

The Bulletin

2019 - 2020 OFSAA
Championship
Calendar

Vaping: What You
Need To Know

The OFSAA TIMEOUT
Podcast



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 is common for people to have a New Year's resolution as a way of setting a goal for change or improvement.

Coaches can use the new year to re-evaluate their performance and perhaps establish one or more resolutions to improve the school athletic experience for their student-athletes.

Everyone can improve in some areas, and with some self-reflection, coaches will come up with at least one resolution that will ultimately have an impact on their student-athletes.

I asked a sampling of teacher-coaches for their resolution and here are their responses:

Adam Noack, Renfrew CI, Renfrew Boys and Girls Basketball

For years, my basketball coaching revolved around teaching student-athletes "set plays" rather than actually teaching students how to play. Going forward in the new year and beyond, I hope to use practice time to actually focus more on skills rather than strategies or "plays". I am hoping to implement more game-based scenarios in practice and use more small-sided games to teach skill.

Stacey McClounie, F.J. Brennan CHS, Windsor Swimming and Ultimate

The new year is a chance at a fresh start for not only us as teacher-coaches, but for the young people in our schools who have so much going on in their day to day lives. My goal for this upcoming year is to remind them daily that their impact on their teammates is significant and valued, no matter how small it may seem. I want the student-athletes to use sport as a vehicle to make positive connections with others and improve their self-confidence and self-worth. I want to express gratitude daily to my athletes for who they are. I hope to take advantage of the opportunities that sport provides to help remind myself and my athletes to be in the moment as much as we can, and to enjoy the journey more than the final outcome.

Doug Basso, O'Gorman HS, Timmins Boys and Girls Soccer, Boys Basketball

I would like to impress upon my students-athletes to push themselves past their comfort zone, realizing that improvement occurs when they are able to learn from their shortcomings and failures. Lifelong assessment of their skills, both in sport and in life, will lead to growth that will not only help them reach personal goals but will also help those around them achieve more.

Ava Alati, Etobicoke CI, Toronto Girls Field Hockey, Indoor Soccer, Outdoor Soccer

My resolution is to make a point to thank fellow colleagues, parent-coaches, caretaking, administration, office staff and all other volunteers who contribute to our student-athletes. Secondly, I plan to listen to my athletes more and spend less time talking at them.

Brad White, Brooklin HS, Brooklin Football, Boys Basketball, Boys Rugby, Track and Field - throwers

My coaching resolution for the new year is to give leaders on my teams more empowerment in team planning. Going beyond leading drills, to game planning, peer coaching and enabling opportunities to volunteer with feeder school teams.

Andrea McCabe, Bishop Tonnos CSS, Ancaster Boys and Girls Volleyball, Kin-Ball

I resolve to do everything I can to create a balanced environment for my athletes to perform at their best. When in need of extra encouragement to push through a self-limiting belief or physical barrier, I hope for the wisdom to access the best solution for each individual athlete. When the team encounters a roadblock, I resolve to support them so they can work together in creative and positive ways to experience something special.

Thank you to these coaches for sharing their resolutions.

Please consider using one or more of these, or perhaps with some thought and reflection, you may come up with one of your own. If you stick with it, it will surely lead to better things.

A handwritten signature in dark ink, appearing to read "Doug Gellatly". The signature is fluid and cursive, written in a professional style.

Age Classifications for the 2019-20 School Year

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

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

How old was the student on January 1, 2019?

Years of eligibility

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

2020 Transfer Appeal Meeting Dates

Meeting Date	Deadline for Applications
Thurs. Feb. 20, 2020	Wed. Feb. 5, 2020
Thurs. April 16, 2020	Wed. April 1, 2020

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

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



OFSAA Social Spotlight

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



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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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@OFSAABaseball

@OFSAABasketball

@OFSAAXC

@OFSAACurling

@OFSAAGirlsFH

@OFSAALacrosse

@OFSAAFootball

@OFSAAGolf

@OFSAABoyHockey

@OFSAAGirlHockey

@OFSAABoySoccer

@OFSAAGirlSoccer

@OFSAARugby

@OFSAASwimming

@OFSAATennis

@OFSAATrack

@OFSAAVBall

@OFSAAWrestling



Rowan's Law is named after Rowan Stringer, a 17-year old rugby player who died in 2013 after being hit in the head three times in six days during competition. Rowan was captain of her varsity high school team, and was a talented, competitive and enthusiastic player.

Rowan's death led to a coroner's inquest and the formation of a Rowan's Law Advisory Committee. The committee was charged with reviewing the jury recommendations from the inquest, and providing advice to the government on head injury prevention and treatment. The committee made 21 recommendations under five themes: Surveillance, Prevention, Detection, Management, and Awareness.

Rowan's Law has put Ontario at the forefront of concussion awareness, prevention and management. All sport organizations, including OFSAA, must have protocols in

place to ensure that all participants, parents and coaches confirm they have reviewed the government's concussion awareness resource and the organization's Concussion Code of Conduct. This is now a requirement for teams and athletes registering for any OFSAA Championship or Festival with the exception of golf, cross country, badminton and tennis. Once the concussion policies for school boards are updated to be consistent with Rowan's Law, the processes for OFSAA events will be reassessed.

If you would like more information about Rowan's Law, please visit the Government of Ontario website at <https://www.ontario.ca/page/rowans-law-concussion-safety>. If you would like to view the OFSAA forms and documents, click on "Registration" under the "For Coaches" section of any championship or festival website.

School Sport Video Focuses On Students In Faculties of Education

OFSAA has completed the production of a special video to encourage new teachers to get involved in coaching. It is our goal to have the english and french versions of the video presented to students in the Faculties of Education in Ontario.

School sport plays a vital role in Ontario's education system and it is a vehicle to educate students; to teach them life skills like teamwork, respect, and work ethic. Student-athletes rely on teachers to coach sports in their schools. Without teachers taking these volunteer roles, school sport opportunities would not be available and a vital aspect of student development would be lost.

Teacher-coaches can help ensure school sports are a major component of the student and teaching experience.

If you would like to have more information on the video or you are interested in scheduling a presentation within a Faculty of Education, please contact Denise Perrier at denise@ofsaa.on.ca or (416) 426-7436.

Thank you to CLARK Communications and our Advocacy Committee for the production assistance!

AS A TEACHER-COACH, YOU CAN ENHANCE THE LIVES OF YOUR STUDENTS...AND YOURS!

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Online Course Available For The First Time

CREATING YOUR ATHLETIC HANDBOOK (602C)

The OFSAA/CIAAA team is pleased to announce that we are going to be offering an ONLINE COURSE for the first time. This course, CREATING YOUR ATHLETIC HANDBOOK (602c), is aimed at new or aspiring Athletic Directors or Curriculum Leaders from across the province.

This course will run over 3 nights: February 6, 20 & 27, 2020.

Each session will be approximately 1 hour and 20 minutes in length and because this is a working course, attendees will have a tangible product for use at the completion of the course.

The cost for this 4-hour course is only \$99 and registration can be completed at: www.esportsdesk.com/leagues/eventsInclude.cfm?clientid=5846

For a complete description of this course, please go to: www.ciaaa.ca/ltpcourses

To discuss this course, or if you would like to set up another of the CIAAA courses in your area, please contact Jim Barbeau, OFSAA Sport Coordinator, at jim@ofsaa.on.ca.

To find out more about the program, please check out ofsaa.on.ca/programs/ciaaa OR go to ciaaa.ca

2019-20 AVAILABLE COURSE OFFERINGS:

502c: Principles, Strategies and Methods: This is a detailed course that addresses school athletic/academic philosophy, administrative organization, coach appointment, budgeting, scheduling, publicity and promotion, management of athletes, parents and others, transportation policies and issues, parent conflict, legal foundations, monthly checklists and more.

504c: Legal Issues 1: This course covers liability, negligence, and risk management practices for athletic administrators. Legal concepts will be introduced to athletic administrators through the use of case law, case studies and guided discussion.

602c: Creating Your Athletic Handbook: This course is designed to guide attendees through the process of creating a complete and effective athletic handbook.

703c: Student Centered Educational Athletics—Performance Beyond the X's and O's: This student-centered program will provide learning experiences for student athletes beyond the X's and O's. This course will support a value-based curriculum that will demonstrate model behaviours and qualities that students should emulate both in and out of the athletic arena.

721c: Positive Sporting Behaviour-For The Love Of The Game: In this course, students will learn to implement appropriate strategies and techniques, designed to create a positive, productive learning environment, which will support a system that encourages character and self-discipline and sportsmanship.

FOR MORE DETAILED INFORMATION ABOUT COURSE INFORMATION, PLEASE GO TO: <https://www.ciaaa.ca/ltpcourses>



OFSAA-SANCTIONED INVITATIONAL EVENTS

ATTENTION TO ALL ATHLETIC DIRECTORS & PHYSICAL EDUCATION CURRICULUM LEADERS

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

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

APPLICATION FORMS to either host or attend invitational events are to be **completed on line** and can be found at: ofsa.on.ca/events/sanctioned-events

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

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

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

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

2020 SANCTIONED INVITATIONAL HIGH SCHOOL EVENTS

HOCKEY

Titan Jr. Girls' & Jr. Boys' Tournament

March 24, 2020	Regina Mundi CC
Mike Pepe & Mike Chaney	London
	mpepe@ldcsb.ca

LEAP Jr. Girls' & Boys' Crusaders Cup

March 27, 2020	Catholic Central HS
Katie Tucker-Deluce & Wendy Glover	Nichols & Carling Arenas London
	ktucker@ldcsb.ca

Gator Jr. Boys'

April 7 & 8, 2020	Lakeshore CHS
Stephen Sim	Port Colborne Vale Centre
	stephen.sim@ncdsb.com

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

2-Day Events- Minimum 4 Game guarantee	
1-Day Events- Minimum 3 Game guarantee	
All Boys' Tournaments offer A,B, and C Divisions	Various Dates
Al Rose	York University
	416-661-5900 X251
	arose@icesports.com

Senior Boys'

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

Canadian Classic (Contact Only- longer games & 2 floods)	February 6 & 7, 2020
York University Classic	February 20 & 21, 2020
Mini Matches	February 26, 2020
Mini Matches	March 11, 2020

Junior Boys'

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

Mini Matches	February 26, 2020
Junior March Classic	March 3 & 4, 2020
Mini Matches	March 27, 2020
Junior Spring Classic	April 15 & 16, 2020

Girls'

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

Cardinal Carter Classic (A- D only)	February 4 & 5, 2020
"DD" Delight (DD level teams only)	February 4 & 5, 2020
Elite (longer games)	February 10 & 11, 2020
Mini Matches	March 11, 2020

SOCCER

Niagara Cup Girls' & Boys'

April 14-16, 2020	Notre Dame College
Andrew Lucchetta	Welland
	andrew.lucchetta@ncdsb.com

Maurauder Jr. & Sr. Girls'

May 4, 2020	Banting Memorial HS
Jeff Northrup	Alliston
	jnorthrup@scdsb.on.ca

TRACK & FIELD

Burnbrae-Hungerford Classic

May 8, 2020	Thousand Islands SS
Randy Givogue	Brockville
	randy.givogue@ucdsb.on.ca

SQUASH

Jim Mason Cup

April 17 & 18, 2020	Tecumseh Vista Academy
Craig Guthrie	Mayfair Club, Toronto
	craig.guthrie@publicboard.ca

OFSAA has joined the podcast craze!



The OFSAA “TIMEOUT” Podcast has a special guest to kick off the debut episode. Yes, episode one features 1980s former high school football great **James Duthie**.

Okay, so you probably know him better as the recognizable face of TSN. The versatile and longtime host of Molson Canadian Leafs Hockey and on-site anchor of the Super Bowl, the Grey Cup, the World Junior Championships and The Masters was on the other side of the Q & A this time around. We think you’ll

enjoy the back and forth conversation about his high school athletic pursuits and his award-winning broadcasting career.

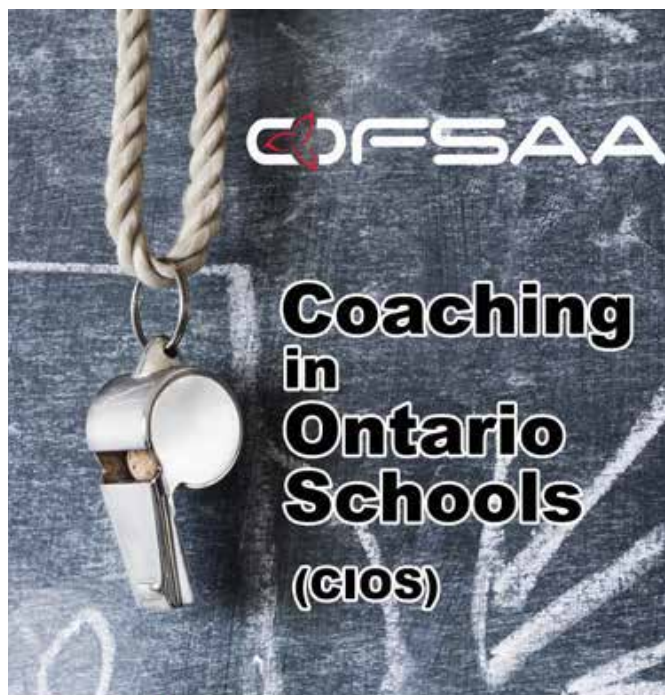
- Listen to James sing a few bars of the Gloucester Gators’ fight song.
- Who’s the messiest member on the TSN Hockey Panel?
- Hear a passionate James Duthie talk about his own personal experiences coaching students.

Be sure to check it out on your other favourite apps, like Apple Podcasts and Spotify, or at anchor.fm/ofsaatimeout

As we move along with future monthly podcasts, look for more special guest interviews along with topical issues of interest to student-athletes, coaches, parents and educators.

Please contact Pat Park (pat@ofsa.on.ca) if you would like an important, or even a fun topic, discussed on a future episode of OFSAA “TIMEOUT”. It’s a great platform to promote the efforts of individuals and the initiatives in school sport around the province.

SPREAD THE WORD! Tell your friends, family and colleagues to **SUBSCRIBE** and **LISTEN!**

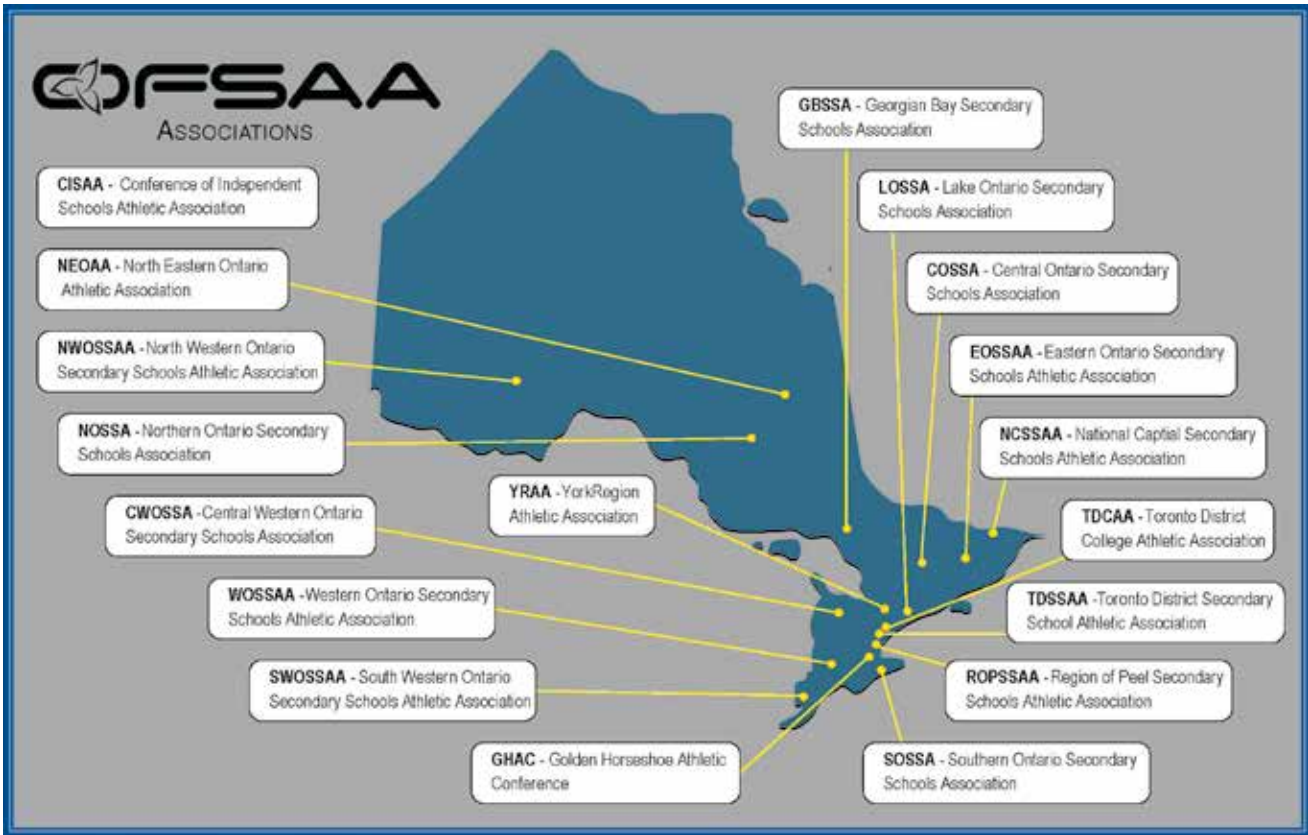


Coaching in Ontario Schools (CIOS)

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

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





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.

Cross Country and Track and Field

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Official sponsor



Badminton

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- 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

Baden

- Official footballs of OFSAA: F7000L & F9C



Basketball

Molten

- Official basketball of OFSAA: GG-X Series



Volleyball

Baden

- Official volleyball of OFSAA: Baden VCOR,



Soccer

Molten

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



Accommodations

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Character Athlete Award

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THE OFSAA EXPERIENCE

By Eli Wilson and Victoria Morgado

St. Ignatius of Loyola hosted the inaugural OFSAA Ultimate Festival in Oakville at the end of October. Braving rain and hail at times, teams from across Ontario attended this event as a celebration of OFSAA's newest sport. Many of our regions have started as grass roots clubs that have evolved into tournaments and leagues. Here are some thoughts about Ultimate from two students who were there.



Eli Wilson is a grade 10 student at St. Ignatius of Loyola

OFSAA: This year our school, St. Ignatius of Loyola, hosted the first ever OFSAA Ultimate Festival. The festival was very fun and enjoyable despite the unfortunate weather. The tournament was run very well and was very organized and an improvement from last year's south regional festival. Our team had

fun with the amped up level of competition and I think it was an enjoyable learning experience for everyone on our team, despite not being incredibly successful in the two-day tournament. Along with the tournament itself, the award ceremony and barbeque on the second day were also very enjoyable. This brought all the teams together and created friendliness between teams that had played against each other earlier in the tournament. Ultimately, I believe the OFSAA festival was very successful and brought many closer to the game and inspired more love for the game.

Team Spirit: The team spirit in ultimate is unlike any other sport, especially at this year's OFSAA festival. Each team had its own twist on team spirit, whether it was funny costume elements to their jerseys on Halloween, or spirit circles at the end of the game. Our

team especially enjoyed the spirit element of the festival because even if you were losing or mathematically eliminated from the tournament, there was still something to play for in spirit points. Our team, although we had difficulty getting points, ended up with the most spirit points at the conclusion of the tournament and received the top spirit award. I think ultimate has showed me what excellent team spirit looks like and has taught me sportsmanship and teamwork.

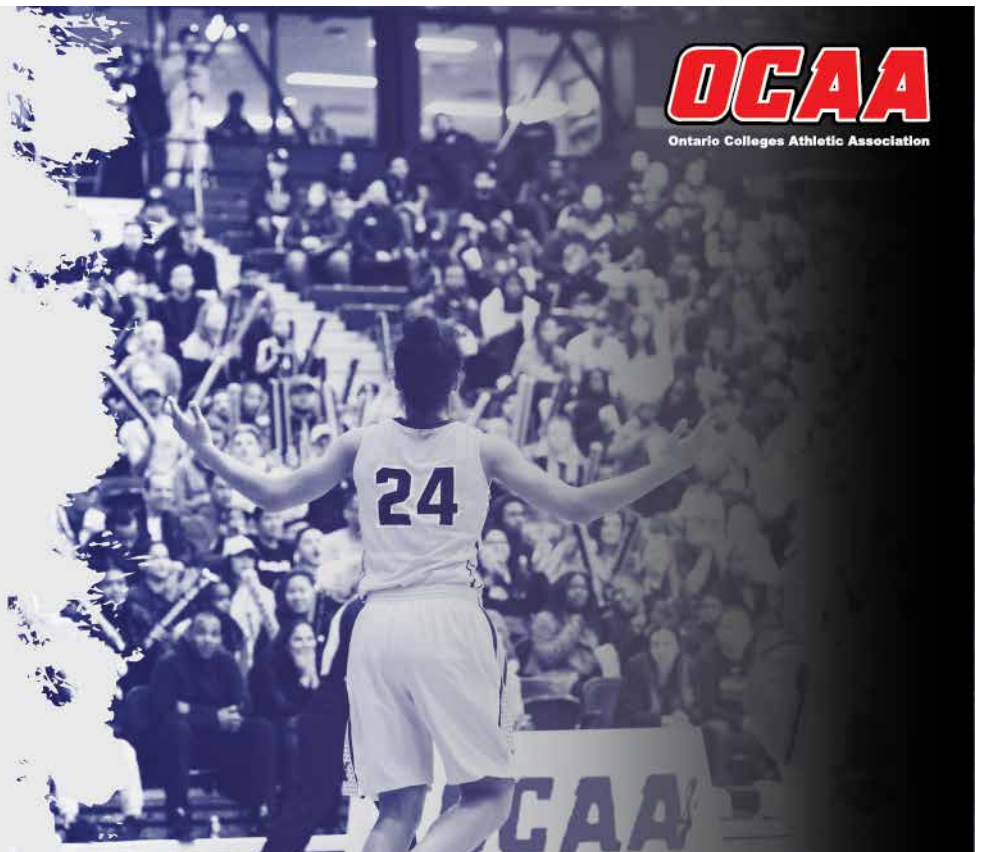
Ultimate: Ultimate has slowly become one of my favourite sports alongside basketball and hockey and I think high school ultimate has really helped with that. I have been playing ultimate since grade five but I didn't really start to like it until last year in grade nine. Ultimate has become a major highlight of high school so far for me and I have made some of my best friends because of the sport. My love for the game is rooted mainly in the strategy, teamwork and spirit of the game. I have never played a sport that is taken and treated so seriously and competitively, yet still focuses so much on the spirit and fun of the game. It is very beautiful to watch the teamwork between boys and girls of all high school ages on the same field, which makes ultimate unique to any other sport. Overall, I have seen a massive growth in popularity for ultimate in our school community over the past two years and look forward to seeing it continue to grow in coming years.

27	16
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Victoria Morgado is a grade 12 student at St. Ignatius of Loyola and one of the Team Captains

On October 31st and November 1st, 16 teams from Barrie all the way to Napanee gathered at St. Ignatius of Loyola Oakville (GHAC), for the first ever OFSAA Inaugural Ultimate Festival. Being a part of the Hawks' ultimate team for all my

years of high school, I was impressed to see so many athletes who were just as devoted to the sport as me, all playing in one place. When I was told the news that OFSAA had decided to sanction co-ed ultimate by my Principal, Kevin Wong, I was probably more excited than he was. Hawks ultimate has been a very big part of my high school life. Being able to commemorate my last season on the team by having OFSAA being held at my very own school and seeing it grow into such a recognizable sport puts so much joy in my heart.

Coming into my last ultimate season as a senior on the team, the coaches and myself worked to create a team that welcomed players from grades nine through 12 to build a strong representation for our team. With a huge turnout at tryouts, the team was hand selected not only by skill, but on their level of sportsmanship. This year, our team was varsity but, despite the wide age gap, we definitely felt like a family. Winning together, learning together, and laughing together, we were more than just a school sports team. With lots of pressure on the coaches to plan the tournament smoothly, the seniors on the team took the rookies under their wing, making

them into confident ultimate athletes.

After attending many ultimate tournaments and playing many games, OFSAA 2019 left a lasting impression on my ultimate career. Coming into the tournament, the players were aware of the harsh playing conditions they got themselves into, but the -3 degrees, 70 km/h winds and a downpour of rain made the tournament extra special. Although the weather was awful, the spirit levels remained high. On the Hawks' ultimate team we always have put an emphasis on the "spirit points" aspect to the sport, and that clearly paid off when it was announced that we were the OFSAA Spirit Award recipients at the tournament. Having players wearing Halloween costumes and using some acrobatic tumbling in our plays, we took it upon ourselves to make the tournament memorable for everyone. After every game, my team and I would award an MVP and MSP (most spirited player), and play a little joust to lighten up the mood after the game. We felt it was very important to make every player feel as if they were a part of our Hawks' ultimate family and thank them for making the tournament possible. Although we won the award, the amount of spirit and sportsmanship displayed on and off the field by all teams was incredible.

On behalf of the Hawks' ultimate team, I would like to congratulate all athletes on a well-played tournament, showing high levels of skill and sportsmanship. A special shout-out to Bowmanville High School on being the first ever Ultimate OFSAA Champion. My ultimate career with St. Ignatius of Loyola may have come to an end, but my school spirit and memories from this sport will never be forgotten.

I wish all the best to all future ultimate athletes and hope to see the sport advance even more!

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Tabia Charles-Collins attended Pine Ridge Secondary School in Pickering and medalled all three years that she competed at OFSAA (2000, 2001, 2002). She participated in volleyball, soccer, basketball and track and field. Today, Tabia is a valued staff member at Monsignor Fraser College (St. Martin Campus) in the Toronto Catholic District School Board.

From 2007 to 2010, Tabia competed professionally for Team Canada and NIKE, becoming a Canadian record-holder in both long jump and triple jump. Her athletic career was further highlighted when she represented Canada at the 2008 Summer Olympic Games in Beijing, China.

In 2014, Tabia graduated with her MA in Industrial Relations and HR at the University of Toronto. An international motivational speaker and fashion designer, Tabia enjoys giving back to the youth. She enjoys empowering the youth by sharing her story of transitioning from being an athlete to the business world.

If you are interested in having Tabia as a speaker at your event, please email info@collinstraining.com.

HIGH SCHOOL SPORTS TRULY HELPED SHAPED THE WOMAN I BECAME

By Tabia Charles



I discovered the Olympic athlete within through my high school sport experiences. Whether I was playing soccer, volleyball, basketball or competing in track and field, the feelings I experienced from being around other like minded, hard working athletes was unmatched by any other high school experiences. The support and encouragement from school staff, students, and the feeling of not only winning, but those

proud moments of accomplishing athletic team goals, helped to shape the woman I would become in high school and for the rest of my life.

I truly started to discover and come into myself in high school, and athletics facilitated that. My teachers made it their duty to constantly remind me that I would not only do great things as a high school student athlete, but they seemed certain that I would go on to accomplish athletic goals that I would have never imagined...They were right. They saw the same greatness in me that my parents saw, long before I saw it in myself.

I was very fortunate to have teachers that believed in me and did everything in their power to push me to reach my full potential...even to this day. The same teachers that came out to watch me compete at high school competitions, and encouraged me to try out for as many different sports as possible were some of the same teachers that sent me positive messages via facebook or email while I was

getting ready to compete at the 2008 Beijing Olympics. That meant everything to me.

Aside from my parents being the most influential people in my life, I had amazing teachers and coaches who served as amazing mentors. They helped me achieve both my academic and athletic goals as I prepared to go off to University in the U.S. What helped my academic transition, especially from high school to university, was the high expectations, that I not only had for myself, but that my teachers had for me. Those same high expectations followed me to the University of Miami and helped me achieve my goal of graduating a 4 year BA program in just 3 years, which is typically unheard of for a student-athlete on scholarship.

I am a true believer that the busiest kids will be the most successful. Playing a variety of sports in your teens helps build confidence, self esteem, leadership, and a positive self image. Most importantly, sports builds a real sense of camaraderie that is necessary in all aspects of life when interacting with others. It's imperative for youth to take part in a variety of sports to figure out what they are good at, what they like, and to build complex skills. Finally, playing sports builds mental strength and resilience which can be transitioned into a variety of daily activities. You don't have to be the best athlete to gain a wealth of knowledge and positive habits from sport.

Unfortunately, my professional athletic career ended prematurely due to injury. However, the ending of my athletic career started a whole new amazing chapter for me. The discipline, hard working habits, and determination I gained from athletics helped me smoothly transition into the corporate world and then into entrepreneurship. I was determined to get my Masters Degree in HR, and I did just that. I had the opportunity to work for companies such as Coca Cola and then became the first black woman manager at Monster Energy. I've gone on to pursue careers in different industries and I always set out to challenge myself in roles I've never worked in before.

My career journey wasn't any different than my athletic journey, maybe not as fun. It took the same skills to make the



Olympic team and compete on the professional circuit as it did to work full time while completing my masters degree at the University of Toronto. The same discipline, determination and mental strength it took to achieve the Canadian long jump and triple jump record are the same skills I used to start my different business ventures. The confidence I gained from achieving an NCAA Triple Jump title while graduating a 4 year BA of Psychology program in 3 years, is the same confidence I carry with me each day to remind myself that I can truly do anything I put my mind to.

I often ask myself, "Where would I have been without sports?" I truly believe that access to sport and the constant push from teachers and coaches to try as many sports as possible is one of the key components in how I approach life. I believe in trying new adventures and pushing myself past limitations.

"We are all capable of much more than we think we are."





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VAPING:

MISPERCEPTIONS AND PITFALLS FOR STUDENT-ATHLETES

By Neha Raukar, MD; Jennifer D. Rheeling, MS, ATC; Michael C. Koester, M.D. on November 13, 2019

Source: The National Federation of State High School Associations' High School Today Magazine

The use of e-cigarettes, also known as “vaping,” has become a popular alternative form of nicotine consumption. An electronic cigarette is a battery-operated device that holds a cartridge containing a liquid solvent and the substance intended to be inhaled, such as nicotine, marijuana or a variety of other substances. The battery heats both the liquid and the substance contained within the cartridge creating a vapor that is then inhaled by the user. To increase palatability and user-enjoyment, these cartridges are also often infused with flavors. There are more than 150 flavors available so there is often something for everyone.

E-cigarette companies, the largest of which is Juul, advertise their product as a safer alternative to traditional smoking and a method for smokers to wean themselves from tobacco products. Juul had a very popular campaign, which has recently been withdrawn, called “Make the Switch” that encouraged traditional smokers to switch to e-cigarettes as a safer alternative. They also advertised that one can vape without the negative effects often associated with smoking: no bad breath, no cigarette burns, less risk of cancer and other smoking-related diseases.

These false statements give users the impression that e-cigarettes are not as toxic as smoking. However, not only can e-cigarettes have more nicotine than ordinary cigarettes, the fact that the additives are unregulated means that there is a risk for exposure to potentially lethal chemicals.

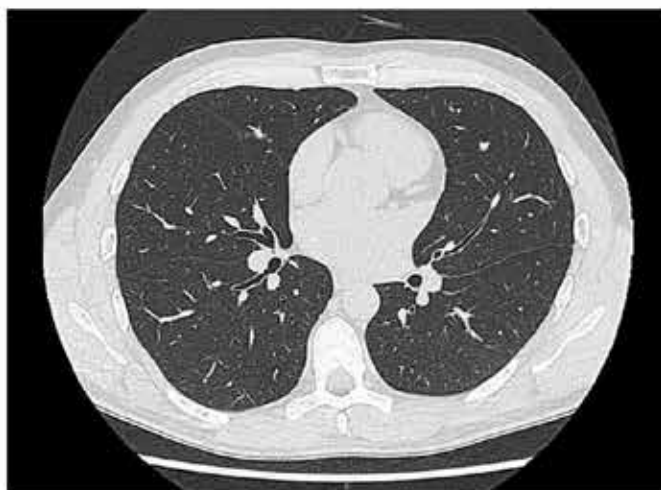
High school-aged students are unique and complicated. While trying to establish their independence and autonomy, they often turn away from adult influencers and toward their peers

and may not know how to find or utilize the best possible resources to make decisions. This may make teenagers particularly susceptible to peer-pressure and advertising. Recent studies show that one in five high schoolers and one in 20 middle schoolers report having used e-cigarettes, a 78 percent increase from 2017 to 2018.

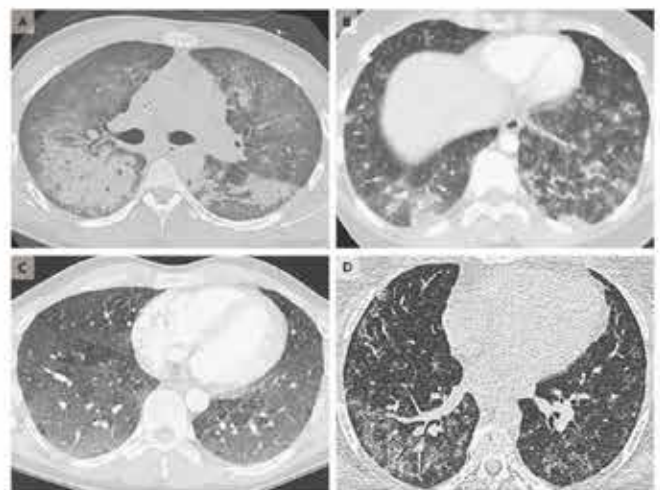
When surveyed, teenagers hold many misconceptions about vaping. They believe it is safer than smoking because they believe it delivers low or no levels of nicotine, and they believe it is more “natural” than smoking. Furthermore, with pervasive advertisement and name-branding and the myriad of flavors available, many adolescents aren’t aware that some brands such as Juul are in fact e-cigarettes.

The e-cig is easier to disguise than cigarettes and the smoke/odor and the devices used are not readily identified by authority figures, with some even resembling USB drives. While states have a minimum smoking age, these restrictions do not necessarily apply to these nicotine products. Finally, vaping does not leave a residual odor on clothing and does not smell like cigarettes or marijuana, making it hard to detect. As a result, it has been identified that 40 percent of vapers (people who vape) had never smoked cigarettes, suggesting that the vaping advertising is actually creating a new generation of vapers who normally had not smoked.

Despite the industry’s pervasive marketing campaign, e-cigarettes are not safe and are not regulated by the FDA. A regular cigarette contains 9mg of nicotine, and the cartridges can contain up to 42 mg/ml of nicotine, depending on the strength of the cartridge. When compared to cigarettes,



Healthy Lung



Lung injury associated with vaping

which are held and lit and only expose the user to nicotine when inhaled, the vaper is exposed to the full strength of the nicotine as it is not released until the unit is inhaled. Also, besides nicotine or marijuana, the liquid solvents expose the user to a plethora of unique toxic chemicals not present in smoking tobacco. Consequently, when compared to a cigarette, the vaper is exposed to a much more concentrated nicotine load that is delivered more efficiently than traditional cigarettes.

The cartridges contain chemical solvents that help aerosolize the substance. These solvents have been linked to severe lung damage and death. As of October 15, 2019, 33 deaths and 1,479 cases of lung-injury cases related to e-cigarette use have been recorded in the United States. Alarming, 79 percent of these cases involve patients under the age of 35, and 36 percent are aged 16-20.

Vaping and Athletes

The effect of vaping on athletic health and performance is becoming increasingly evident. Specifically, vaping leads to a decreased lung capacity, which makes it more difficult to perform at competitive levels. In many schools, students are facing punishment for e-cigarette use. Suspensions are derailing athletes from achieving optimal athletic development, lessening their chances for success and advancement beyond their high school careers.

To curtail the increase in popularity of vaping, educational campaigns aimed at deterring use among students and counteracting misconceptions may be more valuable than punitive measures. Some school districts are addressing use as a substance abuse issue rather than a disciplinary one and are offering programs to help students quit. Targeting efforts toward student-athletes may be beneficial as these students are often perceived as leaders among their peers.

Neha P. Raukar, MD, is an emergency medicine and sports medicine specialist at the Mayo Clinic in Rochester, Minnesota, and a member of the NFHS Sports Medicine Advisory Committee.

Jennifer D. Rheeling, MS, ATC is an athletic trainer for the District of Columbia Public School system, the chair-elect of the NATA Secondary School Athletic Trainers' Committee, and a member of the NFHS Sports Medicine Advisory Committee.

Michael C. Koester, MD, is a nonsurgical sports medicine specialist for the Slocum Center for Orthopedics and Sports Medicine in Eugene, Oregon, and is chair of the NFHS Sports Medicine Advisory Committee.

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\$150 in OFSAA apparel from
Canuckstuff



1st PRIZE

\$300 in OFSAA apparel from
Canuckstuff and \$200 Prepaid
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3rd PRIZE

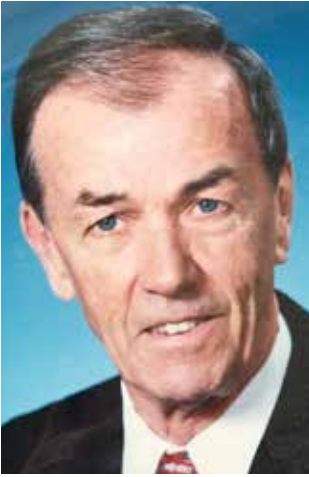
\$50 in OFSAA apparel from
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To enter and see full contest details go to:

ofsaaphotocontest.ca

In Memoriam

Distinguished Sports Figure Remembered



A towering figure in education and sports in North Bay passed away on November 14 in his 85th year.

Hugh MacDonald believed in giving back to his community and did so in a variety of ways.

Hugh was a popular teacher at Chippewa Secondary School for 31 years and elected into the North Bay Sports Hall of Fame in 2000 when they chose him as

one of the 20 Builders of Sports (Alpine).

Long-time coach, executive and official, Hugh MacDonald started his coaching career at Chippewa Secondary School in 1963 with the junior football program.

In 1965 he brought golf to the NDA and NOSSA athletic curriculum and coached the Chippewa team for 30 years during which time the school won 10 NDA titles.

MacDonald's major accomplishments were in the sport of alpine skiing. He started coaching the sport in 1977 and headed the Chippewa program from 1982 through 1994 with amazing success. The school won four OFSAA Combined Team titles and three OFSAA Boys' Team awards as well as 18 NOSSA Combined Team championships and 10 other NOSSA awards.

During his career, MacDonald convened five OFSAA meets and in 1995, he co-convened the Ontario Winter Games alpine program at Collingwood and was Technical Director for the World Special Olympics, also at Collingwood.

He was a Level 4 Alpine official - a rarely granted honour, and he received an Ontario Ski Council 'Outstanding Contribution' award in 1995. He was also honoured by the Laurentian Ski Club.

In all, MacDonald spent over 35 years coaching and working with North Bay's youth. During his career as a coach, due to the superb athletes, these teams won more than 100 championships.

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Scholarships and Awards Available for 2020

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

The following scholarships and awards are available:

OFSAA Alumni Scholarship

The OFSAA Alumni Scholarship Program encourages Ontario High School students to apply for the 2019-20 OFSAA Alumni Scholarship. This year, students enrolled in schools in **NOSSA, SWOSSAA, YRAA, GBSSA, NEOAA and CWOSSAA** are eligible to apply for the scholarship. Applications must be received in the OFSAA office no later than **April 15th, 2020**.

The specific criteria and the actual application form can be found on the OFSAA website at ofsa.on.ca/programs/scholarships. It is important that all teacher-coaches, athletic directors, and student services staff make student-athletes aware of this opportunity and encourage qualified individuals to apply!

Colin Hood School Sport Award

The Colin Hood Award is available annually to one graduating male, one graduating female, and one coach in every school in the province. Schools can order these at no charge through the OFSAA website.

Application deadline is April 30, 2020.

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 Jostens, and a plaque from OFSAA commemorating this accomplishment.

Application deadline is April 30, 2020.

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 12, 2020.

2019 Coaching Excellence Award Recipients Recognized As Part Of National Coaches Week



The Ontario Coaching Excellence Awards program celebrates the dedication and commitment of exemplary individuals who inspire, innovate and share knowledge of sport with others. The Awards recognize the importance of leadership, performance and the value of human insight which are all integral to great coaching. Coaches were recognized and celebrated from across Ontario at the 2019 Ontario Coaching Excellence Awards in Toronto on September 21.

The banquet reception marked the start of the fifth annual National Coaches Week, a celebration of the tremendous positive impact coaches have on this nation's athletes and communities. The week is an opportunity to recognize coaches for the integral role they play by simply saying #ThanksCoach.

For 13 years, the Ontario Coaching Excellence Awards Program has been celebrating the dedication and commitment of exemplary individuals who inspire, innovate and share knowledge of sport with others. The Awards recognize the importance of leadership, performance and the value of human insight which are all integral to great coaching.

The School Sport Coach winners were selected by OFSAA based on their unique contribution to sport through continuous development. The Award does not reflect the accomplishments of a teach-coach in any one year, but the contributions over a period of years.

Scholarships & Awards

The 2019 male recipient of the “Coaching Excellence Award in the School Sport Category” is:



• **Ron Andrews** - Barrie Central Collegiate & Barrie North, Barrie

A winner of the OFSAA Leadership In School Sport Award early in his career, Ron Andrews has embraced the ideals of OFSAA in the classroom and in extracurricular activities. Ron’s coaching success spans over 30 years, and from 1994 to 2005, his rugby team at Barrie Central was undefeated in GBSSA regular season play and they earned 5 OFSAA gold medals, 4 silver medals and two bronze medals. Another impressive string of titles occurred from 2007 to 2016. His dedication to the school and student-athletes is evident not just in the number of years he has been coaching rugby, swimming and cross country, but by the countless number of people who have been inspired by Ron to become better people in the process. Widely regarded by many as a “favourite teacher”, Ron’s coaching legacy is evident in the generations of new coaches and student-athletes that he has mentored and inspired along the way.

Congratulations on an outstanding career devoted to teaching and school sport, Ron!

OFSAA congratulates all of the award winners and coaches across Ontario for their commitment and dedication to ensuring Canadians live an active and healthy lifestyle. For more information on the Ontario Coaching Excellence Awards and how to nominate a coach in the future, visit www.coachesontario.ca/awards.

The Coaches Association of Ontario is a non-profit coach-led organization that strengthens development opportunities and provides educational resources for coaches. The CAO promotes coaching ethics and ensures the wider community recognizes the vital role of the coach in the development of sport at all levels.

The 2019 female recipient of the “Coaching Excellence Award in the School Sport Category” is:



• **Annette Wrigley** - St. Marys DCVI, Huron-Perth

Annette Wrigley has spent more than 24 years as a model of perseverance and positivity to the greater running and skiing community of Huron-Perth. Her dedication to the school and the student-athlete is evident not just in the number of years she has been coaching, but by the countless number of new coaches Annette has mentored along the way. To Annette, it is not just about developing the athlete. She prioritizes teaching valuable life lessons and instilling qualities that will make her athletes more successful academically, socially and mentally. It is because of Annette’s positive attitude and energy that when it comes time for an athlete to leave her program, they have grown into a better, more well-rounded individual. Annette has been coaching since 1995 and the sports include: nordic skiing, cross country running, mountain biking and track and field. She has won 50 WOSSAA championships in her 24-year coaching career.

OFSAA salutes Annette for her incredible commitment and dedication to school sport. Congratulations!

2019-2020 OFSAA CHAMPIONSHIP

Boys' Golf (SWOSSAA)

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

Entry Deadline: Oct. 10, 2019

Girls' Golf (WOSSAA)

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

Entry Deadline: Oct. 10, 2019

Girls' Field Hockey (ROPSSAA)

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

Entry Deadline: Oct. 26, 2019

Ultimate (GHAC)

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

Entry Deadline: Oct. 26, 2019

Cross Country (NOSSA)

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

Entry Deadline: Oct. 29, 2019

Boys' A Volleyball (SWOSSAA)

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

Entry Deadline: Nov. 16, 2019

Boys' AA Volleyball (WOSSAA)

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

Entry Deadline: Nov. 16, 2019

Boys' AAA Volleyball (TDCAA)

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

Entry Deadline: Nov. 16, 2019

Girls' A Basketball (SOSSA)

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

Entry Deadline: Nov. 16, 2019

Girls' AA Basketball (SWOSSAA)

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

Entry Deadline: Nov. 16, 2019

Girls' AAA Basketball (ROPSSAA)

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

Entry Deadline: Nov. 16, 2019

Football Bowls (GHAC)

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

Entry Deadline: Nov. 20, 2019

Nordic Skiing (GBSSA)

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

Entry Deadline: Feb. 15, 2020

Alpine Skiing (GBSSA)

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

Entry Deadline: Feb. 18, 2020

Snowboarding (YRAA)

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

Entry Deadline: Feb. 22, 2020

Swimming (TDSSAA)

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

Entry Deadline: Feb. 26, 2020

Wrestling (NOSSA)

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

Entry Deadline: Feb. 25, 2020

Boys' A Basketball (NOSSA)

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

Entry Deadline: Mar. 3, 2020

Boys' AA Basketball (SWOSSAA)

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

Entry Deadline: Mar. 3, 2020

Boys' AAA Basketball (GHAC)

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

Entry Deadline: Mar. 3, 2020

Girls' A Volleyball (CWOSSA)

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

Entry Deadline: Mar. 3, 2020

Girls' AA Volleyball (SWOSSAA)

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

Entry Deadline: Mar. 3, 2020

Girls' AAA Volleyball (SWOSSAA)

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

Entry Deadline: Mar. 3, 2020

Girls' A&AA Hockey (WOSSAA)

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

Entry Deadline: Mar. 11, 2020

FOR COMPLETE CHAMPIONSHIP

ONSHIP/FESTIVAL CALENDAR

Boys' A&AA Hockey (SOSSA)

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

Entry Deadline: Mar. 12, 2020

Boys' & Girls' AAA Hockey (SWOSSAA)

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

Entry Deadline: Mar. 12, 2020

Curling (LOSSA)

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

Entry Deadline: Mar. 12, 2020

Badminton (WOSSAA)

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

Entry Deadline: May 2, 2020

Tennis (TDSSAA)

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

Entry Deadline: May 26, 2020

Girls' A&AA Rugby (EOSSAA)

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

Entry Deadline: May 26, 2020

Girls' AAA Rugby (CWOSSA)

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

Entry Deadline: May 26, 2020

Boys' A&AA Rugby (COSSA)

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

Entry Deadline: May 30, 2020

Boys' AAA Rugby (WOSSAA)

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

Entry Deadline: May 30, 2020

Boys' A/AA Lacrosse (CWOSSA)

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

Entry Deadline: May 26, 2020

Boys' AAA Lacrosse (SOSSA)

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

Entry Deadline: May 27, 2020

Girls' A Soccer (EOSSAA)

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

Entry Deadline: May 30, 2020

Girls' AA Soccer (COSSA)

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

Entry Deadline: May 30, 2020

Boys' A&AA Soccer (WOSSAA)

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

Entry Deadline: May 30, 2020

Boys' & Girls' AAA Soccer (GHAC)

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

Entry Deadline: May 30, 2020

Track & Field (TDSSAA)

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

Entry Deadline: May 30, 2020

Baseball East Regional (TDCAA)

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

Entry Deadline: May 28, 2020

Baseball West Regional (SWOSSAA)

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

Entry Deadline: May 28, 2020

Baseball Final (OFSAA)

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

2019 OFSAA Football Bowls Series

Hamilton

Nov. 26-28, 2019

McMaster University



The OFSAA Football Bowl Series Festival returned to Hamilton this year but this time the event was hosted by convenor Jeff Brock of Nelson HS and the games were played at McMaster University. Nine bowl games were contested over three days and the overall level of play was outstanding. The following are some of the highlights from the 9 games.

GAME 1 - Brilliant sunshine and warm temperatures welcome the first six teams to Hamilton. The Simcoe Bowl featured Westgate C & VI (NWOSSAA) and St. Joan of Arc SS (GBSSA). St. Joan of Arc led 13-0 early into the 3rd quarter but Westgate proceeded to score the next 28 points to win by a final score of 28-13. Brendan Hall ran for 132 yards and a TD for Westgate while Dylan Dubray contributed six tackles and an interception for the defence. For the Tigers, this was their second bowl victory in four appearances.

GAME 2 - Assumption College School (CWOSSA) and Nelson HS (GHAC) squared off in the Independent Bowl in the second game of Day 1 with the hosts from Nelson coming out victorious by a score of 35-14. The Lords scored the first 21 points of the game before the Lions countered with 14 points of their own to cut the lead to seven at the half. Nelson scored a touchdown in each of the 3rd and 4th quarters and held Assumption scoreless to win by a final 35-14 score. Keegan Hall threw for 386 yards and two TD's for Nelson while Will Clarke led the defence with 6.5 tackles. This was Nelson's sixth bowl victory in seven appearances.

GAME 3 - The third game of Day 1 was between the Holy Cross CSS Crusaders (EOSSAA) and the Richview CI Saints (TDSSAA) in the battle for the Eastern Bowl. The defending Eastern Bowl Champion Crusaders rallied from an 18-7 deficit at the half to win a hard-fought battle 20-18. Joe Hamilton scored on a six-yard run with 43 seconds left to provide the margin of victory. Adam Illescu passed for 197 yards and one TD for Holy Cross while Mitch Kuehl had six tackles and two knockdowns. This was the Crusaders' second Bowl victory in two appearances.

GAME 4 - Day 2 was the poorest weather day of the three as clouds and rain moved into the area in the morning. TDCAA Champ Chaminade College met the SOSSA Champs from Notre Dame College in the 36th Annual Metro Bowl. Chaminade's running backs rushed for a total of 209 yards and two touchdowns and wide receiver Kenneth Williams added two touchdowns in their 47-6 victory. For Chaminade, this was their second victory in four Bowl appearances.



GAME 5 - The Golden Horseshoe Bowl featured two of the top teams in Ontario; Herman Academy (SWOSSAA) and St. Thomas More CSS (GHAC). STM jumped out to a fast start and before four minutes had gone by in the second quarter, they led the Griffins 27-0. At this point, Herman's defence dug in and the rest of the game became a battle between the defences and as a result there was no further scoring. Janeil Gordon caught two touchdown passes from Evan Hillock who completed 8 of 14 passes for 167 yards. Riley MacLeod let the Knights defence with three tackles and a sack. This was St. Thomas More's seventh Bowl victory in as many appearances.

GAME 6 - In the final game of Day 2, the St. Marcellinus SS Spirit (ROPSSAA) and Monsignor Paul Dwyer CHS Saints (LOSSA) met in the Central Bowl. The Spirit scored five touchdowns in the first half to take a 34-0 lead into the locker room and they ultimately won the game 48-0. Jayden Kerr rushed for four TD's for the St. Marcellinus squad while Ezekiel Gray had four tackles and a fumble recovery for the defence. This was St. Marcellinus's first OFSAA bowl victory in their second appearance.



GAME 7 - Day 3 started off with the National Capital Bowl. Westmount SS (SOSSA) defeated the Ashbury College Colts 44-6 in cold and windy conditions. Ashbury scored first but then Westmount scored the next 44 points to win a Bowl game in their first appearance. Quarterback Seth Cazebas passed for 159 yards and four touchdowns and rushed for another 59 yards and a TD for the Wildcats. Zack Sinclair led the defence with 4.5 tackles.

GAME 8 - The battle for the Western Bowl between Huron Heights SS (YRAA) and A.B. Lucas SS (WOSSAA) was the middle game of Day 3. The Warriors from Newmarket made the bus ride worthwhile as they defeated the Vikings 41-19 in a game that was closer than the final score indicated. An exciting first half saw four touchdowns scored and Huron Heights took a 20-13 lead into halftime. James Laceby led the Huron Heights offence with 149 yards rushing and four TD's while Josh Connors was the defensive leader with 7.5 tackles. For Huron Heights, this was their fifth Bowl victory in eight appearances.

GAME 9 - The Northern Bowl was the final game of the Festival and featured the Holy Cross CSS Hurricanes (COSSA) and the NOSSA reps, the Korah C & VS Colts. In what was probably the most wide-open game of the week, the Colts triumphed over the Hurricanes 31-21. Tyler Brechin had 78 yards rushing and a TD for Korah and they had scores from four different players. Jacob Jurich had seven tackles for the Colts who captured their second consecutive Bowl game in as many appearances.

Finally, OFSAA would like to recognize the efforts of the HSSAA Organizing Committee, chaired by Jeff Brock. Jeff's team did a tremendous job on behalf of all of the participants and made certain that every detail was covered off to guarantee that a high-quality event resulted. Congratulations on a job well done and thank you to everyone involved! A special thank you to all of the Football Festival sponsors as well. Without your support this event would not have been possible.



OFSAA Girls' Golf Festival

St. Thomas

Pine Knot Golf & Country Club

October 16-17, 2019



The grounds were wet and the wind was chilly at the 2019 OFSAA Girls' Golf Festival. The Pine Knot Golf & Country Club hosted a wonderful banquet and Michelle Lange, Coordinator of Athletics with Thames Valley, had some great words of advice for the golfers.

Pine Knot was an excellent venue and it served up a few challenges but that did not stop some of Ontario's finest high school golfers from bringing their best. Convenor Wade Walker of Central Elgin CI (WOSSAA) and his committee did an outstanding job of putting together a great event for players, coaches and spectators alike.

GHAC dominated the festival by taking all medal positions in the Open Division and the gold medal in the High School Division. With the poor weather conditions, Sarah Gallagher shot a blistering 65 on day one and her competition was not far behind with Alexis McMurray and Nicole Gal shooting a 69 and 70, respectfully.

Julia Alexander-Carew (GHAC) took the gold medal in the High School Division with a total 156 over the two days. The silver went to Grace Holjak (GBSSA) with total of 161. Third place was decided in a playoff as Mikayla Bourgeois (ROPSSAA) edged out Madeline Choi (WOSSAA).



OPEN INDIVIDUAL RESULTS

1. Sarah Gallagher (GHAC) – Dr. F.J. Hayden	R1: 65	R2: 73	Total: 138
2. Alexis McMurray (GHAC) – Iroquois Ridge	R1: 69	R2: 74	Total: 143
3. Nicole Gal (GHAC) – Holy Trinity CSS	R1: 70	R2: 74	Total: 144

HIGH SCHOOL INDIVIDUAL RESULTS

1. Julia Alexander-Carew (GHAC) – Iroquois Ridge	R1: 74	R2: 82	Total: 156
2. Grace Holjak (GBSSA) – Eastview SS	R1: 83	R2: 78	Total: 161
3. Mikayla Bourgeois (ROPSSAA) – St. Marcellinus	R1: 83	R2: 80	Total: 163

OFSAA Ultimate Festival

Oakville

October 31 - November 1, 2019



The inaugural OFSAA Ultimate Festival can be summarized as a huge success! Long time OFSAA volunteer Kevin Wong and Principal of St. Ignatius of Loyola Catholic Secondary School (GHAC) made the decision early in planning stages to make the first ever Ultimate Festival “student-centered”. All participants were welcomed to Oakville with incredible hospitality as everyone received a commemorative disc to take home. Congratulations to all teacher-coaches and student-athletes for exhibiting the highest integrity of spirit and also proving that self-officiated competition is possible at a provincial festival. Thank you again to Kevin, all volunteers and participants for demonstrating that Ultimate is a perfect school sport.

Rather than an official banquet, food trucks provided an excellent barbeque meal for all teams as they gathered at the end of competition. This also provided the perfect setting for recognition of coaches and event medals. Very important to the sport is the Spirit Award, which was earned by the host team St. Ignatius of Loyola Secondary School by accumulating the most spirit points throughout the festival.

Over the course of the two-day competition, 16 teams participated with positive attitudes and finely tuned ultimate skills. In the end, two teams stood out and in the first ever OFSAA Ultimate gold medal game. Bowmanville High School (LOSSA) defeated Castlebrooke Secondary School (ROPSSAA) by a score of 8-6.

Congratulations to Bowmanville team members: Aiden Beatty, Shawn Benedict, Taylor Cook, Kelsey Croxon, Sierra Cunha, Selena Da Silva, Arin Davey, Kaitlin Diceman, Logan Dufour, Jacob Durnan, Regan Elder, Austin Hodgson, Brody Jay, Erez Kassirer, Mason Lee, Maude Lipsett, Jacob MacLaughlin, Darby Martin, Kirstyn McQuigge, James Powers, Grant Rice, Grace Smith, Vania St Jean, Ethan Vandeloo and coaches, Chris Beatty, Rebecca Mohindra and Kevin Macleod.

Congratulations again to all participants. You have laid the foundation for the growth of Ultimate in Ontario high schools!

Read more about the inaugural OFSAA Ultimate Festival, from the perspective of the student-athletes, on pages 10 & 11.

PARTICIPATING TEAMS (16)

Havergal College & Crescent School (combined)	CISAA
Adam Scott C & VI	COSSA
Centre Wellington DHS	CWOSSA
Napanee District HS	EOSSAA
St. Peters SS	GBSSA
Bishop Reding CSS	GHAC
St. Ignatius of Loyola CSS	GHAC
All Saints CSS	LOSSA
Bowmanville HS	LOSSA
Cardinal Leger CSS	ROPSSAA
Castlebrooke SS	ROPSSAA
Westdale SS	SOSSA
Tecumseh Vista Academy	SWOSSA
Chaminade College & Madonna HS (combined)	TDCAA
Marshall McLuhan CSS	TDCAA
St. Marys DCVI	WOSSAA

QUARTER-FINALS

Bowmanville def. Adam Scott	6-3
Westdale def. Centre Wellington	6-5
Castlebrook def. Bishop Reding	7-5
Cardinal Leger def. St. Marys	11-4

SEMI-FINALS

Bowmanville def. Cardinal Leger	7-3
Castlebrooke def. Westdale	11-6

CONSOLATION

Napanee def. Tecumseh	10-4
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BRONZE MEDAL GAME

Cardinal Leger def. Westdale	7-6
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GOLD MEDAL GAME

Bowmanville def. Castlebrooke	8-6
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OFSAA Girls' A Basketball Championship

Welland

November 21-23, 2019

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École Secondaire Catholique Jean-Vanier hosted a fantastic OFSAA Girls' A Basketball Championship in beautiful Welland, Ontario. The co-convenors, Glen Beauregard and Jason Duthie were very efficient and knowledgeable in executing the activities. The event was extremely well organized. Participants felt like they were treated as royalty, and this championship was a model that other OFSAA championship convenors can follow.

After an exciting opening day of competition, the student-athletes and coaches were treated to a wonderful banquet at Club Castropignano. The keynote speaker, Jelena Mamic, a local basketball player and McMaster Marauders graduate, spoke from the heart about her struggles with mental illness and how basketball helped her overcome those difficult times. The banquet ended on a high note with the return of a former student, Alex Kazaam, who put on a professional magic show for all in attendance. It was a great evening that was very well organized by all those involved.

The Leadership in School Sport winner, Tara Poulin, Jean-Vanier (SOSSA), was a very deserving recipient of the award. Tara exemplifies

the values of fair play and good sportsmanship, while promoting enjoyment, personal growth and educational achievement to all those that have been coached by her.

The games were very exciting to watch. Championship Saturday had some very competitive and hard-fought action on the court. Woodland upset the #1 seed, O'Gorman, and earned their spot in the gold medal game match-up with E.J. Lajeunesse. Lajeunesse was too much on this day and took the gold medal.

Congratulations to E.J. Lajeunesse: Nève Bessette, Khrystie Carabin, Ahanti Christian, Jamilah Christian, Kennedy Costello, Zoe D'Almonte, Rebekah Davis, Michaela Marenchin, Mélanie Monforton, Victoire Mulumba, Reese Oltrop, Olivia Scott, head coach Linda Carrière, and assistant coaches Raquel Burke and Kaylynn Laforet.

The Team Sportsmanship Award was presented to Marathon HS (NWOSSAA). From their first game to their last, this team exemplified class, discipline and pride- all characteristics of a deserving winner. Congratulations!

PARTICIPATING TEAMS (16)

O'Gorman	NEOAA
E.J. Lajeunesse	SWOSSAA
É.s.c. Jean-Vanier	SOSSA
Woodland Christian HS	CWOSSA
St. Mary CHS	EOSSAA
Villanova College	CISAA
É.s.c. Nouvelle-Alliance	GBSSA
É.s. MacDonald-Cartier	NOSSA
London Christian High	WOSSAA
Guido De Bres Christian High	SOSSA
Nicholson Catholic College	COSSA
Marathon HS	NWOSSAA
Roland Michener SS	NEOAA
É.s.c. Sainte-Trinité	GHAC
É.s.c. Saint-Charles-Garnier	LOSSA
George S. Henry Academy	TDSSAA

QUARTER-FINALS

O'Gorman def. London CHS	66-38
Jean-Vanier def. Villanova	45-36
Woodland def. St. Mary CHS	49-30
ÉJ Lajeunesse def. Guido De Bres	52-28

SEMI-FINALS

Woodland def. O'Gorman	50-46
ÉJ Lajeunesse def. Jean-Vanier	28-21

CONSOLATION GAME

É.s. MacDonald-Cartier def. Nicholson	39-31
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BRONZE MEDAL GAME

O'Gorman def. Jean-Vanier	55-52
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GOLD MEDAL GAME

ÉJ Lajeunesse def. Woodland	50-26
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OFSAA Girls' AA Basketball Championship

Kingsville

November 21-23, 2019



ethic, tenacity, integrity and grit. She emphasized the true sport pillars where “team” is placed ahead of personal statistics and to enjoy every moment, especially at a prestigious tournament like the OFSAA championship.

The OFSAA Leadership in School Sport Award was presented to Paul Gelinias of Kingsville DHS (SWOSSAA). Paul is one of those teachers that ensures that the fabric of the school remains strong.

The 2019 Girls' AA Basketball Championship was hosted in Kingsville by the Kingsville Cavaliers (SWOSSAA). The convenor, Jason Leili and his organizing committee, were thrilled to host 20 teams from across the province. Jason and his committee thought of everything, from baskets of fresh vegetables locally grown in the Kingsville area, to healthy smoothies made to perfection and an on-site kinesiologist and physiotherapist. His leadership students and scorekeepers are to be commended for their outstanding maturity, demeanour under pressure, and their warm and vibrant personalities.

Paul does a lot of work behind the scenes without recognition. Thank you, Paul!

After the intense play throughout the round robin by all the teams, there has to be a champion crowned at the event. With the top two seeds going for gold, we were treated to an intense game of back and forth action. Frontenac SS (EOSSAA) held onto the lead at the final buzzer and took home the gold medal. Kennedy Collegiate (SWOSSAA) had a tremendous tournament and earned the silver medal.

The tournament began with the traditional OFSAA banquet held at the Roma Club in Leamington, Ontario. The players not only enjoyed a fabulous meal, but a dance off began the evening with each team showing their moves with a local dance trio leading the beat. Madeline Belding was the guest speaker and she delivered an inspirational speech of work

Huge congratulations to the players and coaches from Frontenac: Chloe Cole, Sydney Daggitt, Charlie Ferguson, Anna Hart, Jessica Kerr, Madison MacInnis, Mikayla McFarlane, Selena Pacheco, Kayla Smith, Christina Stathopoulos, head coach Karlyn Pixley, and assistant coaches Pat Grew and Mike Thompson.

The Team Sportsmanship Award winner was E.L. Crossley (SOSSA) for their commitment to demonstrating OFSAA's values on and off the court. Congratulations, Cyclones!

AAA PARTICIPATING TEAMS (20)

E.S.C. Theriault	NEOAA
Kennedy SS	SWOSSAA
Eden HS	SOSSA
St. James CHS	CWOSSA
Frontenac SS	EOSSAA
Havergal College	CISAA
St. Joseph CHS	GBSSA
Superior Heights C & VS	NOSSA
Mother Teresa CSS	WOSSAA
E.L. Crossley SS	SOSSA
Lindsay C & V.I.	COSSA
Hammarskjold HS	NWOSSAA
St. Mary CSS	GHAC
All Saints CSS	LOSSA
E.S.C Béatrice-Desloges	NCSSAA
Birchmount Park CI	TDSSAA
St. Paul CSS	ROPSSAA
Kingsville DHS	SWOSSAA
Father Henry Carr	TDCAA
Jean Vanier CHS	YRAA

QUARTER-FINALS

Frontenac def. Crossley	77-55
St. Joseph's def. St. James	50-46
Mother Teresa def. Theriault	52-31
Kennedy def. Eden	61-52

SEMI-FINALS

Frontenac def. St. Joseph's	61-40
Kennedy def. Mother Teresa	63-49

CONSOLATION GAME

St. Paul def. Birchmount	61-41
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BRONZE MEDAL GAME

Mother Teresa def. St. Joseph's	60-51
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GOLD MEDAL GAME

Frontenac def. Kennedy	61-58
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OFSAA Girls' AAA Basketball Championship

Mississauga

November 21-23, 2019

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Congratulations to convenors Ken Dvorsky and Jason Cormier, St. Francis Xavier (ROPSSAA), on putting together an exceptionally well-organized championship. St. Francis Xavier and Rick Hansen SS hosted the action over the three days and everything went smoothly from start to finish at both venues. The volunteers were very helpful in supporting the participating teams and spectators.

The banquet was held at the Roma's Hospitality Centre on the Wednesday evening. There were door prizes throughout the evening and when leaving, everyone was handed a draw string bag filled with championship-marked items such as: the official program, water bottles, pens, lanyards, snacks and sponsored sweat cloth. Thank you to Margaret Smith of the organizing committee for the extra touches that made this championship unique and special for all of the participants. Micaella Riche was the guest speaker and brought advice for the student-athletes to be nice and to be you!

Congratulations to Anne Marie Thuss from St. Aloysius Gonzaga (ROPSSAA) for being selected the Leadership in School Sport

winner. During her 30 years of teaching, Anne Marie has inspired and positively impacted so many student athletes. Thank you, Anne Marie!

The athletes at this year's championship played and fought hard during every game. There were a number of exciting games culminating in the gold medal game between Orillia (GBSSA) and St. Thomas More (GHAC). On this day, the top-seeded More overcame a strong field and captured the AAA championship.

Congratulations to St. Thomas More team members: Jessica Anziano, Emily Capretta, Kaya Charles, Julia Chiarot, Kristine Cooper, Raquel DiPietro, Alisha Doornick, Natalia Jara, Daully Patterson, Ashley Rolo, Isabella Tehrani, Trudi Vaughan, head coach Tania Di Campli and assistant coaches Ralph Bozzo and Filomena Bozzo.

Richview CI (TDSSAA) was awarded the Team Sportsmanship Award of the championship for their excellent behaviour and their positive spirit throughout the championship. Well done, Saints!

PARTICIPATING TEAMS (16)

St. Theresa CSS	COSSA
St. John's College	CWOSSA
Holy Cross CSS	EOSSAA
Orillia SS	GBSSA
St. Thomas More CSS	GHAC
Pickering HS	LOSSA
Glebe CI	NCSSAA
Lo-Ellen Park SS	NOSSA
St. Francis Xavier SS	ROPSSAA
Loyola CSS	ROPSSAA
Westdale SS	SOSSA
Northern CI & VS	SWOSSAA
St. Joseph's College School	TDCAA
Richview CI	TDSSAA
Catholic Central HS	WOSSAA
Sacred Heart CHS	YRAA

QUARTER-FINALS

St. Thomas More def. Catholic Central	63-24
Orillia def. Glebe	42-33
Northern def. Holy Cross	48-46
Richview def. Westdale	64-57

SEMI-FINALS

St. Thomas More def. Northern	62-56
Orillia def. Richview	55-31

CONSOLATION GAME

St. Francis Xavier def. Pickering	55-41
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BRONZE MEDAL GAME

Northern def. Richview	52-30
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GOLD MEDAL GAME

St. Thomas More def. Orillia	57-31
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OFSAA Cross Country Championship

Kivi Park, Sudbury

November 2, 2019



The 2019 OFSAA Cross Country Championship was held in mid-winter conditions as an early season snow storm brought close to 20 cm to the Greater Sudbury area overnight Thursday into Friday. To make matters worse, 5 more centimeters came overnight Friday into race day on Saturday making conditions more suitable for a Nordic skiing event than a running event! Having said that, the participants and their teacher-coaches embraced the experience and had an OFSAA that they will not soon forget!

The event was held at Kivi Park, just south of Sudbury in a beautiful park that was donated to the City by the Fielding family. This year's meet saw 1785 athletes and 365 schools participate. In the eighth year of the Para Division, 45 athletes in 3 categories competed.

The local organizing committee was led by Convenor Karen Passi of Lasalle Secondary School. They did a marvellous job hosting this event. Her committee had all details buttoned down and even through the ups and downs of trying to prepare around mother nature's curveball of the snow storm, they maintained their cool and adjusted accordingly. One of the nice touches was the opportunity for schools to eat a pasta dinner and tour Science

North on Friday evening. One of Sudbury's iconic tourism spots, this was an added cultural event for athletes and their coaches.

Title sponsors from NIKE brought in past OFSAA Champion and current World 10,000m bronze medallist Mo Ahmed to speak to this year's OFSAA participants. It was great to hear his words of encouragement and motivation for these young runners.

The Leadership in School Sport recipients were Karen Passi of Lasalle Secondary School and Kerry Abols of Lockerby Secondary School. Each were recognized for their many years of commitment to high school sport and volunteerism.

Leaside High School captured the Overall Girls' Banner on the strength of their Junior and Senior Girls' division championships. Sir Winston Churchill of St. Catharines captured the Overall Boys' Banner on the strength of their Novice Boys championship, a 4th by their Senior boys and a 6th place finish by their Junior boys. Congratulations to both schools on this accomplishment!

The 2020 Cross Country Championships will be held November 7th at Fanshawe Golf Course in London.

INDIVIDUAL RESULTS

NOVICE BOYS (4KM)

1 Erik Unger, Adam Scott	13:56
2 Noah Booth, Frontenac	14:21
3 Nate Rose, SWC	14:24
4 Ryan Davies, Northern (Sarnia)	14:27
5 Trent Wilson, Fort Frances	14:31
6 Fitz Williams, Neil McNeil	14:36
7 Kamran Brar, Maxwell Hts	14:38
8 Carson Crane, Confederation	14:49
9 Tanner Winegard, Sarnia Northern	14:54
10 Shamiso Sikaneta, Monarch Park	14:57

JUNIOR BOYS (5KM)

1 Riley Flemington, Appleby	18:17
2 Heath McAllister, London Central	18:39
3 William Cowling, Uxbridge	18:41
4 Grayson Ebrahim, Lasalle (Kingston)	18:55
5 Will Leather, SJA (CW)	18:56
6 Daniel DeMonte, SMC (TD)	18:59
7 Nathan Paul, Eastwood	19:00
8 Aiden Coles, St. Joseph's	19:00
9 Adam Pralat, North Toronto	19:02
10 Gaetano Pocchi, Sir Wilfred Laurier	19:05

SENIOR BOYS (6KM)

1 Matthew Mason, SWL (London)	21:12
2 Scott Arndt, Waterloo	21:15
3 Dakota Goguen, Sir W. Mulock	21:40
4 Christian Rachner, St. Roch	21:38
5 Joe Fast, Ridgemont	21:39
6 Vincent Chenier, ES Theriault	21:41
7 Mark Royce, London Central	21:49
8 Adam Sanger, Glebe	21:52
9 Max Davies, Toronto Northern	21:53
10 Ethan Krusselbrink, St.Mary's (Owen Sound)	21:54

NOVICE GIRLS (4KM)

1 Kyla Martin, St. Joan of Arc, Barrie	15:37
2 Brooklyn Quanz, Saugeen	15:53
3 Alex Campbell, Kingston CVI	16:05
4 Alex Law, Brooklyn	16:25
5 Isabella Holmgren, Nouvelle Alliance	16:27
6 Raquel Alexander, BCSS	16:28
7 Claire Rands, St Mary's	16:28
8 Caitlin Gormley, Glebe	16:29
9 Zoe Wojtyk, Glebe	16:32
10 Grace Murphy, St Peter's (Ptbo)	16:34

JUNIOR GIRLS(5KM)

1 Sofia Bowe, Etobicoke S of A	21:28
2 Sierra Rodrigues, St.Michael (RP)	21:36
3 Chantal Channing, Orangeville	21:37
4 Dale Kenny, CPHS	21:41
5 Sarah Cullinan, Superior	21:48
6 Catie Kramer, Dunbarton	21:52
7 Cara MacDonald, Glebe	21:54
8 Grace Cousineau, Martingrove	21:58
9 Sarah Lacey, Sir Oliver Mowat	22:00
10 Caroline Ash, Newmarket	22:06

SENIOR GIRLS (6KM)

1 Abby Yuhasz, Resurrection	24:25
2 Petal Palmer, MT (Scarborough)	25:15
3 JadyN Keeler, Innisdale	25:17
4 Emily Bryce, Saugeen	25:23
5 Abigail Kraayenbrink, FE Madill	25:24
6 Mackenzie Campbell, Kingston CV	25:47
7 Emma Pegg, Chatham Kent	25:47
8 Samara Quanz, Saugeen	25:48
9 Emma Graham, Senator O'Connor	25:48
10 Sophia Lucki, Bishop Allen	25:52

PARA DIVISION

INTELLECTUALLY IMPAIRED MALE

1	Corey McCaugherty, Sydenham	13:26
2	Kobe Selman, St.Catharines	13:55
3	Mark Cheek, Huntsville	14:03

INTELLECTUALLY IMPAIRED FEMALE

1	Cassie Kemp, St. Catharines	16:40
2	Paige Heffernan, Sydenham	17:18
3	Shannon Swinson, Beamsville	18:51

VISUALLY IMPAIRED MALE

1	Josh Roberto, Paul Dwyer	13:55
2	Jack Braun, SWL (London)	18:48

VISUALLY IMPAIRED FEMALE

1	Monica Girn, St. Roch	21:16
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AMBULATORY MALE

1	Brandon Lakhram – West Humber	14:18
2	Landon Schaubert, Tecumseh Vista	16:46
3	Danny White, Resurrection	16:58

AMBULATORY FEMALE

1	Lillias Culham, Stayner	33:01
2	Ashley Vets, St. James	36:17

TEAM STANDINGS

NOVICE BOYS

1	Sir Winston Churchill	180
2	St. Michaels CI	219
3	London Central	254
4	Sarnia Northern	256
5	Neil McNeil	304
6	Sir John A MacDonald (CW)	318
7	Collingwood	345
8	Holy Names	364
9	Kingston CVI	380
10	Malvern	389

JUNIOR BOYS

1	St. Joseph's (WO)	96
2	St.Francis Xavier (RP)	153
3	St. Michaels College	211
4	Thousand Islands	286
5	Vincent Massey	303
6	Sir Winston Churchill	361
7	Bearcreek	367
8	Glebe	382
9	Sarnia St.Pats	397
10	Neil McNeil	423

SENIOR BOYS

1	Toronto Northern	162
2	Glebe	214
3	Sir Winston Churchill	260
4	Therault	270
5	St. Marcellinus	288
6	Vincent Massey	361
7	London Central	387
8	Thousand Islands	393
9	Eden	401
10	Crescent School	421

NOVICE GIRLS

1	Westdale	182
2	Therault	210
3	Sarnia Northern	211
4	Glebe	243
5	Kingston CVI	281
6	Monarch Park	282
7	Huntsville	336
8	Uxbridge	337
9	Sarnia-St Pats	340
10	Emmanuel Christian	363

JUNIOR GIRLS

1	Leaside	212
2	Collingwood	261
3	St. Anne's CSS	313
4	Sir John A Macdonald (CW)	321
5	Uxbridge	370
6	Eden	390
7	Glebe	408
8	Centennial (Guelph)	421
9	Thousand Islands	422
10	London Central	430

SENIOR GIRLS

1	Leaside	231
2	Sir John A MacDonald	252
3	Father Redmond	255
4	Sir Winston Churchill	258
5	Glebe	261
6	Therault	316
7	Kingston CVI	328
8	Lisgar	329
9	London Central	377
10	Bishop Allen	402

OVERALL TEAM RESULTS

BOYS

1	Sir Winston Churchill, St.Catharines	46
2	St.Michael's College, Toronto	34
3	Glebe	26

GIRLS

1	Leaside	40
2	Glebe	35
3	Sir John A. MacDonald	32



OFSAA Girls' Field Hockey Championship

Mississauga October 31-November 2, 2019



The 2019 OFSAA Field Hockey Championship was hosted in Mississauga by Clarkson Secondary School (ROPSSAA). First time convenor Pam Barwell, along with a dedicated organizing committee, were successful in achieving their goal of putting on an event with an athlete-centered focus. A big thank-you goes out to Pam for all her hard work and dedication to the event. Pam was also honoured at the banquet with the OFSAA Leadership in School Sport Award for her 30 years of dedication to student-athletes and high school sport. A quiet leader, Pam was instrumental in developing the sport within her school and furthering school sport in the region.

Three days of heavy winds and rain made for less-than-ideal conditions for an outdoor championship, but it seemed to have no effect on the quality of play or spirit of the championship. All games were played on artificial turf fields, which allowed play to continue despite soggy conditions. This year's gold medal match was a nail-biter! At the end of regulation, Pickering and Bluevale

were scoreless and headed into overtime where a result wasn't decided. Pickering took home their first field hockey gold medal by coming out on top 3-1 in the shoot-out!

Congratulations to Pickering (LOSSA)- the 2019 OFSAA Field Hockey Champions: Elisa Piper, Paige Hougerdam, Brianna Winter, Emily Cullen, Kaiya Toth, Adriana Helou, Nicole Poulakis, Nicole Walker, Sandy Diep, Gabriella Simonelli, Nyla Burgess, Clare Hughes, Carys Collie, Charlene Ocampo, Chloe Armstrong, Ariel Pynn, Hether Wright, Ava Altobelli, Nila Ganeshkumar, Maddie Gruchy, Jenine Alkhatib, Kayley Powell, head coach Kelly Sadowski, assistant coach Christine Bentley and manager Kobe Woo.

The OFSAA Team Sportsmanship Award was given to North Hastings HS (COSSA) for their outstanding display of positive attitudes and spirit, both on and off the field. Congratulations to these athletes and coaches for representing the values of school sport!

PARTICIPATING TEAMS (16)

St. John's-Kilmarnock	CISAA
Havergal College	CISAA
North Hastings HS	COSSA
Bluevale CI	CWOSSA
Regiopolis-Notre Dame CHS	EOSSAA
Dr. Frank J. Hayden SS	GHAC
Pickering HS	LOSSA
Merivale HS	NCSSAA
Mayfield SS	ROPSSAA
Clarkson SS	ROPSSAA
Saltfleet DHS	SOSSA
Bishop Allen Academy	TDCAA
Riverdale CI	TDSSAA
Goderich DCI	WOSSAA
Bill Crothers SS	YRAA
Dr. J.M. Denison SS	YRAA

QUARTER-FINALS

Dr. Frank J. Hayden def. Goderich	2-0
Bluevale def. Havergal College	5-0
Pickering def. Saltfleet	2-0
Bill Crothers def. North Hastings	2-0

SEMI-FINALS

Pickering def. Bill Crothers	1-0
Bluevale def. Dr. Frank J. Hayden	2-0

BRONZE MEDAL GAME

Dr. Frank J. Hayden def. Bill Crothers	2-0
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GOLD MEDAL GAME

Pickering def. Bluevale	3-1 (shoot-out)
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OFSAA Boys' Golf Championship

Kingsville

Kingsville Golf and Country Club

October 16-17, 2019



The great facilities at the Kingsville Golf and Country Club played host to the OFSAA Boys' Golf Championship this year. Matt Loebach and his experienced committee from Riverside Secondary School did a fantastic job in ensuring a great experience for all athletes and coaches in attendance. This included a banquet dinner at the golf club where the participants were treated to a great meal the night before competition began.

Weather conditions on the first day were less than ideal with cold temperatures, strong winds and frequent showers making a challenging course even more difficult for the competitors. Conditions improved slightly on the second day with a little less wind and no rain. The scores on the second day reflected the better conditions.

A special thank you to Golf Ontario for their assistance in scoring and officiating at this year's event. The on-line scoring updates were well received.

The Leadership in School Sport Award was presented to Craig Cavanaugh from Riverside Secondary School for his outstanding contribution to high school athletics at local, association and OFSAA levels. Congratulations, Craig on a well-deserved award!



OPEN INDIVIDUAL RESULTS

1. Alek Mauro (SWOSSAA) – St. Joseph's C.H.S.	R1: 71	R2: 74	Total: 145
2. Kavith Ranchagoda (YRAA) – Richmond Green S.S.	R1: 77	R2: 72	Total: 149 (playoff)
3. Luke DelGobbo (SOSSA) – E.L. Crossley S.S.	R1: 70	R2: 79	Total: 149
4. Cade Preston (GBSSA) – Innisdale S.S.	R1: 77	R2: 72	Total: 149

HIGH SCHOOL INDIVIDUAL RESULTS

1. Tyler Hurtubise (SWOSSAA) – Essex D.H.S.	R1: 71	R2: 77	Total: 148 (playoff)
2. Hayden Underhill (EOSSAA) – Ernestown S.S.	R1: 73	R2: 75	Total: 148
3. Rylan Marontate (SWOSSAA) – Kingsville D.H.S.	R1: 77	R2: 77	Total: 154

TEAM RESULTS

1. St. Michael's College School (CISAA)	R1: 230	R2: 231	Total: 461
2. St. Mary's C.S.S. Cobourg (COSSA)	R1: 233	R2: 233	Total: 466
3. A.N. Myer S.S. (SOSSA)	R1: 236	R2: 235	Total: 471 (playoff)
4. Port Perry H.S. (LOSSA)	R1: 234	R2: 237	Total: 471



OFSAA Boys' A Volleyball Championship

Pain Court

November 21-23, 2019



The 2019 Smithville roster featured the following student-athletes; Derick Breukelman, Gavin Elzinga, Cyril Fu, Brad Gilpin, Zion Hoekstra, Luke Huinink, Ryan Meinders, Jayden Talsma, Connor Vanderkuip, Jacob Vanderwal, Isaac VanTuyl and were coached by Rob Greenham, Adam VandenDool, Gina Vandendool and Tim DeVries.

The OFSAA Team Sportsmanship Award was earned by Quinte Christian High School from Belleville (COSSA). Congratulations to the athletes and coaches for displaying a positive spirit and gamesmanship throughout the championship.

One of the highlights of this year's banquet occurred when the OFSAA

École secondaire catholique de Pain Court (SWOSSAA) hosted the 2019 OFSAA Boys' A Volleyball Championship. Experienced convenor Mike Shinkelshoek once again showed teams from all regions of Ontario how an OFSAA event should be organized, and provided participants and spectators with lasting memories. This year's gold medal match featured two excellent teams from Ottawa, École secondaire publique Louis-Riel (NCSSAA) and from the Niagara Region, Smithville Christian High School (SOSSA). Congratulations to Smithville Christian for capturing OFSAA gold for the second time in the past six years.

Leadership in School Sport Award winner, Steven Scott from Blenheim District High School (SWOSSAA), was recognized. Steven has been coaching boys' volleyball for twenty years and has been involved with track and field both at the secondary and elementary levels his entire career. OFSAA appreciates the commitment and passion Steven has had for school sport and the positive impact he has had on all student-athletes throughout his coaching career.

Thank you again to Convenor, Mike Shinkelshoek for your support of OFSAA over the years!

PARTICIPATING TEAMS (20)

- | | |
|-------------------------------|---------|
| Hillfield Strathallan College | CISAA |
| Quinte Christian HS | COSSA |
| Woodland Christian HS | CWOSSA |
| St. Joseph's CHS | EOSSAA |
| Almaguin Highlands SS | GBSSA |
| Acton DHS | GHAC |
| Durham Christian DHS | LOSSA |
| É.S.P Louis-Riel | NCSSAA |
| É.S.P Maurice Lapointe | NCSSAA |
| É.S.C Sainte-Marie | NEOAA |
| É.S L'Horizon | NOSSA |
| St. Thomas Aquinas HS | NWOSSAA |
| Brampton Christian Academy | ROPSSAA |
| Smithville Christian HS | SOSSA |
| É.S Pain Court | SWOSSAA |
| É.S.C E.J. Lajeunesse | SWOSSAA |
| St. Michael's Choir | SWOSSAA |
| Thistletown CI | TDSSAA |
| London Christian High | WOSSAA |
| Toronto District Christian HS | YRAA |

QUARTER-FINALS

- | | |
|---|----------------------------------|
| Louis-Riel def. Quinte Christian | 3-0 (25-18, 25-17, 25-12) |
| Brampton Christian def. Hillfield Strathallan | 3-0 (25-16, 25-22, 25-22) |
| Smithville Christian def. L'Horizon | 3-0 (25-11, 25-11, 25-10) |
| Toronto District def. St. Thomas Aquinas | 3-1 (22-25, 25-18, 25-17, 25-15) |

SEMI-FINALS

- | | |
|--|---------------------------------------|
| Smithville Christian def. Toronto District | 3-2 (25-19, 25-23, 25-9, 23-25, 15-9) |
| Louis-Riel def. Brampton Christian | 3-1 (25-17, 25-16, 25-20) |

CONSOLATION FINAL

- | | |
|--|----------------------------------|
| Woodland Christian def. Maurice Lapointe | 3-1 (26-24, 18-25, 25-21, 25-21) |
|--|----------------------------------|

BRONZE MEDAL GAME

- | | |
|--|---------------------------|
| Brampton Christian def. Toronto District | 3-0 (25-22, 25-20, 25-17) |
|--|---------------------------|

GOLD MEDAL GAME

- | | |
|--------------------------------------|---------------------------|
| Smithville Christian def. Louis-Riel | 3-0 (25-22, 25-22, 25-21) |
|--------------------------------------|---------------------------|

OFSAA Boys' AA Volleyball Championship

Stratford

November 21-23, 2019



Stratford was the place to be for the 2019 OFSAA Boys' AA Volleyball Championship as 20 teams battled it out for first place. This year's convenor, Carolyn Bell and her organizing committee of volunteers, hosted an excellent event for all participants. The competition was fierce and Eden High School from St. Catharines (SOSSA) came to OFSAA once again with one goal in mind -- to bring another gold medal home. They were victorious by defeating longtime rival Ecole secondaire catholique Franco Cité (NCSAA) in three straight sets.

Congratulations to the champions; Cole Duncanson, Jared Dyck, Leighton Friesen, Tobias Jeffries, Dylan Kelcey, Ethan Maroudas, Chad McArthur, Ethan Mewhinney, Cameron Moss, Kyle Mulder, Jake Mumford, Ashton Nieuwets, Peter Pilling, Zack Reimer, Kaleb Robinson, Isaac Tenyenhuis and coaches Bill Markham, Stefanie Pavlovich, Albino Pereira and Kyle Steele.

Mark Dewan from St. Michael Catholic Secondary School in Stratford (WOSSAA) was awarded the OFSAA Leadership in School

Sport Award. Mark has been coaching and developing student-athletes for 25 years. Mark is also very familiar with OFSAA as he has attended 38 as a teacher-coach. The master of ceremonies at the banquet put it best: "Mark's level of commitment is extraordinary. He begins coaching the first week of September and ends the first week June. His passion and dedication for supporting athletes fosters inclusivity and excellence".

Congratulations also to Jean Augustine Secondary School from Brampton (ROPSSAA) for earning the OFSAA Team Sportsmanship Award. The athletes and coaches from Jean Augustine exemplified a positive attitude and were friendly to all of the other athletes and coaches. They are very deserving of this award.

Congratulations to Carolyn Bell and the many volunteers from St. Michael Catholic Secondary School (WOSSAA). Your hard work in hosting a great volleyball championship was appreciated by everyone in attendance!

PARTICIPATING TEAMS (20)

Crescent School	CISAA
Adam Scott C & VI	COSSA
Westside SS	CWOSSA
Kingston C & VI	EOSSAA
Huntsville HS	GBSSA
Assumption HS	GHAC
Port Perry HS	LOSSA
É.S.C Franco Cité	NCSAA
É.S Cochrane HS	NEOAA
LaSalle SS	NOSSA
Westgate C & VI	NWOSSAA
Jean Augustine SS	ROPSSAA
Eden HS	SOSSA
E.L. Crossley SS	SOSSA
Essex DHS	SWOSSAA
Monsignor Percy Johnson CSS	TDCAA
North Albion CI	TDSSAA
St. Michael CSS	WOSSAA
Ingersoll DCI	WOSSAA
Jean Vanier CHS	YRAA

QUARTER-FINALS

Eden def. Essex	3-1 (25-23, 25-22, 17-25, 25-16)
Westside def. Percy Johnson	3-0 (25-11, 25-17, 25-17)
Franco Cite def. Port Perry	3-0 (25-12, 25-17, 25-17)
Ingersoll def. Kingston	3-0 (25-12, 27-25, 25-19)

SEMI-FINALS

Franco Cite def. Ingersoll	3-1 (25-21, 21-25, 26-24, 25-17)
Eden Def. Westside	3-0 (25-16, 25-23, 25-18)

CONSOLATION FINAL

E.L Crossley def. LaSalle	3-2 (20-25, 21-25, 25-18, 25-17, 15-11)
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BRONZE MEDAL GAME

Westside def. Ingersoll	3-1 (25-19, 8-25, 25-18, 28-26)
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GOLD MEDAL GAME

Eden def. Franco Cite	3-0 (29-27, 25-19, 27-25)
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OFSAA Boys' AAA Volleyball Championship

Toronto

November 21-23, 2019



Workman, Mike Darling and Caroline Malinowska.

This year's championship was led by convenors Tony Morale, Dave Egan, Melanie MacLean and Jeannine Froude. Supported by a strong contingent of committee members and volunteers, this year's organizers provided participants with an outstanding OFSAA experience. The teams were fortunate to compete at quality venues including Centennial College, St. John Paul II and Senator O'Connor College. Thank you to the convenors, the TDCAA, and all of the volunteers who organized a successful event.

Oakridge Secondary School (WOSSAA) was victorious in this year's OFSAA Boys' AAA Volleyball Championship held in Toronto. Oakridge did not lose a set in pool play before advancing through to the finals where they defeated Sir Winston Churchill Secondary School (SOSSA) 3-1 in the gold medal match.

Congratulations to Oakridge team members Draydon Cheng, Liam Fitzhenry, Baird Graage, Ethan Hendriksen, Ryan Kadlecik, Marshall McKee, Brendan Mills, Brodan Murphy, Georgije Pavlovic, Cole Richards, Jack Richards, Mitch Sanderson, Ben Sparks, Jake Thomson, and coaches Jamie Neilson, Cody

The winner of the OFSAA Leadership in School Sport Award is Frank Hickey of Senator O'Connor College (TDCAA). Frank has been coaching volleyball for his entire 27-year teaching career, including both boys and girls and junior and senior teams. He has also played a lead role in school intramurals and with the Student Athletic Council.

The team from Uxbridge Secondary School (LOSSA) was the winner of the OFSAA Team Sportsmanship Award. Congratulations to all team members, and to their coaches Andony Kiriakou and Faraaz Ghafur who provided the leadership and set the tone for their team.

PARTICIPATING TEAMS (20)

- | | |
|--------------------------|---------|
| Upper Canada College | CISAA |
| I.E. Weldon SS | COSSA |
| Waterloo CI | CWOSSA |
| Holy Cross CSS | EOSSAA |
| St. Peter's SS | GBSSA |
| Georgetown DHS | GHAC |
| Oakville Trafalgar HS | GHAC |
| Uxbridge SS | LOSSA |
| Lisgar CI | NCSSAA |
| Lo-Ellen Park SS | NOSSA |
| Mississauga SS | ROPSSAA |
| St. Marcellinus SS | ROPSSAA |
| Sir Winston Churchill SS | SOSSA |
| Ursuline College | SWOSSAA |
| Neil McNeil CHS | TDCAA |
| Bishop Allen | TDCAA |
| Harbord CI | TDSSAA |
| Albert Campbell CI | TDSSAA |
| Pierre E. Trudeau HS | YRAA |
| Oakridge SS | WOSSAA |

QUARTER-FINALS

- | | |
|------------------------------------|---|
| Oakridge def. Oakville Trafalgar | 3-1 (25-16, 19-25, 25-14, 25-20) |
| St. Peter's def. Ursuline | 3-0 (25-16, 25-21, 25-22) |
| Mississauga def. Neil McNeil | 3-2 (25-18, 25-23, 24-26, 19-25, 15-13) |
| Sir Winston Churchill def. Trudeau | 3-1 (25-20, 25-23, 11-25, 25-18) |

SEMI-FINALS

- | | |
|--|---|
| Oakridge def. St. Peter's | 3-1 (25-17, 17-25, 25-23, 25-20) |
| Sir Winston Churchill def. Mississauga | 3-2 (25-20, 21-25, 19-25, 25-22, 15-11) |

CONSOLATION FINAL

- | | |
|------------------------|---------------------------|
| Georgetown def. Lisgar | 3-0 (25-16, 25-21, 25-22) |
|------------------------|---------------------------|

BRONZE MEDAL GAME

- | | |
|------------------------------|----------------------------------|
| St. Peter's def. Mississauga | 3-1 (18-25, 25-21, 25-21, 25-23) |
|------------------------------|----------------------------------|

GOLD MEDAL GAME

- | | |
|-------------------------------------|----------------------------------|
| Oakridge def. Sir Winston Churchill | 3-1 (25-15, 20-25, 25-22, 25-13) |
|-------------------------------------|----------------------------------|



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Co-chair	TBA		
Wrestling	Dave Hawkins, Tecumseh Vista Academy	P: 519.739.2189	dave.hawkins@publicboard.ca

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Holiday Inn Burlington Hotel & Conf. Centre	905-639-4443	Holiday Inn & Suites Ottawa Kanata	613-271-3057
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Comfort Inn Cambridge	519-658-1100	Les Suites Hotel Ottawa	613-232-2000
Comfort Inn Cobourg	905-372-7007	Comfort Inn Parry Sound	705-746-6221
Comfort Inn Dryden	807-223-3893	Comfort Inn Pembroke	613-735-1057
Holiday Inn Guelph Hotel & Conf. Centre	519-836-0231	Comfort Inn Pickering	905-831-6200
Comfort Inn Hamilton	905-560-4500	Comfort Inn Sault Ste. Marie	705-759-8000
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Comfort Inn Kenora	807-468-8845	Comfort Inn Sudbury Regent St	705-522-1101
Comfort Inn Kingston 401	613-546-9500	Comfort Inn Sudbury 2 nd Ave	705-560-4502
Holiday Inn Kingston Waterfront	613-549-8400	Comfort Inn Thunder Bay	807-475-3155
Delta London Armouries	519-679-6111	Comfort Inn Timmins	705-264-9474
Comfort Inn Newmarket	905-895-3355	Holiday Inn Express Toronto Downtown	416-367-5555
Holiday Inn Express North Bay	705-476-7700	Comfort Inn Waterloo	519-747-9400



ONTARIO FEDERATION OF SCHOOL ATHLETIC ASSOCIATIONS
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UN ENTRAÎNEMENT POUR LA VIE**