

Phys Ed, March 6th, 2009

The Phys Ed dept and the Athletic Council would like to recognize another incredible run of championships in an almost completed winter sports season.

In Basketball, the junior boys surprised many with their improvement under coaches Amadio and Lockhart, making it to the Zone Semi. The highlight of the basketball season was the Sr boys capturing the Zone 3 Championship and being very competitive at SOSSA despite a rash of injuries. Such adversity means opportunities for others and they responded to the challenges with coach Robbins at the helm. Our basketball program is getting stronger and we are looking forward to improving it even more next year.

In Volleyball, after only winning one game last year, the senior girls who didn't get to play at all last year managed to improve to a 6-6 record and almost upsetting some strong teams in the playoffs. The Jr girls, under the guidance of coach Petryschuk and Vanderperk, when undefeated through the season and Zone play-offs, and also won three tournaments. It is safe to say that our volleyball program is getting noticed throughout the region and we are looking forward to more success next year.

In Hockey, the boys managed a winning season under the guidance of "entraîneur" Edwards, losing to the eventual SOSSA Champions in the Zone finals. The girls team had an incredible run, winning the Zone 3 championship and only losing by one goal in their pursuit of SOSSA gold. With Coach Pye and Higgins running the bench, these girls showed an incredible level of competitiveness and heart. Everyone within the hockey program should be proud of a great season.

Wait, there's more and it gets even better! We had three teams making it to OFSAA in the last couple weeks. The swimming team Mrs. "The Dolphin" Fee as their leader, brought back a medal from the competition this week. An incredible accomplishment by grade 10 Molly Higenell to win an OFSAA silver than immediately competing at SOSSA volleyball the next day.

Our curling team is on fire! Winning SOSSA this past weekend, they are one of the favorites going into OFSAA next week in Grimsby. Who knew that coach Kicul was such a great sweeper... Good luck to Travis Ackroyd, Geoff Larson, Cameron Lepine and Brendon Kowtecky at OFSAA!

Yesterday we also had Sarah Benes compete once again at OFSAA wrestling. I have yet to see her results but in talking to her this week, she expected her best results. Go Sarah!

And to finally finish, our rowing team is about to compete in the All-Ontario erg competition this weekend at Ridley College. We are told we have a very strong group this year, and with coaches Ruscitti and Osbourne leading the way, we look forward to seeing some gold medals on Monday.

We are very proud of everyone's accomplishments. We are now looking forward to having the same success in our spring sports. Try-outs are underway.