

The

Bulletin



Ontario Federation of School Athletic Associations

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PHOTO CREDIT:

Back Cover- Hometown Play

ON THE COVER:

OFSAA is excited to celebrate its “75th Anniversary” in 2023-24!



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



OFSAA President's Message



It is with great pride that I assume the role of President of OFSAA this year. I have been fortunate to have athletics as a large part of my personal and professional life throughout my life, and know the valuable role that sports have played in creating the person I am today. I am even more privileged to be able to lead OFSAA through its 75th Anniversary this year. Keep an eye out for a number of events and activities to

recognize and celebrate the history of OFSAA and the people who have made it what it is today.

I am currently a Vice Principal at Dundas Valley Secondary School, which brings me full circle as I started high school there when it was Highland, many years ago. In my 26 plus years in education, I have always been an advocate and supporter of Sports and Physical Education, and I have always held student-athletes accountable for their academic responsibilities. OFSAA's "Education Through School Sport" motto is the ultimate goal. It makes high school sports unique and different from club sports. We strive to ensure we develop great students, athletes,

and people who excel in areas of leadership, equity, diversity, inclusivity, integrity and respect, in addition to their athletic skills.

As we enter the 2023-24 school year, I am excited with OFSAA's new strategic plan and I am fully committed to working with groups across the province to increase participation in a variety of OFSAA-related events, and to make inclusivity and equity priorities. Today's world is changing faster than ever and OFSAA must adapt and grow to continue to be the leader in Education Through School Sport. We are entering a time where many of our long-time high school coaches are reaching retirement and a new wave of coaches will grow in their wake. OFSAA provides a host of learning and development opportunities and we look forward to working with these great new coaches. OFSAA partners with many leading sports development organizations and I would encourage athletes and coaches to explore how they can learn and grow.

To the athletes and teams, I wish you all the best in your seasons and hope you achieve great success, be that in your league or at an OFSAA event, a regional event or during an OFSAA Day activity. Always remember to represent your school, community and most of all, yourself, with pride and sportsmanship!

Sincerely,

Scott Barr,
OFSAA President

FINAL THOUGHTS

It was a privilege to be your OFSAA President for the past two years. I have enjoyed working with the dedicated OFSAA staff, the Executive Council, teacher-coaches, student-athletes, and parents. It was also a pleasure to attend OFSAA Championships throughout the province and I look forward to this again next year as I will be in the two-year role of past president.

As a student-athlete and later as a teacher-coach, I understand the importance and value of high school sport. High school sport teaches life lessons, builds character through sportsmanship, equity, and teamwork, helps develop leadership, and is associated with good physical and mental health. As a school administrator, I know that school sport is a key factor in student success, positive school culture, and is vital for important teacher-student relationships and connectedness.

I would like to acknowledge school administrators and senior administrators throughout the province who purposely support and prioritize athletic programs in our schools allowing students to become involved in and benefit from sport and give staff the opportunity to coach.

I would also like to sincerely acknowledge our teacher-coaches, who keep volunteering so much time and energy to their student-athletes every year. Our teacher-coaches are also the convenors of our championships, are often part of OFSAA's reps' council, sit on sports advisory councils, and can be counted on at their local level, their association level and at the OFSAA level to be role models, leaders, and make the OFSAA motto of "education through school sport" a reality.

I look forward to the next two years as your past president and I will continue to be a part of the work on our new strategic plan especially in the areas of equity, diversity and inclusion and connecting with stakeholders, corporations and businesses, the Ministry of Education, and the Ministry of Sport with regards to funding.

Sincerely,

Carolyn Chesney

Age Classifications for the 2023-24 School Year

For the **2023-24** school year, a Novice will be born in 2009 or later and may only compete at OFSAA in the Novice category for one year in Grade 9. A Junior will be born in 2008 or 2009 and a Senior will be born in 2004 or later.

2003 or earlier	Ineligible
2004	Senior
2005	Senior
2006	Senior
2007	Senior
2008/09	Junior
2009	Novice

How old was the student on January 1, 2023?

Years of eligibility

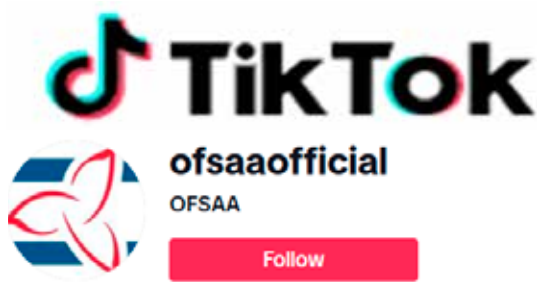
Coaches and students are reminded that students are eligible for no more than five consecutive years from date of entry into Grade 9. There is no appeal to this rule.

2023-24 Transfer Appeal Meeting Dates

Deadline for Applications	Meeting Date
Mon., Sept. 25, 2023	Thurs., Oct. 5, 2023
Wed., Oct. 18, 2023	Thurs., Nov. 2, 2023
Mon., Nov. 27, 2023	Thurs., Dec. 14, 2023
Wed., Feb. 7, 2024	Thurs., Feb. 22, 2024
Wed., Mar. 27, 2024	Thurs., Apr. 11, 2024

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 school, 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.



Official account of OFSAA. Ontario high school championships & festivals.



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 (X), LinkedIn, Instagram, TikTok and YouTube!



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Follow individual championship results with live updates from OFSAA Championship Twitter (X) accounts. Updates and pics right from the source!

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@OFSAABadminton

@OFSAABaseball

@OFSAABasketball

@OFSAAXC

@CurlingOfsaa

@OFSAAGirlsFH

@OFSAALacrosse

@OFSAAFootball

@OFSAAGolf

@OFSAABoyHockey

@OFSAAGirlHockey

@OFSAASloPitch

@OFSAABoysSoccer

@GirlSoccerOFSAA

@RugbyOFSAA

@OFSAAswimming

@OFSAATennis

@OFSAATrack

@OFSAAVBall

@OFSAAUltimate

@OFSAAWrestling

Reflections

75 years of School Sport

by Diana Ranken



In 1948 the Ontario Federation of School Athletic Associations was formed with 7 member Associations (COSSA, EOSSA, HIAC, NOSSA, TDIAA, TSSAA, WOSSA) from across the province, to oversee school sport in Ontario secondary schools. It was not until 1953 that the Ontario Department of Education officially recognized OFSAA as the body responsible for the conduct of high school sport.

That same year, after travelling for 3 weeks across the Pacific by ship, I arrived as a young girl with my mother from Australia for a visit to Canada. Seventy-five years later I am still here and still have a connection with OFSAA! During my career as a teacher-coach in Scarborough I questioned why there were provincial competitions for boys, and none for girls, and what services were schools receiving for our 1 cent per girl fee to OFSAA. When the position of Assistant Executive Director of OFSAA became available, I saw this as an opportunity to hopefully right this wrong and enhance the school sport experience for girls.

As I look back, it has taken time, but today our young men and women now have opportunities to enjoy high school sport at all levels in a more inclusive environment, thanks to the efforts of OFSAA and its many committed volunteers.

Remembering when . . .

- 50 years ago, Association representatives were males only, until women were invited to the annual meeting to observe, sit behind the male rep and refrain from speaking. The following year, OFSAA changed its Constitution and Associations named a man and woman to actively represent their schools.
- In 1948 Ontario had 300 schools, 85,000 students, 5500 teacher-coaches; today there are 850 secondary schools, 20,000 teacher-coaches and 250,000 students.
- 3 staff members conducted all OFSAA business, Now, 8 individuals carry on the regular business.
- The Bulletin was compiled, printed on loose leaf pages, collated, stapled and mailed by staff monthly.
- A total of 6 championships (Track and Field, Cross Country, Hockey, Basketball, Gymnastics) and Football) were held for the boys. No classification system was in place so schools large and small competed together. Championships, currently held immediately before or after March break, took place during March break.
- There were no championships for girls.
- Boundaries and designations of many Associations changed during the years to accommodate growth areas and amalgamation. Some of you may remember PHSSAA, IAGB, DYSSAA, HIAC, SS-SAA, TRI-CITY, TDIAA, OVHSAA
- The OFSAA office moved from downtown Toronto, to North York, to Barrie, to York Region, back to North York, and today is situated in Toronto, (former Scarborough area)



Owen Sound C.V.I., COSSA Basketball Champions (1948-49)



Logo History



2007 Boys' AA Soccer Organizing Committee (Walkerton, ON)

Highlights . . . every OFSAA event has many highlights which may differ depending on your perspective and your role at the championship. These are just a few of many from my memory book, as a staff member representing OFSAA.

- Traveling throughout the province and experiencing the positive energy of the convenor and the host committee, and the enthusiastic involvement of the entire community in small towns
- Attending the first official OFSAA Girls' Championship- basketball hosted by Katie Chaput and Sue Fleming in Ottawa
- Watching our own 2 daughters participate at OFSAA, and hanging a gold medal around the neck of our eldest

- Shoveling snow off the pitch using benches in Peterborough so OFSAA Field Hockey could continue
- Admiring the spirit of the London boys' volleyball team who all appeared at the banquet in tuxedos
- Meeting the Lt. Governor as he presented awards at Track and Field
- Assigning seats to the many hundreds of student-athletes and coaches for their plane travel to and from Thunder Bay for Track and Field in 1981
- Sharing the joy of recipients of OFSAA awards
- Participating in the fun themed banquets at OFSAA Gymnastics
- Accompanying student-athletes representing their schools and OFSAA to the international Gymnasiade in Belgium
- Meeting new and experienced teachers at Women's Sport School and giving them the opportunity to further their knowledge and share ideas with others
- Working with so many dedicated people who hold the same beliefs as I do on school sport: fair play, fun, sportsmanship and friendships.



OFSAA PAST PRESIDENTS

Andy Martinson, Tracey Parish, Marg McGill, Jennifer Knox, Martin Ritsma, Ian Press

Certain people are an important part of my association with OFSAA and have been integral to OFSAA's success and growth: Pete Beach, Bev Goulding, Colin Hood and Doug Gellatly, (former Executive Directors), Helen Gurney, a true promoter of OFSAA and of women physical educators, (longtime Ministry rep to OFSAA), Peter Morris, an individual who has a special connection with teacher-coaches province-wide (Special Projects Coordinator), and the many staff, Association reps and teachers too many to name, who remain friends to this day.

Changing with the times . . .

- A new logo, newly designed medals, 3 professionally prepared Bulletins, Newsletters
- Increased services for schools, teacher-coaches, student athletes: clinics, symposiums, sports schools, funding for new activities, on-line information, scholarships
- A Classifications and a Transfer Policy to provide a more equitable playing field for all schools and individuals
- Tremendous support of sponsors for OFSAA events
- A mascot, 'Captain Ace', to give OFSAA more visibility and inject a new fun element into the events

OFSAA has been fortunate to have strong leadership at many levels. Executive Directors have navigated the organization

through difficult times, especially in recent years with work-to-rule, strikes, and school closures. The involvement of committed principals, serving as OFSAA Presidents, solidifies the support of administrators for OFSAA's role in school sport. Association representatives act as the glue between their schools and OFSAA, keeping their members informed and involved. Convenors and their committees work tirelessly to host OFSAA Championships and Festivals and to make them special for all participants. All are busy people and yet find time to volunteer for the benefit of our young people and school sport.

Throughout the past 75 years many changes have impacted school sport- technical development, demographics, program requirements and population growth. OFSAA and its member Associations have worked diligently to continually adapt and develop, providing quality sport programs for athletes which stress the values of fairplay, good sportsmanship, and teamwork, and exemplify OFSAA's motto, 'Education through School Sport'.

OFSAA will continue to thrive during the next 75 years and I am pleased to have been a small part of its history.



Diana Ranken
Former OFSAA Assistant Executive Director

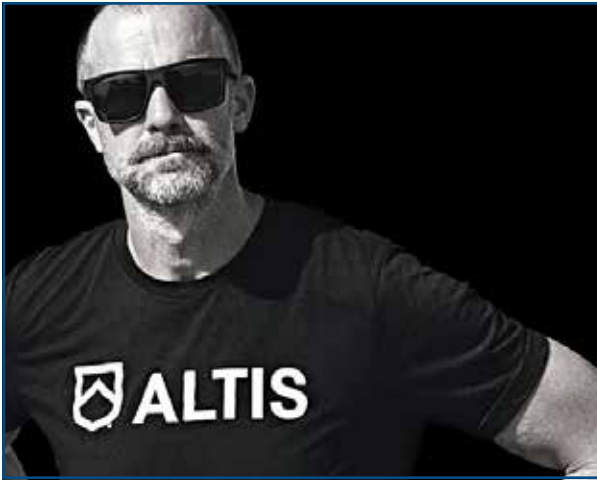


Assist Us In Celebrating Our 75th Anniversary!

OFSAA’s 75th Anniversary Planning Committee is excited to share the following plans which will be put in motion for the 2023-24 school year.

- **Thursday, April 18, 2024** – 75th Luncheon for current and past OFSAA dignitaries at the OFSAA Annual Meeting in Toronto. By Invitation Only.
- **Wednesday, April 24, 2024** – With the support from the Ministry of Education, OFSAA DAY will take place in 400 schools. This will replace OFSAA TRY DAY for the 2023-24 school year only. Learn more at ofsa.on.ca in the coming weeks.
- OFSAA will salute past team and individual achievements on its digital channels throughout the school year.
- Commemorative lanyards and decals have been produced for championship/festival events. Each school will receive a small supply of decals in the Fall Bulletin mailing.
- Random coaches - by way of a draw - will receive a complimentary gift at each championship/festival.
- A special, short video- “Celebrating 75 Years” - will be shown at all banquets this year.
- “75th Anniversary” clothing and merchandise items will be available online at The OFSAA SHOP by visiting ofsa.on.ca/shop.
- OFSAA encourages the 18 Associations to plan special activities in their own local region as a way of recognizing the volunteers, athletes, coaches and officials who have contributed to the legacy of high school sport in Ontario.
- Share a favourite OFSAA photo or short video at the QR code below. It may just make our digital platforms!





Fifty teacher-coaches from around the Province took part in the Phase 2 offering of the ALTIS Coaching Education program offered by OFSAA.

This program is aimed at teacher-coaches in both cross country running and track & field who wish to enhance their knowledge base in either of these sports. Participants were able to choose from a number of digital courses on many of the disciplines in the sport, including sprints and hurdles, all the throws and jumps, as well as middle and long distance.

Regional Events

OFSAA is excited to announce the return of the Regional Events Program for the 2023-2024 school year!

Regional events were introduced last year in a bid to increase and enhance opportunities for participation. Last year we successfully approved nine regional events involving over 800 students from more than 40 schools.

We want to build off the success of this 2022-23 participation initiative! Take advantage of an OFSAA Regional Event Honorarium when we activate the program again in September!

More information and the application form can be found on our website.

The philosophy behind Regional Events:

- Priority on participation, not competition
- Provide student leadership opportunities
- Target students who are not currently participating in athletics at the school
- Event which introduces a new activity or one currently popular in the region
- No eligibility requirements (ex. Transfers)

**Let's Keep The
Momentum Going
In 2023-24!**

**HOST A
REGIONAL
EVENT!**

- ✓ Spikeball
- ✓ Pickleball
- ✓ Arm Wrestling
- ✓ You pick it!

OFSAA

#justplay



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CIAAA UPDATE AND COURSE OFFERINGS IN 2023-24

This year OFSAA sent two of the OFSAA/CIAAA team to the Canadian Interscholastic Athletic Administrators Association National Conference.

Patty Johnson (CISAA) and Cathy Johnson (retired - SWOSSAA) attended this year's event that was held in Vancouver and joined Athletic Directors from across the country. They took part in the three-day conference that featured multiple LPC course offerings, numerous workshops, a tradeshow and keynote speakers Bruce Brown and Georgette Reed. Patty and Cathy have offered some unique and fresh perspectives on how OFSAA and the CIAAA can work together to offer a better overall experience for both existing and prospective Athletic Directors. They were each able to enroll in two new courses (Effective Communication for AD's & Enhancing School Based Athletic Programs) as well as re-visit a course (Athletic Directors Handbook) that we have been delivering annually for the past few years. OFSAA would like to

thank both Cathy and Patty for representing OFSAA at the conference and we look forward to increased participation from Ontario Athletic Directors in both online and in-person courses.

For 2023-24, the OFSAA/CIAAA team will be offering the following courses:

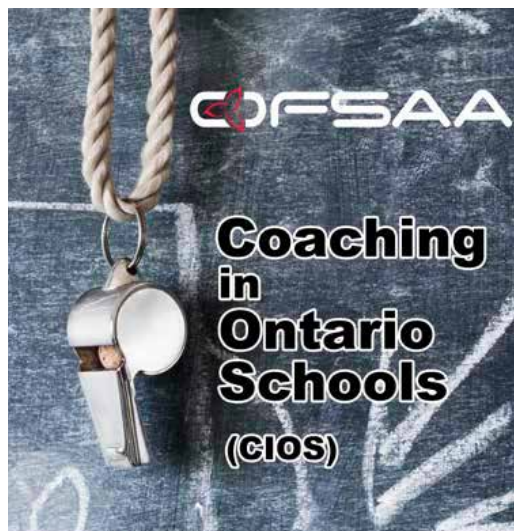
503C- Enhancing School Based Athletic Programs

504C- Legal Issues 2- The Basics of Negligence, Liability and Risk Management

602C- Creating Your Athletic Handbook

The exact dates and times of these course offerings will be established in the fall. For more information on the CIAAA, please contact Jim Barbeau, OFSAA Sport Coordinator at jim@ofsaa.on.ca.

More information about specific course descriptions and membership information can be found at ciaaa.ca.



COACHING IN ONTARIO SCHOOLS (CIOS) COURSES

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.

Online courses are available in both English and French. Please contact Erik Espinola at erik@ofsaa.on.ca or 416-426-7440.

Registration information can be found at ofsaa.on.ca/programs



Please Support OFSAA's School Sport Sponsors

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

Badminton

Yonex

- Official racquet of OFSAA: B4000, B6500I, B7000 MDM



- Official Nylon shuttlecocks of OFSAA: Mavis 350, Mavis 300, Mavis 10

Baseball

Mizuno

- Official baseball of OFSAA: Mizuno MB380



Basketball

Molten

- Official basketball of OFSAA: G4500



Cross Country and Track and Field

Nike

Exclusive Supplier of the athletic footwear, apparel, and accessory products of XC and Track & Field.



Soccer

Molten

- Official soccer ball of OFSAA: Molten F5A4900 official game ball



Volleyball

Baden

- Official volleyball of OFSAA: Baden VCOR VSS-220



Accommodations

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Beni Nkongolo only found out his school had a track team a month into the season. Now he's an OFSAA champ.

(as appeared in [sportsottawa](https://www.sportsottawa.com) June 14, 2023)

Story and photos by Dan Plouffe



Immaculata's Beni Nkongolo missed only two attempts en route to his winning leap of 1.80 metres at the OFSAA Track and Field Championships at Terry Fox Athletic Facility.

Students taking a detour on the way back to class from the bathroom is often cause for detention. For Beni Nkongolo, it was the recipe for OFSAA gold.

"I saw the Grade 7 students doing high jump and I was like, 'Oh, wait, I remember doing high jump in South Africa,'" recounts Nkongolo, who was in Grade 9 gym class at the time. "So I asked the coaches if I could try and they said sure. And I jumped 1.60, so the coaches were like, 'Oh, you're good. Can you join our team?'"

That was the first time Nkongolo heard there was a track and field team at Immaculata Catholic High School. Nkongolo said he didn't have money to pay team fees, but the coaches said they'd cover it, and a month into the Saints' season, he joined in.

Nkongolo then went on to win every event he entered from that point on, including the novice boys' gold medal at the OFSAA high school provincial championships in Ottawa.

"It was an incredible, incredible thing to see for a really young kid who's got a great future ahead of him," states Immaculata track-and-field head coach Joey Ozamiz. "The magnitude of OFSAA gold – I don't quite think he quite understands what he's done yet. I think he's just happy to jump and be outside and get a couple days off school."

Nkongolo moved to Canada from South Africa a year and a half ago with his older brother and his mom, who wanted to move her kids to a safer country. He arrived in the dead of his first Canadian winter.

"It's very different," Nkongolo euphemizes. "South Africa is like the polar opposite. It's always hot. So when I came here, I was kind of freezing. But I got used to it quickly."

Nkongolo started high jumping in Grade 4. He had several coaches, but his third taught him proper technique and coached him for the longest period of time. Athletics is very popular in South Africa, he notes, but Canadian track and field has its advantages.

"Everything's so fancy," he highlights. "They have so many rules and everything, and the equipment's top notch. In South Africa, we didn't really have much of that, so it's definitely a better experience, more enjoyable."

Shari Orders was working as an official at Nkongolo's first invitational meet and immediately saw his potential.

"The first time I saw him jump, I think my jaw hit the ground," recalls Orders, Canada's 1986 national high jump champion. "I just thought, 'who is this kid?'"

Orders facilitates a weekly group for high school students who want to learn high jump at Terry Fox Athletic Facility, so she invited Nkongolo to join them.

Nkongolo frequently takes OC Transpo – 45 minutes to Immaculata from home near Montreal Road each way, every day – so he jumped on the bus marked Terry Fox for his first practice, but instead ended up in a suburban parking lot in Kanata (at Terry Fox Station).



The crowd gets behind Immaculata’s Beni Nkongolo as he advances deeper in the novice boys’ high jump competition at the OFSAA Track and Field Championships.

He got to the right spot the next week though, and in the blink of an eye, he was the national capital east conference and city champion, clearing 1.80 metres at the latter meet. Nkongolo then jumped 1.75 m to win the OFSAA east regionals and qualify for the June 8-10 provincials at Terry Fox.

Entering OFSAA, Nkongolo knew all the top competitors had jumped around the same height to qualify, so everyone wanted to do their best to avoid missing any lower heights in case that could serve as a tiebreaker.

He stuttered a little on the approach for his first few jumps, but shook off the nerves and cleared 1.50, 1.55, 1.60, 1.65 and 1.70 on his first attempt each time. Nkongolo missed 1.75 on his first try, but then made it the next time, and suddenly he and Markham’s Birenavan Balaramana were the only athletes left in the competition.

Prior to the event, Orders had given Nkongolo Spiderman tape (he’s a big comics fan) and told him he needed to channel his inner Spiderman for the competition. Before attempting 1.80, Nkongolo rubbed the tape on his shorts for good luck and soared over the bar on his first try.

Balaramana made it too, but only on his second attempt, and after both athletes missed at 1.83, Nkongolo was declared the winner because he’d had one less failed attempt in total.

“I didn’t know for sure, so when they told me is when I started properly celebrating,” details Nkongolo, who hadn’t expected to win. “I never thought I’d be here. But I’m so happy.

“And I get a sandwich finally. I got told if I win, I get a sandwich from like four different people, so I get four sandwiches.

“I also got offered (an OFSAA)



sweater, but I think I’m going to try to trade the sweater for two sandwiches.”

Orders has barely been working with Nkongolo for a month, but she says the biggest highlight is how much fun it’s been.

“I love how he has fun at competitions,” she indicates. “He makes friends with everybody. He’s encouraging. And he gets the job done when he has to.”

Nkongolo’s family couldn’t be at the track to watch his triumph because they were working. While that would be disappointing for most, Nkongolo considers that a victory too. He says the most challenging part since his family moved to Ottawa has been getting work permits for his mom and his brother.

“That took a while, but they got it eventually. Now I’m so happy for them,” underlines Nkongolo, whose mom works as a receptionist and party planner, while his brother who’s in Grade 12 is doing casual work where he can.

“My mom will be very happy,” he adds. “When I came to Canada, I wasn’t really doing sports, so she got super mad at me because she said I wasn’t being athletic enough. So when she heard I was in high jump, she was super happy. When she hears that I won, I’m sure it’s probably going to be the top of her day.”

Ashley Stoyanovich, the jumps coach at Immaculata, says it’s especially exciting to see a student who’s just getting by excel like Nkongolo has.

“The heart and passion that he has is everything,” explains Stoyanovich, a former Western University pole vaulter. “That’s going to carry him through with all of his life challenges.”

Nkongolo thanked all the “super nice” people who have helped him get into track and field.

Among them are Debbie Tracey, another veteran coach at Immaculata, and St. Paul teacher/Ottawa Lions Track and Field Club program director Zach Quevillon, who worked with Orders to get Nkongolo size 14 track spikes to wear instead of his running shoes.

“It really takes a village,” Ozamiz underlines. “First of all, you have to have the talent, but then you’ve just got to have the opportunity. And it’s so nice to see everyone in the community give these kids that opportunity.”

Nkongolo’s support team will be encouraging him to continue training and competing this summer, whether it’s at Lions twilight events or bigger meets.

“There’s so much more. (At OFSAA), he jumped well, but he can jump higher,” Orders notes. “There’s absolutely no doubt in my mind this is just the beginning.”



2023-24 Sanctioned Invitational High School Events

Learn more at ofsaa.on.ca/events/sanctioned **events**

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SBX CO-ED Invitational

Jennifer Weening
The Country Day School
jennifer.weening@cds.on.ca

CROSS COUNTRY

Bulldog Invitational

September 25, 2023
Kristen Johnson
Sir Winston Churchill SS
Burgoyne Woods, St. Catherines
kristen.johnson@dsbn.org

LACROSSE

Trillium Cup Girls' Tournament

Host: Patrick Fogarty CHS
Cheryl Devine
705.305.5439
ccdevine@smcdsb.on.ca

HOCKEY

Lady Titan Cup

December 11 & 12, 2023
Mike Laszlo
Regina Mundi CC
London
mlaszlo@ldcsb.ca

Titan Boys' Cup

December 13 & 14, 2023
Mike Laszlo
Regina Mundi CC
London
mlaszlo@ldcsb.ca

Junior Titan Cup (Boys and Girls)

Mike Laszlo
Regina Mundi CC
London
mlaszlo@ldcsb.ca

Gator Invitational Varsity Boys

January 9 & 10, 2024
Stephen Sim
Lakeshore CHS
Port Colborne
stephen.sim@ncdsb.com

Gator Invitational Junior Boys

April 9 & 10, 2024
Stephen Sim
Lakeshore CHS
Port Colborne
stephen.sim@ncdsb.com

Saint Michael CHS Boys' Invitational

Greg Kelly
St. Michael CHS
greg.kelly@ncdsb.com

Boys', Girls' & Junior Boys Tournaments @ York University.

For Registrations Information please contact Andre Boudreau at: aboudreau@canlansports.com

Mini Matches- Senior Girls & Senior Boys	November 23, 2023
Christmas Classic Senior Girls & Senior Boys	December 13 & 14, 2023
Mini Matches- Senior Girls, Senior Boys & Junior Boys	December 19, 2023
Mini Matches- Girls & Junior Boys	January 10, 2024
New Year's Festival- Senior Boys	January 11 & 12, 2024
Canadian Classic- Senior Girls & Boys	February 7 & 8, 2024
Elite Classic- Senior Girls & Boys	February 14 & 15, 2024
Mini Matches- Senior Girls & Senior Boys	February 22, 2024
York University Classic- Senior Boys	March 6 & 7, 2024
Mini Matches- Girls & Junior Boys	March 20, 2024
Mini Matches- Senior Boys	March 21, 2024
Spring Classic- Junior Boys	April 3 & 4, 2024

FASTPITCH

Woodstock Girls' Fastpitch Tournament

June 10 & 11, 2024	College Avenue SS
Ryan Stafford/Mark McCallum/Chelsea Read	Woodstock ON
	r.stafford@tvdsb.ca

SQUASH

Jim Mason Cup

Mark Infusini	Notre Dame College
	Mark.Infusini@ncdsb.com

SOCCER

Niagara Cup Boys and Girls Tournament

Andrew Lucchetta	Notre Dame College
	andrew.lucchetta@ncdsb.com

RUGBY

Ashbury College Invitational Junior & Senior Boys & Girls Tournament

Ian Middleton	Ashbury College
	imiddleton@ashbury.ca

ARCHERY

Victoria Park CI Invitational

Robert Schweitzer	Victoria Park CI
	robert.schweitzer@tdsb.on.ca

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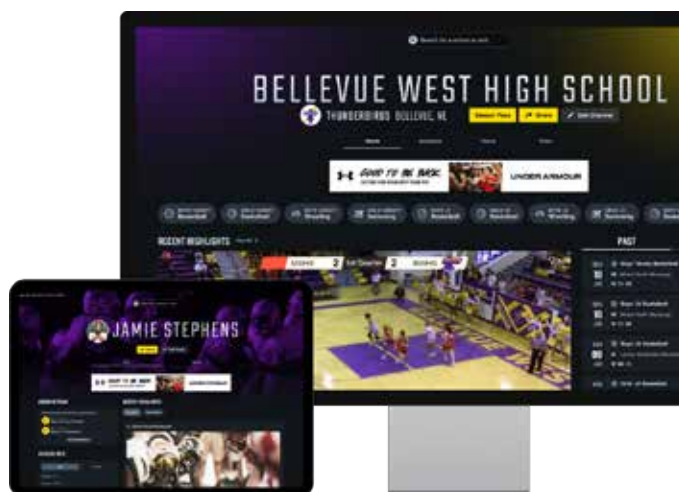
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Check out the OFSAA website to view the policy.



Education Through School Sport

www.ofsaa.on.ca



Congratulations 2023 Alumni Scholarship Winners

Three deserving student-athletes from Ontario's High Schools have been awarded \$800.00 scholarships from the OFSAA Alumni Association this year. Over 50 applications were received from the following eligible associations: CWOSSA, GBSSA, NEOAA, NOSSA, SWOSSAA and YRAA.

This year's winners are: Sydney Lacarte from Englehart HS, Jace McGrail of Lambton Central CVI in Petrolia and Summer Madronich representing St. Joan of Arc CHS in Barrie. Congratulations!



SYDNEY LACARTE

Sydney Lacarte was a grade 12 student in 2022-23 who plans to study Business at either Nipissing University or Wilfrid Laurier University. During her time at Englehart HS, Sydney was part of the cross country, basketball, volleyball, badminton, and track & field teams while maintaining

an 91% average in her academic courses. She was also part of the school's graduation committee, the intramural committee and numerous fundraisers during her high school career. Sydney had extensive community involvement including

working at a local nursing home, assisting with the town of Englehart in organizing and running activities to support youth mental health awareness programs, and volunteering as a coach in youth basketball, volleyball and track and field programs. In her personal statement, Sydney stated that "school sports has taught me how to communicate, listen, make friends, handle pressure situations, and most importantly how to become a team leader and team player". One of Sydney's teacher-coaches said this about her importance to the athletic program at Englehart HS: "Sydney excels in all sports and is a modest, hardworking role model for her peers who always displays excellent sportsmanship."

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JACE MCGRAIL

Jace McGrail was a grade 12 student in 2022-23 at Lambton Central CVI. Jace was involved in numerous sports at the school including baseball, volleyball, hockey, cross country and track and field while at the same time maintaining an average of over 86%. Jace was also a two-year

member of the school's student council and part of the athletic association for three years. He has helped out in numerous school activities like the Terry Fox Run and the elementary school track and field competitions. His community outreach involvement is highlighted by his involvement in programs like Neighbour2Neighbour Rural Food Drive, Petrolia Minor Hockey and the Royal Canadian Legion poppy campaign. He also spearheaded a t-shirt sales campaign that raised thousands of dollars for the local Food Bank as well as assisting in the raising of funds for a young boy in the community who required significant medical attention. Jace believes that his involvement in school sport "has significantly influenced my life and shaped me into the person that I am." One of Jace's teachers had this to say about him: "Jace is a highly-skilled, selfless, exceptionally thoughtful young man demonstrating remarkable care and concern for his wider community in his service." In the fall, Jace will be studying Instrumentation and Control Engineering Technology at Lambton College.



SUMMER MADRONICH

Summer Madronich was a grade 12 student at St. Joan of Arc CHS. Another outstanding student-athlete with an average of 90%, Summer participated in seven different sports during her high school career. Being involved in hockey, cross country, badminton, flag football, soccer,

ultimate and nordic skiing clearly illustrate how organized and dedicated Summer was towards both her studies and athletics. In addition, Summer was a member of the school's athletic council for four years, the Best Buddies program, the SHSM Leadership team and the school's OFSAA Committee that hosted Girls' AAA Volleyball in 2023. Her community involvement was extensive and included over 300 volunteer hours during her high school. Some of these activities include many as power skating instructor, learn to row instructor and as an evaluator for the Barrie WHA elite hockey team selection process. In her letter to the committee Summer emphasized that being a part of sports teams has allowed her to "learn time management, gained skills and confidence as an athlete, built incredible friendships, and thrive as a leader". The athletic director at her school noted that "Summer has consistently demonstrated her understanding and belief of the OFSAA values of Leadership, Respect, Integrity, Equity, Diversity, and Resilience." In the fall, Summer will be studying Nursing at Laurentian University.

For more information on the criteria for selection and application requirements, please go to: ofsa.on.ca/recognition/scholarships/ofsa-alumni

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A promotional graphic for Gatorade and OFSAA. On the left is a blue Gatorade bottle with a silver sleeve. The background is orange with white and blue geometric patterns. The text "FUELLING OFSAA" is prominently displayed in the center. Below it are the words "REHYDRATE", "REPLENISH", and "REFUEL". At the bottom, there is a Gatorade logo and the OFSAA logo.

Character Athlete Award 2022-23



OFSAA's Character Athlete Award celebrates the efforts of the exceptional student-athletes in Ontario who best exemplify the characteristics that OFSAA is founded on.

Nominations come to the OFSAA office detailing the exceptional character of student-athletes from across the province. This year's recipients inspire those around them with their involvement on the playing field and in the classroom, in both school and community.

To learn more about the award and the process to apply please go to <https://www.ofsaa.on.ca/recognition/scholarships/character-athlete-award>

Selecting just two females and two male winners from the over 90 submissions is a difficult task, but these four individuals stood out for their commitment to OFSAA's values of leadership, equity, respect and sportsmanship. Each winner will receive a \$500 grant from Jostens and a commemorative plaque to recognize this outstanding achievement.



ELLA DUNN

Nomination by: Tegan Bradshaw

Ella attended Woodroffe High School in Ottawa.

Ella demonstrated leadership skills on and off the rugby pitch as the Woodroffe High School Rugby 7's and Girls Curling captain. She is an approachable

student-athlete who always takes the time to help her teammates understand skills, laws, and how to run drills. Within Special Olympics Ontario School Programs, Ella has demonstrated additional leadership skills as a co-team captain of a unified student basketball team. In this role and as part of a small team of senior students, she organized lunch-time basketball practices for general learning program students with a range of intellectual and physical abilities. This involved teaching students skills and tournament rules through play-based activities, and assessing player abilities and social behaviours to create teams that were inclusive and allowed for maximum success. Ella and a fellow unified student, co-captained a unified team while attending a city-wide tournament. This responsibility involved helping teammates stay organized and ready to play throughout the day while ensuring that teammates stay hydrated while promoting fair play, good sportsmanship in all games, and socializing with teammates to promote inclusivity within the school.

Ella has shown exceptional time management while balancing school, athletics, and part-time work, all while maintaining excellent grades. She has demonstrated unwavering commitment to the sport of rugby with her ongoing and active participation at the high school, local club, and regional level. High school rugby is a huge time commitment in order to ensure that all players are physically and mentally prepared to play a full match. Ella consistently attended 5 hours of practices per week on top of multiple tournaments. High school curling required students to attend 4 hours of games and practices each week. The Specialist High Skills Major (SHSM) Program requires

students to miss multiple classes in order to partake in some of the experiential activities.

Ella has captained the rugby and curling teams because she is able to command respect from her coaches and teammates through her lead by example leadership and dedication. As a student-athlete, she understands the commitments that her teammates, coaches, opponents, and officials make to run sports.

Ella understands the opportunity that rugby brings to high school athletes of all ages, genders, and body types. She promotes the sport because she understands the equitable opportunities it provides to her classmates. Ella has worked as a student-coach and player with the Woodroffe Unified sports teams as part of Woodroffe's ongoing partnership with Special Olympics Ontario. She has ensured that all participating students have the tools and support to be successful and have an enjoyable experience through sport. This experience is helping to decrease the segregation between academic programming at the school and has further promoted inclusion among more students.

Ella's confidence and decision-making skills have grown stronger over the years, and this is evident in the trust her coaches and teachers put in her regarding her leadership roles within the programs she participates in. She continues to actively participate in new opportunities within the community, such as curling camps, University of Ottawa LEAD programs for females in rugby and rugby combined with Rugby Ontario. She continues to make connections with mentors in the rugby community who could offer advice and guidance. In addition to athletics, Ella has shown growth while working towards her SHSM certification in Sports and Recreation. As part of this program, Ella has participated in numerous activities and certifications that have given her skills in first aid, infection control, coaching and planning, working with students with disabilities, taping and wrapping for injuries, team-building, and leadership. These experiences have only increased her confidence in working with a wide range of different people in unique situations.



BAILEE JACKLIN

Nomination by: Pauline Fidler

Bailee attended Medway High School in Arva.

Bailee was a student in Medway's Peer Support Leadership program during her grade 11 year. Bailee showed from the beginning that

she was excited, willing and capable to take on a leadership role within the school and community. Peer Supporters at Medway are responsible for the orientation and support of the grade nine students as they begin their high school careers. Bailee was placed in, and responsible for a grade 9 Physical Education homeroom where she assisted the students academically, socially and personally. She was also an asset to the classroom teacher by helping with lessons, organization and some classroom management. Bailee was given very positive evaluations and feedback for her role as a senior leader. She worked diligently to remain useful and effective throughout such a challenging year and showed resilience, kindness and dedication each day. As a Peer Supporter, she also helped to organize Grade 9 Orientation, Homeroom competitions and various Spirit days. Staff have been impressed by both her organization and care for others and students respect Bailee for her hard work and positive manner.

Bailee is willing to help out wherever needed and can be counted on to complete any task with integrity and skill. Bailee is always ready and able to assist others and works very well with people of all ages and personalities. Her compassion for others and her school is evident in everything she does. Along with maintaining Honour Roll status in her academics, she has been an integral part of the Medway community over the years where she has made many wonderful friends and inspired others to be upstanders and positive members of our school. Bailee has been involved in Best Buddies, Athletics (basketball & badminton), Math tutoring and Student Council. Bailee is a positive role model for student leaders and the community as a whole. She has recently organized community fundraisers for a family in need of support and financial assistance- she truly shares both her time and her heart with those who need it the most.

Bailee approaches every practice ready to work and expects the same of others. She is focused on personal growth and regularly seeks feedback from coaches and teammates. She is trusted by her peers as someone who is willing to help without judgment and is able to support others in ways that enable them to achieve personal success. She runs team warm-ups, assists with drills, helps teammates analyze opponents before matches, offers insight to younger athletes, and is always there to cheer on others or provide encouraging words after a tough match. Her approachability and work ethic, coupled with her capacity to lead, prove to be the ideal characteristics that allow her to find continued success in athletics and why she holds the respect of both teammates and opponents.

Bailee has been a committed member of the Student Athletic Association since her grade 9 year. She attends all meetings and does not hesitate to volunteer to help out with events. She is a strong role model for our younger students in her role at SAA but also in her sports involvement on the badminton and basketball teams. Her calm demeanour and sportsmanship along with her strong work ethic and determination is a pleasure to watch on the court.



ZACHARY CLARKE

Nomination by: Courtney Bovin

Zachary attended John McGregor Secondary School in Chatham.

Teachers call on Zach in class to help others and he is always the "go to" guy when assistance is required at the school. He leads

by example, never judging others, always finding ways to give back and contribute, not just to his school community but to the broader community as well. The other students look up to Zach and seek him out when they need help with something or are trying to organize events.

Zach takes an active role in all the timing/scorekeeping for basketball and volleyball games, and he's a positive presence in the school. He makes connections with other students through his tutoring and leadership of activities, and the students can see how hard he works to be a better athlete at his chosen sports. He is always shooting hoops to better his basketball skills, even when its off-season, working out in the weight room after school, and still manages to juggle five days of track & field practices along with a round or two of golf, so that he can keep developing his technique to be a better thrower and golfer.

He maintains a 90% plus average while devoting time to extra-curricular activities. Zach plans to continue throwing (shot put and discus) at the university level next year and is currently working on becoming a certified football official. He continues to find ways to give back and be involved in sport and his community. He was the school's Robinson-Bruette Award recipient in 2022 which is given to a coach or student, who has contributed the most to athletics in a non-player capacity. It's the first time a grade 11 student has won the award (traditionally the award has always gone to a graduating student or retiring teacher). This was the school's way of acknowledging and recognizing Zach's tremendous contribution to the school community, not just his athletic or academic performances, but to show him that we see all the amazing things that he does.



AAKASH SENTHIL

Nomination by: Michelle Gibson

Aakash attended E.L. Crossley Secondary School in Fonthill.

Teachers at Aakash's school describe him as a conscientious student who continuously strives to do well. He can often be seen taking the lead in group settings

and the other students look to him as a peer role model. Aakash is always engaged in his learning and is still willing to help others. Through this dedication to his studies, Aakash has been able to achieve honour roll status and has earned marks placing him at the top of his graduating class.

On top of Aakash's academic success, he is active as an executive member of Athletic Council. In this role, he is responsible for running tournaments, games and events for the school. This involves score-keeping for games as well as making sure all events are setup and equipment is put away afterwards. Where Aakash really shines as a leader is in his role as a Link Crew Leader. He is a responsible mentor and role-model as a part of the Link Crew Program. Link Crew is a nation-wide transition program that helps to welcome grade nine students to high school. The program focuses on building relationships and encouraging participation of all students, regardless of their differences. This program has helped to culture the school and build a more positive, inclusive and caring community.

Aakash takes his roles and responsibilities very seriously and he has worked hard to help make students feel welcomed and to provide a caring atmosphere. He has been actively involved in organizing several events for Link Crew such as Orientation Day, Exam Preparation, Grade 8 Preview Day, Pep Rallies and Grade9 Spirit Days. He has volunteered as a coach for Pelham House League Soccer. In this role, he organized practices and built relationships with younger athletes in the community. He has also volunteered at the Pelham Public Library. In this role he was helped to assist with charitable fundraising as well as

teaching local youth how to operate and enjoy technology. Aakash has further volunteered with Pelham Cares to help collect and distribute items for their Holiday Cheer program. He has also been a representative on the Mayor's Youth Advisory Council where he attended monthly meetings to discuss, plan, organize and run community events such as Family Fun Day and SummerFest. Most recently, Aakash has been actively volunteering within the Niagara Health System. This experience aligns to his goal of pursuing a career in the medical field. Here, he has gained valuable knowledge on mental and physical illnesses. He has been able to observe patient assessments, diagnosis and treatments. This experience has also allowed him to gain an understanding on how to communicate effectively with patients.

Aakash has played competitive basketball, volleyball, soccer, track and field, cross country and badminton. As an athlete, Aakash is a true role model for other athletes through his quiet confidence, strong work ethic and determination. Aakash is a very high-achieving student. His academics are a priority to him and he will always strive to achieve his best, however, he has been able to fully engage within the school community and community at large. He is always the first to volunteer at school when it comes to working with others and leading new students. He shows commitment to his academics and will find himself graduating at the top of his graduating class.

Aakash has also been involved in helping our Link Crew with providing a more equitable and inclusive community. In this role, he has attended meetings as well as an Unlearn conference. He has recently been named the recipient of the school's Excellence in Education Award. This award takes into account academic accomplishments, extra-curricular involvement, having a role in the betterment of the school community and community at large, being a positive role model as well as personal excellence outside of the school. The high standard to which Aakash holds himself comes naturally to him and should bode well in future endeavours as he pursues a career in the medical profession.

Congratulations to our four very deserving recipients and best of luck in the fall!



Congratulations 2023 Brian Maxwell Memorial Scholarship Winners

OFSAA and the Brian Maxwell Memorial Scholarship Fund were very pleased to announce the student-recipients for 2023.

These student-athletes, with a track and field or cross country pedigree in high school, will continue their post-secondary education at a Canadian college or university. The scholar-athletes display qualities of honesty, integrity, compassion and an unwavering quest to accomplish the best academically and athletically while supporting fellow team members. These were all qualities of Brian Maxwell. Each recipient will receive \$5,000.

The scholarship fund is in memory of Brian Maxwell, a successful distance runner. Brian competed in track and field and cross country and achieved success as an OFSAA champion, and a Canadian junior, juvenile and senior champion. In 1980, he was selected to the Canadian Olympic team and later became a successful entrepreneur who, with his wife, Jennifer, co-founded the nutritional supplement PowerBar.

Brian was born with a defective heart valve and in 2004, at only 51 years of age, died of a heart attack.

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

Please meet the worthy recipients of the 2023 Brian Maxwell Memorial Scholarship:



Chanell Duffy is an exceptional student-athlete from Englehart High School. Over her five years of high school, she has achieved remarkable success in cross country and track and field events, qualifying for OFSAA championships a total of ten times. Her dedication and determination to excel in her sports are evident, and she lives by the inspiring motto of Natasha Hastings, the two-time Olympic runner from the USA: “You’ll never know what you’re capable of until you just go for it.”

Apart from her outstanding athletic achievements, Chanell is also an accomplished student. Her hard work and preparation have made her feel confident and ready for the next phase of her life, as she is now set to attend Nipissing University in North Bay, pursuing

a degree in the faculty of Physical and Health Education. Her ultimate goal is to build a career in physiotherapy after completing her education at Nipissing.

Beyond her academic and athletic pursuits, Chanell is actively involved in giving back to her community. She has volunteered extensively, contributing over 200 hours to various causes and organizations. Some of her volunteer activities include teaching swimming, organizing a running club, and assisting with baseball in the community. She has also been involved in a church food mission, helping those in need, and has devoted time to work at a bible camp during summers. Additionally, Chanell has participated in a local mud run, showing her enthusiasm for engaging in various activities and helping others.

Chanell’s coach at school speaks highly of her, describing her as a dedicated runner, a positive leader, and a role model for her teammates and the community. Her participation in OFSAA in sports like badminton and basketball further exemplifies her versatility and commitment to being a well-rounded individual.

With her incredible track record in academics, sports, and community service, Chanell undoubtedly carries a bright future ahead as she embarks on her journey at Nipissing University and aims to make a positive impact on others through her career in physiotherapy.



Nicole Hartnell, a student at Applewood Heights Secondary School in Mississauga, has an impressive track record in cross country and track & field. She has qualified for OFSAA cross country and track and field events a remarkable seven times. Notable achievements include fifth and sixth place finishes in cross country, and fourth and seventh place finishes in consecutive years in the Senior Girls 3000m race. Additionally, she secured ninth and eleventh place finishes in consecutive years in the 1500m event.

Nicole's dedication to sports extends beyond her personal accomplishments. She played a pivotal role in establishing a track and field team at her school. When no teacher initially volunteered to lead the team, Nicole took it upon herself to encourage and inspire a staff member to take on the role. Her determination allowed her and her peers to have the opportunity to participate in track and field.

In terms of her academic pursuits, Nicole will be attending the University of Guelph in the fall, where she will be enrolled in Marketing Management Co-op. Her passion for sports also led her to engage in various volunteering activities. She has been involved in wildlife conservation, trail maintenance, running events, and mentorship. One of her notable achievements was speaking at elementary schools to promote Women in Sports and share her own athletic journey.

Within her school community, Nicole is an active member of the Apple Crew, a group that assists new students and organizes activities. Outside of school, she has been a well-rounded athlete, participating in basketball, soccer, volleyball, cross country and track and field.

Recently, Nicole finished 7th in the 5000m and 15th in the 3000m races at the U20 Nationals held in Langley, BC. Her continued success in track and field events showcases her dedication and hard work.

Overall, Nicole is an accomplished student-athlete who not only excels in her athletic pursuits but also contributes positively to her school community and engages in meaningful volunteer work.



Florina Keller is an accomplished student-athlete with an impressive track record in both track and field and cross country. She attended Westdale Secondary School in Hamilton and participated in OFSAA six times, with three appearances in track and field and two in cross country.

Her best performance came in cross country during grade 11 when she finished sixth, contributing to her team's silver medal finish. In grade 9, she placed 12th in cross country and played a vital role in her team's OFSAA gold medal win.

In track and field, she qualified twice in the 800m and once in the 1500m. Her highest placement was 12th in grade 11 when she was a first-year senior.

Florina will be continuing her education at McMaster University, where she will be enrolled in the Life Sciences program. Throughout her high school years, she maintained an impressive 95% average in her courses, demonstrating her dedication to academic excellence.

Outside of academics and athletics, she was actively involved in her school community. She served as the President of the Westdale Athletic Council, showcasing her leadership abilities. She also participated in the yearbook committee, highlighting her interest in creative projects.

In addition to her school involvement, Florina was a coach for the Westdale Grade 9 girls' soccer team, showcasing her commitment to supporting her peers and school sports.

Beyond her school activities, Florina extended her volunteering efforts to the community. She coached for the grassroots soccer program and contributed to the Hamilton Olympic club in various roles.

Environmental causes were close to her heart, and she volunteered as an Escarpment Biosphere Conservancy volunteer, helping to preserve natural areas by removing invasive species from waterways and lake edges around Manitoulin Island.



Scholarships & Awards



Ryan Davies is an impressive student-athlete with a diverse range of talents and accomplishments. He has excelled both academically and athletically during his time at Northern Collegiate Institute & Vocational School in Sarnia. As an athlete, Ryan's achievements in the 2000m steeplechase and 3000m have earned him two OFSAA championships in the steeplechase and finalist placements in the 3000m. He has also contributed significantly to his school's cross country team, helping them achieve high rankings in team standings.

Beyond athletics, Ryan's academic performance is commendable, maintaining a remarkable 96% average over his grade 12 courses. His dedication to education has led him to pursue Commerce at McMaster University, where he will be joining the Marauders' track and field team, showcasing his talent on a larger platform.

Ryan's passion for sports extends beyond his track and field career, as he has been an accomplished tennis player throughout his youth. He has also participated in other sports like soccer and badminton.

Not only has Ryan been involved in sports, but he has also contributed to his school and community as a peer mentor, assisting new students in adjusting to high school life. He has been an active member of the student council and organized intramural sports at school. Outside of school, Ryan has volunteered at various organizations, including the Inn of the Good Shepherd, his local tennis club, and a literacy foundation, demonstrating his commitment to giving back to the community.

One of Ryan's most remarkable achievements is starting his own lawn care business from scratch, turning it into a profitable venture. This entrepreneurial experience has not only provided him with valuable skills but also served as a significant source of income to support his post-secondary education expenses.

Recently, Ryan has continued his athletic success by winning the Canadian U20 3000m Steeplechase and achieving a commendable 9th place in the 3000m at the National Championships in Langley, BC. His accomplishments have been recognized this summer, as he was named a Co-Winner of the Sarnia Lambton Sports Hall of Fame Pappy Burr Award, acknowledging his outstanding achievements as a student-athlete entering post-secondary education.



Ethan Rashid-Cocker is an accomplished athlete and student from Bloor Collegiate Institute in Toronto. Over his high school years, he qualified for OFSAA four times, twice in Cross Country and twice on the track. His best results came in the spring, where he finished third in the 1500m and sixth in the 3000m.

One defining moment in his running career was the 2021 nationals, where he was disqualified for obstruction. This incident made him realize the importance of sportsmanship, humility, and personal growth. He vowed to learn from this experience and redefine what "winning" meant to him, which ultimately made him not only a better runner but a better person.

In the fall, Ethan will be attending Queen's University, enrolled in the Commerce department, and joining their cross country team.

During his time at Bloor Collegiate Institute, Ethan was not only a standout athlete but also a highly involved student. He participated in multiple sports teams, including hockey and soccer in addition to cross country and track and field. He also demonstrated leadership qualities as a member of the Athletic Council Executive and co-founder of the BCI Pathways group, which helped plan events to assist graduating students in understanding their future and post-secondary options. Additionally, he was the head of Internal Affairs in the Bloor Finance Club.

Outside of school, Ethan was active in his community. He volunteered with young runners in the Bison Track Club and worked with the "Little Kickers" group in his soccer club. He also contributed to charity efforts by helping deliver Christmas care packages to those in need around the Greater Toronto Area (GTA).

Recently, Ethan achieved another notable accomplishment by finishing 12th at the U20 Canadian Championships in the 1500m, held in Langley, British Columbia.

Overall, Ethan Rashid-Cocker is a well-rounded individual with a strong commitment to athletics, academics, leadership, and community service. His experiences have shaped him into a dedicated and responsible individual who is ready to take on new challenges at Queen's University.



Angus Skinner is an accomplished student-athlete from Frontenac Secondary School in Kingston. He has an impressive track and field and cross country background, having qualified for OFSAA seven times. Angus also had the honour of representing Team Ontario on the U20 Cross Country team, and he was even selected as the first reserve for the U20 World Athletics Canada roster.

In the OFSAA cross country competition, Angus earned a silver medal at Dagmar this past fall, following a seventh-place finish in 2021. His strong performance in 2021 also contributed to his team's bronze medal finish. On the track, Angus competed in the 1500m and 3000m events during his grade 11 and 12 years, overcoming the setbacks caused by the disruptions of COVID-19 during his earlier high school years.

Angus has not only excelled in athletics but also maintained an impressive academic record, consistently achieving a 90+

average over his four years of high school. He has taken advanced placement (AP) science and math courses, and he even earned a French language proficiency certificate (DELF) from the French government, showcasing his mastery of the language.

Continuing his academic journey, Angus is set to attend Queen's University in the Con-Ed (Concurrent Education) program, a testament to his commitment to both his studies and his passion for athletics. He has also actively engaged in his school community, serving on the Frontenac Student Council and Athletic Council. Angus is a well-rounded individual who founded and co-versed over the chess club. His contributions to the school community have been recognized by the Limestone District School Board, which awarded him a Student Achievers Award.

Outside of school, Angus has demonstrated his dedication to giving back by volunteering at a summer camp for youth and participating in race organizing efforts. Notably, he spearheaded a shoe donation campaign to support those in need.

Angus's character is highlighted by his humility and enthusiasm, qualities that align with the values championed by Brian Maxwell, according to his coach at Frontenac.

This summer, Angus finished 6th in the U20 5000m and secured the 23rd position in the 1500m at the Nationals held in Langley, British Columbia. This further showcases his commitment to excellence in both track and cross country events.

2022-2023 OFSAA Team Sportsmanship Award Recipients

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

Girls' Field Hockey	Clarkson S.S.	ROPSSAA
Boys' A Volleyball	E.S.C. Père-René-de-Galinée	CWOSSA
Boys' AA Volleyball	Harbord C.I.	TDSSAA
Boys' AAA Volleyball	St. Joan of Arc S.S.	GBSSA
Girls' A Basketball	E.S.C. Nouvelle-Alliance	GBSSA
Girls' AA Basketball	Lo-Ellen Park S.S.	NOSSA
Girls' AAA Basketball	Frontenac S.S.	EOSSAA
Boys' A Basketball	Kenner C.V.I.	COSSA
Boys' AA Basketball	Adam Scott C.V.I.	COSSA
Boys' AAA Basketball	Frontenac S.S.	EOSSAA
Girls' A Volleyball	Acton D.S.	GHAC
Girls' AA Volleyball	Sir Winston Churchill S.S.	SOSSA
Girls' AAA Volleyball	Chatham-Kent S.S.	SWOSSAA
Girls' A/AA Hockey	Lambton Central C.V.I.	SWOSSAA
Girls' AAA Hockey	St. Peter S.S.	COSSA
Boys' A/AA Hockey	St. Michael C.S.S.	WOSSAA
Boys' AAA Hockey	St. Brother André C.H.S.	YRAA
Boys' Curling	Fort Frances H.S.	NWOSSAA
Girls' Curling	Assumption H.S.	GHAC
Girls' A/AA Rugby	Burlington Central H.S.	GHAC
Girls' AAA Rugby	Sacred Heart C.H.S.	YRAA
Boys' A/AA Rugby	Adam Scott C.V.I.	COSSA
Boys' AAA Rugby	Northern S.S.	TDSSAA
Girls' AA Soccer	Fort Frances H.S.	NWOSSAA
Girls' AAA Soccer	St. Peter S.S.	COSSA
Boys' AA Soccer	St. Michael C.S.S.	WOSSAA
Boys' AAA Soccer	Cobourg C.I.	COSSA

2022-23 Pete Beach Recipients

Pete Beach was a former Executive Director of OFSAA whose life was dedicated to sport and helping others, especially young people, achieve their full potential. These winners exemplify the same dedication, spirit and love of sport that made Pete Beach such a success in both his professional and private life.

CISAA	Todd Harris	ROPSSAA	Doug Tutty
COSSA	Brian Poste	SOSSA	Bob Gardiner
CWOSSA	Pamela Robinson	SWOSSAA	Jeff Denomy
EOSSAA	Mike Doyle	TDCAA	Andre Metivier
GHAC	Lana Fernley	TDSSAA	John Stavropoulos
LOSSA	Paul Creeden	TDSSAA	Heather Strupat
NCSSAA	Clark Adams	TDSSAA	Tasha Boylan
NEOAA	Sheila Siermachesky	TDSSAA	Bryan McAlpine
NOSSA	Tim Lowe	WOSSAA	Ian Moore
NWOSSAA	Lauri McFarlane	YRAA	Colin Butler

2022-2023 OFSAA Leadership in School Sport Award Recipients

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

Boys' Golf	Tim Clayton
Cross Country	Michel Pichette Amanda Miles-Berry
Girls' Field Hockey	Jackie Brown
Boys' A Volleyball	Dale Beausoleil
Boys' AA Volleyball	Ross Clarke
Boys' AAA Volleyball	Patsy Hawkins-Hogan
Girls' A Basketball	Dave & Jacqui West
Girls' AA Basketball	Tim Doherty
Girls' AAA Basketball	Angelo Geremia
Nordic Skiing	Todd Harris
Alpine Skiing	Jamie Inglis Jeannine MacIssac
Swimming	Ben Balkwill
Wrestling Girls	Tara Feeny
Wrestling Boys	Scott Pepper
Boys' A Basketball	James Johnson
Boys' AA Basketball	Joe Amicarelli
Boys' AAA Basketball	Robert Davies
Girls' A Volleyball	Glen Beaugard
Girls' AA Volleyball	Tammy Short
Girls' AAA Volleyball	Peter Kosturek
Girls' A/AA Hockey	Steve Goforth
Girls' AAA Hockey	Beth McCabe
Boys' A/AA Hockey	Albert Venneri
Boys' AAA Hockey	Andy Kiss
Boys' & Girls' Curling	Karina Lindsay
Badminton	Zvon Marinic
Tennis	Jennifer Brunner
Girls' A/AA Rugby	Tony Lombardi
Girls' AAA Rugby	Jason Cormier
Girls' AA Soccer	Ian Kendrick
Girls' AAA Soccer	Charles Ceno & Salvatore Piazza
Boys' & Girls' A Soccer	Katherine Esch
Boys' AA Soccer	Anne Marie Nadon
Boys' AAA Soccer	Joe Castagna
Track & Field	Michelle Holman Gary Monsour
Baseball	Jean-Gilles Larocque

2023-2024 OFSAA CHAMPIONSHIPS

Boys' Golf (SWOSSAA)

Oct. 11-12, 2023, Windsor
Matt Loebach, Riverside SS
519-948-4116
Matthew.Loebach@publicboard.ca
Entry Deadline: Oct. 5, 2023

Girls' Golf (GBSSA)

Oct. 11-12, 2023, Collingwood
Jason Boose, Our Lady of the Bay CSS
(705) 445-2043
jboose@smcddb.on.ca
Entry Deadline: Oct. 5, 2023

Girls' Field Hockey (GHAC)

Nov. 2-4, 2023, Milton
Andrew Brennan/Krista McGrath,
Craig Kielburger SS
905-878-0575
brennana@hdsb.ca
Entry Deadline: Oct. 28, 2023

Cross Country (TDSSAA)

Nov. 4, 2023, Etobicoke
David Tepper/Glenn Duncan/Marco Li,
Newtonbrook SS
416-395-3280
david.tepper@tdsb.on.ca
Entry Deadline: Oct. 31, 2023

Boys' A Volleyball (CWOSSA)

Nov. 23-25, 2023, Kitchener
Ray Boehm, Rockway Mennonite Collegiate
(519) 743-5209
rayb@rockway.ca
Entry Deadline: Nov. 18, 2023

Boys' AA Volleyball (WOSSAA)

Nov. 23-25, 2023, Stratford
Joel Murray, St. Michael Catholic SS
(519) 271-0890
jdmurray@hpcdsb.ca
Entry Deadline: Nov. 18, 2023

Boys' AAA Volleyball (SWOSSAA)

Nov. 23-25, 2023, Belle River
Joe Tatti, St Anne CHS
(519) 727-8908
joe_tatti@wecdsb.on.ca
Entry Deadline: Nov. 18, 2023

Girls' A Basketball (COSSA)

Nov. 23-25, 2023, Belleville
Justin Walsh, Nicholson Catholic College
(613) 967-0404
walshj@alcddb.on.ca
Entry Deadline: Nov. 18, 2023

Girls' AA Basketball (CWOSSA)

Nov. 23-25, 2023, Guelph
Michael O'Rourke, St. James CHS
519-822-4290
michael.orourke@wellingtoncddb.ca
Entry Deadline: Nov. 18, 2023

Girls' AAA Basketball (GHAC)

Nov. 23-25, 2023, Hamilton
Luca Fortino / Kevin Daly, Cathedral CSS
(905) 522-3581
fortinolu@hwcdsb.ca / dalyk@hwcdsb.ca
Entry Deadline: Nov. 18, 2023

Football Bowls (SWOSSAA)

Nov. 27-29, 2023, Windsor
James Clarke, John McGregor SS
(519) 354-1740
James.Clarke@lkdsb.net
Entry Deadline: Nov. 21, 2023

Alpine Skiing (GBSSA)

Feb. 26-27, 2024, Collingwood
Melissa Wheatcroft, Our lady of the Bay
(705) 445-2043
mwheatcroft@smcddb.on.ca
Entry Deadline: Feb. 20, 2024

Snowboarding (YRAA)

Feb. 28, 2024, Duntroon
Adrienne Chong, Markville SS
905-940-8840
adrienne.chong@yrdsb.ca
Entry Deadline: Feb. 22, 2024

Nordic Skiing (CISAA)

Feb. 22-23, 2024, Lakefield
Adam Ross / Todd Harris, Lakefield CS
705-652-3324
aross@lcs.on.ca / tharris@lcs.on.ca
Entry Deadline: Feb. 24, 2024

Swimming (CISAA)

Mar. 5-6, 2024, Toronto
Tim White, Trinity College School
905-373-9656
twhite@cisonario.ca
Entry Deadline: Feb. 28, 2024

Wrestling (GHAC)

Mar. 5-6, 2024, Hannon
Sheldon Francis, Bishop Ryan CSS
(905) 573-2151
franciss@hwcdsb.ca
Entry Deadline: Feb. 28, 2024

Boys' A Basketball (SOSSA)

March 4-6, 2024, Welland
Jason Duthie/Glen Beauregard,
ÉSC Saint Jean de Brébeuf
(905) 714-7882
jduthie@cscmonavenir.ca /
gbeauregard@cscmonavenir.ca
Entry Deadline: Feb. 27, 2024

Boys' AA Basketball (NCSSAA)

March 4-6, 2024, Ottawa
Mike Rowley, St. Mother Teresa HS
613-823-1663
michael.rowley@ocsb.ca
Entry Deadline: Feb. 27, 2024

Boys' AAA Basketball (SOSSA)

March 4-6, 2024, Stoney Creek
Steve Green, Saltfleet HS
905-573-3000
sgreen@hwdsb.on.ca
Entry Deadline: Feb. 27, 2024

Girls' A Volleyball (NOSSA)

March 4-6, 2024, Elliot Lake
Liam Halligan, Elliot Lake SS
(705) 848-7162
halligl@adsb.on.ca
Entry Deadline: Feb. 27, 2024

Girls' AA Volleyball (EOSSAA)

March 4-6, 2024, Sydenham
Bryan English, Sydenham HS
613-376-3612
englishb@limestone.on.ca
Entry Deadline: Feb. 27, 2024

Girls' AAA Volleyball (YRAA)

March 4-6, 2024, Thornhill
Steve Hutchison / Nicholas Giorgio, Thornlea SS
(905) 889-9696
stephen.hutchison@yrdsb.ca /
nicholas.giorgio@yrdsb.ca
Entry Deadline: Feb. 27, 2024

Girls' A/AA Hockey (LOSSA)

Mar. 19-21, 2024, Brooklin
Ethan Markham, Brooklin HS
905-655-2015
ethan.markham@ddsdb.ca
Entry Deadline: Mar. 7, 2024

Girls' AAA Hockey (LOSSA)

Mar. 19-21, 2024, Brooklin
Ethan Markham, Brooklin HS
905-655-2015
ethan.markham@ddsdb.ca
Entry Deadline: Mar. 7, 2024

FOR COMPLETE CHAMPIONSHIP

ONSHIP/FESTIVAL CALENDAR

Boys' A/AA Hockey (LOSSA)

Mar. 19-21, 2024, Brooklin
Ethan Markham, Brooklin HS
905-655-2015
ethan.markham@ddsb.ca

Entry Deadline: Mar. 7, 2024

Boys' AAA Hockey (LOSSA)

Mar. 19-21, 2024, Brooklin
Ethan Markham, Brooklin HS
905-655-2015
ethan.markham@ddsb.ca

Entry Deadline: Mar. 7, 2024

Boys & Girls Curling (EOSSAA)

Mar. 20-23, 2024, Kingston
Sarah Depew / Rachele Seguin, Frontenac SS
(613) 389-2130
depews@limestone.on.ca

Entry Deadline: Mar. 7, 2024

Badminton (GBSSA)

May 2-4, 2024, Barrie
Mark Martynshyn, Innisdale SS
(705) 726-2552
mamartynshyn@scdsb.on.ca

Entry Deadline: Apr. 27, 2024

Ultimate (CISAA)

May 30-31, 2024, Lakefield
Todd Melville / Chris Burns, Lakefield CS
705-652-3324
tmelville@lcs.on.ca

Entry Deadline: May 25, 2024

Tennis (TDSSAA)

June 3-5, 2024, Toronto
Larry Laughlin, Marc Garneau CI
416-396-2414
larry.laughlin@tdsb.on.ca

Entry Deadline: May 28, 2024

Boys' A/AA Lacrosse (YRAA)

June 3-4, 2024, Keswick
Ian Black, Keswick HS /
Andy Hagerman, Sutton DHS
905-476-0933
ian.black@yrdsb.ca /
andrew.hagerman@yrdsb.ca

Entry Deadline: May 30, 2024

Boys' AAA Lacrosse (GHAC)

June 5-6, 2024, Georgetown
Timm Stephenson, Christ the King CSS
905-702-8838
StephensonT@hcdsb.org

Entry Deadline: May 30, 2024

Girls' A/AA Rugby (LOSSA)

June 3-5, 2024, Courtice
David Chatten, Courtice SS
905-436-2074
david_chatten@kprdsb.ca

Entry Deadline: May 28, 2024

Girls' AAA Rugby (COSSA)

June 3-5, 2024, Peterborough
David Donald, Thomas A. Stewart SS
705-743-5230
david_donald@kprdsb.ca

Entry Deadline: May 28, 2024

Boys' A/AA Rugby (WOSSAA)

June 6-8, 2024, Stratford
Pat Donnelly, F.E. Madill SS
(519) 357-1800
patrick.donnelly@ed.amdsb.ca

Entry Deadline: June 1, 2024

Boys' AAA Rugby (COSSA)

June 6-8, 2024, Peterborough
Sandy Keay, Adam Scott CVI
705-743-7373
alexander_keay@kprdsb.ca

Entry Deadline: June 1, 2024

Girls' A Soccer (SOSSA)

June 6-8, 2024, Lincoln
Andrew Pols, Heritage Christian School
(905) 562-7303
andrpols@gmail.com

Entry Deadline: June 1, 2024

Girls' AA Soccer (WOSSAA)

June 6-8, 2024, St. Thomas
Kevin Paiva, St Josephs CHS
519-675-4434
kpaiva@ldcsb.ca

Entry Deadline: June 1, 2024

Girls' AAA Soccer (SWOSSAA)

June 6-8, 2024, Windsor
Stacey Ditchfield, Holy Names CHS
(519) 966-2504
stacey_ditchfield@wecdsb.on.ca

Entry Deadline: June 1, 2024

Boys' A Soccer (SOSSA)

June 6-8, 2024, Lincoln
Andrew Pols, Heritage Christian School
(905) 562-7303
andrpols@gmail.com

Entry Deadline: June 1, 2024

Boys' AA Soccer (NOSSA)

June 6-8, 2024, North Bay
Sara Pickles, Chippewa SS
(705) 475-2341
Sara.Pickles@nearnorthschools.ca

Entry Deadline: June 1, 2024

Boys' AAA Soccer (SWOSSAA)

June 6-8, 2024, Windsor
J.J. Dowhan, Vincent Massey SS
(519) 969-2530
JJ.Dowhan@publicboard.ca

Entry Deadline: June 1, 2024

Track & Field (WOSSAA)

June 6-8, 2024, London
Todd MacKay, Sir Frederick Banting SS
(519) 452-2800
t.mackay@tvdsb.ca

Entry Deadline: June 1, 2024

Baseball East Regional (LOSSA)

June 5-6, 2024, Whitby
Geoff Whent, Sinclair SS
(905) 666-5400
geoffrey.whent@ddsb.ca

Entry Deadline: May 30, 2024

Baseball West Regional (SWOSSAA)

June 5-6, 2024, Lakeshore
Steve Burke, St. Anne CHS
519-727-8908
sburke066@gmail.com

Entry Deadline: May 30, 2024

Girls' Slo-Pitch (GHAC)

June 10-11, 2024, Hamilton
Charley Giudice, St Mary SS
(905) 528-0214
giudicec@hwcdsb.ca

Entry Deadline: June 4, 2024

Baseball Final (OFSAA)

June 11, 2024, (TBD)
Brian Poste, OFSAA
brianposte@ofsaa.on.ca



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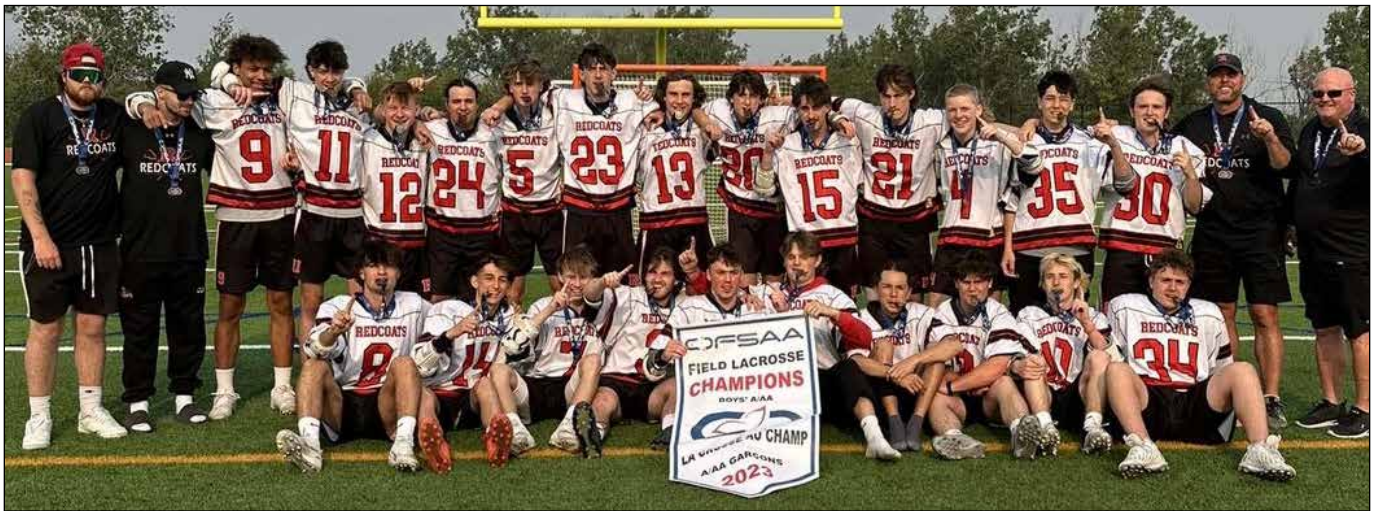
CODE OF BEHAVIOUR FOR SPECTATORS

- Cheer In A Positive Manner
- Respect Officials' Decisions
- Do Not Interfere With The Competition
- Keep Off The Playing Area
- Be Courteous And Respectful

OFSAA Boys' A/AA & AAA Field Lacrosse Festivals

Peterborough

June 5-6, 2023



Holy Cross Catholic Secondary School (COSSA) and Thomas A. Stewart Secondary School (COSSA) hosted both OFSAA Boys' A/AA & AAA Field Lacrosse in 2023. Convenors Geoff McKinley and Jeff Ralph welcomed 24 teams from across the province to Peterborough. Using four fantastic fields across the city, athletes were treated to near-perfect playing conditions.

Day one also featured a Festival social where participants were treated to a Peterborough Lakers game at the Peterborough Memorial Centre. Thank you to the entire organizing committee for putting on a well-organized event that was all about the athletes. There was competition and fun at every turn and all the coaches and student-athletes experienced an event to remember.

In A/AA, Governor Simcoe Secondary School (SOSSA) defeated Patrick Fogarty Secondary School in convincing fashion with a 10-4 result.

Congratulations to players Colton Armitage, Lochlan Belliveau, Sacha Boucher, Nodin Buck, Quinlan Clair, Maxwell D'Aloisio, Carter Dayaram, Brandon Judd, Liam Legault, Cody MacNeil, Reid Oates, Sutter Pilon, Seth Ranieri, Dylan Rawson, Jacob Rawson, Ty Ruch, Sullivan Russell, Holden Schinkel, Noah Sriver, Carson Shannon, Ari Steenhuis, Kaleb Taylor, Oliver Vanyo and coaches Jamie Brophy, Brady Bearisto, Duncan Belliveau, Leslie Brophy, Carey Spiece and Teri Thompson.

In the AAA competition, HumberSide Collegiate Institute (TDSSAA) defeated Christ the King Catholic Secondary School (GHAC) by a score of 8-3. The victory sees HumberSide CI retain its title as champions following their win in 2022.

Congratulations to student-athletes Lucas Alberti, Kai Brady, Hudson Callaghan, Anthony Di Carlo, Max Dias Sorby, Owen Foran, Adrian Fucili, Trevor Graham, Atticus Hillier, Owen Hobbs, Samuel Krolow, William Lewis, Teixeira Lucas, Angus MacDonell, Gabriel Martin, Liam McEwen, Ben McIsaac, Evan Morris, Adrian Ng, Bradley Noble, Bryden Pitt, Joseph Suhay, Cooper Svicki, Finn Wotton and coaches Casey Zaph, Riley Clark and Brad MacDonell.

A/AA PARTICIPATING TEAMS (12)

Crestwood Preparatory College	CISAA
Holy Cross C.S.S.	COSSA
Crestwood S.S.	COSSA
St. Mary's H.S.	CWOSSA
McKinnon Park S.S.	CWOSSA
Patrick Fogarty S.S.	GBSSA
King's Christian Collegiate	GHAC
Holy Trinity S.S.	LOSSA
St. Mark H.S.	NCSSAA
E.L. Crossley S.S.	SOSSA
Governor Simcoe S.S.	SOSSA
Keswick H.S.	YRAA

A/AA RESULTS:

SEMI-FINALS

Governor Simcoe def. Holy Cross	12-4
Patrick Fogarty def. St Mary	9-8

BRONZE MEDAL GAME

St. Mary def. Holy Cross	7-3
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GOLD MEDAL GAME

Governor Simcoe def. Patrick Fogarty	10-4
--------------------------------------	------



AAA PARTICIPATING TEAMS (12)

Thomas A. Stewart S.S.	COSSA
St. Peter S.S.	COSSA
Centre Wellington D.H.S.	CWOSSA
Eastview S.S.	GBSSA
Christ the King C.S.S.	GHAC
Brooklin H.S.	LOSSA
Sacred Heart H.S.	NCSSAA
Mayfield S.S.	ROPSSAA
Denis Morris H.S.	SOSSA
Neil McNeil H.S.	TDCAA
Humberside C.I.	TDSSAA
Huron Heights S.S.	YRAA

AAA RESULTS:

SEMI-FINALS

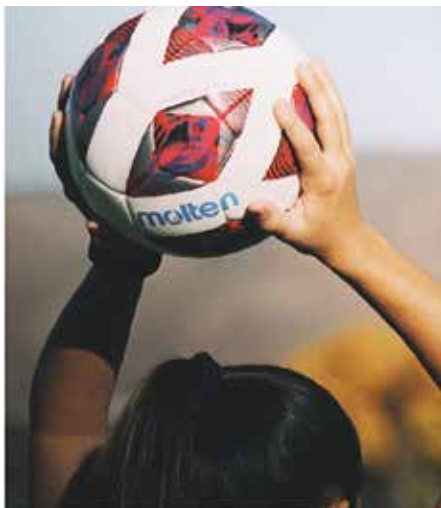
Humberside def. Centre Wellington	8-6
Christ The King def. Brooklin	8-6

BRONZE MEDAL GAME

Centre Wellington def. Brooklin	10-9
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GOLD MEDAL GAME

Humberside def. Christ The King	8-3
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OFSAA Girls' Slo-Pitch Festival

Dorchester

June 12-13, 2023



Convenor Viviane Rouleau and her organizing committee at É.S. Notre-Dame (WOSSAA) welcomed sixteen teams to Slo-Pitch City in Dorchester for the inaugural OFSAA Girls' Slo-Pitch Festival. The new event featured amazing talent and exciting games over the course of the two days. OFSAA thanks Viviane and

her team of volunteers who did an outstanding job in preparing for and delivering an excellent event!

Richview Collegiate Institute (TDSSAA) defeated Kingsville District High School (SWOSSAA) by a score of 13-2 to capture the first OFSAA Girls' Slo-Pitch Festival Championship!

Congratulations to the winning team members: Jasslyn Bach, Vivian Bach, Laura Bach, Tessa Dimatteo, Alejandra Dovale, Elizabeth Grimes, Allison Gu, Emma Howorth, Ava Kelly, Alyssa Martin, Jonna Martin, Charlotte Restrepo, Cassandra Santhinos, Ashley Sehkyrka, Payton Walker, Emma Wang and Lainey Williamson and coaches Michael Sexsmith and Deborah Haden-Reeves.

Congratulations to all participants by qualifying and making the first-ever OFSAA Slo-Pitch Festival a special milestone!

PARTICIPATING TEAMS (16)

Bayside S.S.	COSSA
Norwell D.S.S.	CWOSSA
St. Benedict C.S.S.	CWOSSA
St. Peter's C.S.S.	GBSSA
Nelson H.S.	GHAC
Bishop Alexander Carter C.S.S.	NOSSA
É.S.C. L'Horizon	NOSSA
Streetsville S.S.	ROPSSAA
Cardinal Leger C.S.S.	ROPSSAA
Sir Winston Churchill S.S.	SOSSA
Kingsville D.H.S.	SWOSSAA
Bishop Allen Academy	TDCAA
Richview C.I.	TDSSAA
St. Michael C.S.S.	WOSSAA
South Huron D.H.S.	WOSSAA
St. Jean de Brebeuf C.H.S.	YRAA

SEMI-FINALS

Kingsville def. St. Peter's	12-4
Richview def. St. Benedict	11-2

BRONZE MEDAL GAME

St. Benedict def. St. Peter's	10-7
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GOLD MEDAL GAME

Richview def. Kingsville	13-2
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OFSAA Ultimate Festival

Burlington

May 24-25, 2023



First time OFSAA Ultimate convenors Krista Reid and Kevin Schuster, along with their organizing committee from M.M Robinson High School (GHAC), welcomed the province to Burlington. Student-athletes and teacher-coaches were treated to a great ultimate venue and a well-organized event.

Prior to day one of competition, participants were fortunate to experience the first-ever Ultimate banquet at the Holiday Inn Burlington & Convention Centre. The evening was full of camaraderie as student-athletes and teacher-coaches took part in various ice-breaker games and challenges.

During the festival, spectators witnessed very competitive ultimate games throughout pool play and the playoff rounds. The gold medal matches featured programs that have had great success throughout the season. Reigning champions Adam Scott Collegiate & Vocational Institute (COSSA) prevailed over Bowmanville High School (LOSSA) to win the gold medal and

finish the season with an undefeated record. The bronze medal was won by North Toronto Collegiate Institute (TDSSAA) defeating Castlebrooke Secondary School (ROPSSAA).

Congratulations to Adam Scott student-athletes Opal Brannan, Carson Burns, Darcy Cheung, Gregory Ebisuzaki-Mackay, Maren Faulkner, Morgan Fawcett, Mitchell Fortin, Julia Fraser, Connor Halloran, Caden Imeson, Ava Johnston, Austyn McKay, Samantha Merriam, Parker Miller, Kohl Millitz, Brynn Millitz, Katie Miske, Sam Miske, Ian Nukkala, Victoria Palmer, Maddux Rose, Colin Sordi, Benjamin Stabler, Natasha Swales, Evie Turner, Daren Watts and coaches Glen MacVichie and Mark Mann.

Also to be recognized is Marshall McLuhan Catholic Secondary School (TDCAA) who won the Team Spirit Award. Your positive example on and off the field was recognized by all participants. Congratulations!

PARTICIPATING TEAMS (16)

Adam Scott C.V.I.	COSSA
St. Joan of Arc S.S.	GBSSA
Havergal College / Crescent School (combined)	CISAA
Ingersoll District C.I.	WOSSAA
Bowmanville H.S.	LOSSA
Holy Cross C.S.S.	EOSSAA
Port Colborne H.S.	SOSSA
St. Paul S.S.	COSSA
North Toronto C.I.	TDSSAA
Georgetown D.H.S.	GHAC
Brantford C.I.	CWOSSA
Markville S.S.	YRAA
Castlebrooke S.S.	ROPSSAA
Marshall McLuhan C.S.S.	TDCAA
Sandwich S.S.	SWOSSAA
Oakville Trafalgar H.S.	GHAC

QUARTER-FINALS

Adam Scott def. Sandwich	15-6
Castlebrooke def. St. Joan of Arc	10-9
Bowmanville def. Markville	15-1
North Toronto def. Holy Cross	11-6

SEMI-FINALS

Adam Scott def. Castlebrooke	15-4
Bowmanville def. North Toronto	7-4

CONSOLATION FINAL

Holy Cross def. Port Colborne	9-7
-------------------------------	-----

BRONZE MEDAL GAME

North Toronto def. Castlebrooke	8-6
---------------------------------	-----

GOLD MEDAL GAME

Adam Scott def. Bowmanville	7-2
-----------------------------	-----



OFSAA Badminton Championship

Port Hope

May 11-13, 2023



OFSAA Badminton was held in Port Hope, Ontario. Convenor Tim White and the host school Trinity College School (CISAA) spared no expense in making this a memorable experience for all attendees. Participants were treated to a high level of hospitality and great competition. A special thank you to Tim and the organizing

committee who did an outstanding job preparing for the event!

After Day 1 of the competition, participants enjoyed the customary banquet where the Leadership in School Sport Award was presented to Zvon Marinic. Zvon, a teacher at Brebeuf College

(TDCAA), has been the badminton coach for 20 years, and since 2017 is the badminton convenor for the TDCAA. Congratulations and thank you for your commitment to school sports, Zvon!

OFSAA would like to thank Yonex Canada for their support of the 2023 championship.

The championship featured closely-contested matches, keeping the spectators engaged and entertained. The new facility at Trinity College served as a well-suited location for the championship. The venue provided ample space for multiple badminton courts, seating arrangements for spectators, and necessary amenities for players and officials. Thanks again to the host organizing committee for all their hard work ensuring a notable experience for all participants.

GIRLS' SINGLES

A FLIGHT

- | | |
|--------------------|--------|
| 1. Tina Tian (O) | GHAC |
| 2. Kaylee Wang (O) | CISAA |
| 3. Karen Ki (O) | TDCAA |
| 4. Jenny Liao (O) | NCSSAA |

B FLIGHT

- | | |
|----------------------------|---------|
| 1. Zoe Ng (O) | YRAA |
| 2. Sydney Watson (O) | COSSA |
| 3. Samantha Lozon (HS) | SWOSSAA |
| 4. Lily Vijayaraghavan (O) | CISAA |

C FLIGHT

- | | |
|----------------------------|--------|
| 1. Tien Mai (HS) | GHAC |
| 2. Madelyn Vandermeer (HS) | GHAC |
| 3. Pardis Azadeh (HS) | EOSSAA |
| 4. Sawa Someya (HS) | EOSSAA |

BOYS' SINGLES

A FLIGHT

- | | |
|---------------------|--------|
| 1. Timothy Lock (O) | YRAA |
| 2. Reath Roth (O) | NCSSAA |
| 3. Michael Wang (O) | CISAA |
| 4. Brian Kim (O) | TDSSAA |

B FLIGHT

- | | |
|-----------------------|---------|
| 1. Orlando Huang (O) | ROPSSAA |
| 2. Jadon Williams (O) | LOSSA |
| 3. Ty Nguyen (O) | WOSSAA |
| 4. Adam Li (O) | GHAC |

C FLIGHT

- | | |
|-------------------------|---------|
| 1. Cole Vilon (HS) | WOSSAA |
| 2. Kayo Lake (HS) | NWOSSAA |
| 3. Daniel Straus (HS) | YRAA |
| 4. Brayden Neville (HS) | GHAC |

MIXED DOUBLES

A FLIGHT

- | | |
|-------------------------------|--------|
| 1. Chloe Hoang / Ares Zhou | YRAA |
| 2. Sydney Yeung / Oliver Chen | CISAA |
| 3. Chloe Lee / Adam Xiao | TDSSAA |
| 4. Evan Zhou / Jessie Zhou | CWOSSA |

B FLIGHT

- | | |
|----------------------------------|---------|
| 1. Hasith De Alwis / Ellen Zhang | NCSSAA |
| 2. Zhi Wei Zhang / Rayna Zhou | CISAA |
| 3. Annie Liu / Cheney Wang | ROPSSAA |
| 4. David Rojas Reid / Chloe Popp | NOSSA |

C FLIGHT

- | | |
|--------------------------------------|---------|
| 1. Maddie Martynshyn / Terrence Yang | GBSSA |
| 2. Cadance Beuckelare / Liam Cook | SWOSSAA |
| 3. Danyka Brooks / Chad Burnett | NEOAA |
| 4. Keanna Crawford / Chad Burnett | GBSSA |

GIRLS' DOUBLES

A FLIGHT

- | | |
|-----------------------------|--------|
| 1. Chloe Choi / Jasmine Shi | YRAA |
| 2. Jackie Dent / Laura Tan | CWOSSA |
| 3. Sara Wang / Michelle Yip | TDSSAA |
| 4. Katie Luk / Alice Quan | TDSSAA |

B FLIGHT

- | | |
|-------------------------------------|---------|
| 1. Eva Shao / Chloe Wang | GHAC |
| 2. Olivia Corazza / Natalie Corazza | SWOSSAA |
| 3. Liyenne Valdez / Ljay De Guzman | TDCAA |
| 4. Catherine Ren / Sophia Doyle | CISAA |

C FLIGHT

- | | |
|---------------------------------------|-------|
| 1. Marissa Hamilton / Cherie Liu | GHAC |
| 2. Cathy Rong / Cindy Wang | CISAA |
| 3. Irene Tian / Kaylie Belhumeur | LOSSA |
| 4. Maryssa Mercier / Kaylie Belhumeur | NEOAA |

BOYS' DOUBLES

A FLIGHT

- | | |
|---------------------------------------|--------|
| 1. Harold Tan / Rayce Su | YRAA |
| 2. Kousihan Balachandran / Asher Bedi | YRAA |
| 3. Ferdinand Zhang / Darrin Luo | TDSSAA |
| 4. Dennis Lu / Austin Mao | CISAA |

B FLIGHT

- | | |
|-----------------------------------|--------|
| 1. Eigen Conejos / Ryan O'Donnell | NOSSA |
| 2. Ryan Zhu / Harry Wang | NCSSAA |
| 3. Derek Wang / Ezra Klukas | EOSSAA |
| 4. Peter Li / Shaun Hou | CISAA |

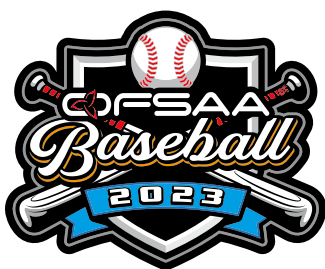
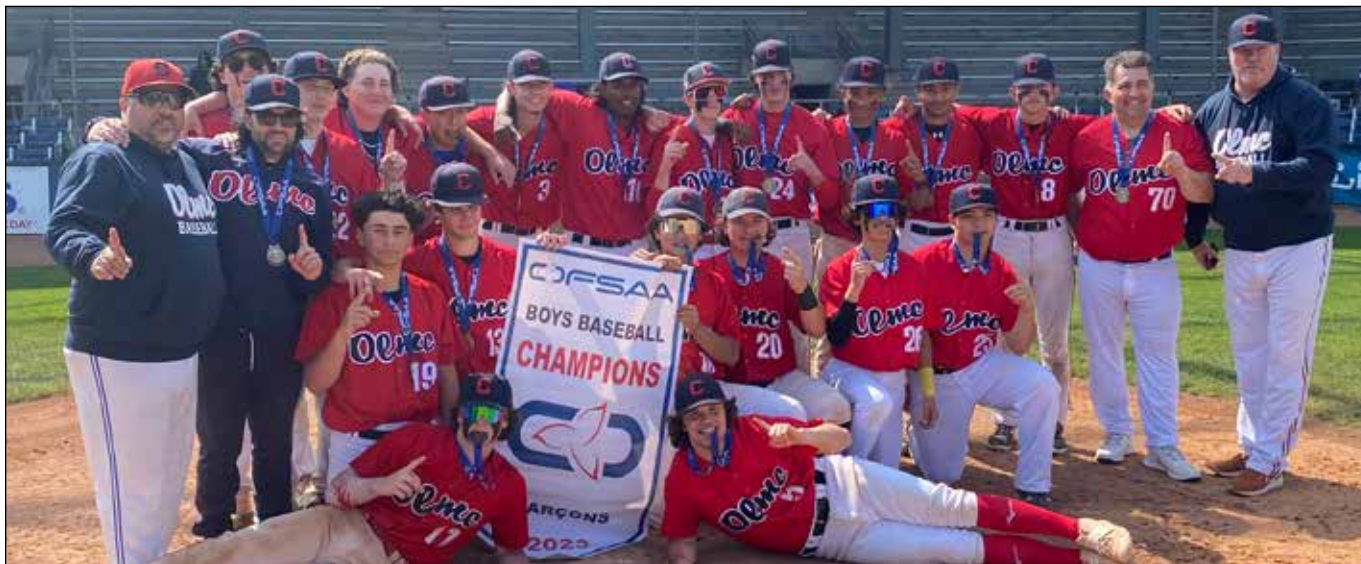
C FLIGHT

- | | |
|--------------------------------------|---------|
| 1. Jeff Cui / Eli Deng | COSSA |
| 2. Kurt Countryman / Jack Countryman | SWOSSAA |
| 3. Tian Yao / Cyrus Pang-Etan | WOSSAA |
| 4. N. Boloron / Cyrus Pang-Etan | SOSSA |

OFSAA Boys' Baseball Championship

Toronto and Windsor
London

June 7-8, 2023
June 14, 2023



Congratulations to Our Lady of Mount Carmel Courage (ROPSSAA) for persevering through smoke and rain to win the 2023 OFSAA Boys' Baseball Championship.

The team qualified from the London Regionals with a first-place finish before defeating the Bishop Allen Academy Cardinals (TDCAA) in the semi-finals and then the St. Thomas of Villanova Wildcats (SWOSSAA) in the championship final.

With rain being the usual enemy at any baseball championship, the regional tournaments were dominated by smoke advisories. Outstanding organization by Steve Burke (St. Anne Saints - Windsor) and Paul Rebelo (Bishop Allen Cardinals - Toronto) allowed the tournaments to finish on time and safely over the two days.

The Leadership in School Sport Award was given to Jean-Gilles Larocque from St. Charles College Cardinals (NOSSA). His leadership and dedication to the sport of baseball through his quality program and participation on the Baseball Sport Advisory Committee made him an excellent recipient of the award. Congratulations JG!

Congratulations to the Our Lady of Mount Carmel players Noah Abdull, Tristan Baez, Marcus Choe, Ramsey Chung, Logan Daigle, Evan Sahadeo, Jacob Jeijo, Anderson Fenwick, Taylor Fletcher, Jackson Hanna, Aydan Hill, Scott Hynes, Jack Logan, Keagan McGregor, Austin McKillop, Averie McWilliam, Cameron Tomcko, Guerrizio Umberto, Brenden Walker and coaches Adriano Guzzo, Dwain Ervin, Lino Feijo, and Miro Vukojevic.

PARTICIPATING TEAMS – WEST REGIONAL (9)

St. Thomas of Villanova S.S.	SWOSSAA
A.N. Myer S.S.	SOSSA
St. Anne S.S.	SWOSSAA
Notre Dame C.S.S.	GHAC
St. Charles College	NOSSA
Our Lady of Mount Carmel	ROPSSAA
Bradford D.H.S.	GBSSA
Mitchell D.H.S.	WOSSAA
St. James C.H.S.	CWOSSA

PARTICIPATING TEAMS – EAST REGIONAL (9)

Bishop Allen Academy	TDCAA
Sinclair S.S.	LOSSA
Humberside C.I.	TDSSAA
St. Maximilian Kolbe C.H.S.	YRAA
St. Michael C.H.S.	EOSSAA
Neil McNeil H.S.	TDCAA
Crescent School	CISAA
St. Joseph H.S.	NCSSAA
St. Theresa C.S.S.	COSSA

SEMI-FINALS

Our Lady of Mount Carmel def. Bishop Allen Academy	7-1
St. Thomas of Villanova def. Humberside	7-4

BRONZE MEDAL GAME

Bishop Allen Academy def. Humberside	3-1
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GOLD MEDAL GAME

Our Lady of Mount Carmel def. St. Thomas of Villanova	4-0
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OFSAA Boys' A/AA Rugby Championship

Belleville

June 8-10, 2023



Convenor Pete Hercus and his organizing committee at Centennial Secondary School (COSSA) wrapped up the 2023 Girls' A/AA Rugby Championship and quickly began the OFSAA Boys' A/AA Rugby Championship later in the week. Many thanks go to Pete and his organizing committee for hosting which required many hours to make

this a memorable experience for the teams in two separate championships.

The Boys' A/AA championship had an extremely strong field of teams and the gold medal match saw Crescent School (CISAA) defeat Ashbury College (NCSSAA) 28-12.

Congratulations to Crescent School players and coaches on their well-deserved Boys' A/AA Rugby Championship victory: Jack Anderson, Brett Anderson, Leo Aylward, Alec Barker, Thomas Campbell, Wolfe Colavecchia, Sean Conroy, Morgan Di Nardo,

Warren Doner, Turner Elliot, Haig Gilmour, David Graham, Jack Gray, Peter Lawetz, Eamonn Lay, Spencer Lu, Cole Luepann, James Luepann, A. James Murphy, John Raftus, Turner Reucassel, Talen Samant, Morgan Sivers, Fraser Smith, Kareem Sollman, Alexander Soudmand, Spencer Voegall, Keon Zarif and coaches James Trood, Glenn Connors, Bob McArthur and Terri Reynolds.

The Team Sportsmanship Award was earned by the number one seed, Adam Scott Collegiate & Vocational Institute (COSSA) who demonstrated the utmost respect for their opponents, the game and the officials.

Joe Dicresce from Centennial Secondary School (COSSA) was the OFSAA Leadership in School Sport Award recipient at the 2023 Boys' A/AA Rugby Championship. Joe has been teaching and coaching for 30 years and is actively involved in the school sport program as the athletic director and physical education department head at his school. Joe has also convened several association championships and coaches football and rugby. His knowledge and abilities are reflected in their team's sportsmanship and overall play. Congratulations, Joe!

PARTICIPATING TEAMS (12)

- | | |
|----------------------|---------|
| Crescent School | CISAA |
| Adam Scott C. & V.I. | COSSA |
| Centennial S.S. | COSSA |
| Holy Trinity C.S.S. | CWOSSA |
| La Salle S.S. | EOSSAA |
| Port Perry H.S. | LOSSA |
| Henry Street H.S. | LOSSA |
| Ashbury College | NCSSAA |
| Cairine Wilson S.S. | NCSSAA |
| Streetsville S.S. | ROPSSAA |
| Great Lakes S.S. | SWOSSAA |
| F.E. Madill S.S. | WOSSAA |

SEMI-FINALS

- | | |
|---------------------------|-------|
| Ashbury def. Henry Street | 26-14 |
| Crescent def. La Salle | 20-7 |

CONSOLATION FINAL

- | | |
|-----------------------------|-------|
| Great Lakes def. Port Perry | 15-12 |
|-----------------------------|-------|

BRONZE MEDAL GAME

- | | |
|----------------------------|------|
| La Salle def. Henry Street | 12-7 |
|----------------------------|------|

GOLD MEDAL GAME

- | | |
|-----------------------|-------|
| Crescent def. Ashbury | 28-12 |
|-----------------------|-------|

OFSAA Boys' AAA Rugby Championship

London June 8-10, 2023



Experienced host Medway High School (WOSSAA), once again led by convenor Ryan Kimmerly, organized for student-athletes, coaches and spectators an excellent championship atmosphere. High School rugby was showcased at four different schools within the London area for a second

straight year.

The gold medal match featured two familiar opponents, Oakville Trafalgar High School (GHAC) and Uxbridge Secondary School (LOSSA). In the end, Oakville Trafalgar exemplified teamwork throughout the evenly-matched contest and prevailed by a final score of 13-12. This was the team's second OFSAA championship win in a row going back to 2022. It's also the second time

winning back-to-back rugby gold medals in the school's history (previously done in 1984/1985). In the bronze medal match, a newcomer to the medal round Saltfleet District High School (SOSSA), was defeated by John F. Ross Collegiate & Vocational Institute by a score of 24-7.

Congratulations to Oakville Travalgar student-athletes David Amnoiel, Christian Basen, Duncan Biggar, Jordan Blandford, Henry Boggs, Oscar Boggs, Billy Bourke, Evan Burnham, Johnny Chen, Geart De Marez Oyens, Hunter Ellis, Daniel Foote, Alex Gambrell, Spencer Hayes, Crawford Hughes, Charlie Ince, Liam Keliehor III, Nolan Landry, Adam Lopez, Owen Mackenzie, Jack Marasco, Harrison McLean, Nolan Muller, Jacob Reigate, Evan Sheehan, Adam Stander, Thor Surbey, Steven Uvakov, Bastie Walker and coaches David Schaffler and James Wood.

The OFSAA Sportsmanship Award was earned by Northern Secondary School (TDSSAA) who showed great camaraderie on and off the field. Thank you to the student-athletes and coaches for exhibiting the true meaning of school sport throughout the championship.

PARTICIPATING TEAMS (16)

Prince Edward C.I.	COSSA
Thomas A. Stewart S.S.	COSSA
John F. Ross C&VI	CWOSSA
Kitchener Waterloo C&VS	CWOSSA
Barrie North C.I.	GBSSA
Abbey Park H.S.	GHAC
Oakville Trafalgar H.S.	GHAC
Dunbarton H.S.	LOSSA
Uxbridge S.S.	LOSSA
Glebe C.I.	NCSSAA
Lorne Park S.S.	ROPSSAA
Saltfleet S.S.	SOSSA
Northern S.S.	TDSSAA
A.B. Lucas S.S.	WOSSAA
Medway H.S.	WOSSAA
St. Theresa of Lisieux C.H.S.	YRAA

SEMI-FINALS

Uxbridge def. Saltfleet	29-7
Oakville Trafalgar def. John F. Ross	13-5

CONSOLATION FINAL

Medway def. Glebe	21-15
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BRONZE MEDAL GAME

J.F Ross def. Saltfleet	24-7
-------------------------	------

GOLD MEDAL GAME

Oakville Trafalgar def. Uxbridge	13-12
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OFSAA Girls' A/AA Rugby Championship

Belleville

June 5-7, 2023



The 2023 OFSAA Girls' A/AA Rugby Championship was held in Belleville and it was highly-competitive and exciting. Convenor Pete Hercus, along with Centennial Secondary School (COSSA) and their organizing committee put together a well-run championship and should be congratulated for a job well done!

Spectators were able to witness some outstanding rugby by as the girls' performed at a high level throughout the championship. St. Mary Catholic Secondary School (COSSA), entered as the #1 seed and faced the #3 seed, Holy Cross Catholic Secondary School (COSSA) in an exciting gold medal match. St. Mary defeated Holy Cross 14-5 and both squads represented their association well and showed the strength and development of their school's

rugby programs.

Congratulations to St. Mary players and coaches on their deserving 2023 Girls' A/AA Rugby Championship victory: Isabella Angelo, Presley Barton, Brooke Bennett, Ella Besslich, Brianna Bolton, Leila Briscoe, Nikayla Casselman, Kiera Fowler-Martin, Taylor Harrigan, Autumn Howard-Dey, Tatum Ireland, Grace Jenkins, Emma Khalmovich, Madison Lazary, Maggie Lycett, Megan Meade, Veronika Mokros, Gloria Nott, Zoey O'Connor, Diya Patel, Sydney-May Pipe, Grace Rice, Emma Rypstra, Claire Rypstra, Ella Sexton, Sydney Souch, Mikaela Stewart, Tristan van den Heuvel, Sydnie Walton, Ryleigh Woods and coaches Shawn Carmichael, Greg Conway, Esther Dietrich and Ray Hefferman.

The Team Sportsmanship Award was given to Burlington Central High School (GHAC) who demonstrated the attributes of sportsmanship and fair play on and off the field.

The Girls A/AA Rugby Leadership in School Sport Award was presented to Tony Lombardi from St. Paul Secondary School (COSSA). Tony has over 25 years involved in teaching and high school sport. He not only serves as his school's athletic director, but also coaches the rugby and football teams. He was a key figure in starting up the rugby program at St. Paul. Congratulations, Tony!

PARTICIPATING TEAMS (16)

Centennial S.S.	COSSA
Holy Cross C.S.S.	COSSA
St. Mary C.S.S.	COSSA
Centre Dufferin D.H.S.	CWOSSA
Holy Trinity C.H.S.	CWOSSA
La Salle S.S.	EOSSAA
Napanee D.S.S.	EOSSAA
Burlington Central H.S.	GHAC
Clarington Central S. S.	LOSSA
Courtice S.S.	LOSSA
Cairine Wilson S.S.	NCSSAA
Streetsville S.S.	ROPSSAA
Lambton Central C. & V.I.	SWOSSAA
St. John Henry Newman C.S.	TDCAA
Ursula Franklin Academy	TDSSAA
F.E. Madill S.S.	WOSSAA

SEMI-FINALS

St. Mary def. Napanee	31-5
Holy Cross def. Centre Dufferin	14-12

CONSOLATION FINAL

Clarington Central def. Lambton Central	22-10
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BRONZE MEDAL GAME

Centre Dufferin def. Napanee	10-7
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GOLD MEDAL GAME

St. Mary def. Holy Cross	14-5
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OFSAA Girls' AAA Rugby Championship

Bolton

June 5-7, 2023



The Girls' AAA Rugby Championship showcased the growing interest and talent for girls' rugby in Ontario high schools. Thank you to co-convenors Mark McLenaghan from Humberview Secondary School (ROPSSAA) and David Wiwchar from Mayfield Secondary School (ROPSSAA) and their organizing committees who put on an amazing event that provided student-athletes and teacher-coaches with a memorable OFSAA experience.

For the second year in a row, Mayfield Secondary School (ROPSSAA) and Uxbridge Secondary School (LOSSA) advanced to the gold medal match. The final game was an exciting back and forth match that saw Mayfield take home back-to-back gold medals with a final score of 22-17.

Congratulations to Mayfield players and coaches on their well-deserved victory: Sarah Adams, Tess Baird, Maeve Barnard,

Hannah Bell, Harman Bhathha, Isabella Bistriteanu, Adelle Byrski, Brooklyn Corbett, Chloe Creighton, Olivia Dibua, Brittany Ennema, Orly Ferris, Grier Forbes, Jade Franklin, Anna Jeffrey, Ella Judge, Rosalea Meek, Mya Morris, Chloe Mulliss, Maira Opel, Evelyn Pacheco, Charlotte Rees, Azzarah Reid, Maelle Smith, Kennedi Stevenson, Rimandeep Tung, Mia VandenHoek, Lily VandenHoek, Jessica Vella and coaches Jon Forbes, Pamela Ireland, Rhys Manning, John Tutty and David Wiwchar.

The Team Sportsmanship Award was presented to Sacred Heart Catholic High School (YRAA) who demonstrated an overall positive attitude as well as OFSAA values on and off the field.

The Girls AAA Rugby Leadership in School Sport Award was presented to Jason Cormier of St. Francis Xavier Catholic Secondary School (ROPSSAA). Jason has years of teaching and coaching experience and is passionate about rugby and school sport in general. He has played a large role in growing the rugby programs in his region as a former member of the OFSAA Rugby Sport Advisory Committee and current Co-Chair. His dedication to school sports and student athletes deserves to be recognized. Congratulations, Jason!

A special thank you to the University of Guelph Humber for lending support to this girls' championship!

PARTICIPATING TEAMS (16)

Bayside S.S.	COSSA
Owen Sound D.S.S.	CWOSSA
Kingston S.S.	EOSSAA
Nantyr Shores S.S.	GBSSA
Oakville Trafalgar H.S.	GHAC
Uxbridge S.S.	LOSSA
Pickering H.S.	LOSSA
Glebe C.I.	NCSSAA
Nepean H.S.	NCSSAA
Mayfield S.S.	ROPSSAA
Robert F. Hall C.S.S.	ROPSSAA
Eden H.S.	SOSSA
Ursuline College	SWOSSA
Northern S.S.	TDSSAA
Sir Wilfrid Laurier S.S.	WOSSAA
Sacred Heart C.H.S.	YRAA

SEMI-FINALS

Mayfield def. Owen Sound	19-0
Uxbridge def. Bayside	15-0

CONSOLATION FINAL

Sir Wilfrid Laurier def. Pickering	31-17
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BRONZE MEDAL GAME

Owen Sound def. Bayside	20-12
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GOLD MEDAL GAME

Mayfield def. Uxbridge	22-17
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OFSAA Boys' and Girls' A Soccer Championships

London June 8-10, 2023



After years in the making, Holy Cross Catholic Secondary School (WOSSAA) was this year's host for both the Boys' and Girls' A Soccer Championships. Convenor Cam Hagle, along with a very organized and hard-working committee, ran a top-notch event for the 40 teams

that traveled to London. The banquet was hosted at Fanshawe College where nearly 1,000 people were in attendance. The night was highlighted by presenting the Leadership in School Sport Award to Katherine Esch. Katherine, a teacher-coach of 25 years, shares her passion for the sport of soccer with her students. Congratulations and thank you, Katherine!

The North London Athletic Fields served as the venue for both championships, consisting of several well-maintained grass pitches, which made for ideal playing conditions.

OFSAA would like to thank Gatorade Canada for providing products and displays at this year's championship. Special thank you to OFSAA sponsor, Molten, for providing equipment and financial support for the championships. OFSAA was also pleased to have ONroute alongside as a sponsor of 2023 spring championships.

In the girl's highly-contested gold medal match, Lord Dorchester (WOSSAA) won for the second year in a row by defeating College de La Salle (CISAA) by way of penalty kicks!

Congratulations to Cali Beattie, Adelaide Boughner, Chloe Bozik, Makenna Brown, Holly Brulotte, Sydney Champion, Jenna Couch, Morgan Czupryna, Olivia Dettloff, Lauren Lindsay, Shaelyn Linton, Megan McLachlin, Portia Metcalfe, Bella Nolte, Meriem Novak-Hasic, Jordyn Patterson, Julia Ritchie, Kayle Smith, Faith Snyders, Jenna Wideman, Lexi Wylie and coaches Andreas Nolte and Stephanie Young.

PARTICIPATING TEAMS (20)

De La Salle College	CISAA
Quinte Christian H.S.	COSSA
É.S. Père René de Galinée	CWOSSA
Walkerton District Community School	CWOSSA
Glengarry D.H.S.	EOSSAA
Mackenzie Community School	EOSSAA
É.S.C. Nouvelle-Alliance	GBSSA
É.S.C. Sainte-Trinité	GHAC
É.S.C. Sainte-Marie	NEOAA
É.S.C. L'Horizon	NOSSA
É.S. Algonquin	NOSSA
St. Thomas Aquinas H.S.	NWOSSAA
Hamilton District Christian H.S.	SOSSA
Guido De Bres Christian H.S.	SOSSA
É.S.C. E.J. Lajeunesse	SWOSSAA
University of Toronto Schools	TDCAA
É.S.C. Père-Philippe-Lamarque	TDCAA
Lord Dorchester S.S.	WOSSAA
Holy Cross H.S.	WOSSAA
Toronto District Christian H.S.	YRAA

QUARTER-FINALS

De La Salle College def. ESC E.J. Lajeunesse	2-1
Lord Dorchester def. E.S.C. Sainte-Trinité	3-1
Pere Rene De Galinee def. Guido de Bres CHS	1-0
Glengarry DHS def. Quinte CHS	2-1 (ET)

SEMI-FINALS

De La Salle College def. Glengarry DHS	3-0
Lord Dorchester def. Pere Rene De Galinee	2-1

BRONZE MEDAL GAME

Pere Rene De Galinee def. Glengarry DHS	3-2
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GOLD MEDAL GAME

Lord Dorchester def. De La Salle College	2-1 (PK)
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On the boy's side, the gold medal game featured École Secondaire Catholique Sainte-Trinité (GHAC) and École Secondaire Catholique E.J. Lajeunesse (SWOSSAA). In the end, the athletes from Sainte-Trinité played to a hard-fought 1-0 win over ÉSC E.J. Lajeunesse.

Congratulations to Karim Asaad, Benjamin Borg, Lucas Borg,

William Chessman, Luca DelFrate, Fady Hanna, Chris Ishak, Alex Kinnear, Christoph Lotfy, Noah Masia, Karl Metochaleh, Philippe Mitchell, Isaac Molouba, Marcus Montanino, Theodore Montanino, Aidan Robichaud, John Simpson, Aly Sultan, Alain Tcheuyap, Mickael Tissier, Maurice Wilhelm and coaches Mamadou Diaby, Aka Ebipe and Matthew Stewart.

PARTICIPATING TEAMS (20)

De La Salle College	CISAA
St. Paul S.S.	COSSA
Delhi District S.S.	CWOSSA
É.S. L'Heritage	EOSSAA
É.S. Roméo-Dallaire	GBSSA
É.S.C. Sainte-Trinité	GHAC
É.C. Saint-Charles Garnier	LOSSA
Roland Michener S.S.	NEOAA
St. Benedict C.S.S.	NOSSA
St. Thomas Aquinas H.S.	NWOSSAA
St. Paul C.S.S.	ROPSSAA
Heritage Christian School	SOSSA
Hamilton District Christian H.S.	SOSSA
É.S.C. E.J. Lajeunesse	SWOSSAA
North Lambton S.S.	SWOSSAA
Collège Français	TDCAA
Oakwood C.I.	TDSSAA
Holy Cross H.S.	WOSSAA
St. Marys D.C.V.I.	WOSSAA
Langstaff S.S.	YRAA

QUARTER-FINALS

Hamilton DCHS def. St. Paul CSS	1-0 (ET)
E.S.C. Sainte-Trinité def. De La Salle College	4-1
Oakwood C.I. def. Collège Français	1-0
ESC E.J. Lajeunesse def. St. Mary's DCVI	2-1

SEMI-FINALS

ESC E.J. Lajeunesse def. Hamilton DCHS	2-1 (PK)
ESC Sainte-Trinité def. Oakwood C.I.	4-0

BRONZE MEDAL GAME

Hamilton DCHS def. Oakwood C.I.	1-0
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GOLD MEDAL GAME

ESC Sainte-Trinité def. ESC E.J. Lajeunesse	1-0
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The athletes from É.S.C. L'Horizon and ÉSC E.J. Lajeunesse won the Team Sportsmanship Awards at this year's championship. Both teams represented their school and association with class and dignity and put up a spirited fight in each of their pool games. Congratulations and thank you to both teams!

OFSAA Boys' AA Soccer Championships

Bradford June 8-10, 2023



a goal in the playoff rounds. The Rebelles only allowed two goals during the entire three-day event and were full marks for their silver medals.

Congratulations to the Saint Paul Patriots and the following team members: Owain Mayer, Anthony Vescio, Marco Guosso, Elijah Cardamone, Andrew Villegas, Nicholas Di Santo, Cristiano Colamartini,

Alessandro Elia, Jared D'Addio, Mateo Guosso, Jacob Jackson, Stefan Candeloro, Daniel Szufranowicz, Lucas Vetere, Petar Andonov, Richard Twinkle, Joseph Bernard, Joshua Kim, Luke Berezowski, Dante De Benedetti, Aldo Seca (Head Coach) and Julio Candeloro (Assistant Coach).

The packed banquet ballroom enjoyed hearing a high school reflective speech by accomplished Canadian soccer player Julian de Guzman. He was more than generous with selfies and handshakes as the competitors made their way to the front of the room at the end of the evening.

In a special presentation at the banquet, Anne Marie Nadon was presented with the Leadership in School Sport Award for her many years of dedicated service in a variety of roles with host school Holy Trinity Catholic High School (GBSSA). Congratulations Anne Marie!

For their demonstration of fair play, comporment and positive approach, the St. Michael CSS Warriors (WOSSAA) were recognized with the Team Sportsmanship Award for the championship. Congratulations!

For the second year in a row, Gatorade Canada was on point with product and displays at this year's championship. Thank you! In addition, OFSAA partner, Molten, provided sporting equipment and financial support for the event.



Set in Bradford's Henderson Memorial Park, Convenors Jayme Davis and Denny DeOliveira built on their success from the 2022 Girls' AA Soccer Championship to deliver another exceptional outdoor spring championship for student-athletes and coaches.

Their committee was bolstered by having Craig McLaughlin overseeing the live streaming of all games across four playing fields for all three days. His team of 25 student volunteers were up to the task despite a few periods of rain and brisk winds on day two. Craig also implemented a user-friendly app so that competitors and followers were able to easily track the real-time results.

The championship banner resides with the Saint Paul C.H.S. Warriors of Niagara Falls (SOSSA) as they won the tight championship final by a 1-0 score over the É.S.P. Louis-Riel Rebelles of Ottawa (NCSSAA). It's the first soccer gold medal win for the school in 18 years. The Warriors locked it down and didn't allow

PARTICIPATING TEAMS (20)

É.S.P. Gisèle-Lalonde	NCSSAA
Aldershot H.S.	GHAC
St. Charles College	NOSSA
Bayside S.S.	COSSA
King City S.S.	YRAA
Holy Trinity C.H.S.	GBSSA
É.S.C. L'Essor	SWOSSAA
Sir Winston Churchill S.S.	SOSSA
St. Michael C.S.S.	WOSSAA
É.S.C. Hearst H.S.	NEOAA
É.S.P. Louis-Riel	NCSSAA
Silverthorn C.I.	TDSSAA
North Park C.V.	CWOSSA
Beaver Brae S.S.	NWOSSAA
Thousand Islands S.S.	EOSSAA
Saint Paul C.H.S.	SOSSA
St. Oscar Romero C.S.S.	TDCAA
Courtice S.S.	LOSSA
Erindale S.S.	ROPSSAA
Huntsville H.S.	GBSSA

QUARTER-FINALS

Louis-Riel def. St. Oscar	1-0
Holy Trinity def. Aldershot	3-0
Gisèle-Lalonde def. L'Essor	3-1
Saint Paul def. Silverthorn	2-0

SEMI-FINALS

Saint Paul def. Gisèle-Lalonde	2-0
Louis-Riel def. Holy Trinity	2-1 (PK)

BRONZE MEDAL GAME

Gisèle-Lalonde def. Holy Trinity	3-0
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GOLD MEDAL GAME

Saint Paul def. Louis-Riel	1-0
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OFSAA Boys' AAA Soccer Championship

Windsor

June 8-10, 2023



Cobourg Collegiate Institute (COSSA) who demonstrated great sportsmanship throughout the tournament and served as great role models for all competitors.

OFSAA would like to thank Gatorade Canada for providing products and displays at this year's championship. Special thank you to OFSAA sponsor, Molten, for providing equipment and

financial support for the championships.

In the bronze medal game, the host school Holy Names CHS defeated Michael Power 2-1 in what was a close match.

In the gold medal game, Group A Winner, St. John Henry Newman CSS, met the Group C winner, Mother Teresa CSS. In another highly-contested contest, fit for a final, Mother Teresa CSS was able to earn the 1-0 tight victory.

Congratulations to players Noah Cameron, Dante D'Oria, Gianluca DeCandido, Matteo Di Nino, Ben Flynn, Erick Hoffbauer, Matt Keeler, Isiah Loague, Deseron Maclean, Juan Manotas, Caleb Maxwell-Smith, Elesio Melillo, Matteo Murataj, Stefan Musta, Tiago Neiva, Gustavo Rojas, Santiago Salazar Ruiz, Jacob Salerno-Gardiner, Jack Serratore, Marc-Andre Soliman, Anthony Srouji and coaches Brodey Holditch, Tim Clayton and Andrew Loague.

Congratulations to players and coaches for representing your school with respect and fairness!



Holy Names Catholic High School (SWOSSAA) in Windsor played host to this year's Boys' AAA Soccer Championship. A strong organizing committee led by Fabio Muscedere welcomed schools from across the province to showcase their skills.

The Ciociaro Club hosted the banquet where participants enjoyed a wonderful meal and had Holy Names CHS graduate Babayele Sodade say a few words to the participants as the night's guest speaker. The evening was highlighted with the presentation of the Leadership in School Sport Award, which deservedly was awarded to Holy Names teacher Joe Castagna. Thank you for your commitment to student-athletes over the years and for your passion for coaching, Joe!

The Team Sportsmanship Banner was awarded to the deserving

PARTICIPATING TEAMS (20)

St. Michael's College School	CISAA
Cobourg C.I.	COSSA
Grand River C.I.	CWOSSA
Holy Cross C.S.S.	EOSSAA
St. Peter's C.S.S.	GBSSA
St John Henry Newman C.S.S.	GHAC
Christ the King C.S.S.	GHAC
Donald A. Wilson S.S.	LOSSA
John McCrae S.S.	NCSSAA
Lo-Ellen Park S.S.	NOSSA
St. Ignatius H.S.	NWOSSAA
St. Edmund Champion C.S.S.	ROPSSAA
St. Aloysius Gonzaga C.S.S.	ROPSSAA
St. Michael H.S.	SOSSA
Holy Names C.H.S.	SWOSSAA
Ursuline College	SWOSSAA
Michael Power/St. Joseph	TDCAA
SATEC at W.A. Porter C.I.	TDSSAA
Mother Teresa C.S.S.	WOSSAA
Holy Cross C.H.S.	YRAA

QUARTER-FINALS

St John Henry Newman C.S.S. def. St Michaels H.S.	4-0
Holy Names C.H.S. def. Christ The King C.S.S.	1-0
Mother Teresa C.S.S. def. Holy Cross Academy	2-0
Michael Power def. St. Aloysius Gonzaga C.S.S.	4-1

SEMI-FINALS

St John Henry Newman C.S.S. def. Holy Names C.H.S.	3-1
Mother Teresa C.S.S. def. Michael Power	4-1

BRONZE MEDAL GAME

Holy Names C.H.S. def. Michael Power	2-1
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GOLD MEDAL GAME

Mother Teresa C.S.S. def. St. John Henry Newman C.S.S.	1-0
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OFSAA Girls' AA Soccer Championship

Cobourg June 8-10, 2023



Convenor Ian Kendrick and his organizing committee at St. Mary Catholic Secondary School (COSSA) welcomed student-athletes and teacher-coaches from all around the province to the 2023 OFSAA Girls' AA Soccer Championship in Cobourg. Thank you to Ian and his team of volunteers for making the championship a memorable experience for all involved!

Thomas A. Blakelock: Holly Brimacombe, Addison Butler, Sienna Caesar, Grace Dalton, Ava Dubkowski, Kate Faelker, Chloe Foxcroft, Regan Fril, Isabella Guzman, Jasmine Haneberry, Sarah Hare, Keira Mackenzie, Sienna Manuel, Alyssa Mella, McKayla Miller, Josie Norton, Naya Patel, Kennedy Roode, Kiera Sage, Carsyn Weber and coaches Ken Butler and Allyson Sonnenburg-Miller.

The OFSAA Team Sportsmanship Award was presented to Fort Frances High School (NWOSSAA) for their amazing display of sportsmanship both on and off the field.

Thomas A. Blakelock High School (GHAC) faced St. Mary's College of Sault Ste. Marie (NOSSA) in an exciting gold medal game that went to penalty kicks. With a final score of 1-0 (5-4 in PK's), Thomas A. Blakelock came out on top to capture OFSAA gold. The team won seven straight games by a combined score of 28-1. The victory marks the second time the school has ever won an OFSAA Championship, with the high school's first title coming from the school's volleyball team in March.

Convenor Ian Kendrick was presented with the Leadership in School Sport Award. Ian has over 20 years of involvement in school sport, hosting many association championships, convening girls' soccer in the COSSA region and coaching basketball, volleyball and soccer. Ian dedicates his time and energy into developing well-rounded student-athletes. Ian had the privilege of not only convening this championship and coaching his team, but coaching both of his daughters at the championship as well. Congratulations, Ian!

Congratulations to the student-athletes and coaches from

OFSAA would like to thank Gatorade Canada, ONroute and Molten for their sponsorship efforts towards our boys' and girls' 2023 soccer championships.

PARTICIPATING TEAMS (20)

Holy Cross C.S.S.	COSSA
St. Mary C.S.S.	COSSA
North Park C. & V.S.	CWOSSA
La Salle S.S.	EOSSAA
Holy Trinity C.H.S.	GBSSA
Huntsville H.S.	GBSSA
Thomas A. Blakelock H.S.	GHAC
Monsignor Paul Dwyer C.H.S.	LOSSA
Anderson C. & V.I.	LOSSA
É.S.C. Garneau	NCSSAA
É.S.C. Theriault	NEOAA
St. Mary's College	NOSSA
Fort Frances H.S.	NWOSSAA
Lorne Park S.S.	ROPSSAA
Sir Winston Churchill S.S.	SOSSA
É.L. L'Essor	SWOSSAA
Tecumseh Vista Academy	SWOSSAA
St. John Henry Newman C.S.	TDCAA
Ursula Franklin Academy	TDSSAA
St. Joseph's H.S.	WOSSAA

QUARTER-FINALS

St. Mary def. Tecumseh	3-1
Sir Winston Churchill def. St. Joseph's	2-1 (PK)
Thomas A. Blakelock def. Holy Trinity	3-0
Monsignour Paul Dwyer def. L'Essor	5-1

SEMI-FINALS

St. Mary def. Sir Winston Churchill	4-0
Thomas A. Blakelock def. Monsignor Paul Dwyer	5-0

BRONZE MEDAL GAME

Sir Winston Churchill def. Monsignor Paul Dwyer	1-0
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GOLD MEDAL GAME

Thomas A. Blakelock def. St. Mary's	1-0 (PK)
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OFSAA Girls' AAA Soccer Championship

Grimsby

June 8-10, 2023



Grimsby was the setting for the 2023 OFSAA Girls' AAA Soccer Championship where skills and strong teamwork showcased this year's event. Thank you to convenor, Joe Pagnotta and his team of volunteers from Blessed Trinity Secondary School (SOSSA) for hosting a quality soccer championship.

Holy Names Catholic High School (SWOSSAA) played Christ the King Catholic Secondary School (GHAC) in the championship match with Holy Names capturing OFSAA gold with a final score of 4-2.

Congratulations to Holy Names players and coaches: Maysa Arabi,

Gabriella Barile, Sienna Basile, Kendra Bell, Lily Collins, Alessia Fenella, Mya Mascaro, Layla Merheje, Alessia Olivito, Claire Pozzi, Anna Pozzi, Jane Pozzi, Nadia Pupatello, Jada Riccardi, Morgan Rocheleau, Ava Sirola, Leah Tate, Alessia Venosa, Sofia Vilardi and coaches Emma Collins, Stacey Ditchfield and Marc Leonardi.

This year, the OFSAA Team Sportsmanship Award was awarded to St. Peter Secondary School (COSSA) who exhibited positive character and were a shining example to all of the other schools in attendance.

The Leadership in School Sport Award was presented to Charles Cino and Salvatore Piazza from Blessed Trinity Catholic Secondary School (SOSSA). Both are actively involved in school sport, coaching and convening tournaments while sharing their passion for school sport with student-athletes.

OFSAA would like to thank Gatorade Canada, ONroute and Molten for their sponsorship efforts towards our boys' and girls' 2023 soccer championships.

PARTICIPATING TEAMS (20)

Havergal College	CISAA
St. Peter S.S.	COSSA
Resurrection C.S.S.	CWOSSA
Frontenac S.S.	EOSSAA
Banting Memorial H.S.	GBSSA
Christ the King C.S.S.	GHAC
Garth Webb S.S.	GHAC
St. Mary C.S.S.	LOSSA
St. Francis Xavier H.S.	NCSSAA
St. Mother Teresa H.S.	NCSSAA
St. Joseph-Scollard Hall C.S.S.	NOSSA
St. Ignatius H.S.	NWOSSAA
St. Martin C.S.S.	ROPSSAA
Blessed Trinity C.S.S.	SOSSA
Ancaster H.S.	SOSSA
Holy Names C.H.S.	SWOSSAA
Bishop Allen Academy	TDCAA
York Mills C.I.	TDSSAA
Medway H.S.	WOSSAA
St. Joan of Arc C.H.S.	YRAA

QUARTER-FINALS

Christ the King def. Blessed Trinity	1-0
Bishop Allen def. Havergal	1-0
Holy Names def. St. Peter	4-0
St. Ignatius def. Garth Webb	1-0

SEMI-FINALS

Christ the King def. Bishop Allen	2-0
Holy Names def. St. Ignatius	3-0

BRONZE MEDAL GAME

Bishop Allen def. St. Ignatius	4-2
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GOLD MEDAL GAME

Holy Names def. Christ the King	4-2
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OFSAA Tennis Championship

Toronto

June 5 - 7, 2023

ONroute



This year's OFSAA Tennis Championships were once again hosted by the Toronto District Secondary School Athletic Association (TDSSAA) under the tremendous leadership of the Convenor Larry Laughlin. He and his organizing committee did a

terrific job in ensuring that the event went off without a hitch. This year, L'Amoreaux Tennis Centre, Mayfair East Tennis Club,

Tam Heather Tennis Club and the Sobey's Tennis Centre were the sites used by the committee to host over 400 student-athletes who competed in 10 different divisions and completed 450 matches over the three-day event.

Jennifer Brunner, Health and Physical Education Lead Teacher from the Toronto District School Board, is this year's recipient of the Leadership in School Sport Award. Jennifer's commitment to high school sport and her tremendous organizational skills guaranteed that this year's event was a huge success for everyone involved. Congratulations Jennifer and thank you for your continued dedication to high school sport in Ontario!

RESULTS:

HIGH SCHOOL BOYS' SINGLES

GOLD	Leon Gell	(CISAA)	Lakefield College
SILVER	Cyrus Shobeir	(GBSSA)	Bear Creek SS
BRONZE	Jonathan Felix	(TDSSAA)	Agincourt CI
ANTIQU BRONZE	Matthew Furlong	(WOSSAA)	St. Michael's HS

HIGH SCHOOL GIRLS' SINGLES

GOLD	Mia Ho	(CISAA)	Havergal College
SILVER	Dasha Ossipov	(GBSSA)	Bear Creek SS
BRONZE	Andrea Yeh	(YRAA)	St. Augustine CHS
ANTIQU BRONZE	Izzy Speiran	(CWOSSA)	Elmira DCI

HIGH SCHOOL BOYS' DOUBLES

GOLD	Carter Chew Aidan Fennimore	(NCSSAA)	Glebe HS
SILVER	Michael Mao Charles Vilain	(GHAC)	Trafalgar HS
BRONZE	Chris Milligan Jacob Sulowski	(TDSSAA)	Lawrence Park CI
ANTIQU BRONZE	Blake Scatcherd Edward Tay	(WOSSAA)	Oakridge SS

HIGH SCHOOL GIRLS' DOUBLES

GOLD	Renee Xia Michelle Yuen	(CISAA)	Appleby College
SILVER	Meg Feore Ava McMillan	(WOSSAA)	Stratford DSS
BRONZE	Daniela Lall Vanessa Lall	(CWOSSA)	Bishop MacDonell CHS
ANTIQU BRONZE	Jasmine Collins Victoria Estrada-Schoen	(TDSSAA)	Western Tech

HIGH SCHOOL MIXED DOUBLES

GOLD	Drew Kenaghan Ava Choma	(SOSSA)	Notre Dame College
SILVER	Maxi Bernard Michael Lyakutin	(CISAA)	Appleby College
BRONZE	Haylee Sim Ethan Jan	(GHAC)	Iroquois Ridge HS
ANTIQU BRONZE	Mila Brajkovich Tristan Vince	(CWOSSA)	St. James CHS

OPEN GIRLS' SINGLES

GOLD	Katherine Zhang	(TDSSAA)	Woburn CI
SILVER	Ola Bartyzel	(ROPSSAA)	St. Martin CHS
BRONZE	Jelena Vico	(TDSSAA)	Richview CI
ANTIQU BRONZE	Amy Mucea	(YRAA)	Our Lady Queen of the World

OPEN BOYS' SINGLES

GOLD	Michael Gutkowski	(TDSSAA)	Mowat CI
SILVER	Alec Anghel	(YRAA)	St. Robert CHS
BRONZE	Vlad Pirusca	(NCSSAA)	Notre Dame HS
ANTIQU BRONZE	Alexandru Filoti	(TDSSAA)	Don Mills CI

OPEN GIRLS' DOUBLES

GOLD	Megan Mao Michelle Shen	(YRAA)	Richmond Green SS
SILVER	Maya Benaich Maria Komar	(TDSSAA)	William Lyon Mackenzie CI
BRONZE	Lauren Willson Katherine Ye	(TDSSAA)	University of Toronto Schools
ANTIQU BRONZE	Ada Huang Victoria Tang	(YRAA)	St. Robert CHS

OPEN BOYS' DOUBLES

GOLD	Andrea Caragea Sava Uncianschi	(CWOSSA)	Cameron Heights CI
SILVER	Ben Whitley Owen Whitley	(TDSSAA)	Sir John A. Macdonald CI
BRONZE	Will Adamson Pavel Ofitserov	(NCSSAA)	Earl of March CI
ANTIQU BRONZE	Benjamin Chernin Yuval Goodman	(YRAA)	Stephen Lewis SS

OPEN MIXED DOUBLES

GOLD	Emma Akselrod Raj Hiutin	(YRAA)	Stephen Lewis SS
SILVER	Lucia Di Pietro Lucas Popa	(YRAA)	Holy Cross Catholic
BRONZE	Bianca Ceroni Christian Gosselin	(GHAC)	Assumption College
ANTIQU BRONZE	Alexia Cuperman Ayush Mallhotra	(CWOSSA)	Cameron Heights CI

OFSAA Track & Field Championship

Ottawa

June 8-10, 2023



Normally, an undertaking of organizing and hosting any OFSAA Championship has its fair share of hurdles along the way, but our OFSAA convenors and their committees always find a way to pull off great events. Factor in the sheer size of an OFSAA Track and Field championship and this is even

more challenging at times. However, when you add in a never before seen threat of air quality index warnings and concerns just days before the event, you have a recipe for potential unprecedented stress for the convenors and their team.

That was the situation that OFSAA Track and Field in Ottawa found itself in. With fires in Northern Quebec and winds moving into the entire south portion of the province, there was some concern about how OFSAA would proceed. Thankfully, it was never an issue and the meet went off smoothly with the usual great performances that we are used to.

Kirk Dillabaugh of Glebe High School and Sébastien Lalonde of ES Louis Riel and their whole team of volunteers from the National Capital Secondary School Athletic Association are to be commended for their organization and diligence to bring this meet to fruition in the standards OFSAA has come to expect.

Michelle Holman, of Ashbury College and Gary Monsour of Hillcrest High School were named the Leadership in School Sport Award recipients. Both are long-time teacher coach volunteers in their association and have been involved with the sport of track and field, along with other sports in their schools and associations. They are both great recipients!

The stars were, of course, the student-athletes of the schools represented. There were some amazing performances, including a Canadian Interscholastic Record from Julia Tunks of Oakridge Secondary School in London. She spun the disc an



Julia Tunks

outstanding 55.62m to break the previous record.

OFSAA once again thanks our title sponsors from Nike, with whom support and promotion of this event is championship level!

Sandwich Secondary School from Windsor (SWOSSAA) won the girl's overall title while Sir Frederick Banting from London (WOSSAA) won the boy's overall title.

Divisional titles were won by:

Novice Girls	A.B Lucas	(WOSSAA)
Novice Boys	James Cardinal McGuigan	(TDCAA)
Junior Girls	Sandwich SS	(SWOSSAA)
Junior Boys	Louis Riel	(NCSSAA)
Senior Girls	Pickering HS	(LOSSA)
Senior Boys	Sir Edmund Campion	(ROPSSAA)

OFSAA Track & Field Results 2023

OFSAA Track and Field Results- Top 3

Full results available at Windsor Timing Website (see Link below)

OFSAA Track and Field - Full Results

<https://www.windsortiming.com/LiveResults/2023/OFSAA/>

WOMEN'S INDIVIDUAL EVENTS

WOMEN 100 METER DASH NOVICE FINALS

1. 12.34-1.6	Jorai Oppong-Nketiah	Pierre-de-Blois
2. 12.51-1.6	Celeste Lugogo	Mother Teresa
3. 12.61-1.6	Sarah L'Heureux	Tdc- Woodbridge

WOMEN 200 METER DASH NOVICE

1. 25.17-0.8	Jorai Oppong-Nketiah	Pierre-de-Blois
2. 25.25-0.8	Celeste Lugogo	Mother Teresa
3. 25.54-0.8	Victoria Minott	Smss-Mississauga

WOMEN 400 METER DASH NOVICE

1. 56.89	Isabel Yeboah	Notre Dame B
2. 57.09	Sarah Jaquith	Lucas, A.B.
3. 58.14	Ciara Costa	St. Thomas A

WOMEN 800 METER RUN NOVICE

1. 2:15.22	Maya Markowska	Burlington C
2. 2:18.07	Kylie Stapor	Crothers
3. 2:19.70	Julie Deboer	Emmanuel Christi

WOMEN 1500 METER RUN NOVICE

1. 4:30.59	Riley Innes	Swmss- Newmarket
2. 4:33.25	Maya Markowska	Burlington C
3. 4:34.70	Eleanor Voykin	Birchmount Park

WOMEN 3000 METER RUN NOVICE

1. 9:56.25	Eleanor Voykin	Birchmount Park
2. 9:57.29	Riley Innes	Swmss- Newmarket
3. 10:30.68	Mikala Ryan	Silverthorn

WOMEN 80 METER HURDLES NOVICE

1. 12.13-1.2	Tessa Burdett	St. Michael
2. 12.40-1.2	Madison Gravelle	St.Joe's-Windsor
3. 12.64-1.2	Natalie Keys	Adam Scott

WOMEN 300 METER HURDLES NOVICE

1. 44.55	Sarah Jaquith	Lucas, A.B.
2. 45.76	Ciara Costa	St. Thomas A
3. 46.00	Jurnee Scott	Crothers

WOMEN HIGH JUMP NOVICE

1. 1.63m	Victoria Vaughan	Kitchener Waterl
2. 1.60m	Breanna Sloetjes	Strathroy
3. 1.55m	Katelyn Jones	West Niagara Sec

WOMEN POLE VAULT NOVICE

1. 2.95m	Maya Walker	St. Anne's Schoo
2. 2.75m	Nella Kryorka	St. Basil's
3. 2.65m	Avery Dickenson	Oakridge



MEN 4X400 METER RELAY OPEN

- 3:22.92 Jrci- Ajax
- 3:23.12 Bishop Ryan
- 3:23.48 Father Henry Car

PARA EVENTS**MEN 100 METER DASH AMBULATORY**

- | | | |
|---------------|---------------------------|-------------|
| 1. 13.07-1.2. | James Budrow | John McCrae |
| 2. 13.48-1.2 | Flavien Lavigne | Hawkesbury |
| 3. 14.22-1.2 | Isaiah Smeaton-Katzenberg | Lakeshore |

MEN 100 METER DASH INTELLECTUALLY IMP.

- | | | |
|--------------|------------------|-----------------|
| 1. 12.55-1.3 | Cameron Banerjee | Banting, Sir F. |
| 2. 13.18-1.3 | Riley Bird-Lyman | Napanee |
| 3. 13.19-1.3 | Thomas Brown | St. Mary- C |

MEN 800 METER RUN AMBULATORY

- | | | |
|------------|-------------------|---------------|
| 1. 2:29.16 | Flavien Lavigne | Hawkesbury |
| 2. 3:15.31 | Luca Brulotte | Valour |
| 3. 3:22.86 | Alexander Abrachi | Danforth Tech |

MEN 200 METER DASH WHEELCHAIR

- | | | |
|--------------|------------------|--------------|
| 1. 36.30 0.7 | Shay Parreira | Notre Dame B |
| 2. 50.78 0.7 | Anthony Galligan | Sydenham |
| 3. 52.36 0.7 | Joe Graham | Waterford |

MEN SHOT PUT WHEELCHAIR

- | | | |
|----------|------------------|----------|
| 1. 2.58m | Anthony Galligan | Sydenham |
|----------|------------------|----------|

MEN SHOT PUT VISUALLY IMP.

- | | | |
|----------|----------------|------------------|
| 1. 9.07m | Trajan Hansman | Pshs-Parry Sound |
|----------|----------------|------------------|

MEN SHOT PUT AMBULATORY

- | | | |
|----------|-----------------|---------------|
| 1. 7.85m | Flavien Lavigne | Hawkesbury |
| 2. 6.25m | Maleki McCue | Glenview Park |
| 3. 6.22m | Tristan O'Grady | Lakeshore |

MEN SHOT PUT INTELLECTUALLY IMP

- | | | |
|-----------|--------------------|----------------|
| 1. 11.99m | Nathan Parcels | Norwood |
| 2. 11.22m | Nathaniel Cardinal | Port Hope |
| 3. 10.51m | Cameron Banerjee | Banting, Sir F |

Congratulations to the following athletes who set OFSAA Records:**NB 200M**

Jahleel Haley, Father Henry Car	22.07
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JB LONG JUMP

Syanthan Arulrajan, Chinguacousy	7.17m
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SG LONG JUMP

Trinity Shadd-Ceres, Cameron Heights	6.19m
--------------------------------------	-------

SG DISCUS

Julia Tunks, Oakridge	55.62m
-----------------------	--------

OB WHEELCHAIR SHOT PUT

Anthony Galligan, Sydenham	2.58m
----------------------------	-------

OG VISUALLY IMPAIRED SHOT PUT

Maycee Vierimaa, Timmins	8.67m
--------------------------	-------

OB VISUALLY IMPAIRED SHOT PUT

Trajan Hansman, Parry Sound	9.07m
-----------------------------	-------

OB AMBULATORY SHOT PUT

Flavian Lavigne, Hawkesbury	7.58m
-----------------------------	-------

OB INTELLECUTALLY IMPAIRED SHOT PUT

Nathan Parcels, Norwood	11.99m
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JG 4 X 100M RELAY

All Saints (Whitby)	47.73
Kennedy Belfon, Shadae Thompson Kayla Gaynor, Bryana Gaynor	



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