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# Sweat

spring 2012



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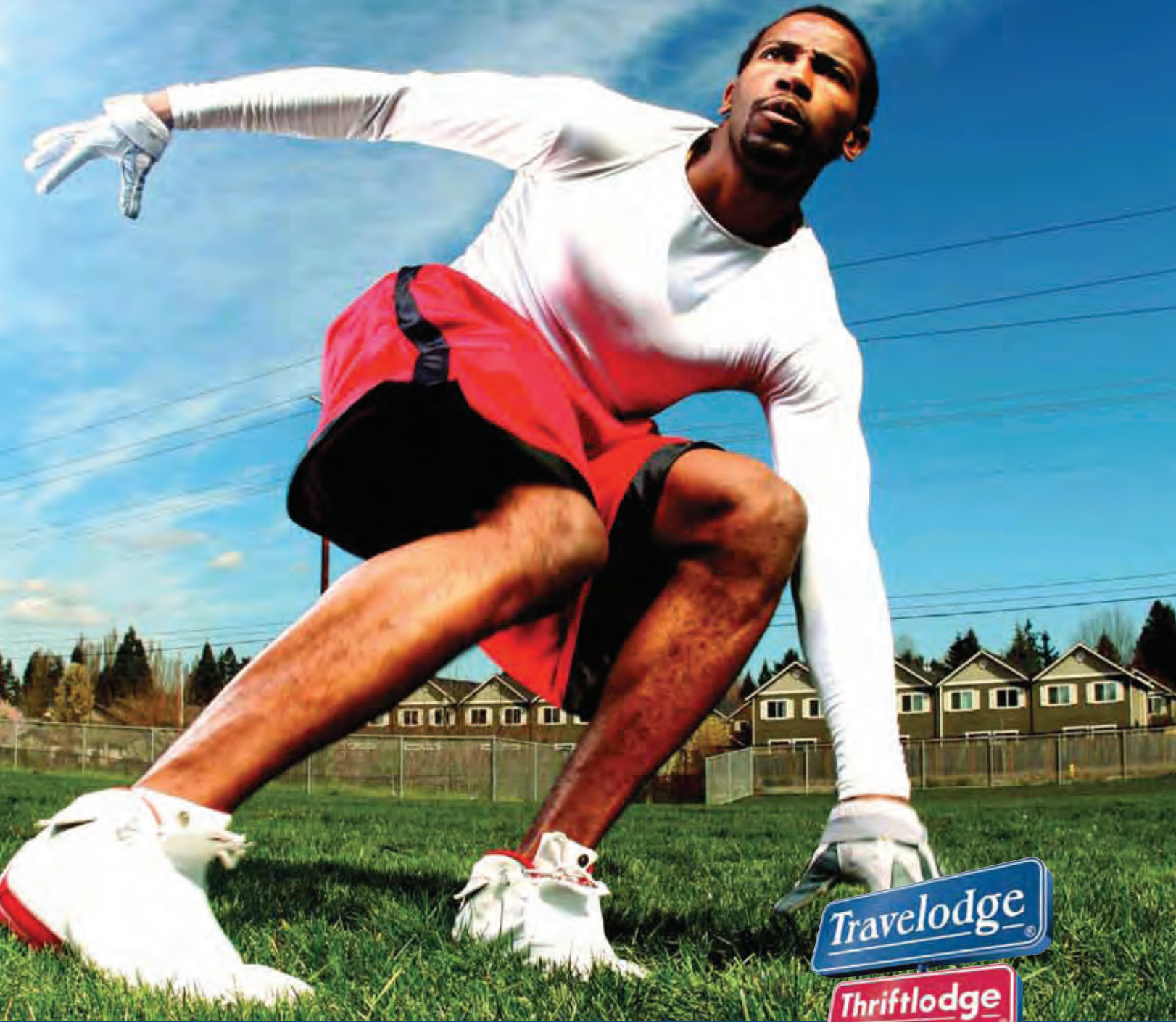
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## EDITOR'S LETTER

When I was first asked to become editor-in-chief my reaction could be summed up by a Douglas Adams quote: "Anyone who is capable of getting themselves made President should on no account be allowed to do the job."

As challenging as it may have been, being the editor of this magazine has been an honour and a privilege at the end of it all.

*Sweat* itself may be a saline secretion our bodies get rid of to cool down. But what it represents is hard work and dedication that applies not just to the athletes and coaches of the OCAA, but also the people who put together this magazine.

Our team has come through in the clutch like when Joe Carter hammered a 2-2 slider down the left field line in game of six of the 1993 World Series. After all the laughing crying and yes, sweating, we were able to deliver when it counts.

A pervasive theme throughout this issue has been overcoming hardships, whether they may be adversities in the personal lives of athletes or societal challenges.

Marlee Greig tells the story of Loyalist College basketball player, Matthew Miller's journey from being diagnosed with cancer to becoming the team's top scorer this year.

Jeff Doner and Victoria Nash shares stories about coping with psychological anxieties in sport.

Jillian Cecchini tells how much progress we've made, and how far we have to go regarding gender equality in post-secondary level sports.

Some other stories include Erin Jones' look at the lifetime achievements of 'supercoach' Diana Drury. We even have some exposés of alternative sports, including Danielle Perry's story on equestrian.

It's been a long time coming, but I speak for all of *Sweat's* masthead when I say we're proud of our final product.

- Daniel Green

## LETTER FROM THE PRESIDENT

Welcome to the Spring 2012 edition of *Sweat Magazine*.

This year marks the 11th anniversary of *Sweat* and the partnership between the OCAA and the Humber College Journalism program to produce this award-winning magazine. On behalf of everyone in the OCAA, I would like to thank the Faculty at Humber and to the hundreds of students who have contributed to this great magazine over the last 11 years.

2011-2012 was a banner year in the OCAA with eight National Championship wins. Congratulations to all of our student-athletes for a great year and in particular the following colleges, student-athletes and coaches for their success at the National level:

**Golf:** Durham College – Women's Team National Champions, Humber College – Men's Team National Champions, Adrian Cord, Humber College – Men's Individual National Champion, Katie Ferguson, Georgian College – National Coach of the Year

**Cross Country Running:** Humber College - Women's Team National Champions, OCAA – Men's and Women's Conference National Champions

**Soccer:** Keyla Moreno, Humber College – National Women's Soccer Player of the Year

**Volleyball:** Humber College – Men's National Champions, Terrel Bramwell, Humber College – National Men's Player of the Year

**Basketball:** Mohawk College – Men's National Champions, Jovain Wilson, Algoma University - National Men's Player of the Year

**Curling:** Fanshawe College - Men's National Champions, Fanshawe College - Women's National Champions

Over the coming summer months the OCAA will continue to look at various aspects of our association to ensure that our student-athletes are getting the best possible academic and athletic experience while they compete in the OCAA. The review will include a look at competition structures, concussion protocols, and the introduction of new and emerging sports.

I urge everyone to sit back, relax and enjoy this 22nd edition of *Sweat*.

-Fred Batley, OCAA President

## BRIEFS

### REMEMBERING A GREAT COACH

Highly celebrated Durham College women's volleyball coach Stan Marchut passed away in March at age 74. Well known as Stan 'The Man', he won CCAA coach of the year in 1999 and six OCAA coach of the year awards.

With Marchut's guidance the women's volleyball team made the playoffs 23 times, missing out only once in his 24-year career. He led his teams to more than 350 wins, the highest in CCAA history.

"He's one of the people that comes along once in a while and changes everything," says Ken Babcock, Durham College and UOIT's athletic director.

"He's deserving of a whole bunch of things we can't even give to him."

### NIAGARA TO HOST 2013 MEN'S VOLLEYBALL CHAMPIONSHIPS

Niagara College announced in March that it will be hosting the Canadian Collegiate Athletic Association (CCAA) Men's Volleyball Championships in 2013.

Sandra Murray-MacDonell, CCAA executive director, says the decision was unanimous.

"Niagara College has a reputation of hosting superb events, most recently the 2011 CCAA Women's Basketball National Championships," said Murray-MacDonell. "It is comforting to know the host committee can provide a standard of excellence both technically and administratively that is second to none."

The championships will be held at the Welland campus.

"We look forward to welcoming the best of collegiate volleyball in 2013," said Niagara College's Acting President Steve Hudson. "Our Athletic Centre was built to host provincial and national-level sporting events."

### FALCON FLIES OUT

Fanshawe Falcons men's basketball coach Glenn Johnston is stepping down after 35 years at the helm of the team.

He led the squad to OCAA championships from 1978 to 1981, and captured the gold again in 2004 and 2007. The Falcons also seized the national championship titles in 1980 and 1981. The team took the OCAA bronze medal this year.

Johnston was the 1996 Canadian Colleges Athletic Association coach of the year and had a 400-195 career record, undefeated in the 2006-2007 season.

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# PHOTO CONTEST



Top Right: Dave Carter.  
Bottom Right: Sarah Bulmer  
Left: Jess Raymond



# IT TAKES TWO TO TANGO

BY TYLER DAVIE

**B**link and you might miss the action, look at your watch and you might miss a game.

Badminton is a sport of speed and strategy, and singles games tend to be a matter of overpowering or outmaneuvering an opponent.

Jokingly, but incorrectly, referred to as “singles with interference,” the mixed doubles event challenges players and coaches to work differently. Players position themselves and their shots differently to compensate for the speed of the women at the net and the power of the men at the ends.

Overpowering opponents is usually ruled out for women as they face off against the serves, carries, and other shots in the male players’ arsenal. Men are thrown off balance by low shots coming from the net or mid-court.

“The guy works a lot harder,” says Karen Williams of the St. Clair Saints.

“You can tell,” says her partner Luc Su, drenched in sweat after chasing down shots in the back of the court placed by his opponents to make him run as much as possible. “Strategically, you’re trying to make the other guy work harder than you,” says Su.

A harsh reality of the co-ed sport: “You’re supposed to pick on the girl,” Williams says.

Even after playing against a particular pair, they can still surprise you, says Humber Hawk Renee Yip, a 2010 CCAA mixed doubles national gold medalist. This year she won gold in women’s doubles for OCAA and bronze for CCAA and is competing for a spot at the World University Badminton Championship this November in South Korea.

“You’ll find the strengths of the other players, and decide ‘if they go there, try shooting here,’” she says. “Then they might take a shot you wouldn’t expect.”

This can be all the more surprising after playing and watching your opponents for 30 hours in a gym at invitational tournaments. The OCAA’s badminton schedule consists not of regular games every week through the season, but several invitational tournaments where players can try out all the events. The coach chooses which one they will play in at regionals.

“When I look at a game, I ask how men and women can make a better team,” says Humber Hawks coach, Lam Trinh.

Trinh says he looks for men to take control shots and compensate power with recovery time.

Kien Tran of the Mohawk Mountaineers says he has to change his style from how he would play in a men’s doubles game.

“I’ve got to not lift as much,” says Tran. “I try to shoot cross-court a lot, push it past the girl, so it lands right behind the girl but right in front of the guy.”

He says this leaves the male opponent with two options: he can clear it, or make a rather challenging drop shot.

Trinh says women should move quickly at the net and set up good chances.

“They should change the speed of the game and not let the opponent keep up,” he says. “They should get the opponents off of their timing, and force them to shoot out of bounds.”

Yip says that she has to move faster in mixed doubles because she is



Mohawk Mountaineers mixed doubles badminton team serves up at OCAA west regionals.

no longer overpowering the opponents. She also isn’t covering opponents as directly step-for-step, and is running over a smaller area.

“It’s not always that way,” she says. “It depends on the partnership.”

The zoning of the players does not change often; with the woman remaining at the front, says Mohawk Mountaineers head coach Tony Leite. This only changes when a defensive position is used (side-to-side), but teams always revert to the original positioning.

“Cohesiveness is always key when playing mixed doubles and you have to be fluid and very agreeable,” he says. “It’s a very motivational event, where you each have to keep each other up and keep encouraging each other to play well because of a mix of states.”

Yip says that when she started in high school, she played with her older brother, Simon.

“In high school, we fought a lot on the court,” she says. “Now that we’ve matured, the times we play together people are surprised and ask, ‘Where did the fighting go?’”

She says that other partners work better since she started physical training with the team. In 2010, she won the national championship with Raymond Wong.

Leite says that physical training for women has been one of the biggest changes in the sport because women are faster and more aggressive than they used to be.

Yip says she still prefers the strategy of mixed but has played women’s doubles in the regional tournament this year, after capturing OCAA gold with Alyssa Woon last year.

“I do better in women’s where I get to use more power, more footwork, where the training really prepares you,” she says. “But I prefer doubles because in singles you really have to run a lot.”

Just don’t tell that to the men chasing down shots in back of the court.

Dealing with alternating speed and power while trying to keep the opponent off balance requires a different sort of play from both players. Winning requires mastery of these basic dynamics and the reflexes to deal with deviation from them. **S**

PHOTO COURTESY OF KIEN TRAN





CCES president Paul Melia

# A QUESTION OF ETHICS

BY JAN VYKYDAL

Drug use is a hot-button issue in the sporting world. From April 1, 2010 to March 31, 2011, the Canadian Centre for Ethics in Sport reported 30 anti-doping rule violations. It conducted 950 urine and blood in-competition tests and 2,329 out-of-competition tests, for a total of 3,234 tests across Canada.

Performance-enhancing drugs can come in many forms, ranging from the black-and-white realm of anabolic steroids and blood doping to the fuzzy grey areas of caffeine and ephedrine. Below is an edited transcript of an interview with Paul Melia, president and CEO of the CCES – the regulatory body that checks for doping in all Canadian sports.

## Q: Why do athletes first start using performance-enhancing drugs?

A: You get that general awareness [of doping] going on in gym culture, which is the first step in the process. Then when you get the circumstances around an athlete where they are looking for that edge, there's an incentive associated with that, the fame and fortune – and I know there isn't typically as much of that in college and university sports, but on some level there is, and it could be as simple as being a big man on campus because they made the football team – it's that constellation of factors that are involved.

But at the same time you have to remember that not every athlete that is subjected to all of those factors decides to dope. In fact, the vast majority of them don't, and the reasons for that are the positive values that have been instilled in that individual from a very young age in sports from the time they entered sports.

## Q: Speaking of colleges and universities, how difficult is it to check for doping there?

A: Our anti-doping work is targeted at the Olympic athletes. So in very rough terms, around 10 per cent of the CCES's budget (the CCES spent just under \$7 million on prevention and promoting awareness about doping in Canadian sports, according to the CCES' 2010-2011 report) goes towards universities and colleges, and that athlete pool numbers at around 10,000 athletes. We have to choose the sports where we think the greatest risk of doping is, and then we have to look at our capacity to carry out testing in those sports, both in competition and out of competition. I think it's fair to say that we don't have enough

resources to do the kind of education that we'd like to do at that level. We certainly don't have the kinds of resources necessary to carry out testing among such a large population of athletes to really be able to detect the cheaters and to create a presence for our testing program that would give an athlete the sense that they could be tested anytime, anywhere.

## Q: Which sports are the most at risk?

A: Well no sport is immune from doping, but having said that, there are sports where doping is more prevalent. Football is certainly a sport that we would consider high-risk, because of the strength involved. The drugs of choice there are testosterone, anabolic steroids, and human growth hormone.

Athletics such as sprint and throwing events are also high-risk. There are other sports, endurance sports such as cross-country skiing or marathon-running for example, where the ability of the body to get oxygen to the muscles is important – those sports are vulnerable to other doping agents like EPO (erythropoietin) or blood doping (taking blood out of an athlete's body, oxygenating it, and re-infusing it).

But there are other sports where major stimulants can be tremendously valuable. Hockey is maybe a good example of a sport where stimulants can be tremendously advantageous, if you fire up the central nervous system with ephedrine or large amounts of caffeine or other stimulants.

## Q: Why don't people on teams who think their teammates might be doping tell anyone?

A: You have ... this sort of notion that you don't ask and you don't tell. You may be on a team, and you may look at a team-

mate and think, 'Whoa, that guy's really cut' ... and you wonder if they're doping, but you don't ask them. And those who may be doping, they don't tell their teammates. That becomes a much more subtle form of pressure, I think, because it's all based on assumptions and speculation. But we know it plays a role in creating the norms that make it OK for those who choose to go down that road.

## Q: Where do supplements fit in all this?

A: This whole area of supplementation is an area where the supplement industry is not regulated to the same extent the drug industry is, or the food industry is, so you've got a lot of products that are out there that can be contaminated with banned substances, even if it's not marked on the label. Methylhexanamine, for example, is one that's turned up a number of times in our tests recently, and the athletes have claimed that they didn't know they took it. They were taking a supplement, and it was in the supplement.

## Q: What can be done to prevent doping?

A: One of the things we have found is that coaches need to be much more explicit in their stand against doping in sport. It's not enough to talk about it once at the beginning of the year and then not address it again throughout the whole season. It's something that needs to be repeatedly emphasized as not part of a coach's approach to an athlete's development or the culture of that team.

You need a program that's going to catch the cheaters, and you need a program that's going to have a presence that athletes feel confident that the cheaters are being caught and that they can compete on a level playing field against clean athletes. **S**

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# BUILDING BETTER SOCCER

BY SAMANTHA EMANN

Redeemer University College on the outskirts of Ancaster, Ont. looks quiet and unassuming. Behind the small campus are a couple rows of residence townhouses, trees and a parking lot. A bright, white dome stands out against its muted surroundings. Inside, the relative silence of the campus is shattered by the sound of the Redeemer Soccer Invitational going on within. Divided by tall white walls of net that don't come close to touching the roof of the brightly lit dome, coaches shout orders, players encourage their teammates and other squads sit on the sidelines waiting for their chance to try out the bright green turf.

The new stadium, likened to Toronto's BMO facility, encloses a 70 by 110 yard artificial turf field that was built to FIFA regulations. According to Redeemer's athletic director, Dave Mantel, it brings new life and also new hope to the campus, its athletes, the surrounding community and even soccer in Ontario. Redeemer athletics officials hope it will bring notoriety not only to Redeemer's teams but also to the school itself.

Mantel says so far, reaction and feedback about their new addition has been very positive.

"I have witnessed it myself – being in the facility and watching people walk into the dome is a lot of fun because the immediate reaction is, 'wow, this place is huge – this place is really nice,' and every coach had good things to say at the OCAA event," says Mantel.

The stadium was built in partnership with

all three levels of government, as well as the Ancaster Soccer Club, which also plays and trains in what has been dubbed, "The Dome." The club raised more than \$600,000 towards the stadium's construction, while the different levels of government and Redeemer contributed the remainder.

Caell Huyer, director of soccer development and campus recreation and women's varsity soccer coach for Redeemer, says the stadium will help Redeemer's teams train and play better all year and build on their soccer programs.

Mantel agrees with Huyer and says he thinks the turf especially allows players to be more consistent in their play and practices, which is something they lacked when playing on the bumpier outdoor field they used before.

"It makes it a lot more predictable. The bounces are clean, the passing is more accurate and so the teams can play at a higher pace and they can use their skill. It allows us to play soccer the way it was meant to be played," says Mantel.

The benefits of the stadium go well beyond the athletic department.

"As a private institution and a young institution of about 25 years or so, we are not that well known and recognized – even in our local community – as much as we could have been until this facility [was built]," says Mantel. "Having it here and partnering with a local organization, like the Ancaster Soccer Club, all of a sudden allows us to welcome thousands of community members onto our campus to experience Re-

deemer, to see our campus and our institution and all the great things we have to offer."

At the Invitational on Feb. 4, players from Redeemer met teams from all over Ontario, including top teams from Sheridan and Humber.

Mantel says the new stadium is a major improvement in that it alleviates traffic in the gym for the school's other varsity teams to practice and play, and creates a place for recreational and leisure activities.

Huyer says he hopes the stadium is not only going to help improve their own teams, but also teams in the area and even the province.

"We can have our own ideas about how we want soccer to grow but if it doesn't start at the grassroots then it will never develop. More facilities like this give people more and more opportunities to train in the winter when they would otherwise be playing hockey or basketball."

Mantel says Redeemer has big plans for the new soccer stadium and hosting OCAA regional and provincial tournaments is just the beginning.

Mantel has been contacted about hosting showcases for elite clubs in the province in the immediate future, and has hopes for holding some larger ones in the future.

"I could also see some OFSAA (Ontario Federation of School Athletic Associations) championships and some opportunities for us to offer training to international teams coming in for competitions like the 2015 Pan Am Games." **S**

**"It allows us to play soccer the way it was meant to be played"**

**-Dave Mantel, Redeemer Athletic Director**



*Peanut butter and jelly, salt and pepper, Bert and Ernie,*

# AUKS & KNIGHTS ...WAIT, WHAT?

BY EMILY INNES



**A**uks and Knights are perhaps not the most obvious pairing, but Fleming College is hoping to bring the two mascots and varsity athletic programs together in a harmonious manner. Fleming's campuses have had separate athletic programs and identities for more than 40 years. The Peterborough campus has been home to a gold and green armoured Knight, and the Lindsay Frost campus has been represented by the black and white Auk, a bird that resembles a penguin. Now, the college is working through the challenges of combining two distinct athletic programs.

"We were looking at our varsity program based on both campuses and our goal ... is to have the strongest team possible to put into the OCAA and CCAA," says Geoff Matthews, manager of athletics and recreation at Fleming College. "So we thought ... instead of having two of everything, combine our limited resources and have a stronger team on both campuses."

The merger has been in the works for almost two years now, and it was officially announced at the end of 2011 that the 2012-2013 season would be the first to have an amalgamated varsity and athletics program. The decision was made to use resources more efficiently and to make the varsity teams more competitive. The athletic department made the transition slowly to try to ensure faculty and students' needs are met, finances are redirected appropriately and strong bonds are formed between the campuses.

The Peterborough campus has just fewer than 5,000 students and approximately 1,800 students attend Lindsay's Frost campus. The Peterborough Knights compete in the OCAA in basketball, cross-country, curling, golf, indoor soccer, men's rugby, soccer and volleyball, while the Frost Auks have men's and women's rugby and curling. The merger will move the Lindsay curling and men's rugby teams to Peterborough,

and the Women's rugby team to Lindsay until the new soccer and rugby fields in Peterborough are complete.

Meagan Grabowski, who has played rugby for Lindsay for two years, says the women's rugby team is excited about receiving new fields and better funding. "We will be playing on an actual field rather than an abandoned baseball diamond," she says.

Students from both campuses participated in the creation of a new nickname for Fleming College's athletic and varsity program by submitting their suggestions. A panel of students, teachers, faculty representatives from both campuses, and the board of colleagues narrowed down the options and at the time *Sweat* went to press two names were still in consideration: the Fleming Frontiers or the Fleming Meridians.

"We want to brand it ... and make up T-shirts, sweaters and uniforms," says Matthews. The new name also requires the gym floors at the Peterborough facilities to be refinished to change the existing "Home of the Knights" logos.

Matthew Fair, who has played on Lindsay's rugby team for three years, says he will miss the humour of their old mascot. "It was fun being an Auk because we sort of poked fun at it ourselves. But, it is not that big of a deal [to lose it] if we are going to become a better rugby squad."

Matthews says not duplicating teams and athletic services frees up money that will be re-invested into varsity programs. The money will go to meal plans for athletes when traveling, and more scholarships. For the first time, the college is allocating \$15,000 towards athletic scholarships at the Peterborough campus, and \$5,000 for the Frost campus. In the past, no amount was ever predetermined and the money was often received by donations.

The transition will require a restructuring of departments, but Matthews says, "no jobs will be affected." He says bringing the coaches to-

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gether will provide more expertise and knowledge to athletes, and coaches themselves will “get the best of Fleming College, not the best of Peterborough campus or the best of Frost campus, but the best of the best.”

Fair says rugby players have expressed concern about the commute, but he says if it allows them to become more competitive it is worth the time spent. “To do better than we did this year, I would drive to Peterborough for sure,” says Fair, adding that Lindsay didn’t win a single game last season.

David Farnell, curling head coach at Peterborough, is looking forward to the potential for a stronger team. Farnell says the amalgamation won’t likely result in cutting a lot of players. “This year, we are just barely able to field a men’s and women’s team.” He says there is also the option of adding a junior varsity team as, “kind of a backup role, but they can graduate to full varsity level.”

Grabowski says the merger will benefit the size of the women’s rugby team. “We don’t even have to do cuts because not enough people come out for the team because Lindsay is such a small community.” Grabowski says her team only had 13 players at the end of the season, “we didn’t have subs and some of us had to play with injuries. It will be nice to have a solid team.”

Cameron Bradley, president of Fleming’s student council, has been very involved with the merger process. He plays indoor and outdoor varsity soccer at Peterborough and says there weren’t any Lindsay players on his last team. “Now that we have one program, I think there is going to be a lot more crossover between the two campuses.”

Other colleges with multiple campuses have amalgamated in the same way, leaving St. Lawrence College as the only OCAA school to have multi-campus varsity programs. The Brockville Schooners, the Cornwall Sharks



The Knights and the Auks have been rivals for over 40 years and they are putting their feud aside to join forces.

and the Kingston Vikings all host numerous and varied teams. Matthews says St. Lawrence is monitoring the Fleming merger closely.

In some cases, combining the teams will mean players suiting up against previous opponents. To make this transition, Fleming has hosted events where teams from either campus can play and socialize with their counterparts.

At the end of the season, men’s rugby had an inter-squad game. “Lindsay played Peterborough and they got to know each other and they had a lot of fun,” says Fred Batley, Peterborough’s athletic co-ordinator. “In the summer they will transition together, and they will

go into selection camp and then they will be one team.” Fair says despite Lindsay losing to Peterborough in the exhibition match they had a good time. “Rugby teams always mesh well. You can be out on the field and beat the living daylights out of each other, but once you are done, you are best friends in the club house,” he says.

Farnell has been coaching the Knights for more than 10 years and is embracing the idea of a new name: “History is great, but progress is great too. I think what is happening is progressive, I think it will make things stronger.” **S**

## HOME OF THE NEW TEAM

Fleming College recently passed a student referendum to fund a \$6 million soccer complex in co-operation with the city of Peterborough. The facility, which is expected to be completed by the fall of 2013, will have two turf fields, a stadium and a field house. “The city needs it, we need it,” says Fred Batley, athletic co-ordinator. “A lot of time we use city fields. They take them out of play because of too much rain or maintenance. Sometimes the access for us to get on the field wasn’t there.” Also this year, Fleming will finish paying off the \$14-million Peterborough Sport and Wellness Centre which was erected in 2005. The facility features an aquatic centre with two pools, a 100-metre walking track, fitness machines, and three gymnasiums. Before being built, Batley says the school had to use local high school and church gymnasiums, and Trent University’s facilities.

*With files from Marlee Greig*



The Peterborough Sport and Wellness Centre located at Fleming College

PHOTO BY ELAINE ANSELMINI



# 3 DAYS, 2 HEARTS, 1 GOAL

BY DANIELLE  
PERRY



The rhythmic sound of thundering hooves echoes in first-year Seneca College student Christian Bennett's ears as he crouches carefully above his horse's neck, balancing his weight evenly in each stirrup and eyeing the next obstacle to tackle on the treacherous course. Rolex, the 12-year-old thoroughbred he has owned since childhood, pricks up his ears in anticipation of the looming, solid log ahead. The ground is out of sight on the other side, as they clear it and drop six feet into a pond where they splash to the next jump, which lies within the shallow water. Adrenaline forces Bennett to ignore the sweat in his eyes and aching limbs to push forward. Not only is his horse counting on him – so is his country. He has come a long way since riding ponies at the age of five – he is now representing Canada at the North American Young Riders Championships.

Unlike most team sports where members can communicate verbally with one another, all communication between horse and rider is physical. Both human and animal together as athletes must attain a kind of synergy – knowing how each other feels and moves. No doubt, finding that ideal ride demands a high level of fitness.

This leaves no room for error by a three-day event rider faced with the challenge of a discipline comparable to a triathlon. Combined, the three phase event showcases athleticism, speed and accuracy. For Bennett juggling his education and fitness program in preparation for his second year competing at the elite championship will be challenging, but not impossible.

"It requires a huge amount of fitness," explains his coach, Jessica Phoenix. "You're going at speeds sometimes upwards of [40 kilometres per hour] and you're on course for almost 10 minutes. So it's a lot of fitness training and a lot of conditioning of both horse and rider."

Shealagh Costello, the director of eventing national programs for the United States Equestrian Federation, stresses the importance of fitness. For the level Bennett competes at, the cross-country phase requires horse and rider to essentially sprint up to 5,500 metres with up to 37 individual obstacles to clear. In order to make it in the required time, horse and rider must be traveling approximately 550 metres per minute.

The rider "needs overall athletic fitness, agility, and flexibility," Costello says. "[Eventing] started out as a military test for horses. It tested their agility, their speed and endurance." Costello says dressage tests the submissiveness of the animal whereas cross-country their strength and endurance up against a course of natural obstacles. The final phase of show jumping continues to challenge their fitness level, as well as their ability to recover after a long distance test the day before.

Outside of his everyday training with his horse Rolex, otherwise known as Roo, Bennett abides by a separate workout schedule in order to maintain his fitness and bring out the best in both himself and his horse while in competition.

"I do mostly cardio, a little bit of weights and some abdominal work-



Top: The show jumping phase at the 2011 NAYRC.  
Middle: Christian Bennett and Rolex at home in Canada.  
Bottom: The cross country phase at the 2011 NAYRC.

TOP/BOTTOM PHOTOS COURTESY OF BRANT GAMMA; MIDDLE PHOTO BY DANIELLE PERRY

outs. Although I maintain a schedule, I do more in the off-season [winter]," he says. "Cardio is good for strength while on cross-country, since the courses are so long. It is just as important that I am strong enough, just like Roo is fit enough, to give it my all the whole way around."

Overall fitness is important for both horse and rider to be physically capable of competing three consecutive days and meeting the challenges of each phase.

"It's really hard. I went to Young Riders last year and it's a big wake-up call when you go and ride in 45-degree weather. Abs are important for a lot of the sit trot work in dressage, so it's important that I can keep it together during a test. Dressage in the heat is tough," Bennett says, reflecting on the competition last summer in the intense, grueling weather.

"Obviously if your horse is ready, you want to feel like you're ready too. I wouldn't want to give myself that excuse for not being on my game if I was dead tired."

Kelly List, a professional trainer in the sport, says the importance of maintaining fitness as a rider is equally as important as the fitness of the animal. "There's no way you can be helpful to your horse if you get tired. You're just hindering their performance," she says.

"Most people just think you can get on and have it be easy as pie," List says about the misconceptions about the sport. "It takes a big toll on your entire body." There is the physical aspect, where a rider must be on their game and prepared to face any unexpected challenges. But, List also says there is definitely an advantage of horse and rider having a bond.

"Christian and Roo have grown up together and know each other really, really well. They have a pretty fantastic relationship," she says.

This winter Bennett and Roo's partnership will have to be maintained in separate countries while the rider completes his first year of college. During that time, the horse went to train in more ideal outdoor conditions in

Florida until April. Aside from the odd visit to Florida, it is the first winter since 2009 that Bennett has not been able to go south for an extended period to train with his horse.

"I think the hardest part about it is that Christian won't be riding a lot while Roo's down here, so you lose a bit of strength," Phoenix told *Sweat* from Florida. "A lot of riding is the feel, and it's muscle memory. So the biggest challenge when he does get down here is to make sure he has enough time in the saddle to feel confident going into the ring."

"It usually takes three months to prepare for a big event," List says, stressing the importance of outdoor off-season training. List and Phoenix will be responsible for Roo's fitness program in Florida while Bennett focuses on his education at home. List says her plan for getting Roo ready is to incorporate short endurance sets of trotting, cantering, and galloping. This is comparable to going for a jog and slowly increasing the intervals and speed—much like a human would incorporate increases of reps and speed into their own workout schedule.

"It's important to make sure [the horse's] tendons, muscles and joints develop at a slow pace," she says.

Though the demand of three day eventing is about much more than just being physically capable of performing in each phase, it also requires a proper recovery in order to move on to the next round. "They have a trot up at the beginning, and they also have a trot up before show jumping. So if they're not completely fit, then [the horse] is actually viewed by a veterinary panel before they go into the show jumping ring and they can be eliminated," Costello says.

Despite sticking to his own schedule and staying as fit as possible while his horse goes south until spring, there are still challenges for Bennett when he gets back in the saddle after this lengthy period of time.

"If you're used to riding every day, it's sort

of like putting on a pair of skates after a couple of weeks off. When you get back on you feel a little bit uneasy," List says.

Beyond that, after growing accustomed to training six days a week together for nearly nine years now, Bennett says it will be strange to be apart from his horse until spring.

"Christian went with [Phoenix] to England for two weeks and Roo was depressed, he would not eat ... he just stopped eating. There was nothing wrong with him," his sister Kaitlyn Bennett says, commenting about the pair being separated for a length of time last summer. "He is such a character. I couldn't make him eat, and then as soon as Christian came back and started riding him again, he was fine."

Despite the downsides of being separated for the better half of two months, Bennett says he feels confident it is the best way to prepare for the upcoming NAYRC this summer. His goal to exceed last year's results requires him to up the ante in his training.

"It's the best of the best, you've got the cream of the crop at one event. It's very stiff competition, the atmosphere is large and the pressure is up," List explains, who attended the 2011 championships with Bennett and will also be there in support for 2012. "It's basically a Junior Olympics. It's every athlete's biggest dream to compete for their country."

For Bennett, competing at the prestigious NAYRC is just one step closer to achieving his goal of representing Canada on an even larger scale at the Olympic Games one day. **S**

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## 3 DAY EVENTING

### Dressage Competition

Dressage tests the gaits, suppleness and obedience of the horse through a series of specific patterns and movements. Performed within a ring, the objective is to demonstrate harmonious development of the horse's physique and balance. The rider should appear relaxed and subtle while the horse willingly responds, appearing effortless to the judges.

### Cross Country


The cross country course is set through fields and wooded areas, made up to as many as 30 or more natural obstacles, including things like water, banks, ditches and solid logs. Horse and rider are required to gallop up to six kilometres at speeds up to 25 mph. The lengthy, technical course challenges overall fitness, endurance, strength and speed.

### Show Jumping

Held within a ring, this phase tests the horse's ability to retain suppleness, energy and obedience after galloping long-distance on cross country the day before. The rider must navigate the horse clearly and quickly around a course of movable obstacles. This phase challenges fitness and the ability of horse and rider to recover balance and accuracy in order to clear the complicated track of jumps.

# THE UNLIKELY COACH

BY RYAN SAUNDERCOOK



Smith watches closely during a practice for his current under-17 team, the defending national champions, who he's been coaching with for four years.

Right on time, the small gym at David Leeder Middle School in Mississauga, Ont. starts to fill with Kelly Smith's current under-17 Pakmen team. A small crowd of players start to gather, looking focused and ready to work. They're currently the defending national champions, which isn't shocking considering the club's history of winning championships and moulding star players. What might be surprising is that the club's coach and founder, Kelly Smith, started this group without ever having played in a volleyball league or having much interest in the sport.

Smith, who's been coaching this particular team for four years, welcomes his players and makes friendly chit-chat with the parents as everyone gets ready – after that it's all business. When the last player suits up, Smith starts a coaching regimen that has propelled a number of athletes to the forefront of college volleyball.

"Smith had a ridiculous impact," says Jessie Satti, former member of the first Pakmen team, currently playing for Sheridan and now a development league coach. "Back in grade eight we had never played volleyball before, then Smith came along and introduced us to the sport. He taught us a real simple and efficient way to play volleyball. We started winning and were hooked ever since."

The Pakmen club has been the cornerstone for building some of the best volleyball players in Ontario and the country since being established in 2002. Terrel Bramwell, another member of the first Pakmen team in 2002 is a great example of a star player who came out of the club. He was recently named the OCAA's player of the year for his work on the Humber Hawks, which won the 2012 nationals. Other Pakmen players, Andre Smith and Derek Quinn, also play for the Hawks.

"Pakmen Volleyball Club really started my career," says Bramwell. "Smith cared about his

players a lot. He worked with us on and off the court and gave us opportunities to work and grow as individuals."

Smith is modest when it comes to discussing his role in the coaching of these players, saying there's no "secret formula" for developing star players.

"I take the [coaching] courses just because they're mandatory. I love the game so much. I read books, watch videos, talk to other coaches and just try to improve as a coach," says Smith. "I know it's working."

Satti says that Smith made sure to drill the basics of every position into every player, assuring flexibility on the court.

"He just takes really good young players, teaches them the basics of volleyball and they just start to excel at their own rate. A lot of those guys that Kelly continues to coach throughout the years on his Pakmen team continue to excel."

Despite not having much experience with the sport, Smith stepped up to fill a need for a coach at his middle school. His students enjoyed playing so much that he decided to form a club. Since then, Pakmen Volleyball Club has grown to more than 1,500 players from various backgrounds, making it the largest and most diverse club in Canada.

"I never thought it was going to grow like this," says Smith. "The intention was just to have one team, maybe two and then it just kept growing and growing. That's why we're producing so many good players now, because of the sheer numbers."

Another of those star players is Kristian Kuld, who started training with Pakmen during his under-17 team beach volleyball season, helping them become the top ranked beach volleyball team in Canada. After another year, with Pakmen's under-18 indoor team, he became the first walk-on tryout player to make

the UCLA Bruins in a decade.

In his relatively short time with Smith, Kuld helped win a multitude of tournaments, including the 2008 CanAm Championships, the 2008 under-18 Canadian National Championships, and the 2008 Junior Olympics for beach volleyball. While Kuld was a volleyball player before coming to Pakmen he credits much of his success to his time being coached by Smith.

"He deserves all the credit in the world for the experiences we had," says Kuld. "Without him there was no way we would have won."

Kuld also gives Smith credit in his current position with the UCLA Bruins.

"He was able to contact the coaching staff here at UCLA and he got me the opportunity to try out for the team, which is very difficult. I feel like he probably put in a pretty good word for me."

Satti helped his team win over 70 Ontario Volleyball Association tournaments in both indoor and beach volleyball during his four years with the Pakmen. He also had a hand in the club's win of the 2008 under-18 Canadian National Championships and the 2008 CanAm championship. He coaches in a development league for anyone between the ages of six and 18.

Satti says he uses Smith's techniques in his current coaching routine.

"I coach what I learned and what I learned, I learned from Smith," says Satti. "All the basics I was taught are, to a tee, what I teach my kids. I know how successful and how fast I learned to play, so I wouldn't change it at all. Everything I learned when I was 14 I'm teaching these kids."

"Smith is the sole reason why we are the players we are today, and why we played as well as we did. Most coaches wouldn't do what Smith did for us." **S**



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Humber Hawks men's volleyball team celebrates their victory at the nationals.

# OCAA'S GOLDEN YEAR

BY ALEX CONSIGLIO AND JAN VYKYDAL

It's been a spectacular year for Ontario college sports. Teams from Humber, Mohawk, Durham and Fanshawe Colleges swept up a host of gold medals in volleyball, basketball, golf, and curling at the nationals this year. This included a first-time win for the Mohawk Men's Basketball team and the Humber Men's Volleyball team.

From the first games of their seasons, both Mohawk and Humber have been aiming for the top, and they got exactly what they were aiming for.

"It's definitely the right way to go, right?" says Wayne Wilkins, the coach of the Humber men's volleyball team.

"If it's going to be your first one, might as well make it a gold one."

Humber narrowly beat New Westminster's Douglas College in four very close sets (25-21, 30-28, 21-25, 26-24) during the 2012 Men's Volleyball National Championship, which was held at Columbia Bible College in Abbotsford, B.C.

"This is huge for us. I mean, the impact for us, I believe, is enormous," says Wilkins.

"Only two teams in Ontario have ever done it – us, and Sheridan in 1983. There was a 28-

year gap between an Ontario team winning a national championship."

Wilkins says the last game was an especially tough one.

"They had a hometown crowd. Although the event was taking place at Columbia Bible College, Douglas is only about 40 minutes up the road. So you know, [it was a] hostile crowd and our first final at the nationals, so the boys were a little tense, but focused," says Wilkins.

Before 2012, Humber had never reached the finals, having been denied in the semi-finals in past tournaments so getting past that hurdle was a huge step for them, he says.

Wilkins says it helped that Humber was facing a team they had beaten last year in the quarter-finals, so they were more confident coming into the game this year.

He says a lot of the players on the Humber team really stepped up their game during the semi-finals and finals, particularly Terrel Bramwell, who had 41 kills in the semi-finals, and 43 in the finals.

Bramwell, in his first year of Humber's hospitality and tourism program, has been highly decorated this year. He is the OCAA player

of the year, tournament MVP at the nationals, an all-Canadian, OCAA tournament all-star, OCAA West first-team all-star, and CCAA player of the year.

Bramwell says during the last game he concentrated on staying composed, and went 12 for 16 with no errors.

"I knew it was a close game, but we ended up pulling through and all our guys were focused and competing hard," says Bramwell.

The 21-year-old says he was excited to play in the tournament this year – last year he was unable to suit up because he partially tore his meniscus and ACL when he slipped during a practice.

Bramwell and Wilkins both say the feeling of winning was indescribable.

"I did my best impression of trying to do a Tim Tebow at the end, which I held for approximately two seconds before I fell over," says Wilkins.

"I fell over really more in a relief of exhaustion and one of those, 'I can't believe it just happened,' moments. And then immediately after that my manager Nick Matsias comes over and grabs me, picks me up, throws me on his shoulder, and we get into the team cheer

PHOTO COURTESY OF JORDAN NIELSON

and we're all chanting and yelling and screaming."

And Humber wasn't the only team determined to go to the nationals this year.

At the start of the season, Mohawk College men's basketball coach Brian Jonker gathered his team to talk expectations – win the provincial championship for the first time in 40 years.

"From day one we said we were going to take the provincials," says Jonker.

"Then, we never spoke about it again."

Jonker says his guys just buried their heads and went to work, determined to end a 40-year drought at the provincials – a goal they not only accomplished, but surpassed.

After winning the school's first OCAA title since 1972, the Mohawk Mountaineers went on to capture their first-ever national title at the CCAA championships.

"I never thought at the beginning of the season that we'd go on to win the nationals, but as the year progressed, I began to realize we had the pieces to make it happen," says Jonker.

The Mountaineers (13-5) beat Humber College (15-3) in the provincials 86-83 and outdid the Mount Royal University Cougars of Calgary (15-4) at the nationals 88-73.

Although cliché, Jonker says the key was working as a team and the proof is in the pudding: in the six games leading to both titles, four different players earned player of the game awards.

Included in that group is Aminu Bello, the all-Canadian player who tallied a team-leading 32 points in the national championship game on his way to being named player of the game.

"He went off on one of his runs and started hitting shots," says Jonker of

how Bello sunk two three-pointers to wake his team up in the first quarter after they fell behind 12-4. "It settled everybody down and got us going."

Bello, an urban planning student graduating this year, says the Cougars started to put pressure on them and he didn't want to play catch up all game, so he took things into his own hands.

"The shots were just dropping, thankfully," says Bello. He says he's been chasing gold since he started at Mohawk and it was unbelievable to claim two gold medals in his final year.

"We played well when it mattered and it gave our guys a lot of confidence."

Bello, 24, says the media and other teams labelled them as an 'underdog Cinderella team', but that's not the perspective the guys had in the dressing room.

"We always knew we could take the provincials, and after that, we quickly began to realize we had a shot at the nationals as well."

Michelle Ball, director of athletics at Mohawk, says a lot of hard work paid off at the right time and now the school has some bragging rights.

"We had a huge celebration as soon as they got back," says Ball of the team's return from the nationals at Nova Scotia Agricultural College.

"It's our first-ever national title and these boys will never be forgotten."

Joining Humber and Mohawk with gold-medal wins at the nationals this year were Adrian Cord, who took home double-gold at the 2011 PING CCAA Golf National Championships, and Durham's duo Tiffany Albath and Kayleigh Kraemer took home their second straight gold.

The Fanshawe Falcons also took home gold medals at the nationals in both men's and women's curling, with the men's team undefeated 8-0 at the end of the tournament, and the women winning 6-1. **S**



Top L: Terrel Bramwell hit 43 kills in the final game of the CCAA men's volleyball championships.

Above: CCAA Tournament MVP, Andrew Cicuttini, scores for Mohawks.

Bottom L: The Mountaineers team celebrates their first CCAA gold.

LEFT AND BOTTOM RIGHT PHOTO COURTESY OF KIRK SAINT; CCAA  
TOP RIGHT PHOTO COURTESY OF JORDAN NIEL

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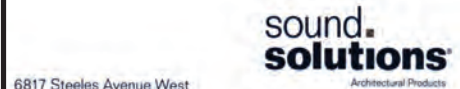


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# SAA: OCAA'S HEART & SOUL

BY REBECCA SADLER

The crowds fill the stands and music is pumping while the team makes their grand entrance. Members of the Student Athletic Association throw prizes and encourage the fans to cheer, getting the spectators fired up. At every game the SAA is there to bring the hype.

The SAA is a group of students, coaches and faculty who meet regularly to organize and run alumni weekends, fundraisers and intramurals. They promote varsity games, spirit week and a host of other events. One of their main goals is to promote athletic awareness and assistance to athletes and non-athletic students.

Katie Jones, president of Seneca's SAA, says her goal is, "to be the person that the students can come to, to ask questions, get decisions, help them get what they want."

The SAA gives varsity, intramurals, and even non-athletic students the support they need to excel in their sport or even try something new.

"A lot of the events we do encourage anyone in the school to partake in. There's a lot of people that may not necessarily be athletic but we always encourage [them]," says Jeff Rousseau, St. Clair's director of varsity programming and next year's SAA president, "We stress the fact that staying active [is important] – no matter if you're good at a sport or not – we encourage everyone to just partake and have a great time."

Some of the events the SAA is responsible for are the athletic banquet, interaction at varsity games and intramurals.

"We run usually a minimum of two to three events a week depending on the week and there can be any number of events on campus," says Jones.

At the end of the year, all the varsity teams and recreation councils from every campus along with the staff and coaches all come together for one of the biggest events of the year, the athletic banquet. The SAA is responsible for organizing, setting up and preparing for the big event.

James DePoe, Humber's events and programming co-ordinator, says the group's ef-



The Seneca intercampus basketball team with students from the college's four campuses and members of the campus recreation council who ran the event.

fort is an important part of any athletics department and without their hard work games would lack some excitement.

Students "would be missing out on the fun and the enthusiasm, the events aspect of our varsity teams, the popcorn and the giveaways and the crowd interaction. I think it just adds that element of fun to our home games," says DePoe.

Rousseau says the SAA plays a key role in promoting a healthy and fun lifestyle at college. "Many people don't really recognize who we are, but we feel that it's very important for everyone to stay fit and have that athletic side of the school because there's more of an experience to go into college then actually just being in the classroom," he says. "There's those things outside the classroom and the student athletic association offers these things."

Each year a new group of students is chosen to represent the athletic department – a process similar in all colleges that have an SAA. Students are nominated, voted upon, and elected for their positions on the board.

At Seneca, the SAA president is voted in at the Leadership Conference each April.

There are four representatives from the recreation council and four from varsity council. In total, Seneca has nine SAA members.

Unlike Seneca, Humber's SAA only has four people on the council that organize and plan the events.

The flight crew is where the real action comes in. They're the group that's at the games throwing scarves, clothing and other merchandise, selling popcorn, and getting the crowd cheering.

Without the events that the SAA holds, students might not have the opportunity to try something outside of their regular routine.

"For a lot of the international students it gives them the opportunity to experience things they never have before, such as ice skat-

ing," says Jones. "Many of our international students who have never done that before, signed up for our learn to skate program and made new friends. It's nice to learn something new, experience something new."

For some, the student athletic association may just appear to be another job or club to put on a resumé, or something to do when you have free time between classes. However, to the students and teachers on the association it means much more. It means giving back to the school.

"I wouldn't pick anywhere else to go after being a part of varsity athletics. So, in a sense I feel, as a player myself in my fourth year of playing for Humber varsity basketball, I would say that this is another way I can give back to the program," says Humber SAA president Alyssa Ferreira.

Making memories is the number one goal.

DePoe says on Feb. 1, the Humber SAA hosted a particularly memorable event, the varsity alumni throwback night. They invited the players back for a meal and handed out gift bags as a thank you. They also played basketball games against arch rivals Sheridan. "The SAA did a great job supporting myself and my colleague Bev Bonello who does the Alumni stuff with me ... We had about a thousand people in the gym it was incredible. It really stood out." **S**

## sweaty facts

An Australian artist is currently working on a pill that will deliver perfume directly into the body. The pill will essentially turn sweat into a fragrance that will smell differently for each person, as we are all genetically unique.

<http://www.odditycentral.com/news/swallowable-perfume-makes-your-sweat-smell-nice.html>

# OCAA'S HOCKEY PIPE DREAM

BY ADAM CARTER



George Brown College played at Seneca's extramural hockey tournament

## Supporters talk about hockey every season – why has it not happened yet?

Seneca's extramural tournament on Jan. 27 had all the trappings of an amateur game on home ice – even the musty smell of well-used hockey gear hanging thick in the air just outside the arena. The play was intense, as skilled skaters from colleges throughout Ontario fought hard in frigid air for a playoff birth in round robin play. Though on-ice tensions rose, and players showed both skill and emotion throughout the games, one integral thing was missing – the stands were almost empty.

Even though, at one point, two Seneca teams were facing each other on their home campus – virtually no one was there to cheer them on.

"There's not many people here," Seneca centreman Graham Hines admits with obvious resignation. "I think the big thing is that it's not varsity. If we had varsity ... most of the other sports like volleyball and basketball, they all have fans. I think hockey would pick up, too."

But varsity hockey has been a bit of a pipe dream that's eluded the OCAA since 2004, when the men's league folded. There's been an even bigger drought for the women, who last had a league in the late '80s. Published reports

from various sources seemed to signify teams could be back on the ice for the 2012-2013 season, but according to both the OCAA and assorted athletic departments, that won't happen. Why? And what will it take for varsity hockey to return?

Hines is among a contingent that assuredly wants varsity hockey back. "It's a competitive edge that everyone wants," he says. To prove his point, he says Seneca had four different campuses field full extramural teams last year. "There's enough players coming out all the time."

Kailen Murphy was Seneca's 2011 male athlete of the year, and currently plays on his college extramural hockey team, the Sting. The centreman admits to a huge difference between the level of play seen at the extramural and varsity level. "[Varsity] would be a lot more intense," Murphy says. "You'd have a lot more commitment, more structure. Extramural is more or less almost like a men's league."

"I know a lot of guys on different teams personally and they would love to have varsity going," he says, sitting in the mostly empty stands. "Our whole team wants it. I guarantee that."

While the Seneca team is left wishing for more fan interest, the discrepancy between extramural and varsity is echoed by Jay Shewfelt, an athletic co-ordinator at St. Clair College.

"You don't get crowds out, you don't get the community interest, you don't have regular games people can come watch – the athlete experience just isn't the same," he says.

Shewfelt is certain the calibre of the game would be much higher should varsity play rebound. "We've got former major junior players walking the halls right now that want to play, but there's no place for them," he says.

He'd gone on record last February when he was OCAA President, saying varsity hockey would likely return next season. So what happened?

"When hockey came up [in the December 2011 meeting], there were about three schools that said yes and there were probably five or six more who were looking at it, but not next year," Shewfelt says. "Moving forward, the earliest it could start is 2013-2014, as a best case scenario."

One of the issues plaguing hockey is the wishy-washy nature of commitment: there's a minimum of five schools needed to start the league again – something that has proved difficult to attain. While some schools are very

anxious to get back on the ice, others are approaching with trepidation.

“Some people’s hesitancy is they don’t want to start with just five, they want eight or more to make sure the league will be viable,” Shewfelt says.

Based out of Windsor, St. Clair doesn’t have the option for an extramural program – Shewfelt says it doesn’t make fiscal sense to travel to the Greater Toronto Area for something that isn’t varsity. Unlike some other schools, its players don’t get to play.

“It’s not worth the expense for us to travel to the GTA all the time to play in extramural games,” he says. “There’s nothing wrong with it, but it’s just for fun.” While St. Clair doesn’t have students requesting extramurals, the varsity hockey question is still posed by students.

“My standard answer when a student comes into my office and asks, ‘why don’t we have hockey?’ is we’d have hockey tomorrow if we could get enough teams interested ... We’re doing everything within our power to get it going, but we need other colleges to step up.”

St. Clair had company at the December meeting in trying to resuscitate hockey, as Humber, Fanshawe, Fleming and Durham also had an interest in bringing it back, says Durham’s athletic director, Ken Babcock.

“We wanted it, and it was really the first time it has been talked about in a number of years since hockey was dropped as an OCAA sport,” Babcock says. “There was more interest than ever to take a look at coming back and getting to the table where a final decision-making process would happen and unfortunately there weren’t enough schools to move forward.”

Babcock says the other issue hampering a

resurgence is one that is often synonymous with hockey: cost. Between equipment and ice rentals, the cash involved to play the game can quickly skyrocket. “It’s a costly venture – if you have your own arena on campus that’s going to help you out a bit, but it’s costly.”

Babcock says when all costs are included; schools could be looking at \$100,000 a season to support a varsity hockey team. “It’s a big number in today’s economy and the economic situation everyone is faced with,” he says. It’s also a significant chunk of his budget – he could field two to four other sports for the price of hockey alone. It’s difficult to fault athletic directors for being cautious about taking the hockey gamble when they can provide so many other sports at a similar price point.

OCAA executive director Blair Webster says if hockey is to finally return, it will do so with stricter restraints on budgets to curb some of the spending that hurt the sport the last time it fell out of the OCAA.

“We have some schools with 1,000 students and some schools up to 20,000, so the athletic budgets vary greatly,” Webster says. “[When] you’re dealing with facility and equipment costs, it can escalate quite significantly, so we thought it was prudent to put some parameters in place to try to create an equal playing field. We didn’t want one school spending a lot of money while another was operating on a shoestring budget – all that does is set you up for failure down the road.”

Some of those restraints include curbing stick and equipment budgets (which can number in the thousands) as well as ice-time restrictions (an unfair advantage for teams that have their own rink).

Though he’s cautious about hockey’s return to varsity status, even Webster says the jump from extramural hockey would bring with it a higher pedigree of play. “The play would increase significantly,” he says. “There’s a number of athletes who are in school but not playing extramural hockey because the rules are quite different.”

Those differences change things quite a bit – extramural games don’t have contact, are much shorter, carry no real standards for officiating, and don’t have scholarships. All of this combines for a much different kind of hockey experience – and while it still showcases skill, it carries more shinny hockey or men’s league characteristics than some might like.

“Extramural hockey is more based on participation than it is on high level, high performance and competition,” Webster says. In a province that is often seen as “the centre of the universe” for hockey, not having that high-level competition seems somewhat bizarre.

Back in the Seneca stands, none of this will matter for Kailen Murphy – he’ll have graduated before any of these possible changes could be implemented. Still, he’s hopeful for future cohorts. “I talk to a lot of players and they all want it – they would love to have varsity come back. Most of them come from leagues that have hitting and have the competitiveness, and they miss that when they get to college,” he says.

Even in the face of the hundred grand price tag, Murphy is steadfast on the resurrection of varsity hockey in the OCAA. “I’m sure you could find a way to do it,” he says. “There’s always ways to do it.” **S**



A St. Lawrence goalie awaits varsity hockey – and a shot on net.

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McGill faces off against the Battell Snitches of Vermont at a friendly match at Middlebury College, Vermont in September 2011.



# YOU DIRTY LITTLE SNITCH

BY DANIEL GREEN

## Quidditch culture grows as the fictional-turned-real sport holds its first national championship.

**M**idday in an affluent neighbourhood next to the local place of higher learning, a mischievous-looking twenty-something, clad in golden spandex, lunges and dodges tauntingly away from a fatigued but determined pursuer with a broom between her legs.

Every time the stalker appears to gain the upper hand, her prey evades her with a mocking cartwheel or somersault. The chaser shakes her head and continues the pursuit.

Local residents are perplexed. Should they laugh, take pictures, or call 9-1-1?

If the golden prey happens to have a sock dangling out the back of his shorts with a tennis ball stuffed inside it, chances are these two are playing muggle quidditch – one is the golden snitch and the other the seeker – in which case onlookers are welcome to laugh or join in on the circus.

Muggle quidditch is an adaptation of the fictional sport invented by J.K. Rowling in her best-selling novel series, *Harry Potter*. It was modified so the game could be played by “muggles,” a term Rowling uses to describe people who lack the ability to fly or use magic.

Since the sport’s inception in 2005 by two Vermont college students, it has spread like a viral YouTube video and now boasts an annual

world cup tournament with 100 teams. There is even a fledging Canadian league that now has eight official teams across the country.

The first Canadian Cup of Quidditch was held this past autumn at Carleton University in Ottawa, to the bewilderment of onlookers.

“When you see a bunch of people tackling each other with sticks between their legs, you can’t just walk by without saying, ‘What!’” says quidditch veteran Jon Cohen, from Canada’s reigning championship team, McGill University.

Cohen is one of quidditch’s pioneers in this country despite being from Massachusetts. His team was the first from Canada to attend the Quidditch World Cup and it helped develop other teams like the University of Toronto by teaching them how to play.

Cohen decided to join McGill’s quidditch team during its sophomore season in 2009 for what he calls obvious reasons:

“Naturally, one goal of coming to university is to run around with a broom between your legs,” he says. “That’s what everyone is looking for when they show up.”

The game’s rules have gone through a number of versions over the years, but today it is standardized by a governing body, the International Quidditch Association.

The IQA is a registered non-profit that organizes tournaments, regulates the game and promotes fitness and literacy. It is prohibited from making money since quidditch and *Harry Potter* are legally the intellectual property of Time-Warner.

The IQA’s Canadian chapter was founded by Andrea Hill of Carleton University. Hill is in charge of organizing tournaments, promoting the sport and registering new teams.

Hill says she gets rushes of requests to register teams immediately after the sport gets press and word of mouth promotion following a tournament. Currently there are 40 registered teams in Canada and eight of them are “official,” meaning they compete at tournaments.

All it takes to start a team is about a dozen people (there’s a maximum of 21), and the creativity to find materials to make the equipment. Hula hoops mounted onto bird-baths are not unheard of for fashioning makeshift goal rings.

Hill herself fell in love with the sport in 2009 when she joined Cohen and team McGill for the Quidditch World Cup in Middlebury, Vermont, where the game was invented.

She was just a *Harry Potter* fan girl at the time but quickly saw how much fun everyone was having and decided to bring the game home with her to Ottawa.

Being only 4’10”, Hill hasn’t felt able to play traditional team sports since grade school.

“I missed the atmosphere of being on a team and being included with people like that,” she says. “What I saw when I went to Vermont was people of all athletic abilities playing together

and enjoying themselves and just having a wonderful time.”

What she and many other players like about the game is its balance between competitive athleticism and silly fun.

Jennifer Beer is a first year student at McGill and a reluctant new convert to the quidditch cult.

Beer was dragged out to the year’s first practice by her roommate following an evening of indulgence in Montreal’s famously festive nightlife.

She watched from the sidelines as her roommate frolicked about with her broom. At that moment, she made a decision that would likely define her post-secondary social life:

“I was like, ‘I have to play this. I don’t care how stupid it looks – It looks so much fun.’ After that we were hooked,” she says. “It was the most ridiculous thing I’ve ever done, but it’s also the most physical and exerting.”

Beer was highly athletic prior to coming to McGill having participated in volleyball, basketball, soccer and track.

She says her team experiences are quite different now compared to playing traditional sports. She finds that having fun is paramount in quidditch, whereas winning was the primary concern of her former teammates.

Beer’s assertion that quidditch is a healthy balance between athletic competition and light-hearted fun is echoed by her fellow rookie teammate, Andrew Ajisebutu.

He says the squad’s drill master would have the team jog up a hill for training while singing Walt Disney tunes, adding levity to the otherwise daunting task.

Surprisingly enough, he says there is an absence of Harry Potter-isms in the team’s rituals. In fact, Cohen says the team’s founder hadn’t even read the books when he formed the first competitive quidditch team.

Ajisebutu had been fond of the saga prior to McGill, but joined the team because of the boisterous display veteran players like Cohen had made during the university’s club fair, which included loud voices, clothing and body language.

“They were like, ‘Hey we’re McGill Quidditch, what’s up?’ ” he says.

People, it seems, come for the Potter, but stay for the madness.

Quidditch has experienced rapid growth in its half decade of existence. Only 21 teams and 2,000 fans attended Cohen’s first world cup in 2009. In 2011, the IQA boasted that 100 teams and 2,000 athletes came to Randall’s Island, NYC for the tournament. Staggeringly, the 2011 World Cup had as many participants as the 2009 event had spectators. Although actual attendance numbers are hard to determine, spectators came out in droves and people don’t go to Randall’s Island by accident, Cohen says.

Both Ajisebutu and Beer say the sport’s status has been boosted by the corresponding popularity of Rowling’s novels and subsequent films. But if quidditch is to survive past generation-Potter, it will have to stay true to its roots.

“If it becomes too competitive, it will die off, and if it gets too goofy, it will die off,” says Beer. “So, I think the long-term future depends on its ability to balance those two things.”

Ajisebutu thinks the sport can only expand from here, but admits Harvard University is not about to hand out a full academic scholarship for muggle quidditch anytime soon.

“We’re not kidding ourselves – we’re not saying it’s going to be as big as soccer, but we’re saying it’s a sport,” he says. “And yes, it’s basically fictional, but it doesn’t make it any less of a sport. And we’ll play you to prove it.” **S**

## QUIDDITCH POSITIONS

**Each team has seven players on the field at all times:**

**Chasers:** Three “chasers” attempt to throw a partially deflated volleyball called a “quaffle” through one of three hoops at the opposing end of the pitch. Doing so scores 10 points.

**Beaters:** Two “beaters” attempt to thwart the chasers and other players by throwing one of three large rubber balls at them, called “bludgers.” Being hit with a bludger means the player must drop the quaffle, and return to their own goal rings.

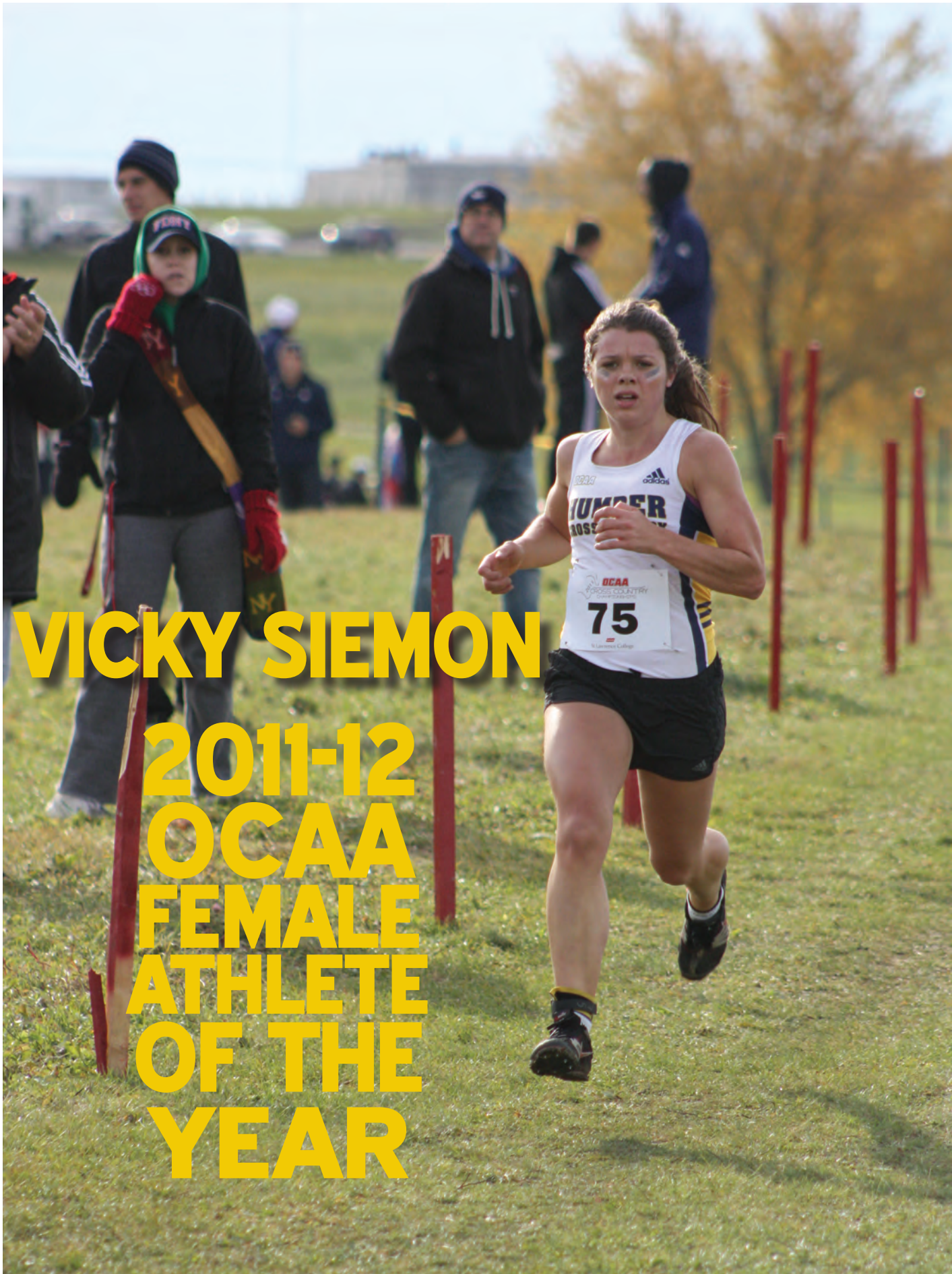
**Keeper:** Each team has one “keeper” who acts as a goaltender, defending the team’s own goal rings.

**Seeker:** Each team’s “seeker” must try to find and catch the “snitch,” which is a tennis ball, stuffed in a tube sock, tucked in a neutral player’s shorts. Catching the elusive tennis ball scores 30 points and ends the match.

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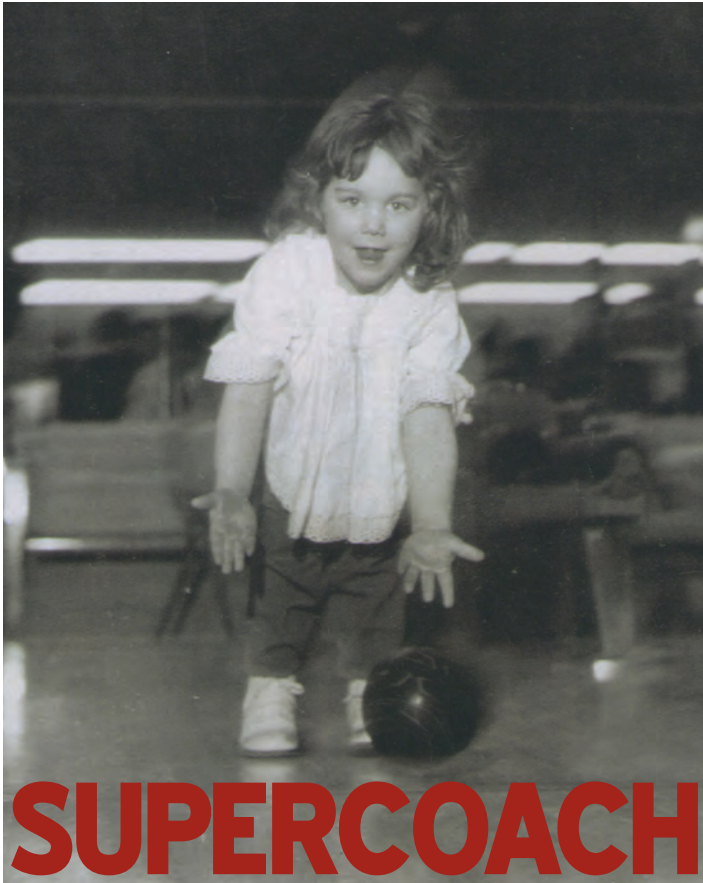


Canadian national quidditch champions McGill fake taking flight, brooms in hand.



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# INSPIRING ATHLETES SINCE '86

**D**iana Drury's athletic career started when she was just three years old at her grandmother's bowling alley in her hometown of Peterborough, Ont. A picture of a very young Drury holding a bowling ball with two hands between her legs hangs in the Peterborough and District Sports Hall of Fame. Still bowling today, the self-proclaimed workaholic is on her 39th consecutive day working, though you wouldn't be able to tell. The 50-year-old beams with a pearly white smile as she takes me for a tour of the new Diana Drury Study Centre at St. Lawrence College; her "home" for 25 years.

Passing through the college, we can't take a few steps without students, former colleagues and the cafeteria ladies stopping Diana to tell her how good she looks, and how much they miss her since she left the college to continue her career at Queen's University.

Drury is resolute in her demeanor, but extremely charismatic and charming. She truly is an awe-inspiring coach, athlete, six-time hall of fame inductee, student life counselor, musician, teacher, national convener, mentor, and a pioneer for women in sport. She is also Queen's University MBA performance coach who has racked up more awards, recognitions, medals, and hall of fame entries than anyone could even imagine. In short, Drury is a superstar.

"I'm proud that I'm in halls of fame for my athleticism, for my building," says Drury about her induction into a laundry list of halls of fame including: the Kingston and District, Peterborough and District, OCAA,

Queen's University coaches, St. Lawrence College, and Kenner Collegiate and Vocational Institute.

"But this [study centre] is a big one for me, this is very humbling because it's been decided by students ... that means more to me than anything," she says.

"I received a heads-up that Diana was retiring from her position and I brought it up at a board meeting. The board decided for somebody that

gives 25 years of service, that [the study centre is] the least we could do," says John-Paul Chusroskie, the president of the Kingston Student Association of St. Lawrence College.

"When it happened, I was like, I don't think I've given millions of dollars, and I don't think I'm dead," says Drury laughing.

Drury started her career at St. Lawrence College (SLC) in Kingston, Ont. in 1986 as an assistant athletic director. During her 25 years at the college, Drury was also a part-time professor, athletic director, student life co-ordinator and varsity coach of 15 collegiate teams, three of which won OCAA championships.

"When I first started, [St. Lawrence] was short female coaches, so they said 'how many teams can you coach?' and I said 'well how many are there?' and they said 'well, we don't have a coach for soccer, volleyball, basketball...' so I said 'OK, I'll coach them all,'" says Drury.

Drury was Denise Morary's varsity soccer and basketball coach at SLC from 1986-1989, and again from 1992-1994. "She was a fantastic coach," says Morary. "She was like a mentor right from the begin-

**"They said  
'how many teams can  
you coach?'  
And I said  
'well how many are  
there?'"**

**-Diana Drury,  
St. Lawrence coach**

TOP LEFT PHOTO COURTESY DIANA DRURY; TOP RIGHT BY ERIN JONES

ning. Our first year in '86-'87 she lead us to the OCAA women's basketball championships," she says. "She was just such a great role model for young women, I think all of us aspired to be like her."

"I loved those girls," says Drury. "Every Thursday after practice we'd all go over to the pub, have dinner and then they'd buy pitchers of beer. They used to get me on the dance floor and we'd sing songs. Oh my god, that was fun. Those days don't happen anymore."

While working at SLC, Drury was also employed at the Canadian Colleges Athletic Association (CCAA) from 1992 to 2009.

Drury was the vice president of programs and women's national soccer convenor, where she was instrumental in bringing to light the challenges women face in sport. She was also the very first coach for women's soccer, says Sandra Murray-MacDonell, the executive director of the CCAA.

"At the time women's soccer was just starting out at the national championship level," explains Murray-MacDonell. "Diana really laid the groundwork for the sport. She really was a key founder of women's soccer in the CCAA."

"I'm not a soccer player, that's the only sport I don't play," says Drury. "But you know what, I learned, because I got my highest honour in that sport, I was the CCAA [Canadian Collegiate Athletic Association] coach of the year in 1992."

Drury also spearheaded the Female Apprentice Coach program, which offers grants to graduating female student athletes to help them become assistants, or apprentice coaches in women's programs.

"We had no female coaches," explains Drury. "I get that, because for me to [coach] professionally there's no money. There is for men. So naturally men take that role and women are supposed to be the people that stay home and raise the baby."

"It's amazing to see all the applications we get every year and we've got coaches in apprenticeship roles all over Canada," she says.

Mary Rawlings, Drury's high school coach at Kenner Collegiate and Vocational Institute in Peterborough, and now long-time friend, says Drury has always been driven.

"She was very responsible," says Rawlings. "She always set goals for herself and worked towards them."

When she was 13 years old, Drury was picked up for a women's fastball team, with players 25 years her senior.

"They were all much older and my mother was a little worried about how I was going to fit in," says Drury. "They actually took really good care of me. That's how I was developed as a ball player and that was one of my biggest sports traveling all over Canada and playing different teams."

Drury was accepted into Queen's on a small bowling scholarship in 1984 where she obtained a bachelor of education, a bachelor of arts, sociology and physical and health education, with a minor in music. There, she helped start the first lacrosse team and coached women's hockey for 15 years.

At the age of 21, Drury coached the midget boys national lacrosse team. Her mother, Helen, says it was one of her proudest memories of her daughter.

"Oh god, my brother's team," says Drury, laughing. "It was tough because they named him captain. I'm a female and I have 16-year-old boys and they're like 'really, we're going to have a female coach?' that was really unheard of in the '80's."

"All the coaches made fun of me, they would say terrible things," says Drury.

"My guy jumped the bench once and went right at the coach because he said, 'what does a female coach do when their players are dressing, walk in and watch them?'"

"We won nationals when [my brother] turned 16. It was his birthday; I'll never forget that. That midget team has never won a Canadian [national title] since."

One of the major feats in Drury's athletic career was winning the softball World Masters Games in Sydney, Australia in 2009. With her team spread out all over Ontario, she only practiced with them twice over two years before playing with them at the finals. Drury arrived in Australia staggered that the four best players decided not to show up.

"We [were] like the bad-news-bears," says Drury, laughing.

Drury's team played an Alberta team in the final.

"You should have seen the uniforms they had, they had five or six coaches, they were like the professionals. I'd be running to warm-up and we'd be having people [on our team] smoking cigarettes."

"I still can't believe we won. We came out and sang O Canada and paraded for the closing ceremonies. There were 58,000 people watching us in the stadium when we walked in. It

was so humbling."

Today Drury is training herself for the Softball World Masters in Italy in 2013. She also golfs and plays competitive hockey two nights a week.



This year, Drury made the tough decision to leave SLC and take on the director and coaching positions at her alma mater Queen's University.

"I've had a lot of opportunities here," says Drury about SLC. "Not only has [SLC] let me grow to where I've moved up the ladder, I've become who I am today."

Drury doesn't plan to retire anytime soon, citing that she would be "too bored."

"I'm totally happy, I have a great life. I'm healthy, I have great friends, I've travelled the world. I think I'm in a really good place."

As for her first day off in 39 days, Drury plans to sleep in, take her puppy for a walk and watch her godson's hockey game. **S**

## sweaty facts

Hippopotamus' sweat is red. The red pigment protects them from the sun.

Cows sweat through their noses.

You can't actually 'sweat like a pig'; pigs don't sweat. They roll in mud to cool themselves down.

Crocodiles do not have sweat glands so they release heat through their mouths.

<http://www.sweatblock.com/sweating-facts/>  
<http://en.wikipedia.org/wiki/Crocodile>

# WE CAN DO IT!

BY JILLIAN CECCHINI



Humber women's basketball guard Chenel Johnson.

Among the many forms of sexism in sport, perhaps the most pervasive is the legacy of unequal opportunity for female involvement. Despite tremendous gains in sports involvement and participation made by women in recent decades, there is still quite a persistent gap in coaching and top administrative positions at Canadian schools.

A recent study conducted at the University of Toronto shows women fill only 19 per cent of head coaching positions and 17 per cent of athletic directors in Canada's universities.

There are six female athletic directors out of 31 schools in the OCAA. The Canadian Collegiate Athletic Association has only 44 female coaches.

The OCAA has come a long way over the years in increasing participation rates for women in athletic roles. But similar gains have yet to be made with leadership positions. The problem isn't getting women involved, but keeping them involved.

Ontario colleges are proving that gender equality is essential and achievable in many ways due to its long running start.

As far back as 1984, the OCAA established a Women's Sport Development Committee, which undertook a number of innovative projects promoting OCAA women's sports to secondary students. This created an ongoing professional development seminar for administrators and coaches for women's athletic programs.

Linda Stapleton, director of sport and recreation at Seneca, has been a member of the OCAA since 1968 and chaired the committee when it was established in 1984.

"Back in those days, there were issues with some schools having way more male teams than female teams," says Stapleton. "Also, the lack of female coaches spoke volumes."

In 1996, a survey was circulated around the province to assess where schools were and where they needed to go regarding gender equality.

"As a result of that survey came a motion to the OCAA that our members should reflect the survey at the institutions for a balance in the number of teams," says Stapleton.

The committee evolved over the years, morphing from equality issues to matters of pro-

professional development for everyone. Though the committee is no longer active, it broke ground for women in OCAA sports.

"We were addressing issues and the question we were hearing more from our members was not so much just getting women involved in programs, but getting quality people involved," says Stapleton.

Gender equity is not only essential for student athletes, but also for coaches. The OCAA strives to not only provide equal opportunity for both genders involved in college level varsity sports, but for opportunities relating to administrators, advisers and team coaches.

The CCAA is working on providing leadership programs and services that foster student-athlete development and gender equality through intermediate sport.

The CCAA female coach mentor program, now in its seventh-year, continues to increase the opportunity for young women to have access to coaching experiences. The program is based upon the matching of an apprentice coach (graduating female-student athlete) with a mentor coach (qualified CCAA coach).

"I guess we realized about eight to nine years ago that there was a real depletion of women in coaching," says Sandra Murray-MacDonnell, executive director of the CCAA. "The apprentice program helps to kick-start women into coaching."

A recent CCAA survey collected information used to determine which areas of coaching development they should focus on as a part of the 2012-2015 strategic plan. The information gathered was for sport policy makers and managers at the community, provincial and national level to make evidence-based decisions when allocating resources towards sport development.

The data was collected by an online survey, which was sent to members of five provincial college athlete associations across Canada.

Results found 81 per cent of head coaches of women's teams are men, and women hold 33 per cent of the assistant coaching positions of women's teams.

Although it appears that the apprentice mentor program has increased the number of female assistant coaching positions, women continue to be under-represented in head coaching positions. Only 11 per cent of head coaches within the CCAA are women.

There have yet to be any assistant coaches to move on to head coaching positions after completing the mentor program. Murray-MacDonnell says the CCAA continues to look for women to fulfill that title.

And, while CCAA and OCAA have made major strides, Canadian colleges and universities continue to show room for improvement.

Two faculty members at the University of Toronto have brought attention to the issue



## CAMBRIAN CAN DO IT!

At Cambrian College, recent changes follow the OCAA initiative to meet the needs of athletes and coaches by working towards providing equal opportunities.

Meghan Juuti has been the head coach of the cross-country running team for the past three years. What makes her stand out at Cambrian is that she is the only female head coach in the entire athletic department.

"I have a really good support team, with the athletic director supporting me and also a great support from the community," says Juuti. "I have seven women and two males on the team, so I've been gaining more females and fewer males."

When dealing with female athletes, Juuti believes it is crucial to have a female role

model present.

"I definitely think it's good to have a female present with a female team, 100 per cent," she says. "It's good [for women] to have someone to relate to and empathize, especially when it comes to our bodies and health."

Cambrian also added a women's basketball team this season, which was a major accomplishment for the school, after losing the women's team nearly 20 years ago.

"I could see a lot of girls wanting to be more involved in athletics and I noticed a significant amount of girls with the ability to play at the next level," says Bruce Cowtan, coach of the team, who pushed for the return of women's basketball for five years.

of gender equality in university level sports through an in-depth study, which echoed the same issues facing the CCAA.

Bruce Kidd, professor of Kinesiology and Physical Education, and Peter Donnelly, director of the Centre for Sport Policy Studies, published a study titled 'Gender Equity in Canadian Interuniversity Sport: A Biannual Report' in October, 2011.

Kidd and Donnelly completed the study over the summer and circulated a draft report to all universities mentioned.

The focus is on two main aspects of gender equity for the 2010-2011 academic year: participation opportunities and proportionality, and leadership. For participation opportunities, data was collected on the number of full-time students at each university, and the number of teams in varsity competition. In regards to leadership, data was gathered about the number of male and female head coaches and athletic directors.

The results of the study provided both good and bad news. A strength of the university system is the almost equal number of varsity

teams based on gender. There are 425 female teams compared to 431 male. However, like the CCAA, there is a disturbingly low number of women in leadership positions in Canadian university athletics.

"While participation rates for women have been steadily rising, the involvement of women in sports leadership [roles such as referees, coaches, athletic directors] have fallen off remarkably in the last decade," says Kidd.

The authors are encouraging Canadian universities to revisit their gender equity policies and evaluate how leadership opportunities can be made more available for women in coaching. Also, they hope to establish a preliminary equality target of 50 per cent participation opportunities for female athletes.

"Report carding is not enough to make change. It will highlight a problem, but it won't lead decision makers to make the right decisions," says Kidd. "Lobbying and persuasion needs to happen."

We've come a long way, but we have yet to shatter the glass ceiling. **S**

**AMINU BELLO**

**2011-12  
OCAA  
MALE  
ATHLETE  
OF THE  
YEAR**





# STICKS, STONES AND BROKEN BONES

BY ELAINE ANSELM

Spandex and mesh clad athletes file in and out of the brightly lit office, strewn with leather benches. Ankles, knees and fingers are wrapped with beige medical bandages and tape, taut enough to provide support to game-time injuries.

That's where it begins; ankles are rolled, muscles are pulled, bones are fractured – and worse, hence the need for a consistent standard of response to sports injuries. In any physical activity, injury is always a possibility. And, at the high-level of competition in the OCAA injury is that much more common.

And this is where the conversation on safety in sports begins.

"The problem is, some colleges have different resources and money to spend," says Jay Shewfelt, St. Clair College athletic co-ordinator and executive chair of the OCAA Safety and Risk Committee. "But, we want to set a minimum standard of what is required."

Current regulations are in place saying that each college is responsible for having an emergency action plan at home games and that First Aid and CPR certified staff are on hand. As well, the medical information for each player is collected prior to the season.

"I want to get not just the athletic directors involved but the therapists and people dealing with injuries on a daily basis to tweak [safety regulations] and make sure all colleges are on the same page," says Shewfelt.

He says that every year at their spring general meeting safety is an important topic that sees at least an hour of discussion. On top of this, he says they bring in an expert on a 'hot topic' at that time. Meetings over the past few years have seen experts discussing topics ranging from concussions to insurance and privacy.

This year, Shewfelt hopes to nail down exactly what the OCAA expects each college to provide in the way of safety.

Wayne Campbell is on the frontline of safety and emergency response as St. Clair College's sport therapist and equipment manager. He says, "What they're trying to find out right now is what they are doing ... researching what is happening at each college." The bottom line is, current safety procedures are up to the interpretation of the school to decide what works best for them.

Ideally, the OCAA can look to in-house certified hands to be the first-responders in sports emergencies. Campbell draws students from St. Clair's paramedics program to work with him at games. Each student is required to be CPR and First Aid certified, on top of the

training they receive in the program.

"We rely on my skills and my students' skills if [visiting teams] come down with nobody, we've got two people."

Campbell says he hires the paramedic students based on their curriculum vitae and previous experience. "The students get additional training as far as OCAA rules and policies," he says. But, "I'm the first responder and did go through an athletic therapy diploma."

Now, going on 24 years with St. Clair athletics, Campbell says he's "seen some broken bones, concussions and all that."

"You can't train for every possible thing but you hope with the right training you can put it together."

"The biggest thing is the panic. People think they know what to do but they don't and they jump in thinking they do," says Campbell. You never know when injuries will occur, he says. So, "you're never going to prevent them, but you can learn how to manage them."

In particularly drastic cases, 9-1-1 is called, but "paramedics respond based on the call. So, it's important that the correct information get to them," says Campbell.

Jennifer Bell provides this initial diagnosis as Humber College's head athletic therapist. While waiting for paramedics to arrive for a fibular fracture – a crack in the lower leg bone – she assessed and splinted the injury, and treated the athlete for shock. In many instances, it is this immediate and educated response that makes all the difference.

"We don't always have sports therapy or sports medicine programs [on-campus]; those people would be perfect," says Shewfelt.

In fact, Ontario has only two schools that host athletic therapy programs, says Bell. York and Sheridan supply six students to work under her, with Humber's various teams.

A therapist is always on-site to respond to emergencies during games and work with the athletes before. "Everyone watches professional sports and sees people run out on the field when someone gets hurt. That's athletic therapists – that's us," she says.

While emergency medical staff and paramedics aren't on site, Bell says between herself and the therapy students, they can respond in the necessary

manner.

Humber's high-risk sports; rugby and soccer, always have a fully certified athletic therapist on the field. "We've had things from seizures, suspected spinal and head injuries," says Bell.

It's important to have properly trained staff there to, "take some of the responsibility and liability off of coaches," she says. "We can make the decisions and calls that need to be made in situations."

Bell cringes when recalling the story of a player incurring a femoral fracture during an indoor soccer match between Seneca and Sheridan. Such bone displacement is not only extremely painful but can result in massive blood loss. In this instance, the player was particularly lucky to have an abundance of qualified staff on hand to address the notably rare injury, says Bell.

Unfortunately a team of experienced staff isn't always available. "It would be nice to see consistency across the board," says Bell, reiterating Campbell's concern of facing schools with limited medical support. "There's been times we're on the road and our students are responsible for both teams."

"Other schools don't necessarily have the means to hire a therapist," says Bell. Leaving those, like herself, with a heavy load if an emergency occurs.

Shewfelt says that the OCAA's safety standards, "for the last 10 years have been a sort of growing thing."

He says that a goal of this year's general meeting is to insure that current rules are both followed and made more stringent.

Sometimes it's just scrapes and bruises, and sometimes it's a major fracture or head injury. The importance is the availability of staff that can attend to all of it and consistency between schools.

This regulation will provide stability to the association and open communication on available resources between coaches and athletic directors.

"One of our policies is to communicate with coaches our procedures and processes," says Campbell. "The worst case scenario is having no one."

**S**





# A TRUE LOYALIST

BY MARLEE GREIG

One thing that's striking about Loyalist guard, Matthew Miller, is his size. Over six feet, but lanky, he looks more like a cross-country runner than a basketball player. The Loyalist basketball jerseys are exclusively extra large. In his uniform, he looks like a kid trying on his father's clothes. Size aside, he is Loyalist's top scorer.

Another remarkable detail about Miller is that he was diagnosed with thyroid cancer when he was 16.

"It's kind of funny. I was watching a Raptors' game and Chris Bosh, he had a big Adam's apple, so I asked my mom which one was my Adam's apple because I had a lump under it, here," he says gesturing to his throat.

"And she's like, 'OK, we're going to go to the doctor to get it checked out.'"

He went for an ultrasound and biopsy. Two months later, they went to Kingston for the results. Doctors checked his results and discovered he had cancer all over his thyroid.

"They barged in with a surgeon and everything. They told us the news, just threw it right at us. It was like, 'whoa. This is happening?' It was unreal."

The thyroid is a small butterfly-shaped gland located below the muscles at the front of the neck. It produces hormones that regulate metabolism, which determines how quickly you burn calories and how much energy you have.

Miller had a papillary carcinoma, which is the most common kind of thyroid cancer. They are usually slow to grow, especially if it is only in the neck region. This form of cancer can be asymptomatic for years.

Miller experienced none of the usual symptoms, and had it not been for the Chris Bosh episode, he may not have noticed until it was too late.

"It was the best thyroid cancer I could get," he says. Miller's type of cancer has one of the best prognoses. Approximately 95 per cent of adults after being diagnosed survive for at least 10 years.

Miller's thyroid was removed immediately. It took him three months to recover, but by the end of summer he was playing basketball again.

He is completely casual when talking about his illness. Stoic about the topic, he treats it as something he has, more or less, moved past.

He goes in for regular biopsies and blood work, but hasn't had a body scan since he was 18. He takes two pills every day to replace the function of his thyroid.

"If I don't take my pill, then my energy level goes down, my muscles get sore, my joints get sore."

The pills are not perfect. During this season, Miller's medication levels were wrong.

"I was taking it, but it was like I wasn't taking it," says Miller. "I felt tired and stuff but I still played through it. [My doctors] were sur-

prised. They said, 'I'm surprised you're standing right now.'"

"He never used it as an excuse, in any way shape or form. He doesn't play like that. He plays with reckless abandon. He's a small guy, he's not afraid to get knocked around. He doesn't go on the court and play any differently as a result," says Loyalist's athletic director Jim Buck.

Richard Whitfield, the Loyalist's men's basketball coach, has a lot of confidence in Miller. When Whitfield took over as coach in April 2011, he had the summer to work with his players. Since Miller was local, he was readily available for workouts.

"He worked so hard, he put on strength and he put on some weight, he was improving his quickness."

Before the 2011-2012 season officially started, Miller got mononucleosis, a viral infection of the throat and lymph nodes.

"Our first exhibition game against Durham he played really well and he said, 'I got a sore throat' after the game," says Whitfield. The Lancers lost Miller for the first month and half of the season as a result of the infection.

"It sucked just because I put all that work in, I gained lots of weight and muscle and I lost it just sitting on the couch," says Miller. "That was bad. I've never felt like that before. I was out on the couch for a month straight."

Evidently, all the time spent on the couch

LEFT PHOTO COURTESY OF TERRY TING; RIGHT PHOTO COURTESY OF MEGAN PECJAK

didn't have a horribly negative impact. "Matt, being Matt, comes back after his being off and scores 14 points," says Whitfield.

To him, Miller is an ideal player.

"You love to have players on your team you don't have to worry about; you don't have to think about. You know Matt's going to go to class, he's going to go and show up early for practice. He's going to be where you ask him to be," Whitfield says. "He just does it and he does it without complaint."

True to Whitfield's description, Miller showed up for this interview half an hour early on the Friday of his reading week.

Loyalist is located in Miller's hometown of Belleville, Ont. a small community just off the 401. When he started at Loyalist it didn't take long for Miller's history to become common knowledge. However, Whitfield didn't know about it until the season started, even though he worked with Miller all summer.

It was one of Miller's teammates who mentioned it to his coach.

"I straight out asked Matt one night. And he's an honest kid and he told me everything that happened, straight up. Basically, Matt told me the background and everything he went through and I related to him," says Whitfield, who lost his mother to breast cancer in 2010.

Buck knew Miller long before he attended Loyalist; they live about two blocks from each other and Miller went to high school with Buck's daughters.

"From about grade 10, he wanted to come to Loyalist and wanted to play college basketball," says Buck. "He spent a lot of time coming up to Loyalist and shooting in the gym. In grade 12, he started spending more and more time up around the college, getting into the gym and playing with some of the college level guys."

Miller is the only student to win the Scott Reid Memorial award twice. Reid played for the Lancers from 1991-1994 when Buck was the men's basketball coach. He died from a brain tumor in 2001. Together, Reid and Buck determined the criteria for the award, making sure the award was about more than being the best player, or about Reid's illness.

Reid "wanted things like someone with a great attitude, and someone who just worked really hard all the time that might not be an outstand-

ing player," says Buck.

"It's special in that it has nothing to do with the cancer but its kind of an interesting parallel that Matt's been through that battle as well," says Buck.

He doesn't coach anymore but still selects the recipient of the award every year.

Miller was surprised to win it twice. "I think it's a pretty good honour to win it because he loved the game of basketball and I love the game of basketball," he says.

Miller graduates from the recreation and leisure program this year.

He's been accepted to Brock University this fall for recreation and physical education, meaning he'll have to move away from Belleville for the first time.

"I'll miss it. If I played here one more year, I'd be able to do really well, but I kind of just want to pursue my career." OCAA/OUA athletes only get five years eligibility and Miller doesn't want to spend it all at the college level.

He's confident that he can successfully transition from college to university basketball, but it will take a lot of work. Whitfield says his overall size and

not necessarily his height will be the determining factor in whether he plays.

He knows this. "I have to get a lot bigger. It's more physical; the guys are just bigger and stronger. I definitely have to work out," Miller says.

While the physical differences between college and university play is an obstacle for Miller, his coach thinks he's well suited for the game regardless of his size.

"He's a smart player," says Whitfield. "And the university game is so much more of a thinking man's game."

While he wants to see his players move on and succeed, he says part of him wants to keep Miller for another year.

Miller is not worried about making the Brock team, but it won't be the end of his world if he doesn't. "I'll just do school work. School comes first."

Ultimately, he wants to teach elementary level physical education.

"I'm not going to play basketball for the rest of my life, [but if] I could play for the rest of my life, it would be nice." **S**

## "Matt, being Matt, comes back after his being off and scores 14 points"

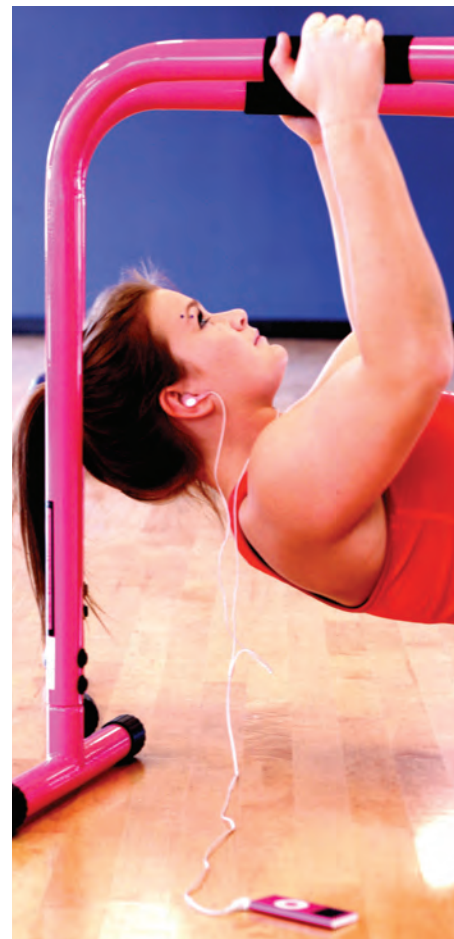
**-Richard Whitfield, Loyalist basketball coach**



PHOTOS COURTESY OF MEGAN PECJAK

# PUMP IT UP

BY KAYONA LEWIS



Kendra Trodd, a Humber personal trainer, demonstrates how valuable listening to a soundtrack is to her workout routine.

the team dynamic. Trodd likes a wide variety of music genres. One of her favourite artists is Kelly Clarkson.

“It truthfully depends on my mood, but it’s more so top 40, rap or reggae. The faster paced music [helps] me to do sprints, whereas rap gets me revved up to go longer,” says Trodd, a Humber fitness instructor.

“I just find that my mindset is better with different songs,” says Trodd. “If I were to be doing cardio and a slow song came on, versus a fast paced song, my mindset would differ.” Karageorghis agrees, rhythmic response leads to greater endurance for most sports. “Subconsciously people respond to music, our research has shown profound examples of that. The musical tempo’s ability to increase movement and raise heart rates is like no other.” **S**

PHOTO BY DANIELLE PERRY

Adrenaline is pumping, the beat of a fast-paced, up-tempo song blares in your ears. The beat skips, your body jolts with it, your heart’s racing and your mind goes into a focused trance. When a workout routine is paired with adrenaline pumping music, this is how your body reacts.

“Music has the capacity to capture, lift spirits, generate emotion, change or regulate mood, evoke memories, increase work output, reduce inhibitions and encourage rhythmic movement,” according to the study, *Psychophysical Effects of Music in Sport and Exercise*, conducted by Dr. Costas Karageorghis and Peter Terry. That’s a huge promise. Even better, says Karageorghis, are routines that integrate a variety of music, “fast, upbeat music stimulates the mind and body, it’s like a legal drug.” In his book, *Inside Sports Psychology*, Karageorghis describes music as the organization of five primary elements: melody, harmony, tempo, rhythm and dynamics.

Music is a valuable partner that stimulates the mind and encourages the body to push itself. When used correctly, “music causes a dissociation effect, it distracts the brain from things like fatigue and elevates positive aspects of mood while reducing negative aspects,” says Karageorghis. Research has supported at least five ways music can benefit sporting performance and preparation, rhythmic response, musically, cultural impact, extra-musical association and most importantly motivational qualities.

Just how music affects the brain while working out is still unknown says Karageorghis. It could take another 10 years before researchers are able to use, “functional magnetic resonance imaging (fMRI) during a workout to find out precisely what happens in the brain at the point of this ‘focus switch.’”

However, Karageorghis says music is most beneficial at low-to-moderate intensities of exercise.

Music allows one to shut out distractions. “One anomaly that our work has thrown out is even at very high intensities of exercise, music appears to moderately affect (mood) even

though it has no effect on perceptions of exertion. So, at these high intensities, music can’t influence what you feel but can influence how you feel it.”

So, what kind of music contributes to great workout results? It depends on how your body reacts to the tempo and rhythm of the music and beats per minutes change, says Karageorghis, so it can be anything from Mozart’s concertos to rap artists. When you’re working out and you turn your focus outwards to music, instead of inwards to everyday stresses, your exercise intensity is 75 per cent more.

Humber rugby player Katelyn McCreary says she listens to a plethora of music and finds artists like the Black Eyed Peas, Kid Cudi and Wiz Khalifa – what she describes as ‘pump-up beats’ – to get her workout routine going.

Before a game she listens to chill music. “Ten minutes before warm-up I need silence to clear my head,” she says. “Whereas, during a normal routine, I listen to music with up-beats because the beat of the music keeps me moving.”

Although determination and focus are important to a successful routine, body mechanics and natural ability also play a major role. Lauren Sergio, a kinesiology professor at York University, says motor functions play a distinct role in an aggressive workout, but harmonization and synchronization should also be given credit.

“Elite athletes are naturally able to co-ordinate the different parts of their brains more quickly and they have better hand/eye skills. It is a matter of your psychology and how willing you are to work hard,” says Sergio.

Music is vital to Andrew Petricca’s training. “It gets me focused, it just helps the workout go by quicker,” says the Humber rugby player, who listens to rock, rap and metal music when training.

Though, during cool down, Petricca prefers to listen to calmer music to bring down his heart rate.

Kendra Trodd, a former volleyball player turned personal trainer, says she likes to work out to her own music. But, she says putting in earphones can take her away from

“Yeah, uh huh, you know what it is, everything I do, I do it big”  
- **Black and Yellow** by Wiz Khalifa

“What doesn’t kill you makes you stronger, stand a little taller” –  
**Stronger** by Kelly Clarkson.

“If I hide my pride and let it all go on then they’ll, Take from me ‘till everything is gone, if I let them go I’ll be outdone”  
**By Myself** by Linkin Park

# FOLLOW THE MONEY

BY ALEX CONSIGLIO

Curtis Loch says before last year's volleyball season, he watched in dismay as good players he wanted to share glory with left their hometown of Windsor to play for colleges near Toronto.

But Loch stayed and captained Windsor's St. Clair College volleyball team to one of its most disappointing finishes, tearing his ACL along the way.

St. Clair finished dead last with a 1-17 record in the OCAA's Western conference, where Toronto's Humber College finished first with a 17-1 record.

In the Eastern conference, Toronto's Seneca College had an 18-2 record. "Right now I don't think there are a lot of incentives for athletes from Windsor to stay in Windsor and play for St. Clair," says Loch.

But starting September 2012, St. Clair will become the first Ontario college to offer all student athletes a scholarship through its athletic department.

"This will be that incentive and may even help with recruiting athletes, from out of town to come and play for St. Clair as well."

Under OCAA regulations, Christina Gatto, St. Clair's director of athletics says her department will offer \$500 per semester to a first-year student. As the student progresses, so does the funding – from \$650 per semester in the second year, to \$750 per semester in the third, and \$1,000 per semester in the fourth.

That is, as long as the student maintains a minimum 2.0 great point average without failing a course.

Gatto says the initiative will cost the athletic department \$100,000 in its first year and a flood of community donations has made it possible.

"It kind of puts us, maybe, in consideration above some other colleges," says Gatto. "For us, it's going to attract students because it will take some financial pressure off them."

Blair Webster, executive director of the OCAA, says it's not easy trying to create a championship college when you're located further west than any other in southern Ontario.

"Definitely because of where they are located in the province, it is a little more difficult for them to recruit athletes, especially out of the Greater Toronto Area," says Webster, noting St. Clair has only 14 gold medals in the last decade whereas Humber College has 56 in the last five years.

Webster says the regulation determining how much St. Clair will be allowed to offer is something directors at every Ontario college determine together to ensure a fair playing field.

"For St. Clair, it's a recruitment tool in an attempt to get the best players," says Webster, adding other colleges would probably love to do the same thing but the funds just aren't there.

"It may get other athletic directors thinking."

Doug Fox, athletic director at Humber, says the initiative caught his attention.

"I only get a handful of scholarships to hand out each year," says Fox, explaining he chooses the "impact players" on each team.

"Looks like we may just be losing some players to St. Clair," says Fox.

Loch, who's studying electronics engineering technology at St. Clair, is hoping that's true and personally, he's "super excited" for the scholarship because he hasn't been able to work due to his knee injury.

He's now well on the mend and ready, with the help of the scholarship incentive, to become a playoff contender next season. **S**



Curtis Loch, captain of St. Clair's volleyball team, says he is excited for the scholarship funding because he's been out of work due to injury.

## SCHOLARSHIP MONEY BY YEAR

- 1st Year — \$500/semester
- 2nd Year — \$650/semester
- 3rd Year — \$750/semester
- 4th/5th Year — \$1,000/semester

In the past decade, St. Clair has won 14 gold medals in Provincial and National athletic competitions and 59 National and Provincial Championships in the history of the school.

# THE DOWNSIDE OF DYNASTIES

## The psychological impact of long-term success on players and teams.

BY JEFF DONER

After countless hours of practice, training and agonizing bus rides across Ontario, the ultimate reward is bowing down to accept your OCAA gold medal. And as soon as that moment is over, it's time to look ahead to next season and try to do it all over again knowing every other team's goal is to knock you off your pedestal.

Winning consecutive championships is a difficult task in any sport, at any level. For the few teams that have been able to do it, coaches and sports psychologists admit the pressure to repeat can build up.

Owners of the last five OCAA gold's, the Humber Hawks women's volleyball team holds bragging rights to the longest current dynasty – something coach Chris Wilkins uses to motivate his players.

"I'd rather have the pressure because that means you're winning. You're doing something right. When there's no pressure that means you're not on the right end of the score sheet," the five-time OCAA coach of the year says.

With an impressive resumé of championships and individual accolades to his name, Wilkins says it's important for his players to realize the pressure associated with sports is positive.

"Later on in life when you don't have a job and you've got to pay the bills and keep the lights on – that's pressure – this is the fun stuff," he says. "I just try to remind the girls that we play this game because we enjoy it and the pressures take care of themselves."

Barbi Law, a professor of sports psychology at Nipissing University, says expectations that come with being an athlete can be difficult to handle, but can also help an athlete thrive.

"If the athlete sees the pressure as an opportunity or a challenge, something where they can rise to the occasion and really prove themselves, then in that case athletes tend to embrace the experience and be really good at coping and can thrive in that sort of situation," Law says.

On the other hand, Law says if an athlete does not deal with their anxieties appropriately it can ultimately have a negative impact on their

performance.

"The only thing you as a player or a coach can control is how you react, how you deal with the situation and what you focus on," she says.

At Humber, Wilkins knows his team usually is a target for other schools and says he notices the effect this has on his players.

"I know that throughout the grind of the year, and as we get closer to [Ontario Championship's] those pressures build up," he says, adding the pressure can lead to uncharacteristic behaviour such as missing a serve or becoming easily agitated.

"But that's where coaching comes in and we've got to remind people that this is a game and you've got to enjoy the pressure."

Confidence, according to Law, goes a long way in turning the stress into something constructive.

"Confidence can act as a buffer against some of that stress and the anxiety. If you're really confident, chances are you are also going to believe that you can handle the situation. When you feel like you can

handle the situation the pressure is not going to get to you in the same way."

When it comes to losing or breaking a championship streak, Law says it could alleviate the pressure for some, but that loss can also lead to a fear of not living up to expectations and letting people down.

She says the adage of taking one step at a time and not looking too far ahead is key.

"If you're focusing on the championship, you might not be as focused on the game you're playing that day or the next day. It's important to always stay focused in the moment. That can take the pressure off."

Humber College athletic therapist Jennifer Bell realizes that winning championships can create pressure to repeat, but also that it can have an effect on losing squads.

"There's the pressure to be as successful as the next team, but on the other hand, some teams, if they're not successful, they feel like they're an even bigger letdown," Bell says.



Humber women's volleyball coach Chris Wilkins rallies the team at the 2012 OCAA gold medal game.

INSET PHOTO COURTESY OF JESS RAYMOND AND HUMBER ATHLETICS

OCAA Hall of Fame coaches, and married couple, Frank and Rozika Sulatycki, led the Seneca women's volleyball team to an extraordinary seven straight OCAA gold medals from 1989-1996 and agree that athletes can't look ahead to championships.

"As coaches we told the players, 'the score of a match, of a game, of a set, is our business. Your business is to focus, to work, to accomplish that particular skill at that time to the best of your ability with confidence, focus, determination, and commitment,'" Frank says.

In their 20 years of coaching in the OCAA, Frank and Rozika developed many techniques to help their players cope with stress and pressures. These included mental training sessions, which consisted of athletic diaphragmatic breathing, relaxation exercises, immediate and long-term goal setting, and positive affirmation to help athletes visualize their goals.

Frank says this helped drain the tension so that players could focus on their particular roles and tasks.

Aside from their own techniques and methods, Frank says there were always other levels of support for their athletes if it was needed.

"There was definitely someone they could talk to. They could go talk to the administrators and if the administrator felt they needed extra help, she would direct them to somebody in the guidance business or psychological [field] where players could obtain help or assistance."

The Sulatycki's stressed the importance of training and encouraging players to focus on the things they could control.

"What we tried to do was train them so that when they come into practice all they focus on is just what is being asked of them. In other words, leave [behind] the excess baggage," Frank says, "whether it was the fact they broke up with their boyfriend or social interactions they were worried about, financial, or school. We were working on training them so that when they came into the gym for the practice or a match, that's what they would concentrate on."

Aside from the psychological impacts of maintaining a dynasty, coaches say recruitment can also be negatively impacted.

Wilkins says the challenge sometimes becomes convincing players they are good enough to play on Humber's team.

"Over the years we've experienced where people haven't come to us because they felt like they might not get playing time or might not be good enough to be on the team.

"A lot of other schools can offer, 'listen, you can be our star,' and that's attractive for some players, but the ones that truly want to win will look and say, 'I can be a star among a whole bunch of stars,' and that's the challenge of recruiting in such a winning program like what we have."

Marc LaRochelle, who has led the Nipissing women's volleyball team to one OCAA gold and five silver medals since 2005, echoes this sentiment and adds athletes can be turned off by playing for a top team over concerns that they will no longer be the go-to player.

"Depending on the depth of the team sometimes they can't [be that star player] because they might be sharing court time or fighting for court time to start at a certain position. Certainly that way it might be a little more difficult."

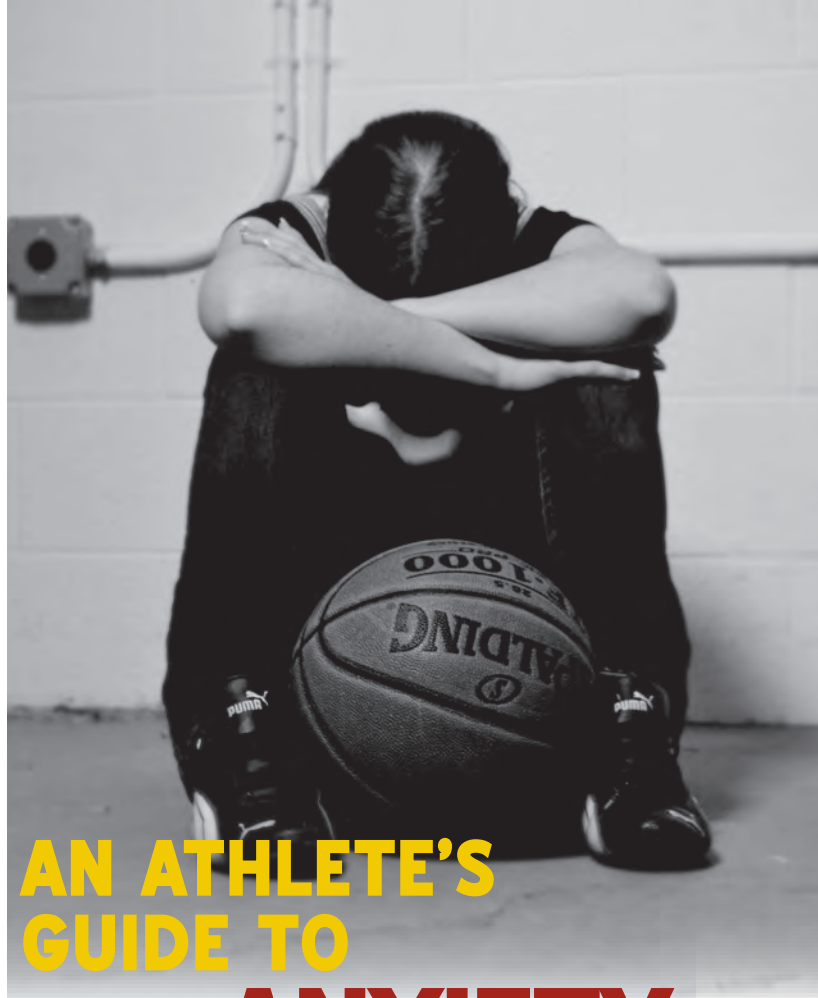
Rozika remembers dealing with the same issues during their heyday at Seneca.

"When we became more successful, any time we looked at anybody then all the other coaches were after them," Rozika says. "Sometimes we couldn't offer them as much as other colleges could and we lost quite a few recruits, but you know that's the way it goes."

Medals, championships, and winning make athletes tick when in the thick of competition, but Wilkins says it's important for athletes to stay humble and realize that winning is great, but it's not the be all and end all.

"At the end of the day it's not going to pay your mortgage or put food on the table for your kids, it's something that you enjoy and you love." **S**

PHOTO BY ERIN JONES



## AN ATHLETE'S GUIDE TO ANXIETY

BY VICTORIA NASH

She's a college athlete, a soccer player, and even the team captain. It's up to her to apply her knowledge and skills to lead the team to victory. Jane Smith\* is at every practice encouraging herself and the team to be the best they can be. A loss is her loss. The pressure is on to do better next time, and to focus on academics to keep her spot on the team. On the outside she is strong and agile, but on the inside she's suffering. Trying to harmonize all of her duties was stressful and she developed anxiety – a scar that goes far beneath the surface.

"I was a captain and in my mind you're supposed to be the best player out there and sometimes the push from everyone behind you and the push from yourself is just unbelievable," says Smith.

David McDuff, a professor of psychiatry at the University of Maryland School of Medicine, and team psychiatrist for the Baltimore Ravens and Orioles, says athletes having anxiety is not a disorder, it's a natural part of sport.

Psychiatrists "approach it by teaching mental skills to turn on that relaxation circuitry more strongly." He says in the event of a penalty kick, one would think the goalie has the advantage, but he says it's the kicker who can quiet his mind and relax his body who gains the advantage.

Unlike some other athletes, Smith's anxiety rarely happens on the field. Her friends and teammates were her safe zone, and made her feel comfortable and relaxed.

*\*Name has been changed to preserve her privacy*

Jordan Miller, athletic therapist at Redeemer University College, suggests when an athlete feels they have support from their teammates there's an obvious increase in morale.

"When an athlete feels happier then they're obviously going to feel better," says Miller.

In down times, Smith felt most comfortable going somewhere quiet with a close friend. "Being by myself was probably the worst thing for [my anxiety]. I had a couple of girls on my team that if ever I felt something – like sometimes I would have anxiety in class and not know why – I'd run downstairs, text a friend and go to the change room and just sit with them. Being able to have a close friend, someone you can confide in and trust makes a big difference to me."

Smith had her first anxiety attack in 2006, when she came back to Canada from spending a year at school in the U.S.

Smith says the anxiety made her feel nervous and panicky and she would experience heart palpitations – since then the attacks happen at any time.

Anxiety hit hard on a trip away to a friend's cottage. "I was introduced to a whole new group of people and they were a bit older than me ... I wasn't in my comfort zone and it got really intimidating." Although the others were welcoming and accommodating, the situation overwhelmed her.

At first, Smith never discussed her anxiety with anyone, including her coach, but after a while she began talking to others about the issue.

"I found a lot of people have it, they just don't talk about it ... you realize you're not the only one," she says talking to others with anxiety about coping techniques is helpful.

Jennifer Bell, athletic therapist for the Humber Hawks, says she has had athletes with anxiety come to her for help or assistance in finding it. If an athlete wants to go beyond the college for aid, they can be referred to counselling and disability services, or to a psychologist or psychiatrist. Bell recommends the Centre for Addiction and Mental Health as being a great place to seek help.

Smith tried counselling for general anxiety but says she didn't have the greatest experience. During the sessions she says they would talk about breathing and relaxing but she found it difficult to calm herself in an anxious mental state.

McDuff says you have to decide if it's expected anxiety, or a disorder. The former, a result of healing from a physical injury, isn't a

disorder because it doesn't consistently interfere with functioning over time.

Once you know where an athlete's anxiety falls on the continuum you can then create a strategy for decreasing the anxiety, explains McDuff. A common approach would be to try a mental strategy that encourages a calm state, confidence and positive thinking.

Despite her own experience, Smith encourages other sufferers to seek help. "I've heard that [counselling] helped a lot of my friends and they've gotten so much better."

Smith says not every professional's advice will be useful to everyone looking for help, "I find you have to almost shop around a bit and find somebody that fits and suits you."

McDuff says mental skills training is available to try to teach individuals to turn on the relaxation system of the body. "It's hardwired in, just like the stress and anxiety circuitry is of the brain and body. But it's just that in our culture, we're not as skilled at triggering relaxation, we don't have as many routines or approaches for doing that like some other cultures do ... [Some]

cultures have routines through the day and the week that are designed within the cultural group to reduce stress and anxiety."

McDuff says there is a variety of anxiety disorders recognized in the

Diagnostic and Statistical Manual of Mental Disorders (DSM-IV).

"There are about eight or so different types of anxiety disorders, but then there's another diagnostic category called adjustment disorder," he says.

McDuff describes an adjustment disorder using the scenario of a soccer player tearing their ACL, "you'll end up having surgery, you'll have six to nine months rehab period and it's pretty demanding to put in the time to get back."

He says if the athlete is feeling discomfort from the injury, such as complications and swelling it can tip the balance, leading them to more anxiety.

Anxiety and insomnia are often linked because a person who worries will have trouble sleeping and restoring energy at night. Low energy exacerbates the pressures of the day so McDuff says targeting sleep improvement is a good strategy.

One technique utilizes white noise. This is a range of continuous frequencies of sound, which can be played on a cell phone or other devices at night. There is a selection of 40 noises, some pleasing, soothing and settling,

## SYMPTOMS OF ANXIETY

On the field or off, anxiety can take many forms and take a toll on performance and coping. Teammates have a critical role to play in spotting and acknowledging anxiety.

Signs/symptoms include:

**Excessive sweating**  
**Red in the face**  
**Shaking and trembling**  
**Panting**  
**Nausea**  
**Heart palpitations**  
**Dizziness**



**Mental Health Helpline:**  
**1-866-531-2600**

The Centre for Addiction and Mental Health (CAMH) is Canada's largest mental health and addiction teaching hospital, as well as one of the world's leading research centres in the area of addiction and mental health.

while others are harsh, alerting and awakening. McDuff says this technique has been successful in helping two professional athletes stop thinking about their past performance at night and achieve sleep.

McDuff says when using the word anxiety, it is quickly assumed you're implying someone has a disorder. The people suffering will think anxiety is pathological disorder and they won't want to talk about it. But, by using a common word like 'stress control,' athletes respond better and that gets more people to talk about their anxiety.

Smith says learning to talk to those around you is a first step to dealing with anxiety. **S**



# DRESS FOR SUCCESS

BY ASHLEY GREENE

In the cozy and bright surroundings of the Humber Varsity Athletics Centre, a long table mimics a clothing display at a department store. Each piece of attire for the fall 2012 season is held up by the OCAA's clothing supplier to be observed before joining the growing pile. Throughout the entire process, the department relies on two of the five basic senses: sight and touch. From noticing the grainy details on the gray long sleeve thermal top, to how bright the orange sweatshirt looks in comparison to other black and grey clothing samples. This is a typical uniform showcase for colleges choosing their athletic gear.

Doug Fox, the director of athletics at Humber, is keen on seeing every zip-up classic Adidas black and white woven jacket and every slouchy fleece drawstring sweatpants, all the while jotting down tag codes. His colleagues jokingly call him "picky" for his attention to particular details. He says the uniform selection is decided by April and sizes are the hardest task. "We have to get the numbers, so we'll order 400 tracksuits and try to get the sizes of who's going to be here next year."

This entire process is familiar to Dave Bethune, the OCAA supplier, who says his schedule is busy this March as he meets with other college athletic departments. Mohawk, Niagara, George Brown and Centennial are just some of the colleges that have changed their colours in the past few years, according to Bethune. From changes to the cut and advancements of fabrics, Bethune's 15 years of experience at his supplier company, Big Kahuna, has allowed him to see just how much a uniform can mean to a player.

"Look good, feel good, play better," was his motto when he first started in the business and for him it still holds true when it comes to developing the perfect sports uniform. "I believe that if an athlete felt confident because of the way their uniform was, or felt proud that they looked really good, that confidence was also reflected in the way they play," he says.

Bethune's comments are echoed by Dan Simon, the founder and creator of Simon Studio, a sports brand identity firm based out of Louisville, Kentucky.

"If you feel like you look good, you've got



A fashionable decision: Humber College director of athletics Doug Fox and his department take a look at the fall 2012 uniform choices.

more confidence, you're going to play better," he says. Simon's firm is recognized by his clients and peers for helping sports teams, specifically minor league baseball, design logos for their uniforms and implementing uniform colour changes. Simon was given the task of creating and designing the logos for four Super Bowls. The colours of a uniform have influenced the success of some professional teams, including the Denver Broncos, he says. The National Football League team switched their uniform colour from the '70s into the early '80s from a royal blue to a navy blue and went to a darker orange. He says that a sports uniform is a tool to encourage appeal, success and confidence.

He compares donning a sport uniform to selecting an outfit to wear out on a date.

"I take a shower, I shave, I comb my hair just right – because I know if I'm looking good, I'm feeling confident and if I'm feeling confident, there's a better chance that date's going to go well. So it's the same thing with sports," says Simon.

Bethune says confidence also comes from the level of comfort a uniform provides.

"If you see a team come out and they've got a raggedy uniform or everybody's got their head down, they're not comfortable," says Bethune. "They're not comfortable in a uniform if it itches or it feels heavy when it gets wet – all those things affect performance."

With a roster of clients including the Hamilton Tiger-Cats, Simon says colour and design are always important in college and professional sports, especially when it comes to merchandising.

"Sometimes teams wish to retain their same colours but they're hoping and looking for a

completely different look. Sometimes clients are looking to change colours."

No matter what the colour choice – reds, greens, dark purple or black, the hue depicts an image, according to Gregory Webster, a psychologist and researcher. The Florida professor conducted an experiment with two colleagues and found that colour does affect players, especially black. "Wearing a darker colour can make you more aggressive," says Webster.

His study 'Can Uniform Color Color Aggression?' focuses on the connection between dark coloured uniforms and aggression in NHL hockey. However, Webster suggests it doesn't matter what sport you play – the darkness or lightness of the uniform affects the players and their performance.

"If you see a guy in a dark coloured jersey and a guy in a lighter colour jersey you may be more willing to penalize that guy in the dark coloured jersey especially if fighting or transgression is ambiguous," says Webster. "If you look around and your teammate is also wearing dark colours then perhaps that could also make you feel more aggressive."

The phenomenon is not limited to players – Webster says fans' behavior might also be influenced by team colours in the same way athletes are.

But beyond the design, the logo and colours of a uniform are important for branding. In the OCAA, a college's uniforms are a visual representation of the college. Bethune refers to it as a "walking billboard," since athletics have an important task of being a symbol for college spirit.

Straight from the runway and onto the field, an athlete's gear is more than just a piece of cloth. **S**

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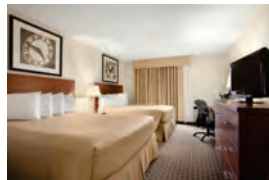
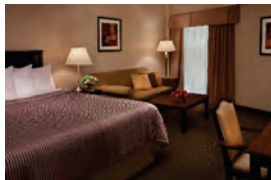
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# SCOREBOARD

## Men's Basketball - East Region

School	W	L	PF	PA	PTS
Centennial	18	2	1513	1245	36
Algonquin	16	4	1471	1193	32
Georgian	12	8	1529	1441	24
St. Lawrence (K)	12	8	1284	1228	24
Durham	12	8	1505	1456	24
George Brown	11	9	1423	1297	22
Fleming (P)	8	12	1336	1368	16
Seneca	8	12	1387	1437	16
Loyalist	7	13	1383	1492	14
La Cite	4	16	1239	1525	8
Cambrian	2	18	1148	1536	4

## Men's Basketball - West Region

School	W	L	PF	PA	PTS
Humber	15	3	1475	1161	30
Sheridan	14	4	1544	1225	28
Algoma	13	5	1437	1085	26
Mohawk	13	5	1591	1322	26
Fanshawe	12	6	1348	1192	24
Niagara	11	7	1492	1288	22
Lambton	4	14	1030	1535	8
Redeemer	3	15	1056	1431	6
St. Clair	3	15	1090	1468	6
Sault	2	16	1101	1457	4

**Men's Finals**  
Mohawk Humber Fanshawe

## Women's Basketball - East Region

School	W	L	PF	PA	PTS
Algonquin	15	1	1143	675	30
Seneca	15	1	1218	626	30
George Brown	11	5	959	769	22
Loyalist	10	6	914	879	20
Durham	7	9	937	993	14
Fleming (P)	5	11	826	1045	10
Georgian	5	11	764	999	10
Centennial	4	12	713	951	8
St. Lawrence (K)	0	16	616	1153	0

## Women's Basketball - West Region

School	W	L	PF	PA	PTS
Fanshawe	16	2	1168	923	32
Algoma	15	3	1141	854	30
Sheridan	13	5	1315	1049	26
Humber	13	5	1029	813	26
Niagara	9	9	1106	1000	18
Lambton	8	10	1032	1082	16
Mohawk	8	10	1105	1142	16
St. Clair	5	13	1067	1142	10
Sault	3	15	825	1243	6
Redeemer	0	18	768	1308	0

**Women's Finals**  
Algonquin Seneca George Brown

## Men's Volleyball - East Region

School	W	L	GW	GL	PTS
Algonquin	19	1	59	6	38
Seneca	18	2	55	14	36
Durham	15	5	47	23	30
Loyalist	14	6	45	26	28
Georgian	13	7	43	27	26
La Cite	9	11	37	42	18
George Brown	8	12	27	43	16
Fleming (P)	5	15	21	51	10
Trent	4	16	24	51	8
Cambrian	4	16	24	55	8
Boreal	1	19	15	59	2

## Men's Volleyball - West Region

School	W	L	GW	GL	PTS
Humber	17	1	52	8	34
Nipissing	17	1	52	15	34
Mohawk	13	5	44	24	26
Sheridan	10	8	35	31	20
Redeemer	10	8	39	26	20
Fanshawe	10	8	37	32	20
Canadore	6	12	27	41	12
Niagara	5	13	24	41	10
St. Clair	1	17	6	51	2
Conestoga	1	17	5	52	2

**Men's Finals**  
Humber Nipissing Mohawk

## Women's Volleyball - East Region

School	W	L	GW	GL	PTS
Cambrian	19	1	58	8	38
Algonquin	14	6	48	28	28
Georgian	14	6	50	24	28
Trent	13	7	42	28	26
Seneca	13	7	46	31	26
Loyalist	12	8	43	32	24
George Brown	9	11	33	40	18
Durham	7	13	27	43	14
La Cite	5	15	18	49	10
Fleming (P)	4	16	23	50	8
Boreal	0	20	5	60	0

## Women's Volleyball - West Region

School	W	L	GW	GL	PTS
Humber	18	0	54	6	36
Fanshawe	15	3	47	20	30
Nipissing	14	4	49	15	28
Niagara	10	8	38	34	20
Sheridan	8	10	30	40	16
Conestoga	7	11	26	43	14
Redeemer	6	12	26	40	12
St. Clair	6	12	25	41	12
Mohawk	3	15	25	49	6
Canadore	3	15	18	50	6

**Women's Finals**  
Humber Cambrian Nipissing

## Men's Rugby - Division I

School	W	L	T	PF	PA	Bonus	PTS
Seneca	5	0	0	212	39	5	25
Humber	4	1	0	231	69	4	20
Trent	3	2	0	109	115	2	14
Mohawk	2	3	0	87	139	2	10
Fleming (P)	1	4	0	46	184	1	5
Conestoga	0	5	0	56	195	1	1

**Division I Finals**  
Gold: Humber  
Silver: Seneca  
Bronze: Trent

## Men's Rugby - Division II

School	W	L	T	PF	PA	Bonus	PTS
Loyalist	4	0	0	121	29	4	20
St. Lawrence (K)	3	1	0	86	56	2	14
Algonquin	2	2	0	134	83	4	12
Georgian	1	3	0	62	116	1	5
Fleming (L)	0	4	0	31	150	0	0

**Division II Finals**  
Gold: Loyalist  
Silver: Algonquin  
Bronze: St. Lawrence (K)

## Women's Rugby - East Division

School	W	L	T	PF	PA	Bonus	PTS
St. Lawrence (K)	5	0	1	154	60	5	27
Algonquin	4	2	0	120	46	4	20
Fleming (L)	1	4	1	47	173	1	7
Loyalist	1	5	0	68	110	1	5

## Women's Rugby - West Division

School	W	L	T	PF	PA	Bonus	PTS
Humber	6	0	0	287	29	6	30
Conestoga	3	3	0	170	122	4	16
Seneca	3	3	0	135	141	4	16
Mohawk	0	6	0	29	329	0	0

**Women's Finals**  
Gold: Humber  
Silver: Conestoga  
Bronze: Algonquin

## Men's Soccer - East Region

School	W	L	T	GF	GA	PTS
Algonquin	6	0	1	22	4	19
La Cite	5	0	2	22	7	17
Seneca	4	2	1	15	10	13
Fleming (P)	4	3	0	11	9	12
Centennial	3	3	1	10	15	10
Durham	1	5	1	5	22	4
St. Lawrence (K)	0	4	3	3	8	3
George Brown	0	6	1	7	20	1

## Men's Soccer - West Region

School	W	L	T	GF	GA	PTS
Humber	7	0	1	27	4	22
Sheridan	7	0	1	25	8	22
Conestoga	4	3	1	21	12	13
St. Clair	4	4	0	24	21	12
Mohawk	3	3	2	19	21	11
Fanshawe	3	4	1	20	17	10
Redeemer	2	5	1	11	19	7
Niagara	2	5	1	13	27	7
Lambton	0	8	0	5	36	0

**Men's Finals**  
Gold: Humber  
Silver: Sheridan  
Bronze: Conestoga

## Women's Soccer - East Region

School	W	L	T	GF	GA	PTS
Algonquin	6	0	1	28	2	19
Seneca	4	0	3	16	2	15
Durham	4	1	2	22	4	14
La Cite	2	2	3	5	3	9
St. Lawrence (K)	2	4	1	6	18	7
Centennial	2	4	1	6	22	7
Fleming (P)	2	5	0	4	14	6
Loyalist	0	6	1	2	24	1

## Women's Soccer - West Region

School	W	L	T	GF	GA	PTS
Humber	8	0	0	40	3	24
Fanshawe	7	1	0	40	4	21
Sheridan	5	2	1	16	7	16
Conestoga	5	3	0	16	5	15
Mohawk	4	4	0	25	18	12
Redeemer	3	4	1	7	20	10
Lambton	1	7	0	4	35	3
St. Clair	1	7	0	3	24	3
Niagara	1	7	0	2	37	3

**Women's Finals**  
Gold: Humber  
Silver: Algonquin  
Bronze: Fanshawe



# SCOREBOARD

## Women's Fastball

School	GP	W	L	RS	RA	PTS
Durham	8	8	0	75	6	16
St. Clair	8	7	1	60	20	14
Seneca	10	6	4	54	52	12
Humber	10	5	5	46	57	10
Conestoga	10	1	9	40	87	2
Mohawk	10	1	9	32	85	2

## Men's Team Curling

Finals	Gold	Silver	Bronze
	Sault	Fanshawe	Fleming (P)

## Women's Team Curling

Finals	Gold	Silver	Bronze
	Sault	Humber	Fanshawe

## Mixed Team Curling

Finals	Gold	Silver	Bronze
	Seneca	Fanshawe	St. Clair

## Men's Indoor Soccer

Finals	Gold	Silver	Bronze
	Humber	Seneca	Sheridan

## Women's Indoor Soccer

Finals	Gold	Silver	Bronze
	Humber	Seneca	Sheridan

## Men's Team Golf - Division I

Finals	Gold	Silver	Bronze
	Humber	Georgian	Durham

## Men's Team Golf - Division II

Finals	Gold	Silver	Bronze
	Fleming (P)	Mohawk	Confederation

## Men's Individual Golf

Finals	Gold	Silver	Bronze
	Mark Hoffman, Humber	Adrian Cord, Humber	Brennan Smith, St. Lawrence (K) // Alex Dumais, Humber

## Women's Team Golf

Finals	Gold	Silver
	Durham	Georgian

## Women's Individual Golf

Finals	Gold	Silver	Bronze
	Tiffany Albath, Durham	Kayleigh Kraemer, Durham	Jasmine Paton, Georgian

## Men's Singles Badminton

Finals	Gold	Silver	Bronze
	Simon Yip, Humber	Mike Del Fante, Conestoga	Leroy Stanislaus, Humber

## Women's Singles Badminton

Finals	Gold	Silver	Bronze
	Tracy Wong, Humber	Boryana Yankova, George Brown	Jenna Dupuis, Boreal

## Men's Doubles Badminton

Finals	Gold	Silver	Bronze
	Dayvon Reid and Mark Wong, George Brown	Chris Hong and Mohammed Nazimuddin, Mohawk	Dustin Mitchell and Johnny Truong, Humber

## Women's Doubles Badminton

Finals	Gold	Silver	Bronze
	Renee Yip and Alyssa Woon, Humber	Li-Ju Chen and Carol Dela Cerna, Seneca	Katherine Harvey and Janelle Koopmans, Redeemer

## Mixed Doubles Badminton

Finals	Gold	Silver	Bronze
	Sanjay Ashokkumar and Patricia Lau, Seneca	Adam D'Agostino and Kayla Odorizzi, Seneca	Hadrian Liu and Suzy Yan, Humber

## Overall Team Cross-Country

Title	Humber
-------	--------

## Men's Team Cross-Country

Finals	Gold	Silver	Bronze
	Fanshawe	Humber	Fleming (P)

## Men's Individual Cross-Country

Finals	Gold	Silver	Bronze
	Sean Sweeney, George Brown	Clint Smith, Fanshawe	Jamie Switer, Fleming (P)

## Women's Team Cross-Country

Finals	Gold	Silver	Bronze
	Humber	George Brown	St. Lawrence (B)

## Women's Individual Cross-Country

Finals	Gold	Silver	Bronze
	Vicky Siemon, Humber	Erika Houde-Pearce, George Brown	Richelle Moore, St. Lawrence (K)



## AFTER THE WHISTLE



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I guess every athlete has a story or two to tell. After high school, I was offered a scholarship to the University of North Florida. I always imagined myself staying close to home for post-secondary, as I am very family oriented. It was difficult

leaving all that was familiar to me, but I had a lot of support from my loved ones. It was my first time living on my own, plus I had to juggle volleyball practices and studying for my nursing program. My schedule entailed going to school from 8 a.m. - 1:50 p.m., lifting weights from 2-3 p.m., practicing from 3-5 p.m. and finally mandatory study hall from 6-9 p.m. for freshman students.

This tested both my mental focus and physical abilities. I started getting into the routine and enjoyed the challenges that were presented to me every day. However one day in the middle of the season, I received a phone call from my mother informing me that my father was in a serious mining accident and was hospitalized.

On Oct. 18, 2008, my dad was working 4,700 feet underground. While he held a pressurized pipe line seven feet in the air, it exploded and propelled him over 35 feet into rock. His injuries included temporary vision loss, two broken arms, a severed right ear, and head trauma. He is still recovering from his injuries, living with a 42 per cent disabled body and suffering from post-traumatic stress disorder. However, it is a miracle he is alive.

It was difficult not being able to support my family during this stressful time and be there for my father during his recovery. At that moment, something changed and I doubted whether I should stay at UNF. I decided to return home after the season. It is amazing how fast all of our lives had changed. I do not regret my decision. Sometimes it takes a traumatic experience like this one to realize what you were truly leaving behind and took for granted.

Returning home to my family and being able to see my dad on a daily basis is something that is dear to me and is where I belong. It feels great to be able to still play the sport I love and look up at my parents cheering me on in the stands. I consider my mother to be part of the team because she has never missed a game and travels with us on every away game. Their support and pride for me without question contributes to my passion and success in my sport. In addition, UNF's volleyball program added to my OCAA success tremendously. I am thankful for my experience playing in the NCAA and my hardships, because they have shaped me into the volleyball player and person I am today.

I am currently in my third-year bachelor of science in nursing at Cambrian College. During these three years, I have played for the Cambrian Shield women's volleyball team. My teammates and I share a sisterly bond even though we are all very different. The Cambrian coaches have been a part of my volleyball career since I was 16 years old and it seems fitting to end my career with them. I am proud to play for Cambrian College and also to stand for the Canadian anthem at games. I have learned that sometimes life hits you a hard serve, but going for it can lead to great rewards.

## COACH'S CORNER



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Many people consider the long hours, the roller coaster ride between the wins and the losses, the sleepless nights,

the long bus rides, and the daily challenges of trying to create a championship calibre basketball program and conclude that, "coaching isn't worth it." But coaching is what I know and love to do.

As a first year men's basketball coach at Loyalist College and in the OCAA, even more challenges arise, especially when you are trying to implement new philosophies and a new way of thinking.

Coaching basketball is not just a hobby. It is my passion and I put my heart and soul into it. Some people want to be a doctor, lawyer, police officer, etc. but not me. Coaching basketball is my career choice. My career goal is to become a CIS coach, or who knows, maybe even a NCAA coach.

Creating a championship men's program at the college level and developing successful student-athletes are my top priorities. The pressures to excel are great, both professionally and personally.

To follow my coaching career, I left a good career in the hospitality industry and made sacrifices, such as downsizing my family home and moving into a one-bedroom apartment. Now, I also work longer, more erratic hours, so that I could focus and devote my complete attention to the Loyalist College men's basketball program and furthering my coaching career.

Work ethic and discipline are important to me so I have instated a rigorous team schedule of mandatory study halls, workout sessions, individual development, film sessions and practices.

People always ask me, "Why do you have this rigorous routine?" It all goes back to my coaching influences, all who are masters of their craft and taught me what I know. The programs that they run constantly strive for perfection.

In studying how they prepare, coach, teach, and address the players and staff, I have learned three major things:

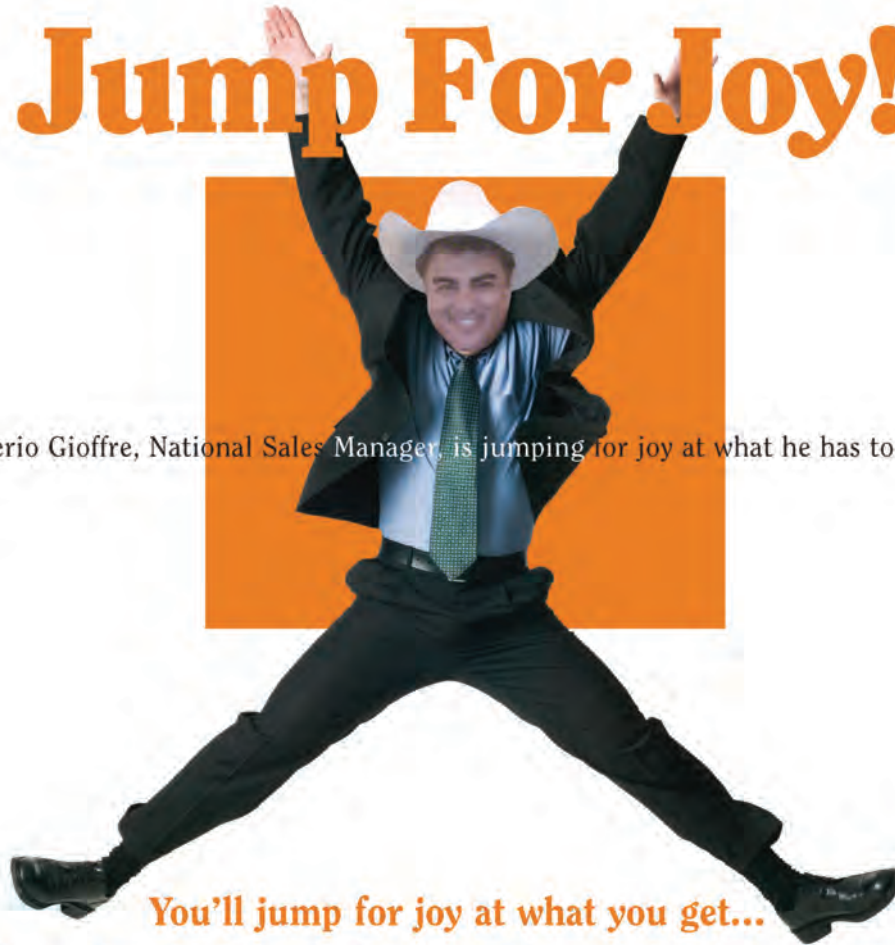
The will to win is not nearly as important as the will to prepare to win. Winning does not just happen. You must set goals, prepare, be in condition and be disciplined. You must be fundamentally sound and play good defense. With these things in place, only then will you be able to perform at your peak.

No matter who you are, you better have a mental toughness, you better be able to out-work everyone else.

If you are disciplined in your sport, you usually are or will become disciplined outside of it. If you truly want to "WIN," these must go hand in hand.

I hope to make a significant difference and one day be someone's influence, the way my coaching role models have transformed me.

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