

The Bulletin

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Ontario Federation of School Athletic Associations

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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

A Word from OFSAA's New President

It is a privilege to be your OFSAA President for the next two years. I would like to acknowledge Past President Tracy Parish and President Martin Ritsma for their guidance and leadership during my two years as Vice-President.

I have enjoyed my previous involvement at OFSAA as an association rep and as chair of the Transfer Committee, and I look forward to working with the dedicated OFSAA staff and Executive Council in my term as President.

From my background as a student-athlete and later as a teacher-coach, I personally understand the importance of high school sport. While the number of championships and the quality of play have increased through the years, there remain a few consistent threads.

High school sport teaches real life lessons, allows for teamwork development, opportunities to strive for excellence and the development of healthy productive citizens. As a school administrator, I believe that school sport is a key factor in student success, school spirit, and relationships between students and teachers. None of this could be accomplished without committed student-athletes and parents who see the value of high school sport.

I would like to acknowledge school administrators throughout the province who support athletic programs in our schools allowing students to become involved in healthy pursuits and giving staff the opportunity to coach.

I applaud our teacher-coaches, who keep volunteering so much time and energy to their student-athletes every year. These coaches truly make the OFSAA motto of "education through school sport" a reality.

I have wonderful memories of participating in OFSAA championships as both an athlete and a coach. These events are the highlight and culmination of each sports season. But OFSAA is also about participation, as exemplified by programs like Try Day and Bridging the Gap. It is important that as many students as possible are afforded the opportunity to participate. One of the challenges in Ontario school sport in the next few years will be to maintain the level of participation opportunities in a time of rising costs (officials, transportation, etc.), while finding new ways of funding programs.

I look forward to attending the upcoming OFSAA Championships throughout the province to celebrate your athletic accomplishments with you. University of Nebraska football coach Tom Osborne wrote of his philosophy, "Success is more than winning. It's how close we're coming to playing as well as we can." I wish you success in your upcoming seasons.

Lynn Kelman
OFSAA President



The Bridging the Gap program is heading into its final year supported by the Ministry of Health Promotion and Sport Canada. Secondary school leadership students go into local elementary schools and present one of three sports – flag football, flag rugby, or ultimate frisbee, to the Grade 7 and 8 students.

It is an excellent way for schools to obtain new equipment, to promote bridging between the two levels, and to encourage the elementary students to participate in school sport when they reach high school. Schools wishing to participate for this final year should check the OFSAA website for details and an application form.

Follow Us!

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



Age Classifications for the 2010-11 School Year

For the 2010-11 school year, a Midget will be born in 1996 or later, and may only compete at OFSAA in the Midget category for one year in Grade 9. A Junior will be born in 1995 or 1996, and a Senior will be born in 1991 or later.

1990 or earlier	ineligible
1991	Senior
1992	Senior
1993	Senior
1994	Senior
1995-96	Junior
1996	Midget

How old was the student as of January 1, 2010?

Years of Eligibility

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

Transfer Appeal Meeting Dates for 2010-11

Teachers, coaches and administrators are advised to make transferring students aware of the transfer policy, but should not indicate that the student will be declared eligible.

Please encourage students to file their transfer appeals early in the school year. This will ensure deadlines are not missed, and that eligibility status is determined well in advance of the season.

Please ensure you have the most up-to-date copy of the policy and form. Both can be found on the OFSAA website under Policies. The following are the dates for this year's appeals:

Meeting Date	Deadline for Applications
Thursday, Oct. 7, 2010	Wednesday, Sept. 22, 2010
Friday, Nov. 5, 2010	Thursday, Oct. 21, 2010
Tuesday, Dec. 14, 2010	Monday, Nov. 29, 2010
Thursday, Feb. 24, 2011	Wednesday, Feb. 9, 2011
Thursday, April 21, 2011	Wednesday, April 6, 2011

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

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TRYday News

Funding Allocated for 2010-11



The Ministry of Health Promotion has again provided grant money for 85 schools to introduce a new or non-traditional sport or physical activity into their physical education program.

These Try Day programs have proved very successful in past years, enabling schools to add variety and new challenges for their students, and we thank the Ministry for their continued support.

Interest in this funding was so overwhelming that the full complement of schools was reached before the end of June. Schools were notified by email as to whether or not their application had been accepted for funding, and reporting packages should arrive in the participating schools by mid-September.

To view the Try Day photo gallery, visit www.facebook.com/OFSAA

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OFSAA's Play Date Guidelines

OFSAA recognizes the importance of balance* in the lives of student-athletes and the impact of school sport on long-term athlete development; therefore these are guidelines for the maximum number of play dates for exhibition, tournament, and regular season play:

Alpine Skiing - 7	Nordic Skiing - 7
Badminton - 8	Rugby - 12
Baseball - 10	Soccer - 12
Basketball - 25	Swimming - 6
Cross Country - 6	Tennis - 7
Curling - 16	Track & Field - 7
Field Hockey - 10	Volleyball - 20
Football - 8	Wrestling - 6
Golf - 6	Lacrosse - 12
Gymnastics - 6	Snowboarding - 7
Hockey - 25	

1. Definition of "play dates": any calendar day where competition occurs. Local and association playoffs, association championships, regional play downs, and OFSAA championships are not used in determining the total number of play dates.
2. Definition of "competition": any time two or more teams play against each other on a playing surface.

*Balance in student lives includes: commitment to instructional time, academic and athletic achievement and/or personal commitments.

Transfer Policy Changes for 2010-11

OFSAA's transfer policy was adopted in 1986 to encourage fair and equitable competition amongst schools, to prevent "stacking" of teams, and to create opportunity for the overall student population.

At the OFSAA Annual General Meeting in April 2010, a number of changes to the transfer policy were approved by the voting members. These will take effect for the 2010-11 season. While a few of the changes were more of the "housekeeping" variety, others were more significant and are noted as follows:

Section a (i) – Change of residence
Students who have had a change in permanent residence will now be required to provide documentation demonstrating that they have moved from their previous residence.

Section (c) – Moving from a non-semestered school to a semestered school to complete school in one semester.

This section of the policy has been removed.

Section (d) – Students placed in a school by a court order.

This section remains in the policy, however the portion referring to a court order has been removed. Students may still apply if they have been placed in a school by an IPRC.

Section (e) – Major academic program needs

This section of the policy has been removed.

Section f (v) – Failed Intervention Strategies

This section of the policy has been removed.

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Ontario Students Attend NFHS Conference

For four days in July, teacher Dan McFadden and students Scott Cooper and Darya Abdollahi from Earl Haig SS, as well as teacher Kim Devereaux and students Jacqueline Boyer and Kristyn Capizzano from Appleby College, attended the National Federation of State High School Associations' leadership conference in Indianapolis, Indiana.

The conference featured students and teachers from 35 states and three Canadian provinces, and gave them a chance to network, play, and share ideas.

Scott Cooper, a student from Ontario, shares his conference experience:

If there is ever a time to feel optimistic about the future of my generation, the time is now. I can state this with little doubt due to the incredible experience that I, along with a peer, had this July at the National Federation of High School's Leadership Conference in Indianapolis.

After applying to OFSAA this spring, I was chosen to be one of the delegates representing Ontario at an annual conference held for students from all over Canada and the USA. The conference consisted of incredibly eloquent keynote speakers (including current Olympians), workshops on embodying and emphasizing good citizenship values, and some downright fun activities, all making for a truly unique and unforgettable experience.



Having said that, one of the most valuable components of the conference was the fact that everyone was able to meet, exchange ideas, and form friendships with teenagers from all across Canada and the USA. These people were some of the most dynamic, inspiring, and uplifting students I have ever known, and that gives me great hope for the next generation of leaders.

Knowing this, I feel inspired to share my new ideas, and encourage students across Ontario to make for the best student possible.

Scott Cooper, Earl Haig SS

Sponsor News

Black Knight Renews OFSAA Eyewear Sponsorship

OFSAA is pleased to announce that Black Knight has renewed its sponsorship as the official eyewear of OFSAA. Black Knight has been supporting the OFSAA Badminton Championship financially and through product donation to ensure student-athletes have a safe and memorable experience.

We thank Black Knight for their continued interest in high school sport in Ontario and look forward to continuing our partnership into 2013.

Molten Extends OFSAA Soccer Sponsorship

OFSAA is excited to announce that Molten has extended its sponsorship as the official soccer ball of OFSAA. The Molten FX-1000 has been an outstanding soccer ball and will continue to be the exclusive ball at all eight OFSAA Soccer Championships.

OFSAA has experienced an extremely positive working relationship with Molten and we look forward to continuing our partnership through the 2013 championships.

Teacher-Coach Training Update

OFSAA continues its partnership with the Coaches Association of Ontario and encourages teacher-coaches to visit the CAO website www.coachesontario.ca to see what programs and NCCP courses are available to them. Many of these courses will help teachers with terminology and the latest integration of the Canadian Sport for Life (CS4L) model.

OFSAA's Coaching in Ontario Schools (CIOS)

OFSAA's CIOS course continues to be offered to Associations, District School Boards, and Faculties of Education across the province. The newly revised course is now in a 3.5 hour format and will be NCCP accredited. The course provides new teachers and beginning coaches with the skills they need to coach effectively in the secondary school environment.

The on-site workshop covers OFSAA rules, school and Board administrative information, information on CS4L and LTAD and includes information on Ophea's Provincial Safety Guidelines for Interscholastic Activities.

To book a course or to get more information contact Michael Suraci at 416-426-7440 or michael@ofsaa.on.ca.



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OFSAA

SANCTIONED INVITATIONAL

What does "OFSAA-sanctioned" mean?

- All teams/individuals participating must be eligible under OFSAA rules and regulations.
- All competitors must be accompanied by a teacher and the OFSAA supervision policy must be followed.

When do you need OFSAA sanctioning for an event?

- If you are hosting an invitational event for Ontario schools and you want all competitors to be on an even playing field, then you should get the event sanctioned by OFSAA. All promotional materials for your invitational should use the term "OFSAA-sanctioned" so that schools are aware of the eligibility and supervision requirements.
- If you are hosting an invitational/exhibition event and inviting teams/from out-of-province or U.S. schools you **MUST** obtain OFSAA sanctioning.
- If you are attending a sanctioned event in another province, your school requires OFSAA sanction
- If you are attending any sporting event in the U.S. sanctioned by the host state or the National Federation of High Schools (NFHS) then you **MUST** obtain OFSAA sanctioning.

What is the process to obtain OFSAA-sanctioning?

- Completion of a form requesting to host an invitational event involving Ontario schools is submitted to your OFSAA representative, who will give Association approval, and forward it to

OFSAA. Confirmation of this hosted event will then be sent to you in writing and the event will be placed on the OFSAA website under 'OFSAA-sanctioned' events. Please note, there must be teacher involvement in organizing and conducting the event for OFSAA to give it a sanction.

- Completed forms to host or attend invitational events involving out-of-province or U.S. schools are sent directly to the OFSAA office. Confirmation will again be sent to your school and details of the event will be placed on the OFSAA website.

What are the penalties for failing to obtain sanctioning when it is required?

Failure to obtain sanctioning when U.S. and out-of-province teams are participating may jeopardize their eligibility within their own state or province, and may cause your school to be brought before the OFSAA Sanctions Committee.

Forms requesting any sanction can be found on the OFSAA website and should be submitted at least one month prior to the event you are hosting or attending.

Questions regarding sanctioning should be directed to Diana Ranken, OFSAA Sanctions Coordinator at diana@ofsaa.on.ca.

ATTENTION: Cross Country Coaches

Schools attending invitational cross country meets in the U.S. in the fall of 2010 **MUST** apply for OFSAA sanction 30 days prior to the event. Get your form in today!

OFSAA-sanctioned Invitational Events in 2010-2011

Cross Country

Peter Morris Cross Country Invitational Meet

October 8, 2010
Etobicoke Centennial Park
Toronto
Al Baigent
Neil McNeil HS
P: (416) 393.5502
alan.baigent@sympatico.ca

Pirates' Invitational Cross Country Meet

October 8, 2010
Brockville
Jack Weststrate
Thousand Island SS
P: (613) 342.1100
jack.weststrate@ucdsb.on.ca

Boys' Volleyball

York University Boys' Invitational Volleyball Tournament

September 24-25, 2010
Toronto
Wally Dyba
York University
P: (416) 735.2100 ext. 77294
wdyba@yorku.ca

Football

National Capital 'A/AA' Football Bowl

November 10-27, 2010
Eastern Ontario
Mike Rumleski
North Hastings HS
P: (613) 332.1220
mrumbleski@hpedsb.on.ca

Girls' Basketball

2nd Annual Blessed Trinity Junior Girls' Basketball Tournament

October 1-2, 2010
Grimsby
John Di Pasquale
Blessed Trinity CHS
P: (905) 945.6706
john.dipasquale@ncdsb.com

8th Annual Blessed Trinity Senior Girls' Basketball Tournament

October 29-30, 2010
Grimsby
John Cino
Blessed Trinity CHS
P: (905) 945.6706
john.cino@ncdsb.com

Boys' Basketball

2nd Annual Blessed Trinity Senior Boys' Basketball Tournament

December 10-11, 2010
Grimsby
Keith Bomberly
Blessed Trinity CHS
P: (905) 945.6706
keith.bomberly@ncdsb.com

St. Paul's Invitational Basketball Tournament

December 10-12, 2010
Niagara Falls
Frank Capretta
St. Paul's CHS
P: (905) 356.4313
frank.capretta@ncdsb.com

1st Annual Blessed Trinity Junior Boys' Basketball Tournament

January 14-15, 2011
Grimsby
Dave Gazzola
Blessed Trinity CHS
P: (905) 945.6706
david.gazzola@ncdsb.com

Soccer

8th Annual Marauder Boys' Soccer Tournament

Senior - October 2, 2010
Junior - October 3, 2010
Alliston
Jeff Northrop
Banting Memorial HS
P: (705) 435.6288
jnorthrop@mail.scdsb.on.ca

12th Annual Blessed Trinity Indoor Soccer Tournament

Boys' - March 29, 2011
Girls' - March 30th, 2011
Grimsby
Joseph Pagnotta
Blessed Trinity CHS
P: (905) 945.6706
joseph.pagnotta@ncdsb.com

Boys' Hockey

Bell Sensplex 5th Annual High School Hockey Tournament

November 29 - 30, 2010
Ottawa
Dan Oliver
David Peddie
Holy Trinity HS
P: (613) 599.0227
tournaments@bellsensplex.com

Flames Cup Boys' Hockey Tournament

December 9-11, 2010
London
Mike Chaney
St. Thomas Aquinas SS
P: (519) 660.2796
m.chaney@ldcsb.on.ca

5th Annual Blessed Trinity Senior Boys' Hockey Tournament

January 11-12, 2011
Grimsby
Rich Vrataric
Blessed Trinity CHS
P: (905) 945.6706
richard.vrataric@ncdsb.com

6th Annual Junior Boys' Hockey Tournament

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

Girls' Hockey

4th Annual Blessed Trinity Girls' Hockey Tournament

December 1-2, 2010
Grimsby
Mark Mazzeti
Blessed Trinity CHS
P: (905) 945.6706
mark.mazzeti@ncdsb.com

Lady Flames Girls' Ice Hockey Tournament

December 14-15, 2010
London
Mike Chaney
St. Thomas Aquinas SS
P: (519) 660.2796
m.chaney@ldcsb.on.ca

Canlan Ice Sports Hockey Tournaments

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

Senior Boys' Tournaments

Mini Matches	November 5, 2010
C and B level teams	November 9-10
Elite A and B level teams	November 11-12
North York Classic	December 1
Mini Matches	November 25-26
Continental Classic	December 2-3

Junior Boys' Canlan Hockey Tournaments

Early Bird	November 22-23
Mini Matches	November 29
Mini Matches	December 10
York University Festival	February 16-17

Girls' Canlan Hockey Tournaments

Early Bird	November 22-23
Mini Matches	November 20
Christmas Classic	December 7-8
Mini Matches	December 13

For more information on
OFSAA-sanctioned events, visit
www.ofsaa.on.ca - Sanctioned
Events

Brian Maxwell Scholarship Recipients 2010



songwriter Dan Hill (pictured above), who was a friend of Brian and his family. For the photo gallery of the event, and to view a video of Dan Hill performing his hit "Sometimes When We Touch" in the late 70s, visit www.facebook.com/ofsaa.

Chris Dulhanty graduated from Loyola Catholic Secondary School in Mississauga with a 90% average and was recognized as the 2010 male athlete of the year. Chris competed in the OFSAA Track & Field Championship for steeplechase in 2009 and 2010, and 1,500m in 2008. He also participated in the IAAF World Youth Track & Field Championships in Italy, where he came 11th in the 2,000m steeplechase.

Chris was a member of his school's graduation committee, multicultural fair, and leadership camp.

He will be studying engineering at the University of Guelph this fall, and will represent his university in track and field.

Melissa Jones graduated with a 95% average from Fellowes High School in Pembroke, and will be studying biomedical engineering at the University of Guelph. Starting from Grade 10, she qualified for OFSAA Track & Field every year, as well as Cross Country in Grade 12. She also participated in volleyball, badminton, soccer, basketball, and nordic skiing.

Melissa has given back to both her school and community. She embarked on a three-week mission to Kenya to assist in the construction of a school, and

Named after successful distance runner and co-founder of Power Bar, the Brian Maxwell Memorial Scholarship is awarded each year to two student-athletes who have participated in track and field or cross country throughout their high school career, and are continuing their post-secondary education at a Canadian college or university.

This year the scholarship was awarded to **Chris Dulhanty** and **Melissa Jones**, who both received awards in the amount of \$5,000. Three additional student-athletes also received Recognition Awards of Excellence for \$1,000 each. These recipients were **Luca Geiser**, **Carise Thompson** and **Colleen Hennessy**.

All five recipients were honoured at an awards luncheon at the Sport Alliance building on Thursday, Aug. 12, which featured family, friends, and former teammates of Brian Maxwell.

The luncheon was highlighted by an original performance by singer/



Back row, from left: Lynn Kelman (OFSAA President), Wayne Haymer (Brian Maxwell Scholarship Committee), Luca Geiser, Chris Dulhanty, Don Corbett (Brian's teammate), Sheila Maxwell (Brian's sister), and Dan Hill (singer/songwriter, Brian's friend). Front row, from left: Melissa Jones, Colleen Hennessy, and Carise Thompson.

personally raised funds to purchase soccer balls and skipping ropes to bring to the school children. She also founded a fundraising run in memory of a fellow student who died in a car accident, raising more than \$3,000 for two bursaries awarded to the top male and female school graduate.

Luca Geiser is a graduate of John Cabot Catholic Secondary School in Mississauga, where he finished with a 90% average, and qualified for OFSAA every year in both Track and Field and Cross Country. He was also MVP every year in track, cross country and soccer.

Luca was an athlete and member of the Board of Directors at the Mississauga Track Club, assistant coach of the Peel Peregrines, and played the trombone in his school's concert band.

Luca will be studying biomedical sciences at Guelph University this fall.

Carise Thompson graduated from Highlands Secondary School in Dundas with an 88% average, and will also be attending the University of Guelph this fall, studying nutrition.

Carise has competed in OFSAA Track and Field each year, as well as Cross Country in Grade 12. The highlight of her OFSAA career was this June when she placed first at OFSAA Track and Field in the 3,000m race, with a time of 10:10.63.

Besides running, Carise enjoys music. She played trumpet in her school band, and has performed locally and internationally. She also has a passion for math, representing her school in the Waterloo University mathematics competition for three consecutive years.

Colleen Hennessy graduated with an 87% average from St. Thomas Aquinas Catholic Secondary School in Oakville, and is studying physical education at the University of Toronto this fall, with hopes of becoming a teacher.

Colleen's OFSAA career is impressive. She placed second and third at OFSAA Track and Field in 2008 in the 3,000m and 1,500m, respectively, as well as placed first in Cross Country also in 2008. This past year she placed first at OFSAA Track and Field in the 1,500m race, and second in the 3,000m race, finishing just behind Carise with a time of 10:12.65.

Colleen also received the "Sharing Spirit Award" from her school principal and teachers for her leadership initiatives. She was a school prefect, a member of the student council, leader for the Peace and Justice Club, participated in Habitat for Humanity, and was a leader for her school's Grade 9 retreat, dealing with "rambunctious, energetic teenagers." She is also an avid Irish Dancer, competing in World Championships in Scotland and Ireland.

We wish all the scholarship winners and Special Recognition Award recipients the best of luck in the future!

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Pete Beach Recipients 2010

The Pete Beach Award is presented annually to one person in each Association who exemplifies the qualities of Pete Beach, a former Executive Director of OFSAA.

Pete was a rare educator who had the capacity to utilize the medium of school sport to positively influence students in the remainder of their lives. This year's recipients are individuals who consistently provide an impression of stability and optimism; who enjoy the

company and respect of young people; who embody education through school sport and lead by example; and who emulate the true function of the teacher-coach - a source of discipline, a mentor, and a friend.

For more information on the Pete Beach Award or to nominate a colleague, please visit the OFSAA website and look under Awards & Scholarships.

Congratulations to all the 2010 Pete Beach Award recipients!

CISAA	Mark Ackley	NWOSSAA	Jim Robertson
COSSA	Sally Graham	ROPSSAA	Bruce Dyce
CWOSSA	Albert Tschihart	SOSSA	Chris Fraser
EOSSAA	Janet O'Brien	SWOSSAA	Randy Bartlett
GBSSA	Paul Ferris	TDCAA	Paul McGrath
GHAC	Audrey Beniach	TDSSAA	Karen Gallagher
LOSSA	Dan Plumpton		Robert Best
NCSSAA	Julian Hanlon		Valerie Garde
NEOAA	Doug Basso		Rodger Knight
NOSSA	Suzanne Martel	WOSSAA	Terry O'Rourke
		YRAA	Christopher Deighan

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OFSAA Alumni Scholarship Recipients 2010

OFSAA's Alumni Association supports student-athletes moving on to post-secondary education through the scholarship fund. For the past seven years, all funds donated have provided scholarships of \$500 each to student-athletes in different member associations across the province.

Four students were selected to receive the 2010 OFSAA Alumni Scholarships. The calibre of students applying is a positive sign for the future, as all were worthy candidates and the decision by the selection committee was a difficult one. Many thanks to all students who applied.

Christie Sitko (NOSSA)

School sport was an integral part of Christie's high school life at Lively District High School, as she took part in golf, flag football, volleyball, basketball, ice hockey, badminton, softball and soccer. Playing sports taught her the importance of physical fitness in living a healthy and balanced life, and the valuable life skills such as teamwork, sportsmanship and relationship building.



She served on the Athletic Council (President 2009-2010) and Student Council, and was a member of the Respect Ed Anti-bullying group. Despite all her involvement in the many areas of school life, she still maintained an honours average throughout her four years.

One of Christie's teacher-coaches described her as personable and compassionate, an individual looked upon highly by her peers, teachers and coaches, and a person who exemplifies the attributes of dedication and commitment.

Christie fully recognizes the important roles of teachers, coaches, administrators, volunteers and her parents in her sport success. She plans to study kinesiology at Laurentian University. All the best in your future endeavors, Christie!

Taylor Sorgini (GBSSA)

Midland Secondary School and the Midland community were the beneficiaries of Taylor's immeasurable commitment to volunteer programs. Not only did he participate in basketball, volleyball, ultimate frisbee, rowing and track and field, but also helped organize programs and fundraising activities, and scored and



refereed school athletics and tournaments.

His longtime teacher-coach sees Taylor as a natural leader who leads by example, and as someone who sets high standards for himself in all he does. School sport has been an important influence in his life, for as a person dealing with a physical condition (Alopecia Totalis), it provided a venue for acceptance by his peers and directly saved him from ridicule. He believes sport taught him more about himself as a person, encouraged him to strive for excellence, and showed him how to give to others so that they may better themselves.

His academic achievements should ensure him a bright future as he studies engineering/business management at McMaster University. Good luck Taylor!

Rachel Mathieu (YRAA)

Rachel participated in volleyball, soccer, basketball, field hockey, and cross country during her four years at Markville Secondary School. Despite her sports commitments, she still found time to be part of other school groups including the choral choir, the iLive club, the unplugged Christian club, and the Athletic Council (serving as president and vice-president).

School sport was not only a source of fun and exercise for her, but also a way to relieve stress and to appreciate the value of hard work.

Her teacher said Rachel has tremendous resilience and perseverance, taking on challenges in life head-on and choosing to turn them into positive outlets to cope with life.

An honour role student every year in high school, Rachel hopes to become a teacher after attending Redeemer University, so she can provide the compassion and comfort to her students that she received from her teachers and coaches. We wish you every success in your future life, Rachel!



Continued on next page

Marty Butler (SWOSSAA)

Marty was an avid participant in a wide variety of activities at Lambton Central Collegiate and Vocational Institution and the surrounding community.

He is an individual who showed initiative, demonstrated outstanding skills as both a team player and a democratic leader, and was well-respected by his peers.

He played football, wrestling,



hockey, and track and field, and he was a member of the concert band and music executive, the Student Council, the Wellness Club, and the Beyond Ourselves Club.

His excellent academic performance should help him be a successful candidate in the biomedical science program at the University of Guelph.

School sports were challenging for him and they pushed him to try new things, reach new levels of achievement, and help him discover more about who he is and what he wants. These traits will definitely assist him throughout his life - wishing you all the best, Marty!

2011 Alumni Scholarship Applications

The 2011 Alumni Scholarship is available to students in predetermined Associations. Please visit www.ofsaa.on.ca - Scholarships & Awards to see if you are eligible. Deadline for receipt of applications

is April 1st, 2011. Criteria for this scholarship and an application form are on the OFSAA website under 'Awards and Scholarships'. Four students will be selected to receive a \$500 scholarship from

the applications received by the deadline. All applications must be sent by mail or courier. No Faxed copies will be considered.

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2009-10 Leadership in School Sport Award Recipients

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

Alpine Skiing	Brent Kratz	Swimming	Jon Newcombe
Girls' Field Hockey	Leanne Dietrich	Girls' Gymnastics	Heli Oder-Evelyn
Girls' A Basketball	Dave McCabe	Girls' A/AA Hockey	Daryl Wheeler
Girls' AA Basketball	Ken Smith	Girls' AAA/AAAA Hockey	Laura Gillespie
Girls' AAA Basketball	Peter Lambert	Boys' A/AA Hockey	Roger Piotrowski
Girls' AAAA Basketball	Vic Juzenas	Boys' AAA/AAAA Hockey	Daryl Mahler
Boys' A Basketball	Marc Lavigne	Girls' A Soccer	John Sikora
Boys' AA Basketball	Larry Loebach	Girls' AA Soccer	Brenda Kulon
Boys' AAA Basketball	Michael C. Doyle	Girls' AAA Soccer	Gord Caldwell
Boys' AAAA Basketball	Mike Kennedy	Girls' AAAA Soccer	Lydia Vamos
Badminton	Chris Coulthard	Boys' A Soccer	Gunther Wolf
Boys' and Girls' Curling	Peter Tomassetti	Boys' AA Soccer	JJ Dowhan
Nordic Skiing	Paul Ferris	Boys' AAA Soccer	Lloyd Robeiro
Girls' A Volleyball	Bob Kowal	Boys' AAAA Soccer	Steve Kountouris
Girls' AA Volleyball	Tony Quick	Girls' A/AA Rugby	Sean Keane
Girls' AAA Volleyball	Marilyn Wadge	Girls' AAA/AAAA Rugby	Annemaree Peters
Girls' AAAA Volleyball	Peter Kirk	Boys' A/AA Rugby	Kelly Shaw
Boys' A Volleyball	Mike Costescu	Boys' AAA/AAAA Rugby	Brian Armstrong
Boys' AA Volleyball	Laurie Leckie	Track & Field	John Allan & Sheila Robinson
Boys' AAA Volleyball	Jim Cooke	Wrestling	Gerard Charette
Boys' AAAA Volleyball	David Inglis	Tennis	Michael Robinson

2009-10 Team Sportsmanship Award Recipients

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

Girls' Field Hockey	Birchmount Park CI	Boys' AAAA Volleyball	Rich Hansen SS
Girls' A Basketball	Runnymede CI	Girls' A/AA Hockey	Dryden HS
Girls' AA Basketball	Archbishop Denis O'Connor	Girls' AAA/AAAA Hockey	St. Joseph - Scollard Hall
Girls' AAA Basketball	Kitchener CI	Boys' A/AA Hockey	Community Hebrew Academy
Girls' AAAA Basketball	Markham DHS	Boys' AAA/AAAA Hockey	Humberside HS
Boys' A Basketball	Holy Trinity SS	Girls' A Soccer	Russell HS
Boys' AA Basketball	Thomas A. Stewart	Girls' AA Soccer	St. Theresa CSS
Boys' AAA Basketball	Oakridge SS	Girls' AAA Soccer	Iona Catholic SS
Boys' AAAA Basketball	Vaughan SS	Girls' AAAA Soccer	Innisdale SS
Boys' Curling	Country Day HS	Boys' A Soccer	Glengarry DHS
Girls' Curling	Timiskaming DSS	Boys' AA Soccer	St. Joseph's HS
Girls' A Volleyball	King's Christian Collegiate	Boys' AAA Soccer	Assumption HS
Girls' AA Volleyball	West Elgin SS	Boys' AAAA Soccer	Holy Trinity SS
Girls' AAA Volleyball	Gordon Graydon	Girls' A/AA Rugby	Burlington Central HS
Girls' AAAA Volleyball	Wolburn CI	Girls' AAA/AAAA Rugby	Ursuline College
Boys' A Volleyball	É.S. Confederation	Boys' A/AA Rugby	Aldershot HS
Boys' AA Volleyball	Sutton DHS	Boys' AAA/AAAA Rugby	Stouffville DSS
Boys' AAA Volleyball	É.S.C. Beatrice-Desloges		



The 2011 **OFSAA Coaching Symposium** will be held May 5 and 6 at Brock University in St. Catharines.

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

Focusing on the technical side of coaching, the conference provides sport specific skills, drills and strategies through on-court and classroom sessions. The program has introductory and advanced sessions that will benefit both new and seasoned coaches.

Sessions include:

- Track & Field
- Basketball
- Volleyball
- Football
- Field Lacrosse
- CIOS Workshop

Plan A

Two nights accommodation (May 4 and May 5), meals, sessions
\$300 + hst before December 17, 2010
\$325 + hst after December 17, 2010

Plan B

Meals and sessions only
\$250 + hst before December 17, 2010
\$275 + hst after December 17, 2010

One Day Registration

Meals and sessions only
\$150 + hst

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: Thursday, March 31, 2011

Play24: The Longest Game Played on Canadian Soil

On August 27 and 28, ParaSport Ontario launched its new fundraising series Play24. In partnership with the Ontario Wheelchair Sports Association, participants played in a wheelchair basketball game that lasted 24 hours. Wheelchair Basketball Canada has recognized the game as the longest game played on Canadian soil. The game was played on both the outdoor and indoor court located at the Harbourfront Community Centre in Toronto.



30 participants, with various skill levels (from people who have never played wheelchair basketball to players on the provincial and national teams) worked together to set the record. Each player took their turn playing 20 minutes out of every hour. The game ended 1006-917 in favor of the grey team but the score was much closer than that for most of the event. Both teams were back and forth until an early morning charge after breakfast when young stars Eric Voss and Kevin Wakeling took over for the grey team and pulled away.

San Antonio Spur's Center, Matt Bonner stopped by to motivate the teams and lend a hand in attempting

to set this record. "The San Antonio Spurs play games with wounded soldiers, many of whom have lost limbs in battle," Bonner said. "It is awesome and lucky that I saw this game and now I get a chance to help support it."

Designed to raise funds for ParaSport Ontario and Ontario Wheelchair Sports Association, proceeds from the event will be used to fund first contact programs such as Ready, Willing and Able and Bridging the Gap, purchase adaptive equipment, develop new ParaSport clubs and Accessible Sport Councils and support athletes participating in the Ontario ParaSport Summer and Winter Games.

Please Support OFSAA's School Sport Sponsors

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

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



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- TF-1000 ZK Pro, Official basketball of OFSAA



Volleyball Baden

- Baden 15-0C, Official volleyball of OFSAA



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



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



Accommodations

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Rings Baron Insignia

- Official ring supplier of OFSAA



Cross Country and Track and Field Nike

- Official sponsor



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Don't Stress Over Your Competition

By Stan Popowich

Many athletes sometimes get anxious when they play against a tough opponent. They get nervous about who they are playing and they get so worked up that they lose focus on playing their game. In the end, they make mistakes and end up beating themselves up if they do not win. As a result, here is a list of techniques that a athlete can use to help manage the stress of playing against the competition.

The first step is to **learn as much as you can about your opponent.** Although this may seem obvious some players may think they already know what they need to know. Remember there is always something to learn about your competition. Read the stats and reports about your opponent and watch him or her play. Try to figure out an angle on how you can beat your competition. The more you know about your competition the better your chances are you will win the game. This will also help to reduce your worries about who and what you will be facing in your next game.

Do not assume anything about your competition, including whether they are stronger or weaker than you. Every player has his good and bad games and just because you may be facing a stronger opponent does not mean that you will lose. Remember that before you start playing, you and your opponent both have an equal chance of winning. You are both starting from scratch. This should help you to give you confidence going into your next game.

Focus on how you can best strive for perfection in your own game, instead of worrying about your opponent. For instance, you are playing the number one player in the tournament and you are nervous; instead of focusing on how good your competition is, focus on how you can play your best game. Concentrate on how you can better play the game or how you can best improve on your problem areas. Focusing on your game will definitely help you when you are nervous about playing a stronger player.

Realize that you cannot win all of your games, and that also includes your competition. You may be the best player in the world, however you will lose eventually. No one player can win all of their games. Yes, the competition may have some winning streaks or win ninety percent of their games, but they will still lose some games. When facing a tough competitor, use this fact to your advantage. Even the best players will make some mistakes and lose.

It is not uncommon to get nervous when you play a better opponent. The key is not to psyche yourself out just because the competition is tough. Remember that some games will be easy to play and some games will be more difficult. All you can do is to focus on your game and play the best you can. This will help you in the long run and will help you to stop worrying about whether you will win or lose.

Stan Popovich is the author of "A Layman's Guide to Managing Fear Using Psychology, Christianity and Non Resistant Methods" – an easy to read book that presents a general overview of techniques that are effective in managing persistent fears and anxieties. For additional information go to: <http://www.managingfear.com/>

Information Articles

Quality Coach Education at Your Fingertips

Excellence at any level rarely happens without the knowledge and driven passion of an expert coach. Coaches like athletes, can be successful if they are given encouragement, nurturance, education and training. Whether you're coaching six year olds on the soccer field or Olympians in the pool, the Coaches Association of Ontario encourages you to become an "expert coach."

As you begin to plan your 2010-2011 seasons, here are a few programs to consider:

Return To Play Webinars: Are your athletes at risk?

The Return to Play Series is collaboration between the Coaches Association of Ontario and RBC First Office of Injury Prevention at Sunnybrook Health Sciences Centre with an aim to educate coaches, parents, officials, volunteers and sport administrators on injury prevention topics. The Return to Play Series of web casts is intended to help reduce the risk of traumatic injury in sport through education.

These webinars are FREE and can be easily accessed anytime on www.coachesontario.ca

The next topic is Sudden Cardiac (Arrhythmia) Death Syndrome on Tuesday, October 19th at 11:30 am EDT. Visit www.coachesontario.ca to register and for more information.

Fundamental Movement Skills: Teacher Kits Available
Being physically active later in life depends on feeling confident in an activity setting. Confidence in sport as an adult most often comes from having learned fundamental movement skills as a child. This workshop is designed to teach leaders of youth a process they can use to analyze and improve a child's movement pattern along a development continuum.

The program is broken down into 12- 45 minutes units that are matched to PHE curriculum outcomes. Your \$50 package includes a teacher guide, electronic version of resources, DVD and Poster. For more information, contact jeremy@coachesontario.ca or call 416-426-7056.

Quest for Gold Enhanced Coaching Funds

Recognizing that Coaches have many out-of-pocket expenses, the Quest for Gold Bursaries provides financial assistance for higher levels of professional development and training.

Coaches will be reimbursed for up to 70% of course registration fee's to Ontario resident coaches who pass and complete coursework in eligible NCCP courses. For more information, visit www.coachesontario.ca/q4g

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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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Spring 2010 Championship Photo Gallery



Photo by Howard Bailey



Photo by Howard Bailey



Photo by Sean Georgiou



2010-11 OFSAA Championship Calendar

Boys' Golf Festival (GBSSA)

Wed - Thurs, Oct. 13 - 14, Barrie
Brad Darlington, Eastview SS
P: 705.728.1321 F: 705.728.6053
bdarlington@mail.scdsb.on.ca
Entry Deadline: Mon, Oct. 4

Girls' Golf Festival (YRAA)

Wed - Thurs, Oct. 13 - 14, Richmond Hill
Jackie Mooney, Bayview SS
P: 905.884.4453 F: 905.770.3580
girlsgolf@me.com
Entry Deadline: Mon, Oct. 4

Girls' Field Hockey (WOSSAA)

Thurs - Sat, Nov. 4 - 6, Ingersoll
Greg Harris & Hillary Kingsley
Ingersoll DCI
P: 519.485.1200 F: 519.425.0142
gregory.harris@tvdsb.on.ca
h.kingsley@tvdsb.on.ca
Entry Deadline: Sun, Nov. 1

Cross Country (Metro)

Sat, Nov. 6, Toronto
Al Baigent, Neil McNeil HS & Ed Raposo,
Michael Power-St. Joseph
Al- P: 416.393.5502 F: 416.397.6052
Ed- P: 416.393.5529 F: 416.393.5742
alanbaigent@sympatico.ca
Entry Deadline: Sun, Oct. 31

Boys' A Volleyball (ROPSSAA)

Thurs - Sat, Nov. 25 - 27, Mississauga
Mike Russell, Rick Hansen SS
P: 905.567.4260 F: 905.567.5017
mike.russell@peelsb.com
Entry Deadline: Sun, Nov. 21

Boys' AA Volleyball (ROPSSAA)

Thurs - Sat, Nov. 25 - 27, Mississauga
Mike Russell, Rick Hansen SS
P: 905.567.4260 F: 905.567.5017
mike.russell@peelsb.com
Entry Deadline: Sun, Nov. 21

Boys' AAA Volleyball (ROPSSAA)

Thurs - Sat, Nov. 25 - 27, Mississauga
Mike Russell, Rick Hansen SS
P: 905.567.4260 F: 905.567.5017
mike.russell@peelsb.com
Entry Deadline: Sun, Nov. 21

Boys' AAAA Volleyball (ROPSSAA)

Thurs - Sat, Nov. 25 - 27, Mississauga
Mike Russell, Rick Hansen SS
P: 905.567.4260 F: 905.567.5017
mike.russell@peelsb.com
Entry Deadline: Sun, Nov. 21

Girls' A Basketball (SOSSA)

Thurs - Sat, Nov. 25 - 27, Welland
Jason Falardeau, É.S. Confederation
P: 905.732.1361 F: 905.732.5066
falardeauj@csdcsb.on.ca
Entry Deadline: Sun, Nov. 21

Girls' AA Basketball (SWOSSAA)

Thurs - Sat, Nov. 25 - 27, Sarnia
Peter Kaija, St. Clair SS
P: 519.332.1140 F: 519.332.5039
kaijape@lkdsb.net
Entry Deadline: Sun, Nov. 21

Girls' AAA Basketball (WOSSAA)

Thurs - Sat, Nov. 25 - 27, Stratford
Steve Goforth & Dan Peters,
St. Michael CSS
P: 519.271.0890 F: 519.271.8250
steve_goforth@hpcdsb.edu.on.ca
Entry Deadline: Sun, Nov. 21

Girls' AAAA Basketball (GHAC)

Thurs - Sat, Nov. 25 - 27, Hamilton
Helen Downey, Bishop Tonnos CHS
P: 905.648.4989 F: 905.648.7847
downeyh@fc.hwdsb.ca
Entry Deadline: Sun, Nov. 21

Football Bowls (Committee)

Wed, Nov. 25, Toronto
Contact OFSAA office for details.
Entry Deadline: TBA

Alpine Skiing (Committee)

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

Nordic Skiing (NCSSAA)

Thurs - Fri, March 2 - 3, Ottawa
Rob d'Arras, Sir Robert Borden HS
P: 613.829.5320 F: 613.829.1287
robert.darras@ocdsb.ca
Entry Deadline: Wed, Feb. 23

Snowboarding Festival (EOSSAA)

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

Swimming (GHAC)

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

Wrestling (NOSSA)

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

Boys' A Basketball (NOSSA)

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

Boys' AA Basketball (NOSSA)

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

Boys' AAA Basketball (SOSSA)

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

Boys' AAAA Basketball (WOSSAA)

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

Girls' A Volleyball (COSSA)

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

Girls' AA Volleyball (NCSSAA)

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

Girls' AAA Volleyball (SOSSA)

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

Girls' AAAA Volleyball (YRAA)

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

Girls' A/AA Hockey (WOSSAA)

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

Girls' AAA/AAAA Hockey (WOSSAA)

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

Boys' A/AA Hockey (NEOAA)

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

Boys' AAA/AAAA Hockey (TDSSAA)

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

Boys' & Girls' Curling (NWOSSAA)

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

Girls' Gymnastics (Committee)

TBA
Contact OFSAA office for details.

Badminton (CISAA)

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

Tennis (SOSSA)

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

Boys' A/AA Field Lacrosse Festival (CISAA)

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

Boys' AAA/AAAA Field Lacrosse Festival (NCSSAA)

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

Girls' A/AA Rugby (COSSA)

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

Girls' AAA/AAAA Rugby (YRAA)

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

Boys' A/AA Rugby (COSSA)

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

Boys' AAA/AAAA Rugby (GHAC)

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

Track & Field (NOSSA)

Thurs - Sat, June 2 - 4, Sudbury
Shawn Tilander, Sudbury SS
Gilbert Briscoe, Confederation SS
Shawn-P: 705.674.7551 F: 705.674.5383
tilands@rainbowschools.ca
Gilbert-P: 705.671.5948 F: 705.671.5949
briscog@rainbowschools.ca
Entry Deadline: Sun, May 29

Boys' A Soccer (SWOSSAA)

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

Boys' AA Soccer (SWOSSAA)

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

Boys' AAA Soccer (EOSSAA)

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

Boys' AAAA Soccer (ROPSSAA)

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

Girls' A Soccer (SWOSSAA)

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

Girls' AA Soccer (SWOSSAA)

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

Girls' AAA Soccer (GHAC)

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

Girls' AAAA Soccer (YRAA)

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

Boys' Baseball (Committee)

TBA, Toronto

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

TBA

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

TBA

OFSSA Boys' A/AA Field Lacrosse Festival

Ajax June 1 - 2, 2010



Michael Heffernan of Archbishop Denis O'Connor (LOSSA) returned to the convenor role this year and, along with his organizing committee, was committed to ensuring a great experience for all involved. Matches were played at the Ajax Community Centre under mostly blue skies, with the rain arriving just as the gold medal game was wrapping up.

It is safe to say a dynasty has been established, as Hagersville (SOSSA) captured the gold for the fourth consecutive year, defeating fellow SOSSA team Holy Cross SS in the final.

Congratulations to Jory Bomberry, Vaughn Harris, Wayne Hill, Michael Miller, Andrew Williams, Randy Martin, Hubert Hill, Tyler Hill, Joseph Martin, John Monture, Johnathan Powless, Kody Staats, Shelton Thomas, David VanEvery, Steven Whitlow, Robert Green, Danny Vyse,

Brennan Bomberry, Luke Hill, Wade Hill, Greg Longboat, Dylan Maracle, Paul Porter, Josh Johnson, Ian Martin, Howie Smith, and coaches Delby Powless and Jeannie Martin.

The festival banquet was hosted at the convenor's home school of Archbishop Denis O'Connor, where the gym was well-decorated from the previous night's athletic banquet, creating a great atmosphere for the athletes. Special thanks to volunteers, organizing committee and of course the convenors, for running a well-organized and enjoyable event.



Participating Teams	
Holy Cross CSS	COSSA
Thomas A. Stewart SS	COSSA
Bracebridge & Muskoka SS	GBSSA
St. Stephens SS	LOSSA
Archbishop Denis O'Connor HS	LOSSA
Mother Teresa CHS	NCSSAA
Hagersville SS	SOSSA
Holy Cross HS	SOSSA

Semi-Finals	
Holy Cross (SOSSA)	12
Holy Cross (COSSA)	5
Hagersville	11
St. Stephens	6
Third Place Game	
St. Stephens	9
Holy Cross (COSSA)	2
First Place Game	
Hagersville	12
Holy Cross (SOSSA)	8

OFSSA Boys' AAA/AAAA Field Lacrosse Festival

Toronto June 3 - 4, 2010



The Boys' AAA/AAAA Lacrosse Festival took place in the wonderful facilities of St. Michael's College and Upper Canada College in Toronto. Athletes and coaches were treated to an excellent festival thanks to convenor Alex Frescura and his organizing committee. The committee used its home school of St. Michael's College to host a memorable banquet, which included using the auditorium to show a Toronto Nationals game, providing a delicious menu, and featuring a number of special guest speakers.

The quality of play continued to improve at this year's festival, with the home team emerging as the gold medalist with a 11-7 win over Msgr. Paul Dwyer CHS

(LOSSA). Congratulations to Tyler Albrecht, Christian Barker, Conor Barker, Kyle Baun, Brandon Bourque, Jean-David Brachman, Jake Davis, Alex DeGagne, Justin DeMarchi, Georgian Dimopolous, Brennan Donville, Jamie Dowell, Brendan Farrell, Joseph French, Alex Guiney, Ted Hunt, Domeni Lisi, William Loumankis, Joseph Luonga, Paddy McCarron, David Miller, Jack Ranson, Michael Rowe, Jonahan Rudyk, Andrew Mullen, John Mullen, Pat Paolini, Dylan Skule, Daniel Sol, Matthew Zanardo, Ryan Zwolinski, and coaches Alex Frescura, Matthew Pagnano, Angus Dineley, French and Garrett Billings.

Participating Teams	
St. Michael's College School	CISAA
MSGR. Paul Dwyer CHS	LOSSA
Notre Dame CSS (Burlington)	GHAC
St. Peter's SS	COSSA
Saint Andrew's College	CISAA
Aurora HS	YRAA
Notre Dame College	SOSSA
Dennis Morris HS	SOSSA
Malvern CI	TDSSAA
Mayfield SS	ROPSSAA
St. Matthew's HS	NCSSAA
Huntsville HS	GBSSA

Semi-Finals	
St. Michael's College	9
Notre Dame CSS	5
Msgr. Paul Dwyer	6 (OT)
St. Peter's	5
Third Place Game	
Notre Dame CSS	8
St. Peter's	4
First Place Game	
St. Michael's College	11
Paul Dwyer	7

OFSAA Boys' Baseball

Qualification Tournaments Windsor/Durham June 1 - 2, 2010
Championship Toronto June 8 - 9, 2010



Congratulations to the team from Vincent Massey SS from Windsor, winners of the 2010 OFSAA Baseball Championship and the Blue Jays Prentice Cup. The team went through the OFSAA championship undefeated against some very high calibre teams from across the province. Team members include: Alexander Craig-Paul, Peter Mammonas, Christopher Gittleman, Jacob Giroux, Michael Desjardins, Noah Lewis, Joel Pierce, Jacob Robson, Tyler Gauthier, Aaron Zucchet, Luke Sprague, Brendan Dalton, Connor Mailloux, Jack Bondy, Hunter Smith, Nikolas Dimitrijevic, and coaches Logan Lenarduzzi, Jim Beland, Jim Dalton, and Mike Malmberg.

Rainy weather and, more importantly, some great baseball, were the major stories at this year's OFSAA Prentice Cup Baseball Championship. Larry Loebach from St. Anne's in the west and Geoff Whent in the east, as well as their committees, did an outstanding job in organizing the regional semi-finals. Larry had to redraw his schedule on the second day due to the unsettled weather in Windsor, but



was able to get all the games in. Geoff also managed to complete his games before the sky opened up in Oshawa. OFSAA appreciates the experience these two provided for the high school baseball student-athletes.

The semi-finals and finals were scheduled for Toronto, but because of a scheduling conflict, the Rogers Centre (despite great efforts by the Blue Jays) was not available. The semi-finals were played on an ideal day for baseball, but rain in Toronto prevented the finals from being played as scheduled.

The two SWOSSAA finalists headed back to Windsor, where there was better weather, and played the gold medal game at 9 p.m. Vincent Massey defeated St. Anne's 4-3 in a well-played and thrilling game. The bronze medal match was played on June 21 in Oshawa after exams were finished. Sinclair defeated St Mary's 11 - 1.

West Regional Participants		East Regional Participants	
St Anne SS	SWOSSAA	Sinclair SS	LOSSA
St Jean de Brebeuf HS	GHAC	Birchmount Park HS	TDSSAA
Vincent Massey SS	SWOSSAA	St. Mary CSS	LOSSA
Ancaster H & VS	SOSSA	St. Michael's College	CISAA
Bishop Macdonell CHS	CWOSSA	St. Joseph CSS	EOSSAA
A.B. Lucas SS	WOSSAA	King City SS	YRAA
Northern CI	TDSSAA	Innisdale SS	GBSSA
St. Thomas Aquinas	ROPSSAA	Sir Robert Borden HS	NCSSAA
Cardinal Newman CSS	TDCAA	Centennial SS	COSSA

Semi-Finals	
St. Anne	11
Sinclair	1
Vincent Massey	3
St. Mary	1
Bronze Medal Game	
Sinclair	11
St. Mary	1
Gold Medal Game	
Vincent Massey	4
St. Anne	3

OFSAA Boys' A/AA Rugby

Guelph June 3 - 5, 2010



The beautiful setting at Guelph Lakes played host to this year's Boys' A/AA Rugby Championship. Convenors Kelly Shaw of Centennial CVI (CWOSSA) and Gary Robinson of Erin DHS (CWOSSA), along with their organizing committee, put on an athlete-focused championship that had everyone smiling throughout.

The championship was filled with some incredible games and these student-warriors consistently demonstrated the importance of respecting your fellow competitors and showcasing great moments of sportsmanship. In the end, Trenton HS (COSSA) defended their gold medal with an 11 - 5 win over Adam Scott CVI (COSSA). Congratulations to: Josh Deck, Matthew Kaludis, Jesse Jones, Adam Carlton, Dillon McDowell, Joey Ormshaw, Jeremy Shannon, Delroy Reid, Brett Hall, Daniel Rolf,



Participating Teams	
Trenton HS	COSSA
Adam Scott C & VI	COSSA
Trinity C.S. Bears	CISAA
Ashbury College Colts	NCSSAA
Queen Elizabeth C & VI	EOSSAA
Bishop MacDonell CHS	CWOSSA
Appleby College	CISAA
St. Anne's CSS	WOSSAA
Rockland DHS	EOSSAA
Waterford DHS	CWOSSA
Lester B. Pearson SS	GHAC
Erin DHS	CWOSSA
Sir Allan MacNab SS	SOSSA
Park St. CI	GBSSA
Courtice SS	LOSSA
Aldershot HS	GHAC



Zack Reid, Ben Potts, Dave Tripp, Andrew Dimock, Elliot Fledderus, Collin Thomas, Adam Parker, Brandon Yates, Albert Cormier, Ryan Drakker, Ethan Shaver, Jake Stonehouse, Eric Sissoo, Blair Alexander, Karl Hasenberger, William Neil, Nathaniel Simpson, Alexander Weston, Kenneth Reive, Tanner Boyle, James Jackson, Andrew Donnelly, Zach Hiscock, Matthew Parker, and coaches Brian Meindl, Mark Dolton, Jennifer A. Reid, and Tom Gauthier.

The committee made sure the big appetites of teenage rugby players were taken care of with a banquet that included more food than the athletes could handle. Special guest speaker, Phil Murphy former Canadian International and Professional Rugby Player, provided an inspiring speech to the 500-plus attentive young players in the audience.

The banquet also provided the setting for the presentation of the Leadership in School Sport Award which was given to a surprised Kelly Shaw. Kelly has been a true leader for school sport, always helping students achieve their potential. Kelly is truly deserving of this award and continues to share his passion for rugby with students and coaches.

Also to be congratulated is Aldershot HS (GHAC) for being awarded the Team Sportsmanship Award for their respectful play throughout the championship.

Consolation Quarter-Finals		Park St. def. Waterford	20 - 0
Aldershot def. Rockland	14 - 13	Championship Semi-Finals	
Allan MacNab def. Queen Elizabeth	14 - 12	Adam Scott def. Trinity	17 - 0
Waterford def. Courtice	10 - 7	Trenton def. Ashbury	22 - 0
Park St. def. Lester B. Pearson	22 - 3		
Championship Quarter-Finals		Consolation Final	
Tenton def. St. Annes	31 - 0	Park St. def. Sir Allan MacNab	43 - 0
Ashbury def. Erin	13 - 12	Bronze Medal Game	
Trinity def. Bishop Mac	22 - 5	Trinity def. Ashbury	26 - 5
Adam Scott def. Appleby	43 - 0		
Consolation Semi-Finals		Gold Medal Game	
Sir Allan MacNab def. Aldershot	15 - 0	Trenton def. Adam Scott	11 - 5



OFSAA Boys' AAA/AAAA Rugby

Ajax & Oshawa June 3 - 5, 2010

OFSAA Boys' Rugby returned to the LOSSA area to showcase the outstanding rugby talent found across Ontario. Convenor Bryan Armstrong, of Port Perry HS, and his committee put in countless hours to ensure a great experience for all participants.

At the Oshawa Vikings and the Ajax Wanderers Rugby Clubs, teams gave their everything on the field trying to capture OFSAA gold. After some tight semi-final matches, the finals were set with number one seeded Lorne Park emerging victorious over number three seed Uxbridge.

Congratulations to team members James Shanly, Steven Yannacacos, Daniel Allen, Eric Andrews, Andrew Behnke, Samuel Bishop, Aaron Clarke, Doug Fenton, Andrew Ferguson, Rob Finch, Andrew Forth, Richard Jutronich, Sebastian Kowalczyk, Ryan Langen, Garret Nephew, Scott Maguire, Johnathan Barclay, Craig Bishop, David Chataway, Chris Fenos, Robert Green, Ian Irong, Geoff Kerr, Cavan Maiolo, Dustin MacPherson, Max O'Brien, Kyle Ondrey, Brandon Petrasso, Josh Petruska, Matt Rafaelic, Dave Throop, Nigel Kennedy, and coaches Peter Mashinter and Ben Grant.

The championship also featured a delicious banquet with Polish flavour at General Sikorski Polish Veterans Hall. Everyone was in good spirits as the rugby community celebrated the achievements of everyone in the room. The Leadership in School Sport Award was presented to an astonished Bryan Armstrong for his 20 years of coaching. Bryan has been heavily involved with rugby at the high school level and has coached some of the most successful



rugby players in the province. He has also run numerous coaching clinics, and was involved in hosting OFSAA Rugby in 2008, as well as this year.

Congratulations also to Stouffville DSS for being great examples of how a team should conduct itself at a provincial championship. They displayed great sportsmanship and behaviour throughout the event. For their efforts, Stouffville DSS was awarded the Team Sportsmanship Award.

Photos by Adrian Gauthier.



Participating Teams

Lorne Park CI	ROPSSAA
Barrie Central	GBSSA
Uxbridge SS	LOSSA
Eastdale CVI	LOSSA
Stouffville DSS	YRAA
Oakville Trafalgar	GHAC
Medway HS	WOSSAA
St. John's College	CWOSSA
Saltfleet DHS	SOSSA
I.E. Weldon SS	COSSA
St. Peter HS	NCSSAA
Birchmount Park CI	TDSSAA
Napanee DSS	EOSSAA
St. Andrew's College	CISAA
Cardinal Newman CSS	TDCAA
Lambton Central CVI	SWOSSAA

Consolation Quarter-Finals

Saltfleet def. Lamton	15 - 10
Napanee def. Birchmount	17 - 3
I.E. Weldon def. Cardinal Newman	7 - 5
St. Peter def. St. Andrews	12 - 5

Championship Quarter-Finals

Lorne Park def. St. John's	15 - 5
Stouffville def. Eastdale	20 - 15
Barrie Central def. Medway	12 - 3
Uxbridge def. Oakville Trafalgar	32 - 14

Consolation Semi-Finals

Saltfleet def. Napanee	22 - 3
I.E. Weldon def. St. Peters	5 - 0

Championship Semi-Finals

Lorne Park def. Stouffville	8 - 0
Uxbridge def. Barrie Central	8 - 7

Consolation Final

Weldon def. Saltfleet	
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Bronze Medal Game

Barrie Central def. Stouffville	17 - 12
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Gold Medal Game

Lorne Park def. Uxbridge	20 - 0
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OFSAA Girls' A/AA Rugby

Sarnia May 31 - June 2, 2010



Players, coaches and fans were waiting with anticipation as the referee signalled the end of the gold medal game at the Girls' A/AA Rugby Championship. Collective cheers could be heard from the now three-time gold medal winners from Trenton HS. Congratulations to players Alexis Allison, Kelsey Culver, Maxine Dinham, Justine Dodds, Cierra Draker, Megan Dustin, Keisha Evans, Phillipa Fitzpatrik, Melissa Fleming, Lucy Foss, Carly Frost, Sara Galloway, Morgan Houde-Pearce, Jennifer Kelly, Lindsay Kelly, Cassandra Laflamme, Shannon Lee, Rachel Maynard, Alison McWhirter, Dannan Mills, Robyn Neri, Raven Roe, Caroline Rolf, Jennifer Savard, Ella Smith, Cassidy Suijker, Tenecia Williams, Samantha Willman, Hannah Wilson, head coach Jennifer Reid and coaches Brian Meindl and Tom Gauthier.

Thank you to convenor Stu Baillie for his commitment and hard work on this great championship, which ran smoothly thanks to his dedication. Congratulations also to OFSAA Team Sportsmanship winners from Burlington Central HS, who set a great example to student-athletes across the province.

The OFSAA Leadership in School Sport award was given at the banquet to Sean Keane from Northern CI & VS in Sarnia for his dedication to student athletes. Sean was instrumental in starting a girls' rugby program at his school, has helped coach many



different high school rugby teams, and continues to be involved in the girls' rugby program at Northern. Congratulations Sean!

Photos by Sean Georgiou.



Participating Teams

Trinity College	CISAA
Thomas A. Stewart SS	COSSA
Trenton HS	COSSA
Bishop MacDonell CHS	CWOSSA
Sacred Heart HS	CWOSSA
Rockland DHS	EOSSAA
Park Street CI	GBSSA
Aldershot HS	GHAC
Burlington Central HS	GHAC
Courtice SS	LOSSA
Elmwood School	NCSSAA
Beamsville DSS	SOSSA
Blenheim DHS	SWOSSAA
St. Clair SS	SWOSSAA
Blessed Mother Teresa SS	TDCAA
St. Anne's CSS	WOSSAA

Consolation Quarter-Finals

Elmwood def. Mother Teresa	24 - 0
St. Anne's def. Burlington Cental	10 - 0
Blenheim def. Trinity College	24 - 0
Courtice def. Aldershot	7 - 0

Championship Quarter-Finals

Trenton def. Sacred Heart	29 - 0
St. Clair def. Beamsville	19 - 0
Bishop MacDonell def. Rockland	12 - 3
Thomas A. Stewart def. Park Street	5 - 0

Consolation Semi-Finals

Elmwood def. St. Anne's	7 - 0
Blenheim def. Courtice	5 - 0

Championship Semi-Finals

Trenton def. St. Clair	17 - 0
Bishop MacDonell def. Thomas A.	7 - 0

Consolation Final

Blenheim def. Elmwood	17 - 0
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Bronze Medal Game

St. Clair def. Thomas A. Stewart	5 - 0
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Gold Medal Game

Trenton def. Bishop MacDonell	17 - 0
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OFSAA Girls' AAA/AAAA Rugby

Markham June 3 - 5, 2010

Experienced convenor Eva Roser and her team of volunteers from the TDCAA organized a championship to remember. Hosted at Fletcher's Fields in Markham, 16 teams from across the province came to battle it out, with the hopes of being crowned champion of the 2010 OFSAA Girls' AAA/AAAA Rugby Championship. They also learned valuable lessons about hard work, dedication and sportsmanship, characteristics that were infused into all aspects of the championship by Eva and her team. Thank you to Eva and the TDCAA volunteers. Ursuline College also embodied these characteristics and values, earning them the OFSAA Team Sportsmanship Award. Congratulations!

Congratulations to gold medal winners Barrie Central CI team members: Paige Shaw, Megan Lukan, Victoria Harris, Claragh Pegg, Jillian Roy, Katelyn Little, Clarissa MacDonald, Keirstin Marley, Alexis Godlington, Alannah Bailey, Amelia Martin, Melody Clarke, Kylee Hinde, Corynn Holmes, Melissa Jones, Sarah Robinson, Hollie Smith, Jenna Turgeon, Gillian Pegg, Neirda Koert vander Linden, Alyssa Hall, Sydney Mercer, Kaili Lukan, Katie Bond, Jordann Foster, Hannah Huckstep, Courtenay Cordeiro, Kate Hanna, Emily Belchos, Chanel Frangakis, Corinna Mageean, Holly Schweitzer, Kate Goguen, Emma Chown, Corinna Mischkowski, Katie McMillan, Holly Parker, Mackenzie Wilson, Raven Winterick, Kiran Bal, head coach Tim Lem, and coach Sarah McLeod.

An honoured Annemaree Peters from Sherwood SS (SOSSA) in Hamilton received the OFSAA



Leadership in Sport Award. Annemaree is extremely passionate about rugby and developing student-athletes.

She began the Sherwood SS girls' rugby program and runs many different clinics and tournaments for the sport.



Participating Teams

Centennial SS	COSSA
Forest Heights CI	CWOSSA
Napanee DSS	EOSSAA
Barrie Central CI	GBSAA
Oakville Trafalgar HS	GHAC
O'Neill C & VI	LOSSA
Ashbury College	NCSSAA
Mayfield SS	ROPSSAA
Lakeshore CSS	SOSSA
Ursuline College	SWOSSAA
Cardinal Newman CSS	TDCAA
Senator O'Connor College	TDCAA
Birchmount Park CI	TDSSAA
Malvern CI	TDSSAA
A.B. Lucas SS	WOSSAA
Brother Andre CHS	YRAA

Consolation Quarter-Finals

Brother Andre def. A.B. Lucas	22 - 5
Malvern def. Senator O'Connor	15 - 7
Birchmount def. Cardinal Newman	25 - 12
Napanee def. Ursuline	7 - 0

Championship Quarter-Finals

Mayfield def. O'Neill	31 - 0
Barrie def. Lakeshore	33 - 0
Oakville Trafalgar def. Centennial	12 - 0
Ashbury def. Forest Heights	14 - 13

Consolation Semi-Finals

Malvern def. Brother Andre	13 - 5
Napanee def. Birchmount Park	7 - 0

Championship Semi-Finals

Barrie Central def. Mayfield	17 - 12
Ashbury def. Oakville Trafalgar	6 - 3

Consolation Final

Malvern def. Napanee	7 - 5
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Bronze Medal Game

Mayfield def. Oakville Trafalgar	22 - 0
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Gold Medal Game

Barrie Central def. Ashurby	32 - 0
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OFSAA Boys' A Soccer

Windsor June 3 - 5, 2010

Windsor was filled with a flurry of soccer activity as the city played host to three OFSAA Soccer Championships. Paul Thomas of Academie Ste. Cecile (SWOSSAA) and his team of volunteers came prepared to give the students a true championship experience.

Using the Tecumseh Soccer Fields, an action packed first day of competition concluded with the championship banquet, which was held in conjunction with the Girls' AAA Soccer Championship, making for a very large and special occasion for all in attendance.

Gunther Wolf of Hon. WC Kennedy CI (SWOSSAA) was honoured with the Leadership in School Sport Award. Gunther is a life-long soccer coach, coaching the high school team regardless of his position as a teacher or top administrator. Gunther was also heavily involved in coaching wrestling and is one of the four coaches who were instrumental in getting wrestling introduced to South Western Ontario.

The action back on the pitch provided for some nail biting



matches and some heartbreaking losses with Guido de Bres (EOSSAA) emerging as gold medallists with a 3-1 win over Glengarry DHS (SOSSA). Congratulations to Jonathan VanSpronsen, Justin Vanderee, Nick Dantuma, Matthew Wieske, Sheldon Winkel, Lennart deVisser, Sheldon Gelderman, Steven Boot, Nathaniel Schutten, Matthew deBoersap, Kevin Ludwig, Mike Zwaagstra, Justin Bos, Gavin VanLuik, Tyler Schutten, Evan VanderVelde, Gavin Wieske, Andrew DeJong, Bryan VanDasselaar, Keegan Lodder, Kevin deJonge, Justin Buist, and coaches Timothy Wildeboer and James Lof.

This year's OFSAA Team Sportsmanship Award was presented to silver medallist Glengarry DHS, who demonstrated great sportsmanship throughout the championship, even going as far as carrying an empty bench across the field so their opponents would have somewhere to sit during the match.

Thanks again to Paul Thomas and his committee. We all look forward to next year's championship, as Paul and his committee have committed to hosting once again.

Participating Teams

Pool A

Ashbury College	NCSSAA
Nelson A. Boylen SS	TDSSAA
Guido de Bres CHS	SOSSA
St. Dominic SS	GBSSA

Pool B

London DCSS	WOSSAA
Kings Christian Collegiate	GHAC
Academie Ste. Cecile	SWOSSAA
Notre Dame CHS	EOSSAA

Pool C

Smithville DCSS	SOSSA
É.S. Algonquin	NOSSA
St. Thomas Aquinas HS	NWOSSAA
St. Patrick SS	TDCAA

Pool D

Chathan Christian	SWOSSAA
Glengarry DHS	EOSSAA
O'Gorman HS	NEOAA
É.S. Pere Rene de Galinee	CWOSSA

Quarter-Finals

Ashbury College	2
King's Christian	0

Guido de Bres	3
Notre Dame	0

St. Patrick	6
Pere Rene Se Galinee	2

Glengarry	5
É.S. Algonquin	2

Semi-Finals

Glengarry	2 (OT)
Ashbury College	1

Guido de Bres	2
St. Patrick SS	1

Bronze Medal Game

Ashbury College	4
St. Patrick	1

Gold Medal Game

Guido de Bres	3
Glengarry DHS	1

OFSAA Boys' AA Soccer

Windsor June 3 - 5, 2010



Windsor is becoming known as the hotbed for soccer in the high school sports community, with yet another OFSAA soccer championship taking place in the city.

JJ Dowhan and his committee, who have committed to hosting again in 2011, worked hard to ensure a fantastic event. JJ was not only wearing his convenor hat, but also his coaching hat as his team, Hon. WC Kennedy CI (SWOSSAA), won the gold medal with a 1-0 defeat over St. Paul HS (ROPSSAA).

Congratulations to Majd Haidar, Adam Macyshyn, Brandon Matlock, Ronald Mayorga, Maher Mezahi, Joseph Purcell, Adam Rawson, Armend Bajrami, Rares Botoc, Albert Falkestajn, Tony Falkestajn, Spencer Gardner, Paul Gill, Akbal Gill, Danny Horodniczy, Kassem Bazzi, Abdul Merhi, Aaron Carder, Haris Lepuzanovic, Mohammed Nazzali, Ryan Perry, Steve Tran, Ali Hammoud, Emanuel Juma, Khamal McKoy,



Kevin Richer and coaches Andy Adzic, Christine Dilworth, and JJ Dowhan.

Athletes and coaches were treated to a wonderful banquet at the Serbian Centre, with special guest speaker Sasho Cirovski, who spoke about his experiences coaching at the University of Maryland.

The busy weekend continued for convenor JJ Dowhan who was presented with the OFSAA Leadership in School Sport Award for his more than 13 years of coaching soccer, football, and conducting running clinics. JJ has also been a convenor of two different high school leagues and runs the Grade 7 and 8 days for feeder schools to WC Kennedy.

St. Joseph's HS from St. Thomas (WOSSAA) was selected by the organizing committee to receive the Team Sportsmanship Award for conducting themselves in a positive manner that reflects the true values of the education through school sport philosophy. Congratulations to those players and coaches for being great role models and representing your school so well at this OFSAA Championship.

Participating Teams			
Pool A		Pool C	
Holy Cross HS	SOSSA	Mnsgnr J. Pereyma CSS	LOSSA
Vaughan Road CI	TDSSAA	St. Francis Xavier HS	NCSSAA
St. Christopher SS	SWOSSAA	Ridgeway HS	SOSSA
Corpus Christi CSS	GHAC	St. Mary's College	NOSSA
St. Michael CHS	EOSSAA	Sacred Heart HS	CWOSSAA
Pool B		Pool D	
St. Joseph's HS	WOSSAA	St. Paul HS	ROPSSAA
St. Thomas Aquinas	GHAC	Hon. WC Kennedy CI	SWOSSAA
Essex DHS	SWOSSAA	Peterborough C & VI	COSSA
Archbishop Romero CSS	TDCAA	Timiskaming DSS	NEOAA
Holy Trinity HS	GBSSA	Dryden HS	NWOSSAA

Quarter-Finals		Semi-Finals		Bronze Medal Game		Gold Medal Game	
St. Michael	3	St. Paul	2	Archbishop	2	Kennedy	1
St. Joseph	1	St. Michael	0	St. Michael	1	St. Paul	0
Archbishop	1						
St. Christopher	0						
Kennedy	5						
St. Francis	0						

OFSAA Boys' AAA Soccer

Sudbury June 3 - 5, 2010



Lockerby Composite HS in Sudbury played host to this year's Boys' AAA Soccer Championship. A strong organizing committee, lead by convenor Paul Hatzis, welcomed schools from across the province that were ready to showcase their skills in the beautiful northern city.

Using fields at Laurentian University and the Hillcrest Sports Complex, athletes were treated to some excellent playing facilities.

There was no doubt about the depth of competition with day one having 18 of the 20 games decided by one goal or ending in a tie. Day one also featured the championship banquet with guest speaker Brian Ashton, former professional soccer player and coach of the Cambrian College Men's Soccer Team.

Lloyd Rebeiro of St. Charles College (NOSSA) was the recipient of the Leadership in School Sport Award for his 30 years of coaching service, which included coaching the banquet's guest speaker.

Lloyd has also been involved with organizing, and convened the OFSAA Boys AA Soccer Championship

in 1995. His emphasis on student character and professionalism while coaching has made Lloyd a very deserving recipient of this award.

Day two of the tournament saw many more close matches, with the gold medal game set up between Denis O'Connor (LOSSA) and Father Bressani (YRAA). The game ended with Denis O'Connor taking home the gold in a 3-0 win.

Congratulations to Kamden Johnson-Holder, Spencer Kelly, Ryan Kirk, Kaine Moar, Emmett O'connor, Cory Antonucci, Richard Downing, Ian Rogers, Toufik Akleh, Paul Booth, Alfredo Campitelli, Alexander Cuccovillo, Colin Deygoo, Richie Khasow, Matthew Leroux, Errol Whittle McDonald, Dean Lewis and coaches Shaun Griffith and Stephen Kerr.

This year the OFSAA Team Sportsmanship Award was given to Assumption HS (GHAC) for their great display of sportsmanship both on and off the field.

Thanks must be extended again to Paul Hatzis and his organizing committee for their hard work in putting together a well-organized and exciting championship.

Participating Teams			
Pool A		Pool C	
St. Mary's HS	GHAC	Glendale SS	SOSSA
St. Martin HS	ROPSSAA	St. David CSS	CWOSSA
Upper Canada College	CISAA	Assumption HS	GHAC
Denis O'Connor	LOSSA	Senator O'Connor College	TDCAA
Martingrove CI	TDSSAA	Crestwood SS	COSSA
Pool B		Pool D	
Northern CI & VS	SWOSSAA	Father Bressani HS	YRAA
Kingston C & VI	EOSSAA	St. Michael CSS	WOSSAA
St. Charles College	NOSSA	St. Ignatius SS	NWOSSAA
St. Joseph's HS	GBSSA	Lockerby Composite School	NOSSA
St. Pius X HS	NCSSAA	Catholic Central HS	SWOSSAA

Quarter-Finals		Semi-Finals	
Denis O'Connor	2	Denis O'Connor	1 (SO)
Northern	1	Catholic Central	0
St. Pius X	3		
St. Martin	0	Father Bressani	3
		St. Pius X	1
Father Bressani	2 (SO)	Bronze Medal Game	
Senator O'Connor	1	St. Pius X	3
Catholic Central	2	Catholic Central	2
Assumption	0	Gold Medal Game	
		Denis O'Connor	3
		Father Bressani	0

OFSAA Boys' AAAA Soccer

Hamilton June 3 - 5, 2010



OFSAA soccer once again returned to the beautiful facilities at Mohawk Park in Hamilton. Convenor Steve Kountouris from Saltfleet DHS and his organizing committee had their hands full convening both the Girls' and Boys' AAAA Soccer Championships, while also dealing with Mother Nature. Despite some heavy rain on Day one, the championship was enjoyed by all and provided some memorable soccer matches.

In the end, St. Theresa of Lisieux CHS (YRAA) defeated East York CI (TDSSAA) 2 - 1 in the gold medal match. Congratulations to Brandon Mills, Adam Hewitt, Christopher Ricci, Michael Ferorelli, Jeevan Kuner, Michael Mikurenda, Luca Barbieri, Jason Mills, Andrew Bregar, Robert Angiolella, Robert Cammalleri, Stephan Cantanna, Paul Carvalho, Daniel Leonardi, Nello Sansone, Christopher Vega, Paul Vinalon, and coaches Michal Kirejczyk, Alberto Leonardo, and Blagoja (Bobby) Dimitrievski.



As is often the tradition for Hamilton OFSAA championships, athletes and coaches were treated to the wonderful food at Carman's Banquet Hall. The OFSAA Leadership in School Sport Award was presented to championship convenor, Steve Kountouris for his years of coaching soccer, basketball, volleyball, and badminton. Steve has also been involved on the organizing side of

high school sport, including hosting many soccer tournaments, sitting on the organizing committee for an OFSAA basketball championship and of course hosting this year's Boys' and Girls' AAAA Soccer Championships.

Congratulations must also be extended to Holy Trinity SS (GHAC) for being presented with the OFSAA Team Sportsmanship Banner. Thank you again to the organizing committee for providing an outstanding competition.

Participating Teams			
Pool A		Pool C	
A.B. Lucas SS	WOSSAA	Holy Trinity SS	GHAC
East York CI	TDSSAA	Dante Alighieri Ac.	TDCAA
St. Edmund Campion	ROPSSAA	Saltfleet DHS	SOSSA
Denis Morris HS	SOSSA	Banting Memorial HS	GBSSA
Pool B		Pool D	
St. Marguerite D'Youville	ROPSSAA	Dunbarton HS	LOSSA
Holy Name HS	SWOSSAA	St. Theresa of Lisieux CHS	YRAA
St. Mary's HS	CWOSSA	St. Michael's College	CISAA
St. Jean De Brebeuf	YRAA	Sir Robert Borden HS	NCSSAA

Quarter-Finals			
St. Theresa of Lisieux	2	Dante Alighieri Academy	1
Holy Trinity	1	St. Michaels College	0
Semi-Finals			
East York	3	St. Theresa of Lisieux	2
St. Mary's	1	St. Jean De Brebeuf	1
St. Jean De Brebeuf	1	East York	2
St. Edmond Campion	0	Dante Alighieri Academy	1
Bronze Medal Game			
Dante Alighieri Academy	3	St. Jean De Brebeuf	0
Gold Medal Game			
St. Theresa of Lisieux	2	East York	1

OFSAA Girls' A Soccer

Hanmer June 3 - 5, 2010



Congratulations to hometown team É.S. Macdonald-Cartier, who took home the 2010 Girls' A Soccer title, after a hard-fought championship.

The Macdonald-Cartier girls brought their fierce competitive spirit into their games on the field, just as convenor Jean-Gilles Laroque brought his best game to all organizational aspects of the championship. Thanks to his effort, teams from across the province were treated to a winning championship. Thank you Jean-Gilles! Thank you also to Heather Chambers, OFSAA Executive Council Member, for her guidance and help throughout the championship.



Congratulations to Macdonald-Cartier team members Maxime Lapierre, Stacey Kindt, Cloé Lacasse, Karolyne Blain, Natalie St-Laurent, Brigitte Gélinas, Steffanie Sénechal, Elyse Klassen-Champagne, Courtney Phillips, Mélanie Bélanger, Tanya Audet, Karyne Valiquette, Ashley Béchard, Stéfanie Vallée, Lucie Champagne,

Mélanie Champagne, Mandy Paquette, Sabrina Najem and coaches, Céline Roque and Raymond Chevette. Not only did they take the championship title, but they gave the crowd a great show!

Congratulations to OFSAA Leadership in School Sport Award winner, John Sikora from St. Charles College (NOSSA) in Sudbury for his many years of dedication to school sport. Congratulations also to Russell HS for receiving the OFSAA Team Sportsmanship Award for their courtesy and respect for other teams on and off the field.

Participating Teams			
Pool A		Pool C	
Russell HS	EOSSAA	Ridley College	CISAA
É.S. Macdonald-Cartier	NOSSA	É.S. Paincourt	SWOSSAA
Acton DHS	GHAC	É.S. du Sacré-Coeur	NOSSA
Ashbury College	NCSSAA	É.S. Kapuskasing DHS	NEOAA
Pool B		Pool D	
Guido De Bres Christian HS	SOSSA	London District Christian SS	WOSSAA
É.S.C Nouvelle Alliance	GBSSA	Walkerton DSS	CWOSSA
St. Thomas Aquinas HS	NWOSSAA	Toronto District Christian HS	YRAA
Marymount College	NOSSA	É.C. Saint-Charles Garnier	LOSSA

Quarter-Finals			
É.S. Macdonald-Cartier	3 (OT)	Toronto District Christian HS	5
Guido De Bres	2	É.S. Paincourt	0
Semi-Finals			
É.S. Nouvelle Alliance	4	É.S. Macdonald-Cartier	8
Acton DHS	2	Toronto District Christian HS	5
Ridley College	3	Ridley College	5
London District Christian SS	0	É.S. Nouvelle Alliance	4
Bronze Medal Game			
É.S. Nouvelle Alliance	3	Toronto District Christian HS	2
Gold Medal Game			
É.S. Macdonald-Cartier	4	Ridley College	2

OFSAA Girls' AA Soccer

Sarnia June 3 - 5, 2010



Sarnia was the setting for the 2010 OFSAA Girls' AA Soccer Championship. Convenors Frank Brennan, Daniela Azzolina, and Karoline Lobsinger's hard work and dedication really paid off, resulting in a perfectly organized and exciting championship.

Congratulations to Bill Crothers SS in Unionville, who took the championship title. Players include Morgan Morris-Pocock, Michelle George, Mallorie Ihnat, Lauren Jeffs, Madeline Spicer, Brooke Webster, Jodi Mitchell, Jhayde Desouza-Staver, Natalie Cramarossa, Patti Kourtis, Nicole Greisman, Brooke Nairn, Savannah Meyer-Clement, Jamie Smith, Hanna Park, Brooke Blogg, Emily Hood, Michelle Panacci, Kaitlyn Archibald, Tori Hood, head coach Allison Fox and assistant coach Andrew Cairns.

At the beautiful Dante Club in Sarnia, Brenda Kulon from St. Christopher CSS (SWOSSAA) was honoured with the OFSAA Leadership in School Sport award for her years



of coaching soccer, volleyball, track and field, badminton and basketball, as well as her years as a SWOSSAA representative and leader in developing medical guidelines for school sporting events. Congratulations to Brenda.

St. Theresa CSS in Belleville won the OFSAA Team Sportsmanship award for their display of fair-play and integrity during the championship. Thank you to Cathy Johnson, the SWOSSAA girls' representative, for her help and commitment to this championship.

Participating Teams			
Pool A		Pool C	
Central Elgin CI	WOSSAA	St. Thomas Aquinas	GHAC
Bishop Macdonell CHS	CWOSSA	St. Basil SS	NOSSA
Collège Catholique Franco-Ouest	NCSSAA	St. Michael CHS	EOSSAA
Dr. F.J. Donevan CI	LOSSA	Beaver Brae SS	NWOSSAA
É.S. L'Essor	SWOSSAA	St. Paul HS	ROPSSAA
Pool B		Pool D	
Essex DHS	SWOSSAA	St. Theresa CSS	COSSA
Msgr. J. Pereyema CSS	LOSSA	Oakwood CI	TDSSAA
Bill Crothers SS	YRAA	Holy Trinity HS	GBSSA
St. Francis SS	SOSSA	St. Christopher SS	SWOSSAA
Kirkland Lake C & VI	NEOAA	Bishop Strachan	CISAA

Quarter-Finals			
Franco-Ouest	4	St. Paul	2
St. Francis	2	Bishop Strachan	0
Semi-Finals			
St. Christopher	2	Franco-Ouest	1
St. Basil	0	St. Christopher	0
Gold Medal Game			
Bill Crothers	3	Bill Crothers	2
Central Elgin	1	St. Paul	1
Bronze Medal Game			
St. Paul	3	St. Christopher	1

OFSAA Girls' AAA Soccer

Windsor June 3 - 5, 2010



Congratulations to the St. Paul Patriots for taking this years' Girls' AAA Soccer Championship title. Players Kristen Baldinelli, Linsday Gillis-Lapp, Lauren Kafal, Alexandra Pasco, Victoria Vaccaro, Ann Stranges, Sara Vitaterna, Kara Young, Tanya Paladino, Katie Casucci, Krystina Ruml, Lisa Fossey, Sydney Santin, Brittany Haanappel, Alicia Pappaanni, Alexandria Baldassarro, Taylor Girhiny, Krista Lopoyda, Madelyn Morgan, head coach Stephen Abbruscato and assistant coaches Dina DiCarlo-MacLean and Alyssa Dagg rushed onto the spectacular turf field at the University of Windsor screaming in joy when the referee called the gold medal game to an end.

The championship would not have been possible without the enthusiasm, hard work and attention to detail provided by the Catholic Central HS staff, lead by convenors Mike McKittrick and Stacey Ditchfield. This team of individuals has organized three championships in the past two years and plans to host the 2011 OFSAA Girls' AA Soccer Championship. Thank you especially to Mike and Stacey for your countless hours committed to school sport.

The OFSAA Team Sportsmanship award was given to Iona Catholic SS for their positive attitude toward



other teams, as well as their own players. This spirit of dedication and positive attitude weaved throughout the championship, including the banquet where long-time soccer coach, Gord Caldwell from Catholic Central HS (SWOSSAA) in Windsor was honoured with the OFSAA Leadership in School Sport award. Gord passed away in May 2009. His family received the award on his behalf and spoke lovingly about him, and his passion for soccer and coaching.

Participating Teams			
Pool A		Pool C	
St. Mary's HS	GHAC	St. Paul HS	SOSSA
É.S.C. Louis-Riel	NCSSAA	Lockerby Composite School	NOSSA
Senator O'Connor College	TDCAA	Martingrove CI	TDSSAA
Crestwood SS	COSSA	St. Joseph's H.S.	GBSSA
Newmarket HS	YRAA	Nepean HS	NCSSAA
Pool B		Pool D	
Northern CI & VS	SWOSSAA	East Elgin SS	WOSSAA
St. Ignatius HS	NWOSSAA	Fr. Leo J. Austin SS	LOSSA
Regiopolis-Notre Dame CHS	EOSSAA	Iona CSS	ROPSSAA
Southwood SS	CWOSSA	Catholic Central HS	SWOSSAA
R.S. McLaughlin C & VI	LOSSA	Bishop P.F. Reding SS	GHAC

Quarter-Finals			
É.S.C. Louis-Riel	1 (OT)	Iona	4
St. Ignatius	0	Nepean	1
Semi-Finals			
St. Paul	2	St. Paul	1 (SO)
East Elgin	0	É.S.C. Louis-Riel	0
Gold Medal Game			
Northern	4	Northern	2
St. Mary's	1	Iona	1
Bronze Medal Game			
Iona	1 (OT)	St. Paul	2
É.S.C. Louis-Riel	0	Northern	0

OFSAA Girls' AAAA Soccer

Hamilton June 3 - 5, 2010



This year, Saltfleet DHS in Hamilton hosted not only the AAAA Girls' Soccer Championship, but also the Boys' AAAA Soccer Championship. Super-convenor Steve Kountouris was well-prepared for the soccer action from the 32 teams around the province that participated in the three-day championship. Thank you to Steve and his extremely experienced organizing committee for putting on a fantastic and successful championship. Thank you also to Brian Fuller, OFSAA Executive Council member and department head at Saltfleet, for his leadership at the championship and dedication to school sport.



championship and received their title of OFSAA Girls' AAAA Soccer Champion with pride.

Congratulations to the team from Innisdale SS for receiving the OFSAA Team Sportsmanship award and embodying the positive attributes of school sport.

The OFSAA Leadership in School Sport award was given to soccer coach Lydia Vamos from Sherwood SS (SOSSA) in Hamilton for her longstanding commitment to the success of student-athletes. Lydia's soccer programs always incorporate the message of healthy active living, as well enjoyment of sport and competition. Congratulations to Lydia.

Participating Teams			
Pool A		Pool C	
A.B. Lucas SS	WOSSAA	St. Anne SS	SWOSSAA
Sir John A. Macdonald CI	TDSSAA	St. Thomas Aquinas	ROPSSAA
St. John's College	CWOSSA	Innisdale SS	GBSSA
Cardinal Newman CSS	TDCAA	St. Joseph's CHS	NCSSAA
Pool B		Pool D	
Notre Dame CSS (Burlington)	GHAC	Grand River CI	CWOSSA
St. Theresa of LisieuxCHS	YRAA	Pickering HS	LOSSA
Notre Dame College (Welland)	SOSSA	Waterdown DHS	SOSSA
St. Marguerite D'Youville	ROPSSAA	Holy Trinity SS	GHAC

Quarter-Finals		Bronze Medal Game	
A.B. Lucas	2	St. Anne	1
St. Theresa of Lisieux	1	Holy Trinity	0
Semi-Finals		Gold Medal Game	
Notre Dame	2	A.B. Lucas	1
Cardinal Newman	1	St. Anne	0
St. Thomas Aquinas	5	St. Thomas Aquinas	3
Grand River	1	Notre Dame	2

OFSAA Tennis

Toronto May 31, 2010



On Monday, May 31 under hot and sunny conditions, 354 student-athletes from over 100 schools across the province converged at the Rexall Centre and York University for the start of the 2010 OFSAA Tennis Championship.

During the three day event, spectators witnessed some spectacular and competitive tennis. There were 395 matches played. Except for a small delay on Tuesday to allow the courts to dry out from the previous night's rain, the weather conditions were ideal for tennis.

We would like to congratulate all the athletes and

coaches who qualified and participated.

OFSAA would like to thank convenor Michael Robinson, as well as Tami Hawkins, David Hawkins, and David Lea of the Ontario Tennis Association. Thank you also to the numerous volunteers who made the championship a success.

Michael Robinson from Lakeshore Catholic High School in Port Colborne was the recipient of the 2010 OFSAA Leadership in School Sport Award. Michael has been coaching high school tennis teams since 1982. He has also convened the SOSSA Tennis championship for 20 years. He is the present chairperson of the Sports Advisory Committee for tennis. This is his second year as convenor for the OFSAA Tennis Championship. His dedication and effort in high school tennis is greatly appreciated.



Open Boys' Singles		High School Boys' Singles	
1. Norbert Nemesek - White Oaks (GHAC)		1. Zach Costa - Banting SS (WOSSAA)	
2. Azargui Soufiane - Robert Bateman (GHAC)		2. Will Pigott - TA Blakelock (GHAC)	
3. Dominik Matuszeuski - Clarington Central (LOSSA)		3. Michael Stych - KCVI (EOSSAA)	
4. Tom Dynka - St. Mary's CHS (CWOSSA)		4. Dylan Haber - Upper Canada College (CISAA)	
Open Boys' Doubles		High School Boys' Doubles	
1. Vincent Chan & James Yang - Unionville HS (YRAA)		1. Ryan Lau & Tushar Gauer - Woodlands (ROPSSAA)	
2. Josh Cadesky & Eric Belahov - Westmount SS (YRAA)		2. Sean Molnar & Ben Sinai - Mother Theresa (WOSSAA)	
3. Hunter Doubt & Ben Malt - Saunders SS (WOSSAA)		3. Kent Henhoeffter & Tyler Kroetsch - Resurrection (CWOSSA)	
4. Derek Emerson & Bruno Paric - Holy Trinity (GHAC)		4. Matthew Scott & Jonathon Keilhauer - Bayview Glen (CISAA)	
Open Girls' Singles		High School Girls' Single:	
1. Lyudonyla Lisaovaska - Bayview Glen (CISAA)		1. Erica Pisani Konert - Notre Dame (SOSSA)	
2. Louise Kwong - St Andrews JHS (TDSSAA)		2. Jennifer Hann - Port Perry HS (LOSSA)	
3. Niki Budai - Mother Theresa (WOSSAA)		3. Catherine Cook - Trinity College (CISAA)	
4. Angelica Sidorenko - Stephen Lewis (YRAA)		4. Lorna Cantalore - Waterloo CI (CWOSSA)	
Open Girls' Doubles		High School Girls' Doubles	
1. Joan Cannon & Joulia Likhanskaia - Nelson (GHAC)		1. Kate Stewart & Jackie Smoteks - Jacob Hespeler (CWOSSA)	
2. Angie Crowley & Sami Budai - Mother Theresa (WOSSAA)		2. Lela Pacitti & Carol Dela Cerna - St Josephs Morrow Park (TDCAA)	
3. Michelle Stanesco & Cheryl Kukkonen - St. Teresa (WOSSAA)		3. Larissa Russel & Brittany Sinclair - Colonel By (NCSSAA)	
4. Paula Saenz & Toni Ormond - Cathedral (GHAC)		4. Monica Jordan & Nevin Eltaib - St. Thomas Aquinas (WOSSAA)	
Open Mixed Doubles		High School Mixed Doubles	
1. Derek Bennett & Valerie Kolomiets - Cameron Heights (CWOSSA)		1. Cameron & Marisa Seth - Centre Wellington (CWOSSA)	
2. David Kishlyanski & Marnie Gontovnick - Westmount SS (YRAA)		2. Ben Martin & Delaney Jennings - Waterloo CI (CWOSSA)	
3. Dylan Crimmins & Karishma Taneja - AB Lucas (WOSSAA)		3. Athan Lau & Saskia Freund - Ashbury (NCSSAA)	
4. Sam Moulson & Morgan Farris - White Oaks (GHAC)		4. Michael Pope & Sarah DeGenova - Bayview Glen (CISAA)	

OFSAA Track & Field

London June 3 - 5, 2010



Junior Boys’ Triple Jump champions from left: Omar Anglin, Mitch O’Donnell and James Sylvester.



Midget Girls’ Triple Jump champions from left: Clara Phillips, Aaliah Frazer and Kendra Smith.

The 2010 OFSAA Track & Field Championships were held at the TD Waterhouse Stadium on the campus of the University of Western Ontario. OFSAA Track & Field was returning to London after a 44 year absence.

Congratulations to the athletes who entertained us with an excellent display of their talents. Fantastic weather and a fast track enabled new OFSAA and Canadian records to be established during the event.

Thank you to John Allan and his entire organizing committee for the tremendous effort in organizing these championships and ensuring their success. We would

also like to thank the many officials and volunteers who whose commitment is greatly appreciated by the athletes, coaches, and spectators.

John Allan (Sir Frederick Banting SS) and Sheilagh Robinson (Huron Park-Woodstock) were the recipients of the 2010 OFSAA Leadership In School Sport Award for their continuous contribution to high school sport.

Thank you also to Nike for their continued support of OFSAA Track and Field.

All photos by Howard Bailey.

Midget Girls 100m			3. Hilary Stafford			St. Thomas Aquinas - London 4:43.08			6. Sydenham HS			Sydenham			52.16		
1. Christian Brennan			St. Mary's - Hamilton 12.31			4. Phoebe Cseresnyes			Westdale SS 4:44.22			High Jump					
2. Nichelle Prince			Pickering HS 12.53			5. Cozette Collin			Assumption - Brantford 4:49.06			1. Carolyn Adams			A.B. Lucas SS 1.59m		
3. Shelani Frenando			John McRae SS 12.70			6. Lindsay Kary			St. Matthew CHS 4:51.54			2. Emily Chen			Rick Hansen SS 1.56m		
4. Alexis Marsh			Notre Dame - Ajax 12.71			3000m						3. Jennifer Lesurf			St. Andrews HS 1.56m		
5. Melanie Rodriguez			Notre Dame - Burlington 12.93			1. Rebecca Wendt			Henry Street HS 10:05.64			4. Ali Baker			Mother Teresa - London 1.56m		
6. Charifa Labarang			E.S.P. Deslauriers 12.94			2. Hilary Stafford			Thomas Aquinas - London 10:12.67			5. Cierra Dasilva			Heart Lake - Brampton 1.51m		
						3. Natalia Hawthorn			Bracebridge & Muskoka LSS 10:26.29			6. Briar Olah			St.Paul - Niagara Falls 1.51m		
						4. Jenny Casson			Kingston CI 10:38.48			Long Jump					
						5. Rachel Faulds			Trenton HS 10:39.58			1. Nicole Setterington			Oakridge SS 5.25m		
						6. Renee Clarke			St.Patrick's - Thunder Bay 10:42.47			2. Celina DeCarolis			Holy Trinity - Simcoe 5.12m		
						80m Hurdles						3. Madison Nastasiuk			St. Joseph's - Barrie 5.03m		
						1. Nicole Setterington			Oakridge SS 12.06			4. Jemeika Jackson			Vaughan Road CI 4.93m		
						2. Mary Ollier			Grimsby DSS 12.53			5. Kendra Smith			Sinclair SS 4.92m		
						3. Meira Dholakia			Jean Vanier SS 12.65			6. Danielle Quinn			St. Christopher - Sarnia 4.85m		
						4. Samantha Brosseau			Catholic Central - Windsor 12.68			Triple Jump					
						5. Shelby Janmaat			St. Anne's - Clinton 12.81			1. Aaliyah Frazer			Mayfield SS 11.23m		
						6. Ashley Taylor			Nelson HS 12.83			2. Kendra Smith			Sinclair SS 11.21m		
						300m Hurdles						3. Clara Phillips			Brookfield HS 11.16m		
						1. Ashley Taylor			Nelson HS 44.92			4. Nicole Setterington			Oakridge SS 10.53m		
						2. Mary Ollier			Grimsby DSS 46.53			5. Madison Nastasiuk			St. Joseph's - Barrie 10.69m		
						3. Mikesha Bobb			Sir Wilfrid Laurier - London 47.08			6. Allison Harris			Bishop Strachan School 10.66m		
						4. Bridget Hayes			Mother Teresa - Nepean 47.12			Shot Put					
						5. Caileigh MacIsaac			Uxbridge DHS 49.24			1. Nicole Horneman			Medway HS 10.62m		
						6. Sara Grzywnowicz			Mother Teresa - London 49.65			2. Kathleen Francis			London Central SS 9.96m		
						4x100m Relay						3. Stacie Dobson			St. Christopher - Sarnia 9.90m		
						1. Resurrection CSS			Kitchener 49.77 R			4. Taylor Bursey			Port Perry HS 9.75m		
						2. Birchmount Park CI			Toronto 50.26			5. Chelsea Brathwaite			Heart Lake - Brampton 9.62m		
						3. St. Mary's HS			Kitchener 50.94			6. Alyssa Sisson			Harbord CI 9.43m		
						4. Father Henry Carr			Toronto 50.99								
						5. St. Joseph's HS			Windsor 51.65								

Discus Throw			
1. Kathleen Francis	London Central SS	30.23m	
2. Quinn Conlon	Assumption - Windsor	30.17m	
3. Kelly Gribbons	Saugeen SS	29.61m	
4. Kim Town	Orillia DCVI	28.94m	
5. Schuyler Young	St. Joseph's - St.Thomas	28.77m	
6. Sydney Stenekes	Parkside - Dundas	28.66m	

Javelin Throw			
1. Nicole Henry	Port Credit SS	34.88m	
2. Victoria Smith	Belle River DHS	34.79m	
3. Rachel Durocher	Villanova - La Salle	32.98m	
4. Brianna Veerman	Corpus Christi	32.22m	
5. Jordan Henry	St. Christopher - Sarnia	31.55m	
6. Bailey King	Longfields DHS	29.85m	

Junior Girls 100m			
1. Khamica Bingham	Heart Lake	12.14	
2. Shaina Harrison	Maximilian Kolbe	12.26	
3. McKenzie Johnson	Sir Wilfrid Laurier-London	12.27	
4. Noelle Leone	Pickering HS	12.46	
5. Shadae Edwards		12.53	
6. Amelia Brohman	Hillcrest -Ottawa	12.58	

200m			
1. Khamica Bingham	Heart Lake SS	24.42 R	
2. Naomi Kerr	St. Edmund Campion	24.67	
3. Noelle Leone	Pickering HS	24.82	
4. Nita Patterson	Fletcher's Meadow	25.20	
5. Amelia Brohman	Hillcrest HS	25.40	
6. Khadijah Thompson	St. Edmund Campion	25.71	

400m			
1. Cassandra Jones	Stephen Leacock CI	56.43	
2. Naomi Kerr	St. Edward Campion	56.83	
3. Taylor Farquharson	London Central SS	57.05	
4. Cassie Cramer	Birchmount Park CI	57.73	
5. Amanda McKinnon	É.S.P. Louis Kiel	58.96	
6. Maya Daly	Pickering HS	59.34	

800m			
1. Emma Galbraith	Nepean HS	2:14.72	
2. Alannah MacDonald	E.L. Crossley SS	2:16.27	
3. Shelby Kent	Thousand Islands SS	2:18.12	
4. Samantha Hill	Eastern Commerce CI	2:21.09	
5. Alix Tier	Cawthra Park SS	2:21.57	
6. Aliya Rogo	St. David - Waterloo	2:22.00	

1500m			
1. Emma Galbraith	Nepean HS	4:37.24	
2. Kelly Hennessy	St. Thomas Aquinas-Oakville	4:37.26	
3. Cheyenne Hunter	Kincardine SS	4:37.42	
4. Madeline McDonald	Lawrence Park CI	4:40.58	
5. Alix Tier	Cawthra Park SS	4:42.30	
6. Shannon Labelle	Notre Dame - Burlington	4:45.82	

3000m			
1. Kelly Hennessy	St. Thomas Aquinas-Oakville	10:12.76	
2. Madeline McDonald	Lawrence Park CI	10:17.17	
3. Shannon Labelle	Notre Dame - Burlington	10:17.92	
4. Alli Wooley	Havergal College	10:35.50	
5. Jaclyn White	Mother Teresa - London	10:36.92	
6. Siobhan Klie	Anderson CVI	10:37.26	

80m Hurdles			
1. Christine MacNeill	London Central SS	11.79	
2. Alysha Newman	Mother Teresa - London	11.81	
3. Maya Daly	Pickering HS	12.21	
4. Priscila Kusi-Asar	St. Theresa of Lisieux	12.41	
5. Yannique Bennett	Nantyr Shores SS	12.59	
6. Courtney Rivait	Kingsville DHS	12.73	

300m Hurdles			
1. Yannique Bennett	Nantyr Shores SS	43.74	
2. Helena Reinfels	Centennial - Guelph	44.34	
3. Maya Daly	Pickering HS	44.37	

4. Taylor Farquharson	London Central SS	44.43	
5. Ally Gonzalez	Regina Mundi - London	44.56	
6. Jessica Adamson	North Toronto CI	45.74	

4x100m Relay			
1. St. Edmund Campion	Brampton	48.49 R	
2. Pickering HS	Ajax	48.59	
3. Vaughan Road CI	Toronto	49.52	
4. Westview Centennial SS	Toronto	51.59	
5. London Central SS	London	51.76	
6. Birchmount Park CI	Scarborough	51.88	

High Jump			
1. Brooke Rowland	Westside SS	1.71m	
2. Alyssa Bickle	Waterloo CI	1.65m	
3. Emma Kikulis	Pine Ridge SS	1.62m	
4. Avrya Janke	Kitchener Waterloo CI	1.62m	
5. Michelle VanderMee	Hamilton District Christian	1.62m	
6. Crystal Elmers	Smithville DHS	1.59m	

Pole Vault			
1. Alysha Newman	Mother Teresa - London	3.75m R	
2. Emily Kukovica	De La Salle	2.90m	
3. Sophie Bauer	Saunders SS	2.80m	
4. Sarah Perry	Thousand Islands SS	2.80m	
5. Abbie McLean	Cameron Heights CI	2.70m	
6. Rachel Brandner	Kingsville DHS	2.70m	

Long Jump			
1. Arielle Fitzgerald	Bayside - Belleville	5.46m	
2. Emily Omahen	St. Anne - Windsor	5.38m	
3. Laura VanBommel	St. Joseph's - St. Thomas	5.19m	
4. Michelle Vandermee	Hamilton District Christian	5.12m	
5. Rachel MacLennan	St.Mary's - Sault Ste.Marie	5.10m	
6. Christie English	Holy Cross CSS	5.10m	

Triple Jump			
1. Brooke Rowland	Westside SS	11.17m	
2. Arielle Fitzgerald	Bayside SS	11.17m	
3. Emily Ersman	Bluevale CI	11.02m	
4. Mireille Musca	Blessed Trinity SS	10.77m	
5. Erika Jenkins	Renfrew SS	10.65m	
6. Tyra Forbes	Ajax SS	10.64m	

Shot Put			
1. Brittany Crew	Birchmount Park CI	12.98m	
2. Eilish MacDonald	Merivale HS	12.33m	
3. Sarah Moss	Notre Dame - Welland	11.63m	
4. Hailey Pollock	St. Joseph's - Barrie	11.02m	
5. Brindley Jantzi	Stratford Central CI	10.92m	
6. Jodelle Dixon	Pine Ridge SS	10.78m	

Discus Throw			
1. Sarah Moss	Notre Dame - Welland	41.42m R	
2. Brittany Crew	Birchmount Park CI	41.40m	
3. Eilish MacDonald	Merivale HS	37.16m	
4. Alex Forshaw	É.S. L'Essor	35.04m	
5. Samantha Irwin	Elmvale DHS	33.11m	
6. Kelsey Kovar	Saltfleet SS	31.26m	

Javelin Throw			
1. Brooke Rowland	Westside SS	43.95m R	
2. Breanne Hutchings	Mgsr. E.A. Doyle HS	35.84m	
3. Samantha Bondy	W.F. Herman SS	35.36m	
4. Eilish MacDonald	Merivale HS	33.63m	
5. Nicole Roach	Orillia DCVI	32.80m	
6. Elicia Durnall	Elmvale DHS	32.15m	

Senior Girls 100m			
1. Jonelle Bell	Bramalea SS	12.15	
2. Sade Lewis	Thomas Aquinas - Brampton	12.24	
3. Crystal Emmanuel	Vaughan Road CI	12.26	
4. Cassandra Pascal	St. Marcellinus SS	12.29	
5. Simone Martin	Thomas Aquinas - Brampton	12.53	
6. Claudine Palmer	Mary Ward CSS	12.77	



200m			
1. Crystal Emmanuel	Vaughan Road CI	24.08	
2. Chanice Taylor	Notre Dame - Ajax	24.13	
3. Cassandra Pascal	St. Marcellinus SS	24.28	
4. Sade Lewis	Thomas Aquinas - Brampton	24.46	
5. Simone Martin	Thomas Aquinas - Brampton	24.89	
6. Jonelle Bell	Bramalea SS	25.07	

400m			
1. Kelsey Balkwill	Essex DHS	54.57	
2. Ocian Archer	Innisdale SS	54.93	
3. Brittany Lewis	St. Clair SS	55.32	
4. Fiona Callender	Bell HS	55.95	
5. Samantha Murphy	St. John - Perth	56.81	
6. Evelyn Scott	Perth & District CI	56.97	

800m			
1. Samantha Murphy	St. John - Perth	2:10.23	
2. Elizabeth Whelan	Branksome Hall	2:11.90	
3. Caileigh Glenn	Sacred Heart HS	2:12.68	
4. Chelsea MacKinnon	Westdale SS	2:14.88	
5. Leanne Fernandes	Pope John Paul II	2:15.69	
6. Emily Driedger	Georgetown DHS	2:15.91	

1500m			
1. Colleen Hennessy	St. Thomas Aquinas CSS	4:37.70	
2. Kirsten Stewart	Newmarket HS	4:38.16	
3. Laura Morrison	Catholic Central - London	4:38.26	
4. Michelle Molodynia	A.N. Meyer- Niagara Falls	4:38.29	
5. Katie Fleisher	Northern CI & VS	4:39.23	
6. Karley Rempel	E.L. Crossley SS	4:39.59	

3000m			
1. Carise Thompson	Highland SS	10:10.63	
2. Colleen Hennessy	St. Thomas Aquinas CSS	10:12.65	
3. Madeline Davidson	Northern SS	10:14.64	
4. Karley Rempel	E.L. Crossley SS	10:17.94	
5. Domi Jamnicky	Cobourg West CI	10:20.51	
6. Kaitlyn Oliver	Aurora HS	10:20.97	

100m Hurdles			
1. Chanice Taylor	Notre Dame - Ajax	13.65	
2. Ashley Maddex	Rockland DHS	13.71	
3. Rita Rudell	Peninsula Shores DSS	14.38	
4. Serena San Cartier	Lo-Ellen Park SS	14.62	
5. Sarah Swain	Chippewa SS	14.89	
6. Devyani Biswal	Robert Borden HS	15.05	

400m Hurdles			
1. Kelsey Balkwill	Essex DHS	59.48	
2. Ashley Maddex	Rockland DHS	59.51	
3. Brittany Lewis	St. Clair SS	1:00.49	
4. Ocian Archer	Innisdale SS	1:00.80	

5. Tynelle Taylor	Notre Dame - Ajax	1:03.24
6. Caitlyn MacMillan	Saugeen DSS	1:03.26

4x100m

1. Mary Ward CSS	Scarborough	48.09
2. St. Marguerite D'Youville	Brampton	48.39
3. John F. Ross	Guelph	48.57
4. St. Thomas Aquinas	Brampton	48.61
5. Father Henry Carr	Toronto	48.67
6. St. Marcellinus SS	Mississauga	48.83

High Jump

1. Rita Rudell	Peninsula Shores DSS	1.73m
2. Portia Ball	La Salle - Kingston	1.70m
3. Courtney Olah	St. Paul - Niagara Falls	1.70m
4. Emma Suiciak	E.L. Crossley SS	1.67m
5. Flo Peters	Grand River CI	1.64m
6. Julie Ethier	Fellowes HS	1.64m

Pole Vault

1. Karleigh Parker	College Ave. SS	3.75m R
2. Bailey Arnott	Lester Pearson - Gloucester	3.15m
3. Kendall Darnay	St. Michael - Niagara Falls	3.15m
4. Sarah Swain	Chippewa SS	3.05m
5. Marielle Harper	Kitchener Waterloo CI	3.05m
6. Tessa Bartha	Emily Carr - Vaughan	2.90m
6. Jordan Leonard	St. Joseph's - Barrie	2.90m
6. Christine King	Martingrove CI	2.90m

Long Jump

1. Caroline Ehrhardt	Espanola HS	5.87m
2. Ashlea Maddex	Rockland DHS	5.65m
3. Chanice Taylor	Notre Dame - Ajax	5.54m
4. Kristin Bujnowski	Holy Cross - Strathroy	5.44m
5. Devyani Biswal	Robert Borden - Nepean	5.38m
6. Krista Dillon	John McCrea- Nepean	5.38m

Triple Jump

1. Caroline Ehrhardt	Espanola HS	12.81m R
2. Julia Stille	Lisgar CI	12.19m
3. Taylor Neeley	Uxbridge HS	12.17m
4. Kelly Bedek	St. Joseph's - St. Thomas	11.72m
5. Krista Dillon	John McCrea - Nepean	11.61m
6. Courtney Olah	St. Paul - Niagara Falls	11.51m

Shot Put

1. Rayann Chin	Dunbarton HS	12.82m
2. Sarah Vandeneynnden	Strathroy DHS	12.44m
3. Allison Loyst	St. Joseph's - North Bay	12.26m
4. Madison Johnston	Eastview SS	11.63m
5. Wumi Agunbiade	Dunbarton DHS	11.52m
6. Jacinta Cowan	St. Joseph's - Windsor	11.47m

Discus Throw

1. Rayann Chin	Dunbarton HS	43.39m
2. Jill Van Damme	Bluevale CI	37.87m
3. Sarah Vandeneynnden	Strathroy DHS	36.67m
4. Ashley Widmont	Frontenac SS	36.01m
5. Katie Klodnicki	Grimsbly SS	35.38m
6. Julie Sleeth	Sydenham HS	34.79m

Javelin Throw

1. Madison Johnston	Eastview SS	41.42m
2. Jessica Hitchcock	Sandwich SS	40.53m
3. Milica Kulidzan	Riverside SS	40.32m
4. Karleigh Parker	College Ave. SS	40.04m
5. Whitney Nicholas	Hagersville SS	39.72m
6. Christine Ausman	É.S.P. De La Salle	36.34m

1500m Steeplechase - Open

1. Katie Codyre	Courtice SS	5:02.33
2. Stephanie Truelove	St. Joseph's - Barrie	5:03.00
3. Kayla Deighan	Sacred Heart HS	5:05.33
4. Zeinab Baydoun	Vincent Massey SS	5:09.70
5. Samantha Kellam	General Amherst DHS	5:11.55
6. Emily Dulhanty	Loyola - Mississauga	5:12.60



4x400m Relay

1. Mary Ward CSS	Scarborough	48.09
2. St. Marguerite D'Youville	Brampton	48.39
3. John F. Ross	Guelph	48.57
4. St. Thomas Aquinas	Brampton	48.61
5. Father Henry Carr	Toronto	48.67
6. St. Marcellinus SS	Mississauga	48.83

Girls' 100m Ambulatory

1. Leah Robinson	Regina Mundi College	16.03
2. Sylvia Crevier	St. Patrick's - Sarnia	16.66
3. Virginia McLachlan	Assumption CI	16.69
4. Panilla Madsen	Collingwood CI	18.09
5. Lena Worner	Listowel DSS	19.08
6. Sally Anderson	Bishop Tonnos CHS	19.43

Girls' 800m Wheelchair

1. Jurnee Stadnisky	St. Basil the Great	8:08.96
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Midget Boys 100m

1. Andre Azonwanna Ford	James Cardinal McGuigan	11.14
2. Matthew Boateng	Upper Canada College	11.64
3. Brandon Bobb	St. Charles Garnier	11.69
4. Terrence Constantine	Emery CI	11.76
5. Deion Barker	St. Marcellinus SS	11.83
6. Blake Mariette	Maximilian Kolbe	11.92

200m

1. Andre Azonwanna Ford	James Cardinal McGuigan	21.77
2. Terrence Constantine	Emery CI	22.92
3. Matthew Boateng	Upper Canada College	23.16
4. Breyden Miller	North Park C & VI	23.37
5. Kyle Powell	St. Roch CSS	23.55
6. Blake Mariette	Maximilian Kolbe	23.58

400m

1. Andre Azonwanna Ford	James Cardinal McGuigan	50.95
2. Jordan Sherwood	Cameron Heights CI	51.53
3. Joel MacDonald	É.S.P. Louis Riel	51.86
4. Mitchell Mazzuca	St. Basil the Great	52.18
5. Matthew Viveiros	Michael Power HS	52.26
6. Michael Petrasso	St. Jean de Brebeuf - Vaughan	53.24

800m

1. Alexander Freemant	Sacred Heart HS	1:56.34
2. Shane Favit	Richview CI	1:59.26
3. Mickey Day	Holy Trinity - Kanata	1:59.40
4. Matthew Viveiros	Michael Power HS	2:01.45
5. Lukas Jarron	Pickering HS	2:02.16
6. Connor Musselman	Centre Dufferin DHS	2:02.97

1500m

1. Matt Stephenson	R.S. McLaughlin SS	4:03.76
2. Alexander Freemant	Sacred Heart HS	4:04.10
3. Nick Kondrat	Hammarskjold HS	4:06.76

4. Jeremy Coughler	Port Hope HS	4:08.14
5. Ryan Sleiman	Kingsville DHS	4:09.20
6. Phillip Messina	St. Michael's College	4:09.37

3000m

1. Matt Stephenson	R.S. McLaughlin SS	8:55.75
2. Ryan Sleiman	Kingsville DHS	8:56.64
3. Ben Flanagan	St. Mary's - Kitchener	8:57.38
4. Phillip Messina	St. Michael's College	8:59.87
5. Jeremy Coughler	Port Hope HS	9:09.92
6. Brandon Allen	General Amherst DHS	9:18.84

100m Hurdles

1. Yazin Joseph	Pickering HS	13.93
2. Aaron Stemmler	St. David - Waterloo	14.01
3. Luke Dailleboust	F.E. Madill SS	14.09
4. Ben Craik	Saunders SS	14.38
5. Jordan Sherwood	Cameron Heights CI	14.41
6. Jacob Plunkett	Arnprior DHS	14.41

300m Hurdles

1. Jordan Sherwood	Cameron Heights CI	40.01 R
2. Aaron Steemler	St.David - Waterloo	41.13
3. Jarred Kerr	St. Edmund Campion	41.36
4. Terrin Stachiw	Fr. Leo Austin SS	42.76
5. Sam Beckerman	North Toronto CI	43.29
6. Kayne Winsborrow	Pickering HS	43.47

4x100m Relay

1. Pickering HS	Ajax	45.30
2. Sir John A MacDonald CI	Scarborough	46.25
3. Resurrection CSS	Kitchener	46.96
4. St. Mary's	Kitchener	47.25
5. Cardinal Newman HS	Toronto	47.32

High Jump

1. Dushawn Johnson	Notre Dame - Ajax	1.83m
2. Blake Scheerhoorn	Quinte Christian College	1.80m
3. Javon Bryce	Eastern Commerce CI	1.80m
3. Michael Amah	St. Basil the Great	1.80m
5. Trevor Way	Vincent Massey SS	1.77m
5. Jeff Greenblatt	Heart Lake SS	1.77m

Pole Vault

1. Brian Choja	Oakridge SS	3.30m
2. Connor Young	Saunders SS	3.20m
3. Elijah Kalenuik	Ridgeway-Crystal HS	3.10m
3. Jesse Marcil	Ridgeway-Crystal HS	3.10m
5. Lawson MacDougall	Charlottenburgh DHS	2.95m
6. Joel Laing	Uxbridge SS	2.95m

Long Jump

1. Deion Barker	St. Marcellinus SS	6.43m
2. Sylvain Mbuyamba	Lester Pearson-Gloucester	6.28m
3. Jacob Taveirne	Essex DHS	6.26m
4. Mitchell Taveirne	Essex DHS	6.13m
5. Ryan Baskin	Aurora HS	6.12m
6. Aaron Trivino	Pope John Paul II-Toronto	6.05m

Triple Jump

1. Braden Cok	Sir John A Macdonald CI	13.21m
2. Danny Ly	Maple SS	13.21m
3. Mitchell Taveirne	Essex DHS	12.60m
4. Tyrell Smith	F.E. Madill SS	12.46m
5. Al Itani	Colonel By SS	12.27m
6. Kanoa Gaudreault	É.S. Marc Garneau - Trenton	12.12m

Shot Put

1. Vincent Gionet	Hillcrest SS	15.44m
2. Michael Blackwood	Don Bosco HS	14.26m
3. Josh Vandeven	Strathroy DCI	14.21m
4. Josh Shepley	Belle River DHS	13.94m
5. Mike Collins	Belle River DHS	13.80m
6. Ryan Kujawinski	Iroquois Falls SS	13.45m

Discus Throw

1. Ryan Hunter	É.S. Algonquin	49.57m
2. Darby Charkavi	Bishop Smith CHS	48.36m
3. Josh Vandeven	Strathroy DCI	45.67m
4. Wesley Souliere	Bishop Smith CHS	45.64m
5. Trey Fuller	Dunbarton HS	42.42m
6. Brett David	Opeongo HS	41.33m

Javelin Throw

1. Josh Shepley	Belle River DHS	55.97m
2. Tyson Forrest	Hagersville SS	49.67m
3. Ryan Smith	Vincent Massey SS	47.49m
4. Chad Kuiack	St. Joan of Arc - Barrie	47.32m
5. Dylan Lecuyer	Arnprior DHS	46.82m
6. Lorne Hancock	Port Credit SS	46.11m

Junior Boys 100m

1. Steven Ajayi	Neil McNeil HS	11.11
2. Wesley Best	J.C. Richardson CI	11.17
3. Drelan Bramwell	Northern SS	11.40
4. Angus Jon-Pierre	Ascension of Our Lord	11.46
5. Julian McGarvey	Michael Power HS	11.50
6. Shemar Anglin	Bill Crothers SS	11.51

200m

1. Steven Ajayi	Neil McNeil HS	21.95
2. Wesley Best	J.C. Richardson CI	22.18
3. Drelan Bramwell	Northern SS	22.55
4. Andre Wright	Dunbarton HS	22.59
5. Shemar Anglin	Bill Crothers SS	22.70
6. Evander Cobbold	Mary Ward CSS	22.90

400m

1. Brandon McBride	W.F. Herman - Windsor	48.58 R
2. Rayshaun Franklin	Stephen Leacock CI	49.30
3. Denroy Jean-Jacque	Immaculata - Ottawa	49.53
4. Jermaine Stephenson	St. James - Guelph	50.25
5. Dylan Dimock	Father Redmond HS	50.26
6. Jaylan Hayles	Maxwell Heights	50.69

800m

1. Shawn Master	Northern SS	1:59.02
2. Triphon Moodie	St. Joan of Arc	1:59.25
3. Corey Bellemore	Riverside SS	1:59.57
4. Jerry Colaluca	Catholic Central-Windsor	1:59.58
5. Sebastian Saville	Colonel By	2:01.27
6. Adam Rowles	Highland SS	2:01.28

1500m

1. Adam Palamar	Merivale HS	4:03.77
2. Shawn Master	Northern SS	4:05.27
3. Chris Hutton	Sir Winston Churchill SS	4:06.17
4. Stuart Thibert	Port Perry HS	4:07.82
5. Jerry Colaluca	Catholic Central-Windsor	4:09.66
6. Nick Holden	Quinte SS	4:10.02

3000m

1. Adam Palamar	Merivale SS	8:53.12
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2. Brandon Kirkup	Dunbarton HS	9:02.47
3. James Milton	St. David - Waterloo	9:05.23
4. Matt Druken	St. Joseph's HS	9:05.79
5. Nick Holden	Quinte SS	9:09.25
6. Christopher Moyer	Notre Dame - Ajax	9:09.26

100m Hurdles

1. Mitch O'Donnell	Forest Heights CI	13.71
2. Brandon Gow	Belle River DHS	13.73
3. Nicolas Katulic	Centennial - Welland	14.18
4. Matthew Loparco	St. Michael's College	14.19
5. Andre Wright	Dunbarton DHS	14.23
6. Chris Green	Cameron Heights CI	14.26

300m Hurdles

1. Braydon McBride	W.F. Herman SS	38.45 R
2. Dylan Dimock	Father Redmond HS	39.13
3. Brandon Gow	Belle River DHS	39.58
4. Shawn Beaudoin	Sandwich SS	39.81
5. Daniel Desgroseille	Merivale HS	39.90
6. Zack Hildebrand	Westlane SS	40.87

4x100m Relay

1. W.F. Herman SS	Windsor	43.50 R
2. Bill Crothers SS	Markham	43.62
3. Sandwich SS	Windsor	44.34
4. Michael Power HS	Toronto	44.72
5. Pine Ridge SS	Pickering	44.82
6. Northern SS	Toronto	44.87

High Jump

1. Jake Williams	Northern SS	1.97m
2. Leeson Guay	All Saints	1.89m
3. Kiefer Thompson	Pentanguishene SS	1.86m
4. Hwang Lee	Westdale SS	1.86m
5. Cyprian Osei	St. Marguerite D'Youville	1.81m
6. Kevin O'Halloran	Collingwood CI	1.81m

Pole Vault

1. Nik Hoediono	Sir John A Macdonald CI	4.20m
2. Emil Larsson	Sir John A Macdonald CI	3.65m
3. Matt Hartley	Saunders SS	3.55m
4. Andrew Michalak	Notre Dame - Welland	3.55m
5. Victor Falvo	Laura Secord SS	3.45m
6. Sam Venis	Vaughan Road CI	3.30m

Long Jump

1. Mitch O'Donnell	Forest Heights CI	7.09m R
2. Divy Thasaranthan	Bill Crothers SS	6.69m
3. Marc Rasing	Brebeuf College	6.45m
4. Austin Lanteigne	St. Patrick's - Sarnia	6.33m
5. James Sylvester	Eastern Commerce CI	6.19m
6. Blake McPherson	Governor Simcoe SS	6.02m

Triple Jump

1. Mitch O'Donnell	Forest Heights CI	14.34m R
2. James Sylvester	Eastern Commerce CI	13.63m
3. Omar Anglin	Bill Crothers SS	13.61m
4. Divy Thasaranthan	Bill Crothers SS	13.50m



5. Matthew Fontanna	Brampton Christian	13.34m
6. Tevin Wheatley	Fletcher's Meadow	13.24m
3. Jahlan Malcolm-Joseph	Erindale SS	13.08m

Shot Put

1. Peter Nikolovski	Malvern CI	17.26m
2. Brandon Deslaurier	Napanee DSS	17.15m
3. Josh Dame	Essex DHS	17.15m
4. Tyler Renton	Christ The King SS	17.05m
5. Anojan Sivalingam	Albert Campbell CI	16.12m
6. Daniel Polinski	Philip Pocock SS	16.10m

Discus Throw

1. Blake Thompson	St. Joseph's - Barrie	63.98m
2. Brandon Deslaurier	Napanee DSS	55.32m
3. Josh Dame	Essex DHS	55.00m
4. John Krzyszkowski	Philip Pocock SS	54.76m
5. Rob Osborn	Ridgeway - Crystal Beach	51.53m
6. Thomas Godwin	Saugeen SS	49.63m

Javelin Throw

1. Tyler Renton	Christ The King SS	59.69m
2. John Krzyszkowski	Philip Pocock SS	58.89m
3. Evan Karakalis	Birchmount Park CI	58.40m



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