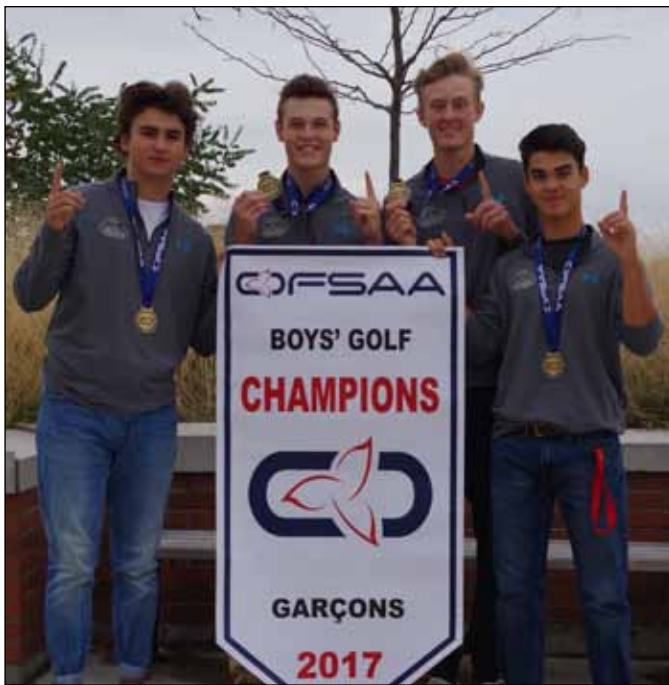
High School Division Results

- | | |
|---|-----------|
| 1. Ava Koukofikas, Dunbarton HS (LOSSA) | +22 (166) |
| 2. Megan Fitchett, Monsignor Paul Dwyer (LOSSA) | +24 (168) |
| 3. Payton Bennett, Cardinal Newman CSS (GHAC) | +32 (176) |

OFSAA Boys' Golf Championship

Kingsville Golf & Country Club

OCTOBER 11-12, 2017



Brooklin High School, Overall Team Champions

The OFSAA Boys' Golf Championship returned to Kingsville in 2017. Matt Loebach who hosted OFSAA in 2015 led a group of dedicated volunteers and in the end provided a memorable experience for all student-athletes. This year's competition featured the new 'high school' division and provided opportunity for many students to qualify for OFSAA Golf.



Ethan Cardwell of Courtice Secondary School finished on top of the leaderboard after shooting a two-day total of 140 (four under par) to claim the Boys' OFSAA Golf Championship in the open division. Matthew Anderson of Mentor College fired a 141 to place second and Peyton Callens of Holy Trinity CHS (Simcoe) shot a two-under par 142 to capture third place.

In the high school division, Scott Pasienchynk of St. Peter's took first spot with this two-day total of 151. He was six shots better than both Owen Bell (St. Theresa's CHS) and Nathan Laraia (Westmount CI)

The overall team championship was earned by Brooklin High School with a +8 final score total of 458. The boys edged out Richmond Green Secondary School (459) and Corpus Christi CSS (465).

Kingsville G&CC once again hosted an excellent banquet where Aaron Martin from Riverside SS was awarded the Leadership in School Sport Award. Aaron has spent countless volunteer hours developing student-athletes in a variety of sports over the past 15 years. Aaron's passion is found in developing students into leaders both at the school and in the community.

OFSAA would like to recognize the hard work and dedication put forth by boys' golf convenor Matt Loebach. His efforts, along with those of the volunteers on the organizing committee, are greatly appreciated.



Open Division Results

- | | |
|---|----------|
| 1. Ethan Cardwell, Courtice SS (LOSSA) | -4 (140) |
| 2. Matthew Anderson, Mentor College (ROPSSAA) | -3 (141) |
| 3. Peyton Callens, Holy Trinity CHS (CWOSSA) | -2 (142) |

High School Division Results

- | | |
|---|-----------|
| 1. Scott Pasienchynk, St. Peter's HS (NCSSAA) | +7 (151) |
| T2. Owen Bell, St. Theresa's CHS (GBSSA) | +13 (157) |
| T2. Nathan Laraia, Westmount CI (YRAA) | +13 (157) |

Team Division Results

- | | |
|-----------------------|-----------|
| 1. Brooklin HS | +26 (458) |
| 2. Richmond Green SS | +27 (459) |
| 3. Corpus Christi CSS | +33 (465) |



OFSAA Girls' A Basketball

Timmins

November 23-25, 2017



the Leadership in School Sport Award to Cathy Beard of O'Gorman High School. Cathy has inspired many girls and has been a tremendous role model during her 22 years of coaching girls' basketball, volleyball, and soccer.

The gold medal game was played before a packed gymnasium and featured host O'Gorman High School (NEOAA) versus two-time defending champion École secondaire catholique Jean

A unique Northern Ontario experience awaited all teams travelling from across Ontario to Timmins for this year's OFSAA Girls' A Basketball Championship. For Convenor Doug Basso of O'Gorman High School, this was his ninth time hosting an OFSAA championship. He led a veteran committee who clearly were accustomed to looking after all the event logistics. The games were held at four different venues which required the collaboration of the Catholic, Public, and French-Catholic school boards.

After the first day of competition, the participants gathered for the banquet which featured guest speaker Katie Hamilton, coach of the Nipissing University women's basketball team. Katie shared some of her experiences, provided advice, and delivered a strong educational message in her address to the players. Also featured at the banquet was the presentation of

Vanier (SOSSA). An enthusiastic home-town crowd helped inspire O'Gorman to a 52-39 victory, and its first OFSAA gold medal in girls' basketball. The team consisted of players Gracie Barbuto, Ally Burke, Abby Couture, Hannah Culhane, Brianna Dodd, Chloe Finnilla, Arianna Gagnon, Brianna Hway, Jenna Katic, Holly McLean, Gabriella Schaffner, Mallory Turcotte, and Jadyn Weltz, and coaches Marcy McCarty and Cathy Beard.

This year's Team Sportsmanship Award recipient is the team from Lester B. Pearson Secondary School (GHAC). Congratulations to all team members and coaches! The award was particularly meaningful to Coach Corey Trodd and the entire team as the school is scheduled to close this year. Please see the article on pages 10-12 about the team's experience at the Championship.

Participating Teams

Trinity College School	CISAA
Quinte Christian HS	COSSA
Woodland Christian HS	CWOSSAA
Notre Dame CHS	EOSSAA
Lester B. Pearson SS	GHAC
ES Le Caron	GBSSA
ES Sainte-Famille	ROPSSAA
O'Gorman HS	NEOAA
Timiskaming District SS	NEOAA
ES Macdonald-Cartier	NOSSA
ES Algonquin	NOSSA
Red Lake DHS	NWOSSAA
ESC Jean Vanier	SOSSA
Smithville Christian HS	SOSSA
ESC E.J. Lajeunesse	SWOSSAA
University of Toronto Schools	TDCAA
St. Mary's DC & VI	WOSSAA
Sutton District HS	YRAA

Quarter Finals

ES Macdonald-Cartier def. ES Algonquin	54 – 19
Woodland CHS def. ESC E.J. Lajeunesse	56 – 52
ESC Jean Vanier def. ES Sainte-Famille	54 – 26
O'Gorman HS def. St. Mary's DC & VI	61 – 32

Semi Finals

O'Gorman HS def. Woodland CHS	55 – 37
ESC Jean Vanier def. ES Macdonald-Cartier	42 – 41

Consolation Match

Smithville CHS def. Notre Dame CHS	43 – 37
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Bronze Medal Match

ES Macdonald-Cartier def. Woodland CHS	57 – 41
--	---------

Gold Medal Match

O'Gorman HS def. ESC Jean Vanier	52 – 39
----------------------------------	---------

OFSAA Girls' AA Basketball

Huntsville

November 23-25, 2017



Huntsville, Bracebridge and South River, combined to be a hotbed for basketball fans for the Girls' AA Championship. Conveners Susan Fawcett, Trevor Hingley and Leah Bell of Almaguin Highlands Secondary School (GBSSA) and their committee had worked tirelessly in preparation for the championship and did not disappoint those who qualified to attend. Welcoming athletes to the beautiful Deerhurst Resort set the tone for a classy and well-organized event. As has been the case with many AA championships, the strength of competition was once again very deep with many teams capable of taking home the gold. A highlight of the banquet was the presentation of the Leadership in School Sport Award to Susan Fawcett from Almaguin Highlands SS. Susan, now a vice

principal, has been committed to developing young females in the game of basketball and teaching life lessons for over 18 years. She has been a mentor to many aspiring coaches and has been an active volunteer in both the school and the community in promoting sport and active living.

The competition tipped-off and fans were treated to exciting games. In the end, it came down to Frontenac Secondary School (EOSSAA) and Bishop Macdonell Catholic High School (CWOSSA) to determine this year's champion.

It was a close game until the 3rd quarter when Frontenac pulled away to a final score of 52-42, capturing OFSAA gold. Congratulations to the Frontenac SS student-athletes: Rebecca Bellamy, Emily Cameron, Sydney Daggitt, Aaliyah Edwards, Sydney Garrah, McKenzie Kimber, Victoria Kirby, Campbell MacInnis, Madison MacInnis, Eileigh McKenzie, Logan Medeiros, Alyssa Proderick, Alison Vollick, Claire Wiersema and coaches Pat Grew, Karlyn Pixley and David Steele.

Congratulations must also be extended to St. Michael Catholic Secondary School (WOSSAA) for being awarded the Team Sportsmanship Award. The team competed well and displayed a positive attitude throughout the tournament.

Participating Teams

Holy Trinity SS	LOSSA
Cairine Wilson SS	NCSSAA
Bishop Macdonell CHS	CWOSSA
Lo-Ellen Park SS	NOSSA
Huntsville HS	GBSSA
St. Joseph's CHS	GBSSA
St. Ignatius HS	NWOSSAA
Frontenac SS	EOSSAA
Nelson HS	GHAC
Notre Dame CSS	GHAC
Wallaceburg DSS	SWOSSAA
Fenelon Falls SS	COSSA
Sacred Heart Catholic HS	YRAA
Stephen Leacock CI	TDSSAA
Father Henry Carr	TDCAA
St. Michael CSS	WOSSAA
Dundas Valley SS	SOSSA
Havergal College	CISAA

Quarter Finals

Frontenac def. Cairine Wilson	45-35
Bishop Macdonell def. Dundas Valley	51-41
Lo-Ellen Park def. Stephen Leacock	65-39
Notre Dame def. Wallaceburg	66-57

Semi Finals

Frontenac def. Notre Dame	60-26
Bishop Macdonell def. Lo-Ellen Park	62-54

Consolation Match

St. Michael def. Huntsville	62-28
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Bronze Medal Match

Lo-Ellen Park def. Notre Dame	38-25
-------------------------------	-------

Gold Medal Match

Frontenac def. Bishop Macdonell	52-42
---------------------------------	-------



OFSAA Girls' AAA Basketball

Guelph

November 23-25, 2017



For the second time, Centennial Collegiate Vocational Institute (CCVI) in Guelph hosted OFSAA's AAA Girls' Basketball Championships. Sixteen teams from Ontario took part in the showcase event that took place at CCVI and College Heights Secondary School.

Convenors Kristoffer Treiguts and Carrie-Anne Milne and the host committee did an amazing job of organizing the tournament and worked tirelessly to ensure that every small detail was covered off during the tournament. The social media coordinators were on their game throughout the three days as followers were regularly brought up to date on halftime and final scores by Media Manager Robin Todd and her crew.

An elegant banquet was held at Peter Clark Hall on the campus of the University of Guelph where the girls enjoyed the talents of illusionist Dan Kranstz and the trivia contests led by Kealey McMillan of the host organizing committee. The audience was also treated to an inspirational speech by keynote speaker Leah Robinson of Kitchener, Ontario. Robinson is a two-time Paralympian having competed at the 2008 and 2012 Games.

The annual Leadership in School Sport Award was awarded to Jeff Brubacher of Centre Wellington in

Fergus (CWOSSA). Jeff has been a convenor or a convening committee member for many years in the region and he has coached boys and girls at the senior level in both basketball and soccer for the past 15 years. The past president of CWOSSA is a truly deserving recipient. Congratulations Jeff!

The gold medal game was a tight contest as the #3 seed, St. Joseph's, took a 10-point lead over #1 seed Cardinal Newman into the dressing room at the half. Cardinal Newman mounted a comeback and cut the lead to five points after three quarters and that turned out to be the final margin of victory for St. Joseph's as they took the scrappy affair 46-41. St. Joseph's eliminated #2 seed, Notre Dame by 18 points to earn their spot in the Final and Cardinal Newman got past Holy Cross in the other Semi Final.

Congratulations to the gold medal team winners from St. Joseph's College School in Toronto: Jacelyn Valencia, Syphronia Clarke, Micah Dennis, Kirsten Plummer, Anika Weekes, Nakeisha Ekwandja, Kimberly Soriano, Nicole Ranieri, Julia Gagliardi, Paulla Weekes, Mikaela Ekwandja, Sydney Fearon and coaches Francesco Malfitano, Abraham To, Paul Weekes and Alan Hrabinski.

For their displays of spirit, A.B. Lucas was the recipient of the Team Sportsmanship Award. Congratulations for embodying the values of high character, sportsmanship, and outstanding attitudes.

A special thank you to the many volunteers, students, fans and supporters who helped make the 2017 tournament in the "Royal City" a resounding success.

Participating Teams

A.B. Lucas	WOSSAA
Brantford CI	CWOSSA
Innisdale SS	GBSSA
J Clarke Richardson CI	LOSSA
Cardinal Newman CSS	GHAC
Holy Cross CSS	EOSSA
Lockerby Composite	NOSSA
Loyola CSS	ROPSSAA
Martingrove CI	TDSSAA
Notre Dame College School	SOSSA
St. Mother Teresa	NCSSAA
St. Patrick's HS	SWOSSAA
Sir John A. MacDonald	CWOSSA
St. Joseph's College School	TDCAA
Thomas A. Stewart	COSSA
Vaughn SS	YRAA

Quarter Finals

St. Joseph's def. J. Clarke Richardson	40-19
Notre Dame def. Innisdale	62-36
Holy Cross def. St. Patrick's	48-43
Cardinal Newman def. St. Mother Teresa	66-37

Semi Finals

St. Joseph's def. Notre Dame	57-39
Cardinal Newman def. Holy Cross	61-26

Consolation Match

A.B. Lucas def. Brantford CI	48-35
------------------------------	-------

Bronze Medal Match

Holy Cross def. Notre Dame	43-40
----------------------------	-------

Gold Medal Match

St. Joseph's def. Cardinal Newman	46-41
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OFSAA Cross Country

Petawawa

November 4, 2017



Having an OFSAA Championship in a small community is a unique experience for everyone who is involved. Petawawa was no exception. It was an experience that everyone will remember for many years. OFSAA Cross Country 2017 was hosted by EOSSAA of the East Region under the strong leadership of Richard Schroeder (Valour). Gary Serviss (Valour) was his capable assistant. The championship was held at the beautiful Petawawa Golf Club which overlooks the Petawawa & Ottawa Rivers in the beautiful Ottawa Valley. Petawawa was hosting its first OFSAA Cross Country Championship because it had been a dream of Richard's for some years. They did a fabulous job.

Race day was almost perfect with partly sunny skies and the temperature around 6° celius. Snow arrived at the start of the senior boys' race but had no impact on the course or the outcome.

The 1630 athletes, coaches, and spectators were treated to a spectacular helicopter fly-by flown by pilot Steve Doughty. Congratulations to Richard and his entire organizing committee from Petawawa

and the surrounding cities for convening the 2017 championship.

The organizing committee consisted of Richard Schroeder, JP Sauve, Gary Serviss, Cathy Schroeder, Kerr Childerhose, Paul Thompson, Joel Levasseur, Dean Johnston, Terry Serviss, Nathan Lee, Ross Meadowcroft, Tom Patrick, Nancy Warren, Warren Kim Mitchell, Paul Cotey, Roy Barker, Victoria Cleary, Donna Saal, Steve Bauerschmitt, Kathy Herault, Pat Brazeau, Candice Stephenson, Erin Arsenault, Kelly Miller, Catherine Brunet, Sean Chase, Nathan Lane. OFSAA would like to also thank the numerous volunteers who worked throughout the day to ensure the success of the championship.

NIKE Canada acted again as the official sponsor of the event. They provided a very positive atmosphere surrounding the event.

This was the first year that males and females ran equal distances. The distances for each division also changed (Midgets – 4km ; Junior – 5km ; Senior – 6km). The Para

race covered 3km.

This was the sixth year of Para Competition. There were a total of 34 athletes competing in the three Para Categories: intellectual developed (21 athletes); ambulatory (8 athletes), and visually impaired (5 athletes).

The OFSAA Individual Champions for 2017 were:

Midget Girls – Emma Gosselin – Jean Vanier - Collingwood
Junior Girls – EJ Boston – St. Maximillian Kolbe, Aurora
Senior Girls – Cameron Ormond, Aurora HS, Aurora
Midget Boys – Roman Mironov – Father Redmond - Toronto
Junior Boys – Joe Fast – Ridgemount, Ottawa
Senior Boys – Thomas Witkowicz, All Saints, Whitby

Cameron Ormond, Aurora, won her third consecutive gold medal having captured the midget division in Duntroon (2015) and junior division in Port Hope (2016).

Thomas Witkowicz was back in the winner's circle capturing the gold medal in the senior race. Thomas has also won three individual titles having captured the midget division in Waterloo (2014), the junior division in Duntroon (2015).

Joe Fast, Ridgemount, captured his second gold medal having won the midget division in Port Hope in 2016.

The OFSAA Team Champions for 2017 were:

Midget Girls - Glebe CI, Ottawa
Junior Girls – Kingston CVI, Kingston
Senior Girls – Sarnia Northern, Sarnia
Midget Boys – Uxbridge SS, Uxbridge
Junior Boys – Neil McNeil, Toronto
Senior Boys – Vincent Massey, Windsor
Overall Girls Champion was Leaside HS (Toronto)
Overall Boys Champion was Vincent Massey (Windsor)

Gary Serviss (Valour) and Karen Kennedy (Thousand Islands SS) were the recipients of the OFSAA Leadership In School Award for their contribution to high school sport for many years.

We look forward to the OFSAA 2018 Championships which will be held at the Kelso Conservation Area in Milton hosted by South Region.

Ron Hungerford who has been announcing OFSAA Cross Country for many years has decided to retire. OFSAA would like to thank Ron for his many years in bringing integrity and class to the OFSAA Cross Country Championships.

OFSAA CROSS COUNTRY RESULTS 2017

Top Six Place Finishers

MIDGET GIRLS (4 KM)

Individual

1. Emma Gosselin, Jean Vanier, Collingwood
2. Sophie Coutts, Leaside, Toronto
3. Elissa Frielink, Unity Christian, Barrie
4. Abbey Ylipahkala, Sir William Mulock, Newmarket
5. Emily Bryce, Saugeen, Port Elgin
6. Emma Pegg, Chatham Kent, Chatham

Team

- | | |
|--|------------|
| 1. Glebe CI, Ottawa | 168 Points |
| 2. Leaside, Toronto | 232 Points |
| 3. Sir Winston Churchill, St. Catharines | 297 Points |
| 4. Innisdale SS, Barrie | 307 Points |
| 5. St. Clement's, Toronto | 338 Points |
| 6. ESC Theriault, Timmins | 340 Points |

MIDGET BOYS (4 KM)

Individual

1. Roman Mironov, Father Redmond, Toronto
2. Rudy Sall, Jeanne Lajoie HS, Pembroke
3. Calum Passi, La Salle SS, Sudbury
4. Cole Jennings, Uxbridge SS, Uxbridge
5. Mason Laity, St. Mary's, Cobourg
6. Ethan Mistry, Upper Canada College, Toronto

Team

- | | |
|-----------------------------------|------------|
| 1. Uxbridge SS, Uxbridge | 183 Points |
| 2. Glebe CI, Ottawa | 239 Points |
| 3. Oakridge SS, London | 260 Points |
| 4. St. Michael's College, Toronto | 294 Points |
| 5. Guelph CVI, Guelph | 321 Points |
| 6. Northern CI, Toronto | 324 Points |

JUNIOR GIRLS (5 KM)

Individual

1. EJ Boston, St. Maximillian Kolbe, Aurora
2. Anna Workman, Kingston CVI, Kingston
3. Haley Davis, JF Ross, Guelph
4. Emma Betty, Lisgar CI, Ottawa
5. Katie Newlove, St. Peter CSS, Ottawa
6. Skye Pellerin, St. Francis Xavier HS, Ottawa

Team

- | | |
|------------------------------------|------------|
| 1. Kingston CVI, Kingston | 97 Points |
| 2. Waterloo CI, Waterloo | 234 Points |
| 3. Brooklin HS, Brooklin | 242 Points |
| 4. Lo Ellen Park, Sudbury | 250 Points |
| 5. Sir John A. MacDonald, Waterloo | 343 Points |
| 6. Medway HS, Arva | 359 Points |

JUNIOR BOYS (5 KM)

Individual

1. Joe Fast, Ridgemount SS, Ottawa
2. Matthew Lampard, Crescent School, Toronto
3. Dakota Goguen, Sir William Mulock, Newmarket
4. Ben Miske – Port Credit SS – Port Credit
5. Liam McKelvey, Neil McNeil, Toronto
6. Patrick Dean, Anderson CVI, Whitby

Team

- | | |
|-------------------------------|------------|
| 1. Neil McNeil, Toronto | 255 Points |
| 2. Vincent Massey SS, Windsor | 260 Points |
| 3. Anderson CVI, Whitby | 277 Points |
| 4. Ridgemount SS, Ottawa | 296 Points |
| 5. ESC Theriault, Timmins | 317 Points |
| 6. Birchmount Park, Toronto | 331 Points |

SENIOR GIRLS (6 KM)

Individual

1. Cameron Ormond, Aurora HS, Aurora
2. Jocelyn Chau, De La Salle, Toronto
3. Lily Tuck, Port Perry HS, Port Perry
4. Laura Yantha, Madawaska Valley DHS, Barry's Bay
5. Kate Knafelc, EL Crossley, Fonthill
6. Aleksa Gold, Bishop Strachan School, Toronto

Team

- | | |
|-------------------------------------|------------|
| 1. Sarnia Northern, Sarnia | 164 Points |
| 2. Uxbridge SS, Uxbridge | 207 Points |
| 3. Leaside HS, Toronto | 228 Points |
| 4. Sir Frederick Banting SS, London | 266 Points |
| 5. ESC Theriault, Timmins | 269 Points |
| 6. Northern SS, Toronto | 292 Points |

SENIOR BOYS (6 KM)

Individual

1. Thomas Witkowicz, All Saints CSS, Whitby
2. Nick Mota, Newmarket HS, Newmarket
3. Campbell Lee, Holy Cross SS, St. Catharines
4. Jonathan Stoppa, Madawaska Valley DHS, Barry's Bay
5. Evan Burke, London South SS, London
6. Joshua DeSouza – St. Marquerite d'Youville CSS, Brampton

Team

- | | |
|---|------------|
| 1. Vincent Massey SS, Windsor | 168 Points |
| 2. St. Michael's College, Toronto | 256 Points |
| 3. Dundas Valley SS, Dundas | 266 Points |
| 4. St. Peter's CSS, Peterborough | 336 Points |
| 5. St. Mary's HS, Kitchener | 417 Points |
| 6. Sir Winston Churchill SS, St. Catharines | 422 Points |

PARA (3 KM)

Female - ID

1. Clarista Ardiel, Almaquin Highlands, South River
2. Julianne Miskz, St. Michael CHS, Niagara Falls
3. Shannon Swinson, Beamsville DSS, Beamsville

Female - Visual Impaired

1. Kealyn Cherwaiko, Georgetown DHS, Georgetown
2. Ashley Fournier, Georgetown DHS, Georgetown

Female – Ambulatory

1. Sarah Gillies, Orangeville DSS, Orangeville
2. Dana Godfrey, East Northumberland SS, Brighton
3. Ella Baker –Lehnen, St. Anne SS, Windsor

Male - ID

1. Owen Konkle, Beamsville DSS, Beamsville
2. Jacob Balan, St. Marcellinus, Mississauga
3. Jacob Marshall, Almaquin Highlands, South River

Male - Visual Impaired

1. Nathan Taylor, W. Ross MacDonald School, Brantford
2. Joshua Roberto, Paul Dwyer, Oshawa
3. Marcus Wade, W. Ross MacDonald School, Brantford

Male – Ambulatory

1. Zachary Gingras, Bill Crothers SS, Unionville
2. Jack Revell, Sydenham HS, Sydenham
3. Max Gunter, The Humberview School, Bolton

OVERALL BOYS – TEAM

- | | |
|-----------------------------------|----|
| 1. Vincent Massey SS, Windsor | 38 |
| 2. Neil McNeil, Toronto | 33 |
| 2. St. Michael's College, Toronto | 33 |
| 4. ESC Theriault, Timmins | 21 |
| 5. Uxbridge SS, Uxbridge | 20 |
| 6. Glebe CI, Ottawa | 19 |

OVERALL GIRLS – TEAM

- | | |
|--------------------------------|----|
| 1. Leaside HS, Toronto | 34 |
| 2. Glebe CI, Ottawa | 29 |
| 3. ESC Theriault, Timmins | 22 |
| 4. Kingston CVI, Kingston | 20 |
| 4. Sarnia Northern CVI, Sarnia | 20 |
| 6. Brooklin HS, Brooklin | 18 |
| 6. Uxbridge SS, Uxbridge | 18 |

OFSAA Girls' Field Hockey

Burlington, ON

November 2-4, 2017



The 2017 OFSAA Girls' Field Hockey Championship was hosted in Burlington by Dr. Frank J. Hayden Secondary School (GHAC). First time convenor Kelly Grzesik, along with a dedicated organizing committee, were successful in achieving their goal of putting on an extraordinary event. Who will forget the first ever OFSAA Field Hockey shoot-outs? A big thank you goes out to Kelly for all of your hard work and dedication to the event.

Ashley Stephenson from Dr. Frank J. Hayden Secondary School was honoured at the banquet with the OFSAA Leadership in School Sport Award for many years of dedication to student-athletes and high school sport. A strong leader, Ashley has been a positive teacher-coach in many sports at the school and assisted in developing a successful field hockey program.

The cooler temperatures made for less-than-ideal conditions for an outdoor championship, but seemed to have no effect on the quality of play or spirit of the all participants. All games were played on artificial turf fields, which allowed play to continue without interruption

in the schedule. This year's gold medal match featured once again Bluevale Collegiate Institute (CWOSSA) and the host school Dr. Frank J. Hayden Secondary School (GHAC). Bluevale defended last year's championship winning the gold medal game by a score of 3-2.

Congratulations to the 2017 OFSAA Girls' Field Hockey Champions: Kylie Barton, Abby Beaton, Brie Berberich, Olivia Bickers, Ella Crawford, Lauren Davies, Kayla Desormeau, Sarah Dunbar, Sidney Evans, Taylor Faiczak, Kate Ferguson, Julia Graffi, Olivia Gregory, Mya Hamley, Meagan Hobson, Emily Horvat, Abbey Israel, Katelyn Israel, Erin Josslin, Annette Nessel, Becca Passmore, Sophie Schmidt, Paisley Steele, Sara Thompson, Kylie Wilson and coaches Tara Macey and Nicole Malatches.

The OFSAA Team Sportsmanship banner was awarded to Southwood Secondary School for their outstanding display of positive attitudes both on and off the field. Congratulations to these athletes and coaches for representing the values of school sport!

Participating Teams

St. John's Kilmarnock	CISAA
Havergal College	CISAA
St. Peter SS	COSSA
Bluevale CI	CWOSSA
Southwood SS	CWOSSA
Holy Cross Catholic SS	EOSSAA
Dr. Frank J. Hayden SS	GHAC
Craig Kielburger SS	GHAC
Dunbarton HS	LOSSA
Merivale HS	NCSSAA
Humberview SS	ROPSSAA
Saltfleet District HS	SOSSA
Bishop Allen Academey	TDCAA
Riverdale CI	TDSSAA
South Huron District HS	WOSSAA
Bill Crothers SS	YRAA

Quarter Finals

Southwood def. SJ Kilmarnock	3-2 (SO)
Dr. Frank J. Hayden def. Merivale	3-0
Craig Keilburger def. Bill Crothers	2-1
Bluevale def. Holy Cross	1-0

Semi Finals

Bluevale def. Craig Keilburger	4-0
Dr. Frank J. Hayden def. Southwood	3-2 (SO)

Bronze Medal Match

Southwood def. Craig Keilburger	3-0
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Gold Medal Match

Bluevale def. Dr. Frank J Hayden	3-2
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Boys' A Volleyball Championship

Woodbridge

November 23-25, 2017



Vaughan and Toronto were the sites of this year's Boys' A Volleyball Championship. Toronto District Christian High School, along with Humber College hosted the three day event and everything went off without a hitch. Matt Heinbuch and his organizing committee did an amazing job in organizing this year's championship.

The gold medal match up saw the local team, Toronto District Christian (YRAA) go up against a very strong

Louis-Riel (NCSSAA) team that had not lost a set during the championship. Lois-Riel would not be denied as they became back-to-back A boys' volleyball champions defending their 2016 title. Special congratulations to the players and coaches from Louis-Riel: Vincent Ducharme, Francis Bessette, Olivier Ducharme, Michaël Brisard, Antoine Ducharme, Luca Beaulieu, Maxime St-Denis, Jacob Matheson, Noah Breeze and their coaches François St-Denis, Patrick Fortin and Alexandre McLellan.

At the banquet, the Leadership in School Sport Award was awarded to William Groot, teacher-coach from Toronto District Christian High School. William has been the boys' volleyball coach at TDCH for over 30 years as well as an active member in the school community. Congratulations William on this well deserved award.

Atikokan High School received the Team Sportsmanship Award. From the banquet right on through to the championship, they set an example to all of the other schools for their positive attitude and respect for officials, coaches and other athletes. Their coaches Ryan Bryk and Brad Gascoigne were very friendly and undoubtedly set the tone for their team.

Participating Teams

Pool A

École secondaire publique Louis-Riel	NCSSAA
Hamilton District Christian HS	SOSSA
Woodland Christian HS	CWOSSA
Mackenzie Community School	EOSSAA
St. Michael's Choir	TDCAA

Pool B

Durham Christian HS	LOSSA
Quinte Christian HS	COSSA
Manitoulin SS	NOSSA
École secondaire Roméo-Dallaire	GBSSA
Ursula Franklin Academy	TDSSAA

Pool C

Toronto District Christian HS	YRAA
Timiskaming District SS	NEOAA
Smithville Christian HS	SOSSA
Rockway Mennonite Collegiate	CWOSSA
Nicholson Catholic College	COSSA

Pool D

Westminster SS	WOSSAA
Atikokan HS	NWOSSAA
Brampton Christian Academy	ROPSSAA
Académie Mère-Teresa	GHAC
Chatham Christian HS	SWOSSAA

Championship Quarter Finals

Louis Riel def. Quinte Christian	25-10 25-16 25-12
Brampton Christian def. Smithville Christian	27-25 25-14 15-25 23-25 15-13
Toronto District Christian def. Atikokan	25-10 25-19 25-19
Hamilton District Christian def. Durham Christian	25-10 27-25 25-16

Championship Semi Finals

Toronto District Christian def. Hamilton District Christian	15-25 25-17 25-21 20-25 15-7
Louis Riel def. Brampton Christian	25-21 25-13 25-14

Consolation Final

Rockway def. Timiskaming	25-12 25-22 25-17
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Bronze Medal

Hamilton District Christian def. Brampton Christian	25-23 19-25 20-25 25-21 18-16
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Gold Medal

Louis Riel def. Toronto District Christian	25-16 25-18 25-13
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Boys' AA Volleyball Championship

Brockville

November 23-25, 2017



Brockville, Ontario was the host city of this year's Boys' AA Volleyball Championship. We want to thank the schools that hosted this three day event; St. Mary's Catholic School, Thousand Islands Secondary School, Brockville Collegiate Institute and South Grenville District High School. Convenor Dennis Hutt of St. Mary's Catholic and his organizing committee worked extremely hard to provide a great experience for each and every athlete and coach, and OFSAA would like to extend a special thank you to Dennis and his team for putting on such a great event!

The AA Championship provided the spectators with some fast and furious action over the three days of competition. Some lopsided scores and some nail-biting contests highlighted the championship. In the end, the number one ranked Stratford Central emerged from the field of 20 with a victory over the third ranked Eden HS. Special congratulations to the players and coaches from Stratford Central: Carter Bott, Hayden Cavender, Sam Crerar, Derek Delafranier, Evan

Falardeau, Brendan Moorehead, Evan Moorehead, Ben Newell, Joshua Phongsavath, Trent Zorgdrager and their coaches Chris Parson, Avery McConkey and Jillian McConkey.

The Leadership in School Sport Award was awarded to Kevin Devaney. Kevin has coached volleyball in Eastern Ontario for more than 20 years. He's done a tremendous job at encouraging young people to participate in school sports and has promoted the game of volleyball by coaching at volleyball camps and running a competitive co-ed league. Congratulations Kevin!

At the conclusion of the Championship, Milliken Mills was presented the OFSAA Team Sportsmanship Award. They were recognized not only for their ability but also for their great display of sportsmanship and positive attitude throughout the Championship. Congratulations to the athletes and coaches.

Participating Teams

Pool A

Stratford Central
E.S.C. L'Escale
Sir Winston Churchill C & VI
Corpus Christi CSS
Milliken Mills HS

WOSSAA
EOSSAA
NWOSSAA
GHAC
YRAA

Pool C

Ecole Secondaire Catholique Franco Cité
Bracebridge & Muskoka Lakes
Henry Street HS
Crescent School
Streetsville SS

NCSSAA
GBSSA
LOSSA
CISAA
ROPSSAA

Pool B

Eden HS
Collège Catholique Franco Ouest
Saugeen DHS
Adam Scott C & VI
Leamington DSS

SOSSA
NCSSAA
CWOSSA
COSSA
SWOSSAA

Pool D

Lasalle SS
St. Mary CHS
Francis Libermann
Birchmount Park CI
Ecole Puplicue Renaissance

NOSSA
EOSSAA
TDCAA
TDSSAA
NEOAA/AANEO

Championship Quarter Finals

Stratford Central def. Franco West 25-16 25-22 25-20
Lasalle def. Bracebridge 25-21 25-21 20-25 25-16
Franco Cite def. St. Mary 25-8 25-18 25-12
Eden def. L'Escale 25-23 25-21 25-22

Championship Semi Finals

Stratford Central def. Lasalle 25-22 25-18 23-25 25-18
Eden def. Franco Cite 25-20 19-25 25-23 25-22

Consolation Final

Saugeen def. Leamington 21-25 25-18 25-19 25-14

Bronze Medal

Franco Cite def. Lasalle 25-18 21-25 21-25 33-31 15-13

Gold Medal

Stratford Central def. Eden 25-13 25-18 25-22

Boys' AAA Volleyball Championship

Kitchener

November 23-25, 2017



Sir John A. Macdonald Secondary School and Forest Heights Collegiate Institute co-hosted this year's OFSAA Boys' AAA Volleyball Championships. Bryan Stover, Lynn Vicic and the balance of their organizing committee did an outstanding job of organizing this year's event and did everything that they could to provide each participant with a quality experience.

RIM Park hosted pool play for the 20 competing teams. The competition over three days was intense and exciting with second place in pool D having to be decided by a tie breaking procedure. Both semi finals matches went to five games to decide a winner. After a hard fought final, Mississauga Secondary School defended their 2016 title and emerged as the AAA boys' volleyball champions. Congratulations to team members: Arslan Ahmed, Avy Bath, Tevin Bramwell, Deepak Brar, Matthew Chung, Gurpartap Dhami, Mark Dildar, Talha Kahloan, Yashdeep Marwaha, Karman Nahal, Arjun Selhi, Ashraf Shaikh, Saad Shaikh, Saqib

Shaikh and their coaches Brent Austin and Jennifer Storey.

At the banquet, Frank Leung of Cameron Heights CI was presented with the Leadership in School Sport Award for his 26 year commitment to high school athletics. Frank's passion and determination for player growth goes above and beyond. He has an ability to inspire players, pushing them to work hard in order to succeed. Frank is a force for his players, but is also a mentor to fellow coaches. His hard work, passion and involvement in volleyball in the community over the past years make him very deserving of this award. Congratulations Frank!

Bluevale CI was presented with the Team Sportsmanship Award for their outstanding attitude and the respect for officials, volunteers, fellow athletes and coaches that they displayed throughout the tournament. Well done, Knights!



Participating Teams

Pool A

York Mills CI
 St. Marcellinus SS
 Aurora HS
 Forest Heights CI
 St. Peter's CSS

TDSSAA
 ROPSSAA
 YRAA
 CWOSSA
 GBSSA

Pool C

Mississauga SS
 St. Jean de Brébeuf CSS
 St. Anne SS
 Innisdale SS
 Harbord CI

ROPSSAA
 GHAC
 SWOSSAA
 GBSSA
 TDSSAA

Pool B

Uxbridge SS
 Longfields Davidson Heights
 St. Michael's College
 Regiopolis-Notre Dame
 I.E. Weldon SS

LOSSA
 NCSSAA
 CISAA
 EOSSAA
 COSSA

Pool D

Oakridge SS
 Neil McNeil HS
 Sir Winston Churchill SS
 Bluevale CI
 Chippewa SS

WOSSAA
 TDCAA
 SOSSA
 CWOSSA
 NOSSA

Championship Quarter Finals

York Mills CI def. Regiopolis-Notre Dame 25-18 21-25 25-19 25-20
 Mississauga SS def. Oakridge SS 16-25 30-28 25-19 26-24
 Sir Winston Churchill SS def. St. Jean de Brébeuf CSS 25-23 25-21 15-25 25-22
 St. Marcellinus SS def. Uxbridge SS 21-25 25-20 23-25 25-14 15-12

Championship Semi Finals

Sir Winston Churchill SS def. St. Marcellinus SS 25-27 14-25 25-18 25-21 15-11
 Mississauga SS def. York Mills CI 25-19 28-26 17-25 16-25 15-13

Consolation Final

Longfields-Davidson Heights SS def. Bluevale CI 25-18 25-21 24-26 20-25 15-9

Bronze Medal

St. Marcellinus SS def. York Mills CI 25-15 25-16 13-25 25-23

Gold Medal

Mississauga SS def. Sir Winston Churchill SS 25-13 27-25 15-25 25-18

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