

January 2008

The Bulletin

Women's Sport
School Information

In Memory of
Gord Wright and
Jim Murchie



Championship
Results

Scholarships
2008

Upcoming Events
Calendar

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Ontario Federation of School Athletic Associations

1185 Eglinton Ave. East, Suite 409, Toronto, Ontario M3C 3C6 Website: www.ofsaa.on.ca
Phone: (416) 426-7391 Email: see below
Fax: (416) 426-7317
Publications Mail Agreement Number: 40050378

Honorary Patron of OFSAA: The Honourable David C. Onley, Lieutenant Governor of Ontario

STAFF			
Executive Director	Doug Gellatly	Ext. 4	doug@ofsaa.on.ca
Assistant Director	Steve Sevor	Ext. 2	steve@ofsaa.on.ca
Assistant Director	Lex Cleaver	Ext. 5	lex@ofsaa.on.ca
Office Administrator	Meredith Maloney	Ext. 1	meredith@ofsaa.on.ca
Comm. & Marketing Coordinator	Lindsey Evanoff	Ext. 3	lindsey@ofsaa.on.ca
Special Projects Coordinator	Peter Morris	905.826.0706	pgm@idirect.com
Special Projects Coordinator	Diana Ranken		diana@ofsaa.on.ca
Special Projects Coordinator	Mike Thorpe	905.820.5953	michael.thorpe@sympatico.ca

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	Michele Van Bargaen, Strathroy DCI	P: 519.245.2680	F: 519.245.5498
YRAA	David Christie, Keswick HS	P: 905.476.0933	F: 905.476.0929
	Erin Gray, Aurora HS	P: 905.727.3107	F: 905.727.5804

ADVISORS			
OPSBA	Ed Arnold, York Region D.S.B	P: 807.937.4888	F: 907.932.1991
OCSTA	Cliff Casey	P: 519.426.9091	F: 519.426.4028
Ministry of Ed	John Donofrio	P: 416.325.2533	F: 416.325.7247
Ministry of H P	Barbara Lyon-Stewart	P: 416.326.8500	F: 416.326.8520



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

A Word from OFSAA's Executive Director



Based on a few recent complaints, I sense that some believe OFSAA policies, rules and regulations are arbitrarily made by one or a few people, and that there is no way for others to have input into these decisions. This is far from the truth.

OFSAA is a federation of 18 athletic associations geographically spread

across the province. As a collective, the member associations form OFSAA, and each contributes to the decision-making process, whether it is for sport rules, the transfer policy, by-laws, or any other rule of governance. Each association sends its two representatives to sit on the OFSAA Representatives' Council. These leaders must have the ability to consider the "big picture" and the uniqueness of school sport when making decisions at the provincial level.

Sport rules are first discussed by Sport Advisory Committees, of which we have one for each sport, consisting of knowledgeable and respected coaches

from each geographic region of the province. They meet every second year to discuss changes to playing regulations for OFSAA Championships. Motions are developed by these committees that go forward to the Representatives' Council for debate and then a vote. If adopted, they are incorporated into our governing documents. These Sport Advisory Committees consider suggestions and topics that are brought forward by other coaches in the province, so there is always the opportunity for any coach to have input into the process.

Changes to OFSAA's by-laws, which contain our governance processes as well as transfers and school classification criteria policies, are decided by a combined group consisting of the Representatives' Council, Principals' Council, and Executive Council. Again, changes are brought forward through various channels for debate and are then voted upon by this group.

Various committees, such as transfers, sanctions, and classifications, consist of volunteers who implement the policies that have been adopted by OFSAA through each of its member associations.

Continued on page 2

Continued from page 1

The role of staff in the entire process is to provide information, ensure that the decisions follow proper process, provide input when requested, and generally ensure that informed decisions are being made. The staff members never have a vote on any decision.

This type of structure, while having its own intricacies specific to OFSAA, is very similar to almost every non-profit, sport organization in Ontario.

OFSAA is a very large and complex organization considering all the various

stakeholders, our geographic vastness, diversity of population, and sheer number of secondary schools. Each of the 18 athletic associations has its own unique characteristics and challenges, yet each is able to contribute to the provincial picture through OFSAA.

Disagreement and debate is healthy to any organization, as it provides opportunity for people to give their opinions on a topic and to offer alternative options. If done in a respectful manner, it can be very productive and make everyone involved feel they have had input, no matter what the result may be.

In the end, while it's not always possible or necessary to have total agreement on an issue, it is important that the organization's processes are followed, that the appropriate groups have input, and that decisions are arrived at in a democratic fashion.

While you may not agree with a particular rule or policy, you should know that it has been put in place by knowledgeable volunteers, through a democratic process that involves debate and a vote by educators from across the province, and that there are always methods of changing any particular rule or policy.

Doug Gellatly

In Memory of Gordon A. Wright, 1911 – 2007



Gordon Wright was a dynamic force in the transformation and growth of physical education and OFSAA in the decades following

World War II. He was an excellent athlete, a gifted leader and an innovative visionary.

A distinguished graduate of the Ontario Agricultural College in Guelph, Gord began his teaching career in northern Ontario in 1935. He served as Director of Physical Education in Niagara before joining the Royal Canadian Navy in 1942. In 1946 he was appointed as inspector and assistant director of the new physical and health education branch of the Ontario Ministry of Education, where he became director the following year.

Gord was instrumental in obtaining a grant to organize an association responsible for the conduct of school sport in Ontario. This was at the urging of several different

areas of the province that already had a school sport structure in place. Gord was very supportive of their requests and thus came the beginning of OFSAA. Gord was the initial ministry representative on the OFSAA Board of Directors.

Gord's dedication and enthusiasm

“Winning is great, but passing on skills and knowledge so others can be winners is even better.”

- Gord Wright

were infectious as he worked to change the old militaristic-style of physical training, and he created ground breaking ways of teaching physical education. His lifelong philosophy of developing leadership and organizational skills through sports was also put into practice when, with government support, he established the Ontario Athletic Leadership Camp (Lake Couchiching) and the Ontario Camp Leadership Centre (Bark Lake). For nearly 60 years, OFSAA and these two programs have directly influenced the lives of

thousands of Ontario's youth.

Gord also played a vital role in several professional P&HE Associations, including the physical education section of the Ontario Educational Association (now OPHEA), and the Canadian Association for Health and Physical Education (CAHPER). In 1962, the federal government appointed Gord as the first Director of the newly-established Fitness and Amateur Sport Directorate (the forerunner of Sport Canada), a position he held for only one year due to a change in government. He then returned to the profession he loved, teaching. He was vice-principal and then principal of Banting Memorial High School in Alliston. He retired in 1974, but not before getting the school board and town involved in acquiring nearby land to build a much-needed playing field. On October 30, 1984, with an audience of 1,800 students, the 11-acre site was named the G.A. Wright Athletic Field.

Gord will be greatly missed.

(Thanks to Helen Gurney for this synopsis of Gord's career and contributions)

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Recognize Athletes and Coaches With the Colin Hood Award

Do you think student-athletes and coaches in your school deserve recognition? OFSAA can help.

The Colin Hood/School Sport Award is now available to all schools. This award is a great opportunity to recognize students and coaches who contribute to making school sport a memorable experience in the lives of student-athletes.

The Colin Hood OFSAA School Sport Award is named after retired OFSAA Executive Director Colin

Hood. During his time at OFSAA (1992-2004), Colin set national precedents through his relentless dedication to school sport, developing all-inclusive OFSAA programs as well as promoting and developing the high school athlete in Ontario. He is considered a true leader and role model in both the educational and sport sectors.

Plan early for your year-end banquets. For more information visit www.ofsaa.on.ca.

Scholarships Available for 2008

OFSAA has been fortunate to have formed partnerships with a number of organizations, benefitting student-athletes across the province.

Many organizations have committed to the growth and development of our student-athletes by providing scholarships for post-secondary education.

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 NCSSAA, GHAC and CISAA

Application Deadline: April 1, 2008

Roger Neilson/ Toronto Maple Leafs Alumni Scholarship Award

- Four (two males and two females) 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 other school activities
- Applicants should also demonstrate a clear financial need

Application Deadline: April 1, 2008

Canada Basketball Scholarship

- Two scholarships, valued at \$2500 each, will be offered to a deserving male and female high school basketball player
- Applicants will be scored on their academic success, leadership in the amateur sport community through well-rounded participation as a high school basketball athlete, as well as on the basis of their other school and community activities

Application Deadline: April 1, 2008

Brian Maxwell Memorial Scholarship

- Two scholarships, valued at \$5000 each, will be offered to qualifying male and female track/cross country OFSAA qualifiers
- Applicants must be continuing post-secondary education at a Canadian post-secondary institution

Application Deadline: April 1, 2008

For application forms, please consult the OFSAA website: www.ofsaa.on.ca



Annual OFSAA Alumni Golf Tournament

September 17 was a day of ideal weather for the annual OFSAA Alumni golf tournament, and 28 alumni enjoyed the event. Several joined in for the first time, including Carm Donato, Barry Mutrie and Gerry Barker. A mean game of golf was followed by a barbecue and lots of great conversation.

The 2007 "Champions"

Men's Team

Andy Martinson, Barry Mutrie, Bob Curran, Dave Galway

Mixed Team

Carm Donato, Carolyn Nixon, Cecilia Carter-Smith, Diana Ranken



Alumni mixed team champions from left: Diana Ranken, Carolyn Nixon, Carm Donato and Cecilia Carter-Smith.

Longest Drives

Betty Cullingworth, Carm Donato

Closest to the Pin

Gerry Barker, Diana Ranken

This is an extremely fun day, so book off September 15, 2008 now and come out and join us at the OFSAA Alumni Golf Tournament!

For detailed information and membership forms, visit www.ofsaa.on.ca and click on Alumni Association.

Donations to the Alumni Association support annual OFSAA scholarships for students attending post-secondary institutions in Canada.



Alumni mens' team champions from left: Barry Mutrie, Bob Curran, Andy Martinson, Dave Galway

Try Day Funding 2008 goes out to 215 schools



The full complement of schools for Try Day funding has now been reached for 2008.

A total of 215 schools will receive up to \$800 to introduce a new or non-traditional sport or physical

activity to their program, thanks to grants from the Ministry of Health Promotion and the Ontario Trillium Foundation, an agent of the Ontario government.

The Trillium Foundation grants will continue next school year, so watch the OFSAA website for details and check your spring Bulletin for registration materials for this 2009 Try Day funding.

Applications for funding are accepted on a first-come, first-served basis, so those schools who were disappointed this year are encouraged to apply as soon as the information is available.

Some of this year's Try Day sports include rock climbing, floorball, lacrosse, tchoukball, disc golf, fitness circuits and outdoor education.

Box-On, a New Idea for a Try Day Activity

BOX-ON! is a specialized workout program providing Olympic-style exercises that focus on fitness. Integrating FUNdamental techniques from actual boxing training methods, the program consists of a warm-up, technical session, and cool-down. BOX-ON! has already been introduced to a variety of organizations, including schools.

The exercises are led by a certified boxing instructor and are designed to be fun, challenging, and suitable for all age and fitness levels. Our objective is to encourage children and youth to make physical

activity part of their lives and increase their overall health. Boxing is a great cardiovascular exercise that improves coordination and timing, increases stamina and strength, and boosts self-confidence. We want everyone to take part in this great sport and reap all the benefits that come with our exciting BOX-ON! program. Consider introducing it to your school as your Try Day activity next year.

For more information on BOX-ON, please contact Deidi Kennedy at 416-426-7045 or dkonney@boxingontario.ca.

Canadian School Sport Week

OCTOBER 15-19, 2007

Canadian School Sport Week is a national initiative through the Canadian School Sports Federation (CSSF) and its member Associations.

It is a celebration of school sport aimed to promote and recognize those individuals who are dedicated to its success.

This year, schools recognized teacher-coaches and other individuals who make a difference for school sport across Ontario.

OFSAA provided these schools with certificates to help recognize and thank those individuals who are dedicated to school sport.

Thank you to all the schools that participated this year in the Canadian School Sport Week.

Professional Development Opportunity - Women's Sport School

The 2008 OFSAA Women's Sport School will be held on May 8 and 9, 2008 at Durham College/UOIT in Oshawa. This conference is a professional development event that brings together teacher-coaches from across the province to share ideas and get motivated.

The program encompasses a wide variety of sessions for both curricular and co-curricular programs, with sessions geared to high school and elementary school teachers.

The Women's Sport School aims to increase participants' knowledge in several areas of school sport, expose them to new/unconventional sports and teaching methods, as well as provide opportunities for discussion groups with peers.

Please see the next page for Women's Sport School details.



WOMEN'S SPORT SCHOOL 2008

"InterACTIVE HPE"

The 2008 **OFSAA Women's Sport School** will be held May 8 & 9 at Durham College/UOIT in Oshawa.

This bi-annual conference unites teacher-coaches across the province as they share ideas and get motivated!

Plan A includes two nights accommodation, meals, sessions
\$325 + gst = \$341.25

Plan B includes meals and sessions only
\$275 + gst = \$288.75

One Day Registration includes meals and sessions only
\$150 + gst = \$157.50

OFSAA Contact:

Lex Cleaver
Assistant Director
OFSAA
1185 Eglinton Ave. E
Toronto, ON
M3C 3C6
P: 416.426.7436
lex@ofsaa.on.ca

Registration forms are included in the Bulletin. Please see insert for details.

Registration Deadline: March 31, 2008



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In Memory of Jim Murchie

Long-time high school coach Jim Murchie, who made significant contributions to OFSAA, died in November of a heart attack, but his involvement will not be forgotten. He is known as one of the most successful high school hockey coaches in Ontario.

"I think Jim remembered every game of every OFSAA Championship, who scored and who played well," said one of Jim's hockey friends. "But no matter how hard his team competed, his players were always more important than the final result."

Jim began his coaching career with boys' hockey at York Memorial Collegiate in 1962. He stayed there for 30 years, leading his teams to capture several TDIAA championships and participate in five OFSAA competitions, winning in both 1967 and 1990. From the 1967 championships, both goalies from Jim's team were drafted by the Vancouver Canucks.

Aside from coaching, Jim was an active hockey player himself. He played for OHL's Toronto Marlies from 1954 to 1956 and scored the winning goal in the final game of the Memorial Cup series in 1954. He was named team captain in 1956. He went on to play for

the University of Toronto, where he was captain in his first year. Also an exceptional football player, Jim was drafted by the Calgary Stampeders of the CFL, but the outstanding hockey player turned down a professional hockey contract with the Toronto Maple Leafs to become a teacher.

Because of his dedication to boys' hockey, Jim was the first recipient of the OFSAA Leadership in School Sport Award, an accomplishment he was extremely proud of. He has been a staple at every OFSAA championship for the last 40 years, and his knowledge of high school sports made him a valuable member of the seeding committee.

"Jim had a gruff exterior and outrageous behaviour at times, but underneath was a heart of pure gold, one of the softest men you would ever meet," said Peter Morris, Special Projects Coordinator of OFSAA and retired high school coach. "He was a caring person who would give you the shirt off his back with no questions asked."

Jim and his contributions to OFSAA are much appreciated and missed.

Roger Neilson/Toronto Maple Leafs Alumni Scholarship



From left: John Lapierre, Maple Leaf Alumni Mike Pelyk, Kristen McAlpine, Maple Leaf Alumni Stewart Gavin, Amanda Harrop, Maple Leaf Alumni Mark Osborne and 2003 recipient Tyler Ing.

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

Two males and two females are awarded separate scholarships in the amounts of \$10,000 each spread out over four years in payments of \$2,500 per year. In addition to these four recipients, the Toronto Maple Leafs Alumni Association also offers one-time bursaries of \$1000 to four additional scholarship finalists.

Through their generous financial support, the Toronto

Maple Leafs Alumni Association have been able to provide much needed financial support to 44 student-athletes in the past five years in their pursuit of post-secondary excellence.

Congratulations to the 2007 Recipients & Finalists:

Boys'

Recipients: Cody Allard of Meadowvale SS (ROPSSAA) and John Lapierre of Westlane SS (SOSSA).

Finalists: Phillip Tremblay of Riverside SS (SWOSSAA) and Tyler Grantham of Assumption College School (CWOSSA).

Girls'

Recipients: Kristen McAlpine of Brother Andre CHS (YRAA) and Amanda Lyn Harrop of Holy Trinity CHS (CWOSSA).

Finalists: Carolynna Gabriel of William Lyon MacKenzie CI (TDSSAA) and Brittany MacDonald of Northern SS (TDSSAA).

OFSAA would like to thank the Toronto Maple Leafs Alumni for their generosity and for their support of student-athletes. Their dedication and commitment to the students of Ontario speaks highly to the character of their organization.

The Ontario Federation of School Athletic Associations is proud to have the Toronto Maple Leafs Alumni Association as one of its valuable corporate sponsors.

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Important Reminders for OFSAA Sanctioned Invitational Events

Schools attending Track and Field meets in the US in the new year MUST receive OFSAA sanction at least 30 days prior to the date of the event. Some other sport convenors in the US are now requiring schools to obtain sanction to attend invitational events also. Check the OFSAA website to make sure your school has been approved to attend school sport events in the US.

Schools must also receive OFSAA sanction to attend or to host a tournament, meet, or exhibition games in another province. Sanctions may also be placed on those OFSAA member schools attending interprovincial events without OFSAA sanction.

All students participating in sanctioned events in Ontario, in the US, or in other provinces, must be eligible under OFSAA regulations and must be supervised by a teacher-coach from the school they represent throughout the duration of the event. See page 18 for OFSAA sanctioned invitational events.

Register Online Via AELS/Inscription Par le System SÉDA

Schools that qualify for OFSAA championships in team sports during the 2007/2008 school year will be required to register through the OFSAA AELS (Athletic Eligibility List System) program on OFSAA's website.

Please ensure you have the following information available to complete your online registration:

- 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)
- Media contact(s)
- Seeding information
- Season game results

Each school has been given their own unique login. Please check with your program leader or athletic director for your password. If your school does not have their login information or if you need more information, contact Steve Sevor at (416) 426-7440.

Durant l'année 2007/2008 scolaire les d'équipes qui qualifient pour des championnats de la FASSO seront exigés de se servir du système SÉDA (système électronique d'admissibilité athlétique) pour s'inscrire pour les championnats.

Assurer que vous avez les informations disponibles suivantes pour accomplir votre inscription:

- Nom d'école et le nom d'équipe
- Nom d'entraîneur
- Couleur d'uniformes
- Nom des joueurs, les nombres d'uniforme, les positions, les dates de naissance, Date d'entrée dans la 9e année, L'information de transfert : (si c'est approprié)
- Contact local des médias
- Classement des équipes
- Résultats de joutes de la saison

Chaque école a été donnée leur propre nom d'utilisateur et mot de passe. Vérifier avec votre chef de programme ou directeur sportif votre mot de passe. Si votre école n'a pas leur information, contactez Steve Sevor au (416) 426-7440.

OFSAA Staff News



From left: Lex, Meredith and Lindsey

Over the past year, OFSAA has added three new faces to its office team. Here is a brief introduction to each of these individuals.

Our office administrator is Meredith Maloney. Meredith has a Bachelor of Physical and Health Education from Laurentian University and prior to joining OFSAA she was the office manager for the Calgary Rowing Club. Previous work experience also took her into various roles within the social services industry. At OFSAA, Meredith is responsible for maintaining our governing documents, processing travel grant requests, coordinating our meetings, and overall administration of the office. Meredith can be reached at (416) 426-7439 or meredith@ofsaa.on.ca.

Lex Cleaver joined our staff last summer as our new assistant director. Lex was most recently employed as Membership Services Coordinator for Gymnastics Ontario, and is a graduate of McMaster University and the University

of Windsor. She has achieved her Honours Bachelor of Kinesiology with a minor in business (McMaster) and her M.A. in Human Kinetics - Sport Management (Windsor). Her key areas of responsibility will be overseeing all girls' championships as well as the nordic skiing, swimming and curling championships, Women's Sports School, Coaching Symposium, and Canadian School Sport Week. To contact Lex, phone (416) 426-7436 or email her at lex@ofsaa.on.ca.

In December, Lindsey Evanoff filled the newly created position of marketing and communications coordinator. She is a journalism graduate from Durham College and recently worked as a corporate communications and marketing specialist with the City of Oshawa. Lindsey has assumed a variety of responsibilities including website management, media relations, publication production, branding, and promotions. Lindsey is available at (416) 426-7437 or lindsey@ofsaa.on.ca.

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Maximum Speed in Team Sports

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Although speed is a major determinant of success in team sports, there are a number of common errors that team sport coaches make when attempting to develop maximum speed in their athletes.

These errors include timing at the end of practice, distances that are longer than that performed in games, and a total volume of work that is excessive.

Timing At The End Of Practice

It's common for team sport players to perform their speed work at the end of practice—for example, basketball players running lines before heading to the locker room. This might be good for developing endurance and fitness, but it does little to improve leg speed. That's because maximal speed is best developed when the nervous system is fresh and able to incorporate faster-than-normal patterns of movement.

Unfortunately, by the end of practice, the nervous system is already fatigued and the ability of players to run at maximum speed is impaired. Maximum speed will not be improved by practicing at a submaximal pace.

Too Much Distance

Speed work is often performed over distances that don't reflect game situations—for example, football players

performing 100 yard repeats even though they seldom sprint farther than 20 to 30 yards during a game. In fact, for most players, acceleration over the first five strides is most important. Aside from lack of specificity, longer sprint repetitions produce early neuromuscular fatigue (see above). The fact is, most world-class sprinters reach their top speed before they hit 60 yards. Maximum speed work that goes beyond that is developing speed endurance not maximum speed. And if your football linemen never sprint more than 30 yards, it is speed over 30 yards that is most important for them.

Too Much Volume

Some teams perform volume (i.e. number of reps) that cause so much fatigue that speed and technique suffer and the nervous system trains incorrect firing and technique patterns. Again, fatigued athletes will not improve their maximum speed.

Recommendations

There is definitely a role for large volumes of longer sprint intervals at the end of practice. Just be aware that it is speed endurance, not maximum speed that you are developing pure speed with such training. Increasing your athlete's maximum speed requires a non-fatigued nervous system employing full-out sprints over distances of less than 60 yards... with plenty of recovery. This is best performed early in the practice, or as a separate session. In terms of volume, a good rule of thumb is, when athletes' speed or technique declines (sprint times go up), wrap up high-intensity training for the day.

Reference: Joseph Warpeha. "Principles of Speed Training." NSCA's Performance Training Journal, June 2007. <http://www.nsca-lift.org>

OUA Launches Champions for Life to Recognize Athletes

Ontario University Athletics (OUA) is pleased to announce the launch of an awareness campaign titled **Champions For Life**. The student-athlete is an integral part of a tradition of excellence. Aspiring men and women of the OUA succeed not only on the playing field, but also excel in the classroom as they prepare for life after university.

In an attempt to keep the best student-athletes in Ontario for their post-secondary careers, six current and recently graduated student-athletes from across the OUA will represent the Champions For Life campaign. They exhibit the qualities of a champion

of both athletics and academics.

"The athletes featured in the Champions For Life campaign are not unique. They reflect the thousands of student-athletes in OUA who have successfully blended the demands of academics with the pressure of competition at the highest level," said OUA President Dr. Lorne Adams.

The campaign will include print ads, posters, web content and public service announcements featuring the six Champions For Life student-athletes. The campaign will also be featured in all OFSAA championship programs throughout 2008.

ImPACT Committed to Concussion Management



ImPACT team members have dedicated the past 15 years to the scientific study of sports-related concussion and the clinical application of this knowledge throughout professional and amateur sports. ImPACT team members are widely acknowledged as world leaders in the field of concussion management and are committed to the ongoing development of advanced concussion management tools.

ImPACT is a sophisticated software tool developed to help sports-medicine clinicians evaluate recovery following concussion. The ImPACT program evaluates and documents multiple aspects of neurocognitive functioning including memory, brain processing speed, reaction time

and post-concussive symptoms. In addition, the ImPACT program provides a user-friendly injury documentation system that facilitates the tracking of the injury from the field through the recovery process.

ImPACT is easy to administer, sensitive to subtle changes in brain function and is valid and reliable. It's the number one tool used in the NFL, MLB, and MLS. Used by thousands of US colleges and high schools, it's now available in Canada for any athlete over 10 years of age. ImPACT is currently being used across Canada for concussion management on Canada's Alpine Ski Teams, minor hockey associations, several Canadian Universities and Hockey Canada.

The baseline ImPACT test takes 25 minutes and can be done on any computer with Internet access. Once

completed, athletes who may be concussed, or who are experiencing symptoms of a concussion, will be seen by a physician experienced in using ImPACT. The follow-up test will be used as part of their concussion assessment protocol in order to assist them in a return to play decision.

The data is stored at the not-for-profit Research Park Data Centre affiliated with the Fowler Kennedy Sports Medicine Clinic. It uses the PrivIT software system to ensure privacy compliance which allows researchers to view patient data to enhance concussion management.

To learn more about ImPACT and concussion management, visit www.impacttest.ca or call 1-866-992-8749. For an introduction to ImPACT and presentation requests, e-mail john.chehade@impacttest.ca.

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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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A Great OFSAA Experience for Jessalyn Walkey and SJK Eagles



SJK Eagles embrace after taking the OFSAA title.

By Jessalyn Walkey

Looking at the 2007 roster for St. John's Kirmarnock field hockey, I certainly knew we had an OFSAA-winning group of girls.

This group, however, was much different compared to the previous year and therefore our upcoming season promised new surprises.

"There are going to be surprises, but it's how you choose to deal with those surprises that will determine whether you walk away with another medal," said Guy Zink, my retired coach, on the Wednesday night of the 2007 OFSAA Championships.

With limited reserves and facing unexpected injuries, we had many mountains to climb before that Saturday night celebration.

This season was life changing for me, as I had the privilege to not

only play on the Tier 1A team, but I was also able to contribute to coaching the girls. Throughout the season our girls grew as individuals as well as a team, becoming the best of friends. That is what gave us our edge for bringing home the OFSAA cup in back-to-back years.

We headed into the Championship ranked first in the tournament and having taken the title the previous year.

After many detailed meetings and thorough practices, the SJK Eagles were ready to face all the surprises that OFSAA was going to throw our way; and trust me there were a lot!

You'd be shocked to know just how many things can happen during four days of intense high school field hockey. As always, our girls took everything in stride.

We played well the first day of the tournament, defeating Lorne Park, 3-0 and Sherwood Secondary 5-0. In our second game against Sherwood there was an added pressure, as we knew that Bluevale had already beaten them by the maximum amount of goals. This meant that in order to be on an equal level with Bluevale for Friday morning's game, we needed to beat Sherwood by a five goal differential.

In the first day of play I ended up scoring all of our goals. Although many people were excited about this, my coach and I found it rather stressing. Our young forward line appeared to be quite intimidated.

We prayed for confidence on day two, hoping the girls would be over their first day jitters. To our delight they were. On day two we came ready to show everyone what we were made of.

This game was extremely important for us to win. Even though it wasn't an elimination match, some old feelings needed to be settled. Last year SJK battled against Bluevale during the semi-final game which, in the end, was settled by 36 strokes. The relief of not having to play them again for a whole season was enough reason to jump up and down. That day had finally come. We were now facing Bluevale, the left-handed stick masters, once again. Only this time we didn't want strokes.

About 10 minutes into the first half, they were awarded a stroke. They were successful in converting it, but we came back fighting hard and



Jessalyn and her teammate celebrate with their trophy.

drilled home four goals back-to-back, putting a variety of names on the score board. After winning that game, I knew we were probably going to face them in the finals.

We then won our quarter-final game against Goderich, winning 5-0. This concluded our November 'day in the sun,' so we retired to hot tubs, beds and couches for a restful evening.

Before I could blink twice we were all piled in the van heading back

down to the pitch. I had a little moment on the ride over. Laughing, singing, joking, living and breathing field hockey is my favorite thing to do.

I wouldn't have traded the experience of playing with that team for anything. They were my sisters, partners in crime and we all knew the job that had to be done.

Step by step, battle after battle, we managed to win our semi-final game, defeating host Applewood Heights SS 1-0. It was a physical but clean game, and a fun one to play.

This left us with one final challenge. The entire weekend I had promised myself not to look too far ahead. I

didn't want to be distracted by our overall goal.

In our final match I wanted to, as my mom says, go out with a bang. This was my senior year, my best friend's (co-captain) senior year and I wanted to win. I wasn't going home without a gold medal and neither were the rest of the team.

Those girls played some of the best hockey that I have ever seen them play. The energy was endless, and

it felt like the clock was as well. We went up with an early goal, which made protecting it quite stressful. Being such an athletic team, Bluevale was able to score a goal to tie the game before regulation time was through. Overtime was back and forth, end to end rushes just lacking a finish.

Each team had their chances, however once again strokes were to determine the outcome. Our first two stokers converted their strokes and our little goalie was solid. We finished the first round of strokes winning 2-1, and I rushed into the excited arms of our goalie. The rest is history.

You would think it feels the same; that you can't tell the difference between the medals on your wall. But we were different girls, and it was a different battle.

The joy of winning OFSAA is incredible. There are no words to describe winning two years in a row, being a captain for those years and that being my final game in high school field hockey.

The most important part of the experience is to have won alongside my best friends. Medal or not, these are the people that I will remember forever. There will always be a special spot in my heart for each one of my girls.

Thank you Lexi, Katie, Deanna, Jess J, Annie, Rachel, Jayne, Kendra, Laura M, Laura S, Alli, Ashley, Danielle, Guilia and Diet.

Good luck next year girls!

The OFSAA Experience

Lyndsay McMullen's OFSAA Experience

By Lyndsay McMullen

We waited with anticipation and anxiety as the opposing team, the Regiopolis Panthers, took their fourth shot on our goalie Amy Hanes in the KASSAA Girl's Field Hockey Championship game. We watched the player get in position, as Hanes kept her eye on the ball, and she saved it! Adrenaline rushed through our bodies as we screamed and cheered. We had won the KASSAA title- Kingston Area Secondary Schools Athletic Association! It was a great feeling of relief that went through us, knowing that we had just beaten the previous champs, and our rivals, Regi. On top of all that, we were on our way to OFSAA! We had just one week to get ready to

go to Mississauga.

We were excited, but we all had the jitters about playing some very skilled field hockey players. On the first day we played two games to the best of our ability, but unfortunately couldn't pull through and come out on top with a win.

At the banquet, we watched our captains, Teagan McLaren and Amy Sweetman, join the other 15 pairs of captains in the Captain's March. We then filled our bellies with a delicious meal, and heard inspiring speeches from the tournament coordinators and Canadian field hockey player, Robin Leslie Spencer. That evening we had some team bonding, enjoying games and dancing!

The second day of the tournament we picked out some great OFSAA clothing! We lost our third game, but held our heads high; knowing that we had scored a goal – more than the other three lowest ranked teams had done.

We had an enjoyable bus ride home, knowing that going to OFSAA was the best the Frontenac Falcons Field Hockey Team had ever done. As we pulled back into the school parking lot, Frankie Valli's song "I've Had The Time of My Life" started to play. It was apparent; we had the time of our lives being together as a team, and for the wonderful opportunity it was to get to go to OFSAA and compete with the best teams in Ontario.

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OFSSA-Sanctioned Invitational Events 2008

Boys' Basketball		
Tournament	Date/Location	Convenor
Silver Fox Boys' Basketball Invitational	Jan. 11 - 13 Hamilton	Jim Weatherbee, Saltfleet HS Phone: 905-573-3000 E-mail: jbw23@quickcllc.net
National Capital High School Basketball Classic	Jan. 31 - Feb. 2 Ottawa	Richard Sutton, Ridgemont HS Phone: 613-733-4860 ext. 555 E-mail: richard.sutton@ocdsb.ca

Boys' Hockey		
Tournament	Date/Location	Convenor
Blessed Trinity Senior Boys' Hockey Invitational	Jan. 14 - 15 Grimsby	Rich Vrataric, Blessed Trinity Phone: 905-945-6706 E-mail: headsupsports@hotmail.com
Burbear Boys' Hockey Invitational	Jan. 31 - Feb. 1 - 2 Burlington	Jeff Carey, Robert Bateman HS Phone: 905-632-5151 E-mail: careyj@ndsb.ca
Father Fogarty Senior Boys' Hockey Invitational	Feb. 7 - 8 Orillia	David Pellarin, Patrick Fogarty CSS Phone: 705-325-9372 E-mail: dpellarin@smcdsb.on.ca
Blessed Trinity Junior Boys' Hockey Invitational	March 18 - 19 Grimsby	Rich Vrataric, Blessed Trinity Phone: 905-945-6706 E-mail: headsupsports@hotmail.com

Girls' Hockey		
Tournament	Date/Location	Convenor
1st Annual Blessed Trinity Thunder Girls' Invitational Hockey Classic	Jan. 17 - 18 Grimsby	Ted Shellhorne, Blessed Trinity CSS Phone: 905-945-6706 E-mail: ted.shellhorne@ncdsb.com

Check the OFSAA website for additional boys' and girls' hockey invitationals at the Burlington 'Waves' Ice Rinks

Girls' Slo-Pitch		
Tournament	Date/Location	Convenor
14th Annual High School Girls' Slo-Pitch (Softball) Invitational	May 23 - 24 Dorchester	Kurt Lohrum, Dunnville HS Phone:905774-7401 E-mail: klohrum@fc.gedsb.net John Ariss, Slo-Pitch Ontario Phone: 905-646-7773 E-mail: jariss@slopitch.org

Mountain Biking		
Tournament	Date/Location	Convenor
Mansfield High School Mountain Bike Festival	May 30 Mansfield	Todd Willoughby, Centre Dufferin DHS Phone: 519-787-8738 E-mail: dtwillow@hotmail.com

OFSSA-Sanctioned Invitational Events 2008 cont

Track and Field		
Tournament	Date/Location	Convenor
Father John Redmond Track Classic	April 19 Etobicoke Centennial Stadium Toronto	Peter Morris Phone: 905-826-0706 E-mail: pgm@idirect.com
32nd Annual Kinsmen-Hungerford Invitational Brockville Track and Field Classic	May 2 - 3 Brockville	Holly Wykes, Jack Weststrate, Randy Givogue, Thousand Islands SS Phone: 613-342-1100 E-mail: westee@ripnet.com

**See page TBC for registration information for OFSAA events **

Canlan Ice Sports York Events (on the campus of York University)

Girls Canlan Classic		
Tournament	Date/Location	Convenor
Cardinal Carter Classic	Feb 5 - 6	Al Rose Phone: 416-661-5900 ext. 251 arose@icesports.com
'DD' Delight (DD teams only)	Feb. 11 - 12	
Canlan Elite	Feb. 13 - 14	
March Classic	March 3 - 4	
Mini Matches	March 31	
Springfest	April 7 - 8	

High School Canlan Classic Senior Boys		
Tournament	Date/Location	Convenor
Canadian Classic	Feb. 7 - 8	Al Rose Phone: 416-661-5900 ext. 251 arose@icesports.com
Four on Four February Challenge	Feb. 25	
York University Classic	Feb. 28 - 29	
Four on Four March Challenge	March 6	
Springfest	March 25 - 26	
Mini Matches	April 3	

Junior Boys Canlan Classic		
Tournament	Date/Location	Convenor
York University Festival	Feb 21 - 22	Al Rose Phone: 416-661-5900 ext. 251 arose@icesports.com
Four on Four February Challenge	Feb. 26	
Early March Mini Matches	March 5	
Late March Mini Matches	March 20	
All Ontario Junior Classic	April 9 - 10	

2007 - 2008 OFSAA Championship Calendar

ALPINE SKIING (Committee)

Mon - Tues, Feb. 25-26, Collingwood
Alpine Skiing Sports Advisory
Committee

Entry Deadline: Tuesday Feb. 19

NORDIC SKIING (NOSSA)

Thurs - Fri, Feb. 28-29, North Bay
Karl Giesbrecht, Widdifield SS
P: 705.472.5711, F: 705.474.4223
karl_giesbrecht@hotmail.com

Entry Deadline: Sunday Feb. 24

WRESTLING (SOSSA)

Thurs - Sat, Feb. 28-29, Hagersville
Chris Fraser & Al Purins, Hagersville SS
P: 905.768.3318, F: 905.768.1616
cfraser@fc.gedsb.net
apurins@fc.gedsb.net

Entry Deadline: Sunday Feb. 24

SNOWBOARDING FESTIVAL (YRAA)

Monday March 3, Thornbury
Richard Cherry, York Region DSB
P: 905.727.0022 ext. 2773
richard.cherry@yrsb.edu.on.ca

Entry Deadline: Tuesday Feb. 26

BOYS' "A" BASKETBALL (CISAA)

Mon - Wed, March 3-5, Port Hope
Tim White & Paul Elsley, Trinity
College
P: 905.885.3217 ext. 1224,
F: 905.885.9690
twhite@tcs.on.ca, pelsley@tcs.on.ca

Entry Deadline: Tuesday Feb. 26

BOYS' "AA" BASKETBALL (LOSSA)

Sun - Wed, March 2-5, Oshawa
John Pfeifer, G.L. Roberts CVI
P: 905.728.7594, F: 905.728.7760
john_pfeifer@durham.edu.on.ca

Entry Deadline: Tuesday Feb. 26

BOYS' "AAA" BASKETBALL (CWOSSAA)

Sun - Wed, March 2-5, Oshawa
David Thomas, Paris District HS
P: 519.442.4477, F: 519.442.1997
thomadav@fc.gedsb.net

Entry Deadline: Tuesday Feb. 26

BOYS' "AAAA" BASKETBALL (TDCAA)

Sun - Wed, March 2-5, Toronto
Don Marchione, Jean Vanier CHS
P: 416.393.5554, F: 416.397.6152
dmarchione03@yahoo.ca,
al.northcott@rogers.com

Entry Deadline: Tuesday Feb. 26

GIRLS' "A" VOLLEYBALL (LOSSA)

Tues - Wed, March 4-5, Whitby
Mitch Martel, ES Charles Garnier
P: 905.665.5635, F: 905.655.8002
mitch_martel@hotmail.com

Entry Deadline: Tuesday Feb. 26

GIRLS' "AA" VOLLEYBALL (NOSSA)

Tues - Wed, March 4-5, Sudbury
Ed Millard
P: 705.523.0951
edmill@isys.ca

- and -

James Michaud, St. Charles College
P: 705.566.9605, F: 705.566.9603
michaudj@scdsb.edu.on.ca

Entry Deadline: Tuesday Feb. 26

GIRLS' "AAA" VOLLEYBALL (SWOSSAA)

Tues - Wed, March 4-5, Chatham
Randy Bartlett, Chatham Kent SS
P: 519.352.2870 ext. 508,
F: 519.351.8849
bartlera@lkdsb.net

Entry Deadline: Tuesday Feb. 26

GIRLS' "AAAA" VOLLEYBALL (TDSSAA)

Mon - Wed, March 3-5, Toronto
Heather Laing, Albert Campbell HS
P: 416.396.6684, F: 416.396.6728
Heather.Laing@tel.tdsb.on.ca

Entry Deadline: Tuesday Feb. 26

SWIMMING (SAC Committee)

Tues - Wed, March 4-5, Etobicoke
Swimming Sports Advisory
Committee
P: 416.426.7391, F: 416.426.7317

Entry Deadline: Tuesday Feb. 26

GIRLS' GYMNASTICS (committee)

Mon - Tues, April 28-29, Ancaster
Gymnastics Sports Advisory
Committee

P: 416.426.7391, F: 416.426.7317

Entry Deadline: Tuesday April 22

GIRLS' "AAA/AAAA" HOCKEY (EOSSAA)

Mon - Wed, March 31 - April 2,
Pembroke
Harley McDowell, Fellowes HS
P: 613.735.6858, F: 613.735.6850
mcdowellh@fc.renfrew.edu.on.ca

Entry Deadline: Tuesday March 25

GIRLS' "A/AA" HOCKEY (EOSSAA)

Wed - Fri, April 2-4, Pembroke
Harley McDowell, Fellowes HS
P: 613.735.6858, F: 613.735.6850
mcdowellh@fc.renfrew.edu.on.ca

Entry Deadline: Tuesday March 25

BOYS' "A/AA" & "AAA/AAAA" HOCKEY (NCSSAA)

Tues - Sat, April 2-5, Ottawa
Mary-Jane Gillier-Symes, Holy Trinity
CHS
P: 613.591.9955, F: 613.592.4839

mary-jane.gillier-symes@
ottawacatholicschools.ca

Entry Deadline: Thursday March 27

BOYS' & GIRLS' CURLING (COSSA)

Wed - Sat, April 2-5, Peterborough
Don Smith & Gary Fenn, Thomas A
Stewart SS

P: 705.743.5230 ext. 631,
F: 705.749.9452

donald200@sympatico.ca,
gary_fenn@kprdsb.ca

Entry Deadline: Thursday March 27

BADMINTON (SOSSA)

Thurs - Sat, May 1-3,
Niagara Falls/St. Catharines
Pierre Blanchard, A.N. Myer SS
P: 905.358.5753, F: 905.358.0788
pierre.blanchard@dsbn.edu.on

Entry Deadline: Sunday April 27

TENNIS FESTIVAL (COMMITTEE)

Sun - Tues, June 1-3, Toronto
Tennis Sports Advisory Committee
P: 416.426.7391, F: 416.426.7317

Entry Deadline: Tuesday May 27

GIRLS' "A/AA" & "AAA/AAAA" RUGBY (NCSSAA)

Wed - Fri, June 4-6, Ottawa
Rick Mellor, Nepean HS
P: 613.722.6551, F: 613.722.5983
richard.mellor@ocdsb.ca

Entry Deadline: Thursday May 29

BOYS' "A/AA" RUGBY (SWOSSAA)

Wed - Fri, June 4-6, Sarnia
Tim Molyneaux, St. Clair SS
P: 519.332.1140, F: 519.332.5039
molynef@lkdsb.net

Entry Deadline: Thursday May 29

BOYS' "AAA/AAAA" RUGBY (LOSSA)

Wed - Fri, June 4-6,
Oshawa/Whitby/Ajax
Paul Connolly, Uxbridge SS
P: 905.852.3391, F: 905.852.4075

connelly_paul@durham.edu.on.ca

Entry Deadline: Thursday May 29

BOYS' "A/AA" FIELD LACROSSE FESTIVAL (LOSSA)

Fri, June 6, Oshawa
Jason Crosbie, Monsignor J.
Pereyma CSS
P: 905.432.8470, F: 905.432.3864
croz19@hotmail.com

Entry Deadline: Friday May 30

BOYS' "AAA/AAAA" FIELD LACROSSE FESTIVAL (COSSA)

Fri, June 6, Peterborough
Rod McGillis, St. Peter's HS
P: 705.745.1358, F: 705.745.5025
lrmcgillis@yahoo.com

Entry Deadline: Friday May 30

TRACK & FIELD REGIONALS

Weeks of May 18 & 25

Central - GBSSA

South - GHAC

North - No Meet

East - NCSSAA

Metro - Committee

West - WOSSAA

TRACK & FIELD (South)

Thurs - Sat, June 5-7, Hamilton
Dan Clark, Sir Allan McNabb SS
P: 905.383.3337, F: 905.574.6010

Entry Deadline: Sunday June 1

BOYS' "A" SOCCER (SWOSSAA)

Sun - Wed, June 8-11, Paincourt
Mike Schinkelshoek, ES Paincourt
P: 519.352.1614, F: 519.352.9442
schimike@csdecso.on.ca

Entry Deadline: Tuesday June 3

BOYS' "AA" SOCCER (SWOSSAA)

Sun - Wed, June 8-11, Sarnia
Richard Prudom, St. Christopher SS
P: 519.541.1811 ext. 8076,
F: 519.541.1814

cyclones2008@sympatico.ca

richmarie@sympatico.ca

Entry Deadline: Tuesday June 3

BOYS' "AAA" SOCCER (NWOSSAA)

Sun - Wed, June 8-11, Thunder Bay
Frank Carpino, St. Ignatius SS
P: 807.344.8433, F: 807.345.1237
fcarpino@tbcdsb.on.ca

- and -

Tony Colistro, St. Patrick HS
P: 807.623.5218, F: 807.622.0164
tcolistro@tbcdsb.on.ca

Entry Deadline: Tuesday June 3

BOYS' "AAAA" SOCCER (SWOSSAA)

Sun - Wed, June 8-11, Windsor
Kevin Mulvey, St. Joseph's CHS
P: 519.974.6663, F: 519.974.7485
kevin_mulvey@wecdsb.on.ca

Entry Deadline: Tuesday June 3

GIRLS' "A" SOCCER (NEOAA)

Sun - Wed, June 8-11, Timmins
Doug Basso, O'Gorman HS
P: 705.268.4501, F: 705.267.1550
doug.basso@ncdsb.on.ca

Entry Deadline: Tuesday June 3

GIRLS' "AA" SOCCER (GBSSA)

Sun - Wed, June 8-11, Collingwood
Liz Payton, Jean Vanier CHS
P: 705.445.2043, F: 705.445.0790
payton@rogers.com

Entry Deadline: Tuesday June 3

GIRLS' "AAA" SOCCER (GHAC)

Sun - Wed, June 8-11, Hamilton
Sean Kiely and John Ivinac, St.
Mary's CHS
P: 905.528.0214, F: 905.528.7418
skiely1@cogeco.ca

Entry Deadline: Tuesday June 3

GIRLS' "AAAA" SOCCER (GHAC)

Sun - Wed, June 8-11, Hamilton
Julie Perri, St. Jean de Brébeuf CHS
P: 905.388.7020, F: 905.388.7977
julievalvasori@hotmail.com

Entry Deadline: Tuesday June 3

BOYS' BASEBALL (Committee)

Thurs, June 12 - TBA
Baseball Sports Advisory Committee
P: 416.426.7391, F: 416.426.7317

Entry Deadline: Friday May 30

BOYS' BASEBALL East Region Semi-Final (LOSSA)

Wed - Thurs, June 4-5
Geoff Whent, Sinclair SS
P: 905.666.5400, F: 905.666.6902

Entry Deadline: Friday May 30

BOYS' BASEBALL West Region Semi-Final (SWOSSAA)

Wed - Thurs, June 4-5, Sarnia
Tim Parizeau, St. Christopher CHS
P: 519.954.1811, F: 519.954.1814

Entry Deadline: Friday May 30

OFSAA Girls' Field Hockey Championship

Mississauga

November 1 - 3, 2007



The Girls' Field Hockey Championships at the Hershey Centre and Hershey Sportzone Mississauga were filled with great weather, high spirits and strong teams.

A total of 16 teams from across the province played their best to be named champions of the gold medal game. Thank you and congratulations to the organizing committee and volunteers who ran a great

championship. A special thank you to convenor, Lianne Turner, who organized and coached her team to an antique bronze medal spot. The Leadership in School Sport Award was given to Christa Bender, long time Waterloo-Oxford Duckies team manager, who will be retiring at the end of this school year.

Michael Power – St. Joseph from Etobicoke was given the Team Sportsmanship Award for their outstanding effort and sportsmanship.

Congratulations to the OFSAA Girls' Field Hockey Champions, St. John's Kilmarnock (pictured left), who defeated Bluevale 2-1. Congratulations to a great team including: Jayne Clarke, Annie Dearden, Giulia DeLorenzis, Kendra Domenicucci, Rachel Fachouy, Danielle Greenway, Jessica Jarrell, Lexie Kennedy, Laura Matthew, Ashley Moraca, Katie Moraca, Alli Nelson, Deanna Schmidt. Laura Strauss, Jessalyn Walkey and coach; Leanne Dietrich.

OFSAA Girls' "A" Basketball

Port Hope

November 21 - 23, 2007



Coach Christine Ellis from Hillfield Strathallan College was honoured with the OFSAA Leadership in School Sport Award, in recognition of her contribution to coaching girls in high school sport. The OFSAA Team Sportsmanship award was given to ES L'Essor.

Congratulations to players Charlotte Ashe, Nicole Uher, Stephanie Sardelis, Tamara Saikley, Veronique Duschesne, Mairin MacDonald, Olivia Raftshol, Katherine Belley, Elyse Malouf, Pamela Kajjouni, Illesha St. Helene-

Uko, Anneka Bakker, Charlotte MacKenzie, and coaches Andrew Sparks, Ian MacKinnon and Allana Street from Ashbury College, who defeated ES L'Essor in a hard fought game of 48-30.

The beautiful and historic campus of Trinity College in Port Hope was the setting for the OFSAA Girls' "A" Basketball Championship. The championship kicked off with a hot shots and three-point shooting competition, showcasing the amazing talent and exciting basketball that was to come.

Convenors Tim White and Paul Elsley organized a great championship and we would like to thank them and their committee for all of their hard work and dedication.

NEW!

SPALDING

TF-1000 ZK PRO

OFFICIAL BALL OF OFSAA

UNSURPASSED MATERIAL

The TF-1000 ZK PRO is made with SPALDING's exclusive ZK microfiber composite leather... the best selling competitive play microfiber composite.

INCREDIBLE FEEL

The TF-1000 ZK PRO's microfiber composite leather is backed with a highly durable yet elastic foam backing material for superior feel and play.

OPTIMAL GRIP

Full ball pebbling ensures optimal grip across the entire cover. Foam backing process enables the channels to be 10% deeper than original ZK, making it easier for players to locate the seams while dribbling and shooting.

TF-1000 ZK PRO CONSTRUCTION

ZK Microfiber Composite Leather

TPB Foam

Mylon Winding

Buylt Bladder

Builder Channels

AMAZING DURABILITY

AVAILABLE IN BOTH FULL AND 28.5

TF-1000 ZK PRO	TF-1000 ZK PRO 28.5
OFFICIAL SIZE 7	WOMEN'S SIZE 6
Dimensions: 29.5-30.5"	Dimensions: 28.5-29.5"
Weight: 14-15.5 oz.	Weight: 12-13.5 oz.
Cover: Enhanced ZK Microfiber®	Cover: Enhanced ZK Microfiber®
Channel: Wide	Channel: Wide

Participating Teams		
Trinity College School	CISAA	
Ridley College	CISAA	
Rockway Mennonite	CWOSSA	
Char-Lan DHS	EOSSAA	
Holy Trinity CSS	EOSSAA	
St. Dominic SS	GBSSA	
Acton HS	GHAC	
Ashbury College	NCSSAA	
Kapuskasing DHS	NEOAA	
ES Algonquin	NOSSA	
Nipigon Red-Rock DHS	NWOSSAA	
Thorold SS	SOSSA	
ES L'Essor	SWOSSAA	
Peoples Christian Academy	TDCAA	
Nelson A. Boylen CI	TDSSAA	
Woodstock CI	WOSSAA	

Quarter Finals		
Woodstock CI def. Char-Lan DHS		61-56
ES L'Essor def. Holy Trinity CSS		47-33
Ashbury College def. Kapuskasing DHS		42-22
Rockway Mennonite def. Thorold SS		38-36

Semi Finals		
Ashbury College def. Rockway Mennonite		54-32
ES L'Essor def. Woodstock CI		44-37

Consolation Championship		
ES Algonquin def. Nelson A. Boylen CI		49-23

Bronze Medal Match		
Woodstock CI def. Rockway Mennonite		53-41

Gold Medal Match		
Ashbury College def. ES L'Essor		48-30

OFSAA Girls' "AA" Basketball

St. Thomas November 22 - 24, 2007



Parkside CI in St. Thomas played host to the Girls' "AA" Basketball Championship, and what a championship it was! Convenor Ann Howard kicked it off with a wonderful banquet that concluded with an inspirational song sang by Parkside CI students. Thank you to Ann and her committee for all of their time and effort in running this event. Congratulations to

Janet Tottle from Parkside CI for winning the OFSAA Leadership in School Sport award. Janet has taught for 18 years and continues to inspire young athletes to reach their greatest potential on and off the playing surface.

Three-time champions General Amherst DHS fought hard to defend their title and won for the fourth year in a row. Congratulations to players Korissa Williams, Kristi Meloche, Amy Belcher, Emily D'Aloisio, Ashley Douglas, Courtney VandeBovenkamp, Kristy Chute, Talya Tovar, Lyndi Meloche, Breanne Campbell, Christina Allen, Helaina Huneault, and

coaches Dom Silvaggio, Don Parks and Greg Scott (pictured above).

Also congratulations to the OFSAA Team Sportsmanship award winner, ESC Theriault from Timmins.



Participating Teams

Nicholson Catholic College	COSSA
Bishop Macdonell CHS	CWOSSA
St. Mary CHS	EOSSAA
Lasalle SS	EOSSAA
Park Street CI	GBSSA
Burlington Central HS	GHAC
ES Louis-Riel	NCSSAA
ESC Theriault	NEOAA
St. Basil SS	NOSSA
Sir Winston Churchill CVI	NWOSSAA
Hamilton District Christian HS	SOSSA
St. Francis CSS	SOSSA
General Amherst DHS	SWOSSAA
Father Henry Carr	TDCAA
Parkdale CI	TDSSAA
Ingersoll DCI	WOSSAA
Parkside CI	WOSSAA
Sutton DHS	YRAA

Quarter Finals

General Amherst def. Lasalle SS	59-36
St. Basil SS def. ES Louis-Riel	37-34
Bishop Macdonell CHS def. Parkside CI	44-37
Ingersoll DCI def. St. Francis CSS	47-39

Semi Finals

General Amherst def. St. Basil SS	52-26
Bishop Macdonell CHS def. Ingersoll DCI	47-38

Consolation Final

St. Mary CHS def. ESC Theriault	55-35
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Bronze Medal Match

St. Basil SS def. Ingersoll DCI	47-35
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Gold Medal Match

General Amherst def. Bishop Macdonnell CHS	57-31
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OFSAA Girls' "AAA" Basketball

Brockville November 22 - 24, 2007



The first snow storm of the winter could not defeat the excitement at the Girls' "AAA" Basketball Championship hosted by Thousand Islands SS in Brockville.

The girls' played three days of fast and technical basketball with many well matched games. In the



end, the girls from Eastern HS of Commerce were crowned champions. Congratulations to players Ange Mbikay, Brittney Brown, Peta-Gaye Duff, Jody Brown, Leeanna Osei, Jenea Barrett, Shaneeka Matthew, Alison Payne, Cheyanne Tuzlacki, Jenay Maynard, Lauren Griffith, Shantee Matthew and coaches Kareem Griffin, Ivan Matthew, Mark Varvas and Donna Langille (pictured left).

Congratulations to convenor Larry Henry who was honoured with the OFSAA Leadership in School Sport award for his

many years as a leader and coach of girls' basketball at Thousand Islands SS. We would like to thank Larry Henry and his organizing committee running a fantastic event. Congratulations also to the OFSAA Team Sportsmanship award winners from Dr. John M. Denison SS.

Participating Teams

Quinte SS	COSSA
St. John's College	CWOSSA
Thousand Island SS	EOSSAA
Regiopolis-Notre Dame CHS	EOSSAA
Barrie Central CI	GBSSA
St. Mary's CSS	GHAC
Donald A. Wilson SS	LOSSA
St. Peter CHS	NCSSAA
Lasalle SS	NOSSA
Governor Simcoe SS	SOSSA
St. Clair SS	SWOSSAA
Senator O'Connor CS	TDCAA
Eastern HS of Commerce	TDSSAA
Silverthorn CI	TDSSAA
John Paul II CHS	WOSSAA
Dr. John M. Denison SS	YRAA

Quarter Finals

St. Mary's CSS def. St. Clair SS	57-40
Governor Simcoe SS def. St. Peter CHS	59-35
Eastern HS of Commerce def. Lasalle SS	58-45
John Paul II CHS def. St. John's College	49-41

Semi Finals

Eastern HS of Commerce def. St. Mary's CSS	55-49
John Paul II CHS def. Governor Simcoe SS	47-46

Consolation Champions

Dr. John M. Denison SS def. Silverthorn CI	37-35
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Bronze Medal Match

St. Mary's CSS def. Governor Simcoe SS	43-40
--	-------

Gold Medal Match

Eastern HS of Commerce def. John Paul II CHS	45-29
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OFSAA Girls' "AAAA" Basketball

Windsor November 22 - 24, 2007



Congratulations to convenor Andy Kiss and his organizing committee for all of their effort and dedication in putting on a superb championship. Not only did Andy convene the OFSAA Girls' "AAAA" Basketball at St. Anne HS in Windsor, but he coached his team to the gold medal spot! What an honour for St. Anne HS.

Congratulations to players (pictured above) Georgia Billing, Samantha LaRocque, Jenae Grayer, Jocelyn LaRocque, Melanie Bardoel, Mackenzie St. Pierre, Dayna Mackenzie, Brittany Hedderson, Taylor Smith, Lauren Bering, Shannon Wales and coaches Andy Kiss, Roger Mousseau, Bob Loebach, and Kim Dillon.

Becky D'Amore, a long time teacher-coach from St. Anne HS was selected as this year's recipient of the OFSAA Leadership in School Sport award. Congratulations Becky.

The OFSAA Team Sportsmanship award was given to St. Basil The Great of Toronto. Congratulations to them on receiving this honour.



Participating Teams

Waterloo CI	CWOSSA
John F. Ross CVI	CWOSSA
Eastview SS	GBSSA
St. Thomas More CSS	GHAC
Notre Dame CSS	LOSSA
St. Matthew CHS	NCSSAA
Fr. Michael Goetz	ROPSSAA
St. Marguerite d'Youville SS	ROPSSAA
Westdale SS	SOSSA
St. Anne HS	SWOSSAA
Northern CIVS	SWOSSAA
St. Basil The Great	TDCAA
Birchmount Park CI	TDSSAA
David & Mary Thomson CI	TDSSAA
St. Thomas Aquinas CSS	WOSSAA
Aurora HS	YRAA

Quarter Finals

St. Anne HS def. Notre Dame CSS	57-48
St. Thomas More CSS def. Fr. Michael Goetz	53-36
Waterloo CI def. Northern CIVS	52-40
Westdale SS def. St. Thomas Aquinas CSS	66-41

Semi Finals

St. Anne HS def. Waterloo CI	59-58
Westdale SS def. St. Thomas More CSS	61-45

Consolation Champions

St. Basil The Great def. St. Matthew CHS	48-36
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Bronze Medal Match

St. Thomas More CSS def. Waterloo CI	46-39
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Gold Medal Match

St. Anne HS def. Westdale SS	60-57
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OFSAA Football 2007

Toronto December 4 - 5, 2007

The 2007 OFSAA Football Bowl Championship series was held at the University of Toronto's new Varsity Stadium on December 4 and 5. While the weather was cold, the action was hot. Four of the five games were decided by a touchdown or less, and the results were in doubt right up to the final whistle.

The Golden Horseshoe game featured two Hamilton teams that had met twice before this year. Bishop Ryan came out on the short end of both games and was seeking revenge against St. Thomas More, the 2006 bowl champions. St. Thomas More proved once again to be just too strong and prevailed by a score of 14-7. Bishop Ryan held a 7-0 lead into the 4th quarter, but just couldn't contain More's powerful running attack.

The National Capital Bowl was the second game of the day and saw two former bowl champions square off: Crestwood from Peterborough and Kingston's Frontenac. Both teams played a strong game of ball control, with Frontenac emerging victorious 15-10.

The first game on day two pitted the 2006 Northern Bowl champions, St. Mary's from Sault Ste. Marie, against the team they overwhelmed in last year's championship game, Westgate from Thunder Bay.

With something to prove, Westgate wasted no time in getting out to a 21-0 lead, only to hang on to a nail-biting 21-16 victory. That made for a much happier two-day bus ride back to Lakehead.

The Western Bowl game featured two first time entrants, Mother Teresa from London and Holy Names from Windsor. The game was never in doubt as Mother Teresa combined a solid ground game with a slick passing attack to beat Holy Names 30-7.

The final game, the Metro Bowl, had the defending champion St. Mike's from Toronto playing Newmarket's Huron Heights. These two teams met in the 2006 semifinals, with St. Mike's winning convincingly. This year Huron Heights looked ready to change the result. St. Mike's took an early lead, but were hanging on at the end to preserve a 16-14 win.

Congratulations to all of the participating teams for a great two days of competition. Thanks to the organizing committee, and to the University of Toronto for their efforts in making this event a successful one. Finally, thanks to the 3,000+ enthusiastic fans who braved the cold to cheer on their respective teams.

OFSAA Girls' "A" Soccer

Windsor June 4 - 6, 2007



OFSAA would like to apologize for failing to print the names of the winning team members from St.

Thomas of Villanova as well as the final scores of the Consolation, Bronze Medal and Gold Medal games from the June 2007 Girls' A Soccer Championship. Congratulations to the 2007 champions from St. Thomas of Villanova: Maria Bianchi, Stephanie Bruno, Jaclyn Casey, Teresa Colelli, Victoria Curci,

Cassidy De Winter, Amanda Gaeta, Julie Ingratta, Lauren Lombardi, Peyton Lozzi, Joanna Lunetta, Kelly O'Hanlon, Alissia Paglia, Natalie Provenzano, Katherine Romeo, Kayla Smargiassi and coach Andrew Gekas (pictured left).

Consolation Championship

Guido De Bres	2
L'Horizon	0

Bronze Medal

Trinity College	1
London DC	0

Gold Medal

Villanova	2
E.S. L'Essor	0

OFSAA Cross Country 2007

Niagara Falls

November 3

OFSAA Cross Country 2007 was hosted by SOSSA by Rina Rode (Grimsby DSS) and Sharon Stewart (Governor Simcoe SS) at Firemen's Park in Niagara Falls. The many trails and the "mountain" provided a very interesting and challenging course for the athletes. Weather conditions were ideal, with temperatures around 10 degrees and very little wind. More than 11,000 athletes and nearly 3,000 spectators came out for the event.

Congratulations to Rina, Sharon and their entire organizing committee for convening this championship, and to the many volunteers who worked throughout the day to ensure its success.

The organizing committee included: Stuart Galloway (Course Engineer); Daryl Mahler and Mike Smith (Race Management); Patty Rodgers and Barb Phelan (Entries and Registration); Kevin Tearle and Chris Freure (Site Management); Frank Cappelletti (Accommodations and Food Services); John Kennedy (Website); and Debbie Freitag (Treasurer).

OFSAA would also like to thank the students, staff, and support staff of the schools in St. Catherine's/ Niagara Falls district, who worked many hours to prepare the facility for the meet.

Thank you also to the staff of Firemen's Park for their support and generosity. The staff made a tremendous commitment in showcasing their facility to the province.

Also, congratulations to SportsStats who did a terrific job in coordinating the entries and results.

The organizing committee was very appreciative to the City of Niagara Falls for its support of OFSAA, as well as their many sponsors who also contributed to the success of these Championships.

Nike Canada, under Adrian Woodley, was once again the official sponsor of OFSAA Cross Country, and the Nike tent was kept busy throughout. OFSAA thanks Nike for its continued support of this event.

Gerry Hinton (Sir Winston Churchill SS) and Cindy Crosbie (Laura Secord SS) were the recipients of the Leadership in School Sport Award, which was presented at the coaches meeting prior to the

beginning of races.

The OFSAA Individual Champions for 2007 were:

Kaitlyn Oliver - Aurora HS - YRAA (Midget Girls)
Colleen Hennessy - Thomas Aquinas, Oakville - GHAC (Junior Girls)
Keesha Danso-Dapaah - St. Aloysius Gonzaga - ROPSSAA (Senior Girls)
Conner Darlington - Anderson CVI - LOSSA (Midget Boys)
Paul Janikowsky - St. Thomas of Villanova - SWOSSAA (Junior Boys)
Mohammed Ahmed - St. Catharines CI - SOSSA (Senior Boys)

The OFSAA Team Champions for 2007 were:

Sacred Heart CHS, YRAA (Midget Girls)
Abbey Park, GHAC (Junior Girls)
Our Lady of Lourdes, CWOSSA (Senior Girls)
Highland SS, SOSSA (Midget Boys)
Notre Dame, GHAC (Junior Boys)
Vincent Massey, SWOSSAA (Senior Boys)

Midget Girls (3000 m)

Individual

1. Kaitlyn Oliver, Aurora HS
2. Amelie De Fenoyl, Michael Power/St. Joseph
3. Emma, Norman, Thousand Islands
4. Kayla Deighan, Sacred Heart
5. Brigid Callaghan, Sacred Heart
6. Molly Dyon, Toronto Waldorf School
7. Karley Rempel, E.L. Crossley
8. Kathryn Tuck, Colonel By

Team

1. Sacred Heart CHS - YRAA - 100 Points
2. Catholic Central HS - WOSSAA - 140 Points
3. Thousand Islands - EOSSAA - 155 Points
4. Northern, Sarnia - SWOSSAA - 232 Points
5. Leaside HS - TDSSAA - 243 Points
6. Westdale - SOSSA - 249 Points
7. Colonel By - NCSSAA - 304 Points
8. Courtice SS - LOSSA - 313 Points

Junior Girls (4000 m)

Individual

1. Colleen Hennessy, St. Thomas Aquinas, Oakville
2. Victoria Samyn, All Saints CSS
3. Kirsten Allen, Saunders SS
4. Kirsten Stewart, Newmarket
5. Katlin O'Hagan, Markham DHS
6. Deanna Brasz, Heritage Christian College
7. Cara Thorpe, Woburn CI
8. Kayla Zakrzewski, A.B. Lucas

Team

1. Abbey Park, GHAC, 241 Points
2. A.B. Lucas - WOSSAA - 250 Points
3. Huron Park SS - WOSSAA - 265 Points
4. Birchmount Park - TDSSAA - 271 Points
5. Sacred Heart CHS - YRAA - 280 Points
6. Aurora HS - YRAA - 297 Points
7. Lambton Central - SWOSSAA - 303 Points
8. Highland SS - SOSSA - 325 Points

Senior Girls (5000 m)

Individual

1. Keesha Danso- Dapaah, St. Aloysius Gonzaga
2. Tamara Jewitt, St. Clement's School
3. Sarah Boyd, All Saints
4. Stephanie Hulse, Holy Cross CSS
5. Lexi Wilson, St. Joseph's HS
6. Katie Anderson, South Huron DHS
7. Jessica Parry, Catholic Central HS
8. Kaitlyn Rennie, Our Lady of Mount Carmel

Team

1. Our Lady of Lourdes - CWOSSAA - 170 Points
2. London Central SS - WOSSAA - 242 Points
3. Thousand Islands SS - EOSSAA - 273 Points
4. Galt CI - CWOSSAA - 283 Points
5. Loyola , Oakville - GHAC - 315 Points
6. Highland SS - SOSSA - 320 Points
7. Alexander Mackenzie - - 346 Points
8. Birchmount Park CI - TDSSAA - 364 Points

Midget Boys (5000 m)

Individual

1. Conner Darlington, Anderson CVI,
2. Tristan Woodfine, Opeongo
3. Xavier King, Pickering HS
4. Jeremie Bourget, ESC Theriault
5. Robbie Denault, Aurora HS
6. Daniel Mathie, Abbey Park
7. Dylan Brown, Huron Heights
8. Kyle Bulgin, North Middlesex DHS

Team

1. Highland SS - SOSSA - 102 Points
2. St. Thomas Aquinas - WOSSAA - 211 Points
3. St. Anne's, WOSSA - 251 Points
4. ESC Theriault - NEOAA - 259 Points
5. R.S. McLaughlin - LOSSA - 270 Points
6. Dr. G.W. Williams - YRAA - 322 Points
7. Glebe CI - NCSSAA - 325 Points
8. Nepean - NCSSAA - 359 Points

Junior Boys (6000 m)

Individual

1. Paul Janikowsky, St. Thomas of Villanova
2. Michael Pesce, Innisdale SS
3. Andrew Kowalsky, Vincent Massey
4. Stephen Hosier, Lindsay CI
5. Merid Seleshi, Birchmount Park
6. Yoseph Gregrezgi, Rideau
7. John Wynands, Thousand Islands SS
8. Luca Geiser, John Cabot CSS

Team

1. Notre Dame (Burlington) - GHAC - 110 Points
2. Vincent Massey - SWOSSAA - 132 Points
3. Birchmount Park CI - TDSSAA - 203 Points
4. Thousand Islands SS - EOSSAA - 219 Points
5. London Central SS - WOSSAA - 256 Points
6. Jacob Hespeler SS - CWOSSAA - 279 Points
7. Sydenham HS - EOSSAA - 309 Points
8. John Cabot CSS - ROPSSAA - 316 Points

Senior Boys (7000 m)

Individual

1. Mohammed Ahmed, St. Catherines CI
2. Alexandr Kuternin, Forest Hill
3. Matthew Hughes, Paul Dwyer CHS
4. Rob Jackson, Centennial CVI
5. Matthew Walters, West Ferris SS
6. Thomas Morrison, Port Perry HS
7. Tyler Shibley, Banting Memorial
8. Connor Hammond, Saunders SS

Team

1. Vincent Massey - SWOSSAA - 122 Points
2. Thousands Islands SS - EOSSAA - 131 Points
3. Sir Winston Churchill - SOSSA - 200 Points
4. West Ferris SS - NOSSA - 205 Points
5. Michael Power/ St. Joseph's - TDCAA - 228 Points
6. Paul Dwyer CHS - LOSSA - 260 Points
7. St. Christopher - SWOSSAA - 333 Points
8. Banting Memorial - GBSSA - 333 Points

OFSAA Boys' "A" Volleyball

Carleton Place November 23 - 24, 2007

Felicitations au les champions, ÉS Jean Vanier: Cedrick Michaud, Derek Sutherland, Justin Morin, Kyle Secord, Randy Poulin, Ethan Beauparlant, Patrick Martin, Jeremy Secord, Kyle Salewski, Jesse Brideau, Eric Labrie, Levis Rouillard, Michael Zezella, Bradley Desrochers, Ismael Halich, Kamil Oubayan, Ryan Sellan. Entraîneurs: Phillipe Desjardin, Jeremy Lacroix.

Many thanks to convenors Tony Quick and Tammy Bovaird and the rest of the organizing committee for doing such a great job in organizing the championship. Even though the weather in Eastern Ontario played havoc on travel for the participating teams, the committee did a great job in ensuring that the entire championship ran smoothly. We look forward to returning to Carleton Place for another championship in the future.

Congratulations to Kapuskasing HS, the recipients of the team Sportsmanship Award. Alex Bujacz of Notre Dame CHS in EOSSAA was named the recipient of the OFSAA Leadership in School Sport Award. Thank you to Alex for over 30 years of involvement with school sport. Your efforts are appreciated.

Pool A:

ÉS Jean Vanier (SOSSA)
Goderich DCI (WOSSAA)
ÉS Embrun (EOSSAA)
Quinte Christian HS (COSSA)
West Toronto CI (TDSSAA)

Pool B:

St. Thomas Aquinas SS (NWOSSAA)
Rockway Mennonite Collegiate (CWOSSA)
ÉS Le Caron (GBSSA)
Trinity College (COSSA)
Brampton Christian Academy (ROPSSAA)

Pool C:

West Elgin SS (WOSSAA)
Woodland Christian HS (CWOSSA)
Lively DSS (NOSSA)
Aldershot HS (GHAC)
Beacon Christian H.S. (SOSSA)

Pool D:

Toronto District Christian HS (YRAA)
Harrow DHS (SWOSSAA)
Kapuskasing HS (NEOAA)
Monsignor de Charbonnel (TDCAA)
Notre Dame CHS (EOSSAA)

Consolation Quarter Finals

ÉS Embrun 22-25, 25-17, 15-9
Rockway Mennonite

ÉS Le Caron 25-17, 27-29, 15-8
Quinte Christian HS

Notre Dame CHS 25-23, 17-25, 15-13
Woodland Christian HS

Harrow DHS 25-19, 27-25
Beacon Christian HS

Consolation Semi Finals

Harrow DHS 25-13, 19-25, 15-11
ÉS Embrun

ÉS Le Caron 15-25, 25-21, 15-13
Notre Dame CHS

Consolation Final

Harrow DHS 25-19, 13-25, 15-9
ÉS Le Caron

Championship Quarter Finals

ÉS Jean Vanier 25-20, 23-25, 15-13
St. Thomas Aquinas

West Elgin SS 25-15, 26-24
Toronto District Christian HS

Lively DSS 25-22, 25-20
Kapuskasing HS

Trinity College 25-19, 25-23
Goderich DCI

Championship Semi Finals

ÉS Jean Vanier 25-16, 25-15
West Elgin SS

Trinity College 25-18, 25-18
Lively DSS

Bronze Medal Match

West Elgin SS 29-27, 24-26, 15-12
Lively DSS

Gold Medal Match

ÉS Jean Vanier 19-25, 21-25, 25-15, 25-12, 15-12
Trinity College

OFSAA Boys' "AA" Volleyball

Belleville November 23 - 24, 2007

Congratulations to two time champions Eden HS from SOSSA: Corey Easby, Allan McGrath, Jordan Moffatt, Mitchell Sawatsky, Zachary Schulz, Steven Stone, David Tebbutt, Ben Wall, Jordan Dyck, Jacob High, James Klassen, Michael Moffatt, Caleb Thorpe, Brad Wall and coach Albino Pereira.

OFSAA would like to thank the organizing committee for all their work leading up to the championship. Convenors Paul Whalen, Lyle Collins and assistant convenor Brian Poste did a fantastic job. A big thank you goes out to you and your volunteer committee for providing memories that will last a lifetime.

Participating coach, Lyle Collins from North Hastings DHS was the

recipient of the OFSAA Leadership in School Sport Award. Lyle has been a long time coach, convenor and leader in the COSSA region. Congratulations Lyle on this honour. North Hastings DHS was named the recipient of the OFSAA Team Sportsmanship Award.



Pool A

Eden HS (SOSSA)
Lakefield DHS (COSSA)
Bloor CI (TDSSAA)
Elmvale DHS (GBSSA)
Lester B. Pearson HS (GHAC)

Pool B:

St. Clair SS (SWOSSAA)
ÉS De La Salle (NCSSAA)
Dr. F.J. Donevan CI (LOSSA)
St. Jean de Brebeuf CHS (YRAA)
St. Paul HS (ROPSSAA)

Pool C:

Central Elgin CI (WOSSAA)
Hamilton District Christian HS (SOSSA)
ÉS La Citadelle (EOSSAA)
Bishop MacDonnell CHS (CWOSSA)
ÉS Sainte Marie (NEOAA)

Pool D:

Beaver Brae HS (NWOSSAA)
Widdifield HS (NOSSA)
John McGregor HS (SWOSSAA)
North Hastings HS (COSSA)
St. Andrew's College (CISAA)

Consolation Quarter Finals

Lakefield DSS 25-11, 25-15
Dr. F.J. Donevan CI

John McGregor HS 25-20, 24-26, 20-18
ÉS La Citadelle

North Hastings DHS 25-12, 23-25, 16-14
Bishop McDonnell

St. Clair SS 27-25, 17-25, 15-12
Pearson

Consolation Semi Finals

St. Clair SS 22-25, 25-23, 15-5
North Hastings DHS

John McGregor HS 25-22, 13-25, 22-20
Lakefield DSS

Consolation Final

John McGregor HS 22-25, 25-23, 15-5
St. Clair SS

Championship Quarter Finals

Eden HS 25-19, 25-10
St. Jean de Brebeuf CHS

Beaver Brae HS 25-21, 25-21
Central Elgin

Hamilton District Christian 22-25, 25-22, 20-18
Widdifield HS

ÉS De La Salle 25-20, 25-23
Bloor CI

Championship Semi Finals

ÉS De La Salle 25-12, 25-19
Hamilton District Christian

Eden HS 25-22, 25-17
Beaver Brae HS

Bronze Medal Match
Beaver Brae HS 25-21, 22-25, 18-16
Hamilton District Christian

Gold Medal Match

Eden HS 25-17, 25-22, 25-18
ÉS De La Salle

OFSAA Boys' "AAA" Volleyball

Toronto

November 23 - 24, 2007

Congratulations to Oakridge SS on claiming this year's championship: Daniel Chelladurai, Mackenzie Connell, Johnny Drake, Andrew Firth, Derek Kuiack, Brent Mould, Adam Rahman, T.J. Sanders, Peter Scholtes, Mark Simon, Matthew Simon, Kartik Vaideswaran, Scott Wilkinson, Taylor Workman, Michael Wright. Coaches: Jamie Neilson, Paulette Laidman, Peter Gaud.

Congratulations to convenor Les Siolek from Neil McNeil HS on being named the recipient of the OFSAA Leadership in School Sport Award. Les and his committee pulled out all the stops in preparing

for this championship. A special thank you to all of the volunteers for their tireless dedication to the event.

Congratulations to the OFSAA Team Sportsmanship Award recipient: St. Mary's SS (COSSA).

Pool A:

Oakridge SS (WOSSAA)
Regiopolis-Notre Dame CHS (EOSSAA)
York Mills CI (TDSSAA)
Vaughan SS (YRAA)
Streetsville SS (ROPSSAA)

Pool B:

Chatham-Kent SS (SWOSSAA)
Upper Canada College (CISAA)
Sir Winston Churchill SS (SOSSA)
Assumption CSS (GHAC)
Lockerby Composite School (NOSSA)

Pool C:

Essex DHS (SWOSSAA)
Donald A. Wilson SS (LOSSA)
Kingston Collegiate & VI (EOSSAA)
Paris DHS (CWOSSA)
Father Redmond HS (TDCAA)

Pool D:

St. Michael CSS (WOSSAA)
ÉS Beatrice-Desloges (NCSSAA)
St. Theresa's HS (GBSSA)
St. Mary's SS (COSSA)
Neil McNeil HS (TDCAA)



OFSAA Boys' "AAA" gold medalists, Oakridge SS

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Consolation Quarter Finals

York Mills CI 25-21, 25-19
Lockerby Composite

St. Mary's SS 25-15, 25-23
Paris DHS

Kingston CVI 18-25, 25-15, 15-10
Neil McNeil

Upper Canada College 25-17, 16-25, 15-12
Vaughan SS

Consolation Semi Finals

York Mills CI 28-26, 25-22
St. Mary's SS

Upper Canada College 25-16, 25-18
Kingston CVI

Consolation Final

York Mills CI 23-25, 25-16, 18-16
Upper Canada College

Championship Quarter Finals

Oakridge SS 21-25, 25-13, 15-6
Sir Winston Churchill SS

St. Michael HS 25-21, 25-17
Essex DHS

Donald A. Wilson SS 22-25, 25-17, 15-11
ÉS Beatrice-Desloges

Regiopolis-Notre Dame CHS 23-25, 25-19, 15-13
Chatham-Kent SS

Championship Semi Finals

Oakridge SS 25-21, 25-19
St. Michael HS

Regiopolis-Notre Dame CHS 12-25, 25-19, 15-13
Donald A. Wilson SS

Bronze Medal Match

St. Michael HS 25-17, 22-25, 15-9
Donald A. Wilson SS

Gold Medal Match

Oakridge SS 21-25, 25-14, 25-14, 25-17
Regiopolis-Notre Dame CHS

OFSAA Boys' "AAAA" Volleyball

Mississauga

November 23 - 24, 2007



Congratulations to the 2007 champions Glebe CI from NCSSAA: Marcus Holness, Raymond La, Phuong Ha, Matthew Daye, Alexander Oneid, Minh Le, Wesley Chen Jori Mantha, Philippe James, Rex Fenton, Tyler Houghtby, Aaron King, Adam Mowrey. Coaches: Matt Harris, Jacqueline Hopkins (pictured above).

For the third time in 7 years, Mike Russell and his organizing committee from ROPSSAA successfully convened another OFSAA championship. The entire volleyball community is indebted to Mike and his committee for the leadership, passion and dedication that they continue to show each year.

Pool A:

Glebe CI (NCSSAA)
St. Michael's College (CISAA)
Centennial Collegiate & VI
Sinclair SS (LOSSA)
St. Joseph SS (ROPSSAA)

Pool B:

Georgetown DHS (GHAC)
Sacred Heart CHS (CWOSSA)
A.B. Lucas SS (WOSSAA)
Birchmount Park CI (TDSSAA)
Cardinal Newman CSS (TDCAA)

Pool C:

Mississauga SS (ROPSSAA)
Waterloo CI (CWOSSA)
Hillcrest HS (NCSSAA)
Ursuline College (SWOSSAA)
Woburn CI (TDSSAA)

Pool D:

Saunders SS (WOSSAA)
Bear Creek SS (GBSSA)
Pine Ridge SS (LOSSA)
Rick Hansen SS (ROPSSAA)
Waterdown DHS (SOSSA)

Rob Atkinson of Saunders SS (WOSSAA) was selected as the Leadership in School Sport Award recipient. The four-time OFSAA championship coach has influenced a great deal of students and coaches alike throughout the course of his career. We thank Rob for his leadership and passion towards high school volleyball.

Congratulations to Woburn CI (TDSSAA), the 2007 OFSAA Team Sportsmanship Award recipients. Your school should be very proud of your conduct and play throughout the entire championship. Well done!

Consolation Quarter Finals

St. Michael's College 25-23, 28-26
Sacred Heart CHS

Ursuline College 25-15, 17-25, 15-4
Pine Ridge SS

Rick Hansen SS 25-16, 22-25, 18-16
Waterloo CI

Sinclair SS 29-27, 25-23
AB Lucas SS

Consolation Semi Finals

Sinclair SS 25-23, 25-20
Rick Hansen SS

Ursuline College 25-14, 23-25, 15-10
St. Michael's College

Consolation Final

Ursuline College 25-12, 25-21
Sinclair SS

Championship Quarter Finals

Glebe CI 25-17, 25-18
Birchmount Park CI

Woburn CI 26-24, 25-10

Saunders SS

Mississauga SS 25-19, 25-17
Waterdown DHS

Georgetown DHS 25-18, 23-25, 16-14
Centennial CVI

Championship Semi Finals

Mississauga SS 25-23, 30-28
Georgetown DHS

Glebe CI 25-18, 25-16
Woburn CI

Bronze Medal Match

Georgetown DHS 26-24, 25-20
Woburn CI

Gold Medal Match

Glebe CI 26-24, 25-23, 20-25, 25-23
Mississauga SS

OFSAA Girls' Golf Festival

Ottawa

October 11, 2007



The Girls' Golf Festival teed off Thursday October 11, 2007 in Ottawa at the Meadows Golf & Country Club. The girls were greeted with a great deal of rain, but still kept in great spirits. Haley Brown of Sir W. Mulock SS (YRAA) took home the "A" Flight title with a score of 75, while Bhanisha Nagindas of St. Marguerite D'Youville (ROPSSAA) took home the "B" Flight title with a score of 83.

The first association title was awarded to CWOSSA; super job girls!

Many thanks to convenor Peter Hyland and the rest of the committee from the National Capital Secondary Schools Athletic Association (NCSSAA) for organizing a fantastic event.

OFSAA Boys' Golf Festival

Brampton October 9 - 10, 2007



Congratulations to Niagara District SS, placing first in the Boys' Golf Festival.

This fall marked the return of the Golf Festival to the fall slate of sports. With less than four months from the end of the 2006/2007 golf festival, convenors

Individual Results

Rank	Player	School	Round One	Round Two	Total
1st	Nolan Knill	Bear Creek SS (GBSSA)	71	73	144
2nd	Mark Hicks	Niagara District SS (SOSSA)	68	77	145
3rd	Mitch Kennedy	Mary Ward CHS (TDCAA)	74	71	145
4th	Brian Churchill Smith	Oakville Trafalgar HS (GHAC)	72	73	145
5th	Josh Bamberger	Sir John A. MacDonald HS (CWOSSA)	74	72	146
6th	Brandon Ng	Upper Canada College (CISAA)	74	73	147
7th	Daley Byles	Eastview CI (GBSSA)	72	75	147
8th	Mitch Sutton	Saunders SS (WOSSAA)	71	76	147
9th	Tyler Vaillancourt	Smith Falls DCI (EOSSAA)	71	77	148
10th	Tanner Hunt	Lakefield DSS (COSSA)	75	74	149

Tie broken by playoff holes

Team Results

Rank	School	Total
1st	Niagara District SS (SOSSA)	Round 1: 221, Round 2: 233, Overall: 454
2nd	Holy Cross CHS (CISAA)	Round 1: 221, Round 2: 232, Overall: 457
3rd	Eastview CI (GBSSA)	Round 1: 236, Round 2: 232, Overall: 468
4th	Newmarket HS (YRAA)	Round 1: 236, Round 2: 234, Overall: 470

Henry Fung and Rino Ferruccio of St. Aloysius of Gonzaga (ROPSSAA) worked hard to prepare for the switch of season. Henry and Rino were fortunate enough to secure the Master's Course at Lionhead Golf Course.

Rain could not stop the 120 golfers from all over the province from teeing off on Day 1 of the 2007 Boys' Golf Festival. With only a one hour delay, play resumed on the beautiful course. In addition to the great play, Canadian Open Tour Director Bill Paul addressed the coaches and students at the banquet which featured display items from the Canadian Golf Hall of Fame. Convenors Henry Fung and Rino Ferruccio did a great job in organizing the two day event; we look forward to fall 2008 when WOSSAA will host to the festival.

OFSAA Committees and Chairs

Coaching	Terry Olaskey	P: 705.728.1321	F: 705.728.6053	jtolaskey@sympatico.ca
Future Directions	Martin Ritsma	P: 519.271.4500	F: 519.273.7118	mrtsma@fc.amdsb.ca
Transfers	Lynn Kelman	P: 705.725.7712	F: 705.720.1088	lkelman@scdsb.on.ca
Constitutional Review	Bonnie Glover	P: 905.775.2262	F: 905.775.3192	btglover@rogers.com
Gender Equity	Clem Contreras, Bishop Allen	P: 416.393.5549	F: 416.397.6074	clemencia.contreras@tcdsb.org
Co-chair	Elaine Berta, Vaughan SS	P: 905.660.1397	F: 905.660.0318	birtzie@yahoo.ca
Classifications	Terry O'Rourke	P: 519.235.0880	F: 519.235.3461	terry_o_rourke@fcmail.amdsb.ca
Championship Review	Dale Huddleston	P: 613.386.3054	F: 613.386.3342	huddlestond@limestone.on.ca
Sanctions	Nick Rowe, TDSB	P: 416.394.6499	F: 416.396.4292	nick.row@tel.tdsb.on.ca
Demographics	Marg McGill	P: 905.689.6692	F: 905.689.3413	marg.mcgill@hwsb.on.ca
Alpine Skiing	Paul Daignault, Westdale SS	P: 905.522.1387	F: 905.521.0542	pauline.king@yrdsb.edu.on.ca
Badminton	Pauline King-Taylor, Sir W. Mulock SS	P: 905.967.1045	F: 905.967.1054	roybobbyrana@yahoo.ca
Co-chair	David Meijer, Cameron Heights CI	P: 519.578.8330	F: 519.578.1376	
Baseball	Mike Mallory, King City SS	P: 905.833.5332	F: 905.833.3750	
Basketball - Boys	Tom Grantis, Governor Simcoe	P: 905.934.4006	F: 905.934.3389	tgrantis@computan.com
Co-chair	Roy Rana, East. Commerce	P: 416.393.0230	F: 416.393.0231	roybobbyrana@yahoo.ca
Basketball - Girls	Heather Lafontaine, Fr. Leo Austin	P: 905.666.2010	F: 905.666.3035	heather.lafontaine@durhamrc.edu.on.ca
Cross Country Running	Dave Wilkinson, St. Joe Scollard Hall...	P: 705.494.8600	F: 705.494.4778	
Co-chair	Paul Barry, St. Michael's	P: 416.653.3180	F: 416.653.7704	
Curling	Yvonne Nieuwenhuis Sir Robert Borden HS	P: 613.829.1287	F: 613.829.1287	yvonne.nieuwenhuis@ocdsb.ca
Field Hockey	Colette Cunningham-Reimann, Agincourt CI	P: 416.396.6675	F: 416.396.6714	colette.cunningham-reiman@tel.tdsb.on.ca
Football	T.B.A.			
Golf - Girls'	Heather Henricks, Sutton HS	P: 905.722.3281	F: 905.722.8892	heather.henricks@yrdsb.edu.on.ca
Golf - Boys'	Wade Walker, Central Elgin	P: 519.631.4460	F: 519.633.9014	w.walker@tvsb.on.ca
Gymnastics	Karen Oude-Reimerink, Ridley C.	P: 905.684.8193	F: 905.684.8875	karen_oude-reimerink@ridley.on.ca
Hockey - Boys	Steve Stanlick, St. Peter's	P: 905.745.1358	F: 705.745.5025	sstanlick@cogeco.ca
Co-chair	John Lytle, Sir Oliver Mowat	P: 416.396.6802	F: 416.396.6758	john.lytle@tel.tdsb.on.ca
Hockey - Girls	Linda de Jeu, Adam Scott	P: 705.743.7373	F: 705.743.7831	linda_dejeu@kprdsb.ca
Co-chair	Murray Eckstein, Park St. CI	P: 705.326.7386	F: 705.362.7388	meckstein@mail.scdsb.on.ca
Nordic Skiing	Robert D'Arras, Sir R. Borden	P: 613.829.5320	F: 613.829.1287	robert.d'arras@ocdsb.ca
Rugby - Boys	Ron Andrews, Barrie Central	P: 705.726.1846	F: 705.733.0608	randrews@mail.scdsb.on.ca
Rugby - Girls	Mike Gauley, Chinguacousy	P: 905.791.2400	F: 905.791.1290	michael.gauley@peelsb.com
Soccer	Heather Windrem, Widdifield SS	P: 705.472.5711	F: 705.474.4223	hwindrem@hotmail.com
Co-chair	Don Morris, St. Mark HS	P: 613.692.2551	F: 613.692.2447	donald.morris@ocdsb.ca
Swimming	Sheila Kuyper, Appleby College	P: 905.845.4081	F: 905.845.9828	skuyper@appleby.on.ca
Co-chair	Anna-Marie Lamantia, Sen. O'Connor	P: 416.393.5505	F: 416.393.5916	anna-marie.sedef@tcdsb.org
Tennis	Liz Ochotta, Dunbarton HS	P: 905.839.1125	F: 905.839.6536	elizabeth_ochotta@durham.edu.on.ca
Track & Field	Chris Deighan, Cardinal Carter	P: 905.727.2455	F: 905.727.9568	christopher.deighan@ycdsb.ca
Volleyball	Linda Corrente, Chatham-Kent	P: 519.352.2870	F: 519.351.8849	lcorrente@hotmail.com
Co-chair	Kerry MacLean, Colonel By SS	P: 613.745.9411	F: 613.745.4680	kerry.macleam@ocdsb.ca
Wrestling	Randy Budner, St. Patrick HS	P: 807.623.5218	F: 807.622.0164	
Snowboard Racing	Richard Cherry	P: 905.417.1531	F: 905.417.9022	richard.cherry@yrdsb.edu.on.ca
Boys Field Lacrosse	TBA			

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Westgate C & VI**

**Back Cover Photo: OFSAA Girls' "AAA" Basketball Champions:
Eastern High School**

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