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OFFICIAL MAGAZINE OF THE OCAA



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EVERY ISSUE



- 4 Letter from the President
- 5 Letter from the editor
- 6 Off the Bench & Coach's Corner
- 7 Gallery: The best action shots from the 2012-13 season
- 44 Stats: OCAA league standings
- 46 In Memory: Honoring Stan Machut's legacy

NEWS



- 12 Recruitment: The challenges faced by recruiters
- 14 Rugby Coach of the Year: David McCully
- 17 Indoor Soccer: A look at the championship tournament
- 19 Exergaming: A new way to exercise

CORE SPORTS



- 20 Volleyball: Coaching your teammate to victory
- 22 Soccer: National players help bring bronze to Centennial
- 24 Baseball: Introducing a new sport to the OCAA circuit
- 26 Rugby: How to build a new team

FEATURES



- 28 Balancing: The juggling act between school and sport
- 30 Concussion: Battling back from a concussion
- 33 Keeping Up: Still in the game at 39
- 35 Video: Using the playback button for strategizing

LIFE & HEALTH



- 36 Laser eye surgery: A new view on the field
- 38 Fandom: The loudest fanbase in the OCAA
- 40 Faith: Combining religion and sport
- 42 Quiz: What's your role on the team?

LETTER FROM THE PRESIDENT

Welcome readers to the 2013 Spring edition of SWEAT Magazine, your source for information for college sport in Ontario. On behalf of the OCAA Executive Committee I would like to thank the faculty at Humber College and the journalism students who have contributed to this great magazine.

2012-13 was another banner year for OCAA teams and student-athletes at the National level - with eight National Championship wins. Congratulations to all OCAA student-athletes and coaches for a great year and in particular the following colleges, student-athletes and coaches for their success at the National level:

Badminton

Tracy Wong and Renee Yip, Humber College - Women's Doubles National Champions

Tracy Wong, Humber College - National Women's Player of the Year
David Wesley, Georgian College - National Coach of the Year

Cross Country Running

Andrew DeGroot, St. Clair College - Men's Individual National Champion

Fanshawe College - Men's Team National Champions

Monique Haan, Humber College - National Coach of the Year

Curling

Fanshawe College - Women's National Champions

Golf

Colton Kalkanis, Georgian College - Men's Individual National Champion
Humber College - Men's Team National Champions

Soccer

Humber College - Men's National Champions

Volleyball

Nipissing University - Men's National Champions

On May 1st the OCAA recognized and paid tribute to the achievements of former student-athletes, coaches and administrators as we hosted our sixth Hall of Fame Induction Ceremony. At the ceremony the OCAA inducted 44 student-athletes, three coaches and one builder into the Hall of Fame. The Hall of Fame bios can be found on OCAA.com and I urge everyone to visit the Hall of Fame to read about the many great athletes, coaches and builders who have made the OCAA such a great organization.

I also urge you to sit back, relax and enjoy this edition of SWEAT.

Fred Batley



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LETTER FROM THE EDITOR

We all know the sports world is filled with clichés, and the one we've been playing with in the newsroom, is if you give 110 per cent, 100 per cent of the time, you can't do much better than that.

But among all the hackneyed sayings, the most overworked catchphrase has to be "there's no 'I' in team." And for some reason, that one proved to be the most true when it came to composing this magazine. It truly was the work of an entire team.

Sweat has been showcasing many great athletes and sporting achievements over its award winning 13 years of publication.

The stories all deliver lessons. The commonality in it all shows that the issues and messages that come out of these stories can be more emotional and intense than the games themselves.

Sports aren't for everybody; I hear that all the time but one thing is for sure, sports are more than just fun and games. Especially in the way sports touch on all aspects of life and give valuable experience to those taking part.

Sports are about relationships, family, life, health and safety and more. The list could go on. Sports build character, through triumphs and defeats, where dreams are realized.



My job as the editor-in-chief was to set out with our team and capture some of these compelling stories and showcase the OCAA athletes, who push the envelope. Who put in the time, the sweat and sometimes even blood, in order to go the extra mile, to achieve greatness in not only their varsity sport but also in their academic career.

For the most part, the athletes who compete in the OCAA won't go on to play their sport professionally but instead will go into their chosen career paths. But their legacy will live on at their institutions, in the record books and inside the pages of this magazine.

Sweat is a major supporter of OCAA student athletes and is put together by students in the journalism program at Humber College. The student writers all have different backgrounds and interests. Sweat pushed these writers into uncharted territories, forcing some out of their comfort zones.

Some had mixed feelings about writing sports stories but everyone soon realized that this magazine was really about more than just sports. Athletics is merely the underlying commonality as sports open the door to real life issues.

The writers went to great lengths, chasing stories into gyms in the north, south, east and west of the province, in hospital rooms, job sites and churches. It wasn't always easy and for the most part nobody kept score.

These stories are much more than just a game, with one winner and loser. These stories touch on pain and glory, truth and lies, sweat and tears, crowds and isolation, the past, present and future.

It truly does take a team and I have to acknowledge, Shaleni McBain, executive editor. She worked tirelessly, managing the stories, the personalities and obstacles and helped keep the project on pace. She pushed writers to dig deeper, pressing them like a coach, in order to get the best out of them.

Thanks for reading sport fans,

Jesse Thomas

OCAA Sweat
Editor-in-Chief

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OFF THE BENCH

Trent's male athlete of the year - Graham Abbott

I am currently awaiting my graduation from Trent University, in Peterborough, this spring I will receive my BA in History.

I have played on the men's varsity rugby team for all five years of my degree and for the last four years we have competed in the OCAA. I have captained the team for the last three years and I have witnessed significant improvement in myself as a player, but also in the program as a whole.

Our team's record shows this; we finished 4th in our 2009 and 2010 seasons, third in 2011 and second this past season, in the fall of 2012. Often we get criticized for being a university playing in a college league, but in fact we are such a small university that most of the colleges we are competing against have much larger enrolment numbers.

I would not trade the experiences I have gained through rugby for anything in the world. The friends I have made, whether they've been teammates, coaches or even opponents will always have a place with me and they will never be forgotten.

Although all the coaches were magnificent throughout my Trent rugby career, one specifically had an impact on who I am and who I will become. Head Coach Dave McCully told us that everything we did as a team would be built around our four core values;

1. selfless commitment to the team
2. relentless pursuit of improvement
3. tireless work ethic
4. enjoy the process

These became not only a way to live within the realm of our rugby team, but also a way in which all players lived our lives. So much has changed in the men's varsity rugby program since I arrived here for training camp in August of 2008.

The men I have played with are not just friends; I consider them family. In a number of different ways, rugby and the people involved in it have helped me become who I am today. To all of them - thank you. At one point or another, all of my closest friends I have met through my involvement in the magnificent sport of rugby. I even met my girlfriend Kelly while playing summer club rugby in Belleville many years ago.

I want to again thank everyone at Trent University who has helped me through this amazing journey. Although I am incredibly sad I will not be joining the team next fall when they step on the field for their first kickoff of the season, I wish them the best of luck. I am confident that they will do great things next year and in the years to follow when they continue to improve and bring the OCAA championship title to Trent University in November 2013. I will always 'Bleed Trent Green.'

Cheers,
Graham Abbott



COACH'S CORNER

CCAA coach of the year Wayne Harris

In July of 2008 David Mantel, athletic director at Redeemer University College offered me the position of head coach of the men's volleyball team.

Prior to that I had coached high school and club volleyball for more than 20 years. The OCAA was an entirely different opportunity. I told him I needed to think about the offer, but there was no doubt in my mind as soon as the offer came out of his mouth the answer would be 'Yes'.

I'll never forget our road trips and the beautiful drive to North Bay in the winter and I'll never forget the OCAA championships. Each was full of possibility and in all cases we pushed hard to achieve something incredible.

I fondly remember those epic matches with our western rivals and there's no doubt our greatest accomplishments came with medals. We beat Mohawk in 2009-10 to win our program's first ever medal, a bronze. We surprised Sheridan in the quarterfinals in 2010-11 and went on to win a silver medal. After a disappointing loss to Mohawk this year, we rebounded and won another bronze medal.

I love the game of volleyball and the chance to coach at this level. While most of our guys have not won the genetic lottery that the very top athletes in Canada possess, still the top OCAA programs still play this game beautifully. Power and finesse are crucial and game planning and executions are central to what we try to do.

In the OCAA West every match is a dogfight and I think that you could easily make the point that this year's matches were as hotly contested here as they ever were.

The CCAA Coach of the Year Award was a surprise and a huge honour. There are many outstanding coaches working in the OCAA and the CCAA and being given this award was more than a little humbling. Any coaching award can be attributed to the efforts of an entire team. So this award is definitely shared by the 16 young men and coaches who made up our program.

I am completely torn over retirement. I am a little burned out by five years of coaching while also working as a vice principal in the professional side of my life. I look forward to taking a year off and catching my breath. However I love OCAA Men's volleyball and the challenge it affords me. There is no doubt that I will be watching job postings in the future. I hope that I have not coached my final match in the OCAA.

Thank you,
Wayne Harris





Blake Bennett playing for the Saints at the OCAA Championships hosted by St. Clair College Oct 1-3 2012, at Roseland Golf and Country Club in Windsor, Ontario. Photo by Bill Smith



(Top)

(Bottom) A player on the Seneca Men's basketball team at the 2013 OCAA provincial championship.



(Top) George Brown's Anthony Ciccocelli blocks a shot against Fleming College, September 8, 2012 at Centennial Park Stadium in Etobicoke. Photo by Michael Stefancic

(Bottom) Humber's Mary Asare rallies her teammates and storms onto the court at an OCAA women's basketball game at Humber College. Photo by Jess Raymond



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NEW RULES AND NO ATHLETES

A change in athletic scholarship budgets and a slow start to high school athletics is making recruiting a challenge

Shannon O'Reilly

If you are the coach of a college basketball team, not only is it your job to nurture the talent you already have, but you're also in charge of recruiting talent to fill roster spots for the years to come. When you're bringing in new players, they must be able to play, but personality-wise, they must also fit into the team fabric.

To evaluate a potential recruit, coaches will attend games and see how players interact with their teammates and coaches, speak with the family, teachers, and supporting cast. Only after the big picture is painted can the coach make a decision about whether or not this athlete would fit in with his or her coaching philosophy.

This year has proved more challenging

than usual when it comes to recruiting.

Coaches haven't been able to be as thorough in their evaluation as usual because there has been little high school athletics activity since the Ontario teacher's dispute. Not only does this limit the pool of potential recruits, but also restricts the amount of face time OCAA coaches have with the high school athletes.

High school teachers had decided not to participate or coach in any voluntary athletics as a boycott ploy since Bill 115 was introduced in September. The bill would limit the amount of control the teachers union have as well as introduce a pay freeze. The bill was repealed in late January and the extracurricular ban was

lifted in late February, but time was lost in several sports. As well, many volunteer coaches have decided not to return to coaching, leaving high school teams unable to compete despite the ban being lifted.

The OCAA has also decided to up the recruiting ante by increasing the money available through athletic scholarships, an advantage for big schools with a large budget but a disadvantage to small schools.

"We're really noticing that with the work stoppage happening with extracurricular activities, it's eliminating how a lot of our coaches like to go to their tournaments or follow up with potential athletes coming into the college," Fred Batley, president of the OCAA and athletic director at Fleming College said in March.

"What we're finding is a lot of that is not happening so the connection and the contacting will have to be done differently," he says.

Brian Greer, an athletic recruiter for Trent University, says although there are still tournaments and events to attend because of catholic school boards and a select few public schools still running their teams, it has watered down competition.

"It's certainly hurting recruiting in the sense that we can't see a lot of the players that are applying to the university," says Greer. "We can't see them in action so we don't know in a sense how good they are."

How are Ontario colleges dealing with recruiting? In 2013, there are some pretty innovative ways.

"We're keeping in touch by text, Facebook, following them on twitter," says James DePoe, responsible for recruiting for Humber College's men's basketball team. "That's part of our recruiting system now, to just see what they're saying, how they behave. You're trying to evaluate character as much as anything else along with their basketball skills. I mean by this point we know, we've been seeing these kids for years, so the basketball ability is there, we're just trying to see how they mature as young men or young women."



Curling was one of the few sports competing this past year. Pictured left is a member of the Loretto Abbey girl's silver medal winning team. Photo courtesy Jackie Ellis

TOP TWO RECRUITMENT TIPS

James DePoe, Humber:

- Build relationships and have facetime
- Push the school and the services provided by athletic program

Jim Flack, Sheridan:

- Work hard to develop strong programs
- Be patient - success isn't overnight

Brian Greer, Trent:

- Provide good support from active coaches
- Act as a liaison between coaches and students to provide answers

Fred Batley, Fleming:

- Talk to parents; ensure support and resources to enable student success
- Get to know student athlete - is our school the right fit.

The process of recruiting is not easy. And with fewer scouting opportunities to recruit from this year, and the scholarship money going up, it has left many coaches and athletic directors with extra work on their shoulders.

Here are a few tips from each recruiter on how to best go about getting student athletes.

DePoe says players are scouted for a few years beforehand. The final year focuses on evaluating character and making sure student athletes are continuing to succeed in both their studies and sports.

"A lot of these kids went back for the victory lap and so now they're in limbo," says DePoe. "They're just dropping out of school because they've already graduated. We do have to get creative so, as opposed to going and watching a potential student athlete in a game, we've tried to go to their practices - just tried to meet them, meet with their guidance counselors."

Batley and Greer suggest keeping in contact with the coaches and trying to get the student athletes to attend an open house is also key in terms of recruiting.

"I'm spending a lot more time on the telephone and email just to get the student to come to Trent instead of me going to them and watching them play," says Greer. "I'm trying to get them to come to Trent and get them to talk to the coaches and then we go from there."

Batley says they will have to go about finding out who is interested in coming to their college in a different way as well.

"What we're finding now is that we are trying to contact more of the coaches in the areas and try to find out from them whether they do have potential high school players coming to our college," says Batley.

He adds that watching potential recruits on their club teams is also an option.

"We will have to concentrate on the club programs if that's where the athletes will be kind of flowing to more if it's not going to be available at their high school," says Batley.

Athletic Director at Sheridan College Jim Flack says that despite the lack of high school games to attend, the interest from final year athletes is still there.

"We just haven't had much to go look at but the kids that are from the public boards have been contacting us," says Flack. "A lot of the kids we already knew about, who are in grades 11 and 12, it's not like they've disappeared. We're still in contact with them anyway."

While the extent of the problems caused by the lack of high school athletics is not yet known, Flack doesn't believe it's something to worry about right now.

"To be honest with you, I think it's too early to tell," says Flack. "There certainly hasn't been

as many high school events, not as many teams to look at, but the fact is we won't know until next fall to see how things will go."

For some bottom ranking teams, such as Sheridan's new men's rugby squad, some highly touted recruits may be less inclined to choose a struggling program than a well-established powerhouse like Trent University. Combined with the lack of high school athletics, it's conceivable there may not be enough recruits to keep the program going but Flack quickly dismisses those concerns.

"We have an incredibly talented coaching staff and that, in and of itself, will attract people more than anything," says Flack. "I know they're connected in the club community and high school community and people will start being attracted to the program and we'll be fine. I think people will be in for a little bit of a surprise over the next couple of years because of how quickly we will climb in the rankings."

While a new team might be exactly what a new recruit is looking to play for, instead of riding the pine, others may want to play for a championship contender. This begs the question, is it easier for a well-established team to get student athletes to come play for them? DePoe doesn't think so, and says Humber doesn't rest on its laurels when it comes to recruiting.

"We've been on a good run but our league is continuing to develop," says DePoe. "There are a few programs that have really done a great job in the last few years of establishing themselves in the basketball community and in Ontario and they've been really recruiting well so we just have to work hard to stay on top."

On the other hand, Greer says that the success of a team can play a factor in recruiting.

"We have a couple teams - in particular I'm going to mention our men's rugby and women's volleyball that play at the OCAA - they've been very successful over the last couple of years and we seem to be attracting more students as a result. That plays a huge role," says Greer.

The successful record of a team isn't the only thing that may sway a potential student athlete one way or another. In the past, many Ontario colleges and universities have lost athletes to other provinces, particularly Alberta and British Columbia. There is no scholarship allowance cap there, and schools can give more financial support to potential athletes. However, starting next fall, the OCAA is changing its policy.

The original format for athletic scholarship allowance in Ontario was as follows: Year 1, \$1,000, year 2, \$1,200, Year 3, \$1,500, year 4/5, \$2,000. Now, OCAA colleges may give any athlete in any year up to \$2,500 a year.

"In order to be a varsity athlete and to be a student you're looking at the fact that you really don't have time to have part time work or to get as many hours to work," says Batley. "By increasing the amount you can give a student athlete you're giving them more assistance to enable them to play."

However, this may not be a good thing for small colleges, who are struggling to stay competitive. Often, athletic budgets consist of a small percentage of student fees. If a small college only has 3,000 students, versus a large college with 20,000 students, then the budget will be significantly smaller.

Batley says although this is a concern and ongoing problem, it's not anything new.

"A lot of the large colleges can offer more student athletes a scholarship than a lot of the smaller colleges can so that proportion is always going to be there," says Batley.

"I won't be able to compete with those colleges that can give student athletes that amount of money," adds Batley. "But it always come downs to, you hope, the student athlete is picking the college because of the academic program."

Greer is also in line with this notion. He breaks down the decision of choosing one school over another into four categories.

One: the school must offer the academic program that the student is interested in.

Two: the success of the team. If they're winning, it's easier to recruit.

Three: does the athlete find the school to be a good fit?

And finally, four: the academic standards of the school.

"One of the problems I find as a recruiter sometimes is our academic standards are somewhat a little high and our admissions people are very tight about allowing no leniency for athletes," explains Greer. "For example some colleges and universities offer a three to five per cent leniency to an athlete to get into a program. We have never offered that. If you don't have the marks, you don't get in." ▼



PURSUIT OF PERFECTION

David McCully on what it takes to be rugby coach of the year

Jonathan Zettel

David McCully isn't the sort of coach who paces the sidelines, or micromanages game play by yelling directions to players and obscenities at referees. He's not the sort to be overheated by the moment, or robbed of meaning by individual results. David McCully, the 2012 OCAA rugby coach of the year, is a big-picture man.

So by the time the 2012 Men's Rugby Finals came in the middle of November, McCully had little left to do for his team, the Trent Excalibur. He had been meticulous in his preparation, veritably turning the souls of players, changing mindsets, and building a new culture. There was no need for a bellowing pregame speech to get his team jacked-up, because the groundwork was already there. This team was built for this particular moment.

"I'll just never forget sitting in that dressing room before that final gold medal game," says team captain Graham Abbott. "Before McCully was here, the program wasn't even comparable to what it is today."

In his fifth year, this would be Abbott's last game with Trent. He had seen the cultural shift that McCully, had set in place. In his first year, the team couldn't score a single point, and now they were playing for gold.

The opponents in that fateful final game were the formidable Humber Hawks. Humber dominated the 2012 OCAA rugby season, going a perfect 7-0-0 and outscoring their opponents a record-breaking 663-10.

The first half was all Humber, but in the second Trent realized that they could play with

the Hawks. The end showed a result of 39-22. Humber had won its third gold in a row, while Trent took silver.

"Coaching is leadership," says McCully, "and leadership is about knowing who you are and what you believe in and then sharing that with others."

You can hear the passion in his voice, passion for the game, passion for coaching, and passion for his players. He speaks more like a sociologist than a rugby coach. He started out as assistant coach three years ago and took over as head coach the following year. He immediately sought to change the rugby culture at Trent.

"I don't know if I would say it's a culture of winning," says McCully. "It's a culture of doing everything within our power to be as good as we can possibly be. It's a culture that is pursuing excellence and perfection."

He set out the four pillars to this new culture: hard work; full commitment to the team; constantly looking for ways to improve; and enjoying the process.

Every player is first responsible for academics and then it's a full-unbridled commitment to rugby all year round.

Gabriel Epprecht is one of the team's captains and plays scrum-half.

"At the end of practice you almost have to be dragged off the field, which I guess is just a massive difference from what it was before. It's come from him, he's built it himself and he does it by example and passion. It's really

obvious that he cares so much about this game and us and it's wonderful to be a part of," says Epprecht.

"He's the best coach I've ever had in my life and I've played sports since I was three," Epprecht says.

It's this sort of reaction of players that could have played into winning the coach of the year.

"It felt a little awkward," says McCully. "I appreciated the honour, but I really felt that Fabian [coach of the Humber Hawks] would be the most worthy recipient. It was nice, but that's the players' award more than mine. If they didn't play the way they did then there wouldn't be the recognition."

McCully is already looking to next year. Training sessions have been set up, so that when the team enters camp next fall, they will come to camp in the best shape of their lives. Assuredly, there will be ups and downs. No road to victory is ever easy.

"All we can do in life is control the little piece that we get to control and there's so many things that are beyond our control and if we get hung up on setting a target that isn't within our control we are wasting our time and setting ourselves up for a fair bit of trauma," says McCully. ▼

Coach McCully talks to his team between plays. Photo courtesy of Mark Wickham



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Jonathan Zettel

It's too cold for soccer; too cold for the beautiful game.

Half way through the month of March, and it is still too cold for soccer. The soccer fields outside the Ontario Soccer Centre — the epicentre of soccer in Ontario, and perhaps even Canada, and home of the Ontario Soccer Association — are still blanketed by snow. They lie quiet and still, only crows dare land on the white plain. The mesh has been taken down from the giant white nets; they stand like silent guardians, patiently waiting spring. But for now, it's too cold for soccer.

"I wouldn't want to be playing outdoors right now either," says Marlene Ford on the artificial turf inside the Ontario Soccer Centre in Vaughan.

Ford is the OCAA senior convenor for men and women's indoor soccer. Today, while the cold wind howls and the sky falls as snow, she is inside dressed in a bright red OCAA hoodie and running shoes. She's set up a cafeteria table and is placing rows of OCAA medals on the top. In an hour or so winners from the yearend indoor soccer tournament will be announced, and Ford will shake each of their hands.

"Competition has been outstanding this year, very very tight games, some lucky bounces, some bad bounces, calls your way, calls not your way, it's been really really good. It's been a really good two days," says Ford.

She speaks like she's been around sports her entire life. She's got the tone of a football coach, and the temperament of a winner. The tournament that she is overseeing is the pinnacle for hundreds of college athletes across Ontario. For many, even most, this is the closest they will ever get to professional sports.

"Not all players can adapt to indoor soccer, you have to have a lot of skill, skill and speed really help. It's a little bit different game, but it helps the fields are fairly big, but it's tight, it's tight, you don't see as many long balls, you don't see the crosses that you do in outdoor, a lot of this play is on the ground so it's a lot more movement," says Ford.

Inside the Ontario Soccer Centre, fluorescent lights hang high over the artificial turf. Two



The women's indoor soccer year end tournament took place at the Ontario Soccer Centre in Vaughan this past March. Photo by Jonathan Zettel

massive blue curtains hang from the ceiling to divide the field in thirds. The entire space has a perimeter of a second level balcony where fans — yes there are a few — can stand and watch the games. A couple old Italian men watch like a couple of curmudgeons. The women's games are on the far left; men's games on the right.

On the far left, a bald referee kicks the ball from the sideline trying to have it land perfectly on the centre dot in the middle of the field. He misses by about ten meters, and tosses his hands in the air as though every other time, it had landed perfectly. This is the women's bronze medal between the Conestoga Condors and the Durham Lords.

The chatter on both sides is constant. Poetic phrases jump from out of bounds onto the unnaturally green field: "watch your space... your man, your man... bring it down... she's got time... stay with it... don't give up!"

Although the first half is scoreless, it was all Lords. And then just 27 seconds into the new half, Megan Arsenaault scored. The Lords go wild.

And then with seven minutes left in the game, the Condors score to tie it up, after a bad call. The ball was clearly out, and everyone in green was jumping up and down calling it, but the ref, nonchalantly standing around mid-field didn't see it.

"That was garbage," shouted the Durham coach. "If he wants to just stand there and do nothing then get off the field."

Warnings are shouted back to the bench, and the game moves on.

And then, with the clock winding down, Arsenaault, Durham's star player, jumps for a ball in the crease and hits the goalie, who falls flat to the ground. The goalkeeper comes down hard on the ground. She lies there still. Trainers gather round.

"She's gonna kill me, she said so," says Arsenaault. "I didn't mean to, I didn't see her," she drinks orange Gatorade from the sideline.

When the goalie finally makes it back to her feet, Arsenaault is the first to applaud and less than a minute later she blasts one past the

shell-shocked goalie into the back of the net for the win.

Lords take bronze.

Across the indoor pitch, the Sheridan Bruins are about to dominate the Humber Hawks in the men's gold medal game. Both sides are up off their benches, yelling at bad calls and missed opportunities. The slow lumbering pace of the outdoor game, is nowhere to be found here. The action is an end-to-end blizzard of players bashing into one another, a sea of sweat and Gatorade, all culminating with a lop-sided endgame.

Bruins take gold, 4 - 0.

"It's a tough loss, but they're a good team and we'll take away something. We learn from it for sure and work towards next year," says Hawks' coach Michael Aquino. It's the answer every coach gives after a big loss; Aquino remains steady and stoic. It's clear he lives and breathes the game and defends its popularity in snowy Canada.

"It's tough you now, it's tough. You know, you are talking about a sport that is the most popular in the world," says Aquino. "It doesn't quite have the same history in Canada as it does in other countries. You talk about hockey or football or basketball you know they have a longer history. Especially with climate here in Canada and opportunities to train all year round, these facilities offer you that, at the college level, but you know also at the youth level."

The Humber Hawks won the woman's gold medal 2-0 over Seneca and the men's bronze medal game, Fanshawe beat Sececa 1-0.

Standing on the fake green plastic that passes as grass, inside the massive arena that sits surrounded by a parking lot - reminiscent of any number of hockey rinks that dot the countryside - it is, at the very least clear, there are enough people invested in the sport to battle the back the snow, and build skilled teams ready to compete.

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GAMING TO GET FIT

How video games offer an alternative way to exercise

Sara Miller



(Left) F4S Facilities Manager, Aileen and co-op student Derrick, move on one of the Dance Dance Revolution stations located in the XRKade room at Fitness 4 Success. (Top) The 1400 sq. ft. facility offers users a different workout experience by using interactive gaming such as virtual boxing and cycling in an arcade style setting. Photos by Sara Miller

Colourful neon lights of red, blue and yellow lit every corner of the room. The sounds of the on-screen instructors blared on a few of the TV screens as they guided and praised the users through the game. Users moved to Will Smith's "Wild Wild West" on an Xbox while another group danced on a game pad.

Exergaming is a term used to describe a videogame that includes physical components. It usually requires the user to physically move to fully interact and gain the best exergaming experience.

Despite its current media attention and success, exergaming isn't a new phenomenon, with some of the genre's roots found 20 years prior with the Power Pad (a floor mat game controller,) made by Bandai, a toy and video game company on the Nintendo Entertainment System console.

Dr. Dwayne Sheehan, the co-ordinator at the Canadian Exergaming Research Centre at the University of Calgary says the centre is designed to research the impact of exergaming on the fundamental movement patterns of pre-adolescent children.

"We designed and selected programs and games that would help develop fundamental movement skills," says Sheehan.

"What we believe is that kids will become competent with fundamental movement skills, or movement proficiently, and ultimately confident enough to want to continue to be active for life."

According to a 2011 study by Statistics Canada on the obesity of adults in Canada, 52 per cent of Canadians are overweight or obese. The increase of unhealthy diets and decrease in physical activity in adults are to blame.

Nicholas Graham is the director of the EQUIS Lab at Queen's University, which focuses on the technology used in the development of collaborative gaming.

"Our particular interest is looking to motivate people to engage in such programs and stick with them and also how to make the game sufficiently vigorous," says Graham.

Graham says results of using exergames as a way to lose weight are debatable.

"It is a topic that's controversial. Studies done looking at exercise and weight loss have a hard time linking exercise with any form of weight loss," he says.

"Weight loss has more to do with dieting than anything, but it is still good that you are active in any way."

Noel Morgan, the owner of Fitness for Success in Vaughan; says his gym offers traditional fitness exercising and features exergaming equipment.

Morgan, who taught physical education, saw how the rate of obesity and diabetes was affecting the physical health of people.

"Wouldn't it be great to invent a bike attached to a screen that you had to peddle to keep it on," he says.

Fitness for Success uses commercial equip-

ment in its gym instead of more common exergaming equipment such as the Wii. The Light-space system, is an interactive floor made up of tiles that respond to the users' movement.

Andrew Tran, 25, has been exergaming since high school, playing games such as Dance Dance Revolution, EA Sports Active and Bust A Groove. He says that playing these games on a high intensity level can give users a workout.

"These games can provide a physically challenging workout when played at a higher level. And playing over a long period of time gave me a great cardio workout.

"I feel that the game titles we currently have, have to become more innovative and pushing the younger generations to lead a healthy, physical lifestyle."

Tran believes that while exergames do get your heart pumping, they are not a complete replacement of traditional exercises.

"As you progress through the levels and difficulty, the game makes sure that you break a sweat. But, he says, "to make it work you have to make changes in your lifestyle as well.

"Also these games rarely incorporates weight training. The exercises that claim to be weight training are usually constant repetitions of stretches that focus on toning. Since you're holding the Wii-mote or PS3 moving it doesn't provide as much resistance," he says. ▼

FROM MARAUDER TO KNIGHT

Teammate-turned-coach, Nathan Groenveld, convinces Shayne Petrusma to return to volleyball for one more shot at a national championship

Brandon Humber

As Shayne Petrusma, outside hitter on Niagara's volleyball team steps up to the back line, preparing to serve, the boos and heckles of the hostile Humber crowd rain down on him.

From courtside, Nathan Groenveld, Niagara's head coach, watches intently, arms crossed and face emotionless.

"He's pretty calm through most things, we've had some pretty intense matches and he's always able to calm guys down," Petrusma says of his coach.

The Knights finished second-last in the league last season. Now they are tied at two sets apiece battling for first place in the OCAA's West division with the defending CCAA champion Humber Hawks. Humber took the first two sets, but after Groenveld called a timeout, Niagara came back to win the next two.

Mocking chants of "Shayne" ring throughout the Humber gymnasium, but 6-foot-6 Petrusma just stares stoically at the ball in his hand.

He tosses the ball into the air, where it seems to hover as if waiting for the palm of his right hand to make contact. When it does, the thunderous clap silences the crowd. When

Petrusma graduated from the kinesiology program at McMaster University, he thought his volleyball career was finished.

He enrolled in Niagara's paramedic program upon graduation, which he says had always been the plan a plan that changed to include volleyball when former McMaster teammate and now Niagara head coach Nathan Groenveld approached him.

"I wasn't originally going to play at Niagara, I was going to call it a career, and then Nathan approached me and said that (Niagara) was hosting the Nationals," says Petrusma.

According to Ray Sarkis, Niagara's co-ordinator of Athletics and Recreation, Groenveld was attempting to rebuild the college's volleyball program, which was in rough shape when he arrived.

"Our program, about five years ago, was one of the best programs in the country on a consistent basis and then, unfortunately, we had a couple coaches in here who didn't do their job recruiting," Sarkis says.

Sarkis says the recruiting aspect of coaching is essential to success and that he and Groenveld immediately went to work and ultimately

got Petrusma on board.

"Having Shayne coming from a program like McMaster brings a little bit of that confidence, he brings some of that winning attitude to a program that hasn't had it in a bit," Groenveld says.

Petrusma had been to the Nationals twice before with McMaster, once on the same team with Groenveld, but had never won.

"Most guys even (in a five year program) will never get to a National tournament, so I think it's a really great opportunity," says Petrusma.

All year Petrusma was consistently one of the league leaders in kills, digs, points and points-per-set under Groenveld's coaching.

He was also named a CCAA All-Canadian, an award selected by coaches around the league. This is only the sixth time a Niagara student has received the honour.

Sarkis says that opposing coaches recognize Petrusma's talent.

"The coaches saw what he's brought to the program, how he's helped turn the program around. He's been very dominant offensively on the court and defensively, both at the net and at the back court," says Sarkis.

Dave Mantel, the OCAA's Senior Men's Volleyball Convenor has also been impressed by Petrusma's play.

"He's very big," Mantel says, "so defensively, he puts up a very big block and it's difficult to attack that side of the court."

"He has an incredible serve, a very hard spin serve that challenges a lot of people and also just racked up the kills," he says.

Sarkis says he thinks Petrusma's level of play can be attributed to coaching.

"It doesn't matter how good the player is, you still have to have these players buy into the system that, as a coach, you're trying to instil," he says.

Petrusma says knowing Groenveld has helped his game.

"I think the main thing for me has been the comfort that I feel playing under him, having had him as a teammate for a year, there's kind of that different connection that I have with him," Petrusma says.



(Left) Petrusma and Nathan Groenveld after Niagara's loss to the Humber Hawks February 13, 2013. Photo by Brandon Humber



(right) Shayne Petrusma defends a spike. Photo courtesy Niagara Knight's athletic department

The trust Groenveld places in him on the court boosts his confidence.

"I play my best when I feel like I'm relaxed and can just go out and play and not have to worry about checking over my shoulder, making sure that I'm not going to get pulled, or something like that, and can just go out and do what I can do."

Petrusma says Groenveld's calm and cool approach to coaching is another reason the team is performing so well, including Niagara's six first-year players.

"I've seen a lot of similarities between how our teams were run at McMaster and the way he likes to run our team here, which has been very effective for us so far," he says.

Petrusma and Groenveld played together at McMaster in 2009. At that time, Groenveld was in the last year of his political sciences program, while Petrusma was just beginning his.

That year, the Marauders had their best ever performance at the Canadian Interuniversity Sport championship finishing fourth. The team also won its second consecutive Ontario University Athletics championship. Groenveld was named an OUA first-team all-star, while Petrusma became an OUA all-rookie.

Although he didn't realize it at the time, Petrusma says he saw qualities in Groenveld that would make him a good coach.

"Looking back at it now, I can see it. I never really thought of him like that in my first year, but nothing really fazed him too much, which would be a pretty nice attribute to have in a coach," he says.

When Groenveld graduated, he began play-

ing full-time on the Canadian national volleyball team, before signing a contract to play a season in the Middle East.

Sarkis says that this is part of the reason Niagara's players believe in Groenveld as a coach.

"The players have a lot of respect for Nate because he has played at all levels and listen to what he has to say," Petrusma says.

The pair maintained contact, connected by volleyball and family. "He's always someone I checked in on and talked to pretty regularly," Groenveld says. "There's no rhyme or reason to the guys from university you hang with, some move away and you never contact, and some you stay in touch with."

"His family is actually very close to my family, our parents went to the same private Christian university in Michigan, so there's some close family ties," he says.

Groenveld's two brothers also played on the McMaster volleyball team with Petrusma for several years.

"I started out playing with Nathan and his brother Jeremy and then last year at McMaster, his younger brother, Dan, joined as well, so for me it's been five years of volleyball with the Groenvelds," Petrusma says.

After Groenveld's season abroad, he returned to Canada, got married and was hired as Niagara College's men's volleyball coach.

Groenveld says that his seniority has helped ease the transition between he and Petrusma from teammates to coach and player.

"He's an extremely coachable athlete. We sat down at the beginning when we discussed him potentially coming to the college," says

Groenveld. "It was just kind of 'I'm the coach, you're the player' type of thing."

Groenveld looked at it as the same as any other player coming in, but at the same time says that he and Petrusma are comfortable enough with one another to be frank when discussing strategy.

"Shayne and I have the type of relationship where I can call him out and he can call me out. We do it in a civilized manner but it's constructive and it's never personal," says Groenveld.

"We both know we're here to win volleyball matches, we're here to win provincial and national titles."

Niagara ended up losing to Humber on Feb. 13, but the Knights put up one of the best fights Humber had experienced all year. Despite the loss, Niagara went on to capture the OCAA's West Division title.

At the CCAA Nationals, the Knights were knocked out early. Niagara won its first game against the Capilano University Blues, but lost in the semi-finals to the Nipissing Lakers, who went on to win the tournament.

Niagara made it to the OCAA bronze medal game where they were defeated by Redeemer College.

Although the Knights didn't medal in either championship, there is a renewed hope for a program that just a year ago was in dire straits. And while Petrusma's volleyball career may be over, time will tell if his role as a veteran on the Niagara team left an impression on his rookie teammates, much like Groenveld did with him. ▼



Centennial's women's soccer team (left) after winning bronze at the OCAA Provincials. Photo by Paul Martin

Arin King (below) playing for the Trinidad national football team in Guadalajara, Mexico 2011. Photo courtesy Arin King

INTERNATIONAL EXPERIENCE FUELS COLLEGIATE SUCCESS

Heather VanAndel

They played through pain and through injury. They got kicked down, but came right back on the field. They wanted to give up and come off, but forced each other to keep going. It was a grueling 90 minutes.

"We were all depending on each other," says Nicole Campbell, midfielder for the Centennial College women's soccer team.

"If I went off, the midfield would be short. If Mariam went off then we wouldn't have any one to score. And if Arin went off then our defence would be weak."

Instead, Centennial College's "Dynamic Trio": Nicole Campbell, Mariam El-Masri and Arin King powered through and brought home the OCAA Bronze medal.

"We definitely wanted to win a medal and we just tried so hard," says Campbell.

This is the first medal that Centennial's women have won in 12 years.

But what else do Campbell, El-Masri, and King have in common? They all have experience playing for their respective national soccer teams.

Nicole Campbell, born and raised in Jamaica, moved to Canada at the age of eight. She wasn't introduced to soccer until age 11 - later than most players.

"I started playing soccer when I was in Grade 6," says Campbell. "I tried out for the school team and I made it."

From there the ball kept rolling as she was recruited by different teams from Niagara Falls to St. Catharines, and Mississauga. Just a few years later, when Campbell was 14, she found herself on the Canadian Women's U-15 team, playing against Germany, the Netherlands, Scotland and other soccer powerhouses.

As a result, Campbell was recruited to play at Canada's National Training Centre, where she trained for the national team.

It seemed like she was going places fast, but when she turned 16, a fractured bone in her

foot put her soccer dreams on hold.

"There was going to be an under-17 team that went back to Germany, but I couldn't go because I was injured," says Campbell. "So from there I just got discouraged, and I didn't go back to NTC at all."

This setback prevented Campbell from playing soccer professionally, instead she played at the high school and club level for two years. Eager to get back in the game, in 2010, she decided to go back to her roots and try out for the national Jamaican team. She contacted the Jamaican National coach and asked him if she could come down for tryouts. Being granted permission - as long as it was on her own dollar - Campbell flew to Jamaica on January 2, 2010, just months before her twentieth birthday.

"I tried out during their camp and practice



time," says Campbell. "And I made the team."

She played with the team in the qualifying match for the Confederation of North, Central American, and Caribbean Association Football.

The Jamaican National Woman's team lost all three games in the qualifying match. Not continuing on to the championship meant their sponsorships fell through and the team was forced to cancel the program. This ended Campbell's soccer career in Jamaica.

"Right now I am just playing here at Centennial and my future plan is to go overseas," she says.

Campbell is going to spend the summer playing for the Toronto Lady Lynx in the United Soccer League - the premier women's professional soccer league in North America. Following that, she hopes to play professionally in Europe.

Mariam El-Masri's soccer story started a lot earlier than Campbell's at the age of three. "I had two older brothers and they got put into soccer so my dad said, 'you might as well play,' so I started playing," says El-Masri. "I grew to love the game and I continued to love it throughout my life."

Ever since she was little, El-Masri knew she wanted to become a professional soccer player. She continued playing in club league and for school teams and it was looking like her dream could become a reality.

When she was 17, El-Masri was accepted onto France's National Soccer Team, but before she could even join the team, she was forced to come back to Toronto.

"My mom wanted me to come back for school," says El-Masri, "So I couldn't stay. I had to come back to finish high school."

El-Masri continued to play soccer at the local level in Toronto, on her high school and club team.

She was presented with another opportunity to become a professional soccer player when she was 18. A coach from one of the opposing teams in club league asked her if she was Guyanese. As it happens, she was the recruiter for

the Guyanese women's national team.

"He asked me if I wanted to come try out," says El-Masri. "So that's how I got on the team."

Playing for her home country provided El-Masri with a sense of pride. "I was living my dream," she says.

Since then, El-Masri, has been trying to go back, and admits that she would readily drop out of school if she had permission and the opportunity to play national level soccer.

But for now, just playing soccer will suffice. "In whatever game I play I try my hardest and do whatever I have to do on the field and try to motivate the other players."

Arin King has been a soccer player just as long as she has been a student. Her soccer career began when she was five years old and starting kindergarten.

King began playing in a co-ed house league and moved up into a more competitive level. By 2003 she played competitively for Pickering, winning the Ontario cup.

After this win she continued playing competitive club for Scarborough, and was scouted to play provincially at the age of 13 and

stayed there for the next three years.

"I was actually in the player pool for U-17 with the women's national team," says King. "But didn't make it through."

Though this was a disappointment, King continued to keep her head up and remained positive about her soccer career. "Then I got contacted at U-17 from Trinidad's women's national team," says King. "And I have been playing with them since."

One of King's most memorable moments on the field occurred while playing for Trinidad. She was competing in the Pan American games against Mexico. Mexican fans occupied a majority of the seats, except for a handful of Trinidad supporters, King remembers. And even though they ended up tying the game, it was then that she felt she had the most power.

"In just that moment, hearing all the fans cheer against us," says King. "And we still came out with the draw."

For now King is trying to finish her school career in Canada so she can focus on a soccer career later. "I'd rather get school done with first and then go back to the soccer career."

Guiding their teams in skills, attitude -

Campbell, El-Masri, and King grew up on soccer fields and similar lifestyles led them to studying and playing soccer together at Centennial.

"You don't normally get teams of this caliber (in the OCAA)," says Paul Martin, Centennial's sports information officer. "It is definitely not normal for a place like Centennial."

"The success of the team this season is definitely because of these three girls," says Martin.

But the girls say there is more to their team's success than just having national experience.

"I think it's the work ethic. Just not giving up," says King. "With our experience and work ethic we take it to the next level and try to encourage (the rest of the girls) to not give up."

El-Masri added it was their efforts on the field that motivated the players. "I think when they see us playing and trying our hardest and being serious about the games and attending practices I think that they get motivated to come and try to get a spot on the starting lineup."

Will this motivation be enough to keep Centennial placing in years to come when the three leave?

"Hopefully we will get some more good players coming in because we have kind of set a little bit of a better reputation for Centennial," says Campbell. "Because that's what always happens. Once a team does well, or a school builds a reputation for themselves, all the best athletes are going to want to go there."

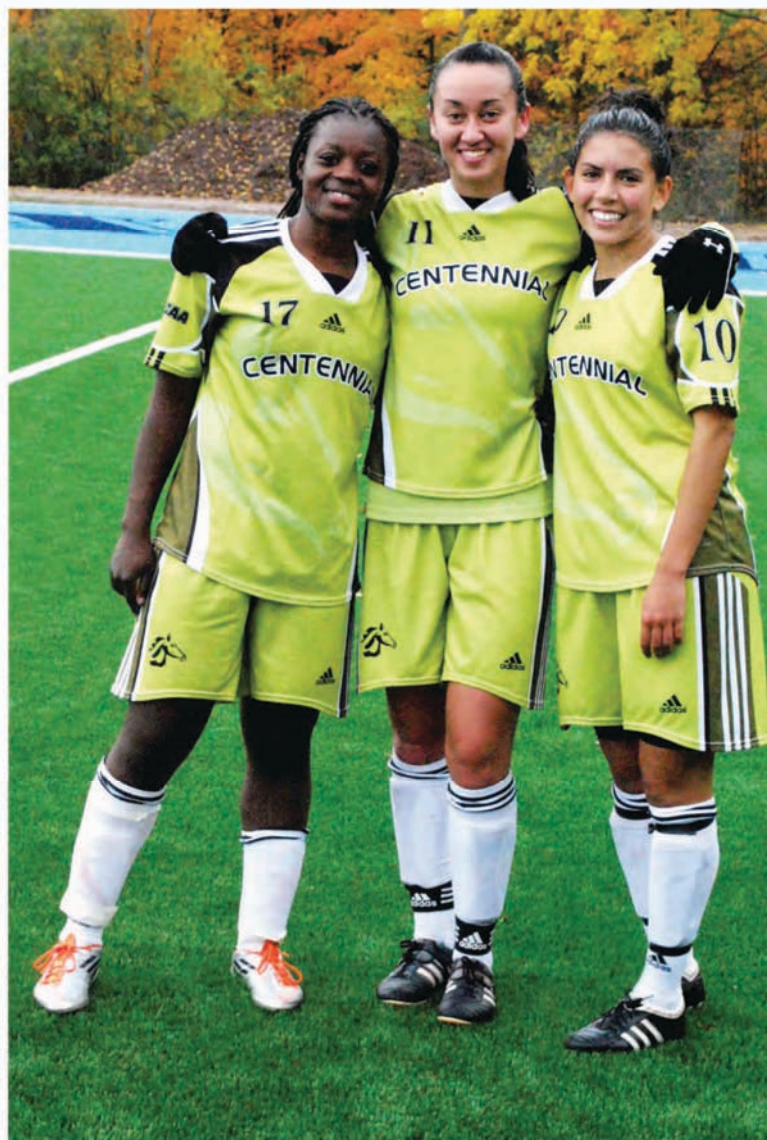
King agrees with Campbell's sentiment.

"I hope I can maybe come back and support them and come to training and help in that aspect to keep the team where we were last year," says King. "Because I know last year was one of the strongest teams we have ever had."

Although the national experience provided an opportunity to know what it is like to play against some of the best women's soccer players in the world, they live every moment on the field to its fullest.

"For me, no matter where I am playing, soccer is soccer I take it seriously. Whether I am playing at the national level or just for Centennial College," says Campbell. "When I'm in the game, I'm in the game. It doesn't matter if I am playing for Jamaica, Canada, Centennial, anywhere."

They are soccer players, and that's all that matters.



(From left) Nicole Campbell, Arin King and Mariam El-Masri.
Photo by Paul Martin

NEW SPORT ON THE VARSITY BLOCK

Five colleges step up to the plate and push to make baseball an OCAA sport starting in the fall

Russell Piffer



On a sunny September afternoon, George Brown's new baseball team took the field for its first game, an exhibition match against Humber College. Despite the fledgling squad's best efforts and enthusiasm, Humber's heavy bats and 90-mile-per-hour heat from pitcher Andrew Hyde proved too much.

"Humber's pretty strong," George Brown athletics director Ed Mark laughs. "We lost track after about 12 - nothing."

It might have been a discouraging beginning, but more important than the score was the fact that baseball had returned to George Brown. Thanks to an upswing in interest, the next time the two teams meet, the game will likely be part of OCAA baseball's inaugural season.

To become an OCAA sport, five teams need to agree to participate. Tentatively, George Brown and Seneca will form a league with Humber, St. Clair and Durham, who played last year in the Canadian Intercollegiate Baseball Association, a mixture of college and university teams in Ontario and Atlantic Canada.

An official decision on baseball becoming a varsity sport will be made at the OCAA's annual general meeting in late-April, early-May.

"It started with just a small group of baseball enthusiasts," says Mark.

Students approached the school's athletics department in 2009 about baseball becoming an intramural sport, which got the ball rolling.

George Brown has previously competed in CIBA but its team folded in 2006.

"Not many recruits were coming out. We

started having trouble fielding a full team for games," Mark says. "It was a hard decision but we had to end the program."

This time around, George Brown's student athletes have stepped up to the plate.

"We had a decent exhibition year and most of our players are coming back. They're excited to be in the OCAA league next year," he says.

With George Brown fielding a team, athletic departments were asked if they would be interested in committing to a league at the OCAA directors' meeting in December.

"Seneca and St. Lawrence actually expressed interest," Mark says, "and Seneca confirmed in the past couple months that they are indeed very, very interested and probably will have a team."

George Brown pitcher, Andres Montoya says he hopes becoming an OCAA sport will bring more structure to his baseball program.

"All we knew was we were going to practice two days a week for two hours a day and that was it. We didn't know if we were going to have a next game or not," says Colombian-born Montoya, who played high school baseball in London, Ontario.

"I think it's better to have a league because first of all, it's more serious. The coaches, I think would take it more seriously. Maybe, we're going to prepare for the season better if there's a schedule," he says.

"I'm really excited and I'm looking forward to playing against all of the other schools and hopefully we'll prepare a lot sooner for the sea-

son," Montoya says. "I want to be ready."

Baseball is also making its return to Seneca, not its debut.

Seneca athletics director Linda Stapleton says the college fielded a men's baseball squad and women's fastball team back in the late '70s to early '80s. They competed against university teams and were coached by Toronto Blue Jays' Canadian talent scout Bruce Pritchett.

While women's fastball caught on, baseball did not and after failed attempts to get it recognized as an OCAA sport, the team stopped playing after the 1982 season.

"At this point, now, we think that we can resurrect baseball," Stapleton says. "We know it's going to take us a couple years to build up to the level of some of our other Ontario colleges that have been participating in CIBA but it's a great sport. I love it and we're anxious to get it going."

Stapleton says Seneca was reluctant to field a baseball team in CIBA because of inconsistency from one team to the next.

"If you're going to have a varsity program it should be a sanctioned league held accountable to certain standards and a certain amount of service consistent with our other varsity programs," she says.

Playing against university teams, some of which are clubs, some of which are varsity and held to different standards of player eligibility and funding by their schools was not acceptable for Seneca's athletics program, she says.

Another barrier to bringing baseball back



*(From left) George Brown's Matt Bassett Aug. 29, 2012 at bat during a game against Humber. Photo by Michael Stefancic
St. Clair Saints pitcher, Rob Cooper, on the mound against Humber Sept. 9. Photo by Gerry Marentette.
George Brown's Paul MacLean about to throw during a game against Humber, Aug. 29, 2012. Photo by Michael Stefancic*

to Seneca was the lack of on-campus facilities. Stapleton says the college has plans to build a diamond at its King Campus but it is years from completion, and the team is looking for an off-campus field.

Even though they haven't built it, OCAA baseball will still come to Seneca.

"It became a question of, is it better to have it off campus than not at all and from the feedback from our potential student athletes, they want to get going and they don't mind traveling," she says.

"It was the time to jump and say 'let's do it and let's get this sanctioned and move it on' because I think more colleges will come on board when the timing is right for them," she says.

After years of struggling at the plate in terms of popularity, baseball looks poised to hit a home run at the college level.

"We're seeing more and more Canadian kids, Ontario kids, that want to further the game at the next level," says St. Clair baseball coach Ted Beale. "Even high school baseball has taken a leap forward."

"In years past, Humber was not involved in baseball, St. Clair was not involved in baseball. It was just merely Durham holding the torch for a lot of the years for baseball in the province," says St. Clair College's athletic director, Ted Beale. "There just weren't enough numbers to support a functional league. This brings it to that point."

Along with increased structure and resources like a central office with full-time staff, the OCAA

brings a record of running first-class athletic programs to Ontario college baseball, he says.

"I think we're on the horizon here of something pretty special with the OCAA baseball league," Beale says. "I think it's going to be a great opportunity for our student athletes to enjoy the game and obviously bring it back to our campuses and let our schools enjoy the sport of baseball."

CIBA president Marc Mercier said via email that it would be difficult to know how the departure of the prospective OCAA teams would affect the association until a decision is made. The league would likely look at different Ontario schools joining its ranks for 2014, the email said.

If baseball becomes an OCAA sport, an ad hoc committee will be struck to decide rules, a playoff system and schedule, says Humber assistant athletics director Jim Bialek.

"There would likely be a 16-game schedule where each team plays the others four times," says Bialek sitting behind his office desk, one leg crossed over the other, framed by college sports trophies, plaques and medals.

"Right through southern Ontario, baseball is becoming rampant. It's growing in leaps and bounds," he says.

Adding baseball would be a boon to women's fastball, Bialek says. Schools aim for gender parity so adding a men's sport impels them to look at adding a women's team as well. And if a league is in place, schools with women's fastball, but not baseball, would have more impetus to start a team with an OCAA league in place.

Schools that have institutionalized gender parity in their athletics departments, like Sheridan and Fanshawe, would be obliged to introduce women's fastball if they introduced baseball.

"Sheridan will not bring in a women's sport unless they have a coinciding men's sport," Bialek says. "If Sheridan brought in baseball, that means they'd probably bring in fastball as well."

Wayne Feltham, a third baseman for Durham College in the protection, security and investigation program says "I think as an OCAA sport, more teams, more schools would want to jump onboard and create more teams, which would definitely grow the sport and make the competition for the Canadian college baseball program a lot better."

Feltham says Durham already has a strong baseball program but joining the OCAA could help the school recruit even better players.

"Durham (region) has a lot of great athletes and a lot of great baseball players that are going to the States and junior colleges because that's where the opportunity lies for them," Feltham says.

He hopes to see more funding dedicated to the sport if it becomes a recognized OCAA game.

"The game of baseball has grown all around the world and it's definitely growing in Canada especially with the Blue Jays making the new acquisitions in the off season," Feltham says. "Hopefully we can build the sport to where it is in the United States and other parts of the world." ♣

STARTING FROM SCRATCH

There's no experience like game experience

Ustad Khaira

In the halls of a famed college athletic program, where trophies are stacked on shelves and banners hang from every wall, the success is evident. The end product, the final result of what can sometimes amount to several years of building and hard work, is there for all to see. But the planning, scouting, recruiting, and building of a championship calibre team is often not seen.

In the OCAA, the entire process begins with interest in forming a new competition. Blair Webster, executive director of the OCAA, says that it takes five interested parties to launch a new sporting league.

"We develop a committee that will put together the rules and regulations for that sport," says Webster. But from there it is up to each director to get their management together and start forming a team.

Just this past season the athletic director at Sheridan College, Jim Flack, went through this process to bring a varsity rugby program to the school. The Bruins finished the season with a 1-5 record, including a then-record season opening 104-0 loss to Humber. But for Flack it's all part of the building process.

"I'm satisfied with the season," says Flack. "Satisfied in the sense that this wasn't going to be something we could accomplish in one year. We put a team out there, got experience and lost big in some games. Now that we have a full year under our belts and have time to do proper recruiting, we're only going to get better."

To get Sheridan ready for men's rugby Flack says the most important first step is finding the right coach.

"You have to find somebody with a passion for the sport and a passion to win, but somebody that understands things don't happen overnight and will take a few years," he says.

Flack went to Carlos Moniz, somebody he

knew and who had coached rugby at a club level. Moniz made no bones about the fact that Sheridan's rugby program was starting from scratch.

"Our very first team practice has me teaching the players, 'This is a rugby ball and you can only pass it backwards.' I was surprised that a lot of these guys hadn't played the sport before," says Moniz. "So we were starting right from the beginning, and aside from getting waxed two games versus Humber, I thought we were competitive."

As for next season and beyond, Moniz says there is already a plan in place to make Sheridan rugby a program that will be able to compete in all games.

"We have brand new facilities to get with this first year team, a new pitch and everything," says Moniz. "What we want to do is invite high school teams from around the area to play in tournaments at Sheridan. Because when we started this season not many people knew there was a rugby program here."

For Moniz it isn't about making rugby the absolute reason anybody attends Sheridan, he maintains that the right education should be the ultimate decision maker, but with Humber just a ways down the road the Bruins need a program capable of convincing potential players that this school is where they should ply their trade.

The one point, repeated several times by both Flack and Moniz, is that it will take time. Time for them to properly recruit players, time for those players to form a team that can compete at the top level of the OCAA, and time for the entire rugby program to get to the point of contending for a championship.

It takes time.

That philosophy is shared by Doug Fox, Humber's Athletic Director, has been at the college for over 30 years. In that time the Hawks

have become contenders in nearly every sport they compete in.

Fox says the inaugural stage of introducing a new team at Humber is gauging interest, finding out if there are enough interested students to justify starting a new team.

He raised the example of Humber's curling team. There needed to be 12 interested players, and the final result was 16. So curling got the green light to start up a team at Humber. There are cases where a sport has no demand and so a team never is brought into existence. With wrestling, Fox says there isn't anyone banging on his door to introduce the program.

But in the case of women's fastball, the numbers barely hit the minimum, which worried Fox in terms of how the team would perform.

"Sometimes you have to bite the bullet and say 'this is something we have to do,'" says Fox of the decision to move forward with women's fastball.

The decision came from the fact that Humber already had a men's baseball team, and introducing this would bring balance to the program.

"It's the end of a really long process full of hard work. Men's rugby took five years before we became a gold medalist. I wouldn't say we've been absolutely dominant; there's been a lot of luck," says Fox. "We've been fortunate enough to have some things go our way, win games we probably should not have won. The men's soccer game against Sheridan, we probably didn't deserve to win that game based on the play."

The game in question was the OCAA semi-final, resulting in a 1-0 win for Humber after a close and intense 90 minutes of play. Even though the team went on to win the OCAA championship, and succeeded in winning gold at nationals weeks later, Fox emphasized that aside from being skilled, winning is composed of getting fortunate bounces and having calls go your way.

But even if a team doesn't get those, and isn't able to compete with the higher ranked colleges in the division, both athletic directors of these rival schools insist that the team continue building. There is no pulling the plug on a program, unless interest among current players and potential recruits has hit a low where it no longer makes sense to field a team.

As long as there is interest, the team will continue to play, and the director's, coaches, and scouts will continue looking for ways to improve.

But it takes time. ▼



Humber broke the 100 point barrier in both games played against Sheridan. Photo by Jess Raymond

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FINDING TIME: BALANCING SPORTS AND ACADEMICS

Meagan Malloch

Balancing studies while playing on a sports team sometimes doesn't allow young adults to have the kind of school life they hoped to have during their college years.

Easy for some, hard for most, student-athletes have to find that happy medium between keeping up with their studies and keeping up with the game.

A full-time student is usually faced with a courseload of up to eight classes. On top of that, as many college and university students do, a job and a social life also become part of the juggling act. For some students, it is all about getting your priorities straight.

Salissou Abdoukader, 22, a student-athlete at George Brown and native of Niger, moved to Canada with his brothers when he was just 11 years old. At the time he had no clue how to play basketball.

Now the hotel management student and George Brown Husky knows what it's like to create harmony between athletics and academics.

"From when I wake up, I just do what I have to do," says Abdoukader. "If I don't have class, I have practice. That's how I manage it. I look at my schedule and see what I have free and I just take care of it."

Abdoukader also has a job and helps pay rent for the apartment he shares with his older brother Jabourou, who was part of his inspiration for playing basketball.

"I think my brother is half of the reason I started playing basketball. He just played so much and I'd just watch him," Abdoukader said.

When first coming to Canada, Abdoukader didn't know anything about basketball. The only sport he really knew was soccer and even that didn't draw his attention.

When the chance came around to give basketball a try, it took some time, but he grew to love it.

"I'd watch my brother play, and I'd see it on TV and after a while, I fell in love with it," says Abdoukader.

Abdoukader says he wasn't very athletic at first, and it wasn't until he hit a growth spurt in the grade 10 that he started playing basketball at his French immersion high school, Toronto's Étienne Brulé Secondary School.

Abdoukader was named MVP two years in a row, which may have led to his career as a basketball player at George Brown.

David Grossman, a journalist with FAN 590, Toronto's Sports Radio, has been working closely with the basketball star for the last two years.

"I think that if you walked up behind him and said 'boo' all six-foot-four of him would jump. He's very shy, quiet, and closed into himself, but he really opens up once he gets to know you," says Grossman.

Grossman describes Abdoukader as a very open and honest type of person who truly plays for the love of the game.

"A lot of kids have dreams of going to the NBA and when they are told no, it's like a slap in the face, but not for Sal. Is he going to the NBA? No, and he knows that. He truly plays for the fun of the game," Grossman explained.

Abdoukader doesn't see basketball as a real future. For him, owning and managing a hotel is his future priority. Abdoukader quickly learned in his program that hotel management was what he wanted to do.

Joking that hotelier extraordinaire, Donald Trump is the reason he chose hotel management, Abdoukader explains that it was something, much like

Salissou Abdoukader (left) found his love for basketball a few years after moving to Canada from Niger. Since then he has been honing his skills on the court and working towards a hotel management diploma at George Brown. Photo by Michael Stefancic

Multi-athlete Alexandra Down (right) has been playing soccer for 20 years and picked up golf while in high school. She plays both sports at Durham College, where she's completing a diploma in public relations. Photo by Al Fournier

basketball, he learned to love through the people who surrounded him.

"I didn't think I would like it, but I did. I like the teachers, the students, the friends I made. They all really made me understand it and made me like it. So one day I want to work in a hotel and maybe own it."

Alexandra Down, a 24-year-old Durham student, says being a student-athlete helps open the communication with the people in your life.

"One thing that I've always prided myself on is the relationships I've created throughout the years and a lot of that has to do with the fact that I've been in sports," said Down.

The school year can be a bit of a juggling act for Down, she is enrolled in Durham's advanced public relations diploma. She is also a member of both the women's golf and soccer teams. She has been playing soccer since she was four years old and began playing competitively when she was in high school.

Down and her soccer team quickly moved up through the ranks and became practically unbeatable.

"I started off in park league and then made my way up to a select team," says Down. "Then from there we had a pretty good group of girls and we left the park league and decided to form a rep team and we worked our way up pretty quickly."

Climbing the standings, Down and her team eventually started winning so many games they made it to premiere league and by the time she was in the Grade 11, she was playing only one level down from the provincial league.

"It was an honor to play at such a high level because I had seen people that I had grown up with that were playing provincial, and were getting scholarships and being looked at from schools in the States and Canada," says Down. "To be able to play one division lower than them and to know that we were almost there, we were really proud because we had worked almost our whole life to get to that level."

Playing the balancing act is never easy and Down says she learned how to manage her time studying at the University of Ottawa before coming to Durham College.

"I found I learned how to time manage independently. It is really important to learn how to do that in order to succeed because there is no one there to do those things for you, it's just yourself," Down says.

Of course, it helps to have supportive teachers and coaches, which Down explains are some of the most important relationships student-athletes can build.

"They are extremely understanding and work with me to help me reach my goals," Down says. "I also have an extremely supportive coaching staff who, on the bus, encourage us to do our homework and keep the open communication with us and our teachers."

But Down says her dad has been her rock and her inspiration while she's worked to balance both careers.

"I have always gone to him when it comes to questions on how to improve, my strengths or my weaknesses. My dad has always been very active in soccer he used to play himself, and really it was just, you see what other people do and you want to do it," says Down. "I just hope that when I am his age I can still be doing the things I love to do." 🏌️



RETURN TO PLAY

OCAA's new protocol takes concussion decisions out of athletes hands

Alex Lambert

The sound of the phone ringing or the sight of a single beam of light glinting through her curtains was enough sensory overload to make Jamie Baggs vomit. Her swollen head felt like it was filled with dozens of daggers trying to poke through her skull. She was so off balance that she needed help just to use the stairs. She had no choice but to lie in bed for weeks feeling isolated, exhausted and depressed. She was lucky to get a few hours of sleep per night.

Anyone who suffers a concussion can experience symptoms like these for weeks or months after their initial injury, and some of the effects can become permanent. Multiple concussions over a short period of time can even lead to second-impact syndrome, which can leave an athlete severely disabled, and can be fatal.

Baggs, a defender for Humber's women's soccer team, got lucky. She recovered after suffering what she says were a number of concussions within a span of two weeks.

When she was able to get out of bed, she dealt with chronic headaches that continued to pound at full strength for months. The painkillers prescribed to her only dulled the pain.

"Think of the worst migraine you've ever had times ten. It was just a stabbing in every direction in my head," she says.

On top of this, the depression she experienced was debilitating.

"I just knew that there was something not right with me. I wasn't happy. The things that I liked I didn't like. Nothing could make me smile. I didn't want to do anything. I didn't want to see my friends; I didn't want to go to family functions because I just didn't really even know how to be in those situations because I just felt like a different person. I felt like someone had actually just taken over me."

Sensory deprivation is standard treatment for concussion symptoms; so for the better part of a month, Baggs did nothing but lie in bed in her silent, pitch-black room wearing sunglasses and earplugs.

"I wanted to die," she says, recalling how she felt during this bout of isolation.

The suffering Baggs endured during this ordeal is the end result of her hiding the fact she was concussed from athletic staff at Humber College.

Baggs made up a number of excuses, such as saying she had the flu, so she could continue playing.

She secretly went to the hospital after heading a near-frozen ball during an extra cold practice, which resulted in the first concussion.

At the hospital, they told her she was definitely concussed and she shouldn't get back on the field until she had completed a return to play program, meaning she would have to be symptom-free.

"That wasn't an option for me," Baggs says. "We had our provincial semi-finals in six days, so I came to school on the Monday and I said to my coaches, I said 'look, I have the flu, I won't be at practice all week, I'll see you guys Thursday at the game.'"

After weeks of odd behaviour from Baggs – she was missing practice and during games, she would leave the field to vomit – Humber College's athletics department told her she'd need to get a doctor's note and pass baseline testing before she'd be cleared to play again.

Baseline testing employs what's known as the ImPACT test to establish athletes' normal cognition before the season, a reference which is then used to help determine whether or not an athlete is concussed by comparing a test done after a suspected concussion to the one done before the season started.

Baggs got the note from her doctor, who was unaware that she had already gone to the hospital. She also passed the ImPACT test. With both of these conditions met, she was cleared to play.

Had she come clean about her first injury, Humber's athletic staff would have made her complete a return to play program before she would be allowed to play again.

But as a result of hiding her injury, Baggs ended up sustaining even more concussions and has been so intensely affected she's considering ending her athletic career.

However, changes to OCAA regulations coming into effect next season should prevent future athletes from concealing injuries.

Regulations state that OCAA member schools are responsible for making sure all athletes suspected of having a concussion complete the return-to-play protocol – a therapy program in which concussed athletes must be deemed symptom-free before returning to play – but it's currently up to each institution to interpret what circumstances are suspicious enough to justify forcing an athlete into a return to play program.

Doug Fox, Humber College's Athletic Director, says a failed SCAT2 sideline test (what's administered at games, immediately after an athlete suffers a head injury) or ImPACT test is how Humber has always determined whether an athlete is suspected of having a concussion.

He says Humber's policy is that for any suspected concussion, they make the athlete do a return to play program before they're cleared to play again.

However, Fox says in terms of Baggs' case, even though the athletics department suspected her of having a concussion, which is why they asked her to do the ImPACT test, they still felt that because she passed the test, obtained a doctor's note and didn't have any visible symptoms, there wasn't enough suspicion to justify forcing her into a return to play program.

"It's not a judgment call. It's black and white. There's signs, or there isn't," he says.



Humber College's Jamie Baggs (opposite page) has sound advice for others with concussions. Photo courtesy Humber Athletics

Kylie Gibson (right) assessing the cervical spine for any pathology post-concussion at the Trent Health In Motion Sports Medicine Clinic at Trent University. Photo courtesy Kylie Gibson

What followed the playoffs for Baggs was a one-year return to play program. However, if she had been upfront about her concussion and had gotten treatment, the length of the program might have been reduced.

OCAA president Fred Batley says as a result of changes to return to play regulations coming into effect next season, any OCAA athlete suspected of having a concussion – regardless of doctor's notes or test results – will have to complete the return to play protocol.

"I think what's going to happen now is that once this policy has been put in place, that they must go through that return to play protocol, I think it would be mandatory that they would have to all go through that no matter what," Batley says.

These new rules mean the OCAA will likely never see another case like Baggs'.

Indeed, Baggs' case was quite unique.

She explained that the reason she was able to pass the test is that when she took it, her symptoms related to cognition – what the ImpACT test looks for – were very mild unless her heart rate went up, which would aggravate her symptoms.

Because there's no physical component to the ImpACT test, her heart rate didn't increase and therefore the test couldn't recognize her symptoms.

Kylie Gibson, Rehab Services Director with the Trent Health in Motion clinic and Head Therapist with the Trent University varsity team, would certainly approve of the OCAA's new regulations.

"Anyone that you're even suspecting of having a concussion, you should put them through the return to play protocol because that will pick up some of the physical exertion pieces," she says.

Despite her opinion being at odds with past regulations, Gibson praised the OCAA for what it's doing to address the issue of concussions.

"What's great is that the OCAA identifies the importance of concussions for their student athletes and they are looking to further the research," she says, referring to a grant program from the provincial government that the OCAA used to fund a baseline testing trial for all athletes at all member schools. "We applied because we would like to be proactive," says Batley, referring to the grant.

He says during the OCAA's spring annual general meeting, it will be determined if member schools will continue to administer the testing, in what capacity, and how it will be funded.

The new regulations would also be welcomed by Dr. Charles Tator – a neurosurgeon and project director for the Canadian Sports Concussion Project at Toronto Western Hospital – who described Baggs' case as "a perfect example of how inaccurate the mini-computerized tests are."

When Tator administers concussion testing, he rarely uses ImpACT tests.

"Neuropsychological testing is essential to establish the degree of impairment, but the mini variety – the 20 minute, \$25 computerized test – is very inaccurate," he says.

"It's being sold to schools and coaches, and really, what should be sold is that concussed athletes should go to a knowledgeable physician and not bother with those inaccurate ImpACT tests."

Tator says one of the goals of the Canadian Sports Concussion Project is to evaluate what the role of these tests should be.

"Not enough research has been done on those tests," he says.

"There are now about a dozen of them that are being sold around the world and they really need to be validated and they need to be interpreted by experts."

In terms of improving ImpACT testing, Gibson says there's not much



you could do to make it better. She also says that for the issue of concussions, the main focus should be on treatment, not testing.

"We should just stick with ImpACT, stick with the SCAT2, and be consistent and now let's focus on how do we help these athletes to recover, because we can identify them with little difficulty" Gibson says.

"There still aren't good quality treatments for these patients. It's a lot of waiting, resting, avoiding a lot of cognitive and physical exertion, and that's how we treat a concussion," Gibson says. "I think now the sort of next phase of research that has to happen...will be more focused on the treatment rather than the identification, because it's almost as though we are just beating this evaluation piece to death."

Tator says the severity of concussions has only recently begun to be realized in the medical community, and that's likely part of the reason there aren't good treatments.

"I think that things are starting to move in the right direction," Gibson says.

She says when used appropriately, ImpACT testing and return to play protocol are adequate tools for determining when a player can get back on the field, but students need to be better educated on concussions and encouraged to immediately report head injuries.

"I think what we need to do is just continue to be consistent and continue to educate people so that athletes...know the significant dangers to continuing to play when they have a concussion," she says.

Baggs, like Gibson, wants to see increased education, suggesting that those who've suffered concussions and are still dealing with symptoms later in life should give presentations to OCAA athletes, which she feels might help them better understand the seriousness of concussions.

She says she thinks it should be mandatory that all OCAA athletes watch the film *Head Games*, a documentary about concussion in sport. She says watching the film, which goes into detail on the effects of head injuries, has caused her to consider ending her athletic career.

"I think every single varsity athlete should watch it," Baggs says.

Her advice for athletes who might be tempted to hide a concussion is simple.

"Sitting out one game or two games or three games is so much easier than sitting on the sideline for a whole season or the rest of your life," she says. "Sitting out one game, or sitting out the rest of your life, when you think of it like that, it's a no-brainer." 🏈

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JUST A NUMBER

George Brown's Kerry Hart still playing at 39

Nick Camilleri

Coach Sharon Butler believes that age is just a number, and one player on her George Brown Huskies basketball team, makes a point of proving it - both on and off the court.

Butler, in her thirteenth season of coaching, says there are many criteria they look for when selecting a team. Athleticism, attitude and coachability are just a few of the attributes Butler seeks in a potential player. When 39-year-old Kerry Hart approached her about becoming a Husky, she was certain she had a new pack member.

"We were very interested in seeing what she brought," says Butler, and according to her, Hart delivered.

"Our first impression was that she was very fit," says Butler. She was surprised when Hart showed up to the winter training week. Training consisted of conditioning and basketball specifics and would go for three hours a day - for a week straight. The coach says she was excited because of the experience she saw in Hart, who is enrolled in the assaulted women's and children's counselor/advocate at George Brown.

Butler says Hart's solid grasp of the fundamentals of basketball and past experience with Ontario University Athletics, earned the mature student a spot on the Huskies. Hart says returning to the game took some getting used to.

"The age thing was just kind of a wow factor for everybody, and I don't mean that by 'wow, she's coming back at 39,'" Hart says, adding that the whole experience was surreal. She says if there is one thing she's learned from being a Husky it's that as athletes you find a common ground with your teammates, regardless of differences.

"It wouldn't really matter if I was 40, 50, 30 or 20. Once you're playing or practicing in the dynamics of the game, nobody is thinking about that," she says. Hart has built a few relationships with the girls on the team, but her busy routine didn't leave much time for socialization. She'd be in the gym to fulfill her obligation but usually she wouldn't have much time to stick around and socialize.

Hart first earned a spot on a basketball team in Grade 7 in her hometown of Peterborough. She continued playing throughout high school, eventually bringing her skills to the University of Prince Edward Island women's basketball team, while she earned a BA in business.

After working for a few years and starting a family of her own, Hart has returned to post-secondary to learn more about violence against women. Enrolling was a big step for the wife and mother of two, and she admits it has been a bit of a balancing act.

"I'm not going to pretend it was easy to manage my time," says Hart. "I have two children who are also involved in sports and programs, and I've got a house to run. So it took a lot of sacrifice and understanding from people in my family, my kids mainly, but they participated and they came out to see us play."

Hart says her relationship with coach Butler was "seamless" and she was impressed by Butler's acceptance of her age during the pre-season training camp.

Butler says when Hart was on the court, she was treated no differently than any other player, but the relationship was a bit different when it wasn't game time.



Kerry Hart brings more than just talent to the George Brown Huskies, she also brings an experienced past. At 39, Hart joined the Huskies this past season and says when on the court, age is irrelevant. Photo by Michael Stefancic

"Obviously conversation away from basketball might be a little different because we both have a family, we have kids," says Butler, adding they could joke about things from a mother's perspective.

"It was the same thing. 'Kerry, you've made a mistake. Kerry, you need to fix this, you need to improve on this.' 'Yes coach.' That sort of stuff, so the respect was there and the understanding was there on both parts," says Butler.

Hart says her husband was very supportive when it came to the idea of going back to school and joining a sports team.

"He was an elite athlete in university as well," Hart says. She says the couple set a healthy example for their kids by continuing with an active lifestyle which she credits as the reason she was able to compete at the college level.

"The preamble to going into a varsity sport at an older age is fitness without a doubt," says Hart. "I wouldn't have walked onto the court if I hadn't spent the previous two years in the gym."

According to Butler, Hart's effort to stay fit shows on the court. "At the end of the season I saw some of the younger folks hurting, while Kerry could walk off no problem."

Hart says with age also comes the vulnerability to injury, but she adds that aside from a healthy body, having a healthy state of mind is also crucial when competing at her age.

"It's doable, people respect you and you bring something to a team, a maturity and a level of experience that sometimes can be the key to carrying your team forward," says Butler, "being the glue or being there for somebody and making a little bit of a difference. I think it's important to consider, if you're an athlete that you don't have to be done because you're 25."

Butler says that despite the age thing not being much of a deal, it was common to hear a jest, but usually the jesting was coming from Hart herself.

She believes many of the girls on the team saw her as someone who brought more experience to the team.

Butler says, "she was able to talk to the girls on another level. Obviously being older helped with the respect factor as well."

One of those other girls is Aria Charles who plays forward for the Huskies and is a student in the community worker program. Charles says when she saw Hart enter the gym for that winter training week she was nothing but impressed.

"She came in and just had a lot of the fundamentals," Charles says, adding Hart proved herself quickly.

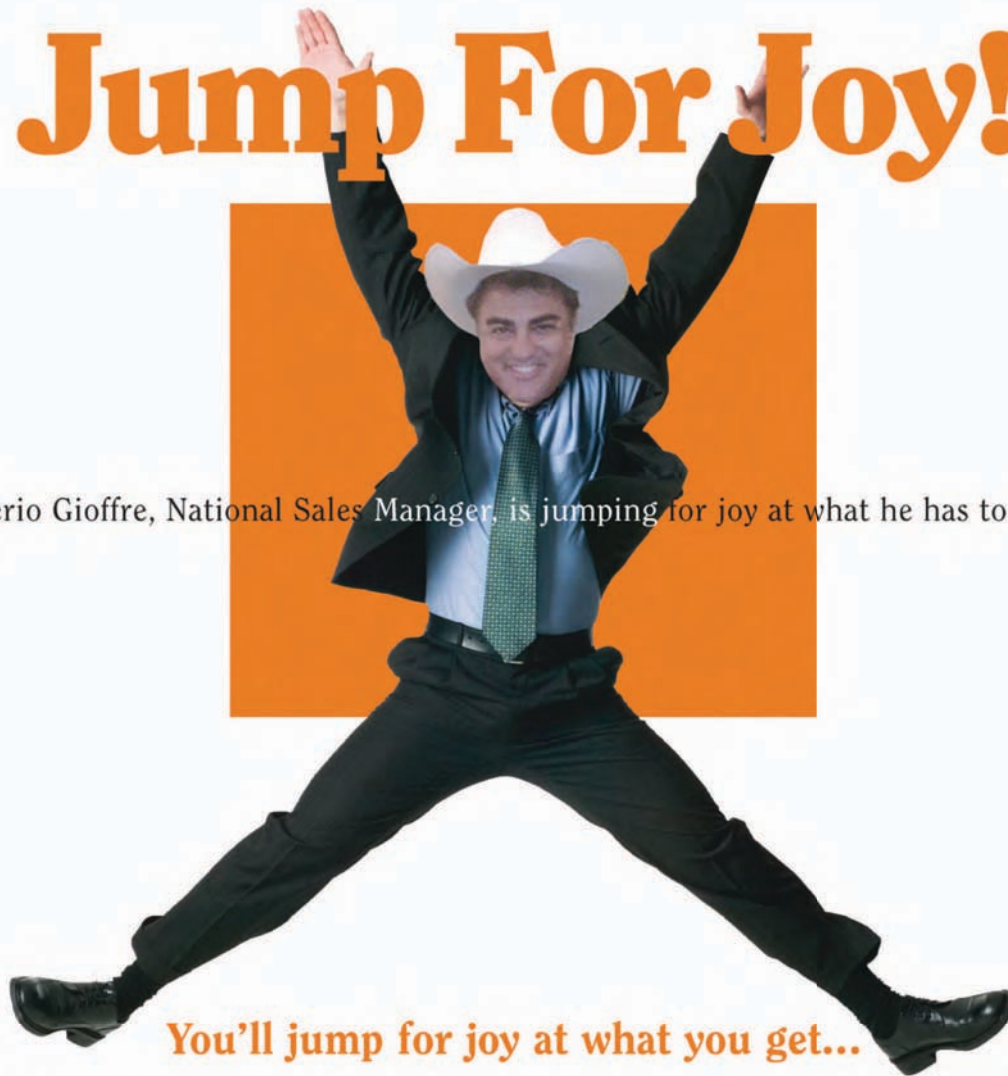
Charles says she's inspired by Hart's strength and was amazed at her confidence in returning to the sport.

"I don't think I could do it at her age." Despite it being "a bit weird at first", eventually playing with Hart was like playing with anyone else and Hart's presence on the court was influential.

"Fearless. No matter what the task was she was always composed but still maintained a high level of intensity," says Charles.

"Age is just a number, and Kerry proved that." ▼

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CHECK THE TAPE

How reviewing video and instant replays creates better team strategies

Sara Yonis

More than 108.4 million people watched the 2013 Super Bowl and there was 36 million viewers for the 2012 Olympic games in North America. Stadiums for these sporting events were packed with thousands of people. But not everybody can fit into a stadium. Millions of fans watch these games from home and that's exactly how video coincides with sports.

Randy Taylor, a former college football coach and a member of National Collegiate Scouting Association, says there is a simple phrase among college coaches.

"Video is king."

"The video is the life blood of college football recruiting and a lot of sports that are more team-oriented," says Taylor.

Andrew Hinchey the men's volleyball coach at Durham College says that video is also important for sports teams in terms of coming up with game plans.

"Basically using that tape you can identify what their tendencies are for specific rotations," Hinchey says.

Brett Neumann, Humber College men's basketball player says video helps strengthen the team.

"We play each team two times a season. It's first time we scout them for other games that they've played but we don't really know what they're like until we play them and we see what we did wrong against them."

Aycha Hamaoui, a member of Humber College women's basketball team agrees.

"Especially defensively I find it's the best. We play pack line defense so you have to make sure everyone has to be in sync in that type of defense, everyone knows how to pick up somewhere and help out. So this way you look at the tape, you see who's maybe outside of the pack at certain times when they are not."

Taylor says video can also be used for coaches to watch themselves during games.

"Monitor your own tendencies so that other teams who are going to watch your videotape, won't see something you won't see."

Videos are used to help coaches find talented athletes. Taylor says there is a process that most coaches follow.

"Three steps to it. Find out there is a prospect

you want to check out. You watch a highlight video. The highlight video makes you want to watch a game video and the game video makes you want to go see the kid in person."

Hinchey says that videos can also be used as teaching device for players.

"You can tell an athlete the same thing 10 or 15 times but when they actually get to see it on the video I think that creates a better learning experience and I think you're going to make progress faster," says Hinchey.

"Right away, instead of just giving them verbal feedback you can give them a visual feedback by just watching themselves."

The use of videos extends to treating injuries.

Jennifer Bell the head of Humber's athletic therapy department finds game tape to be very beneficial.

"(Slow down the tape) So we can see exactly when the injury happened, how it happened and what not. So it gives us a better indication, because sometimes when you're watching at game speed it's tough to tell exactly or there is a crowd around or what not so it allows us to know exactly how that injury happened so we have a better idea of what we're dealing with so which is good."

Hinchey says that having sport games video taped and available on live stream is so convenient for the players' families.

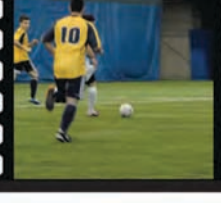
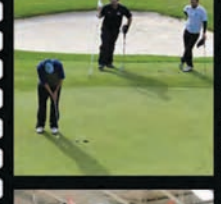
"I think it's a great opportunity for the parents to watch those games and then watch their kids play, instead of having to make that five-hour drive or six-hour drive for every match."

James DePoe, athletic events and program coordinator for Humber says that game tape is used for game preparation.

"Aside from (uploading game tape to the internet) we send it out for the guys to watch. Sometimes we would do a pre game all together as a group and go through the edits as well," says DePoe.

Although video is a great deal of help in the sporting world Hinchey wants to make it clear that it's not the be all, and end-all.

"We want to learn something from it but it's not going to give you all the answers. In the end you do need to go out and execute." 🏈





A NEW VISION FOR SPORTS

Vision correction gives athletes an edge on the field

Kate McCullough
with files from Doreen Dawang

It's like looking up from the bottom of a pool.

With one eyelid taped back, the throbbing veins are magnified by numbing drops that fill the eye cavity. A blue light illuminates the room, as a thin layer of tissue is sliced and peeled back. Ten seconds of blindness, then the distinct smell of burning hair. The 10-minute procedure is followed by the worst vision imaginable.

But, a few hours later, it becomes the best. "It feels like I can see more depth. There's more clarity," says Marco Trotta, 19, an OCAA soccer player at Durham College.

Trotta underwent laser eye surgery in December 2012. Already an all-star player for the Durham Lords, Trotta has high hopes the new vision will improve his game in seasons to come.

"I'll be seeing a lot better so I'll be able to pay attention more - and obviously perform better - because I can see everything a lot more clearly."

Trotta had been debating laser eye surgery for years, and jumped at the chance when he turned 18 - the minimum age required for the surgery.

"I've been doing research for about two or three years now just wanting to make sure that I get a good company doing it, and trusted surgeons," he says. "And I obviously had to wait until my eyes developed when I hit 18."

Dr. Raymond Stein, a Lasik MD eye sur-

geon at the Bochner Eye Institute in Toronto, has seen more athletes turning to laser vision correction to avoid the hassle of contacts, the danger of glasses, and to enhance their vision.

Trotta says the procedure, which he had done at Lasik MD, took about 10 minutes from start to finish, and didn't make him nervous at all.

Trotta's confidence in laser technology seems to be well-founded. According to the Lasik MD website, the procedure is regarded as "one of the safest elective procedures in modern medicine."

"Most people today think that laser surgery is safer than wearing contact lenses," says Stein, "because of the incidence of either infiltrates or infections of the cornea from contact lens wear."

Over the years, Stein has performed laser eye surgery on sports figures, including professional racing driver Robert Calisi, Canadian Olympian Cristin McCarty, and hockey analyst Don Cherry.

Stein, who has competed at the international level as a tennis player, says the benefits for athletes are innumerable.

"It just gives them the freedom to do their sport and not be encumbered with glasses or contact lenses."

Laser eye surgery is especially popular

among goaltenders because of the need for speed and precision.

"The eye movements have to be so quick in order to pick up the pucks," he says. "It made a really big difference for them."

Toronto Rock forward Scott Evans had laser eye surgery approximately six months ago after years of struggling with contact lenses.

"Just finding a pair, having a pair on hand, remembering to bring them - that was always one of my major problems," says the 31-year-old lacrosse player.

He says having perfect vision has made his life easier on the floor. "My eyesight's better than when I was wearing glasses or contacts, so it's definitely helped improved my game."

The technology used to perform laser eye surgery has improved exponentially over the last two decades. Today, surgeries are highly customized to the patient's eyes, giving patients better night vision, and sometimes vision that is even better than "perfect vision." Trotta, for example, now has 15/15 vision, which is significantly better than 20/20.

"In the early days of vision correction, the quality of vision was good, but generally was not quite as good as the very best pair of glasses or the very best contact lenses," Stein says. "It's a tremendous advance."

Durham Lords forward Marco Trotta (right) says he now has 15/15 vision after laser eye surgery - even better than 20/20. Photo by Kate McCullough

Eye photo (opposite page) by Jesse Thomas

"We do a custom ablation, which means that each treatment is really quite specific for a patient's eyes, and the overall curvature of their eye," Stein says.

There are two laser vision correction procedures: Lasik, which was first practiced in 1990, and Photorefractive Keratectomy (PRK), which preceded Lasik by a few years and was performed first in 1986. Over the last 20 years, more than 35 million procedures have been performed worldwide.

Stein estimates 95 per cent of vision correction hopefuls are eligible for one of the two procedures. The five per cent that aren't likely have too-high a prescription, extremely dry eyes, problems with the cornea - the transparent layer that covers the eye - or problems in the back of the eye.

"But of the patients that are good candidates, probably 85 per cent of the patients are good candidates for Lasik, and 15 per cent of patients are not. And these patients are good for PRK," Stein says.

In Lasik surgery, the ophthalmologist uses a laser - one that retails at about half a million dollars - to shave a flap the thickness of two hairs off the cornea, so another laser can get at the eye. For farsighted patients, the cornea is flattened; for nearsighted patients, it's steepened.

PRK is used when a patient's eyes are not suitable for the standard procedure.

"Often it's because the corneas are a little irregular in shape, or the cornea is too thin," Stein says.

In PRK vision correction, cells, called epithelial cells, are removed from the surface of the eye in order to perform the laser vision correction. The patient is then fitted with soft contact lenses they must wear for five days while the cells shift around, recovering the area of the eye from which they were removed.

"There is a dramatic improvement in vision, but usually it takes a bit longer to get to the best level vision," Stein says.

For the small percentage who aren't eligible for laser vision correction at all, there are other options. An implantable contact lens is a popular choice for those whose prescription is too high for laser surgery or whose corneas are too thin. In this procedure, which Stein says he performs as often as every other day, a soft contact lens is slid through a tiny incision in the cornea, covering the eye.

Trotta's successful surgery has led other friends and teammates to consider it, too. Durham Lords defender Duncan Mitchell is one of them.

"I want it really badly," the 20-year-old soccer player says. "I want to wake up and be able to see things."

"My eyesight is so bad I have to put my glasses on to be able to see."

Mitchell is waiting until he has enough money to pay for the procedure - which isn't cheap for a college athlete. The surgery starts at about \$500 per eye, with the option to finance.

Mitchell has heard success stories from Trotta and others, but knows that there is a chance the surgery won't take.

About 10 per cent of patients need a second surgery.

"They said they got a lifetime warranty - if it goes bad they get it again for free," Mitchell says. "I have no issues about it."

But a small risk is worth losing the contacts. Mitchell says he is constantly losing them, forcing him to come off the field during games.

"I got poked in the eye, and my contact came loose and was at the side of my eye," he says. "I had to come off."

The Durham Lords were knocked out at the regional playoffs in March, so Lords coach Stan Bombino hasn't had a chance to see Trotta play with his "new" eyes. Trotta has been out for most of the season due to a shoulder injury, participating only in practices and training.

"He wasn't able to play all the time, but when he did play, great impact," Bombino says.

"He's a natural goal scorer, great attitude. He leads by example by what he does on the field, more than anything."

Bombino is anticipating the effect laser eye surgery will have on Trotta's game.

"It's hard for them to put 100 per cent effort into it because of the visual problems," he says.

Bombino says laser eye surgery is the way to go for athletes. Throughout his years, he's seen a number of players injured from sports glasses.

"I saw one person take a shot to the face," he says. "It broke his nose and gave him stitches over the top of his head - about six stitches - and a big black eye."

"He looked like a raccoon for about a month."

Bombino says he has seen first-hand athlete's confidence soar after having their vision corrected.

"Laser surgery? It's a godsend." 🙌



RA-RA REDEEMER

Loyal Royals continue to bewilder the OCAA with a stream of fans who won't go down without a fight

Julia Alexander

Between the stench of sweat and the pounding of drums behind you, your senses are on overdrive as you watch the players dart down the court. The ball is in your team's possession and there is a direct route to the net. Your favorite player goes to take a shot and you jump up to celebrate. The ball hits the rim, just shy of its mark and bounces into hands of an opposing player. It's heartbreaking, but you put a smile back on your face as your guys run back to defend their goal, cheering them on as they do. It's hard, but it's all in a days' work in the shoes of a super fan.

"The guys really rely on us being there for them. It works both ways. If they're playing a really good game, then the fans are going crazy, and the fans are there to hype up the guys," say Rachel Speelman, a prominent member of the Redeemer University, "Loyal Royals" program and a self-described super fan told Sweat one night over the phone, voice hoarse after a

night of cheering on the volleyball team.

Fans at sporting events have always played an integral role in the world of competitive sports. In ancient Rome, when slaves and prisoners were sentenced to death, they would be pitted against one another in the center of the Coliseum, surrounded by jeering members of Roman society, who, caught up in the euphoric blood lust, would bet on the men chosen to fight. The winner would be caught in the middle of an eruption of cheers and whistles, while the defeated victim's body was disposed of.

Today, fans aren't caught up in the bloodlust of sport, but continue to come up with new and unique ways to showcase their devotion to their teams in other ways.

Redeemer is a school known throughout the OCAA for their passionate fans. Hoardes of men and women come out banging pots and pans to cheer on their athletes.

One of the most innovative measures Re-

deemer University came up with to broaden their already gigantic fan base was to introduce the, Loyal Royals program. Upon entry, the club provides members with jerseys, shirts, flags, scarves, and other miscellaneous items fans can wear to games to show their support, and best of all, it's free.

"The Loyal Royals program started off as a school assignment some of the Marketing students came up with," says Peter Reid, sports information director at Redeemer University, on a snowy day from his office at the school in Hamilton.

"They had to create a business plan and execute it to see if it would work. We liked their idea for the Loyal Royals program, so we instituted it."

It's a program students at Redeemer are flocking to, says Speelman. Although new to the world of being a super sports fan, she decided there was probably no better way to support her men and women than through the collective power of the Loyal Royals program.

"I just joined this year. I really didn't know too much about it last year. This year, I found out one of my neighbors was doing it and I just thought it sounded really cool, so I decided to join this year. I've been a Loyal Royal ever since," Speelman says.

One of the reasons Speelman decided to join was to support the large number of friends she had on the various sports teams at Redeemer, a small Christian school located just outside Ancaster, Ont. with just over a 1,000 students where Speelman says you get to know everyone pretty quickly. Quite a few of them, she says, are on at least one sports team, if not more.

"Redeemer is a really small school, so I know a lot of the people on the teams. One of the girls I live with is on the volleyball team. I'm so close and personal with everyone," she says.

It's a sentiment shared by Reid. As he talked to Sweat, he broke out into laughter a few times, recalling interactions between fans and players who happened to be roommates or close friends. Reid adds the closeness of the school certainly created a positive ambience for the athletes.

"Most of Redeemer's students live on campus or just off of campus, which is an advantage our team has with its fans over other commuter schools," he says.

The quick jump into intense fandom is something sports psychologist Susan Whit-





bourne knows all about. Whitmore says when groups of people are passionate about a team, you'll find a lot of "bandwagoners" or people who want to join in on the fun and excitement and include themselves in the festivities.

"It definitely happens on the college and university level," Whitbourne says from her office in Boston. "You'll see it pick up in March when finals begin and spring when sports start up."

Speelman agreed, adding there's nothing better than attending a volleyball or basketball game at Redeemer when it's getting close to finals. Speelman says, having the athletic staff, coaches, and players enhance the atmosphere with their positive attitudes.

"A lot of the players rely on the emotion of the fans, but it goes both ways and that's easy to tell. If the guys are playing really well, then the fans are really hyped up and that makes them play better," Speelman says.

It's a psychological effect that can be seen with professional players and college athletes. Whitbourne says there is a reason players call it a "home field advantage" when they are playing in their own venue. In the case of Redeemer, the home court advantage is precisely what they are looking for when they play.

"They make the team a part of their identity and become a part of that team," Whitbourne says. "It's emphasized that it is more than just a sporting event for them and the athletes they are rooting for, feed off that energy."

It's something Reid says he sees at every school he attends, but none as much as he does with Redeemer. He says Redeemer fans are fierce when it comes to supporting and defending their players, but also wouldn't hesitate for a second to cheer for another team after a good play or a great goal.

"Redeemer fans are not just fans of their own team, but fans of sport in general," he

says, recalling one specific game in which the heart of Redeemer fans shone through. "We were hosting the championship for basketball and our players lost at the semi final stage. Instead of leaving, our fans stayed right through the end of the tournament to cheer on the final teams, and even celebrated with Humber when they won."

When asked if he encountered any negative environments while travelling to other schools, Reid chuckles and says, while he couldn't mention names, the negativity fans at other schools have displayed has been a developing issue within the OCAA.

"I can't list school names, but there have definitely been times where our players don't feel comfortable stepping into a certain gym or onto a field," Reid explained. "It's what's prompted us to start the new initiative."

The anti-bullying initiative, Reid says, was to create a campaign that would spread across every school to create a warm and inviting environment to arriving players. The goal is to create an extremely positive environment at every school for all schools.

Whitbourne says negativity from fans toward an opposing team is to be expected with fans and it's almost entirely impossible to avoid. It occurs at the college level, although, it's probably more prominent at the professional sports level.

On May 29, 1985 one of the worst bouts of fan directed violence occurred in Brussels just before kickoff at the United European Football Association soccer champions cup final. More than 60,000 fans had crammed into Heysel Stadium to watch Liverpool take on Juventus. Just before kickoff, Liverpool hooligans broke through a fence and brutally attacked the unsuspecting Juventus fans. The senseless violence resulted in the death of 39 Juventus fans.

Speelman says she's never seen anyone be overly violent at Redeemer games, but says she wouldn't be surprised to hear about fights occurring.

Speelman and Reid both agreed the markings of a true fan wasn't in how loud they could cheer or the unique cheers they came up with at games. The markings of a true fan are only visible in the worst of times.

"We don't have the best records, but we have the greatest fans and a huge support team you won't find in many other schools," Reid says.

It's a feat Speelman is incredibly proud of. When asked who her favourite players were, she laughs and says she couldn't answer that because she had a soft spot in her heart for all of them. She says it's been a tough year because their teams aren't tops in the standings but the season has been fantastic.

There's a pause on the other end of the line and she clears her throat quickly. You can almost hear the smile Speelman must be sporting with her answer to the question what are the markings of a true super fan.

"Someone who supports his or her team no matter what. Winning or losing, they support their team and show up no matter what. Go Royals." 🏆

A Loyal Ambassador (opposite page) pumps up the crowd at a Redeemer home game. Photo courtesy Redeemer College

Redeemer fans (above) showing their loyalty. Photo courtesy Redeemer College



FAITH IN THE GAME

New found religion helps bring greater maturity on and off court for Mohamed Sulaiman

Jesse Thomas

Mohamed Sulaiman takes one step backwards before propelling himself forward with a giant leap, almost hovering in the air. He swings his right arm forward, smashing the volleyball across the net and through the arms of two defenders. The ball ricochets off the floor for a point.

As Sulaiman touches down he pumps his fists and is surrounded by his teammates in triumphant jest.

Sulaiman, 23, a fifth-year architectural design student at Mohawk College is known as one of the most passionate and determined volleyball players in the OCAA.

He began playing volleyball in high school and upon graduation knew he wanted to make the jump to play at the college level.

Mohawk seemed like the perfect choice. He knew they'd be competitive, as the team was coming off a provincial title the year before.

He chose Mohawk and it was during his second year, Sulaiman found himself struggling to find balance between life on and off the court.

Poor decisions led Sulaiman to a difficult place. He was on the brink of losing everything, his grades were slipping and he was called into the athletic director's office, and was close to being kicked out of school.

It almost crushed him.

Admitting his priorities weren't in check, Sulaiman said all he cared about was playing volleyball.

"Things weren't working out for me and I was really immature," he says. "I used to rely on

other people to get me out of sticky situations. Whether it was my coach or anybody supporting me and I was stuck in that mentality and I needed to change."

Sulaiman had to look elsewhere for help and the first place he turned to was religion, finding comfort in Islam. He hasn't looked back since.

"Religion helped me," he says. "It kept me more focused, organized and secure with myself."

It was a drastic change from the lifestyle Sulaiman was leading before but a change he's welcomed and thankful he's made.

"I didn't take school very seriously at all," he says. "All I thought about was volleyball but now I feel like I know myself more."

With religion came a new perspective, he now sees himself from the outside in. Looking at himself the way others would perceive him.

The threat of losing it all allowed Sulaiman the opportunity to really appreciate everything he had.

"I'm in a college level program that can take me pretty far," says Sulaiman.

Day-by-day his grades began to improve and so did his decision-making.

"This life is short and so you might as well take it more seriously. I used to have other desires alongside volleyball but now I'm more focused," he says.

With his new focus there are no other distractions allowing him to bring more energy and emotion to both school and sport.

"Before I would just go and do things with-

out thinking it through but now I always step back and take myself out of my shoes and look at myself and observe my situation. I analyze it and see what I need to do."

He wakes up everyday at six in the morning and prays. He then goes to his co-op placement where he spends the day on a job site assisting in planning and building an athlete's village for the up-coming Pan-Am games. From there he goes to practice for 7 p.m. and when he finally gets home he finishes his daily prayers.

Sulaiman admits this change wasn't easy and early on in his faith, he felt he lost his competitive edge on the court. Sulaiman said he was too analytical during the game and had to find his killer instinct again.

"It's good to analyze but once you're on the court and know what you have to do it's important to execute and not just think about it," he says.

Mohawk head coach Matthew Schnarr saw that Sulaiman had lost a little bit of that aggression on the court when he first turned to faith and said it took him a little while to get back to his game and find the will to win.

Schnarr, a former player with Mohawk, began coaching when Sulaiman came into the picture.

"He was young and kind of lost when he came in here," says Schnarr. "There were some internal things Mo had to work on but somewhere when he took that leap of faith he gained a maturity he was lacking."

He says Sulaiman's faith has given him hope

Mohamed Sulaiman (right) fifth-year veteran of the Mohawk Mountaineers men's volleyball team is described as the team's emotional leader, by head coach Matthew Schnarr. Photo by Elia Koolbergen

(left) Sulaiman stands in front of the construction site of his co-op placement, where he is helping construct the athletes village for the 2015 Pan American games. Photo by Jesse Thomas



and direction and he sees a new maturation in him that he doesn't see in a lot of other student athletes.

"It wasn't easy these last two years but Mo has developed into a really great teammate. He's doing the most with what he can and he's doing a really great job as a leader for this young team."

Coming into 2013 Mohawk had 11 rookies in their lineup. Schnarr sat down with Sulaiman before the season started and talked about his potential leadership role with the team.

"It's been a really amazing mental transition for him," says Schnarr. "The values and morals the religion has brought him have helped his decision making. He's much more focused and pro-active."

Sulaiman dedicated himself this off-season to being in the best shape he could be and working on his vertical jump.

"Mo's in the top five in scoring in the Western Conference and I don't think there are many guys at his height who could really say that," says Schnarr. "He really knows the game and what Mohawk is all about. He still has some slip-ups because he's such an emotional player but he brings it, night in and night out."

Schnarr said there are no issues with his religion and the team. "He doesn't throw it on anybody else and people respect him for it, as it has made a total change for him.

"In situations where there are attitudes or behaviors that he doesn't like to associate himself with, he'll remove himself from that in a respectful manner," says Schnarr. "At the same time he is always open to talking to his teammates about his religion."

Schnarr has been coaching for six years now and admits when he started coaching it was win at all costs and that was it but he sees things differently now.

"As a college level coach we are there for different reasons. Mo's transformation helped me understand that it's more than volleyball. I really believe that volleyball is a tool to help the students grow outside of the game."

Sulaiman isn't the only OCAA athlete who has strong faith.

Redeemer is a Christian University and its athletic director Dave Mantel says faith is a big component of everything that happens at the school and helps athletes measure their value as a person.

"I think sport is a great tool for developing young people's character, I think it does that, strangely, by putting students into positions where they are failing. How you react to fail-

ure and if you persevere through failure each builds character," says Mantel.

In terms of rituals, Redeemer will do a short devotional before a game including, reading scripture that reminds them how to live their lives. Neither the Redeemer team nor Sulaiman said they pray for victory, instead it's for safety and self-control.

"It's to pray for safety and that everyone can have a good game and to play with character, but certainly we're not praying for a victory," says Mantel.

Jesse Dykxhoorn, 21, is a fifth-year physical education student with a minor in religion and psychology. He's also a member of the Redeemer men's volleyball team.

He says one of the biggest things when you play a sport, such as volleyball, are the crazy highs you feel one minute, then within a matter of minutes, you can feel as though you've hit rock bottom.

"The momentum swings in this game are so crazy you can win one game one night and then lose a game you felt you should have won the next night," he says. "It's so easy to get caught up in that and almost let that take up all aspects of your life."

Dykxhoorn says his faith helps him see there's more to life but that doesn't take away from how competitive he is on the volleyball court.

"I have been able to develop some really close relationships with teammates and some of our coaches and we have had some really good conversations on what it looks like to be a Christian athlete," says Dykxhoorn. "Sometimes we have it easy, in that our whole team shares that faith and I know it's not quite as easy at other schools to be open with it."

Redeemer faced off with Mohawk in the first round of the OCAA provincial championships this year. Both schools being situated in Hamilton have made them natural rivals.

Although Redeemer had the better season record, Mohawk had already beaten Redeemer in two close games in the regular season.

"Redeemer has been our biggest rival," says Mohawk's Sulaiman, whose team went on to win the game three sets to one.

Mohawk moved on to face the number one ranked Algonquin College in the OCAA semi-finals. Mohawk shocked everyone by sweeping Algonquin in three sets.

"It was a really big upset," says Sulaiman. "We game planned them hard and in the end I felt our side wanted it more."

Reaching the OCAA finals was a new expe-

rience for everyone at Mohawk except for head coach Schnarr, who was on the last Mohawk team to win provincial gold in 2008.

Sulaiman and his team knew how to win a medal, as they had won four straight bronze medals leading up to this season but Sulaiman admits being in the finals and going for gold was a little overwhelming and his team found it difficult to harness their emotions.

Mohawk was up against Nippissing University in the final — a team that had been together for four years and lost in the gold medal game last year to Humber College.

Sulaiman said Nippissing had a solid group of guys who knew how to play well together. The final game was close and Mohawk took Nippissing the distance forcing a final fifth set but it wasn't meant to be for the young Mohawk squad.

"There were a few tears after the game for sure," says Sulaiman. "It definitely felt bad losing but we put in everything we had. I was proud to be on the court watching them hoist the cup. It's certainly a better felling than watching from the stands."

Sulaiman went to the National championship tournament in Niagara as a spectator and witnessed Nippissing move on and capture the CCAA National title. Following the game Sulaiman and some of his teammates were hanging around in the hallway when the game officials walked by and made a point of coming over to Sulaiman and his teammates and congratulated them on their season.

"It could have been a better Cinderella story for Mohawk. But to be honest I wasn't feeling bad watching Nippissing play. I was certainly happy for them."

That sort of mentality saved Sulaiman and he admits it was the same feeling that helped get him through the issues he had early in his career.

Before Sulaiman would dwell on the short-falls and it would limit his ability to cope. Now he takes things in stride.

"That's where religion came in and helped me," he says. "Because my family and the people I surrounded myself with were already religious it inspired that change in me."

Sulaiman is now looking to continue his education at George Brown College in construction management. Although his OCAA playing eligibility has expired he will look to continue playing competitive volleyball and perhaps one day give back to the sport as a coach. ▼

PERSONALITY QUIZ

Take the following quiz to learn how your personality lines up with the personalities of athletes, coaches or fans

Minds are complex sentient organisms that direct mental and physical behaviours in people. Minds are most likely formed by a combination of nature and nurture. Athletes, coaches and fans each share similar personality traits that are based on how their minds work. These three types of people make sport, sport.

Julie Fish



1. How do you handle life-changing decisions?

- A. I look at all the possible outcomes and decide on the one that works the best towards achieving a goal in my life.
- B. I consult the people in my life that matter most to me and take their opinions into account before I make a decision.
- C. I make decisions based on how little the impact on my life will be.

2. What is your ideal job?

- A. Anything that is routine based, I like to know what I'm in for every-day.
- B. A job where I can work on my own but also collaborate with my coworkers when the situation arises.
- C. Something with little pressure and where I can coast along.

3. Which is most important to you?

- A. Work
- B. Family
- C. Friends

4. When you win an award or are commended for a performance or personal achievement, how do you react?

- A. I'm ecstatic and tell anybody that will listen.
- B. I'm super happy but I try to only tell people close to me.
- C. I keep it to myself mostly.

5. After you die, what do you want to be remembered for?

- A. My greatest achievements in life.
- B. The words of wisdom I was able to instill in those around me.
- C. My dedication to what I believed in.

6. Which quote do you agree with the most?

- A. "Failure is the condiment that gives success its flavor." Truman Capote.
- B. "The unexamined life is not worth living." Socrates.
- C. "He who stands for nothing will fall for anything." Alexander Hamilton.

7. Do you prefer reading fiction or non-fiction books?

- A. Fiction - I love to escape.
- B. Non-fiction - I love to learn about real stories.
- C. As long as it's on the best sellers list, I will read it.

8. Your friend just had their heart broken, what do you do?

- A. I tell her all about the different stages of grief she will feel and help her get through each one.
- B. I sit and listen to her while offering little pearls of wisdom and encouragement.
- C. I do whatever they want me to do, he/she is the one that's hurting.

9. Which activity would you prefer to do?

- A. Play a board game.
- B. People watch.
- C. Go to a casino.

10. You've just tried a new food that you absolutely fall in love with, how do you react?

- A. I try to incorporate it in meals that would go well with it.
- B. I create a new recipe with it as the main ingredient.
- C. I eat it for breakfast, lunch and dinner.

If you answered mostly As you're an athlete!

You are a grounded individual who tackles challenges in a logical manner with a level head.

"In sports you have to really see information as it is and then take it all in and figure out how to organize it, make sense of it and at times be very sense oriented, very structured," says Peter Papadogiannis, a sports psychologist and adjunct faculty member of psychology at Sheridan College, York University and the University of Guelph-Humber.

"Routine is very helpful. [Athletes are] just very prepared. Call it conscientiousness, call it preparedness, but it's part of their personality that everything is structured, very systematic, very routine and it's helpful with what they do."

You might be wondering whether it was nature or nurture that determined your athlete status. "Do people actually seek out those sports, and that's who they are as people, very early on when they're developing their personality or does sport influence personality? Are you coached? Do you have to be at practice at 6 a.m. or do you have to be at the gym at 12 a.m. Does it create a personality that is routine, structural, systematic or is that person already that way and it just fits really well with the situation?" Papadogiannis asks. "I think it's both. It goes back and forth. We are unique in our personalities and we're interested in things. For some it's sport, and sport really kind of puts structure on [personality] ... if they join really early it's kind of shaping themselves as people."

Trevor Costello, coach of Algonquin's men's basketball team, agrees. "One of the old clichés is that you can't teach size," Costello says "Their upbringing, you know, if they played as a kid, athleticism certainly comes into it. Fundamentals are very important. Coaching at a younger age when we get some of these kids is very important. So you now all of those things combined make a good player."

Not every athlete, coach or fan possesses these personality profiles, but they are generalizations of what that typical person is. Every person is unique and has been shaped by nature and nurturing to be the person they are. Melanie Mousseau explains this best:

"We try to put things in boxes a lot and see if we can have characteristics and attributes that define people or groups and I think it's just our natural tendencies to make sense of things but there's a lot of exceptions to the rules and there's a lot of individual variability. That's where you see people, especially athletes who, — against all the odds, what seems like no chance in heck that they would have had that success, — but they did X right and they saw that success. And so, there are a lot of factors that can be going on, it's just the nature of being human. It's why it's so fascinating and life is so interesting." ▼

If you answered mostly Bs you're a coach!

You are a natural nurturer. You are hyper-aware of the actions and emotions of the people around you while holding back your own emotions. Being prepared and making detailed plans makes you feel good. You are a leader who enjoys bringing people together for a common goal.

"The better coaches are pretty thorough in their preparations," says sports psychologist Peter Papadogiannis. "They have to be conscientious, they have to be attuned to detail, and they have to like spending time on the detail."

You may be perceived as emotionless and calculating, but those who know you well, know that you are acting that way to benefit those around you. "[Coaches must be able] to control their emotions, have emotional awareness and emotional regulation. [Coaches] have to use their emotion at the right time. They have to be able to use their emotion to motivate their athletes before a big game, or at a halftime speech. And at times they have to be able to control their emotions when a bad call goes against them or their athletes aren't playing very well," Papadogiannis says.

As leaders, coaches are inclined to work with their athletes to help them better themselves as athletes.

"A good coach in [the OCAA] does a lot of recruiting. Watches a lot of game film for preparation and works a lot with his team and makes sure they're a tight knit family," says Algonquin's men's basketball coach, Trevor Costello.

Coaches are passionate about their chosen sport and are usually athletes or ex-athletes themselves. You might want to read the athlete outcome of this quiz to learn more about athletes' personalities.

If you answered mostly Cs you're a fan!

You are an empathetic individual who is content to live vicariously through others and are guarded when it comes to sharing your personal achievements.

"It really is a matter of fans level of what we call 'identification' with a specific team," says Melissa Mousseau, a sports psychology consultant and regional director of the Performance Psychology Group based in Florida. "It's not necessarily about being a fan but how deep that fandom runs.

"If you are a diehard fan of a team then that fandom becomes a part of the concept of who you are. You become identified as a fan of that team just like you would identify yourself as a son or daughter, wife or husband etc.," says Mousseau.

"People who are really identified would engage in what is called 'blasting' which is where we start to see bad mouthing and lashing out towards opponents. It's this way of protecting this identity," Mousseau explains.

"People who are not as strongly identified, will do what is called 'cutting off reflected failure'. And that's for people who say 'they lost' when referring to the team that lost and so they're distancing themselves so that they protect their own self-esteem and perception of themselves.

"On the flip side when the team wins it's 'we won'. They lost/we won and that's a really interesting phenomenon that tends to happen amongst fans." Distancing yourself is a way you protect your identity.

You are a reliable friend that can roll with the punches. "It does become that way of living vicariously because fans experience the thrill of victory and the agony of defeat; they take the good and the bad," Mousseau says.

"There's all sorts of anecdotal evidence and stories out there of super fans who would go to a sporting event instead of doing something related to their personal or professional life," Mousseau says. "There's a very similar trend among people with other types of addictions."

Because you have an addictive personality you should be conscious of where your priorities lie. "People do make drastic life changes in putting being a part of that team ahead of what most people would value as important areas: friends, family and work," Mousseau says.

(Opposite page from left) A player on the Algonquin Men's basketball team at the 2013 OCAA provincial championship. Photo by Julie Fish Algonquin men's basketball coach Trevor Costello at the 2013 OCAA provincial championship. Photo by Julie Fish Redeemer fans. Photo courtesy Redeemer College

OCAA SCORES & STATISTICS

Men's Basketball

East Division	GP	Wins	Losses	PF	PA	PTS
Seneca	20	17	3	1597	1358	34
George Brown	20	16	4	1504	1322	32
Algonquin	20	16	4	1545	1302	32
Centennial	20	15	5	1527	1358	30
Loyalist	20	13	7	1561	1487	26
St. Lawrence (K)	20	11	9	1346	1241	22
La Cite	20	10	10	1476	1446	20
Durham	20	5	15	1313	1460	10
Georgian	20	4	16	1395	1420	8
Fleming	20	3	17	1243	1494	6
Cambrian	20	0	20			0

West Division	GP	Wins	Losses	PF	PA	PTS
Sheridan	20	18	2	1589	1316	36
Mohawk	20	16	4	1625	1366	32
Fanshawe	20	14	6	1612	1455	228
Humber	20	14	6	1559	1354	28
Niagara	20	13	7	1686	1508	26
Algoma	20	12	8	1488	1267	24
Redeemer	20	7	13	1309	1437	14
Sault	20	5	15	1438	1438	10
Lambton	20	5	15	1254	1565	10
St. Clair	20	5	15	1323	1603	10
Canador	20	1	19	1251	1630	2

Women's Basketball

East Division	GP	Wins	Losses	PF	PA	PTS
Algonquin	18	18	0	1215	721	36
St. Lawrence (K)	18	15	3	1245	902	30
Seneca	18	11	7	958	940	22
George Brown	18	10	8	1017	942	20
Loyalist	18	10	8	1027	945	20
Centennial	18	9	9	960	978	18
Cambrian	18	6	12	967	1067	12
Fleming	18	6	12	997	1183	12
Durham	18	3	15	905	1181	6
Georgian	18	2	16	759	1191	4

West Division	GP	Wins	Losses	PF	PA	PTS
Fanshawe	18	16	2	1200	928	32
Algoma	18	16	2	1193	866	32
Humber	18	12	6	1101	918	24
St. Clair	18	10	8	1154	1050	20
Mohawk	18	10	8	1107	1025	20
Niagara	18	8	10	1118	1069	16
Sheridan	18	7	11	1147	1148	14
Redeemer	18	6	12	1023	1262	12
Lambton	18	5	13	1061	1175	10
Sault	18	0	18	587	1250	0

Men's Rugby

East Division	GP	Wins	Losses	Ties	PF	PA	PTS
Trent	6	6	0	0	230	65	30
Seneca	6	4	2	0	175	91	20
Algonquin	6	4	2	0	126	140	19
Loyalist	6	2	4	0	132	137	12
St. Lawrence (K)	6	2	4	0	89	138	11
Fleming	6	0	6	0	67	248	2

West Division	GP	Wins	Losses	Ties	PF	PA	PTS
Humber	6	6	0	0	663	10	30
Conestoga	6	4	1	1	127	173	21
Georgian	6	3	2	1	114	162	18
Sheridan	6	1	5	0	51	311	4
Mohawk	6	0	6	0	51	350	1

Women's Rugby

East Division	GP	Wins	Losses	Ties	PF	PA	PTS
Algonquin	6	6	0	0	387	0	30
St. Lawrence (K)	6	2	3	1	69	158	11
Loyalist	6	2	3	1	51	171	11
Fleming	6	1	5	0	42	220	6

West Division	GP	Wins	Losses	Ties	PF	PA	PTS
Humber	6	6	0	0	352	3	29
Seneca	6	4	2	0	116	65	18
Conestoga	6	3	3	0	127	142	14
Sheridan	6	2	4	0	70	161	11
Mohawk	6	0	6	0	20	31	0

Men's Volleyball

East Division	GP	MW	ML	GW	GL	PTS
Algonquin	20	17	3	56	18	34
Durham	20	17	3	52	14	34
George Brown	20	16	4	50	24	32
Seneca	20	16	4	54	22	32
Georgian	20	10	10	39	41	20
Fleming	20	10	10	37	38	20
Loyalist	20	9	11	40	41	18
La Cite	20	8	12	33	44	16
Trent	20	4	15	25	51	10
Cambrian	20	2	18	16	56	4
Boreal	20	0	20	7	60	0

West Division	GP	MW	ML	GW	GL	PTS
Niagara	18	14	4	46	20	28
Redeemer	18	14	4	49	22	28
Humber	18	13	5	42	23	26
Nipissing	18	12	6	44	27	24
Sheridan	18	11	7	39	29	22
Mohawk	18	9	9	39	33	18
Fanshawe	18	9	9	32	34	18
St. Clair	18	6	12	27	41	12
Canadore	18	2	16	9	49	4
Conestoga	18	0	18	5	54	0

Women's Volleyball

East Division	GP	MW	ML	GW	GL	PTS
Durham	20	18	2	56	17	36
Cambrian	20	17	3	55	14	34
Georgian	20	15	5	52	26	30
Trent	20	15	5	50	27	30
Algonquin	20	12	8	46	30	24
Loyalist	20	9	11	32	38	18
Seneca	20	9	11	35	38	18
La Cite	20	9	11	34	42	18
Fleming	20	3	17	19	52	6
George Brown	20	3	17	15	54	6
Boreal	20	0	20	4	60	0

West Division	GP	MW	ML	GW	GL	PTS
Humber	18	18	0	54	5	36
Nipissing	18	15	3	47	13	30
Fanshawe	18	15	3	47	14	30
Redeemer	18	9	9	33	31	18
Sheridan	18	9	9	31	31	18
Niagara	18	8	10	30	37	16
Conestoga	18	6	12	25	37	12
Mohawk	18	6	12	24	42	12
St. Clair	18	4	14	17	44	8
Canadore	18	0	18	0	54	0

Women's Soccer

East Division

GP	Wins	Losses	Ties	GF	GA	PTS	
Algonquin	8	7	0	1	25	3	22
Seneca	8	7	1	0	23	8	21
Centennial	8	6	2	0	28	7	18
Cambrian	8	4	3	1	8	9	13
Durham	8	3	4	1	15	16	10
Fleming	8	2	4	2	9	14	8
La Cite	8	1	4	3	6	21	6
St. Lawrence (K)	8	1	7	0	7	29	3
George Brown	8	0	6	2	7	21	2

West Division

GP	Wins	Losses	Ties	GF	GA	PTS	
Sheridan	8	7	1	0	28	3	21
Fanshawe	8	7	1	0	16	4	21
Humber	8	7	1	0	31	5	21
Conestoga	8	2	3	3	7	11	9
St. Clair	8	2	3	3	5	6	9
Mohawk	8	2	4	2	10	11	8
Lambton	8	1	3	4	7	15	7
Redeemer	8	0	5	3	3	23	3
Niagara	8	0	7	1	1	30	1

Men's Soccer

East Division

GP	Wins	Losses	Ties	GF	GA	PTS	
Algonquin	8	5	0	3	13	5	18
Seneca	8	5	1	2	13	6	17
Centennial	8	5	2	1	18	6	16
Cambrian	8	3	1	4	10	7	13
Durham	8	3	2	3	11	8	12
Fleming	8	3	5	0	8	8	9
La Cite	8	2	4	2	9	17	8
St. Lawrence (K)	8	1	6	1	11	20	4
George Brown	8	0	6	2	8	24	2

West Division

GP	Wins	Losses	Ties	GF	GA	PTS	
St. Clair	8	6	1	1	22	16	19
Humber	8	6	2	0	15	4	18
Fanshawe	8	5	2	1	24	7	16
Conestoga	8	5	2	1	18	8	16
Sheridan	8	4	2	2	23	7	14
Mohawk	8	4	4	0	14	21	12
Niagara	8	1	5	2	8	18	5
Lambton	8	1	6	1	6	27	4
Redeemer	8	0	8	0	5	27	0

Women's Fastball

GP	Wins	Losses	RS	RA	PTS	
Durham	15	14	1	177	50	28
Humber	15	13	2	145	49	26
St. Clair	15	9	6	82	65	18
Seneca	15	5	10	49	127	10
Conestoga	15	4	11	51	108	8
Mohawk	15	0	15	68	173	0

OCAA CHAMPIONSHIP RESULTS

Badminton

Men's Singles

Gold: Tim Chiu, Humber
Silver: Sean Irvin, Georgian
Bronze: Chris Dupuis, Humber

Women's Singles

Gold: Carol Dela Cerna, Seneca
Silver: Valerie Breen, Boréal
Bronze: Karen Williams, St. Clair

Men's Doubles

Gold: Jimin Jung/Ian Tang, Seneca
Silver: Ra Seang/Johnny Truong, Humber
Bronze: Sam Lamoure/Darshan Selot, St. Clair

Women's Doubles

Gold: Tracy Wong/Renee Yip, Humber
Silver: Katie Liu/Chessy Jian, Seneca
Bronze: Rebecca Trischler/Carolyn Tubman, Georgian

Mixed Doubles

Gold: Ryan Chow/Suzy Yan, Humber
Silver: Patrick Michel/Jenna Dupuis, Boréal
Bronze: Darian George/Luc Su, St. Clair

OCAA Men's Team Champions

Humber

OCAA Women's Team Champions

Seneca

Men's Volleyball

Gold: Nipissing
Silver: Mohawk
Bronze: Redeemer

Women's Volleyball

Gold: Humber
Silver: Nipissing
Bronze: Cambrian

Golf

Men's Team Results

Division I

Gold: Humber
Silver: Georgian
Bronze: Niagara

Division II

Gold: Fanshawe
Silver: St. Lawrence-B
Bronze: Mohawk

Men's Individual Results

Gold: Colton Kalkanis, Georgian
Silver: Mitchel Kennedy, Seneca
Bronze: Alex Dumais, Humber

Women's Team Results

Gold: St. Clair
Silver: Durham
Bronze: Georgian

Women's Individual Results

Gold: Tiffany Albath, Durham
Silver: Heather MacKenzie, St. Clair
Bronze: Ashley Unrau, St. Clair

Men's Soccer

Gold: Humber
Silver: Seneca
Bronze: Sheridan

Women's Soccer

Gold: Humber
Silver: Fanshawe
Bronze: Centennial

Cross Country

Men's Team Results

Gold: Fanshawe
Silver: Humber
Bronze: Fleming

Men's Individual

Gold: Clint Smith, Fanshawe
Silver: Andrew DeGroot, St. Clair
Bronze: Sean Sweeney, George Brown

Women's Team Results

Gold: Humber
Silver: Sault
Bronze: Redeemer

Women's Individual Results

Gold: Richelle Moore, St. Lawrence-Kingston
Silver: Stephanie Braithwaite, Seneca
Bronze: Darian Limb, Humber

Men's Basketball

Gold: Sheridan
Silver: Mohawk
Bronze: Algonquin

Women's Basketball

Gold: Algonquin
Silver: Fanshawe
Bronze: Humber

Women's Fastball

Gold: Humber
Silver: Durham
Bronze: St. Clair

Men's Indoor Soccer

Gold: Sheridan
Silver: Humber
Bronze: Fanshawe

Women's Indoor Soccer

Gold: Humber
Silver: Seneca
Bronze: Durham

Curling

Men

Gold: Fanshawe
Silver: Confederation
Bronze: Sault

Women

Gold: Niagara
Silver: Confederation
Bronze: Fanshawe

Mixed

Gold: Fanshawe
Silver: Sault
Bronze: Humber

Men's Rugby

Gold: Humber
Silver: Trent
Bronze: Seneca

Women's Rugby

Gold: Algonquin/Humber
Silver: none
Bronze: Seneca

LEGACY: STAN MARCHUT

Hall of fame coach
remembered

Shaleni McBain



Stan Marchut was an award-winning coach, but trophies and championships are not the first thing mentioned when speaking about the Hall of Famer. His generous heart, kind soul and humble attitude are just some of the things people usually mention

about him.

Born in Oshawa in 1938, Marchut was an active member in the Oshawa sporting community for more than 40 years. He died in March of 2012, but his memory and spirit will live on at Durham College forever.

Marchut started his coaching career at Eastdale Collegiate as the Physical Education Head, coaching numerous teams including football, volleyball and basketball. He was also the founder of the Oshawa Times Classic Senior Boys Basketball tournament.

After a stint as women's volleyball head coach at Eastdale, Marchut moved on to the college scene. He began his coaching tenure at Durham College in 1984 as head coach of the women's volleyball program. In his 24 years at Durham he amassed 357 career victories.

In his time coaching at Durham, his team only failed to qualify for the OCAA championships once. They also qualified for nationals four times under Marchut's coaching. His shining moment came in 1986 when the team won bronze at nationals.

Marchut was named OCAA Coach of the Year a staggering six times, and in 1994 received the CCAA Career Coaching Excellence Award. On April 6th, 2001 Marchut was inducted into the Durham College Sports Hall of Fame and then in 2010 he was inducted into the Oshawa Sports Hall of Fame.

Through all of the victories Marchut never took credit for the wins, giving the glory to his team.

Carol Hart played for Marchut at Eastdale on the women's volleyball team. Around the time Hart graduated Marchut moved to Durham, and she followed.

Hart remembers making the transition with Marchut from high school to college and said



Marchut (center) gives his team a quick pep talk to his 1996 Durham Lords women's volleyball team. Photo courtesy Durham Athletic archives

that without Marchut, she probably would have just said, "forget it" to college, but, he persuaded her to continue her education, and her volleyball career; a decision she's never regretted.

Hart said Marchut was no different in the way he coached the two levels.

"He didn't change how he was or who he was," says Hart. "It was still the same guy. He would be the only coach that would sit on the bench and not ever get upset with his players for trying to do anything. I think that's why he got so much out of his players, because he was able to sit back and allow us to play."

Jenn Bowers played under Marchut for four years at Durham, and built a personal friendship with Marchut, as many of his players did. Bowers remembers how humble he remained through the years.

"He was just so proud of us. He was so humble that he would never be the type of guy who said, I did this."

Hart shared a similar sentiment and thinks Marchut was happier when his players were happy, than with any victories. It was not the coaching that triumphed; to him it was his players.

Becky Dalton who played for Marchut at the same time as Bowers and Hart remembers the many victories they had over the years.

"If there was one word to describe him it would be humble. He took it all in stride. He never would boast or brag, it would just be another win and he would just be proud of us," says Dalton. "It was never about him it was about us. As much as we would take those medals and display them, he would put them in a box with other winnings in his basement."

Marchut was not just a phenomenal coach, but an inspiring person off the court as well.

"He was one of those guys that had charisma and you couldn't help but love the man because he was such a genuine person. You could just see how much he loved the sport and loved all of the girls," says Bowers.

Marchut recruited Bowers to play for Durham and she remembers how the encouragement she received from him inspired her on and off the court. In fact, she said Marchut

completely changed the path of her life by seeing something in her that no other coach had seen.

"He was the kind of guy that could change people's lives. He would give people a chance," says Bowers. "He spoke to you like you were an adult and that made you respect him so much and made you want to play harder for him."

Bowers believes there are hundreds of women out there who feel the same way about Marchut as she does. Dalton agrees.

"Every one of us looked up to him as a second father. He disciplined us, he took care of us. He gave us some pretty amazing opportunities," says Dalton.

Marchut is an inspiration to Hart even today. She is the head coach of the Fleming College Women's Volleyball team and says she tries to mold her coaching techniques after his.

"When I started working at Fleming, I said to my director there that I'm just going to coach like Stan. I'm not going to yell at the players, I can't do it," she says.

Marchut used to come watch Hart coach recreational teams, and shortly before his passing he expressed his excitement to come watch her coach at Fleming.

"He said he wanted to come and I couldn't wait for him to come be a part of it again. Especially at College level, what I would do just to have him come watch," says Hart.

Hart tries to mimic Marchut's relaxed attitude on the court.

"He had a lot of passion for us, a lot of passion for the sports, he was totally human with everyone, especially his girls," says Hart.

Marchut was determined to stay active in the volleyball community for as long as he could. Marchut suffered a stroke, but continued to coach for about three years after.

"He pushed and he pushed that shows you how much he wanted to keep doing it," says Hart.

Marchut's legacy, passion and love of the sport will live on in his former players, and in the Oshawa sporting community.

"I'm speechless when I think about what he gave to us," says Dalton. ♣

**FANS OF THE OCAA
ARE ENCOURAGED
TO BE LOUD AND PROUD**
but please remember to...

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- **OTHER SPECTATORS**
- **THE FACILITY**



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