

The Bulletin

Try Day/Bridging the Gap Information

Scholarships Available in 2010



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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

OFSAA receives frequent inquiries from both teachers and sport groups about the possibility of adding a sport to the OFSAA Championship calendar. These people are usually passionate about their chosen sport, and as such they want to see more participation and growth by involving schools and students.

The first and most important factor in introducing a sport at the OFSAA level is that it must be school-based, meaning that teachers at the grassroots level are the leaders both as coaches and organizers. This is critical in maintaining the educational component and reinforcing "education through school sport," as well as introducing new students to the sport, rather than simply duplicating the community or club system. Without leadership and direction from teachers in the schools, the sport would not be considered at the OFSAA level.

To begin the process of developing a sport towards an OFSAA championship, a teacher should conduct OFSAA-sanctioned invitational tournaments. This can help gauge interest in the various associations and regions, as well as identify teachers who could potentially host an invitational, or be a member of a development committee when the time comes. Invitational tournaments should be hosted over a few years to help grow interest and entries, and begin to establish the sport on the provincial scene.

Once the sport has grown over a period of time at the invitational level, an application can be made to OFSAA to have the sport on the OFSAA calendar as a "Festival." This can be compared somewhat to a demonstration sport at the Olympics, and gives organizers an opportunity to grow the sport further and start to formally develop it towards an OFSAA championship. Festivals allow for entry from each member Association, unlike invitational tournaments, where entry into the event is a more open process and the convenor may invite whichever teams he or she chooses.

The final stage is an application for full status as an OFSAA championship. At this level, participation and commitment from a provincial perspective is important. The sport must be developed within the school system on a provincial basis. To be an OFSAA championship, **a minimum of nine** of the member athletic associations must participate, and **five of the six regions** of the province must also be represented. On occasion, we get inquiries about sports that have participation only in a specific geographic area, which does not fit OFSAA's mandate as a provincial organization.

At both the festival and championship levels, there must be a commitment from more than one person in more than one location in the province, to host the championship over the following three years. Some of the other considerations include financial viability, a commitment from teachers to sit on an advisory committee, and the ability to schedule the event into the



Doug Gellatly

championship calendar.

The final decision on the status of a sport would rest with the voting members at the Annual General Meeting.

The **OFSAA Try Day program** has been a resounding success and has given schools the opportunity to access up to \$800 to introduce students to a non-traditional sport. The overwhelming response to this program has demonstrated the interest that exists in many sports that have not typically been accessible through schools. It has also created an avenue for schools to evaluate students' interests in non-traditional sports and the opportunity to grow a sport

in the school system.

The traditional sports, especially those with easy access to facilities and equipment, will continue to thrive in the school system, but new sports may emerge as the sport landscape in Ontario evolves. Along with this, I expect we will receive several more inquiries about introducing new sports to Ontario students.

Bulletin Corrections

The following Leadership in School Sport Award recipients were unintentionally left out of the September Bulletin leadership recap:

Alpine Skiing 2009

Stan Swiderski, Michael Power/St. Joseph

Cross Country 2008

Janet Takahashi, Catholic Central HS
Gary Malloy, Assumption College

Track & Field 2009

Chris Reid, West Toronto SS
Sue White, Anderson SS

Tennis 2009

Derek Poon, Upper Canada College

Wrestling 2009

Rich Knill, Turner Fenton SS
Doug Wilson, Centennial CVI

Attention Female Teachers! Register for the Women's Sport School!

This conference brings together teacher-coaches from across the province to share ideas and get motivated!

See page 19 for details.

Important Reminders for OFSAA-Sanctioned Events

- Schools sending student-athletes to Track and Field competitions in the USA **MUST** receive sanction from OFSAA 30 days prior to the date of the event.
- Schools attending NFHS or state-sanctioned school sporting events in other provinces, or hosting schools from other provinces, even for exhibition games, **MUST** submit the Interprovincial Sanction form to OFSAA.
- Schools wishing to host an OFSAA-sanctioned invitational event must submit their request form to their Association representative for approval, and that individual will forward the form to OFSAA
- Once you have submitted your request for sanction form, check the website to make sure you have been approved or that your hosted event is listed.

To view OFSAA-Sanctioned Invitational Events, go to page 18.

Transfer Appeal Meeting Dates

Meeting Date

Thurs, Feb. 25, 2010
Thurs, April 22, 2010

Deadline for Applications

Wed, Feb. 10, 2010
Wed, April 7, 2010

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.

Annual OFSAA Alumni Golf Tournament and BBQ



The OFSAA Alumni golf tournament 2009 took place in September at Tam O'Shanter golf course in Scarborough. 29 members of the OFSAA Alumni Association came out for the event, and a great day of competition and camaraderie was had by all!

The Alumni Association is a great way to stay in touch, take part in the annual activities, and support the scholarship fund. If you are interested in joining, visit the OFSAA website for information and application forms.

NFL Hall of Fame Member Thurman Thomas Supports School Sport



Thurman Thomas (fourth from left) and SAC Chair Barry Rushon present the Northern Bowl trophy to Sir James Dunn C & VS.

NFL Hall of Fame running back Thurman Thomas, who spent most of his career playing for the Buffalo Bills, supported high school football at the Rogers Centre on Nov. 25, 2009 during the OFSAA Bills Toronto Series Football Bowls.

Thurman helped out with the trophy presentation, and participated in the Golden Horseshoe Bowl's coin toss and opening kickoff.

He also spoke to coaches during the Marchant's Coaches Reception the night before.

For full football results, go to page 27.

TRYday

Funding Allocated in 2009-10

During the 2009-10 school year, 200 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 these grants have already been allocated. Reports for Trillium Try Day programs conducted in the fall term are due at the end of January.

As well, an additional 75 schools received funding from the Ministry of Health Promotion to host a Grade 9 Try Day at their school. These Grade 9 programs must be completed by March 31, 2010 and must include at least 60 Grade 9 students in the Try Day activity.

Check the June Bulletin for information on the 2010-11 Try Day. The photos below are from Try Day's at schools across the province in 2008-09.



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OFSAA-Sanctioned Invitational Events

11th Annual Blessed Trinity Boys' and Girls' Indoor Soccer Tournaments

Players' Paradise, Stoney Creek
March 30, 2010

Convenor: Joe Pagnotta, Blessed Trinity HS
Phone: (905) 945-6706 x2754
Email: joseph.pagnotta@ncdsb.com

37th Annual Nike/Rowland Games

Metro Centre, York University
April 24, 2010

Convenor: Al Baigent, Neil McNeil High School
Phone: (416) 393-5502
Email: alan.baigent@tcdsb.org

15th Annual High School Girls' Slo-Pitch Tournament

Slo-Pitch City, Dorchester
May 27 - 28, 2010

Convenor: John Ariss, Slo-Pitch Ontario
Phone: (905) 646-7773
Email: jariss@sloputch.org

Ontario Ball Hockey Association High School Invitational

Mississauga
May 6 - 7, 2010

Convenor: Mauro Cugini, OBHA
Phone: (905) 738-3320
Email: IAM@ontarioballhockey.ca

High School Girls' 'Provincial Cup' Invitational Lacrosse Tournament

Welland
May 25 - 27, 2010

Convenor: Agi Mete, Notre Dame College
Phone: (905) 788-3060
Email: agi.mete@ncdsb.com

34th Annual Kinsmen-Hungerford Invitational Track and Field Meet

Brockville
May 7 - 8, 2010

Convenor: Holly Wykes, Thousand Islands SS
Phone: (613) 342-1100
Email: holly.wykes@ucdsb.on.ca

3rd Annual Tecumseh Girls' Soccer Classic

Tecumseh
April 24 - 25, 2010

Convenor: Kris Geier, Catholic Central HS
Phone: (519) 256-3174
Email: kbgeier@yahoo.ca

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

Ski Helmet Guidelines for Schools

In the aftermath of two school fatalities on Ontario ski hills in the winter of 2009, a coroner's investigation commended the **Ontario School Boards Insurance Exchange's (OSBIE) Safety Guidelines** as an effective and proactive risk management program to reduce ski injuries.

Minor changes to the guidelines were released in September 2009 that requires all participants to Ontario Snow Reports Association's (OSRA) member facilities for school excursions wear an appropriate snow sport helmet. OSRA have also made the use of appropriate snow sport helmets mandatory for all students, teachers and volunteers participating in a school ski/snowboard excursion. OFSAA adopted this rule in 2008-09 for the Alpine Skiing Championship.

Schools should be prepared to address this requirement as part of pre-trip planning. Most resorts will have

rental equipment available to accommodate school groups. Contact your local resort for details.

Association Requirements

- OFSAA requires hard shell crash helmets with full head and ear protection to be worn in both the Giant Slalom and Slalom events at the OFSAA Alpine Skiing Championship
- Ophea requires helmets for interschool (including practices) and for anyone skiing in a terrain park
- The OSRA requires all students and teachers to wear helmets
- OSBIE requires all participants for school excursions to OSRA member facilities must wear an appropriate snow sport helmet
- OSBIE also recommends that schools adopt a mandatory snow sport helmet

The following are examples of acceptable hard shell crash helmets with full ear protection.



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Bridging the Gap through School Sport



*Take advantage of this opportunity
to pass on the love of school sport.*

Through this program, secondary school leadership students introduce flag football, flag rugby, or ultimate to local elementary schools. There is still the opportunity to be a part of this program funded by the Ministry of Health Promotion and Sport Canada, and to obtain equipment and resources for both schools. Check the OFSAA website for details and contact Diana Ranken at diana@ofsaa.on.ca if you have any questions.



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The Bridging the Gap program is a two-year commitment in which leadership students from the secondary school teach a new sport to the Grade 7-8 students at local feeder schools.

Information and registration forms for this grant program, supported by the Ministry of Health Promotion and Sport Canada, can be found on the OFSAA website (ofsaa.on.ca). There are still some spaces available, so make those teachers who conduct leadership courses or co-op programs in your school aware of this opportunity.

The Bridging the Gap program:

- Provides an excellent opportunity for improving communication with your feeder elementary school(s).
- Provides an opportunity for leadership and co-op students to complete the practical component of their course by teaching a sport to elementary students.
- Introduces a new sport to the Grade 7-8 students (flag football, flag rugby, or ultimate).
- Supplies equipment and resources for both the high school and the feeder school(s) to continue the activity in future years.
- Motivates Grade 7-8 students to participate in school sport when they attend high school.

AELS Information

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 OFSAA main page 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.

You will need to input the following information:

- 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" (navigation bar on 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, *Registr* 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.

Student Leadership Conference

The National Federation of State High Schools (NFHS) is hosting a student leadership conference July 15 - 18, 2010 in Indianapolis, Indiana, and a limited number of Ontario students have an opportunity to attend.

The cost for the conference, which involves over 300 delegates from across the U.S. and Canada, is just \$100. This covers accommodations, registration, meals, and on-site transportation. Students must pay their own transportation costs to Indianapolis, where participants will be housed at the downtown Indianapolis Hilton for their entire stay.

Students will be selected in pairs from each school, with one teacher-supervisor also attending. Teachers also pay the \$100 fee which covers their meals, registration,

and on-site transportation. Hotel costs are extra.

The conference provides a forum for student and adult leaders to discuss contemporary issues facing education-based athletics and activities. Through interactive large and small group discussion, these leaders will learn to promote respect, positive values, sportsmanship, teamwork, healthy lifestyles, community service and perspective. In addition, they will participate in a city-wide community service project that will benefit the entire Indianapolis community.

This is an outstanding opportunity and past delegates have raved about the experience. Please visit the OFSAA website to access complete information and an application form.

Roger Neilson/Toronto Maple Leafs Alumni Scholarship Recipients 2009

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 in Canada. Two males and two females 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 four additional scholarship finalists.

Congratulations to recipients Brittany Vandyken (Jacob Hespeler SS), Rachel Meyer (Riverdale CI), Marko Arezina (Cardinal Newman CSS), Matthew Michael (Notre Dame CS), and finalists Jocelyn Boley (Owen Sound CVI), Madeleine Cummings (North Toronto CI), Darin Evoy (Ernestown SS) and Robert Stephen (Jean Vanier CHS).

The recipients who could make it were honoured at an intimate ceremony at the ACC On Saturday, December 19, 2009, with Toronto Maple Leafs' Alumni and OFSAA staff members, where they watched Leafs practicing on the ice followed by lunch.

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. They have been supporting OFSAA and the student-athletes of Ontario since 2001.

Brittany Vandyken graduated from Jacob Hespeler SS in Cambridge with a 94% average, and is currently studying Concurrent Education at Brock University, where she plays on the Varsity Women's Basketball team.

Brittany says after university she plans on becoming a high school physical education and biology teacher so she can share her passion of sports and learning with others.

Brittany was a member of her school's basketball team, was vice president of the Student Council, and co-founded and was the co-president of the first ever Athletic Council and Intramural Sports Program at her school. She has also coached at various basketball camps.

Rachel Meyer is a graduate of Riverdale CI in Toronto, and is currently studying Biological and Medical Science at the University of Western Ontario.



From left: Former Toronto Maple Leafs players Mike Pelyk, Mark Osborne, scholarship recipients Matthew Michael and Rachel Meyer, former Leafs players Bob McGill and Peter Ing.

Her accomplishments and volunteer work are extensive. She was captain of both her school's junior and senior girls' volleyball teams, as well as the girls' softball team, and was her school's recipient of the Junior Female Athlete of the Year Award in 2007, and the Senior Female Athlete of the Year Award in 2008.

The City of Toronto also honoured her with the Toronto Town Crier East Athlete of the Year Award in 2008.

Rachel was President of the Girls' Athletic Association at her school, an organizing member of the "United Games," an annual community event, and has been involved in countless other school and community efforts.

Matthew Michael graduated from Notre Dame CS in Welland, where he was a member of the football, hockey and baseball teams. He is currently attending the University of Waterloo for Electrical Engineering.

Matthew was involved in his school in many different areas. He helped organize, as well as participated in, his school's Pilgrimage for the Third World conference, Know Poverty rally, Walk Against Male Violence event, Multicultural Day assemblies, and many others. He was also assistant coach of the Notre Dame Girls' Softball team.

Matthew was extensively involved in his community as well, including helping out at the Harvest Kitchen (Out of the Cold) weekly dinner and annual fundraising dinner, volunteering at the Welland Food Drive, and

was a youth council representative in his community's Santa Claus Parade and Family Skate Day.

Marko Arezina is attending McMaster University for Engineering. He graduated from Cardinal Newman CSS in Stoney Creek with a 93% average and a slew of volunteer school and community service under his belt.

Marko worked hard academically in high school, and was honoured with having the highest academic average in his grade from grades 9 through 12. He was also a peer mentor and peer tutor, helping countless younger students at his school prepare for their classes and exams.

Marko is also very interested in sports. He was not only on the athletic council at his school, but he somehow found time to be a member of his school's cross country, badminton, tennis, track and field, and swim teams all throughout his high school career.

Congratulations to these four impressive student-athletes, and also the four bursary winners. We wish you all the best of luck in the future.

Scholarships and Awards Available for 2010

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 NOSSA, SWOSSAA, YRAA and GBSSA
- Faxed applications will not be accepted

Application Deadline: April 1, 2010

Roger Neilson/Toronto Maple Leafs Alumni Scholarship

- 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 school activities

- Applicants should also demonstrate a clear financial need

Application Deadline: April 1, 2010

Brian Maxwell Memorial Scholarship

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

Application Deadline: June 5, 2010

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

Colin Hood School Sport Award

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

Application Deadline: April 30, 2010

For application forms, please visit the OFSAA website at www.ofsaa.on.ca.

Six a Side Football

By Mike Rumleski

For more than 50 years, high schools in Saskatchewan have enjoyed the game of Six a Side football. It has been played in the rural high schools where there are not enough students to run a regular football program.

Schools and communities across the country are now discovering the benefits of this game. Six a Side Football made its debut in Ontario schools last spring as three schools, North Hastings HS in Bancroft, Northern SS in Sturgeon Falls, and École Secondaire Marc Garneau in Trenton, played a short schedule to pilot the game. The results were exciting. The game is fast paced, wide open, and gives opportunities to smaller players who might be at a disadvantage in 12 a Side Football.

The game of Six a Side Football has more similarities than differences, when compared to its 12 a Side counterpart. It still has three downs to gain 10 yards for a first down,



still requires players to block, tackle, throw, catch, and kick, and still has spectacular hits. Where it differs is the number of players on the line (three, with the two outside linemen eligible to catch passes), the width of the field (40 yards), and the convert (two points for kicking, and one point for running or throwing the ball into the end-zone). Just like 12 a Side, there are endless possibilities for offensive, defensive, and special team styles, as well

as coaching adjustments.

With the pace of the game, the Football Canada motto "Half the players, twice the athlete" certainly holds true. Players must be in good physical condition and need to develop a complete set of skills for this game. Even the big linemen need to get around the field and make plays in space. The bonus for linemen is that they now have opportunities to catch passes.

Almost all schools will benefit from this game. Some schools, due to declining enrolment, are having trouble getting enough players to continue safely running a football program. This will allow those schools to keep their programs alive. Perhaps a school is running only one football team, but would like to expand to a Jr/Sr program. Six a Side will allow them to make the transition. Maybe a school would like to explore running football, but they want to gauge the commitment of the students without spending \$20,000.00 on equipment. Six a Side will allow this, as they can borrow 15-20 sets of equipment from another school (this is why this sport was introduced in the spring). Schools with small enrolments can field a team with only 15-20 players. Even bigger schools that would like to run a program in the spring to develop players can benefit from this game.

This game will again be played in spring 2010 with more teams participating. What do you need to do to get this game started in your school? There is information



about Six a Side Football on the Football Canada (www.footballcanada.com) and Football Saskatchewan (www.footballsaskatchewan.ca) websites. Check this out, and if you are still interested, contact Mike Rumleski at mrumleski@hpedsb.on.ca. This may make a difference in the life of some young person at your school.

Mike Rumleski has been teaching and coaching football at North Hastings HS in Bancroft for the past nine years. He is in his 15th year of coaching, and has coached 13 seasons of high school football. His other coaching at the high school level has included basketball, track and field, and lacrosse. He was also convenor of Bay of Quinte football league for three years, and was the founder of the National Capital A/AA Bowl, as well as convenor for the first three years.

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TACKLING WOMEN'S RUGBY



With six teams eager for more scheduled games and a large pool of college aged players, women's rugby is poised to become a fixture in the OCAA.

Story by Kristen Smith
Photos by Adam Gagnon

Previously printed in OCAA's Sweat Magazine.

Caught by the stitches of her green and black jersey, she is pulled to the ground. Limbs and grass fly in the air. She hugs the rugby ball, trying to maintain possession, but a fierce blonde wrenches it away. Swiftly and gracefully, several lateral passes cross the width of the field and the play quickly changes direction.

This is the Women's Rugby Tournament hosted by Fleming College in Lindsay, and it could prove to be the genesis of women's rugby in the OCAA.

For the past decade, college women's rugby teams have been coming and going. Women's rugby is missing from the OCAA's list of varsity sports, but a handful of colleges have been running extramural teams, trying to get a league up and running. If voted in at next May's OCAA annual general meeting, rugby will face a two-year trial period where it will have to maintain a five-team minimum.

"It's a very fluid, chaotic game. The type of athlete it appeals to is that person who is pretty good

at basketball but usually got fouled out or the girl that at soccer just gets frustrated because she just wants to go a little bit harder or faster," says Annemaree Peters, Director of Women's Rugby for Ontario Rugby Union.

Women's rugby is immensely popular at the high school level. But it has been having some trouble gaining momentum at the college level says John Guilfoyle, head coach of Mohawk's women's rugby team and the new senior convenor for rugby.

"It's the transition from Grade 12 to the outside world that seems to be difficult," says Guilfoyle.

There are a number of explanations. Not having time because of a part-time job or being bogged down with schoolwork are a few reasons. But most often cited by coaches is a young player's lack of confidence.

"One of the reasons many players don't play beyond high school in club rugby is they are not confident in their ability to make it beyond high school," says Peters, who also coaches high school

girl's rugby.

"I think that people coming out of high school have been in a safe environment," says Greg Hedgecoe, women's coach at Carleton University and Rugby Ontario women's Under-23 coach last year.

Hedgecoe says there are fears associated with beginning the first year of postsecondary education.

Hedgecoe says it's easy for those fears to extend to college sports. Skilled players are recruited by university scouts, and according to Hedgecoe, they "may feel a little more confident." But, he adds, "average players may feel a little more intimidated."

Guilfoyle points out that the prospective players don't seem to realize they will be playing against the same girls as in high school.

"I will ask them how many are going to college or university and put them in touch with the coach and that often helps," says Guilfoyle.

Peters says she hears that a lot of high school

girls who are going off to college say they are sad that there isn't a team for them. First year police foundations student at Fanshawe College, Christie Verbeek, agrees.

"Rugby at high school was the highlight of my day," Verbeek says. She often spots girls tossing the rugby ball around campus and she is positive there are enough players at Fanshawe to support a team.

"There are so many girls that play rugby. I meet them everywhere. There are four girls in my program that play. Honestly, if we had a rugby team they'd have to cut players because there'd be too many," Verbeek says.

Some colleges, including Mohawk and Humber, started women's extramural teams shortly after men's rugby went varsity in 1996. Many women's teams took a hiatus when they could no longer fill the roster. Despite difficulty finding sufficient teams for league play, some colleges continue to show support.

Fleming College in Lindsay has run a club team for six years, and they played against university and high school teams. This season there are enough teams to meet the minimum requirements for an OCAA sanctioned sport to exist. There are six teams: Fleming-Lindsay, Loyalist, Humber, Mohawk, Seneca and St. Lawrence - Kingston.

Humber College's athletic director, Doug Fox, says supporting a women's rugby team is not a huge financial burden for most college athletic departments.

"Rugby's not an expensive sport - balls, uniforms," he says. Most costs would come from playing teams that require staying at a hotel for the night. "From what I've heard, there'd be no overnights," says Fox.

Logistically, the existing teams are located perfectly; three teams in each area. Fleming College in Lindsay hosted the first-ever extramural 10-a-side women's rugby tournament on Oct. 16, 2009. Loyalist, St. Lawrence, Fleming-Lindsay, Seneca and Humber played off at the Lindsay Rugby Club which is nestled between farmland and a dirt road on the outskirts of Lindsay.

Humber won gold, beating Fleming in the finals, despite these being their first games of the season. Seneca brought 10 players (not enough for any substitutions) so other colleges took turns lending them players.

"They all just want to play," says Jane Bolin, who organized the tournament. Dwindling numbers have been a problem for a lot of teams. Oddly enough, one solution may be to schedule more games.

"As soon as we scheduled in games we didn't have any issues with losing players," says Bolin.

"They have something to look forward to all season," says Rachel Spearing, a second year environmental technology student and Fleming's head coach. "Otherwise, it starts to get cold, some people get injured, homework starts to pile up and if there are no games they're not going to stick around."

The move to varsity would mean regular scheduled game times, about one game a week, says Fox.

It would also mean recognition for these athletes. They would be included in the OCAA Hall of Fame, be invited to athletics banquets, and receive full financial support.

But most important, they'd get to play.

OCAA
Ontario Colleges Athletic Association



Ontario Coaching Excellence Awards Recognizes OFSAA Teacher-Coaches

OFSAA is proud to announce that the Coaches Association of Ontario (CAO) has selected two OFSAA teacher-coaches as the 2010 recipients of the School Sport Awards. Kathy Garvey of St. Peter's CHS in Peterborough, and Lorne Smith from North Toronto CI represent OFSAA's finest this year.

The CAO's Coaching Excellence Awards recognize the significant contributions coaches make to both their sport and to athletes in Ontario.

Kathy Garvey has coached in the secondary schools of COSSA for over 20 years, leading her athletes in gymnastics, basketball, and track & field. She is also the curriculum chair of Physical Education at St. Peter's, but volunteers as the co-chair of the Kawartha Athletic Association and served as executive member of Peterborough YBA. Kathy has not only kept girls' gymnastics alive at her school, but provided opportunities in field hockey and volleyball when a coach was needed.

Kathy has been a mentor to many female athletes and has influenced them to be involved in coaching as well.

Over the past 30 years, Lorne Smith has coached a minimum of two sports a year and has dedicated countless hours beyond the school community to serve as a convenor and executive member of the TSSAA/TDSSAA. As the coach of boys and girls basketball, track & field, badminton, baseball, golf and football, Lorne has been a role model to his athletes with his positive attitude and a strong sense of fair play.

Lorne is able to motivate individuals to excellence, while fostering a love of sports and positive team dynamics. He has been a mentor and supporter of coaches not only at North Toronto CI, but also within the newly formed TDSSAA, where as President he worked countless hours to organize athletic programs.

OFSAA congratulates Kathy and Lorne, and thanks them for their commitment and dedication to our motto of Education through School Sport.

Floorball Gaining Popularity across North America

Article submitted by Floorball Ontario

Floorball is a relatively new indoor sport that is gaining popularity across North America. The sport is similar to floor hockey, but players use unique, non-marking, durable equipment and rules that promote safety, speed, skill, inclusiveness and accessibility.

Ontario is on the leading edge of the floorball movement, with more than 150 high schools participating, thanks in part to OFSAA. OFSAA has helped schools that want to introduce floorball through the Try Day grant and has sanctioned a High School Invitational for three straight years.

Floorball Ontario's website (www.floorballontario.com) is a great resource for both teachers and students who are new to the game, and now is the perfect time to learn about this Olympic-recognized sport.

In other floorball news, the 2009 high school invitational was held at Maxwell Heights SS in Oshawa, with Sherwood SS from Hamilton winning the crown for the second year in a row.

The next event on the high school floorball calendar is the Canada Cup, May 21, 2010 at York University in Toronto (learn more at www.thecanadacup.com).

Floorball Ontario continues to provide subsidized



Centre Dufferin Royals from Shelbourne after winning the high school division of the Canada Cup in May.

workshops for schools interested in learning to play floorball or those wishing to brush up on their knowledge. Request your workshop at www.floorballontario.com.

The "Floorball: A Sports Revolution" DVD is available for purchase from www.floorballpro.com. Enter code "OFSAA" to get \$5 off of your purchase.





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



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Volleyball

- Baden
- Baden 15-0C, Official volleyball of OFSAA



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Soccer

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



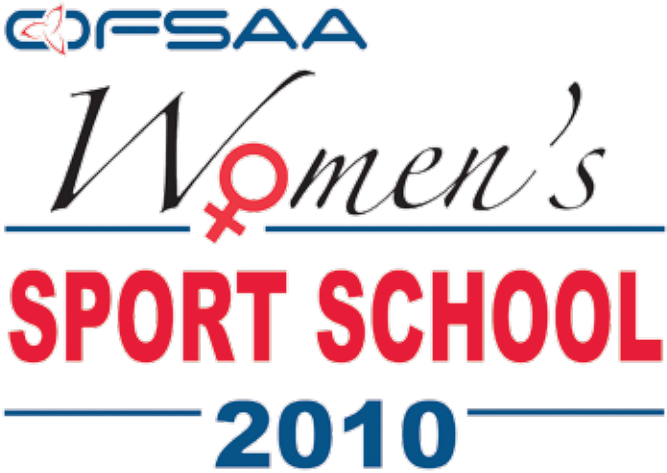
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The 2010 **OFSAA Women's Sport School** will be held May 13 and 14 at Humber College North Campus in Toronto.

This bi-annual conference unites teacher-coaches across the province as they 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 aim of the Women’s Sport School is to increase participants’ knowledge in several areas of school sport, expose them to new/unconventional sports and teaching methods, and provide opportunities for discussion groups with peers.

Sessions include:

- | | | |
|-----------------|---------------------|-----------------------|
| • Dance - Zumba | • Outdoor Education | • Floorball |
| • Basketball | • Gaelic Football | • Aerobics |
| • Wrestling | • Field Lacrosse | • Low Organized Games |

Plan A

Two nights accommodation (May 12 and May 13), meals, sessions
\$325 + GST = \$341.25

Plan B

Meals and sessions only
\$275 + GST = \$288.75

One Day Registration

Meals and sessions only
\$150 + GST = \$157.50

Conference Coordinator:

Lexy Fogel
Assistant Director
OFSAA
3 Concorde Gate, Suite 204
Toronto, ON M3C 3N7
P: 416.426.7436
F: 416.426.7317
lex@ofsaa.on.ca

For more information or to register online, visit
www.ofsaa.on.ca

Registration Deadline: Wednesday, March 31, 2010

2009 - 2010 OFSAA Championship Calendar

Alpine Skiing (Committee)

Mon - Tues, Feb. 22 - 23,
Collingwood
Contact OFSAA office for details.
Entry Deadline: Sun, Feb. 14

Nordic Skiing (GBSSA)

Thurs - Fri, Feb. 25 - 26, Midland
Jim MacMillan, Elmvale DHS
P: 705.322.2201 F: 705.322.3714
jdmacmillan@mail.scdsb.on.ca
Entry Deadline: Fri, Feb. 19

Snowboarding Festival (YRAA)

Wed, March 3, Georgian Peaks
Richard Cherry, York DSB Board
Office
richard.cherry@yrdsb.edu.on.ca
Entry Deadline: Tues, Feb. 23

Swimming (ROPSSAA)

Tues - Wed, March 2 - 3, Etobicoke
Michelle Harshman, Mayfield SS
P: 905.846.6060 F: 905.843.9543
michelle.bettig@peelsb.com
Entry Deadline: Mon, Feb. 22

Wrestling (WOSSAA)

Wed - Fri, March 3 - 5, Tilsonburg
Lloyd Renken, Glendale HS
P: 519.842.4207 F: 519.842.4551
l.renken@tvdsb.on.ca
Entry Deadline: Tues, Feb. 23

Boys' A Basketball (NOSSA)

Mon - Wed, March 8 - 10, Sturgeon
Falls
Richard Lachance, ES Northern SS
P: 705.753.0220 F:
705.753.2400
lachanr@csdne@edu.on.ca
Entry Deadline: Tues, March 2

Boys' AA Basketball (SWOSSAA)

Mon - Wed, March 8 - 10, Windsor
Pat Osborne, John L. Forster SS
P: 519.253.1166 F: 519.253.6967
pat.osborne@gecdsb.on.ca
Entry Deadline: Tues, March 2

Boys' AAA Basketball (EOSSAA)

Mon - Wed, March 8 - 10,
Kingston
Suche James, Frontenac SS
P: 613.389.2130 F: 613.389.8042
james@limestone.on.ca
Entry Deadline: Tues, March 2

Boys' AAAA Basketball (LOSSA)

Mon - Wed, March 8 - 10, Oshawa
Michael Kennelly
P: 905.728.2425 F: 905.728.7531
michael_kennelly@durham.edu.on.ca
Entry Deadline: Tues, March 2

Girls' A Volleyball (NWOSSAA)

Tues - Wed, March 9 - 10, Kenora
Bob Kowal, St. Thomas Aquinas HS
P: 807.548.8282 F: 807.548.1946
rkowal@kcdsb.on.ca
Entry Deadline: Wed, March 3

Girls' AA Volleyball (EOSSAA)

Tues - Wed, March 9 - 10, Perth
Shawn Retty, St. John Catholic HS
P: 613.267.4724 F: 613.267.1890
shawn.retty@cdsbeo.on.ca
Entry Deadline: Wed, March 3

Girls' AAA Volleyball (WOSSAA)

Tues - Wed, March 9 - 10, Stratford
Helen Thomson & Sanie Ennett,
St. Michael CSS
P: 519.271.0890 F: 519.271.8250
helen_thomson@hpcdsb.edu.on.ca,
sandie_ennett@hpcdsb.edu.on.ca
Entry Deadline: Wed, March 3

Girls' AAAA Volleyball (GBSSA)

Tues - Wed, March 9 - 10, Barrie
Nadia Fairbarn, Innisdale SS
P: 705.726.2552 F:
705.726.5422
nfairbarn@mail.scdsb.on.ca
Entry Deadline: Wed, March 3

Girls' A/AA Hockey (WOSSAA)

Mon - Thurs, March 22 - 25,
Wingham
Daryl Wheeler, F.E. Madill SS
P: 519.357.1800 F: 519.357.4137
darylwhee@fc.amdsb.ca
Entry Deadline: Thurs, March 11

Girls' AAA/AAAA Hockey (NCSSAA)

Tues - Fri, March 23 - 26, Ottawa
John Sunstrum, South Carleton HS
P: 613.838.2212 F: 613.838.5694
john.sunstrum@ocdsb.ca
Entry Deadline: Thurs, March 11

Boys' A/AA Hockey (SOSSA)

Tues - Fri, March 23 - 26, St.
Catharines
Billy McLaren, Denis Morris HS
P: 905.684.8731 F: 905.684.4050
william.mclaren@ncdsb.com
Entry Deadline: Thurs, March 11

Boys' AAA/AAAA Hockey (SOSSA)

Tues - Fri, March 23 - 26, St.
Catharines
Frank Cappelletti, Denis Morris HS
P: 905.684.8731 F: 905.684.4050
frank.cappelletti@ncdsb.com
Entry Deadline: Thurs, May 11

Boys' & Girls' Curling (TDCAA)

Wed - Sat, March 24 - 27, Toronto
Peter Tomassetti & Renee Platt,
Cardinal Newman CSS
P: 416.393.5519 F: 416.393.5110
peter.tomassetti@tcdsb.org,
renee.platt@tcdsb.org
Entry Deadline: Thurs, March 11

Girls' Gymnastics (Committee)

Mon - Tues, April 26 - 27, St.
Catharines
Contact OFSAA office for details.
Entry Deadline: Fri, April 16

Badminton (WOSSAA)

Thurs - Sat, May 6 - 8, Wingham
Martin Ritsma, F.E. Madill SS
P: 519.357.1800 F: 519.357.4137
martrits@fc.amdsb.ca
Entry Deadline: Wed, April 28

Tennis (Committee)

Mon - Tues, May 31 - June 1,
Toronto
Contact OFSAA office for details.
Entry Deadline: Sun, May 23

Boys' A/AA Field Lacrosse Festival (LOSSA)

Tues - Wed, June 1 - 2, Ajax
Michael Heffernan, Archbishop
Denis O'Connor CHS
P: 905.427.6667 F: 905.427.7234
michael.heffernan@dcdsb.ca
Entry Deadline: Wed, May 26

Boys' AAA/AAAA Field Lacrosse Festival (CISAA)

Thurs - Fri, June 3 - 5, Toronto
Alex Frescura, St. Michael's
College
P: 416.653.3180 F: 416.653.7704
frescura@smcsmail.com
Entry Deadline: Sun, May 30

Girls' A/AA Rugby (SWOSSAA)

Mon - Wed, May 31 - June 2,
Sarnia
Stu Baillie, St. Clair SS
P: 519.332.1140 F: 519.332.5039
baillist@lkdsb.net
Entry Deadline: Tues, May 25

Girls' AAA/AAAA Rugby (TDCAA)

Thurs - Sat, June 3 - 5, Toronto
Eva Roser, Cardinal Newman
P: 416.393.5519 F: 416.393.5110
eva.roser@tcdsb.org
Entry Deadline: Sun, May 30

Boys' A/AA Rugby (CWOSSA)

Thurs - Sat, June 3 - 5, Erin
Gary Robinson, Erin DHS
P: 519.833.9665 F: 519.833.7455
gary.robinson@ugdsb.on.ca
Entry Deadline: Sun, May 30

Boys' AAA/AAAA Rugby (LOSSA)

Wed - Fri, June 2 - 4, Oshawa
Bryan Armstrong, Port Perry HS
P: 905.985.7337 F: 905.985.8323
armstrong_bryan@durham.edu.
on.ca
Entry Deadline: Tues, May 25

Track & Field (West)

Thurs - Sat, June 3 - 5, London
Entry Deadline: Sun, May 30

Boys' A Soccer (SWOSSAA)

Thurs - Sat, June 3 - 5, Windsor
Paul Thomas, Academie Ste. Cecile
P: 519.969.1291 F: 519.969.7953
paulthomas14@yahoo.ca
Entry Deadline: Sun, May 30

Boys' AA Soccer (SWOSSAA)

Thurs - Sat, June 3 - 5, Windsor
JJ Dowhan, Hon. W.C. Kennedy SS
P: 519.254.6475 F: 519.254.6750
jj.dowhan@gecdsb.on.ca
Entry Deadline: Sun, May 30

Boys' AAA Soccer (NOSSA)

Thurs - Sat, June 3 - 5, Sudbury
Paul Hatzis, Lockerby Composite
School
P: 705.522.1750 F: 705.522.0658
hatzisp@rainbowschools.ca
Entry Deadline: Sun, May 30

Boys' AAAA Soccer (SOSSA)

Thurs - Sat, June 3 - 5, Hamilton
Steve Kountouris, Saltfleet DHS
P: 905.573.3000 F: 905.573.2408
steve.kountouris@hwdsb.on.ca
Entry Deadline: Sun, May 30

Girls' A Soccer (NOSSA)

Thurs - Sat, June 3 - 5, Hanmer
Jean-Gilles Larocque, Bishop
Alexander Carter CSS
P: 705.969.2212 F: 705.969.8133
larocqj@scdsb.edu.on.ca
Entry Deadline: Sun, May 30

Girls' AA Soccer (SWOSSAA)

Thurs - Sat, June 3 - 5, Sarnia
Frank Brennan, St. Christopher SS
P: 519.541.1811 F: 519.541.1814
frank.brennan@st-clair.net
Entry Deadline: Sun, May 30

Girls' AAA Soccer (SWOSSAA)

Thurs - Sat, June 3 - 5, 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 30

Girls' AAAA Soccer (SOSSA)

Thurs - Sat, June 3 - 5, Hamilton
Steve Kountouris, Saltfleet DHS
P: 905.573.3000 F: 905.573.2408
steve.kountouris@hwdsb.on.ca
Entry Deadline: Sun, May 30

Boys' Baseball (Committee)

TBA, Toronto

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

TBA
Geoff Whent, Sinclair SS
P: 905.666.5400 F:
905.666.6902
geoffwhent13@rogers.com

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

Windsor
Larry Loebach, St. Anne SS
P: 519.735.6024 F: 519.735.2779

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OFSAA Fall 2009 Championship Photo Gallery



Cross Country Championship: Senior Girls' starting out the 5000m.



Cross Country Championship: Eamonn Kichuk from Bill Crothers SS celebrates as he crosses the finish line, seconds ahead of the pack in the Junior Boys' 6000m. Eamonn also won last year's Midget Boys' 5000m, and at OFSAA 2009 Track & Field in June was the first male in the history of OFSAA Track & Field to win the triple crown (800m, 1500m, and 3000m) in a single OFSAA track championship.



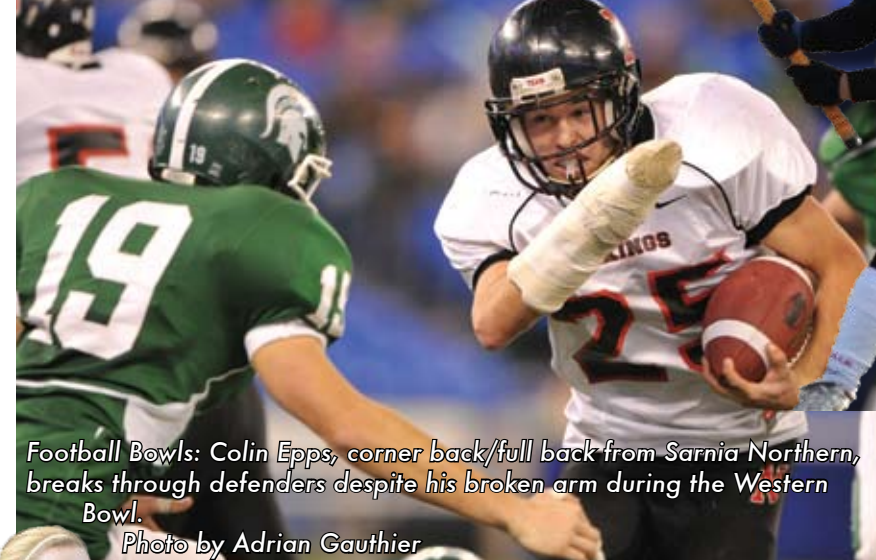
A touching display of sportsmanship between two competitors at the Cross Country Championship.



Boys' AAA Volleyball Championship



Girls' Field Hockey Championship



Football Bowls: Colin Epps, corner back/full back from Sarnia Northern, breaks through defenders despite his broken arm during the Western Bowl.
Photo by Adrian Gauthier



St. Thomas Aquinas teammates right before their big win at the Boys' A Volleyball Championship.



Girls' AA Basketball



Girls' AAAA Basketball
Photo by Randy Smith



Staying warm at Field Hockey



Football Bowls: Running back Colin Blanchfield from Crestwood dodges a St. Peter's player in the National Capital Bowl.
Photo by Adrian Gauthier



OFSAA:

The Experience and the Reward

Timon Moolman, #13, a Grade 11 student from Woodland Christian HS, tells about his recent OFSAA experience at the Boys' A Volleyball Championship in Bowmanville.

OFSAA! The point in the volleyball season that everyone works toward, hoping for a chance to compete. All the best teams from around the province gather together for a head to head battle. There will be spikes, there will be large roofs and there will definitely be excitement.

For me, the journey to Bowmanville 2009 started three years ago. As a Grade 9 student at Woodland Christian

HS, I tried out for the junior team. At 6'3", I was an easy choice. Very soon, however, it became apparent that I was uncoordinated, unreliable and just didn't seem to have what it takes for volleyball. The following year I was cut from the junior team...

You're probably wondering how I got to OFSAA then. The answer lies with our senior team coach, Mr. Wayne Harris. Mr. Harris decided to take me under his wing and train me to play middle. By the end of that year, I could run a solid quick and was a starting middle for our semi-final game against Rockway for District 8. We lost the game, but were able to beat them at CWOSSA a week later, qualifying to represent our district at OFSAA in Kenora.

We flew to Winnipeg, drove to Kenora and played some very high-level volleyball. In pool play, we played an early game, went brain dead, and lost to Bloor Collegiate. We then had to beat the tournament

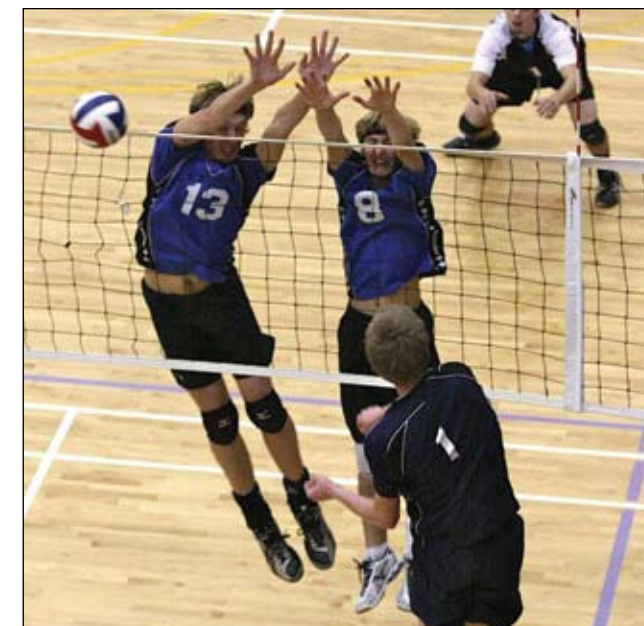
champions, St. Thomas Aquinas, to go on, but were unable to do so. We were very disappointed not to get out of our pool. While we did regroup and win the consolation side, we also resolved to do much better in pool play if we had the chance in 2009.

“The changeroom had never been so silent. We were disappointed and down on ourselves.”

So here we are in 2009 and we did not disappoint. We are both D8 and CWOSSA champions. With a 40-6 record we made the trip to Bowmanville. Four of our Grade 12's had been working towards OFSAA since elementary school, where they took home a gold medal in a big elementary school tournament, coincidentally also held in Bowmanville. Now, five years later, they made the trip again, staying at the same Holiday Inn that



Handshaking with Durham Christian following the bronze medal match.



Timon blocking with his teammate in the bronze medal match.

we had stayed for various other tournaments.

On Thursday we were both excited and nervous. I entered the second OFSAA of my life, complete with team pictures and the banquet. Our team ate large quantities of everything within arms reach, keeping the servers quite busy.

Later during the banquet, Rob Snoek, a paralympic athlete, told us the story of his athletic journey in high school. Early in his life he had to get his leg amputated because of a disease. After high school he went on to become a paralympic sprinter and jumper, and took home a bronze medal in the World Championships after 10 years. He was asked if the medal was worth the 10 years. He said no, rather the experience gained from that 10 years was what made it worth it. The medal was just a reminder of the experiences he had had and shared with many others. It was inspiring. Full of great food, new wisdom and excitement we went to bed early that night.

The next day we stepped into the Durham College gym. It was quite impressive. Three volleyball courts sat side by side with a three storey high ceiling that housed a running track on the top floor.

In pool play we were challenged by Louis Riel, Algonquin, Holy Trinity and Monseigneur Bruyere. We went undefeated in pool play, putting us in an essential quarter-final match on Saturday, which we won against Lajeunesse.

We went into the semi finals without one set loss against us in OFSAA, already thinking about the finals. It was when St. Thomas Aquinas had a huge lead on us that we realized they wouldn't simply be a stepping stone to OFSAA gold. We came back but lost the set by two

Continued on next page

points. They proved too strong for us again in the second set and we lost the semi-finals. After the loss we were told our bronze medal match would take place in 40 minutes.

The change room had never been so silent. We were disappointed and down on ourselves. We had so been looking forward to the finals that we forgot to slow down and take the tournament one step at a time. We decided we had worked too hard to lose heart now, and had come too far to go home without a medal. So, during our 40 minute break we regrouped, focused, and then played our best game of the tournament, beating Durham Christian 25-9 and 25-17 to take home the first provincial medal for our school in volleyball.

This year's OFSAA was the highlight of all of my volleyball seasons. It was an incredible mental and physical challenge. Our team had become a very close unit, bonded through the many early morning practices, late night tournaments and every second on the court.

OFSAA is the final stop on a long road. For our Grade 12's, their OFSAA journey is over. For me, I have a whole new year to look forward to. Who knows what might be



Timon with his teammates, coaches, and their medals.

in store for the Woodland Cavaliers in 2010? All I can hope to do is make my team, my school and my coach proud. Without them, these experiences wouldn't have existed.

For now, I'll just sit here and reminisce, flipping through the many pictures of our season: a time well spent, a bronze medal around my neck, and the experiences that made it so worth it.

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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OFSAA Bills Toronto Series Football Bowls

Toronto

November 25, 2009



The Rogers Centre was once again the venue for the second annual OFSAA Football Bowl Festival in partnership with the Buffalo Bills Toronto Series. Nearly 5,000 fans were in and out of the Rogers Centre throughout the day to cheer on their schools.

We are most appreciative of the Bills Toronto Series who provided the Rogers Centre to OFSAA at virtually no cost.



Northern Bowl Champions Sir James Dunn (Sault Ste Marie)

Thank you to organizing committee members Sean Allen, Dan Dal Mastro, Dan Dominico, Lindsey Evanoff, Brian Gaw, Ken Green, Chick Kennedy, Dana McKiel, Peter Morris, Mario Peitrangelo, Erica Phillips, Pat Reilly, Dan Russell, and the many student volunteers, who ensured the event ran smoothly. Thanks also to Brian Findlay (Stellick Communications) for making it all happen.

Many thanks to our sponsors Marchant's School Sport, Rogers TV, Wilson Canada, Pizza Pizza, Quiznos, Bills Toronto Series, Wireless Wave and Gatorade. This event could not have been the great success it was without your help.

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

Winston Churchill C & VI (Thunder Bay) vs Sir James Dunn C & VS (Sault Ste. Marie)

The Churchill Trojans kept the game close for the first half trailing 13 - 7. However, Sir James Dunn began pulling away in the second half, dominating both the running and the passing game, eventually capturing the Northern Bowl 34 - 7. There was a great crowd representing the North (350 spectators) despite the distance that both teams traveled for this game. We would like to thank the administrations of both schools for supporting this event, and the coaches, parents, and athletes who made the long journey to Toronto to compete for the Northern Bowl.

GAME 2 - Golden Horseshoe Bowl

Notre Dame CSS (Burlington) vs Lakeshore Catholic HS (Port Colborne)

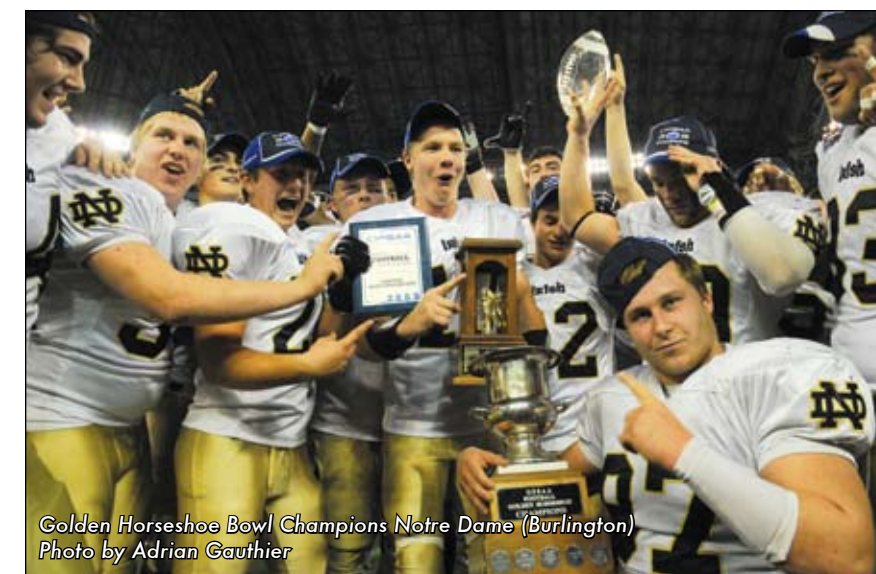
There was a tremendous build-up to this game since Lakeshore had defeated Notre Dame 8 - 7 in the 2008 Championship Game. However, the Fighting Irish from Burlington took control early, dominated the running and passing game, to eventually win the Golden Horseshoe Bowl 33 - 10. Max Mezzadotta converted two passes from quarterback Billy McPhee for all the points that Notre Dame would need.

Will 2010 produce the rubber match to these two well-coached teams?

GAME 3 - National Capital Bowl

Crestwood SS (Peterborough) vs St. Peter's CHS (Ottawa)

The Crestwood Mustangs were returning to the Rogers Centre hoping to win their first National Capital Bowl since 2004. However, St. Peter's were equally motivated and



Golden Horseshoe Bowl Champions Notre Dame (Burlington)
Photo by Adrian Gauthier

Continued on next page

spoiled the party for Crestwood by taking the National Capital Bowl 37 - 22. St. Peter's Alex Skinner (two touchdowns) kept coming up with the big play when it looked like the Mustangs were going to take a run at the lead. The Mustangs played a much improved game from 2008 when they were defeated by the Frontenac Falcons 36 - 1.

GAME 4 - Western Bowl
Mother Teresa CSS (London) vs Sarnia Northern C & VI

Both teams seemed to spend most of the game in the middle of the field, as both defenses were determined to shut down the offense of their opponents. Mother Teresa went to their locker room at half time, leading 3 - 0 on an 11 yard field goal by Andrew Agothos. Although Sarnia ran for 171 yards during the game, they couldn't put themselves in a position to make the game closer. Mother Teresa was staked to a 10 - 0 lead early in the third quarter



National Capital Bowl Champions St. Peter's (Ottawa)
Photo by Adrian Gauthier

when Adam Sinclair converted a pass from Dave Copp for the only touchdown of this exciting defensive game. Congratulations to the coaches and athletes from both teams.

GAME 5 - Metro Bowl
Birchmount CI (Toronto) vs Markham DHS

The three time defending Metro champions (St. Michael's) were eliminated in the CISAA championship game with Trinity College. The 2009 Metro Bowl saw two very strong school football programs meet for the championship game. Quarterback Tyler Pritty threw three touchdown passes to Andrew Baillie, Aaron Gordon, and Connor Pritty to prevent Birchmount from taking the game. A very good Markham defense forced the Birchmount rushing game to only 11 total yards. As their coach indicated after the game, Birchmount left too many points on the field.

Congratulations to both teams for an exciting finale to the 2009 OFSAA Bowls.



Western Bowl Champions Mother Teresa (London)
Photo by Adrian Gauthier



Metro Bowl Champions Markham
Photo by Adrian Gauthier

Northern Bowl	
Sir Winston Churchill Trojans	34
Sir James Dunn Eagles	7

Golden Horseshoe Bowl	
Notre Dame Fighting Irish	33
Lakeshore Catholic Gators	10

National Capital Bowl	
St. Peter's Knights	37
Crestwood Mustangs	22

Western Bowl	
Mother Teresa Spartans	10
Sarnia Northern Vikings	0

Metro Bowl	
Markham Marauders	19
Birchmount Panthers	0

OFSAA Girls' Golf Festival

LaSalle **October 13 - 14, 2009**

As the sun broke on the horizon on October 13, 127 girls from across the province took their places on the green to battle for first place at this year's OFSAA Girls' Golf Festival. The cold could not quash the excitement that day as the girls played their round.

Convenors Fernando Brunone and Dan DeMarco bustled around the course, making sure that everything ran

smoothly. Thank you to Fernando and Dan for all of your hard work in putting this event together.

The day ended with a beautiful sit down banquet and the first place trophy going to Augusta James of Napanee DSS with a score of 72. An association award was also given to CWOSSA for having the top five lowest combined scores.

Results

1. Augusta James	Napanee DSS	EOSSAA	72
2. Michelle Lee	The Woodlands SS	ROPSSAA	73
3. Brianna Cooper	Kincardine DSS	CWOSSA	75
4. Rebecca Lee-Bentham,	Northview Heights SS	TDSSAA	77
4. Brittany Marchand	Orangeville DSS	CWOSSA	77

OFSAA Boys' Golf Festival

Vineland **October 14 - 15, 2009**

The athletes arrived, wearing their toques, gloves and winter coats, making their golf clubs look a little out of place. However, with no rain in the forecast and no frost on the ground, the boys were ready for tee-off.

Convenor Bill Lipsett of Sir Winston Church SS, his committee, and the staff at Twenty Valley Golf Club in Beamsville, were ready to host a first-class event. The players and coaches knew that the colder conditions would make for a tough two days of golf, but the course itself was in beautiful condition.

After the first day of play, the field was still very open with a number of golfers within a few strokes of each other. The long round of play built up a great appetite and the banquet at Twenty Valley Golf Club did not disappoint, providing a variety of warm entrées, salads and desserts.

Day two was even colder, with a chilling breeze blowing across the course, making conditions that much more difficult. In the end, Brandon Ng of Upper Canada

College (CISAA) won the individual portion of the OFSAA Boys' Golf Festival with a two-day total of 150. Jonathan Kim-Moss of Erindale SS (ROPSSAA) placed second with 151, and Zachary Kempa of Assumption College (GHAC) placed third with 152.

After the longer than five hour round, the local team from St. Francis SS (SOSSA) won the team competition with a two-day total score of 473. Holy Cross CSS (EOSSAA) and Notre Dame CSS (GHAC) heard the last thing that any golfer on the course that day wanted to hear: We are going to have playoff. Both teams had to head back onto the frigid golf course for a sudden death playoff. However, the playoff didn't go past the first hole, with Holy Cross CSS taking second place and Notre Dame CSS finishing in third. Congratulations to all participants for their achievements at the 2009 OFSAA Boys' Golf Festival.

Thank you to Bill Lipsett and his committee for hosting an excellent festival.

Individual Results

1. Brandon Ng	Upper Canada College	CISAA	75 - 75 = 150
2. Jonathan Kim-Moss	Erindale SS	ROPSSAA	77 - 74 = 151
3. Zachary Kempa	Assumption College School	GHAC	75 - 77 = 152
4. Albin Choi	Northview Heights SS	TDSSAA	76 - 77 = 153
4. Rob Ellis	St. Francis SS	SOSSA	75 - 78 = 153

Team Results

1. St. Francis SS	SOSSA	476
2. Holy Cross CSS	EOSSAA	480*
3. Notre Dame CSS	GHAC	480*
4. Upper Canada College	CISAA	484
*Holy Cross CSS defeated Notre Dame CSS in playoff		

OFSAA Girls' A Basketball

Cornwall November 26 - 28, 2009



Convenors Dave McCabe and Marc Poirier love basketball. They love it so much that they decided to host not one, but two OFSAA basketball championships in less than a year (they also hosted Boys' A Basketball in March 2009).

This love of basketball and of coaching and educating students also won Dave McCabe the OFSAA Leadership in School Sport Award, which was presented during the banquet. Congratulations Dave!

A huge thank you to Dave, Marc and their organizing committee for organizing a second fantastic championship.

Congratulations also to Runnymede CI for being selected

for the OFSAA Team Sportsmanship Award. This was a difficult decision to make, as there were many teams this year that displayed excellent sportsmanship.

The É.S. Confédération Jaguars sprung into action and took the championship title. A title that they will defend on home court in 2010 as É.S. Confédération will be hosting this same championship next year.

Congratulations to team members Nicole Marion, Danielle Marion, Melissa Cianflone, Noella Iradukunda, Tessa Blanchard, Kaitlyn McPherson, Courtney McPherson, Krysta Boutin-Miller, Natasha Patel, Chantal Henri, assistant coaches Janet Marion and Said Maafi and head coach Ronald Marion.

Participating Teams	
Ridley College	CISAA
Rockway Mennonite School	CWOSSA
Rideau DHS	EOSSAA
Charlottenburgh & Lancaster DHS	EOSSAA
Holy Trinity CSS	EOSSAA
É.S.C Nouvelle Alliance	GBSSA
King's Christian Collegiate	GHAC
Elmwood School	NCSSAA
É.S. Kapuskasing DHS	NEOAA
É.S. du Sacre-Coeur	NOSSA
Elliot Lake SS	NOSSA
Red Lake DHS	NWOSSAA
É.S. Confédération	SOSSA
É.S.C. Lajeunesse	SWOSSAA
Runnymede CI	TDSSAA
Mitchell DHS	WOSSAA

Quarter Finals	
Rideau def. Lajeunesse	42-21
Confédération def. Elmwood School	37-31
Elliot Lake def. É.S. du Sacre-Coeur	52-40
Holy Trinity def. Ridley College	51-36
Semi Finals	
Confédération def. Holy Trinity	44-39
Rideau def. Elliot Lake	46-36
Consolation Champions	
Charlottenburgh & Lancaster def. Nouvelle Alliance	40-35
Bronze Medal Match	
Elliot Lake def. Holy Trinity	54-53
Gold Medal Match	
Confédération def. Rideau	49-41

OFSAA Girls' AA Basketball

Belleville November 26 - 28, 2009



Magic was definitely in the air at the 2009 OFSAA Girls' AA Basketball Championship held in Belleville.

The championship began with a grand banquet where a magician performed card and other magic tricks while the athletes and coaches enjoyed a fantastic meal.

The magic definitely rubbed off on defending champions Bishop Macdonnell CHS, as they won their second straight gold medal, defeating St. Clair SS in the final game. Congratulations to players Cheryton Bennett, Bree Chaput, Laura Doyle, Andrea Priamo, Sarah Priamo, Megan Phillips, Alison Morris, Janine De Leon, Logan Lane, Caitlyn Reynolds and coaches Andrew Chaput, Jim Lane and Deb Kewin.

The magic didn't just touch the gold medal winners; it touched all of the athletes, coaches and organizers who played at the top of their game. This was especially true of convenors Justin Walsh and Jim Barbeau, who put on an amazing show. Thank you to Justin, Jim and their group of organizers for all of their hard work and



dedication to this championship.

Dennis O'Connor HS was awarded the OFSAA Team Sportsmanship Award, for their positive attitude, fair play and sportsmanship on and off the court. Congratulations to the athletes and coaches of Dennis O'Connor HS.

Long time magician on the basketball court, Ken Smith, won the OFSAA Leadership in School Sport Award for his years of dedication to developing athletes on the court and in the classroom.

Participating Teams	
Nicholson Catholic College	COSSA
Holy Cross CSS	COSSA
Bishop Macdonnell CHS	CWOSSA
La Salle SS	EOSSAA
North Grenville DHS	EOSSAA
Patrick Fogarty SS	GBSSA
Dennis O'Connor HS	LOSSA
St. Mark CHS	NCSSAA
Timiskaming DSS	NEOAA
St. Basil SS	NOSSA
Hammaraskjold HS	NWOSSAA
St. Thomas Aquinas SS	ROPSSAA
St. Francis SS	SOSSA
E.L. Crossley SS	SOSSA
Father Henry Carr	TDCAA
Downsview SS	TDSSAA
St. Clair SS	SWOSSAA
Holy Cross HS	WOSSAA

Quarter Finals	
Patrick Fogarty def. Holy Cross	40-27
La Salle def. St. Basil	42-39
Bishop Macdonnell def. Nicholson Catholic College	69-40
St. Clair def. St. Francis	54-36
Semi Finals	
St. Clair def. Patrick Fogarty	49-33
Bishop Macdonnell def. La Salle	76-51
Consolation Champions	
Downsview def. E.L. Crossley	39-26
Bronze Medal Match	
La Salle def. Patrick Fogarty	51-35
Gold Medal Match	
Bishop Macdonnell def. St. Clair	52-44

OFSAA Girls' AAA Basketball

St. Catharines November 26 - 28, 2009



Sometimes you can do it all. This was the case for co-convenors Tracey Swift and Rick Sheardown. They organized with wonderful success the 2009 OFSAA Girls' AAA Basketball Championship in London, while coaching their team of highly energetic girls to a bronze medal.

Congratulations and thank you to Tracey, Rick, and their team of athletes, volunteers and organizers.

Their opponents of the bronze medal game showed poise and positive attitude throughout all of their games, and were rewarded with the OFSAA Team Sportsmanship Award. Congratulations to the Kitchener-Waterloo C & VS Raiders for winning this prestigious award.

Congratulations to the OFSAA Leadership in School Sport Award winner, Pete Lambert, for his humble acceptance of this award and the many years of service and hard work he has put into helping athletes reach their goals.



Last year's OFSAA Team Sportsmanship Award winners from É.S. Publiques Louis-Riel got to take home a different, though equally important, banner this year, the championship banner. Congratulations to gold medal winners Francesca Bellehumeur-Moya, Emilie Vachon, Idil Houssein, Renée Legault, Vicky Savard, Kristy McGregor-Bales, Kellie Ring, Micaëlla Riché, Virginie Giorgetti, Daphnée Michel, Alexie Morin-Holland, Deborah Agette-Chéry, Noémie Bellehumeur-Moya, and coaches André Desjardins, Sue Hylland-Ring for their hard fought win over General Amherst DHS.

Participating Teams	
St. Peter's SS	COSSA
Kitchener Waterloo C & VS	CWOSSA
Holy Cross CSS	EOSSAA
Barrie Central CI	GBSSA
Bishop Ryan CSS	GHAC
Fr. Leo J. Austin SS	LOSSA
É.S. Publiques Louis-Riel	NCSSAA
Lockerby Composite School	NOSSA
A.N. Myer SS	SOSSA
General Amherst DHS	SWOSSAA
Senator O'Connor College	TDCAA
Martingrove CI	TDSSAA
Westview Centennial SS	TDSSAA
Ingersoll DCI	WOSSAA
Regina Mundi Catholic College	WOSSAA
Bill Crothers SS	YRAA

Quarter Finals		
Kitchener Waterloo def. Bishop Ryan		49-42
General Amherst def. Ingersoll		59-34
Louis-Riel def. Barrie Central		51-30
Regina Mundi def. Holy Cross		43-31
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 26 - 28, 2009



Convenor Helen Downey and her team of amazing veteran organizers decided to think pink and made this year's OFSAA Girls' AAAA Basketball Championship breast cancer awareness themed. They created a pink championship logo and had breast cancer survivor and McMaster University Girls' Basketball team head coach, Theresa Burns, as the guest speaker.

Needless to say it was both moving and inspiring, as was the awarding of the OFSAA Leadership in School Sport Award to this year's recipient, Vic Juzenas. Vic accepted his award with humbled surprise as his many accolades both on the basketball court and in the classroom were listed.

Thank you to Helen, John Metcalfe and the rest of the organizing committee for their fantastic work in putting together this championship. We will see this group back again in full force next year as they host the 2010 OFSAA Girls' AAAA Basketball Championship.

Congratulations to both St. John's College and Markham



Photo by Randy Smith

DHS who won the OFSAA Championship and Team Sportsmanship Award pennants respectively. Both schools should be very proud of these prestigious accomplishments.

Congratulations to St. John's College players Lisa Bijman, Rachel Cleary, Emma Dudley, Kelly Van Leeuwen, Deidra McDermid, Arielle Mendoza, Erika Polidori, Andrea Polischuk, Katie Polischuk, Caroline Rebry, Devon Rizzo, Kayla Santilli, Meghan Telfer, Sydney Whelan, and coaches Steve Van Leeuwen, Matt Lynch and Gina Tarantello for their hard fought win to crown them gold medal champions.

Participating Teams	
St. John's College	CWOSSA
Waterloo CI	CWOSSA
St. Joan of Arc SS	GBSSA
Notre Dame CSS	GHAC
St. Mary's HS	GHAC
Notre Dame CHS	LOSSA
St. Matthew CHS	NCSSAA
St. Marguerite D'Youville	ROPSSAA
Cardinal Leger HS	ROPSSAA
Westdale SS	SOSSA
St. Anne SS	SWOSSAA
Pope John Paul II	TDCAA
David & Mary Thomson CI	TDSSAA
Northern SS	TDSSAA
John Paul II HS	WOSSAA
Markham DHS	YRAA

Quarter Finals		
St. Mary's def. St. Anne		61-34
St. John's College def. St. Marguerite D'Youville		40-33
Notre Dame def. David & Mary Thomson		45-40
John Paul II def. Pope John Paul II		51-44
Semi Finals		
St. John's College def. St. Mary's		51-43
Notre Dame def. John Paul II		62-47
Consolation Champions		
Waterloo def. Northern		41-30
Bronze Medal Match		
St. Mary's def. John Paul II		52-45
Gold Medal Match		
St. John's College def. Notre Dame		41-37

OFSAA Cross Country

Vaughan November 7, 2009

OFSAA Cross Country returned to Boyd Conservation, which has played host to more OFSAA Cross Country Championships than any other area in the province.

For the fourth year in a row, organizers were blessed with ideal running conditions for the athletes. Six races saw close to 400 schools, 1,600 athletes, and one deer participate in the championship (and unfortunately injured a midget girls' runner).

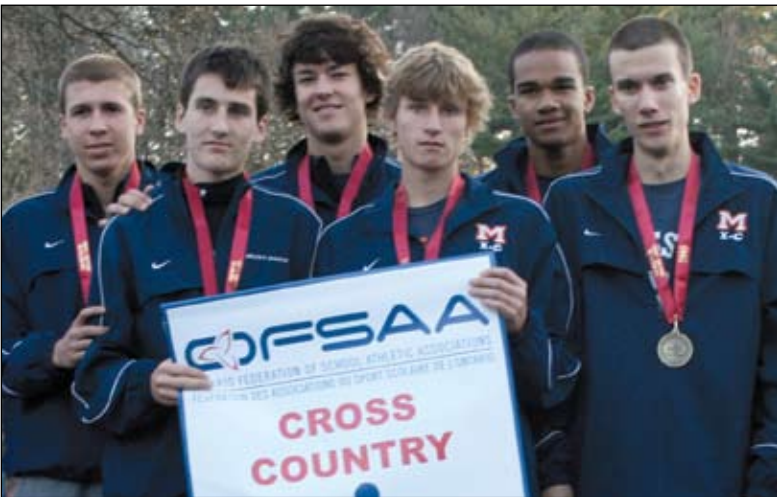
Convenors Chris Deighan (Cardinal Carter SS) and Mark Arsenault (Bill Crothers SS) brought many years of experience and leadership to the championship. Both Chris and Mark applauded the commitment and effort of the other members of their committee, along with the numerous volunteers from YRAA that are essential to a meet of this magnitude.

Nike Canada, under the leadership of Adrian Woodley, was once again the title sponsor for the OFSAA Cross Country Championship. OFSAA would like to thank Nike for its continued support of this event.

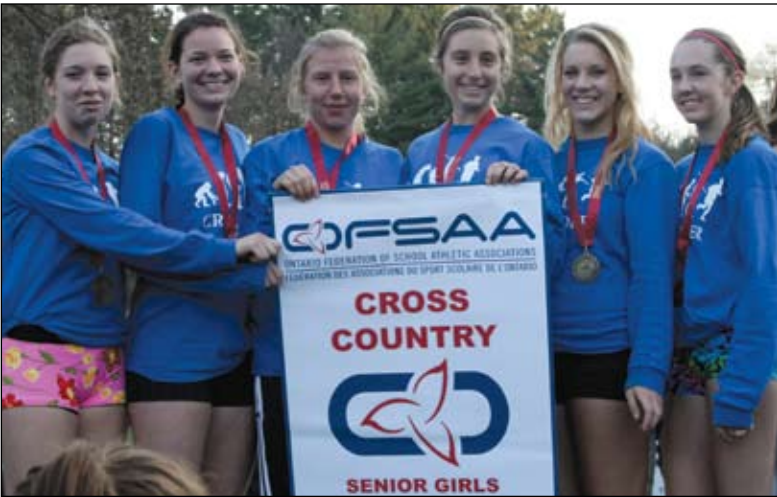
Chris Deighan was the worthy recipient of the OFSAA Leadership in School Sport Award, which is presented at the coaches' meeting each year.

Congratulations to all participants! Please view the results below.

We look forward to the 2010 Cross Country Championship, which will be hosted by the Metro Region at Etobicoke Centennial Park.



Senior boys' team champions: Vincent Massey (Windsor).



Senior girls' team champions: Sacred Heart (Newmarket)



Midget Girls (3000m)

Individual

1. Jaime Phelan, St. Mary's (Kitchener)	
2. Natalia Hawthorn, Bracebridge & Muskoka	
3. Phoebe Cseresnyes, Westdale (Hamilton)	
4. Hilary Stafford, St. Thomas Aquinas (London)	
5. Rachel Faulds, Trenton (Trenton)	
6. Cecilia Lamb, St. Thomas Aquinas (London)	

Team

1. St. Christopher (Sarnia)	131 Points
2. Westdale (Hamilton)	172 Points
3. St. Thomas Aquinas (London)	190 Points
4. Thousand Islands (Brockville)	209 Points
5. Huron Park (Woodstock)	229 Points
6. Sir Winston Churchill (St. Catherines)	276 Points



Junior Girls (3800m)

Individual

1. Stephanie Rigg, London Central (London)	
2. Megan Yuan, St. Ignatius (Thunder Bay)	
3. Shannon Labelle, Notre Dame (Burlington)	
4. Emma Galbraith, Franco - Ouest (Nepean)	
5. Jaclyn White, Mother Teresa (London)	
6. Madeleine McDonald, Lawrence Park (Toronto)	

Team

1. Essex (Essex)	198 Points
2. E.L. Crossley (Font Hill)	216 Points
3. London Central (London)	218 Points
4. Barrie Central (Barrie)	248 Points
5. Thousand Islands (Brockville)	262 Points
6. Regiopolis-Notre Dame (Kingston)	263 Points

Senior Girls (5000m)

Individual

1. Joanna Brown, All Saints (Kanata)	
2. Maddie Davidson, Northern (Toronto)	
3. Victoria Hanna, R.S. McLaughlin (Oshawa)	
4. Carise Thompson, Highland (Dundas)	
5. Karley Rempel, E.L. Crossley (Font Hill)	
6. Kirsten Stewart, Newmarket (Newmarket)	

Team

1. Sacred Heart (Newmarket)	137 Points
2. Westdale (Hamilton)	168 Points
3. Leaside (Toronto)	205 Points
4. Vincent Massey (Windsor)	236 Points
5. Renfrew (Renfrew)	287 Points
6. Thousand Islands (Brockville)	289 Points

Midget Boys (5000m)

Individual

1. Ryan Sleiman, Kingsville (Kingsville)	
2. Matthew Stephenson, R.S. McLaughlin (Oshawa)	
3. Graham Hansel, West Ferris (North Bay)	
4. Joey Heartwell, Clarkson (Mississauga)	
5. David Watson, Abbey Park (Oakville)	
6. Philip Messina, St. Michael's (Toronto)	

Team

1. Pickering (Ajax)	168 Points
2. É.S. Theriault (Timmins)	219 Points
3. Ancaster (Ancaster)	223 Points
4. London Central (London)	225 Points
5. Sir Winston Churchill (St. Catherines)	260 Points
6. R.S. McLaughlin (Oshawa)	277 Points

Junior Boys (6000m)

Individual

1. Eamonn Kichuk, Bill Crothers (Unionville)	
2. Adam Palamar, Merivale (Nepean)	
3. Ben Flanagan, St. Mary's (Kitchener)	
4. Shawn Master, Sarnia Northern (Sarnia)	
5. Harrison Sloan, Father John Redmond (Toronto)	
6. Scott Donald, Nepean (Nepean)	

Team

1. Sarnia Northern (Sarnia)	147 Points
2. Sir Winston Churchill (St. Catherines)	166 Points
3. St. Mary's (Kitchener)	174 Points
4. Father John Redmond (Toronto)	202 Points
5. Paul Dwyer (Oshawa)	207 Points
6. Highlands (Dundas)	265 Points

Senior Boys (7000m)

Individual

1. Tristan Woodfine, Opeongo, (Douglas)	
2. Paul Janikowski, St. Thomas of Villanova (La Salle)	
3. Andrew deGroot, St. Peter's (Barrie)	
4. Rob Denault, Aurora (Aurora)	
5. Daryl Smith, Vincent Massey (Windsor)	
6. Andrew Kowalsky, Vincent Massey (Windsor)	

Team

1. Vincent Massey (Windsor)	72 Points
2. Sydenham (Sydenham)	149 Points
3. É.S. Theriault (Timmins)	210 Points
4. R.S. McLaughlin (Oshawa)	260 Points
5. Cameron Heights (Kitchener)	266 Points
6. Thousand Islands (Brockville)	274 Points



OFSAA Girls' Field Hockey

Kitchener November 5 - 7, 2009

All kinds of weather could be found at the 2009 OFSAA Girls' Field Hockey Championship. The girls played in sun, snow, rain, hail and under extremely windy conditions at Budd Park in Kitchener. It was a far cry from the perfect sunny, cloudless, and windless weather during the 2008 championship.

Spectators could watch the action from the top of the hill found between the four fields.

St. John's Kilmarnock fought through the bizarre weather for their fourth consecutive championship title. Great job girls! Congratulations to winning team members Carolyn Buchanan, Hinson Chaplin, Devon Clarke, Jayne Clarke, Diandra Clohosey, Kyla Craig, Jessica Davies, Kendra Domenicucci, Rachel Fackoury, Alexandra Ho-Tai, Abigail Hornell-Kennedy, Madeline Jacobson-Sohn, Rachel Kirby, Laura Matthew, Brigitte McIntyre, Ashley Moraca, Erika Siegner, Alexandra Strahan, Laura Straus, Emma Whitehall, and coaches Leanne Dietrich and Guy Zink.

Not only did Leanne Dietrich coach her team to another victory, she was also given the honour of receiving the OFSAA Leadership in School Sport Award for her many years dedicated to coaching. Congratulations Leanne, on an amazing accomplishment.



Convenor Joyce Stuart laughed and smiled her way through the entire championship, using her positive attitude to put on a great event. Thank you to Joyce and everyone from Forest Heights CI for their help with organizing the championship.

Congratulations to Birchmount CI from Toronto, awarded the Team Sportsmanship Award for their display of fair play and positive approach on and off the field.

Pool A St. John's Kilmarnock SS Michael Power-St. Joseph Frontenac SS Pickering HS	CISAA TDCAA EOSSAA LOSSA	Pool C Notre Dame CSS Applewood Heights SS Merivale HS Holy Cross CSS	GHAC ROPSSAA NCSSAA COSSA
Pool B Forest Heights CI Sherwood SS North Hastings DHS Goderich DCI	CWOSSA SOSSA COSSA WOSSAA	Pool D Jacob Hespler SS Medway HS Aurora HS North Toronto CI	CWOSSA WOSSAA YRAA TDSSAA



Quarter-Finals	
Forest Heights def. Resurrection	2-1
St. John's Kilmarnock def. Ridley College	5-0
Nelson def. Sherwood	4-0
Applewood Heights def. Medway	2-1
Semi-Finals	
St. John's-Kilmarnock def. Applewood Heights	2-1
Nelson def. Forest Heights	1-0
Bronze Medal Game	
Forest Heights def. Applewood Heights	1-0
Gold Medal Game	
St. John's Kilmarnock def. Nelson	3-0



OFSAA Boys' A Volleyball

Bowmanville November 27 - 28, 2009



Using the state-of-the-art athletic facilities at Durham College, Tammy Dibbitts and Anita Kralt of Durham Christian HS in Bowmanville co-convened the 2009 OFSAA Boys' A Volleyball Championship.

The championship kicked-off with an enjoyable banquet, which included special guest speaker Rob Snoke, a Durham Christian HS graduate, who provided a wonderful speech filled with positive life lessons and messages.

The OFSAA Leadership in School Sport Award, presented during the banquet, which was given to Mike Costescu of Cartwright HS (LOSSA) for his involvement in school sport coaching volleyball, badminton and hockey for 37 years. His impact on students was evident, when a former student spoke about how Mike had been a positive role model and helped shape his development while in high school.

Day one of the competition provided many close matches and edge-of-your-seat rallies. Having all the games in one location allowed coaches and players the opportunity to watch a number of different teams compete throughout



the tournament. Following the pool play on day two, the playoffs set up Quinte Christian (COSSA) to play defending champions St. Thomas Aquinas (NWOSSAA) in the gold medal final. The nail biting action ended with another gold medal for St. Thomas Aquinas. Congratulations to Marlon DeGagne, Graeme Ford, Blake Lundin, Andrew Moore, Benjamin Van Bellinghem, Steve Caron, Gray Fox White, Mackenzie, Fregeau, Jacob Boutwell, Matt Amell, and coaches Joanna Krisko and Ren Amell.

Pool A St. Thomas Aquinas HS Durham Christian HS É.S. Cité des Jeunes É.S. Le Caron St. Michael Choir	NWOSSAA LOSSA NEOAA GBSSA TDCAA	Pool C Quinte Christian HS É.S. Lajeunesse É.S.C. St. Charles-Garnier Acton DHS Brampton Christian Academy	COSSA SWOSSAA LOSSA GHAC ROPSSAA
Pool B É.S. Confédération Toronto District Christian HS Greenwood College É.S.C. de la Verendrye Runnymede CI	SOSSA YRAA CISAA NWOSSAA TDSSAA	Pool D Woodland Christian HS É.S.C. Algonquin Holy Trinity CSS Mon. Bruyère É.S. Louis-Riel	CWOSSA NOSSA EOSSAA WOSSAA NCSSAA

Congratulations must also be extended to É.S. Confédération (SOSSA) for being awarded the OFSAA Team Sportsmanship Award. This school demonstrated excellent sportsmanship on the court and even more so off the court, by cheering on a number of different teams when they were not in action. Thank you for being great role models to all student athletes.

Consolation Quarter-Finals		Woodland Christian def. Lajeunesse	25-21, 25-22
Verendrye def. Cité des Jeunes	25-15, 25-21	Quinte Christian def. Louis-Riel	25-21, 26-24
St. Charles-Garnier def. Algonquin	25-23, 25-21	Durham Christian def. Toronto Christian	25-21, 25-11
Holy Trinity def. Acton	25-22, 25-20	Championship Semi-Finals	
Greenwood def. Le Caron	23-25, 25-18, 15-10	Quinte Christian def. Durham Christian	25-20, 25-10
Consolation Semi-Finals		St. Thomas Aq. def. Woodland Christ.	25-23, 25-18
Greenwood def. Holy Trinity	25-20, 25-16	Bronze Medal Game	
Verendrye def. St. Charles-Garnier	25-20, 25-17	Woodland def. Durham Christian	25-9, 25-17
Consolation Final		Gold Medal Game	
Verendrye def. Greenwood	21-25, 25-22, 15-10	St. Thomas Aquinas def. Quinte Christian	25-23, 25-19, 25-23
Championship Quarter-Finals			
St. Thomas Aquinas def. Confédération	26-24, 25-23		

OFSSA Boys' AA Volleyball

Sarnia November 27 - 28, 2009



Sarnia was the host for the 2009 OFSSA Boys' AA Volleyball Championship, and Laurie Leckie and Sue Harrell of St. Clair SS co-convended the event with help from a great group of volunteers. Using a number of gyms, the organizing committee did a wonderful job of showcasing the facilities Sarnia had to offer.

Hard-hitting competition ended with Eden HS (SOSSA) meeting Sutton DHS (YRAA) in the gold medal match. The number one seeded team proved to be too much for Sutton on this day, and captured the championship for the fourth year in a row. Congratulations to Eden's team members Jordan Dyck, Brad Wall, Calvin Fast, Aaron Neufeld, Eric Scholl, Jacob Williamson, Mark Lee, Brandon Wiens, Andrew Bate, Jason Elzinga, Mackenzie Peacock and coaches Albino Pereira, Blake Dietrich, and Kathy Fast.

The banquet was well organized and provided a great start to the championship, allowing coaches and athletes to mingle with each other. Co-convenor Laurie Leckie, St. Clair SS, was honoured with the OFSSA Leadership in School Sport Award for her dedication to school sport. Laurie has dedicated 16 years to coaching, which includes both boys' and girls' volleyball and track and field. Laurie is also the department head responsible for looking after all sports at her school and she still



finds the time to convene tournaments including OFSSA championships.

Sutton DHS may have lost the gold medal but they went home as champions, as they were selected as the OFSSA Team Sportsmanship Award winners. The committee had nothing but great things to say about the students from Sutton, indicating that they were polite, respectful and were fun to have at the tournament.

Pool A

Eden HS SOSSA
Cobourg DCI East LOSSA
Richview CI TDSSAA
Ernestown SS EOSSAA
Nouveau Regard Pavillon Jeunesse Nord NEOAA

Pool B

Beaver Brae SS NWOSSAA
Essex DHS SWOSSAA
Hamilton DCHS SOSSA
St. Paul SS ROPSSAA
Appleby College CISAA

Pool C

Sutton DHS YRAA
Central Elgin CI WOSSAA
St. Thomas Aquinas GHAC
Penetanguishene SS GBSSA
Westgate CVI NWOSSAA

Pool D

College Catholique Samuel-Genest NCSSAA
Chippewa SS NOSSA
St. Clair SS SWOSSAA
Kincardine DSS CWOSSA
Monsignor J Pereyma CSS LOSSA

Consolation Quarter-Finals

Cobourg def. St. Paul 25-16, 25-11
St. Clair def. St. Thomas Aquinas 20-25, 25-20, 15-9
Westgate def. Chippewa 25-23, 21-25 15-10
Hamilton District def. Ernestown 25-14, 25-21

Consolation Semi-Finals

Hamilton District def. Westgate 25-21, 25-17
Cobourg def. St. Clair 25-21, 18-25, 15-10

Consolation Final

Cobourg def. Hamilton District 25-20, 20-25, 17-15

Championship Quarter-Finals

Eden def. Essex 25-11, 25-14

Central Elgin def. Samuel Genest 25-22, 22-25, 15-9
Sutton def. Kincardine 25-18, 25-16
Beaver Brae def. Richview 25-16, 22-25, 15-12

Championship Semi-Finals

Sutton def. Beaver Brae 25-23, 25-10
Eden def. Central Elgin 25-20, 25-18

Bronze Medal Game

Beaver Brae def. Central Elgin 25-21, 25-23

Gold Medal Game

Eden def. Sutton 25-12, 25-18, 22-25, 25-20

OFSSA Boys' AAA Volleyball

Stratford November 27 - 28, 2009



Competition at the 2009 Boys' AAA Volleyball Championship was intense. The fans in attendance created a positive and exciting atmosphere, especially during the gold medal match, which was won by Regiopolis Notre-Dame from EOSSAA. Congratulations to players Martin Freundorfer, Graham Mulrooney, Peter Sheahan, Patric Zalewski, Michael Commerford, Benjamin Plazzotta, Cameron Utley, Scott Wilson, John Justinich, John McCabe, Collin Mears, Andrew Zalewski, William McCormack, Iain McLean, Mark Santoni, Constant Guillot, Timothy Parker, and coaches Mark McKenna, Pat Farrell, and Jim Londry.



As president of both OFSSA and the Stratford and District Agricultural Society, Martin Ritsma was extremely excited to have this championship in Stratford at the new Stratford Agriplex. Martin commented that the convenors, Ted Hopkinson and Sandie Ennett and the committee at St. Michael's CSS did a fantastic job. The banquet had a unique guest hypnotist

who was a big hit with the athletes and coaches, and set the stage for an enjoyable tournament. The OFSSA Leadership in School Sport Award was also presented at the banquet, given to Jim Cooke of Central Huron SS for his experience in coaching school sports including volleyball, hockey and golf for the past 20 years.

Pool A

Regiopolis-Notre Dame EOSSAA
St. Michael WOSSAA
Bishop Ryan CSS GHAC
Waterloo-Oxford CWOSSA
Crestwood COSSA

Pool B

Oakridge SS WOSSAA
Dr. G.W. Williams YRAA
Widdifield SS NOSSA
Anderson C & VI LOSSA
Streetsville SS ROPSSAA

Pool C

Sir Winston Churchill SOSSA
Sandwich SS SWOSSAA
Colonel By SS NCSSAA
St. Theresa GBSSA
Holy Cross CSS EOSSAA

Pool D

Chatham-Kent SS SWOSSAA
Sir Oliver Mowat CI TDSSAA
Upper Canada College CISAA
E.S. Catholique Béatrice-Desloges NCSSAA
Father Redmond Catholic SS TDCAA

Consolation Quarter-Finals

Bishop Ryan def. Widdifield 25-23, 20-25, 15-13
Upper Canada def. Colonel By 25-22, 18-25, 15-11
Holy Cross def. Father Redmond 25-21, 25-21
G.W. Williams def. Waterloo-Oxford 25-21, 22-25, 15-10

Consolation Semi-Finals

Upper Canada def. Bishop Ryan 25-18, 25-19
G.W. Williams def. Holy Cross 25-19, 25-20

Consolation Final

G.W. Williams def. Upper Canada 25-15, 19-25, 15-7

Championship Quarter-Finals

Notre-Dame def. Anderson 25-8, 25-10

Chatham-Kent def. Sandwich 25-17, 25-20
Sir Winston Churchill def. Sir Oliver 22-25, 25-16, 15-13
St. Michael def. Oakridge 25-21, 31-33, 15-11

Championship Semi-Finals

Notre-Dame def. Chatham-Kent 25-17, 25-15
Sir Winston Churchill def. St. Michael 25-18, 25-18

Bronze Medal Game

Chatham-Kent def. St. Michael 25-16, 25-10

Gold Medal Game

Regiopolis Notre-Dame def. Sir Winston Churchill 18-25, 25-12, 25-22, 25-16

Congratulations must also be extended to ES Catholique Béatrice-Desloges (NCSSAA) for being selected as the winners of the OFSSA Team Sportsmanship Award. Thank you again to the convenors and the wonderful committee at St. Michael's for all their hard work in coordinating a great championship.

OFSSA Boys' AAAA Volleyball

London November 27 - 28, 2009



Bryan Kussner of A.B. Lucas and Rob Atkinson of Saunders SS co-convended the OFSSA Boys' AAAA Volleyball Championship in London. These experienced convenors and their dedicated committee of volunteers ensured a top notch competition for all teams involved. Teams had nothing but great things to say about their experience, and athletes appreciated having elementary school students attend the tournament, filling the stands and providing cheering and support to encourage athletes to play their best.

At the banquet, David Inglis of H.B. Beal SS was presented with the OFSSA Leadership in School Sport Award. David has been coaching for 23 years and has a true passion for the sport of volleyball. He has coached girls and boys at both the junior and senior levels, and with much success. Congratulations to David!

In the final match, number one seed Birchmount Park CI (TDSSAA) met Sir John A MacDonald SS (CWOSSAA), the surprise team of the tournament, originally seeded six. However, the Cinderella story wouldn't involve a gold medal, as Birchmount Park won the championship title for the second year in a row. Congratulations to



players Oliver Hayes, Garrett May, Oscar Kahu, Josh Taylor, Giorgio Triberio, William Orpin, Matthew Vares, Adam Karakolis, Reed May, Kyle Fick, Gavin Cathie, and coaches Bill MacKay and Doug Hunnisett.

The OFSSA Team Sportsmanship Award was awarded to Rick Hansen SS (ROPSSAA). The team displayed great sportsmanship on and off the court, congratulating their opponents on games well played and thanking officials after matches. Thank you to all those athletes and coaches for being positive role models for us all.

Thank you again to convenors Rob Atkinson and Bryan Kussner and their schools for hosting a well organized and enjoyable championship. Your hard work was greatly appreciated by all in attendance.

Pool A Birchmount Park CI Sir John A MacDonald SS Mississauga SS Neil McNeil HS	TDSSAA CWOSSA ROPSSAA TDCAA	Pool C Saunders SS Glebe CI Port Perry HS Dr. Norman Bethune CI	WOSSAA NCSSAA LOSSA TDSSAA
Pool B St. Michael's College Bill Crothers SS Clarke Road SS Governor Simcoe SS	CISAA YRAA WOSSAA SOSSA	Pool D Ursuline College Innisdale SS Rick Hansen SS Oakville Trafalgar SS	SWOSSAA GBSSA ROPSSAA GHAC

Consolation Quarter-Finals Mississauga def. Governor Simcoe Innisdale def. Port Perry Bill Crothers def. Neil McNeil HS Norman Bethune def. Oakville	25-22, 25-22 25-17, 25-21 25-19, 20-25, 15-12 23-25, 25-20, 15-12	Rick Hansen def. Glebe Ursuline College def. Saunders Sir John A. MacDonald def. Clarke	25-20, 25-22 25-23, 17-25, 15-10 25-22, 25-18
Consolation Semi-Finals Bill Crothers def. Norman Bethune Innisdale def. Mississauga	25-14, 21-25, 15-9 16-25, 25-19, 16-14	Championship Semi-Finals Sir John A. MacDonald def. Ursuline Birchmount Park def. Rick Hansen	26-24, 25-15 25-19, 25-20
Consolation Final Bill Crothers def. Innisdale	25-17, 21-25, 15-11	Bronze Medal Game Rick Hansen def. Ursuline College	25-18, 21-25, 15-4
Championship Quarter-Finals Birchmount Park def. St. Michael's	25-20, 25-17	Gold Medal Game Birchmount Park def. Sir John A. MacDonald	25-22, 25-15, 25-18

OFSSA 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 Football Golf - Girls' Golf - Boys' Gymnastics Hockey - Boys Co-chair Hockey - Girls Co-chair Nordic Skiing Rugby - Boys Rugby - Girls Soccer Co-chair Swimming Tennis Track & Field Volleyball Co-chair Wrestling Snowboard Racing Boys Field Lacrosse	Terry Olaskey Lynn Kelman Jim Woolley Bonnie Glover Clem Contreras, Bishop Allen Elaine Birta, Vaughan SS Terry O'Rourke Helen Downey, Bishop Tonnos CHS Brian Poste Kevin Gosselin, Jean Vanier CHS Pauline King-Taylor, Bill Crothers Paul Solarski, Brebeuf College Tom Grantis, Governor Simcoe Roy Rana, Eastern Commerce Heather Lafontaine, Fr. Leo Austin Michael Smith, Highlands SS Kevin Dillon, Paul Dwyer HS Yvonne Nieuwenhuis Sir Robert Borden HS Colette Cunningham-Reimann, TDSB Barry Rushon, White Pine CVI Debra Austin, Huntsville HS Wade Walker, Central Elgin Cynthia Facchinato, WECDDB 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 Sheila Kuyper, Appleby College Michael Robinson, Lakeshore CHS Chris Deighan, Cardinal Carter Helen Thompson, St. Michael CSS Kerry MacLean, Colonel By SS Randy Budner, St. Patrick HS Richard Cherry Greg Reid, St. Andrew's College	P: 705.422.1620 P: 705.725.7712 P: 519.744.6567 P: 905.722.0180 P: 416.393.5549 P: 905.660.1397 P: 519.235.0880 P: 905.648.4989 P: 613.332.1220 P: 705.445.2043 P: 905.967.1045 P: 416.393.5508 P: 905.934.4006 P: 416.393.0230 P: 905.666.2010 P: 905.628.2203 P: 905.723.5255 P: 613.829.1287 P: 416.396.6005 P: 705.945.7181 P: 705.789.5595 P: 519.631.4460 P: 519.253.2481 P: 705.745.1358 P: 416.396.6802 P: 613.596.8211 P: 705.326.7386 P: 905.846.6060 P: 705.726.1846 P: 519.482.5456 P: 705.472.5711 P: 613.745.9411 P: 905.845.4681 P: 905.835.2451 P: 905.727.2455 P: 519.271.0890 P: 613.745.9411 P: 807.623.5218 P: 905.417.1531 P: 905.727.3178	F: 705.728.6053 F: 705.720.1088 F: 519.744.1870 F: 905.722.0180 F: 416.397.6074 F: 905.660.0318 F: 519.235.3461 F: 905.648.7847 F: 613.332.0978 F: 705.445.0790 F: 905.967.1054 F: 416.229.4077 F: 905.934.3389 F: 416.393.0231 F: 905.666.3035 F: 905.627.2904 F: 905.723.1631 F: 613.829.1287 F: 416.396.6018 F: 705.945.0726 F: 705.687.4132 F: 519.633.9014 F: 519.253.8397 F: 705.745.5025 F: 416.396.6758 F: 613.820.6045 F: 705.362.7388 F: 905.584.9823 F: 705.733.0608 F: 519.482.5456 F: 705.474.4223 F: 613.745.4680 F: 905.845.9828 F: 905.835.0434 F: 905.727.9568 F: 519.271.8250 F: 613.745.4680 F: 807.622.0164 F: 905.417.9022 F: 905.727.0383	jtolaskey@sympatico.ca lkelman@scdsb.on.ca jim_woolley@wrdsb.on.ca btglover@rogers.com clemencia.contreras@tcdsb.org birtzie@yahoo.ca terry_o'rourke@fcmail.amdsb.ca downeyh@fc.hwcdsb.edu.on.ca bposte@hpedsb.on.ca kevingosselin8@sympatico.ca pauline.king@yrdsb.edu.on.ca paul.solarski@tcdsb.org tgrantis@computan.com roybobbyrana@yahoo.ca heather.lafontaine@durhamrc.edu.on.ca michael.smith@hwdsb.on.ca yvonne.nieuwenhuis@ocdsb.ca colette.cunningham-reiman@tel.tdsb.on.ca rushonb2@email.adsb.on.ca debra.austin@hdsb.on.ca w.walker@tvdsb.on.ca cynthia_facchinato@wecdsb.on.ca sstanlick@cogeco.ca john.lytle@tel.tdsb.on.ca laura.gillespie@ocdsb.ca meckstein@mail.scdsb.on.ca sian.leyshondoughty@peelsb.com randrews@mail.scdsb.on.ca ryan.clancy@hpcdsb.edu.on.ca hwindrem@hotmail.com pat.lacasse@ocdsb.ca skuyper@appleby.on.ca michael.robinson@hcdsb.com christopher.deighan@ycdsb.ca helen.thompson@hpcdsb.edu.on.ca kerry.macleam@ocdsb.ca rbudner@tcdsb.on.ca richard.cherry@yrdsb.edu.on.ca greg.reid@sac.on.ca
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