



ROPSSAA NEWSLETTER

Region of Peel Secondary School Athletic Association

Issue 8

June 2018

SPRING SEASON

Dear Readers, a warm welcome to our final newsletter of the 2017-2018 sports year from the ROPSSAA Team. As we swing into the summer holiday vibes, we do hope that you set aside some time to reflect and unlock some of your greatest ideas that are currently hidden away. Thanks to everyone for making this season special amid the many challenges faced during the regular season, quarter final, semi-final and playoffs!

Message from our ROPSSAA Chair

Hi Everyone: 😊

"You never know how a single interaction with a person might affect their life, so you must constantly try to be at your best."

— [Bobby Orr](#), [Orr: My Story](#)

As we close off another season, ROPSSAA would like to take this opportunity to thank you for all the extra time, effort and energy you put in to providing sports opportunities for students. We are a big association with many sports and students greatly benefit from your involvement. We often remind students of the importance of hard work, commitment, and team work. These are the same qualities that you model each day in your athletic coaching endeavors. Please know that this does not go unnoticed. Sometimes it may seem like we are bogged down in regulations, policy, procedures and what is right, but in its simplistic form we are simply collectively providing opportunities for students to grow outside of the classroom and that is very important.

Students benefit directly from your involvement and are better people for it. Students appreciate, respect and remember the good times of athletics, the victories, the losses, the memories, but most importantly the life skills they learn. Many students will not play competitively after they leave high school. They may still participate but not at a level higher than high school sports. However the lessons they take from their experiences can have a lifelong impact and that is important know matter how you look at it. As we head toward summer we hope that you relax, find time for you, do the things you enjoy and come back with the same enthusiasm that you always have. It is because of you that ROPSSAA is possible. On behalf of all of ROPSSAA, thank you for all your efforts and have a great summer.

Paul Freier, ROPSSAA Chair

Congratulations!



Spring 2017-18 Sports ROPSSAA Team Champions

Sport	Level	ROPSSAA Champion
Archery	Boys' Standard Class	Streetsville S.S.
Archery	Girls' Standard Class	Mayfield S.S.
Archery	Boys' Recurve Class	Central Peel S.S.
Archery	Girls' Recurve Class	Streetsville S.S.
Badminton	Junior Boys	John Fraser S.S.
Badminton	Junior Girls	Glenforest S.S.
Badminton	Senior	Glenforest S.S.
Baseball	Varsity Boys Tier 1	St. Marcellinus C.S.S.
Baseball	Varsity Boys Tier 2	Iona C.S.S.
Cricket	Varsity Girls	Sandalwood S.S.
Cricket	Junior Boys	North Park S.S.
Cricket	Senior Boys	North Park S.S.
Fastpitch	Varsity Girls	David Suzuki S.S.
Lacrosse	Boys	Mayfield S.S.
Lacrosse	Girls	Lorne Park S.S.
Rugby	Junior Boys	Lorne Park S.S.
Rugby	Junior Girls	St. Roch C.S.S.
Rugby	Senior Girls A/AA	Streetsville S.S.
Rugby	Senior Boys Tier 1	Lorne Park S.S.
Rugby	Senior Boys Tier 2	Brampton Centennial S.S.
Rugby	Senior Girls Tier 1	Mayfield S.S.
Rugby	Senior Girls Tier 2	Applewood Heights S.S.
Slopitch	Varsity Girls Tier 1	St. Thomas Aquinas C.S.S.
Slopitch	Varsity Girls Tier 2	Applewood Heights S.S.

Congratulations!



Spring 2017-18 Sports ROPSSAA Team Champions

Sport	Level	ROPSSAA Champion
Soccer	Junior Boys Tier 1	St. Marcellinus C.S.S.
Soccer	Junior Boys Tier 2	St. Thomas Aquinas C.S.S.
Soccer	Senior Boys Tier 1	St. Joan of Arc C.S.S.
Soccer	Senior Boys Tier 2	John Cabot S.S.
Soccer	Junior Girls Tier 1	St. Aloysius Gonzaga C.S.S.
Soccer	Junior Girls Tier 2	St. Roch C.S.S.
Soccer	Senior Girls Tier 1	St. Martin C.S.S.
Soccer	Senior Girls Tier 2	St. Edmund Campion C.S.S.
Soccer	A Senior Boys	St. Paul C.S.S.
Soccer	AA Senior Boys	Iona C.S.S.
Soccer	A Senior Girls	St. Paul C.S.S.
Soccer	AA Senior Girls	Clarkson S.S.
S.E. Track and Field	Boys Small School *	Father Goetz C.S.S.
S.E. Track and Field	Girls Small School *	St. Joseph C.S.S.
S.E. Track and Field	Overall Small School *	Father Goetz C.S.S.
S.E. Track and Field	Boys Medium School **	St. Marcellinus C.S.S.
S.E. Track and Field	Girls Medium School **	St. Augustine C.S.S.
S.E. Track and Field	Overall Medium School **	St. Marcellinus C.S.S.
S.E. Track and Field	Boys Large School ***	West Credit C.S.S.
S.E. Track and Field	Girls Large School ***	Parkholme School
S.E. Track and Field	Overall Large School ***	Parkholme School
Track & Field	Midget Girls	Philip Pocock C.S.S.
Track & Field	Junior Girls	Brampton Centennial S.S.
Track & Field	Senior Girls	St. Edmund Campion C.S.S.
Track & Field	Midget Boys	St. Edmund Campion C.S.S.
Track & Field	Junior Boys	St. Marcellinus C.S.S.
Track & Field	Senior Boys	St. Edmund Campion C.S.S.
Track & Field	Overall Girls	St. Edmund Campion C.S.S.
Track & Field	Overall Boys	St. Marcellinus C.S.S.
Track & Field	Overall Combined Team	St. Marcellinus C.S.S.
Ultimate Frisbee		David Suzuki S.S.

* Small Schools (1-20 participants)

** Medium Schools (21-40 participants)

*** Large Schools (41+ participants)

OFSSAA Congratulations to our Spring 2017-18 OFSSAA Champions!



Soccer Boys' AAA

St. Joan of Arc Catholic Secondary School



Soccer Boys' AA

Iona Catholic Secondary School
Antique Bronze

Girls' AAA Rugby

Mayfield Secondary School
Antique Bronze



Boys' Baseball

St. Marcellinus Catholic Secondary School
Bronze

Track and Field

Midget Boys Team

Gold



Our Lady of Mount Carmel
Catholic Secondary School

Midget Girls Team

Notre Dame Catholic
Secondary School
Bronze

Overall Boys Team

Our Lady of Mount Carmel
Catholic Secondary School
Silver

Midget Boys

Silver Medallist



Michael Tetenysh
Philip Pocock
Catholic Secondary School

Spring 2017-18 Season Success Story

Soccer

John Cabot Wins First Ever ROPSSAA Soccer Champions!

For the first time in its 21 year existence, the Cabot Colts wins the ROPSSAA Tier 2 soccer championship. Losing both their starting and back-up goalies to injury in the quarter-finals within a 5 minute span, they were forced to put in a field player as goalie to defend a penalty shot and keep the game at 2-1. A nail biting semi-finals that went into a penalty shootout paved the way for Cabot's first ever final. The boys went into the finals as underdogs playing against a formidable, first seeded Applewood SS.

Knowing that in a final game anything was possible, the boys rallied together, worked hard and proved that soccer is in fact a team sport. Congratulations gentlemen!



Back row: Greg Zajac; Daniel Edwards; Max Kozlowski; Danylo Kostetski; Nicholas Drobenko; Alex Halkiw; Hector Gaytan; Daniel Bugiel; Orest Benko

Middle row: Mr. T. Delvecchio; Justin Pavao; Dimitri Gyftopoulos; Ivan Goluzza; Juan Gomez; Guillermo Parra; Mr. N. Damaso

Front row: Nikola Anic; Venusan Vinayagamoorthy; Alejandro Parra

Absent: Patryk Wrona

Submitted by: Nelson Damaso, John Cabot Catholic Secondary School

Spring 2017-18 Season Success Story

Senior Girls Rugby

Senior girls rugby ended up placing 4th in OFSAA this year. A truly difficult accomplishment in a very demanding sport. Congrats to all the girls on a fantastic achievement. Coaches Robertson, Bowins and Gandhi are very proud.



Submitted by: Kirk Robertson, Mayfield Secondary School

Varsity Girls Lacrosse

The Lorne Park Varsity Girls Lacrosse team went undefeated in ROPSSAA play capturing our 10th Championship in the last 12 seasons. Our bigger success is the story of our graduating goaltender Alexa Ramirez-Gaston. Alexa joined us as a grade 11 athlete, never having played any school sports. She overheard me discussing a goalie shortage in our program and asked if she could try-out. Reluctantly, I invited her to try, warning her that lacrosse balls hurt and it would be her job to step in front of these projectiles resulting in multiple bruises.

Alexa stepped in with ferocious intensity and helped our team to a ROPSSAA title in 2016. Last year she shared the sting of losing to a very good Mayfield team in the semi-finals and committed herself to returning as a 12B player to reclaim the ROPSSAA trophy. This year she proved to be one of the top goalies in the Province, surrendering only 25 Goals Against in 10 ROPSSAA contests. That is a staggering 2.5 Goals Against Average in a sport that considers 9 GAA excellent.

More importantly, Alexa has matured into an academic success with several opportunities to choose from for post-secondary school. She credits her involvement in lacrosse as the catalyst for her personal and academic growth over the last 3 years. Good luck Alexa, thanks for all you have done for Lorne Park Lacrosse and GO SPARTANS!

Submitted by: Gregory Kelly, Lorne Park Secondary School

Spring 2017-18 Season Success Story

Varsity Girls Cricket

The Sandalwood Heights Varsity Girls Cricket team reclaimed their Gold Medal status by handily defeating Humberview SS in just 4 overs. This is the third year in a row that SHSS has had the Varsity Girls Cricket Team, and the THIRD Gold Medal they've brought home! The Sabres couldn't be more proud.

Thanks to Coach Whiting for his time and commitment to the team this season, and to Coach Quennell for muffins and her positive energy on game days.

We will be sad to see three of our starting players leave this year, but wish them all the best after graduation. Their hard work didn't go unnoticed over the seasons, and their dedication to Sandalwood sports is an inspiration to be followed. All the best to Nandini, Jasleen, and Pawandeep.



Submitted by: Alicia Quennell, Sandalwood Heights Secondary School

Spring 2017-18 Season Success Story

Archery

Mayfield S.S. started up a standard archery team this year, and the girls won ROPSSAA gold! All archers were new to the sport, and most had never shot a standard bow until March of this year.



Submitted by: Robert Casha, Mayfield Secondary School

The Ontario High School Archery Invitational Tournament

The Ontario High School Archery Invitational Tournament took place on May 16-17 in Richmond Hill, Ontario. 328 archers participated from across Ontario in the Standard, Compound and Recurve classes.

ROPSSAA was well represented at this annual event and has a tradition of excellence. 2018 was another successful year for ROPSSAA competitors. 55 archers competed representing 8 ROPSSAA schools.

We are proud to recognize the following medallists:

Female Standard Individual – GOLD: Emilie Villemaire, Streetsville

Female Standard Team – GOLD: Streetsville

Female Standard Team - SILVER: Mayfield

Male Standard Individual – SILVER: Yashveer Soni, Mayfield

Male Standard Individual – BRONZE: Thomas Shain, Streetsville

Male Standard Team – GOLD: Streetsville

Female Recurve Team – SILVER – Streetsville

Female Recurve Team – BRONZE – Mayfield

Male Recurve Team – GOLD – Central Peel

Male Recurve Team – SILVER – Streetsville

Male Recurve Team – BRONZE – Rick Hansen

Submitted by: James Dowhaniuk, Adult Education Centre South

Spring 2017-18 Season Success Story

Special Events Track and Field

I am a support administrator at Parkholme School in Brampton. On May 9 I took this picture at the annual ROPSSAA track meet for Special Events, Track and Field. Brenden Bryans has just completed the 100m event. He was competing with students who were running, so he finished about 90 seconds behind them. However, from his face and those of his supporters, you would think that he had just won an Olympic gold! This is what sport is all about.



Welcoming Brenden is Vice Principal Kimberley Jones while cheering him on are Parkholme staff Steve O'Reilly and Tara Weber

Submitted by: Don Ablett, Principal (retired)

Junior Boys Badminton

The John Fraser Junior Boys Badminton Team remained undefeated the entire season and won the ROPSSAA Championships on Friday, June 1/18.

Repeat champions - won in 2017 and 2018 :)

*Submitted by: Shirley O'Donnell,
John Fraser Secondary School*

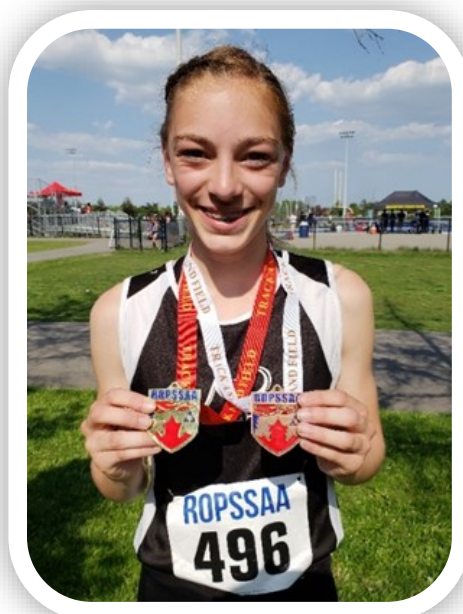


Spring 2017-18 Season Success Story

Track and Field



Michael Red from Notre Dame Catholic Secondary School, in the senior boys category, won High Jump GOLD 1.76 m.



Jillian Catton from Notre Dame Catholic Secondary School had an outstanding day at ROPSSAA. In the midget girls category, Jillian won 100m GOLD in 12.15 sec, 200m SILVER in 25.43 sec, Triple Jump GOLD 11.75 m.



<https://www.bramptonguardian.com/sports-story/8679933--very-exciting-brampton-s-jillian-catton-wins-3-medals-at-ofsaa-track-and>

Saraphtha Saskikumar from Notre Dame Catholic Secondary School, in the senior girls category won triple jump BRONZE 10.59 m.



Jacob Martins from Notre Dame Catholic Secondary School, in the senior boys category won SILVER in javelin 48.89m.

Chisanem Nsitem from Notre Dame Catholic Secondary School, in the senior boys category won BRONZE in shot put 12.34.

Submitted by: Li-Ming Larner, Notre Dame Catholic Secondary School

Spring 2017-18 Season Success Story

Senior Girls 4x100m Relay

The 4x100m relay is one of the most exciting races to watch in all of track and field. St. Edmund Campion's track and field team has had a ton of success in the event at the ROPSSAA championships since 2005 winning gold in the event an amazing 24 times over all age divisions. Within that time Campion has held the ROPSSAA record for the Midget girls and boys, Junior girls and boys and the Senior boys.

Holding a regional record is very prestigious and highly looked upon by other athletes as well as secondary and post-secondary schools. Campion's performance in the senior girls' 4x100m has been nothing short of exceptional winning 4 gold, 1 silver and 1 bronze over the past 10 years. But for the longest time it has been the only ROPSSAA 4x100m record that the school has not held.

In 2012, the team of **Keiana Palmer, Naomi Kerr, Khadijah Thompson and Nita Patterson-Reid** dominated the provincial circuit culminating in an OFSAA championship. But their time at ROPSSAA of 49.77 wasn't fast enough to claim the time of 49.16 held by St. Marcellinus one year earlier.

Fast forward 2 years to 2014. Campion fielded another OFSAA championship team that went undefeated the entire season, winning every competition that they were entered in. Unfortunately, due to scheduling conflicts an electric timer wasn't used at the ROPSSAA championships that year, so the record breaking hand time of 48.50 set by **Faith Brown, Sade McCreath, LeShe Wedderburn and Chyna Watson-Reid** would not count as an official record.

In 2018, **Kataya Clarke, Kariah Lyttle, Mya Hastings and Jazmine Oliver** finally gave St. Edmund Campion what they were missing for many years. The senior girls 4x100m relay ROPSSAA record. They ran a record breaking time of 48.86 seconds to win the gold and the title of fastest senior girls 4x100m relay team in ROPSSAA history.



Submitted by: Paul Johnson/Greg Spagnoli, St. Edmund Campion Catholic Secondary School

Spring 2017-18 Season Success Story

Inspiration



Together We Are Canada

by Leanne Guenther

My name is British Columbia
The jewel of the West Coast.
Forestry and fishing are
The things that I do most.

Hi, I am Alberta
A wild west kind of place
With cows and oil and mountains
And lots of open space.

I am Manitoba
And I'm Saskatchewan
We're the golden prairies
Where fields of wheat grow in the sun

Hi, I am Ontario
The home of government
To me each year the leaders
Of our democracy are sent.

Bonjour, I am Quebec
Here French is my language too
When I want to ask "how are you?"
I say, "comment allez vous?"

Newfoundland, New Brunswick
And Nova Scotia — those are we,
We are Atlantic Provinces
The three musketeers of the sea.



I'm Prince Edward Island
And I know I may be small
But without me all the rest of you
Would have no potatoes at all.

The Yukon, Nunavut and North West
Territories are up north.
Through ice and cold and polar bears
Few brave souls venture forth.

Together we are Canada
One nation strong and free
With sharing, friends and happiness
Forever we will be!

Here is a little fun quiz for you!

1. An anagram of the word "Canada" is the nickname of a well-known sports team. Name the team (city and nickname) and the sport it plays.
2. What Native language is the name "Canada" derived from?
3. Name the first status Indian to be elected to Parliament and the city he represented.
4. In what year did O Canada officially become the country's national anthem?
5. What province has the largest population of aboriginal people in Canada?
6. Who was Canada's longest-serving prime minister?
7. The Great Lakes contain what percentage of the world's fresh lake water?
8. Three prime ministers have performed the Grey Cup ceremonial kickoff. Name them and the years in which they booted the ball.
9. When did First Nations get the vote in Canada?
10. What is the highest mountain in Canada?

[Click here for answers:-\)](#)

Humour



Till next Fall
Stay Cool :-)

About ROPSSAA

ROPSSAA is a member of the Ontario Federation of School Athletic Associations (OFSAA).

ROPSSAA has 70 member schools and coordinates 34 sports across three sport seasons, Fall, Winter and Spring.

We are on the web!

<http://www.ropssaa.org/>

<http://www.ofsaa.on.ca/>

ROPSSAA Sports

Fall

Basketball – Girls
Bocce
Cross Country Running
Field Hockey
Flag Football
Football
Golf
Tennis
Volleyball - Boys

Winter

Alpine Skiing
Basketball – Boys
Curling
Hockey – Boys
Hockey – Girls
Nordic Skiing
Special Event Basketball
Special Event Bowling
Swimming
Table Tennis
Volleyball – Girls
Wrestling

Spring

Archery
Badminton
Baseball
Cricket
Fastpitch Softball
Lacrosse – Boys
Lacrosse – Girls
Rugby
Slopitch Softball
Soccer
Special Event Track & Field
Track & Field
Ultimate Frisbee