

The Bulletin

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Information**

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2011**



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 Thank you to the Ontario Ministry of Health Promotion and the Ministry of Education for their generous contributions and support.

The Bulletin newsletter is written by OFSAA staff and designed by Lindsey Evanoff



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A Word from OFSAA's Executive Director

The arrival of a new year often prompts people to proclaim a resolution intended to result in the achievement of a personal goal. For many, it is seen as the chance to have a fresh start and a renewed commitment to change. It seems that many resolutions die as quickly as the New Year came, but for many people they result in positive change.

It seems that most New Year's resolutions are related to personal health such as losing weight, working out, or quitting smoking. However, they can involve other aspects of our lives such as our family life, work, volunteer activities or somewhere we would like to see some improvement or change.

Coaches can use the new year to re-evaluate their performance and perhaps set one or more resolutions to improve the quality of the athletic experience for student-athletes. Everyone can improve in some area, and with some self-reflection, coaches will come up with at least one thing they can change or improve, and ultimately have an even greater positive impact on the student-athletes they coach.

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

Rina Rode, Sir Winston Churchill Secondary School, St. Catharines
Cross Country and Track and Field

"To stress with my athletes the concept that success in athletics is not measured only in the winning of championships. Success also means making progress, putting in full effort, learning, improvement over the duration of the season, and learning life lessons such as cooperation, learning to get along with peers, getting rewarded for putting in effort...and most important, having fun. I want our student athletes to understand that winning is only one aspect of sport."

John Cozzetto, Maple High School, Maple
Boys' and Girls' Soccer

"I will give team members more responsibility by having them run practices and create drills, and by



Doug Gellatly

having them devise formations for upcoming games."

Lauri McFarlane, St. Ignatius High School, Thunder Bay
Girls' Basketball, Badminton, and Track and Field

"I'm resolving to use every moment in sport as a teachable moment. In order to encourage the development of character in sport, we as a team need to recognize learning opportunities both on the court and off. I will challenge student-athletes to understand how their actions impact their teammates, peers, friends, fans and family, with the last one being the most important."

Pat Lacasse, Colonel By Secondary School, Gloucester
Girls' Soccer

"I resolve to have our players impose our own style of play more often as opposed to responding to what the opposition wants to do."

Jean Pye, Carleton Place High School, Carleton Place
Girls' Volleyball

"My resolution involves fostering leadership qualities among the younger players on my senior girls' volleyball team. I have more Grade 11's than I would customarily have and it is my hope that they will realize their potential at an earlier phase of their high school

career. I hope that if they assume more leadership and responsibility for their learning and success, that we will all benefit in the next couple of years."

Mike Kennelly, O'Neill C.V.I., Oshawa
Boys' Football, Boys' Basketball, Boys' Rugby

My resolution for this year would be to be more patient with my athletes. They are a great bunch of kids who work hard at practice and at games but we are going to have a challenging year. I have to stay positive and help them find success in one of it's many forms.

Sue Thompson, University of Toronto Schools, Toronto
Track and Field and Girls' Volleyball

"Improve the mental training and preparation that I do with my athletes. Whether it is coaching volleyball, track and field or another sport at the high school level, I find that the lack of self-confidence is often the reason for the downfall of my players in competitive situations, rather than a lack of fitness or skill. I am hoping to find some creative ways of incorporating mental training into my regular practice schedules, and into the daily lives of my student-athletes!"

Thanks to these coaches for sharing their resolutions.

Feel free to use any of these or perhaps with some thought and reflection you may come up with one of your own. If you stick with it, it will surely lead to a better things.

All the best in 2011.

Hey, Follow Us!

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



www.facebook.com/OFSAA



www.twitter.com/OFSAA



www.youtube.com/OFSAAvids



www.foursquare.com/OFSAA

Transfer Appeal Meeting Dates

Meeting Date	Deadline for Applications
Thurs, Feb. 24, 2011	Wed, Feb. 9, 2011
Thurs, April 21, 2011	Wed, April 6, 2011

To appeal an Association decision, please call the OFSAA office and give the name of the student and his/her school, as well as the name of the principal. A letter will be sent to the student, c/o the principal, telling him/her the date, time and location of the appeal hearing. The letter will outline what information the student must provide prior to the meeting date.

September Bulletin Corrections

Girls' AAAA Soccer

The names of the team members from the winning team, St. Thomas Aquinas (ROPSSAA) should have read: Carolina Alvarez, Maria Aires, Porcha Ellis, Paula Reid, Keyanna Jackson, Blayne Laing, Jessica Mank, Taylor Lyons, Christabel Oduro, Chelsea D'Silva, Alisha Leila, Vanessa Real, Chantel Simm, Theresa Hassan, Melissa Morgan, Courtney Douglas, Jalana Ellis, Melissa Luciani, Charesse Thomas-Tate, Sarah MacKenzie, Tia Paolini, Angela Rizzi, and coaches Grace Picicci, Maria Gothard, and Nick Galati.

Boys' AAAA Soccer

The names of the team members from the winning team, St. Theresa of Lisieux CHS (YRAA) should have read: Brandon Mills, Adam Hewitt, Christopher Ricci, Michael Ferorelli, Jeevan Kuner, Michael Mikurenda, Luca Barbieri, Jason Mills, Andrew Bregar, Robert Angiolella, Robert Cammalleri, Stephan Cantanna, Paul Carvalho, Daniel Leonardi, Nello Sansone, Christopher Vega, Paul Vinalon, and coaches Michal Kirejczyk, Alberto Leonardo, and Blagoja (Bobby) Dimitrievski.

Track and Field

Emma Gailbraith from Franco-Ouest in Ottawa was the gold medalist in both Junior Girls' 800m and 1500m (school originally read Nepean HS).

TRYday

Funding Allocated in 2010-11

During the 2010-11 school year, 130 schools are receiving up to \$800 in Try Day grants from the Ontario Trillium Foundation to introduce new or non-traditional sports or physical activities to their physical education programs. **All of the Try Day grants have already been allocated.** All projects must be completed by the end of March 2011, and those schools that have already completed their Try Day events should submit their reports now.

Schools have been very creative in the new activities they have introduced, including such sports as Aussie X football, box lacrosse, cricket, kinball, indoor tennis, Brazilian soccer, and coed flag football.

There is also still a strong emphasis on fitness activities, and schools are introducing many new circuit routines and pieces of equipment that can be used by the entire student population. These grants from the Ministry of Health Promotion

and Sport and the Ontario Trillium Foundation have been very helpful to many physical education programs, and we thank them for their ongoing support.



Kinball Try Day.

Financial Aid for School Sport



OFSA and KidSport Ontario have partnered to help high school students in Ontario overcome **financial barriers** that are restricting their participation in school sports. These two organizations have

created a grant program which allows student-athletes to apply for financial support of up to \$250 per school year. These funds are used to cover the participation fees of any interschool sport teams those athletes would otherwise be unable to afford.

Students may apply to receive financial assistance to enable them to participate on an interschool sports team. An application form will be used, and each application must be accompanied by an endorsement

letter from a school official (administrator, athletic director, or guidance counselor), confirming financial need. Students must, in 100 words or less, describe what the financial support will mean to them.

For 2010-11, \$12,500 will be allocated to the winter season and \$12,500 to the spring season. Funds will be spent on a first come, first served basis, meaning that once the \$12,500 has been distributed, applications will no longer be accepted for that season.

A student may apply as many times as they wish, however they may only receive a maximum of \$250 in the current school year. Once approved for funding, a school official must confirm the student is participating in the sport before funding is released.

For more information and to read the grant guidelines, please visit our website and click on Programs - KidSport.

Up Your Basketball Game!

All schools should now have received their free coaches' package and contest kit from the Dairy Farmers of Canada.



The **Up Your Game** program is designed to help high school coaches and athletes take their basketball skills to the next level using specially-designed drills and exercises.

Athletes and coaches can also complete their own team profiles and interact with other teams. Teams can also compete in The Beast, a contest designed to test your skills while competing against other teams for prizes.

Visit the website www.upyourgame.ca for details about this program.

Want to be an Official?

OFSA is pleased to offer a subsidy to students interested in completing a course to become a certified official.

Courses must lead to either full or partial certification and courses **MUST** be endorsed/recognized by the sport's provincial or national sports body.

Subsidies will be offered to a

maximum of \$150.00 towards course fee and travel.

There is limited funding available and applications will be approved on a first come, first served basis.

For more information and to access the application form, please visit the OFSA website under Programs and click on Officiating Clinic Subsidy Program.

Final Year for Bridging the Gap

This is the final year of the three-year Bridging the Gap program supported financially by the Ministry of Health Promotion and Sport, and Sport Canada.

Through this program, secondary school leadership students conduct a sport program for their local elementary schools and present one of three sports – flag football, flag rugby, or ultimate frisbee, to the Grade 7 and 8 students.

This has been an excellent way for schools to obtain new equipment, to promote bridging between the elementary and high schools,



and to encourage the elementary students to participate in school sport when they reach high school.

OFSA has had 12 new schools join the program this year.



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Nike OFSAA Coaches Clinic

On September 28, 2010 Nike Canada hosted its first **OFSAA Coaches Clinic** at its head office in Thornhill. The turnout was great, more than 70 cross country coaches from many parts of Ontario gathered at Nike Canada's head office to hear about the new and exciting things Nike has planned for OFSAA.

The purpose of the Coaches Clinic was to bring cross country coaches together to network, share stories, and gather some tricks of the trade from a couple of Canada's greatest runners and their coach.

Simon Bairu, seven-time national cross country champion and his long-time coach **Jerry Schumacher**, plus two-time Olympic Triathlon medalist, **Simon Whitfield**, treated these high school coaches to stories and trade secrets that you could not find anywhere else (you may view the videos at www.RunnerSpace.com/OFSAA).

The athletes and coaches discussed running theories and best practices that were a great takeaways from



the event, creating a heightened enthusiasm for the cross country season. Coaches in attendance also heard from Dave Jones from the Nike Innovation Kitchen, who discussed new and exciting technology coming to Canada, as well as explained Nike's history of being a bit of a risky brand, and the technology behind Nike Air.

Nike will be hosting another Coaches Clinic to kick off the Track & Field season **February 1, 2011**. Watch for details on the OFSAA website and be sure to mark it in your calendar!

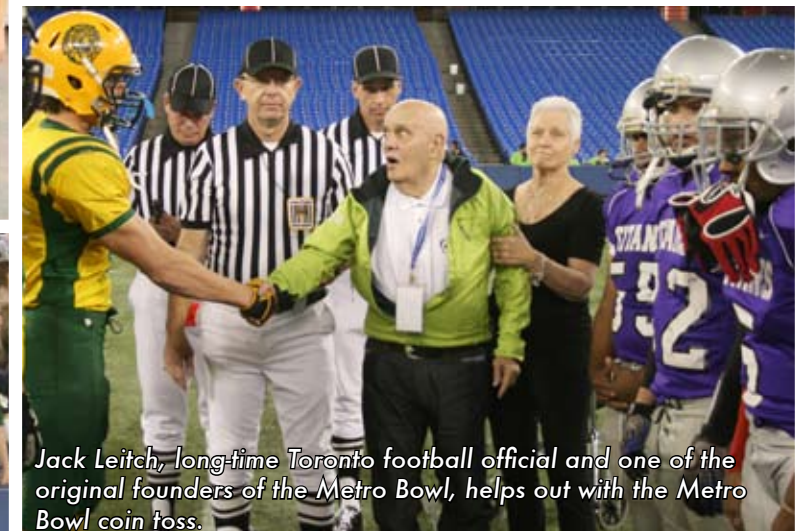
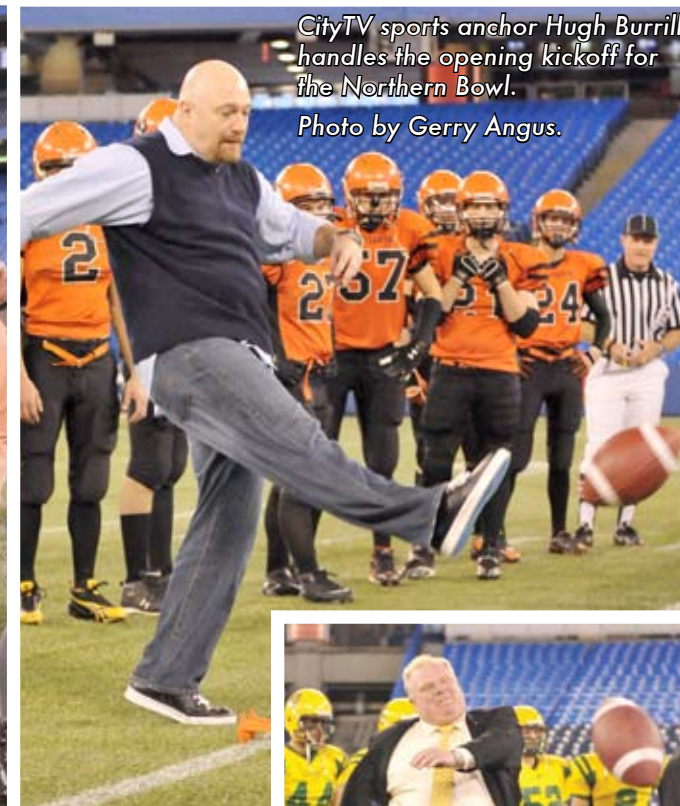
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Fun at OFSAA Football

Though the highlight of the OFSAA Football Bowls would of course the five exciting championship games, there are a lot of other entertaining things that go on that we'd like to share with you! Please see the gallery below.



**Be sure to visit Gerry Angus' website at www.spectrophotography.ca to find these and more photos.

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OFSAA Online Registration (AELS)

The **OFSAA Athletic Eligibility List System (AELS)** is the easiest way to register for an OFSAA team championship. If your school is not currently using the AELS system, consider switching to easily register your team online.

Log in to AELS from the main page of the OFSAA website on the bottom right corner where it says OFSAA Login. Each school has been given their own unique login and password. Please check with your program leader, athletic director, or call the OFSAA office, for your login information.

In order to register your team, you will need to input the following:

- School and team name
- Coach name(s)
- Uniform jersey colour(s)
- Player names, jersey number (both jersey colours), position, birth date, year of entry to Grade 9, transfer information (if applicable)
- Seeding information
- Season game results

Before you can register for an OFSAA championship, you must create an eligibility list. If your team already has an eligibility list in AELS, skip steps 3-9 and continue to How to Register for an OFSAA Championship.

To create a team eligibility list go to the OFSAA website, scroll to bottom right. Click on "OFSAA Login".

1. Use your user name and password to access school site.
2. Click on Schools (left)
3. If you have not used the system, you must add students. Click on *Add Student*. Fill in required fields for each student you are adding. Remember to add transfer info for transfer students. When all students have been added click on *School Info*.

4. Option for coaches: Click on *Add Coach*. Fill in info, click on *Insert Coach*. Add all coaches. When done, click on *School Info*.
5. Click on *Add Team* (second line from bottom under *School Information*).
6. Fill in info on *Team Form Page*. Click on *Insert Team*.
7. Click on *Add Team Coach*. Select coach from drop down list. Click on *Add Coach*. Repeat until all coaches for the team have been added. Be sure one coach is designated head coach.
8. Click on *Add Team Student*. Click on student's name, and click on *Add*. Repeat until all students on the team have been added. Click on *Add Students*.
9. To add position and uniform number, click on each student's name. Fill in position and/or number. Click on *Update Student*. When you are done, click on *School Info*.

How to register for an OFSAA championship:

1. Click on *Register for a Championship*.
2. Fill in info required. Click *Continue*.
3. When you have completed all information, Register will appear at the top of the page. Scroll to the bottom. Click on *Print Registration*. This will be your hard copy to get signed. Please bring it to championship registration.
4. Click on *Submit Registration to Convenor* (This will automatically send a copy to the convenor and to the OFSAA office).

This guide is also found on all team championship websites.

Annual Alumni Golf Tournament and BBQ

The annual alumni golf tournament and BBQ was held in September at the Tam O'Shanter golf course in Scarborough. The weather was terrific, and as always great fun was had by all as we shared our memories of school sport and OFSAA.

Please let any new retirees in your Association know

about the Alumni Association, as new members are always welcome.

The Alumni Association is a great way to stay in touch, take part in the annual activities, and support the scholarship fund. Details and an application form are on the website.



Hosts Needed for Six 2011-12 Championships

Hosts are needed for the following championships, to be held in winter and spring 2012:

Boys' AAA Volleyball
Badminton
Boys' A/AA Rugby
Boys' AAA/AAAA Rugby

Boys' AA Soccer
Boys' A/AA Field Lacrosse

If you are interested in the rewarding opportunity of hosting an OFSAA championship please contact OFSAA Assistant Director Michael Suraci at (416) 426-7440, or michael@ofsaa.on.ca.

OOYA! A Great Opportunity for Student-Athletes

The OOOA Organizing Committee and OFSAA are gearing up to host the 15th Annual **Ontario Olympic Youth Academy (OOYA)**. OOYA will be held at Sir Wilfrid Laurier University in Waterloo, from May 6-8, 2011.

The three-day conference is designed to educate youth from across the province about the Olympic Movement from a Canadian perspective, the values of Olympism, and the impact of the Olympic Games.

2011 OOYA promises to deliver:

- **Guest speakers** including Olympic Athletes, Canadian Olympic Committee members, Canadian Olympic Mission staff, Olympic coaches, and friends of the Olympic Games.
- **Mini Olympics**, where participants will represent various countries and engage in an Olympic Games activities from Opening Ceremonies to medal presentations.
- **An Olympic art project**, where participants will have an opportunity to express their understanding of Olympic values through art.
- **An Olympic Action Plan**, where participants will provide solutions to problems currently facing the Canadian International Olympic Committees
- And much more!



We hope to see your glowing heart and Olympic spirit in Waterloo!

For more information and registration visit the OFSAA website - Conferences and Events - OOYA.

Registration space is limited so be sure to register early to avoid disappointment.



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RYAN PYEAR QUARTERBACK

Wilfrid Laurier University Golden Hawks

Sport: Football
Program: Bachelors Degree in English (2005)
High School: Centennial Secondary School
Hometown: Belleville, ON
Profession: Offensive Coordinator, WLU Football

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Olympics Inspiring High School Students

Bring the Olympic spirit to your classroom with the Canadian Olympic Program!

The success of the Vancouver 2010 Olympic Winter Games, the Canadian Olympic Team, and the Olympic Torch relay created lasting memories in the minds of Canadians from coast to coast to coast.

We have the unique opportunity to use our recent memories to inspire a generation of healthy, active Canadians. Bring the Olympic spirit to your classroom this winter as we celebrate the one-year anniversary of the Vancouver 2010 Olympic Winter Games.

The Canadian Olympic School Program, presented by RBC, has been providing teachers with Olympic themed resources since 1988. The Olympic School program is the Canadian Olympic Committee's primary education program and aims to reach all students between Grades 2-12.

The Canadian Olympic School Program has reached over 56,000 Canadian educators and in

turn, over two million Canadian students!

This year's Canadian Olympic School Program (COSP) is the most comprehensive yet. At the high school level, case studies have been developed, providing authentic information behind the successes of the Vancouver Games and the Canadian Olympic Team. Each case study can be utilized in a variety classrooms as proposed case questions, suggested projects, and learning extensions are provided within the teacher's guide for each case study. Case studies have been developed that focus on wellness and the Canadian Olympic Team, friction and inter sport, branding, volunteerism and environmental sustainability.

As leadership classes go into feeder schools or the local community to run activities, the elementary curriculum offered by COSP is a great support resource for values based learning and movement skills activities.

Please go to www.olympicschool.ca or www.ecoleolympique.ca for more information and to download these free resources.

Learn the Values. Live the Legacy!

Keep the excitement of the Canadian Olympic Team and the Vancouver 2010 Olympic Winter Games alive in your classroom. Take the Canadian Olympic School Program Challenge and experience:

- Enhanced Olympian Values Stories (Grades 2 and up)
- Literacy, Numeracy and Physical Literacy activities
- Canadian Olympic Podcasts and Personal Best Challenges
- Canadian Olympic Case Studies (Grades 7-12)

Apprenez les valeurs. Vivez l'héritage!

Maintenez l'euphorie de l'équipe olympique canadienne et des Jeux olympiques d'hiver de 2010 à Vancouver dans votre classe. Relevez le défi et faites l'expérience du Programme scolaire olympique canadien :

- Textes améliorés sur les valeurs et mettant en vedette des Olympiens (2e année et plus)
- Activités en lecture, en mathématiques et en éducation physique
- Des balados olympiques canadiens ainsi que les « Défis record personnel »
- Des études de cas olympiques canadiens (7e - 12e année)

Courage

Joannie Rochette | Figure Skating

Inclusion

Alex Bilodeau | Freestyle Skiing

Respect

Maelle Ricker | Snowboard Cross

**Healthy Active Living
Vie saine et active**

John Morris | Curling

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OFSAA

SANCTIONED INVITATIONAL

Sanction requests for hosting/attending U.S. or out-of-province events are due 30 days prior to the event.

- There are still many schools that apply for sanctioning just before the event they plan to attend or host. This could result in teams travelling to an out-of-province or U.S. event not being able to play if they have not received OFSAA sanction.
- Information for OFSAA-sanctioned 'hosted' events must indicate that it is sanctioned by OFSAA in the initial information, therefore the request must be submitted before invitational information is distributed
- Schools submitting requests for sanctioning should

check the OFSAA website to make sure their event has been posted and that all the details for hosted invitationals are accurate.

- Schools applying to attend events or host invitationals will receive a confirmation letter prior to the date of their event
- Get your request for sanctioning form for those spring invitationals you plan to host or attend into the OFSAA office NOW!
- Any questions regarding sanctioning should be directed to Diana Ranken at diana@ofsaa.on.ca

OFSAA-sanctioned Invitational Events in 2011

Track and Field

Nike/Adams Invitational Meet

March 4, 2011 Al Baigent
Toronto Track & Field Centre Mary Ward CSS
Toronto P: (416) 393.5544
alan.baigent@sympatico.ca

Hockey

Blessed Trinity Junior Boys' Hockey Classic

March 24-25, 2011 Richard Vrataric
Grimsby Blessed Trinity
P: (905) 945.6706
richard.vrataric@ncdsb.com

Canlan Ice Sports Hockey Tournaments

Canlan Ice Centre, York University
Al Rose
P: 416-661-5900 X251
arose@icesports.com

Senior Boys' Tournaments

New Year's Festival February 3-4
Canadian Classic February 24-25
York University Classic March 25
Mini Matches March 28-29

Junior Boys' Canlan Hockey Tournaments

York University Festival February 16-17
Mini Matches February 23
March Classic March 8-9
Mini Matches March 24
All Ontario Junior Classic April 13-14

Girls' Canlan Hockey Tournaments

Cardinal Carter Classic February 1-2
"DD" Delight February 7-8
Canlan Elite February 9-10
March Classic March 1-2
Mini Matches March 23
Springfest April 4-5

Indoor Soccer

Blessed Trinity Indoor Soccer Classic

March 29 (Boys) Joe Pagnotta
March 30 (Girls), 2011 Blessed Trinity HS
Grimsby P: (905) 945.6706
joseph.pagnotta@ncdsb.com

Ball Hockey

High School Ball Hockey Tournament

May 12-13, 2011 Lisa Hawton
Mississauga Banting Memorial HS
P: (705) 435.6288
lhawton@scdsb.on.ca

Mauro Cugini
Ontario Ball Hockey Association
(905) 738.3320
iam@ontarioballhockey.ca

Slo Pitch

16th Annual Girls' Slo Pitch Tournament

May 26-27, 2011 Charlie Giudice
Dorchester Cathedral HS
P: (905) 518.8328
charlie.giudice@sympatico.ca

The Bulletin in 1956

Did you know that the Bulletin has been around almost as long as OFSAA itself? The oldest issue of the OFSAA Bulletin in our office is from **January 1956**. That makes January 2011 the 55th anniversary of the OFSAA Bulletin! It was originally typewritten on single pieces of paper, and contained announcements, items of interest, and championship results. The Bulletin has come a long way, but it's interesting how the basic information has remained the same.

Here are some "items of interest" that were printed in the Bulletin throughout the year of 1956:

Tournament Results

At the OFSAA Hockey Tournament, held in Preston, April 6 and 7, an A and B series was operated for the first time, with 4 teams in each series.

Hagersville, Blenheim, Preston and Gore Bay were the four B schools, with Gore Bay of Manitoulin Island, having an enrollment of about 156, being the ultimate winner.

Interesting Quotes

Regarding cross country running: "The knowledge that one derives from studying nature and himself as he goes along, is an asset not only to running, but also to a well-balanced personality."

Regarding OFSAA: "OFSAA approves of those school athletic competitions, up to and including Provincial Tournaments, which have good educational value and objectives, under the direction and control of schools, and which do not interfere with normal, good school procedure."

Football Safety Issues (Article Excerpt)

The safety factor in equipment is always of vital interest. It has been shown by survey in the U.S. that by far the greatest number of injuries is to the teeth and face. To counter this, more and more schools are buying face guards and masks. The ideal protector has not yet been devised. It will require more experimentation with masks and teeth guards.

Statistical proof indicates that 53.9 percent of all football injuries are facial and dental in character. Yet, 95 percent of all uniform and protective equipment expense is directed at prevention of the other 46 percent of the injuries. It would seem that coaches feel that the loss of teeth and the resultant affect upon appearance is not major.

An Excerpt from: *The Meaning of Research to Physical Education (1956)* - by Thomas Cureton, Ph. D. - Professor of Physical Education and Director of the Physical Fitness Research Laboratory at the University of Illinois

The most significant line of work in the study we have been making is of adult physical fitness. It has attracted great attention. The work began 15 years ago as part of the war-time physical fitness effort in the YMCA Campaign. It has been carried on within the university since that time. About 50 thesis show that we can very appreciably improve the physical fitness of middle aged

people. In fact, the improvements of the cardiovascular condition is so impressive we are led to believe that Americans have gone too far with sedentary living, automobile riding, lounging in luxury, etc.

The medical profession is not immune from the criticism that they have advised middle aged people to "take it easy". Now the data are all the other way. It appears that many people with tendencies to spread out and grow fat in middle age can stay fit only by relatively hard and long drawn-out work. Physical education is now affecting the public.

RunnerSpace.com/OFSAA

As our sponsor for all things running related, Nike has partnered with RunnerSpace.com to create a website dedicated to Ontario high school runners and their coaches, which can be viewed at **www.RunnerSpace.com/OFSAA**.

You can find results, photos and videos from the OFSAA Cross Country and Track and Field Championships, and also every major running event in Canada.

You can also:

- Create your own school team site
- Upload photos and videos
- Post updates in the forum
- Share meet results
- Share advice and tips

Check it out!

CHECK THE OFSAA WEBSITE REGULARLY FOR UPDATES ON OFSAA-SANCTIONED INVITATIONAL EVENTS.

An Exciting Topic! Just Kidding, it's Governance

When the word **"governance"** is uttered, often people's eyes immediately glaze over. While not an exciting topic, nor one which inspires, it is a necessary component of any organization and OFSAA is no exception.

As its name indicates, the Ontario Federation of School Athletic Associations (OFSAA) is an organization comprised of **18 member associations**. Each association runs its own affairs on a regional level, yet collectively they form the provincial body known as OFSAA.

At times, those within the school sport system may disagree with a rule or policy, but it is important to note that OFSAA is a **democratic organization** and change can be affected. If a motion is properly submitted it will be debated and voted upon by the designated council within OFSAA, after being vetted by the appropriate committee.

If a coach, athletic director or administrator would like to see change, a **motion form** is available on the OFSAA website, which can be completed and submitted to the OFSAA office (go to www.ofsaa.on.ca and click on Forms). At times, you may wish to simply run the merits of an idea by a staff member or committee, and it is suggested you call the OFSAA office to get some direction.

The key thing to remember is that OFSAA is a **provincial organization** with representation from across the province, and while not everyone will agree on a rule or policy, it is important to note that changes can be proposed and

accomplished within a democratic environment.

Listed below are the various Councils within OFSAA, their composition, and a summary of their responsibilities.

Representatives' Council

- Comprised of a female and male teacher from each member association, plus one school administrator from each of six geographic regions.
- Determine sport-specific rules and regulations.
- Along with the Executive Council and Principals' Council, determine standing rules for sports and changes to the Articles and By-Laws.
- Voting members at the AGM.

Executive Council

- Comprised of OFSAA's president, vice president, past president, six regional members of the Representatives' Council, two Directors of Education, and two members-at-large (current or retired teachers).



- Approve operational policies and annual budget; determine staffing needs and structure; develop strategic plan; monitor programs and services; conduct the business of OFSAA; deal with matters that arise between meetings of the members.
- Along with the Representatives' Council and Principals' Council, determine standing rules for sports and changes to the Articles and By-Laws.
- Voting members at the AGM

Principals' Council

- Comprised of one principal or vice principal from each member association.
- Report to the Annual General Meeting and provide input on policies and direction.
- Along with the Representatives' Council and Executive Council, determine standing rules for sports and changes to the Articles and By-Laws.
- Voting members at the AGM

Presidents' Council

- Comprised of the president of each member association.
- Report to the Annual General Meeting and provide input on policies and direction.
- Voting members at the AGM.

In addition, there are several committees which recommend changes or apply policies already in place. Here are a few examples.

Sport Advisory Committees

- One sport advisory committee for each OFSAA sport.
- Each committee is comprised of six members plus a chair. The members represent each region.
- Evaluate interschool activity within their sport and make recommendations in the form of motions to the Representatives' Council for voting.
- Must review all recommendations
- Meet at least every two years.

Board of Reference – Transfers

- Consists of not fewer than three individuals, one of whom shall be a currently employed administrator and the other two shall be currently employed teachers/administrators.
- Hear student appeals under the transfer policy and interpret the policy to determine eligibility.
- May recommend changes to the transfer policy in the form of a motion for voting by the Representatives' Council, Executive Council and Principals' Council.

Board of Reference – Sanctions

- Consists of not fewer than three individuals who are currently employed teachers/administrators.
- Adjudicate the level of sanctions to be imposed for violations of OFSAA Articles, By-Laws, and Playing Regulations, or matters which discredit the aims, objectives, and values espoused by OFSAA.

A copy of OFSAA's Articles and By-laws is available at www.ofsaa.on.ca - About OFSAA.



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OFSAA is fortunate to have several companies supporting school sport in Ontario. Official equipment has been play-tested and endorsed by experienced teacher-coaches.

Badminton

Yonex

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

Black Knight

- Official badminton eyewear provider of OFSAA

Basketball

Spalding

- TF-1000 ZK Pro, Official basketball of OFSAA

Milk

- The official recovery drink of OFSAA Basketball

Volleyball

Baden

- Baden 15-0C, Official volleyball of OFSAA



Rugby

Monilex

- Official supplier of Gilbert rugby balls and rugby related equipment to high schools

Soccer

Molten

- Official soccer ball of OFSAA: Molten FX-1000 official game ball, Molten FX-150 official practice ball

Accommodations

Westmont Hospitality Group

- Official hotel partner of OFSAA

Rings

Baron Insignia

- Official ring supplier of OFSAA

Cross Country and Track and Field

Nike

- Official sponsor



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| ✓ Sport Nutrition | ✓ Tchoukball |
| ✓ Volleyball | ✓ Basketball |
| ✓ Track & Field | ✓ CIOS Certification |
| * many more! | |

Plan A - \$325 + HST

Includes 2 nights accommodation, meals, and sessions.

Plan B - \$275 + HST

Includes meals, and sessions only.

One Day Registration - \$150 + HST

Includes meals & sessions only.



Conference Coordinator:

Lexy Fogel

Assistant Director, OFSAA

lex@ofsaa.on.ca (416) 426-7436

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Scholarships & Awards

Roger Neilson/Toronto Maple Leafs Alumni Scholarship Recipients 2010

The Roger Neilson/Toronto Maple Leafs Alumni Scholarship Award is awarded each year to two student-athletes who will be continuing their post-secondary education in Canada.

One male and one female are each awarded separate scholarships in the amount of \$10,000, spread out as payments of \$2,500 per year for four years. In addition, the Toronto Maple Leafs Alumni offer one-time bursaries of \$1,000 to two additional scholarship finalists.

Congratulations to recipients Meredith Walker from Ancaster High School (currently attending Durham College) and Cody Mazza-Anthony from Bishop Ryan Secondary School in Hamilton (currently attending McGill University), and finalists Marnie Jackson from Bear Creek Secondary School in Barrie (currently attending Sir Wilfred Laurier), and Lageishon Mohanadas from Marc Garneau Collegiate Institute in Toronto (currently attending York University).

More than 600 students applied for this scholarship, which is awarded on the basis of school athletics, academic achievement, school and community leadership, and financial need.

OFSAA thanks the Toronto Maple Leafs Alumni for their generous support of education through school sport. Over the past six years, they have been able to provide much-needed financial support through the scholarship to more than 65 student-athletes in their pursuit of post-secondary excellence.

Meredith Walker graduated from Ancaster High School with an overall average of over 90%, and is currently studying Sports Administration/Management at Durham College.

Her accomplishments and volunteer work are extensive. Meredith was a member of her school's waterpolo and softball teams, and was co-captain of both her school's varsity hockey and field hockey teams. She was also co-president of the Girls' Athletic Association, and a member of Student Council, Grad Committee, Social Committee, Grade 9 Committee, and Triathlon Planning Committee.

She was also an active volunteer in her community in various different projects.

Cody Mazza-Anthony is a graduate of Bishop Ryan Secondary School in Stoney Creek, and is currently studying at McGill University in Montreal.

Throughout his high school career, Cody played various sports including football, basketball, and badminton. He was also named MVP of many of his teams. Cody was very involved in his school, as a member of the Chaplaincy Team, Graduation Committee, Pilgrimage Walk, and Student Council, amongst others. He also was an active volunteer within his community, while managing to keep an average of over 95% and hold a part-time job.

Marnie Jackson graduated from Bear Creek Secondary School in Barrie, where she was captain of the senior girls' basketball team, and a member of the girls' volleyball and soccer teams.

She is currently attending Sir Wilfrid Laurier University for Honours Business Administration, and hopes to eventually become a chartered accountant.

Marnie has received both the MVP and Character Award on her school's basketball team and kept an average of over 90%.

Lageishon Mohanadas is attending York University, studying toward a Bachelor of Science in Kinesiology.

He graduated from Marc Garneau CI in Toronto with an average in the 90s and a slew of volunteer school and community service under his belt.

Lageishon played soccer, volleyball, and basketball for his school, and was a member of various clubs including the Athletic Club, Toronto Foundation for Student Success, Humanity Club, Drama/Improv Club, Choir Band, and was vice president of the Student Council.

Lageishon was also extensively involved in volunteer efforts in his Toronto community.

Congratulations to these four impressive student-athletes. They all had sincerely touching application letters, often detailing tremendous hardships they have overcome to lead them where they are today.

We have no doubt they will be successful in their future endeavours, and we wish them the best of luck!

Scholarships and Awards Available for 2011

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

The following scholarships are available to graduating student-athletes:

OFSAA Alumni Scholarship

- Four (two males and two females) separate scholarships
- \$500 per student
- Available this year to students in TDSSAA, WOSSAA AND LOSSA only
- Applications must be submitted by mail or courier. Faxed applications will not be accepted

Application Deadline: April 1, 2011

Roger Neilson/Toronto Maple Leafs Alumni Scholarship

- Two (one male and one female) separate scholarships in the amounts of \$10,000 each spread out over four years in payments of \$2,500 per year
- Applicants will be scored on academic success, community involvement, leadership qualities, and school activities

- Applicants should also demonstrate a clear financial need

Application Deadline: April 1, 2011

Brian Maxwell Memorial Scholarship

- Two scholarships, valued at \$5,000 each, will be offered to one male and one female track/cross country OFSAA qualifiers
- Applicants must be continuing post-secondary education at a Canadian post-secondary institution

Application Deadline: June 15, 2011

The following award is available to student-athletes and teacher-coaches:

Colin Hood School Sport Award

- Available to one graduating male, one graduating female, and one coach at all schools who have been committed to the success of sport at their school and within their association.

Application Deadline: April 30, 2011

For application forms, please visit the OFSAA website at www.ofsaa.on.ca - Scholarships and Awards.

2010-11 OFSAA Championship Calendar

Alpine Skiing (Committee)

Mon - Tues, Feb. 28 - March 1,
Collingwood
Contact OFSAA office for details.
Entry Deadline: Thurs, Feb. 17

Nordic Skiing (NCSSAA)

Thurs - Fri, March 3 - 4, Ottawa
Rob d'Arras, Sir Robert Borden HS
P: 613.829.5320 F: 613.829.1287
robert.d'arras@ocdsb.ca
Entry Deadline: Wed, Feb. 23

Snowboarding Festival (EOSSAA)

Fri, March 4, Camp Fortune
Krista Petrie-Wallace & Karen
Dodds, Arnprior DHS
P: 613.623.3183 F: 613.623.6973
petriek@fc.renfrew.edu.on.ca
doddsk@fc.renfrew.edu.on.ca
Entry Deadline: Thurs, Feb. 24

Swimming (GHAC)

Tues - Wed, March 1 - 2, Etobicoke
Kevin Wong, Bishop Reding SS
P: 905.875.0124 F: 905.875.2908
wongk@hcdsb.org
Entry Deadline: Mon, Feb. 21

Wrestling (NOSSA)

Wed - Fri, March 2 - 4, Sudbury
Earl Cote, Confederation SS
P: 705.897.4985 F: 705.897.4202
cotee@rainbowschools.ca
Entry Deadline: Tues, Feb. 22

Boys' A Basketball (NOSSA)

Mon - Wed, March 7 - 9, North Bay
Patrick Lalonde, É.S.C Algonquin
P: 705.472.8240 F: 705.472.8476
lalondpa@franco-nord.ca
Entry Deadline: Tues, March 1

Boys' AA Basketball (NOSSA)

Mon - Wed, March 7 - 9, North Bay
Larry Tougas, West Ferris SS
P: 705.475.2333 F: 705.497.7945
tougasl@nearnorthschools.ca
Entry Deadline: Tues, March 1

Boys' AAA Basketball (SOSSA)

Mon - Wed, March 7 - 9, Niagara
Falls
Frank Capretta, St. Paul HS
P: 905.356.4313 F: 905.356.6605
frank.capretta@ncdsb.com
Entry Deadline: Tues, March 1

Boys' AAAA Basketball (WOSSAA)

Mon - Wed, March 7 - 9, London
Tony Marcotullio, H.B. Beal SS
P: 519.452.2700 F: 519.452.2729
tmarcotullio@tvdsb.on.ca
Entry Deadline: Tues, March 1

Girls' A Volleyball (COSSA)

Tues - Wed, March 8 - 9, Belleville
John VanderWindt, Quinte Christian
HS
P: 613.968.7870 F: 613.968.7970
athletics@qchs.ca
Entry Deadline: Wed, March 2

Girls' AA Volleyball (NCSSAA)

Tues - Wed, March 8 - 9, Ottawa
Mary Jane Gillier-Symes, St.
Joseph's HS P: 613.823.4797 F:
613.823.9573
Maryjane.gillier-symes@
ottawacatholicschools.ca
Entry Deadline: Wed, March 2

Girls' AAA Volleyball (SOSSA)

Tues - Wed, March 8 - 9, Fonthill/
Welland
Pierre Blanchard, E.L. Crossley SS
P: 905.892.2635 F: 905.892.2637
pierre.blanchard@dsbn.edu.on.ca
Entry Deadline: Wed, March 2

Girls' AAAA Volleyball (YRAA)

Tues - Wed, March 8 - 9,
Newmarket
Rob Archibald, Huron Heights SS
P: 905.895.2384 F: 905.895.8912
rob.archibald@yrdsb.edu.on.ca
Entry Deadline: Wed, March 2

Girls' A/AA Hockey (WOSSAA)

Tues - Fri, March 22 - 25, Stratford
Sandie Ennett, St Michael CSS
P: 519.271.0890 F: 519.271.8250
sandie_ennett@hpcdsb.edu.on.ca
Entry Deadline: Wed, March 9

Girls' AAA/AAAA Hockey (WOSSAA)

Tues - Fri, March 22 - 25, Stratford
Sandie Ennett, St Michael CSS
P: 519.271.0890 F: 519.271.8250
sandie_ennett@hpcdsb.edu.on.ca
Entry Deadline: Wed, March 9

Boys' A/AA Hockey (NEOAA)

Wed - Sat, March 23 - 26, Timmins
James Aston, Timmins HS
P: 705.360.1411 F: 705.268.6603
james.aston@dsb1.edu.on.ca
Entry Deadline: Thurs, March 10

Boys' AAA/AAAA Hockey (TDSSAA)

Tues - Fri, March 22 - 25, Toronto
Norm Petterson, Silverthorn CI
P: 416.394.7010 F: 416.394.7924
norman.petterson@tel.tdsb.on.ca
Entry Deadline: Wed, March 9

Boys' & Girls' Curling (NWOSSAA)

Wed - Sat, March 23 - 26, Thunder
Bay
Mike McCarville, Russ Wakewich,
and Laura Viera, St. Ignatius HS
P: 807.344.8433 F: 807.345.1237
mmccarvil@tbcdsb.on.ca
rwakewic@tbcdsb.on.ca
lvieira@tbcdsb.on.ca
Entry Deadline: Thurs, March 10

Girls' Gymnastics (Committee)

Mon - Tues, April 18 - 19, Windsor
Contact OFSAA office for details.
Entry Deadline: Fri, April 8

Badminton (CISAA)

Thurs - Sat, May 12 - 14, Aurora
Greg Reid, St. Andrews College
P: 905.727.0383 F: 905.727.0383
greg.reid@sac.on.ca
Entry Deadline: Wed, May 4

Tennis (SOSSA)

Mon - Wed, May 30 - June 1,
Toronto
Michael Robinson, Lakeshore CHS
P: 905.835.2451 F: 905.835.0434
michael.robinson@ncdsb.com
Entry Deadline: Sun, May 22

Boys' A/AA Field Lacrosse Festival (CISAA)

Tues - Wed, May 31 - June 1, Aurora
Greg Reid, St. Andrews College
P: 905.727.0383 F: 905.727.0383
greg.reid@sac.on.ca
Entry Deadline: Wed, May 25

Boys' AAA/AAAA Field Lacrosse Festival (NCSSAA)

Thurs - Fri, June 2 - 3, Ottawa
Al Smith, St. Matthew CHS
P: 613.837.3161 F: 613-830-8333
al.smith@ottawacatholicschools.ca
Entry Deadline: Sun, May 29

Girls' A/AA Rugby (COSSA)

Mon - Wed, May 30 - June 1,
Norwood
Todd Murray, Norwood DHS
P: 705.639.5332 F: 705.639.1655
todd_murray@kprdsb.ca
Entry Deadline: Tues, May 24

Girls' AAA/AAAA Rugby (YRAA)

Mon - Wed, May 30 - June 1,
Thornhill
David Jirik, Thornlea SS
P: 905.889.9696 F: 905.889.2991
david.jirik@yrdsb.edu.on.ca
Entry Deadline: Tues, May 24

Boys' A/AA Rugby (COSSA)

Thurs - Sat, June 2 - 4, Belleville
David Whitney, Bayside SS
P: 613.966.2922 F: 613.966.4565
dbwhitney@hpcdsb.on.ca
Entry Deadline: Sun, May 29

Boys' AAA/AAAA Rugby (GHAC)

Wed - Fri, June 1 - 2, Oakville
David Schaffler, Oakville Trafalger
HS
P: 905.845.2875 F: 905.845.3532
shaffler@hdsb.ca
Entry Deadline: Thurs, May 26

Track & Field (NOSSA)

Thurs - Sat, June 2 - 4, Sudbury
Shawn Tilander, Sudbury SS
Gilbert Briscoe, Confederation SS
Shawn-P: 705.674-7551 F:
705.674.5383
tilands@rainbowschools.ca
Gilbert-P: 705.671.5948 F:
705.671.5949
briscog@rainbowschools.ca
Entry Deadline: Sun, May 29

Boys' A Soccer (SWOSSAA)

Thurs - Sat, June 2 - 4, Windsor
Paul Thomas, Academie Ste. Cecile
P: 519.969.1291 F: 519.969.7953
paulthomas14@yahoo.ca
Entry Deadline: Sun, May 29

Boys' AA Soccer (SWOSSAA)

Thurs - Sat, June 2 - 4, Windsor
JJ Dowhan, Kennedy CI
P: 519.254.6475 F: 519.254.6750
jj.dowhan@gecdsb.on.ca
Entry Deadline: Sun, May 29

Boys' AAA Soccer (EOSSAA)

Thurs - Sat, June 2 - 4, TBA
Colin McCue & David Loken, Kingston
CVI
mccuec@limestone.on.ca
lokend@limestone.on.ca
Entry Deadline: Sun, May 29

Boys' AAAA Soccer (ROPSSAA)

Thurs - Sat, June 2 - 4, Mississauga
Dave Tucci, St. Francis Xavier CSS
P: 905.507.6666 F: 905.568.1026
david.tucci@dpdsb.org
Entry Deadline: Sun, May 29

Girls' A Soccer (SWOSSAA)

Thurs - Sat, June 2 - 4, Paincourt
Mike Schinkelshoek, É.S. Paincourt
P: 519.352.1614 F: 519.352.9442
schimike@csdecso.on.ca
Entry Deadline: Sun, May 29

Girls' AA Soccer (SWOSSAA)

Thurs - Sat, June 2 - 4, Windsor
Stacey Ditchfield & Mike McKittrick,
Catholic Central HS
P: 519.256.3171 F: 519.256.6691
stacey_ditchfield@wecdsb.on.ca
mike_mckittrick@wecdsb.on.ca
Entry Deadline: Sun, May 29

Girls' AAA Soccer (GHAC)

Thurs - Sat, June 2 - 4, Hamilton
John Ivinac & Lora Boekhorst, St.
Mary CSS
P: 905.528.0214 F: 905.528.7418
johnivinac@hotmail.com
crusaderwomenssoccer@hotmail.com
Entry Deadline: Sun, May 29

Girls' AAAA Soccer (YRAA)

Thurs - Sat, June 2 - 4, Thornhill
Ralph Sturino, St. Elizabeth CHS
P: 905.882.1460 F: 905.882.5074
ralph.sturino@ycdsb.ca
Entry Deadline: Sun, May 29

Boys' Baseball (Committee)

TBA, Toronto

Boys' Baseball - East Region Semi-Final (LOSSA)

TBA

Boys' Baseball - West Region Semi-Final (TDCAA)

TBA

FOR COMPLETE CHAMPIONSHIP DETAILS VISIT www.ofsaa.on.ca

Important Information on Concussions

The following information on concussions is being printed with the permission of Ophea. The full contents can be found in the 2010 Ontario Physical Education Safety Guidelines. A 'Concussion Protocols' webinar is on the Safety Guidelines website (www.ontariosafetyguidelines.ca) and it is available to coaches from subscribing school boards. Simply log on with your board-specific password to watch it at your convenience.

Common Symptoms and Signs of Concussion

It is important to know that an athlete does not need to be "knocked out" (lose consciousness) to have had a concussion. After the concussion, the athlete may experience many different kinds of symptoms, and it is important to remember that some symptoms may appear immediately and others later. Athletes may be reluctant to report symptoms of concussion because of a fear that they will be removed from the game, or jeopardize their status on a team. But it is important to consider the permanent repercussions of a concussion. Without proper management, a concussion can result in permanent problems and even death. Concussion should be suspected in the presence of any one or more of the following symptoms and signs:

Thinking Problems

Does not know time, date, place, period of game, opposing team, score of game; general confusion; cannot

remember things that happened before and after the injury; knocked out.

Student's Complaints

Headache; dizziness; feels dazed, feels "dinged" or stunned; sees stars, flashing lights; ringing in the ears; sleepiness; loss of vision; sees double or blurry; stomach ache/pain/nausea.

Other Problems

Poor coordination or balance; blank stare/glassy-eyed; vomiting; slurred speech; slow to answer questions or follow directions; easily distracted; poor concentration; strange or inappropriate emotions (e.g., laughing, crying, getting mad easily); not playing as well.

Note: All athletes need to consult a physician after a suspected concussion.

Concussion - Initial Response

1. If there is a loss of consciousness, initiate Emergency Action Plan and call 911. Assume there is a possible neck injury and, only if trained, immobilize the student before ambulance transportation to hospital. Otherwise, do NOT move athlete or athletic equipment (e.g. helmet).
2. If there is not a loss of consciousness, but a concussion is suspected due to a direct blow to the head or a major physical trauma to other parts

of the body (causing a whiplash effect on the head and neck): remove the student/player from the current game or practice;

- do not leave the athlete alone;
- monitor signs and symptoms;
- do not administer medication; and
- the athlete needs to be evaluated by a medical doctor;
 - ii. the athlete must not return to play in the game or practice that day;
 - iii. inform the parent/guardian about the injury and of the importance of an evaluation by a medical doctor.

How long does it take for the student to get better?

The signs and symptoms of a concussion often last for 7 - 10 days, but may last much longer. The exact length of this period is unclear, but the brain temporarily does not function normally, and during this time it is more vulnerable to a second head injury. In some cases, athletes may take many weeks or months to heal. Significant cognitive symptoms may result from concussion including poor attention and concentration, reduced speed of information-processing, and impaired memory and learning. There may also be a significant negative effect on educational and social attainment as these functions are critical for learning new skills and attending to school work.

Information Articles

Returning to play sport

Consult the Ontario Physical Safety Guidelines to learn the specific protocols for determining when an athlete can return to play sport, and to obtain the Request to Resume Athletic Participation - concussion related injuries form.

*Concussions: Minimizing the Risk (from ThinkFirst)

Any time a player is involved in a contact sport, there is a chance of sustaining a concussion. Many concussions are not reported until after the practice or game. Therefore, it is important to take a preventative approach when dealing with concussions.

- Students need to be educated in the proper sport techniques (e.g. correct body checking in hockey)
- The rules of the sport need to be enforced.
- The principles of head-injury prevention (e.g., NO hits to the head) need to be implemented.
- Appropriate protective equipment needs to be worn and properly fitted.
- All protective equipment needs to be certified and well maintained.
- Athletes need to respect the rules of the game and practise fair play.

* Adapted from ThinkFirst - Concussion Education and Awareness Program

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OFSSA Fall 2010 Championship Photo Gallery



OFSAA Bills Toronto Series Football Bowls

Toronto November 24, 2010



Northern Bowl Champions, Superior Heights CVI

The OFSAA Football Bowls were hosted at the Rogers Centre for the third consecutive year, with the support of the Bills Toronto Series once again.

Over 6,200 enthusiastic spectators were entertained by five great football bowl games (Northern Bowl, Golden Horseshoe Bowl, National Capital Bowl, Western Bowl, and Metro Bowl), where weather was not a factor in the outcome!

We are extremely appreciative of the Bills Toronto Series who provided the Rogers Center at virtually no cost.

Thanks you especially to the organizing committee, who did a fantastic job in organizing the event. Members included Sean Allen, Campbell Blake, Dan DalMastro, Dan Dominico, Lindsey Evanoff, Brian Gaw, Ken Green, Chick Kennedy, Dana McKiel, Peter Morris, Mario Pietrangelo, Erica Phillips, Pat Reilly, Dan Russell, and the many student volunteers who ensured that the event ran smoothly. Thank you also to John Metcalf, who could be heard announcing throughout the entire 12-hour day.

A huge thank you to the following sponsors for their support in ensuring the success of this event: Bills Toronto Series, Marchant's School Sport, Baron Insignias, Pizza

Pizza, Rogers TV, Wilson, Gatorade, Toronto Sun, and CityTV.

Thank you also to the E.L. Crossley Marching Band, as well as the anthem singers Dixie Huang from Cardinal Newman SS, Jordyn Gibson from Rosedale School of the Arts, Lizzy Perkins from the Etobicoke School of the Arts, Rayandra Hudon from Erin Centre Middle School, and the Weston Collegiate Band.

GAME 1 – Northern Bowl Superior Heights CVI (Sault Ste. Marie) vs. Westgate CVI (Thunder Bay)

Superior Heights (formerly Sir James Dunn) captured their second consecutive Northern Bowl Championship with a 17 - 7 victory over Westgate. After spotting Westgate a very early touchdown, Westgate cashed in two second quarter touchdowns to finish the half with a 13 - 7 lead, which they did not relinquish. The difference in the game was the passing, as Superior Heights total yards was 199 to Westgate's 63. Mitch Legros (Westgate - fumble recovery), Casey Wright & Iain Hutchinson (Superior Heights) scored the touchdowns.

GAME 2 – Golden Horseshoe Bowl Notre Dame CSS (Burlington) vs. Lakeshore CHS (Port Colborne)

Both teams were meeting for the third consecutive year to determine the Golden Horseshoe Bowl Champion. In 2008, Lakeshore won the initial contest 8 - 7. In 2009, Notre Dame outdistanced Lakeshore 33-10.

In this year's rubber match, the two teams did not disappoint the tremendous crowd on hand, with Notre Dame securing a 16 - 14



Golden Horseshoe Bowl Champions, Notre Dame CSS

victory. Chris Pezzetta led the way for Notre Dame with two touchdown runs. Lucas Schinkel (Lakeshore) made it close with a 54-yard pass and run from quarterback Brandon Legault. Unfortunately the attempt for a two point convert was unsuccessful.

GAME 3 – National Capital Bowl Crestwood SS (Peterborough) vs. Sydenham HS (Sydenham)

With large crowds from both schools looking on, Ben Nanni kicked a 34-yard field goal in the first overtime period to give Crestwood their second consecutive National Capital Bowl Championship, defeating Sydenham 16 - 13. Both teams combined for a total of 585 net yards which saw Crestwood overcome a first half deficit of 7 - 3. The fourth quarter went back and forth, and Ben Nanni from Crestwood kicked a 29-yard field goal to tie the game at 13-13 just before the end of the quarter.

Congratulations to both teams, and thank you to Sydenham HS and the entire community of Sydenham, who brought team bus loads of spectators for their first trip to the Rogers Center.

GAME 4 – Western Bowl W.F. Herman SS (Windsor) vs Assumption College School (Brantford)

Harry Lumley and his team from W.F. Herman used their previous OFSAA Bowl experience to dominate Assumption College, who were making their first appearance at the Rogers Center. Herman struck early

for a 14 - 0 lead by the six minute mark and never looked back on their way to a 48-23 win.



National Capital Bowl Champions, Crestwood SS



Western Bowl Champions, W.F. Herman



Metro Bowl Champions, Holy Trinity SS

Continued on next page

Beau Lumley was easily the outstanding player with five rushing touchdowns. Teammate Jayden Gauthier contributed himself, with two rushing touchdowns. Assumption had a great season and we look forward to their return in 2011.

GAME 5 - Metro Bowl

Holy Trinity SS (Courtice) vs. King City SS (King City)

With a packed house, Holy Trinity dominated King City with a stunning 28 - 3 victory. Holy Trinity jumped

to an early 7 - 0 lead, with a touchdown from Earl Anderson. They refused to let King City get back into the game, using a very strong offensive and defensive line combination to stifle King City's strong offense and defense.

Holy Trinity also out ran King City (303 - 59) which meant that Holy Trinity dominated the clock as well.

Again a very large and enthusiastic crowd from both schools added to the electric environment of the game.



King City SS cheerleaders and mascot

Northern Bowl
Superior Heights CVI 17
Westgate CVI 7

Golden Horseshoe Bowl
Notre Dame CSS 16
Lakeshore CHS 14

National Capital Bowl
Crestwood SS 16
Sydenham HS 13

Western Bowl
W.F. Herman SS 48
Assumption College 23

Metro Bowl
Holy Trinity SS 28
King City SS 3

OFSAA Girls' Golf Festival

Richmond Hill

October 13 - 14, 2010

The 2010 OFSAA Girls Golf Festival ended in a three-way-tie for first place which led to a sudden victory play-off. After two nail-biting holes of sudden-death, the golfers were still tied. It was after 7:00 p.m. by this time, and darkness had set in. Vivian Tsui, Alina Rogers and Robyn Doig were all declared champions of the 2010 OFSAA Girls' Golf Festival. Congratulations!

The three-way-tie lead YRAA to take the Association Award for the three lowest combined scores, as Vivian, Alina and Meghan are *all* from YRAA schools.

Though the weather was cold and rainy, the girls persevered with smiles on their faces. Thank you to convenor Jackie Mooney and her organizing committee for their fantastic organization of the festival and for making the day bright, even in the rain.



Results

1. Vivian Tsui	Bill Crothers SS (YRAA)	75
1. Alina Rogers	Stephen Lewis SS (YRAA)	75
1. Robyn Doig	Central Huron HS (WOSSAA)	75
4. Meghan McDougall	Bill Crothers SS (YRAA)	76
5. Stephanie Tucker	Orangeville DSS (CWOSSA)	77

Association Award Winner	YRAA
1. Vivian Tsui	75
2. Alina Rogers	75
3. Meghan McDougall	76

OFSAA Boys' Golf Festival

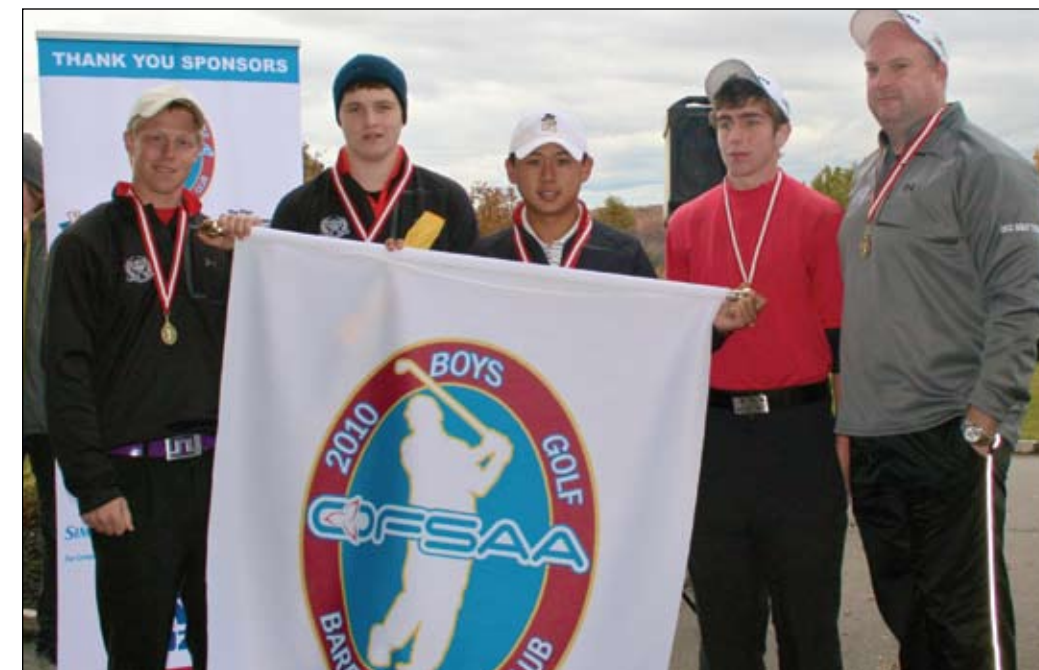
Barrie

October 13 - 14, 2010

Beautiful skies, light winds, and a fresh morning frost greeted this year's golfers as they arrived at the beautiful Barrie Country Club. After a short delay, the first group of golfers started out in front of a glowing backdrop of bright, fall-coloured trees.

A cool and comfortable day one of golf provided some competitive results, including a course amateur record of five-under par (set by winner Brandon Ng). The day concluded with the festival's banquet, featuring a number of special guest speakers including Mike Kelly, Director of Sport Development at the Golf Association of Ontario (GAO) and OFSAA President Lynn Kelman.

Cooler weather, a little rain, and a bone chilling wind



found its way onto the golf course as athletes took to the tees on day two. A more difficult round of golf followed, as the competitors battled the cold as much as the course. After the final ball was knocked into the 18th cup, Brandon Ng of Upper Canada College (CISAA) repeated as the OFSAA 2010 Boys' Golf Festival winner with an impressive combined score of 138. Brandon wasn't done celebrating yet as he, along with teammates Turner Sothey-Gordon, Daniel Luftspring and Jamie Henderson, also took home first place in the team component of the festival.

Congratulations to all athletes who participated!

Congratulations must also be extended to Brad Darlington for the fantastic job he did in hosting a great event. The festival received numerous compliments throughout the two days for being so well organized and ensuring a great competition for all athletes and coaches.



Beautiful weather and fall colours on the course on Day 1.

Individual Results

1. Brandon Ng	Upper Canada College (CISAA)	67 - 71 = 138
2. Kevin Fawcett	Oakridge SS (WOSSAA)	73 - 75 = 148
3. Kody Fry	Westside SS (CWOSSA)	75 - 75 = 150
3. Harris Bundy	Malvern CI (TDSSAA)	73 - 77 = 150

Team Results

1. Upper Canada College (CISAA)	225 - 223 = 448
2. St. Theresa's (GBSAA)	238 - 232 = 470
3. Eastdale CVI (LOSSA)	235 - 237 = 472
4. Eastview SS (GBSSA)	241 - 234 = 475

OFSAA Girls' A Basketball

Welland November 25 - 27, 2010



The É.S. Confédération Jaguars captured their second consecutive gold medal in overtime in an exciting rematch of last year's final against Rideau DHS. Congratulations to Confédération team members Nicole Marion, Danielle Marion, Melissa Cianflone, Noella Iradukunda, Tessa Blanchard, Kaitlyn McPherson, Courtney McPherson, Krysta Boutin-Miller, Natasha Patel, Chantal Henri, Sierra Grant, Hailey Kenworthy, assistant coaches Ronald Marion and Dominyk Kuhn-Bach, and head coach Janet Marion.

And the excitement didn't stop there; Ridley College hit an off-balance three-pointer right at the buzzer to win the bronze medal.

Thank you to Jason Falardeau and his organizing team

for doing a great job and giving the student-athletes a championship to remember. This included a speech and meet-and-greet at the banquet by past Olympian Rowan Barrett, as well as the presentation of the OFSAA Leadership in School Sport award to teacher-coach Rob Desson. Rob has coached both boys' and girls' basketball for a number of years and continues to mentor new coaches within the sport.

The OFSAA Team Sportsmanship Award winners, Runnymede CI from the TDSSAA helped contribute to the OFSAA Leadership in School Sport Award presentation by performing a cheer for the winner. This, along with the team's non-stop cheering throughout the championship, and their constant encouragement of each other made them the number one candidate and winner of this award.

Participating Teams	
Ridley College	CISAA
Walkerton DSS	CWOSSA
Vankleek Hill CI	EOSSAA
Rideau DHS	EOSSAA
É.S.C. Nouvelle Alliance	GBSSA
King's Christian Collegiate	GHAC
Elmwood School	NCSSAA
É.S. Kapuskasing DHS	NEOAA
É.S. Algonquin	NOSSA
É.S. du Sacre-Coeur	NOSSA
Rainy River HS	NWOSSAA
É.S. Confédération	SOSSA
É.S. Jean-Vanier	SOSSA
John L. Forster SS	SWOSSAA
Runnymede CI	TDSSAA
North Middlesex DHS	WOSSAA

Quarter Finals		
Ridley College def. Algonquin		42-24
Confédération def. Elmwood School		59-38
Rideau def. Jean-Vanier		53-43
É.S. du Sacre-Coeur def. Vankleek Hill		53-39
Semi Finals		
Confédération def. Sacre-Coeur		35-24
Rideau def. Ridley College		48-42
Consolation Champions		
John L. Forster def. Runnymede		59-16
Bronze Medal Match		
Ridley College def. Sacre-Coeur		32-31
Gold Medal Match		
Confédération def. Rideau		35-33

OFSAA Girls' AA Basketball

Sarnia November 25 - 27, 2010



Congratulations to St. Basil SS from NOSSA, this year's OFSAA Girls' AA Basketball gold medal recipients.

Team members included Tianna Deluzio, Kristine Dovigi, Samantha Hunt, Abby Hurd, Rachel McLean, Lauren Speakman, Anna Stilin, Rhaelynn Gillespie, Tayler Spina, Ashley Tiberi, head coach Jim Pedatella, and assistant coaches Robbie Green, Matt Oliveira, Ken Hamilton and Abby DiDonato.

The teams from the north represented their region well by taking home both the championship banner and OFSAA

Team Sportsmanship Award banner, which was given to É.S. Theriault from Timmins (NEOAA) for their fantastic cheering throughout all of their games, and their never-quit attitude.

Peter Kaija celebrated the 2010 OFSAA Girls' AA Basketball Championship in a number of ways. He was not only the convenor of this well-run event, he was the recipient of this year's OFSAA Leadership in School Sport Award, and he was the head coach of the silver medal



winning team from St. Clair SS!

Pete is no stranger to coaching and giving back to student-athletes. He has coached girls' and boys' high school basketball for almost 20 years, and has been convenor and organizing committee member for numerous OFSAA and SWOSSAA championships.

Congratulations to Pete for his many accomplishments, and thank you to him and his organizing committee for running a great event.

Participating Teams	
Holy Cross CSS	COSSA
Bishop Macdonell CHS	CWOSSA
La Salle SS	EOSSAA
Renfrew CI	EOSSAA
Barrie Central CI	GBSSA
G.L. Roberts C & VI	LOSSA
Woodroffe HS	NCSSAA
É.S. Theriault	NEOAA
St. Basil SS	NOSSA
St. Ignatius SS	NWOSSAA
Ascension of Our Lord SS	ROPSSAA
St. Francis SS	SOSSA
É.L. Crossley SS	SOSSA
Monsignor Johnson CSS	TDCAA
Vaughan Road CI	TDSSAA
St. Clair SS	SWOSSAA
Kingsville DHS	SWOSSAA
Holy Cross HS	WOSSAA

Quarter Finals	
Bishop Macdonell def. La Salle	45-37
Kingsville def. Holy Cross CSS	62-61
St. Clair def. St. Ignatius	54-46
St. Basil def. E.L. Crossley	46-34
Semi Finals	
St. Basil def. Kingsville	61-48
St. Clair SS def. Bishop Macdonell	48-33
Consolation Champions	
Woodroffe def. Holy Cross HS	34-32
Bronze Medal Match	
Kingsville def. Bishop Macdonell	65-56
Gold Medal Match	
St. Basil def. St. Clair	43-33

OFSAA Girls' AAA Basketball

Stratford November 25 - 27, 2010



Beiber Fever wasn't the only thing causing screaming in Justin Beiber's hometown of Stratford, as the excitement from the OFSAA Girls' AAA Basketball Championship spread throughout the town.

É.S. Publiques Louis-Riel, returning champions, successfully defended their title in front of a cheering crowd. They defeated Regina Mundi College in a very close game.

Congratulations to gold medal winners from Louis-Riel; Renée Legault, Vicky Savard, Kristy McGregor-Bales, Kellie Ring, Daphnée Michel, Alexie Morin-Holland, Catherine Traer, Julia Dostaler, Taylor Wells, Ashley Beaudoin-Polacek, Francesca Bellehumeur-Moya and Erin Mitchell Deborah Agette-Chéry, Noémie Bellehumeur-Moya, head coach André Desjardins, and assistant coaches Sue Hylland-Ring and Sébastien Lalonde.

Team sportsmanship and camaraderie was felt throughout the entire championship; even as early as registration when teams were taking pictures in front of the Christmas tree in the hotel lobby.

One team rose above the rest in their display of sportsmanship, securing the OFSAA Team Sportsmanship award banner. Congratulations to Ancaster H & VS for receiving this award and representing your school.

The banquet again showed fantastic camaraderie as teams signed a basketball and then gave it to their coach as a token of their appreciation.



The ultimate in student-athlete appreciation was given to long-time teacher-coach, Andy Hairsine of St. Mary's DC & VI, at the banquet in the form of the OFSAA Leadership in School Sport Award. Andy has been described a cooperative coach that always puts the development of his athletes first. He is respected by his athletes, fellow coaches and officials because of the way he treats the game of basketball.

None of this could have been possible without the tone set by championship convenors, Steve Goforth and Dan Peters, who worked tirelessly to make this a memorable event for all. Thank you to Steve, Dan and their organizing committee.

Participating Teams	
Havergal College	CISAA
Thomas A. Stewart SS	COSSA
North Park C & VS	CWOSSA
Regiopolis-Notre Dame	EOSSAA
Huntsville HS	GBSSA
Bishop Ryan CSS	GHAC
Fr. Leo J. Austin SS	LOSSA
É.S. Publiques Louis-Riel	NCSSAA
Korah C & VS	NOSSA
Ancaster H & VS	SOSSA
General Amherst DHS	SWOSSAA
Etobicoke CI	TDSSAA
Downsview SS	TDSSAA
St. Michael CSS	WOSSAA
Regina Mundi College	WOSSAA
Dr. John Denison	YRAA

Quarter Finals		
Regina Mundi def. North Park		43-42
Ancaster def. Huntsville		46-33
É.S. Publiques Louis-Riel def. Korah		53-40
General Amherst def. Downsview		47-44
Semi Finals		
Louis-Riel def. Kitchener Waterloo		67-44
General Amherst def. Regina Mundi		60-37
Consolation Champions		
Bill Crothers def. A.N. Myer		68-53
Bronze Medal Match		
Regina Mundi def. Kitchener Waterloo		54-41
Gold Medal Match		
Louis-Riel def. General Amherst		51-49

OFSAA Girls' AAAA Basketball

Hamilton November 25 - 27, 2010



Green was the new pink this year. Last year's OFSAA Girls' AAAA Basketball convenors, Helen Downey and John Metcalfe, paid homage to breast cancer with a pink logo and theme, but this year switched it to green, recognizing Bishop Ryan CSS's girls' basketball team that won the first ever Girls' AAAA Championship in 2001.

Many Bishop Ryan girls' basketball team alumni were present to celebrate the event, including banquet guest speaker, Joanne Nolte.

Joanne and her fellow coach Pete Lambert have obviously had a positive effect on the student-athletes at their school John Paul II HS in London, as they were awarded the OFSAA Team Sportsmanship Award for their teamwork and great attitudes.

St. Mary's Crusaders fought hard to claim the championship title against tough competition from Bishop Tonnos CHS.

Congratulations to St. Mary's teammates Lucy Reid, Colleen Daly, Emily Hanaka, Jenna Bugiardini, April Coyne, Karly Roser, Emily Piccini, Opivia Bonomo, Katarina DiFazio, Hilary Hanaka, Amira Giannattasio, Christina Battenham, assistant coaches Jessie Lamparski and Nate McKibbon, and head coach Rich Wesolowski.

It was an exciting game, played by two home-town teams in a jam-packed gym, capping off an incredible



Photo by Randy Smith (randysphotos.ca)

championship organized by Helen Downey and John Metcalfe. Thank you to Helen, John and their entire group of amazing individuals who organized this championship.

Andrea McCabe was the recipient of the OFSAA Leadership in School Sport Award for her many years coaching high school basketball in the Hamilton-Wentworth Catholic District School Board.

Andrea was humbled by the award, which she accepted in front of a full house at the final championship medal games. Through the cheers, congratulations, and well-wishes from the crowd, it was easy to see the number of lives she has touched as a teacher-coach.

Participating Teams	
St. John's College	CWOSSA
Waterloo CI	CWOSSA
St. Joseph's HS	GBSSA
Bishop Tonnos CHS	GHAC
St. Mary's HS	GHAC
Pickering HS	LOSSA
Glebe CI	NCSSAA
Notre Dame HS	ROPSSAA
St. Edmund Campion CSS	ROPSSAA
Westdale SS	SOSSA
St. Anne SS	SWOSSAA
Michael Power-St. Joseph's	TDCAA
Eastern HS of Commerce	TDSSAA
David & Mary Thomson CI	TDSSAA
John Paul II HS	WOSSAA
Bill Crothers SS	YRAA

Quarter Finals		
John Paul II def. Westdale		69-38
Bishop Tonnos def. Michael Power-St. Joseph's		46-31
St. John's College def St. Anne		49-29
St. Mary's def. Waterloo		66-29
Semi Finals		
St. Mary's def. John Paul II		55-40
Bishop Tonnos def. St. John's College		41-37
Consolation Champions		
St. Edmund Campion def. Pickering		47-38
Bronze Medal Match		
John Paul II def. St. John's College		55-54
Gold Medal Match		
St. Mary's def. Bishop Tonnos		58-47

OFSAA Cross Country
Etobicoke November 6, 2010

OFSAA Cross Country 2010 was hosted by the Metro Region under the capable leadership of Al Baigent (Neil McNeil HS) and Ed Raposo (Michael Power/St. Joseph's). The championship was held on a new course at Etobicoke Centennial, designed by Ed Raposo, and included the park's ski hill. Nearly 1,600 athletes from 322 schools treated about 5,000 parents, coaches, and friends to six exciting races on the spectator-friendly course.

Congratulations to Al and Ed and their entire organizing committee, who did an amazing job convening this championship. OFSAA would also like to thank the numerous volunteers who worked throughout the day to ensure its success of the championship.

Nike Canada did a tremendous job as the official sponsor of the event. The formation of an athletes village complete with a DJ, and tents providing athletes with clothing, haircuts, manicures, and even massages, added huge value to the atmosphere surrounding the event.

Nike, through RunnerSpace.com, also introduced a new website for high school cross country and track and field runners this year. Please visit www.RunnerSpace.com/OFSAA for more information and to create your own school team site. Also, all OFSAA races were videotaped and can be seen on the site.

Paul Craig from Crescent School in Toronto and Anna Patterson from Vincent Massey SS in Windsor were the 2010 OFSAA Leadership in School Sport Award recipients for their long-time contribution to high school sport.



Senior boys' team champions: Vincent Masset, Windsor



Senior girls' team champions: Vincent Massey, Windsor



Midget Girls (3000m)
Individual

- 1. Megan Rempel, E.L. Crossley (Fonthill)
- 2. Mackenzie Lemieux, Humberside (Toronto)
- 3. Maddy Armstrong, Eastview (Barrie)
- 4. Olivia Robertson, Brookfield (Ottawa)
- 5. Alison Deery, St. Christopher (Sarnia)
- 6. Sarah Wismer, Centennial (Guelph)

Team

- | | |
|-----------------------------------|------------|
| 1. St. Christopher (Sarnia) | 114 Points |
| 2. Centennial (Guelph) | 197 Points |
| 3. St. Anne (Windsor) | 208 Points |
| 4. St. Ignatius Loyola (Oakville) | 305 Points |
| 5. Westdale (Hamilton) | 339 Points |
| 6. St. Theresa (Belleville) | 369 Points |



Junior Girls (3800m)
Individual

- 1. Hilary Stafford, St. Thomas Aquinas (London)
- 2. Jaimie Phelan, St. Mary's (Kitchener)
- 3. Phoebe Cseresnyes, Westdale (Hamilton)
- 4. Natalia Hawthorn, Bracebridge & Muskoka (Bracebridge)
- 5. Rebecca Wendt, Henry Street HS (Whitby)
- 6. Jenn Rowe, Kitchener Waterloo (Kitchener)

Team

- | | |
|---------------------------------------|------------|
| 1. Huron Park (Woodstock) | 133 Points |
| 2. St. Thomas Aquinas (London) | 133 Points |
| 3. Newmarket (Newmarket) | 153 Points |
| 4. St. Christopher (Sarnia) | 177 Points |
| 5. Westdale (Hamilton) | 228 Points |
| 6. Winston Churchill (St. Catharines) | 289 Points |

Senior Girls (5000m)
Individual

- 1. Jaclyn White, Mother Teresa (London)
- 2. Elizabeth Whelan, Branksome Hall (Toronto)
- 3. Emma Norman, Thousand Islands (Brockville)
- 4. Michelle Molodynia, A.N. Myer (Niagara Falls)
- 5. Melissa Caruso, Humberside (Toronto)
- 6. Sarah Wilson, St. Michael (Stratford)

Team

- | | |
|----------------------------------|------------|
| 1. Vincent Massey (Windsor) | 69 Points |
| 2. Westdale (Hamilton) | 216 Points |
| 3. Thousand Islands (Brockville) | 274 Points |
| 4. Eastview (Barrie) | 277 Points |
| 5. A.N. Myer (Niagara Falls) | 313 Points |
| 6. Essex (Essex) | 344 Points |

Midget Boys (5000m)
Individual

- 1. Robbie Elmhirst, Bill Crothers (Unionville)
- 2. Alec Jarvis, A.Y. Jackson (Kanata)
- 3. Tristan Stewart, St. Theresa (Midland)
- 4. Lyjah Dunn, Riverside (Windsor)
- 5. Nick Bedi, Waterloo (Waterloo)
- 6. Justin Moakler, Brampton Centennial (Brampton)

Team

- | | |
|---------------------------------|------------|
| 1. Birchmount Park (Toronto) | 179 Points |
| 2. R.S. McLaughlin (Oshawa) | 203 Points |
| 3. Our Lady of Lourdes (Guelph) | 234 Points |
| 4. Riverside (Windsor) | 297 Points |
| 5. London Central (London) | 311 Points |
| 6. Pickering (Ajax) | 321 Points |

Junior Boys (6000m)
Individual

- 1. Ben Flanagan, St. Mary's (Kitchener)
- 2. Ryan Sleiman, Kingsville (Kingsville)
- 3. Alex Freemantle, Sacred Heart (Newmarket)
- 4. Matt Stephenson, R.S. McLaughlin (Oshawa)
- 5. Joey Heartwell, Clarkson (Mississauga)
- 6. Nick Kondrat, Hammariskjold (Thunder Bay)

Team

- | | |
|-----------------------------|------------|
| 1. Ancaster (Ancaster) | 197 Points |
| 2. London Central (London) | 200 Points |
| 3. R.S. McLaughlin (Oshawa) | 207 Points |
| 4. Pickering (Ajax) | 302 Points |
| 5. Theriault (Timmins) | 310 Points |
| 6. Malvern (Toronto) | 331 Points |

Senior Boys (7000m)
Individual

- 1. Yves Sikubwabo, Glebe (Ottawa)
- 2. Rob Denault, Aurora (Aurora)
- 3. Xavier King, Pickering (Ajax)
- 4. Connor Darlington, R.S. McLaughlin (Oshawa)
- 5. Andrew Kowalsky, Vincent Massey (Windsor)
- 6. Aaron Hendrikx, North Middlesex (Parkhill)

Team

- | | |
|----------------------------------|------------|
| 1. Vincent Massey (Windsor) | 107 Points |
| 2. Theriault (Timmins) | 137 Points |
| 3. Highland (Dundas) | 196 Points |
| 4. St. Thomas Aquinas (London) | 216 Points |
| 5. R.S. McLaughlin (Oshawa) | 228 Points |
| 6. Northern (Sarnia) | 261 Points |
| 6. Thousand Islands (Brockville) | 274 Points |

Overall Team

- Girls - Westdale (Hamilton)
- Boys - RS McLaughlin (Oshawa)



OFSAA Girls' Field Hockey

Ingersoll November 4 - 6, 2010

Ingersoll DHS played host to the 2010 OFSAA Girls' Field Hockey Championship. Championship convenors Greg Harris and Hilary Kingsley put on a great event, making sure that all the athletes were well-fed and had a room at the school to warm-up in and escape the weather. As per many OFSAA Field Hockey Championships in the past, the weather was cold, warm, rainy, and snowy all in three days, and the food and warmth provided by the convenors was appreciated. Thank you to Greg, Hilary and their organizing committee.

The final saw a repeat of the CWOSSA finals, with Resurrection CSS Pheonix soaring to victory, defeating Sir John A. MacDonald SS in a close game determined by penalty strokes.

Congratulations to the Resurrection winning team members Madison Thompson, Melissa Chlebak, Jessica Dawson, Kirsten Dlugocki, Brianna Donelson, Shannon Eby, Carley Payerl, Melanie Smith, Hannah Askin, Shannon Beauchesne, Tessa Bedard, Danielle Buttinger, Jessica Buttinger, Caitlin Moser, Jenna Perkins, Megan Silviera, Brianne Snider, Kellee Snider, Isabella Thompson, Stephanie Snyder, assistant coaches Gord Buttinger and Susan Frantzke, and head coach Yvonne Taylor.



Long time coach and pioneer of the Ingersoll DCI girls' field hockey program, Margaret Alderson, was surprised with the OFSAA Leadership in School Sport Award. A heartfelt presentation of the award was made to Margaret for her years of devotion and commitment to girls' field hockey and student-athletes in general.

The OFSAA Team Sportsmanship Award was given to Brother Andre CHS from YRAA for their positive attitude on and off the field. Congratulations to all!

Pool A		Pool C	
St. John's Kilmarnock	CISAA	Oakville Trafalgar HS	GHAC
Ajax HS	LOSSA	Sir John A. MacDonald SS	CWOSSA
Senator O'Connor College	TDCAA	Ingersoll DCI	WOSSAA
Malvern CI	TDSSAA	Sydenham HS	EOSSAA
Pool B		Pool D	
Resurrection CSS	CWOSSA	Applewood Heights SS	ROPSSAA
Sherwood SS	SOSSA	Medway HS	WOSSAA
Leaside HS	TDSSAA	Brother André CHS	YRAA
John McCrae SS	NCSSAA	St. Peter's SS	COSSA



Quarter-Finals	
John McCrae SS def. St. John's Kilmarnock	3-2
Sir John A. MacDonald def. Applewood Heights	1-0
Resurrection def. Malvern	4-0
Oakville Trafalgar def. Medway	2-0
Semi-Finals	
Sir John A. MacDonald def. John McCrae	1-0
Resurrection def. Oakville Trafalgar	3-2
Bronze Medal Game	
John McCrae def. Oakville Trafalgar	1-0
Gold Medal Game	
Resurrection def. Sir John A. MacDonald S.S	1-0



OFSAA Boys' A, AA, AAA and AAAA Volleyball

Mississauga November 25 - 27, 2010



Nope, it was not an error on the calendar. Mike Russell actually convened all four OFSAA Boys' Volleyball Championships.

The Rick Hansen SS teacher from ROPSSAA had an idea a few years ago to host all four of the Boys' Volleyball Championships together, and this year that vision became a reality.

Using 16 high schools, volleyball took over the City of Mississauga from Nov. 25-27, and one of the first to welcome the student-athletes, coaches, and volunteers was Mississauga's Mayor Hazel MacCallion, as she addressed the more than 1200-person crowd during the breakfast banquet. She spoke to the importance of living active healthy lives and how teamwork will follow you through life, whether in sport, politics, or business.

Following the judging of the moustache competition (thanks to all those students supporting Movember), guests were treated to a wonderful buffet breakfast in preparation of the competition ahead of them.

Following the meal, Mike Russell took the stage to a standing ovation from the appreciative crowd for all the work he had done in coordinating this volleyball extravaganza. Always modest, Mike was quick to point out that nothing could have been accomplished without the strong support of a committee that has put in almost two years of work preparing for this event.

After the meals had been digested and formal presentations concluded, it was time for teams to get to work and begin their race for an OFSAA championship. Great crowds took to the stands at each of the 16 venues, cheering with excitement and enthusiasm regardless of which teams were playing. Not enough praise can go out to the volunteers, who were clearly identified in their bright green T-shirts, as they greeted visitors, swept the floors, and manned the lines. For those unable to attend, more than half of the venues being used provided a live-stream of all the matches taking place, a welcome addition to the championship for all those parents and friends wishing to tune in from across the province.

Following two days of excitement and heartbreak, the consolation and medal matches were in place for the final day of the championships. Teams took to the courts at the beautiful McMaster University facilities, where athletes and coaches were treated to a lively atmosphere including a volleyball championship pavilion set-up by the sponsors.

In the **Boys' A Championship** medal matches, Quinte Christian (EOSSAA) defeated 2008 and 2009 Champions St. Thomas Aquinas (NWOSSAA) in all three of the matches to claim the gold medal. In a nail biter of a



match, a resilient Beacon Christian team (SOSSA) overcame a first game loss to defeat London District Christian (WOSSAA) to win the bronze medal. The Team Sportsmanship Banner was given to Woodland Christian HS (CWOSSA) for their positive attitude and superior conduct throughout the championship.

In the **Boys' AA Championship**, everyone was eager to find out if Eden HS (SOSSA) could repeat as gold medallists for an incredible fifth time, but in order to do so they would need to get past the Cinderella team of Walkerville CI (SWOSSAA) who came into the tournament seeded 7th. Despite putting up a strong fight, Eden proved too strong for the energetic team from Walkerville, and took their fifth straight OFSAA title. In the bronze medal match, Cobourg East (LOSSA) defeated another surprise team in 8th seed FE Madill (WOSSAA). The Team Sportsmanship Banner was awarded to Hamilton District Christian HS (SOSSA) for their commitment to fair play and honesty during all their matches. Their great behaviour was recognized by a number of coaches who put their name forward for this award.

The **Boys' AAA Championship** saw the number one and three seeded teams squaring off for the gold medal. Pre-tournament favourite Oakridge SS (WOSSAA) knew

they would be in a tough position against a strong Regiopolous-Notre Dame team (EOSSAA), but managed to keep their composure taking the first game of the set. However, Regiopolous wasn't intimidated and won the next three games to give them the Boys AAA Volleyball Championship gold medal. In the bronze medal match, É.S.C. Béatrice-Desloges (NCSSAA) defeated Chatham-Kent SS (SWOSSAA), and was also presented the Team Sportsmanship banner for being excellent role models to all athletes both in victory and defeat.

After almost three full days of volleyball, the final match of the tournament had arrived in the **Boys' AAAA Championship**, as St. Michael's College (CISAA) took on Grand River CI (CWOSSA). Despite many of the volunteers entering their tenth hour in the gym, there was no shortage of enthusiasm as the teams took to the court. St. Michael's set the tone early dominating the first two sets, but Grand River wasn't prepared to concede defeat and won the third set. However, St. Michael's proved to be too much for Grand River, winning the fourth set and capturing the gold medal in-front of an excited crowd. Congratulations must also be extended to Cathedral HS (GHAC) for being awarded the Team Sportsmanship Banner for the AAAA Championship. Your teachers, parents, and coaches should be proud of the way you represented your school throughout the championship, demonstrating sportsmanship and general courteousness to competitors and officials.

This concluded a historic event that brought all OFSAA Boys' Volleyball Championships under one roof.



A Results

Pool A	
St. Thomas Aquinas	NWOSSA
É.J. Lajeunesse	SWOSSAA
London District Christian	WOSSAA
Brampton Christian Academy	ROPSSAA
Bloor CI	TDSSAA
Pool B	
Woodland Christian	CWOSSA
Toronto District Christian	YRAA
Lakefield DHS	COSSA
Manitoulin SS	NOSSA
Trinity College	CISAA
Pool C	
Quinte Christian	COSSA
É.S. Le Caron	GBSSA
Beacon Christian	SOSSA
É.S. Académie Mere-Teresa	GHAC
Englehart HS	NEOAA
Pool D	
Atikokan HS	NWOSSA
Holy Trinity CSS	EOSSAA
Durham Christian HS	LOSSA
Rideau HS	NCSSAA
Monsignor De Charbonnel HS	TDCAA

Consolation Quarter-Finals		
Lajenesse def. Manitoulin	20-25, 25-23, 15-5	
Mere-Theresa def. Durham Christian	24-26, 25-23, 15-12	
Msgr De Charbonnel def. Le Caron	24-26, 25-17, 15-13	
Toronto District C. def. Bloor	25-21, 25-17	
Consolation Semi-Finals		
Lajenesse def. Mere-Theresa	22-25, 25-16, 15-5	
Toronto District C. def. Le Caron	25-19, 25-19	
Consolation Final		
Toronto District C. def. Lajeuness	25-16, 25-20	
Championship Quarter-Finals		
St. Thomas Aquinas def. Lakefield	25-17, 25-16	
Beacon Christian def. Holy Trinity	16-25, 25-21, 15-12	
Quinte Christian def. Rideau	25-16, 25-14	
London District C. def. Woodland C.	16-25, 25-23, 15-5	
Championship Semi-Finals		
St. Thomas Aquinas def. Beacon C.	20-25, 25-16, 15-7	
Quinte C. def. London District C.	25-11, 25-11	
Bronze Medal Game		
Beacon C. def. London District C.	23-25, 25-21, 15-12	
Gold Medal Game		
Quinte C. def. St. Thomas Aquinas	25-20, 25-23, 25-16	

Pool A	
É.S.C. Franco Cité	NCSSAA
Chippewa SS	NOSSA
Hamilton District CHS	SOSSA
Mentor College	ROPSSAA
Stephen Leacock CI	TDSSAA
Pool B	
Cobourg DCI East	COSSA
F.E. Madill SS	WOSSAA
St. Thomas Aquinas	GHAC
Francis Libermann CSS	TDCAA
St. Andrews College	CISAA
Pool C	
Eden HS	SOSSA
É.S. L'Escale	EOSSAA
Penetanguishene SS	GBSSA
Sutton DHS	YRAA
Monsignor J. Pereyma CSS	LOSSA
Pool D	
Dryden HS	NWOSSAA
Walkerville HS	SWOSSAA
Norwell DSS	CWOSSA
St. Paul	ROPSSAA
Timiskaming DSS	NEOAA

AA Results

Consolation Quarter-Finals	
Chippewa def. Francis Libermann	25-13, 25-21
Dryden def. Pereyma	25-12, 25-12
L'Escale def. Timiskaming	25-14, 25-20
St. Thomas Aquinas def. Mentor	25-23, 25-17
Consolation Semi-Finals	
Chippewa def. Dryden	25-17, 25-18
L'Escale def. St. Thomas Aquinas	25-23, 25-18
Consolation Final	
Chippewa def. L'Escale	25-21, 20-25, 15-11
Championship Quarter-Finals	
Cobourg East def. Franco Cité	18-25, 25-23, 15-13
Walkerville def. Penetanguishene	25-8, 25-20
Eden def. Norwell	25-11, 25-19
F.E. Madill def. Hamilton District C.	15-17, 21-25, 28-16
Championship Semi-Finals	
Walkerville def. Cobourg East	25-23, 25-21
Eden def. FE Madill	25-15, 25-8
Bronze Medal Game	
Cobourg East def. FE Madill	25-15, 25-18
Gold Medal Game	
Eden def. Walkerville	25-20, 25-20, 28-26

AAA Results

Pool A	
Oakridge SS	WOSSAA
Dr. G.W. Williams	YRAA
Lockerby Composite School	NOSSA
Sir Winston Churchill SS	SOSSA
Loyola CSS	ROPSSAA
Pool B	
Regiopolos-Notre Dame	EOSSAA
Bishop Ryan CSS	GHAC
Danforth C & TI	TDSSAA
Father Redmond CSS	TDCAA
St. Joseph's HS	SWOSSAA
Pool C	
Chatham-Kent SS	SWOSSAA
Upper Canada College	CISAA
Waterloo-Oxford DSS	CWOSSA
Applewood Heights SS	ROPSSAA
St. Joseph's HS	GBSSA
Pool D	
É.S.C. Béatrice-Desloges	NCSSAA
Ancaster H & VS	SOSSA
Anderson C & VI	LOSSA
Sydenham HS	EOSSAA
I.E. Weldon SS	COSSA
Consolation Quarter-Finals	
Bishop Ryan def. Lockerby Composite	25-16, 25-18
Ancaster def. Applewood Heights	25-15, 22-25, 15-12
Waterloo-Oxford def. Sydenham	27-25, 25-14
Winston Churchill def. St. Joseph	21-25, 25-22, 15-11
Consolation Semi-Finals	
Ancaster def. Bishop Ryan	26-24, 25-19
Winston Churchill def. Waterloo	18-25, 25-19, 15-10
Consolation Final	
Ancaster def. Sir Winston Churchill	30-28, 23-25, 15-11
Championship Quarter-Finals	
Oakridge def. Father Redmond	25-21, 25-10
Béatrice-Desloges def. Upper Canada	25-22, 25-15
Chatham-Kent def. Anderson	25-20, 25-23
Notre Dame def. G.W. Williams	25-22, 25-14
Championship Semi-Finals	
Oakridge def. Béatrice-Desloges	25-22, 25-19
Notre Dame def. Chatham-Kent	25-23, 25-27, 15-8
Bronze Medal Game	
Béatrice-Desloges def. Chatham-Kent	25-17, 25-18
Gold Medal Game	
Notre Dame def. Oakridge	22-25, 25-21, 25-19, 25-13

Leadership in School Sport Award Recipients

A	Dave McAllister, Rick Hansen SS (ROPSSAA)
AA	Kerry MacLean, Colonel By (NCSSAA)
AAA	Bryan Kussner, AB Lucas (WOSSAA)
AAAA	Rich Fontanna, Brampton Christian Academy (ROPSSAA)

Team Sportsmanship Award Recipients

A	Woodland Christian HS (CWOSSA)
AA	Hamilton DCHS (SOSSA)
AAA	É.S.C. Béatrice-Desloges (NCSSAA)
AAAA	Cathedral HS (GHAC)



Pool A

Grand River CI	CWOSSA
Birchmount Park	TDSSAA
Sinclair SS	LOSSA
Bishop Allen Academy	TDCAA

Pool B

Mississauga SS	ROPSSAA
A.B. Lucas SS	WOSSAA
R.H. King Academy	TDSSAA
Westmount SS	SOSSA

Pool C

St. Michael's College	CISAA
Glebe CI	NCSSAA
Forest Heights CI	CWOSSA
Cathedral HS	GHAC

Pool D

Bill Crothers SS	YRAA
Ursuline College	SWOSSAA
Innisdale SS	GBSSA
Rick Hansen SS	ROPSSAA

AAAA Results

Consolation Quarter-Finals

King Academy def. Bishop Allan	25-21, 20-25, 15-5
Innisdale def. Forest Heights	25-18, 16-25, 15-12
Cathedral def. Ursuline College	25-13, 25-20
Westmount def. Sinclair	25-17, 25-12

Consolation Semi-Finals

Innisdale def. King Academy	25-21, 25-22
Westmount def. Cathedral	18-25, 27-25, 16-14

Consolation Final

Westmount def. Innisdale	25-14, 26-24
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Championship Quarter-Finals

Grand River def. AB Lucas	25-18, 25-21
Glebe def. Bill Crothers	25-16, 26-24
St. Michael's def. Rick Hansen	25-20, 25-22
Mississauga def. Birchmount	25-18, 25-17

Championship Semi-Finals

Grand River def. Glebe	25-18, 26-24
St. Michael's def. Mississauga	25-20, 24-25, 15-12

Bronze Medal Game

Mississauga def. Glebe	16-25, 25-20, 25-13
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Gold Medal Game

St. Michael's def. Grand River	25-15, 25-9, 20-25, 25-12
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OFSAA Committees and Chairs

Coaching

Future Directions

Transfers

Constitutional Review

Gender Equity

Co-chair

Classifications

Championship Review

Sanctions

Alpine Skiing

Badminton

Baseball

Basketball - Boys

Co-chair

Basketball - Girls

Cross Country Running

Co-chair

Curling

Field Hockey

Boys' Field Lacrosse

Football

Golf - Girls'

Golf - Boys'

Gymnastics

Hockey - Boys

Co-chair

Hockey - Girls

Co-chair

Nordic Skiing

Rugby - Boys

Rugby - Girls

Soccer

Co-chair

Snowboard Racing

Swimming

Tennis

Track & Field

Volleyball

Co-chair

Wrestling

Terry Olaskey

Jim Woolley

Jim Woolley

Bonnie Glover

Clem Contreras, Bishop Allen

Elaine Birta, Vaughan SS

Terry O'Rourke

Helen Downey, Bishop Tonnos CHS

Brian Poste, North Hastings DHS

Kevin Gosselin, Jean Vanier CHS

Pauline King-Taylor, Bill Crothers

Paul Solarski, Brebeuf College

Tom Oliveri, Brebeuf College

Roy Rana, Eastern Commerce

Heather Lafontaine, Fr. Leo Austin

Michael Smith, Highlands SS

Suche James, Frontenac SS

Yvonne Nieuwenhuis Sir Robert Borden HS

Colette Cunningham-Reimann, TDSB

Greg Reid, St. Andrew's College

Barry Rushon, White Pine CVI

Debra Austin, Huntsville HS

Bob Di Francesco, St. Mary's

Cynthia Facchinato, WECDSB

Steve Stanlick, St. Peter's

John Lytle, Sir Oliver Mowat

Laura Gillespie, Ottawa-Carleton DSB

Murray Eckstein, Park St. CI

Sian Leyson-Doughty, Mayfield SS

Ron Andrews, Barrie Central

Ryan Clancy, St. Anne's CHS

Heather Windrem, Widdifield SS

Pat Lacasse, Colonel By SS

Krista Petrie-Wallace, Almonte DHS

Kevin Wong, Bishop P.F. Reding SS

Michael Robinson, Lakeshore CHS

Chris Deighan, Cardinal Carter

Helen Thomson, St. Michael CSS

Brian Leidl, Chatham Kent SS

Randy Budner, St. Patrick HS

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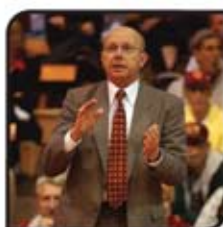
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Comfort Inn Brantford	519-753-3100	Staybridge Suites London	519-649-4500	Comfort Inn St-Catharines	905-687-8890
Comfort Inn Burlington	905-639-1700	Holiday Inn Hotel & Suites Markham	905-474-0444	Comfort Inn Sudbury Regent St	705-522-1101
Hilton Garden Inn Burlington	905-631-7000	Comfort Inn Midland	705-526-2090	Comfort Inn Sudbury 2nd Ave	705-560-4502
Holiday Inn Burlington	905-639-4443	Comfort Inn Newmarket	905-895-3355	Travelodge Sudbury	705-522-1100
Homewood Suites Burlington	905-631-8300	Best Western North Bay	705-474-5800	Comfort Inn Thunder Bay	807-475-3155
Comfort Inn Cambridge	519-658-1100	Comfort Inn North Bay Airport	705-476-5400	Comfort Inn Timmins	705-264-9474
Comfort Inn Chatham	519-352-5500	Comfort Inn North Bay Lakeshore	705-494-9444	Holiday Inn Mississauga Toronto West	905-890-5700
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Comfort Inn Kingston Midtown	613-549-5550	Les Suites Hotel Ottawa	613-232-2000	Quality Suites Whitby	905-432-8800
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Holiday Inn Kingston Waterfront	613-549-8400	Radisson Hotel Ottawa Parliament Hill	613-236-1133	Hilton Hotel Windsor	519-973-5555
Comfort Inn Kirkland Lake	705-567-4909	Travelodge Ottawa East	613-745-1133	Quality Suites Windsor	519-977-9707
Radisson Hotel Kitchener Waterloo	519-894-9500	Comfort Inn Owen Sound	519-371-5500	Radisson Riverfront Hotel Windsor	519-977-9777
Comfort Inn Leamington	519-326-9071	Comfort Inn Parry Sound	705-746-6221	Travelodge Hotel Downtown Windsor	519-258-7774

Reservations



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

EDUCATION THROUGH SCHOOL SPORT

**LE SPORT SCOLAIRE, UN
ENTRAÎNEMENT POUR LA VIE**