

Total Sports

BELLEVILLE . BAY OF QUINTE . HASTINGS & PRINCE EDWARD COUNTY . NORTHUMBERLAND

Winter 2023 Vol 6 Issue 1

Meet Jaylynn Burgess
10-year-old
Barrel Racer pg 39

Celebrating Athletes
of Tyendinaga
First Nations

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OJHL Dukers to Honour Children
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Girls Ball Hockey
Now in Quinte
pg 29

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RIC BRESEE, MPP

Hastings - Lennox & Addington

For many of us, hockey is a Canadian thing.

Young or old, male or female, settler or first nation, one of the things that almost everyone in Canada shares is a passion and a knowledge of hockey.

Whether that is a casual fan excited by NHL team nearby, or just a bunch of kids with sticks and a tennis ball playing on the street, or even the heavy engagement of a local rep team and all of the family time and effort that goes into supporting a young rising star, hockey is common to all of us.

Another common element is the collective heartbreak we have all felt as the discoveries of Graves at residential school sites across the country have occurred.

As a country we have not done a good job in providing the education and cultural understanding of the devastating impact of the imposition of the residential school system, for multiple generations and the long term impact of this horrific chapter in our history.

I am so very pleased to see the efforts to bring more awareness to this history. Using hockey to cross all cultures within Canada, and specifically here in Eastern Ontario is both very appropriate and should be very effective.

I want to thank all the Wellington Dukes, and participants, and even the audiences in attendance. I hope you enjoy the game, and I hope you take some time to learn the truth.

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This edition of Total Sports Quinte is dedicated in memory of Travis Gillespie, John "Cymbal Man" Wilson and the Children of Canada's Residential Schools.

FEATURES

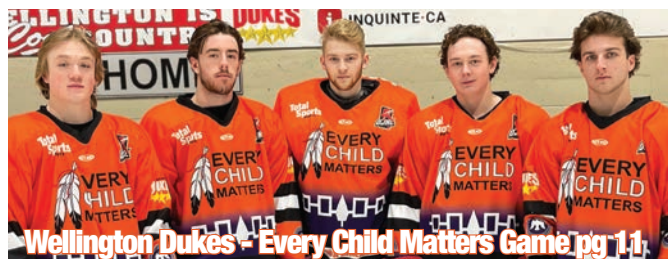
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**Remembering
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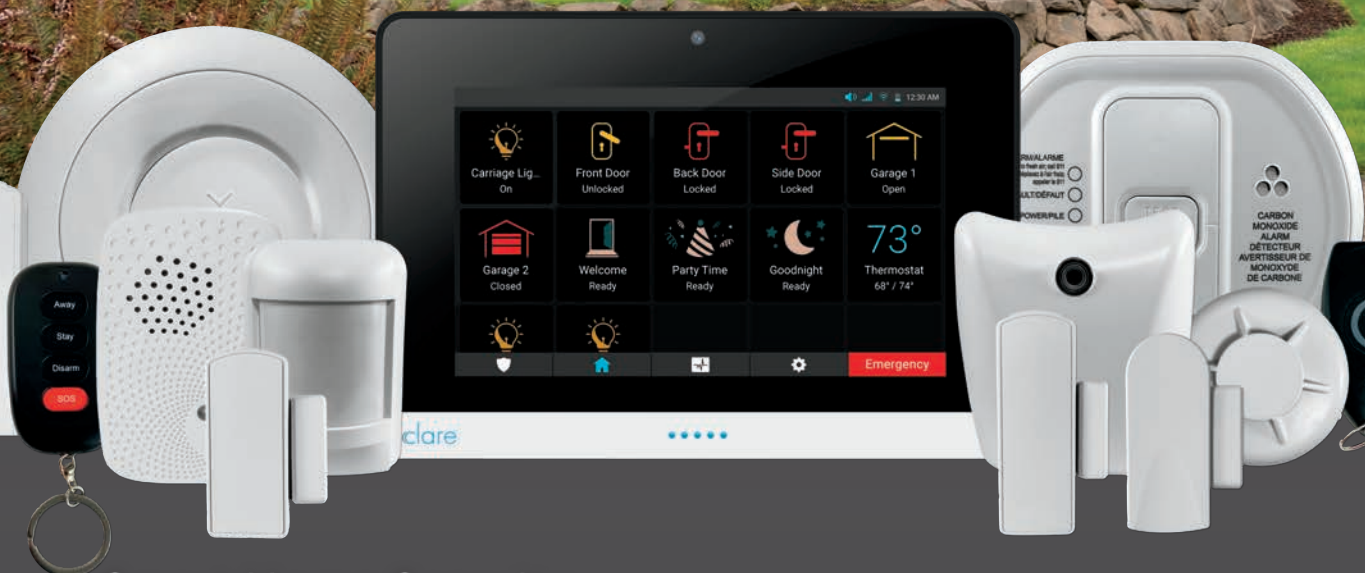
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A Path Forward



I am thrilled to see so many athletes from Tyendinaga Mohawk Territory featured in the pages of this issue of Total Sports. We join in celebrating our neighbours from the Mohawks of the Bay of Quinte and their proud and rich history of producing many outstanding athletes.

As the Mayor of Prince Edward County, I welcome the opportunity to participate in the Wellington Dukes' game in honour of Every Child Matters. The tragic history of Indian Residential Schools has shocked and horrified us. We are left searching for ways that we can make a difference and move toward truth and reconciliation.

We continue to chart a "path forward" in Prince Edward County, and we are extremely grateful to receive the guidance, insight and wisdom from our Indigenous partners.

Coming Soon to Macaulay Heritage Park

A PATH FORWARD

The County Museums are partnering with Tsi Tyónnheht Onkwawén:na Language & Cultural Centre and The Gord Downie & Chanie Wenjack Fund on A Path Forward, opening at Macaulay Heritage Park in 2023. This permanent and evolving exhibit will be an exploration of efforts in the County toward Truth & Reconciliation as well as a space for reflection, education, and guidance from our Indigenous community through history, heritage, art and story.



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Sports Column

By: Randy Uens

U Turns: Every Athlete Matters



We here at Total Sports Quinte are very proud of this issue supporting the "Every Child Matters" movement along with Every Child Matters Game where the Wellington Dukes will be wearing orange "Every Child Matters" jerseys.

Everyone is aware of the importance of this movement and the history behind it. The repercussions of these past travesties resonate with all Canadians and reconciliation and reparations are beginning to happen, long overdue.

I first must recognize my biases on this subject. My father was a long-time educator and spent

a large portion of his career teaching in and around the Tyendinaga territory. I am proud of the reputation he developed in the community. Secondly, I grew up playing hockey and lacrosse with many athletes from our local territory along with other athletes from aboriginal territories across Canada and the U.S.

I have seen the good the bad the funny and the ugly. I have forged some great friendships over the years, and I am very sympathetic to the challenges faced by our native population. What I am most empathetic about, because of my background, are the challenges faced by aboriginal athletes. Native athletes and academics alike have talked about major impediments such as poverty, lack of opportunity and racism among the issues that challenge and impede the potential of many aboriginal athletes.

When I look back at the natives that I played lacrosse and hockey with I first always think of the camaraderie and laughs we had. Every player I had the privilege to play with was a consummate team player. Sacrifice and compete were part of the DNA. And after the game was done, there was always a laugh to be had. The sense of humour and wit is something that I always valued playing with these tremendous athletes. We had fun.

There are many success stories of aboriginal athletes. Ethan Bear, John Chabot, Cary Price, Gino Odjick and Everett Sanipass to name a few. Many athletes with local connections have made their way to some of the largest stages in the world as well. Stanley Cup winner Norm Maracle, Olympian Jillian Weir, professional hockey player Chris Brant, lacrosse player Ben Green, fastball players Jeff and GW Bubs Vanhooser to name a few. I know there are many more.

What I think of are the athletes that lacked the opportunities to take their talents beyond the confines of the Bay of Quinte area. Like many athletes of aboriginal descent across North America, the challenges have cost our society by not providing the opportunities for athletes to develop or even take up sports because of the challenges facing them. Many of the athletes I described above were given opportunities because they had connections and resources outside of the territories.

It's been over five years since Truth and Reconciliation and many Indigenous athletes say sports programs have not done enough. By and large there is still a disparity between the number of indigenous athletes that make it to elite competition as privileged Caucasian athletes in North America.

Some territories across Canada have significant resources and a strong core of support for their athletes. Many other territories lack funding, resources and direction to foster any type of programming to develop

athletes. Sports are not a priority when you don't have potable water. That is the reality in many territories unfortunately.

Sports create pride and inclusion for communities. Sports and the arts are the fabric that weaves communities together. I applaud the community leaders from Tyendinaga that have invested in sports in our area. The list of these individuals is far too long to list here, but these contributions are valued and appreciated. The question always arises around funding and yes that is a big part of the solution. Solving social issues within the indigenous communities lays the foundation to allow for secondary developments like sports to evolve.

I believe that sports organizations need to do more to reach out to these communities to not only promote their sports and the healthy lifestyle that sports provide, but to help indigenous athletes understand the opportunities out there and to help them be identified by these elite sporting entities.

The NHL has done some limited initiatives but nothing institutional or sustained up and above short-term promotions or projects. The same goes with most sports in Canada. What I would like to see is a more focused commitment to identifying athletes and educating them on opportunities within our Canadian academic infrastructure to attain their athletic goals while earning a valuable education.

The RBC Training Ground is a tremendous platform. It identifies athletes from across the country that have natural potential or possibly trained for other sports that have transferable skills to Olympic events. This platform has paid dividends for Canada on the international stage from its inception.

Why can't something like this be made available to indigenous athletes. In conjunction with this athletic identification is an educational component to help them realize their dreams by developing these talents inside our educational framework. It starts in high school and progresses to colleges and universities. Funding, structure and awareness are needed to accomplish this.

A great example of this is our own Justin Shakell. Justin was a local high school football standout who went on to have a Hall of Fame University career at Laurier and then was drafted by the Hamilton Tiger cats. His greatest accomplishments came after his illustrious career. What he has brought back with him as an educator and coach are proof of the positive effects sports can have on a community. You can see it in all the athletes he has mentored and inspired.

Who knows, our next Jillian Weir maybe hiding at Quinte Mohawk school, and we just don't know it yet. We just haven't found her yet.

Who knows what could have happened to an athlete like Ernest "Patty" Maracle if he was afforded the opportunity to pursue baseball on a level playing field. There is still work ahead, but I have optimism.



Footnote: Sincere condolences to the friends and family of Gino Odjick. Although I never had the privilege to meet him, I have several friends who knew Gino well and loved and admired him. Ex NHLer and Quinte resident Shawn Antoski was a close friend of Gino and always spoke highly of Gino's work advocating and supporting indigenous initiatives and athletes. RIP Gino.

These are my own views and do not reflect the views of Total Sports Magazine, Dukes Sports & Entertainment or the Wellington Dukes Hockey club.

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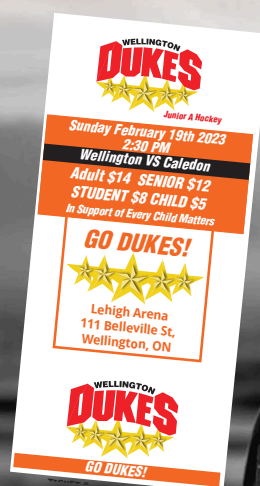
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WELLINGTON DUKES

Host Every Child Matters Game Feb 19th

By Jeff Gard - Total Sports Quinte



Photo by Ed McPherson
OJHL Images

Jaxen Boyer and Creo Solomon love playing for the Wellington Dukes and in front of the Ontario Junior Hockey League club's passionate fans at Lehigh Arena.

A home game Feb. 19 will be extra special, though, as the Dukes honour and remember the children of Canada's residential schools. The Every Child Matters game against the Caledon Admirals is scheduled for 2:30 p.m. at the arena located inside the Wellington & District Community Centre (111 Belleville Street, Wellington).

"I'm sure it will be a great game," Boyer said. "I'll be playing with a lot of emotion and so will Creo Solomon and (we want to) get the win for the Dukes."

Boyer noted both he and Solomon have Metis heritage and he appreciates that the Every Child Matters movement and this upcoming game helps continue the dialogue about the suffering of Indigenous peoples.

"It means a lot for me and my family," Boyer, who was born and raised in Trenton, said. "It's finally shedding some light on the native struggles. It's good for people to start to recognize what we have gone through in the past. I've learned a lot through what they had to go through in the past, their rituals and their spiritual beliefs. My brother went to university for it and he learned a lot through that and my brother has taught me a lot."

Boyer, who was acquired in a trade from the Trenton Golden Hawks last season, said "it's been an honour to play for the Dukes. "They've really brought me out of my shell," he added, noting his teammates are great and he enjoys playing for great coaches like Derek Smith and Tyler Longo. "Everybody involved with the Dukes is awesome, the fans, and they've really allowed me to become the person I am today."

Solomon, who is from Sault Ste. Marie, is in his first season with the Dukes. He loves the atmosphere, whether that's all the time spent with great teammates or playing in front of great fans. He aims to be a role model for young players when he competes.

"I just go out there, play hard and show them you can be a great hockey

player with Indigenous heritage," he said. "Go out there and work hard is really my biggest thing so hopefully if any kids see that, that's what they'll take away from those games."

Last year, Solomon had the opportunity to play for Team Ontario at the National Aboriginal Hockey Championship in Cape Breton for U18 players and won gold.

"That was one of the best tournaments of my life," he said. "I got to be an assistant captain on that team and really be a big part and help our team win gold. It was an awesome tournament."

Like Boyer, Solomon appreciates the upcoming Every Child Matters game. "It means a lot," Solomon said. "I always love to represent aboriginal hockey players throughout tournaments I've played in in the past. It means a lot to me when I get to do it, so with the Dukes wearing the orange jerseys and representing Every Child Matters, it's a big deal to me and I like that we're doing it."

Tyendinaga resident, Richard Sager, from Sager Pallets & Recycling, is a key sponsor for the game, purchasing the memorial jerseys that will be auctioned off as a fundraiser following the Feb. 19 game. He's gone a step further to purchase more that will be for sale around the area.

He was quick to jump on board to support the game hosted by the Dukes.

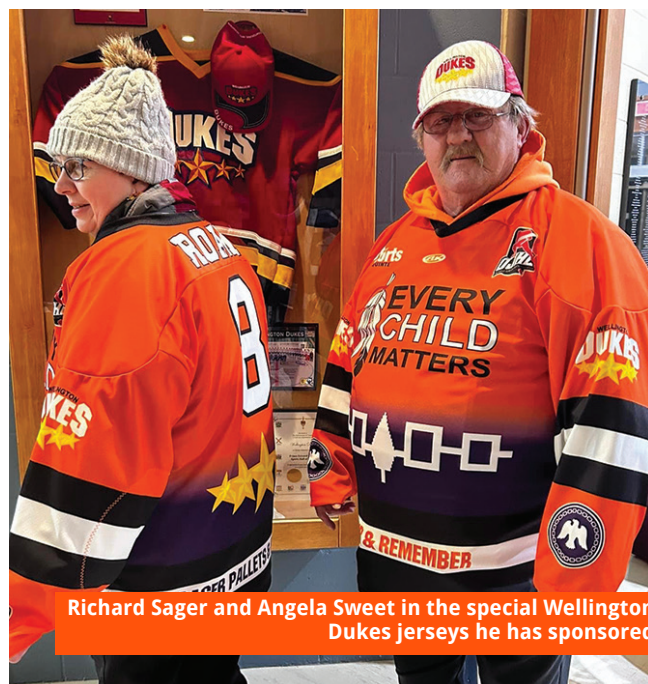
"I believe it's all going to go for a good cause," Sager said, noting he's been supporting initiatives of Every Child Matters for the past decade by selling shirts, flags and other items. He has also donated to the Dukes winter clothing drives as well as the Angel Tree program in Tyendinaga.

His support is not just about the Every Child Matters movement. For Sager, every child does matter.

"It's part of our culture to help wherever it's needed," he said.

Having attended Dukes games for the past five years, Sager enjoys watching junior hockey with players in the 16-20 age group. He prefers it to professional hockey.

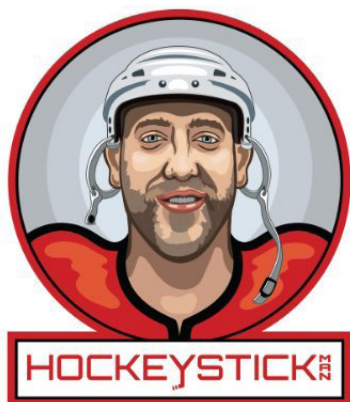
"I prefer to watch these kids that give 110 per cent all the time," he said.



Richard Sager and Angela Sweet in the special Wellington Dukes jerseys he has sponsored

IMAGINE IF EVERY KID COULD PLAY HOCKEY!

By: Joey Walsh HockeyStickMan.ca



I love hockey. It has the power to bring people and communities together, while teaching us important lessons about teamwork, commitment, and sacrifice. Friendly competition makes us strive to be better and healthier versions of ourselves, further contributing to the joy, sense of fulfillment, and life lessons that transcend the sport itself. The game has shown that it can have a positive effect on mental health and can keep kids out of trouble. I know all of this to be true because my family and I have lived it. Hockey is a gift that I would like to see given to more of our nation's youth. It is a national pastime for all young Canadians, not just a sport reserved for affluent families. I believe that every kid who wants to grab a stick and play should be given that chance.

Thankfully, I am not alone in that thinking. Below are a few examples of the concepts and the change being driven by some community and hockey leaders throughout our country today:

- The long-term athlete development model suggests that hockey needs to be taught in schools. We often see that schools offer hockey instruction in its simplest forms like floor hockey in the gym and school trips to learn to skate, but we need to push for more! Some schools now offer hockey classes and have school hockey teams that practice and play during the day. Kids must be using available ice rather than having it sit empty for most weekdays.
- Municipal Government Recreation Departments are providing and encouraging more participation in hockey programs. They are looking beyond potential liabilities and operate outdoor rinks, various levels of drop in Shinny, and organized rec leagues. Municipal staff provide the infrastructure and empower volunteers in the community to help run the programs. Arenas are expensive to operate, and taxpayers want to get the most out of them! Note: if your community doesn't have an outdoor rink, fight for one (preferably with artificial ice!).

- Minor Hockey programs are working to become more inclusive. They are trying to keep registration fees manageable and are working on eliminating unnecessary costs. The focus is primarily on the expenses related to the game and getting as many kids onto the ice as possible, running enjoyable programs for both boys and girls within the organization, growing a strong participant base, and then offering rep fee grants available to lower income families. They are sourcing the funding from wherever they can to help fund more competitive play for deserving participants. When reviewing the state of Canadian hockey at the end of 2021, Richard Monette of Activeforlife.com wrote, "Someone once told me there might never be another Gordie Howe, the statement wasn't about Howe's extraordinary hockey skills, but that he was born to a lower-income working-class family." A powerful thought that could lead to the conclusion that organizations who do better to serve the needs of all families in their community could in fact end up with more competitive and well-rounded teams.
- For many years large corporations like Tim Hortons, Scotiabank, and Esso have aligned their brands with grassroots hockey. They understand the powerful message that goes with supporting youth hockey programs. There is a lot more opportunity for corporate dollars at the community level today, as many brands want to be associated with the positive message of inclusiveness and building a welcoming environment for all. The programs that are achieving this, are being rewarded with corporate cash that can make a real difference!

The hockey community is the best community of all. Sure we have a few characters and our share of problems, but who doesn't? If we choose to adopt a common vision that hockey should be for every kid that wants to play, then I believe we can do it. Like every grass roots initiative, it needs to rise from the ground up, a million small contributions that equal real change and ultimately the goal we set to achieve.

This issue of Total Sports brings attention to the fact that "every child matters." Many remote communities in Canada do not have the proper equipment to play hockey. The company that I founded, HockeyStickMan has helped a little over the years but it is time for us to do more. We are partnering with a popular Canadian based lifestyle brand to sell HSM apparel. A portion of the proceeds of our new apparel line will go towards donating sticks to Indigenous hockey programs. Doing so, we are hoping to promote the concept that every kid should have a chance to play Canada's sport.

Please visit hockeystickman.com/pages/hsm-2022-23-feedback to help shape our vision for 2022-23 which includes a request for specific organizations that we can donate to.

Joey Walsh,
HockeyStickMan

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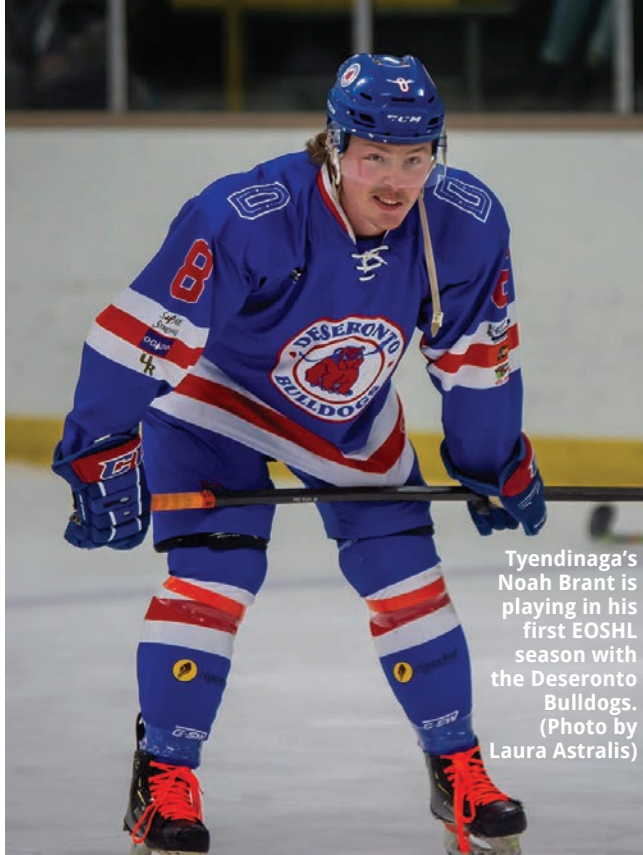
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DESERONTO BULLDOGS

Appreciate support from local communities

By Jeff Gard - Total Sports Quinte



Tyendinaga's Noah Brant is playing in his first EOSHL season with the Deseronto Bulldogs. (Photo by Laura Astralis)

Having been raised in Tyendinaga, Noah Brant appreciates the opportunity to continue playing hockey so close to home with the senior A Deseronto Bulldogs, which play in the Eastern Ontario Super Hockey League.

Brant, now 22, played minor hockey at home in Deseronto for a short time and continued around the Belleville area, including with the Quinte Red Devils AAA organization. He played four seasons of junior hockey, including one with the junior A Powassan VooDoo's of the Northern Ontario Junior Hockey League in 2019-2020 after spending two seasons with junior C Picton Pirates of the Provincial Junior Hockey League. He returned to Picton to close out his junior career last season before joining Deseronto for the 2022-23 EOSHL campaign.

"It's great to stay in a competitive loop," Brant said. "Being close to home is nice with the support and everybody that comes and watches, everybody that loved to watch me play hockey and thought it was over." Brant said "it was awesome making the jump" to the EOSHL and that "it's fun hockey, fast hockey."

He's proud of his hockey journey to get to this point. "I played with Deseronto a couple years, there wasn't much hockey around here for the competitiveness I was looking for so I played around Belleville," Brant said. "Being Indigenous and playing hockey, it was hard, the racial stuff was hard because you heard lots of it, but it was a privilege to play being Native and representing my community wherever I went with it."

It's gotten easier over the years, especially thanks to the Every Child Matters movement and the subject being brought to the forefront.

"A lot of people are opening up to it, they're understanding it," Brant said. "A lot of people are wanting to learn about it and they're including us more as who we are."

Brant certainly feels right at home with Bulldogs and the Deseronto club receives lots of support from Tyendinaga Mohawk Territory.

Landon Punchard, who is an owner, president and player with the Bulldogs, said the club has one of the best fan bases in the EOSHL.

"Our fan base is largely people from the reserve and from Deseronto," Punchard said. "We definitely get a lot of support from Indigenous people who come to our games. We average 200 or more fans for every home game so the support has been incredible to say the least."

That includes sponsors from Deseronto, Tyendinaga and other area communities. "Our sponsors are amazing," Punchard said. "None of this would be possible without our sponsors."

Punchard helped bring senior A hockey to Deseronto for the 2019-2020 season. Having been involved for many years with Deseronto Minor Hockey, he thought the community would be a perfect fit for an EOSHL club, especially since there was ice time available Saturday evenings.

"I've been the referee-in-chief there so I always knew that Deseronto was a hockey community and was surrounded by many other very passionate hockey communities as well," Punchard remarked.

"My dad is also from Deseronto so it is a town that I hold close to my heart for certain reasons. Just through being involved in minor hockey, I knew that it was an opportunity to grow the game in Deseronto."

Bulldogs head coach Steve Durnan echoed the sentiment and said there's a special connection between the players and fans.

"I think we have the best fans in the whole league," Durnan said. "They're out, they're supporting, I think we have the biggest fan base that come out and support our team. The guys get pumped, the fans all love our players and the players are great with the fans. I think it's a great joint effort between the team and the community."

This season the Bulldogs are carrying 32 rostered players plus one on long-term injury reserve with many familiar names to local hockey fans. In addition to Noah Brant, the rest of the roster includes Brodie Maracle, Joey Mayer, Jordon Cannons, Austin Labelle, Ryan Dreossi, Shamus Barr, Mitch Merry, Braydan Forestell, Luigi Martone, Carter Thornton, Will Harrison, Brodie Butt, Griffen Conger, Brett Maracle, Garry Smith, Landon Punchard, Michael Anson, Nate Boomhower, Cullen Hinds, Jonny Hill, Greg Arnborg, Matthew Panetta, Chris Rogalsky, James Nolan, Ethan Coens, Connor Burns, Josh Lemmon, Brandon Torres and Nate Kellar.

Durnan said it's great to have so much commitment this year from the players. "We're not travelling to away games with 12 or 13 players," he said. "Every week we're having to pick a lineup so we're getting 22-23 guys on a regular basis that are wanting to play, that we have to actually pick which is really hard because we have a lot of great players that are (committed to) playing and not able to play."

By late January, the Bulldogs had already reached eight wins – their most in three seasons. They had five in both the 2019-2020 and 2021-2022 seasons. The 2020-2021 campaign was wiped out due to COVID restrictions. "We're a very skilled roster and we have a lot of really good hockey players. It's just a more well-rounded hockey team I think than we've had in the past, just kind of compliments each other and is more of a cohesive group," said assistant coach Brandon Tucker. "I think that's kind of showing in our record and the improvement we've had year over year and where we are now."

Deseronto Bulldog home games, when scheduled, are Saturdays at 6:30 p.m. Upcoming home games at the Deseronto Community Recreation Centre to close out the regular season are Feb. 4 against the Gananoque Islanders and Feb. 11 against the Cornwall Prowlers.

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INDSPIRE**

By Alisha Martin - Total Sports Quinte

Laura Wilfred, along with the staff at Mohawk Imperial Sales and Smokin Joe's, created their Memorial Rock Wall in support of the Every Child Matters movement. Her goal was to have a wall that was done in a respectful manner to the Indigenous people, in an effort to encourage the community to walk alongside them as they go through their journey for 'Truth & Reconciliation'.

"I am a mother" says Laura, "I am not a First Nations person. I am just someone who is doing the little piece that I can to make a difference. I'd like each of us to do our part to ensure that healing happens".

Laura's empathy and passion to bring awareness through the sale of these stones has already allowed them to donate \$500 worth of food to the Tyendinaga Food Bank, and has raised \$2,500 for Indspire - a National Indigenous registered charity that invests in the education of First Nations, Inuit and Métis

people for the long term benefit of these individuals, their families and communities, and Canada (www.Indspire.ca).

If you would like to make a donation, or paint a rock to add to the memorial wall, please visit Miracle Mart on hwy 49.

Laura and staff will also have a table set up for rock painting at the Wellington Dukes February 19th charity game.

It may feel as though one individual can make little difference when reflecting on how deeply the Indigenous people have been affected by such sorrow; but if we can come together as a community, no matter colour, creed, or race, we have hope to invoke change, and have a better tomorrow.

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HUDSON MULVIHILL

Flips focus from gymnastics to lacrosse

By Jeff Gard - Total Sports Quinte

Mulvihill enjoys playing in Tyendinaga for the Thunderbirds and that there's a focus on cultural values.

"It's all about the people and they're so nice," she said.

Once she established her love for box lacrosse, Mulvihill went to Eastside Secondary School in Belleville with the purpose of playing field lacrosse. They don't have a traditional season with limited teams to play, but it's been a great experience so far, she said.

On top of that, Mulvihill also enjoys playing volleyball. She's played for school teams growing up, including this year with Eastside as a captain, and is now in her first club season with the Belleville Ravens as well.

"It's like my therapy. I love it," she said. "I'm always smiling."

She's enjoying a variety of sports now after focusing on just one for so long. She misses gymnastics, but the time commitment proved to be too much and is looking to continue to improve in other sports.

"For lacrosse, I want to keep building my skillset and keep getting better. For volleyball, same thing," Mulvihill said, adding she's seeing her volleyball skills improve dramatically since joining the Ravens in September.



Hudson Mulvihill in field lacrosse action for Eastside Secondary School.

Gymnastics had been Hudson Mulvihill's sports focus for most of her life. That was until she started playing lacrosse.

Mulvihill, now 15, was in gymnastics programs for 14 years up until last May, starting when she was 14 months old. "I grew up basically doing that my whole life," she said, noting she won an eastern Canadian championship for power tumbling when she was just eight years old.

Still with the Quinte Bay Gymnastics Club, she switched to the artistic program when she was 10 as she battled some injuries. Becoming a provincial level artistic gymnast increased her training hours to 20 per week. "When I was a kid I had a lot of energy all the time and I tried ballet – that was too slow for me – I didn't like soccer. I loved flipping so my mom put me into gymnastics and I fell in love with it. I actually really loved being in the gym 20 hours a week. That's all I wanted to do."

Her mom, Summer, said Hudson benefitted from great coaching at Quinte Bay, but is also just a gifted athlete.

Mulvihill began playing lacrosse in 2017 when she was 11, first playing on a boys team because there was no team for just girls at the time with the Tyendinaga Thunderbirds. She's been able to play on girls teams for the past three seasons now.

"When I was on the boys team I was really targeted because girls aren't supposed to play on a boys lacrosse team," Mulvihill said. "They would target me when I was out there and I would get super hurt sometimes." She's become a fan of the rough stuff, though, when she's on an equal playing field against girls.

Mulvihill started playing lacrosse because at the time she switched to artistic gymnastics as she wasn't sure if she wanted to continue in that sport. While she did continue in gymnastics, she also fell in love with lacrosse. "I absolutely loved the contact because it's such a different sport than gymnastics," Mulvihill said. "I love how if you're having a bad day you can literally just go out there and hit people."

Another different aspect she enjoyed was the team atmosphere. "For gymnastics it was so competitive and you're always by yourself and it was really mentally hard when it was all relying on you," Mulvihill said. "For a team sport, it's the total opposite. You lose as a team and you win as a team."

Hudson Mulvihill was in gymnastics for 14 years.







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BEN MARACLE

Following his own path

By Jeff Gard - Total Sports Quinte

As he continues his own sports journey, Ben Maracle considers it important to be a role model for the young athletes currently growing up in Tyendinaga.

"Giving back to my community is what gives me purpose in a lot of ways," said Maracle, who became a quarterback for the University of Ottawa Gee-Gees football team. "It gives me reason to go further with my career to learn more so that I can be the person to inspire and mentor members of the community when I am given the opportunity." Maracle, with help from his mother Jennifer and members of the CFL's Toronto Argonauts, hosted a Flag Football Clinic last year on June 18 at Quinte Mohawk School in Tyendinaga. Children six years old and up had the chance to learn skills and drills from Maracle and Argos player Deionte Knight. Argos legend, and current general manager, Michael 'Pinball' Clemons was on hand to support the event as well.

"The camp in the summer could not have been done without the help of Mike Hogan and Justin Bobb from the Toronto Argonauts organization," Maracle said. "The camp began after I did an interview with Mike Hogan on growing football in Indigenous communities and one thing that came out of the interview was how I wanted to give back so Mike reached out to me last summer and raised the idea of running a camp in Tyendinaga and I said absolutely.

"It was important for me to see this camp be established because I knew what it was like to grow up without seeing professional and USports athletes in person. I believe seeing, speaking and learning football from these people will inspire a younger generation from Tyendinaga to see where having a dream and pursuing it can take you." There's no doubt it was a successful day and as far Maracle is concerned it won't be the last.

"The best part was seeing the engagement the kids had with the sport which was the ultimate goal of the camp," he said. "It showed me that there is an interest in the community to learn and be a part of the camp which motivates me to improve and grow the camp moving forward." Before Maracle began playing football, he first played basketball and lacrosse. For basketball, he was following in the footsteps of his brothers Stafford and Camden, who were exceptional players, he said. "Like any younger brother, you tend to follow in your older brothers' footsteps," Maracle added. "This is what ultimately introduced me to football. Growing up I realized from an early age that I depended on my brothers when it came to decision making, so I made the decision to be different and try a different sport where I wasn't being dragged along by my older brothers."

Eventually he invested his time in football, playing high school for St. Theresa Catholic in the fall and club for the Kingston Grenadiers in the summer. When St. Theresa's football program folded, he eventually switched schools, relocating to Ottawa to play for Football North Prep at St. Joseph's High School before ultimately joining the Gee-Gees.



Ben Maracle of the Ottawa Gee-Gees during Canadian university football action. (Ottawa Gee-Gees photo by Greg Mason)

Maracle's faced challenges in university as a student and athlete but has persevered and achieved great things. "As a fifth year student now looking back, I'm thankful for all the mistakes I made because it shaped me into the student and the football player I am now," he said. "I went from failing a class in my first year to a two-time academic All-Canadian studying for my degree in Honors in psychology with a minor in Indigenous studies.

Maracle will graduate from the University in Ottawa this spring and will also attend the CFL National Combine which will be held in Edmonton in March. "I will put my skills on display and see if I have what it takes to play at the professional level," he said. "As well, I plan to continue to grow my camp that had been started this summer with the hope to expand it beyond just Tyendinaga."

Maracle said growing up in Tyendinaga he was surrounded by a big family, which gave him a strong foundation to grow from. "My family has belonged to the Kenhté:ke longhouse for as long as I can remember," he said. "The longhouse people are just an extension of my family. I have always felt supported and loved in Tyendinaga."

Check out the story at quinte.totalsportsmedia.ca to read more about Ben Maracle's sports journey.



Ben Maracle and Toronto Argonauts general manager and legend Michael 'Pinball' Clemons during the camp June 18, 2022 in Tyendinaga. (Jamie McCourt photo)

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EVELYN SHAKELL

Blends Mohawk heritage & sports

residence was an amazing bonding opportunity for our team, I got closer with so many important people in my life. The support we had from fans and parents made the game so much more fun to play, and knowing we were representing our community played a part in winning the gold. We felt that immense amount of pride when we won the tournament, it was a surreal feeling."

Shakell praised coach Jamie McCourt who she says has had a big impact on her life. "He and my dad have taught me everything I need to know about basketball," she said, adding McCourt "spent countless hours working with me one-on-one, teaching me the fundamentals of basketball. I've struggled with staying calm during sport and Mr. McCourt has helped me learn how to cope while playing. A supportive and uplifting coach is one of the most important parts of a sport to me."

That's also the case at Nicholson with coaches Tim Coates and Justin Walsh and along with a strong group of players. Shakell has won two straight Ontario Federation of School Athletic Associations (OFSAA) silver medals in girls basketball with the Crusaders.

"I would say that my Nicholson basketball team has become so successful because of the bonds we all share and the amazing talents behind every person on the team. Some of us have played (Belleville) Spirits basketball together since elementary and have known each other for a long time. We all have our own special skill that we bring forward and we have an amazing playing dynamic," Shakell said. "Our coaches have coached basketball at Nicholson for several years and having that experience in a coach helps with our success. I would have never gotten the opportunity to go to OFSAA without this team."

Shakell is currently playing rep basketball with the Spirits and hopes to play rugby for the Belleville Bulldogs this summer. She's also trying out for the Ontario basketball team that will compete this summer at the North American Indigenous Games in Halifax.

In the more distant future, she has aspirations to attend Peterborough's Trent University for Indigenous studies, but also to become a high school physical education teacher. She also aims to play university basketball or rugby.

"I think playing sports at that level would be an important learning experience and I would love to compete at that level to see if I can," she said.

"I love sports because they have helped me be more active, they have taught me new things about myself that I wouldn't have known, they've given me friendships that will last a lifetime, they give me experiences that I would never get if I didn't play sports."

Read an extended interview with Evelyn Shakell at totalsportsmedia.ca.

By Jeff Gard - Total Sports Quinte

Evelyn Shakell of Tyendinaga is proud of her Mohawk heritage. She also loves playing sports.

Shakell, now a Grade 11 student at Nicholson Catholic College, had the opportunity to combine the two last summer when she won gold with Tyendinaga's Kenhtë:ke Wolves U16 girls basketball team at the Ontario Summer Indigenous Games in Ottawa.

"The Indigenous Games tournament was an opportunity of blending my heritage and my sport," Shakell said. "It felt so amazing to be able to be a part of a team to represent our community. My culture is my favourite thing about me and having the experience of learning more about it as well as playing my favourite sport during the tournament was such a phenomenal feeling."

Shakell's culture is a huge part of family life. Her father, Justin, is a teacher at Quinte Mohawk School in Tyendinaga where she previously attended. "I went to Quinte Mohawk for grades five, six and seven and never had a more incredible learning experience," she said. "Not only did we learn our language, but we also learned tons about our culture's history as well as the teachings. I learned how to embrace my culture when before I knew not much about it. I would say that my culture is one of the most important things to me, having learned so much from elders at the school, I am now able to share the stories and teach people about Mohawk culture. My Mohawk culture has given me a sense of belonging to a community that is so supportive with their people."

Winning OSIG gold has been one of her coolest experiences in sport. She also enjoyed the opening ceremonies and seeing performances from people from different communities she wasn't familiar with.

"I find learning about different nations and cultures so intriguing," Shakell said. "Having the opportunity to go to Ottawa and stay in

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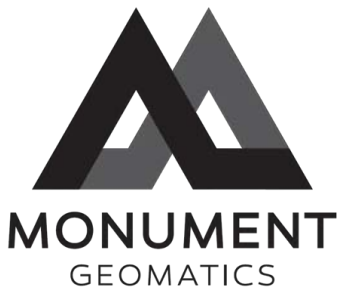


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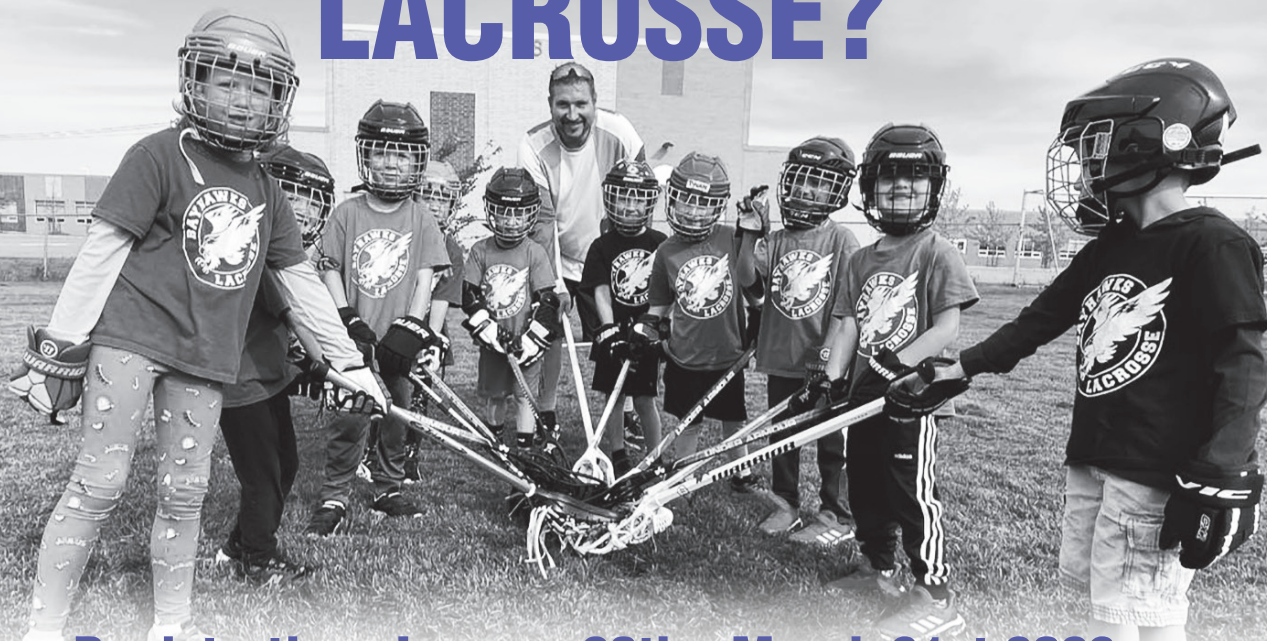


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BLAKE MARACLE

Connected to Tyendinaga

By Jeff Gard - Total Sports Quinte

Blake Maracle in action last year for the Frederick Gunn School field lacrosse team. (Phil Dutton photo)

Blake Maracle is a long way from home, but he always feels a connection to Tyendinaga.

After first going to The Frederick Gunn School in Connecticut last year for a high school victory lap, the 19-year-old is now playing NCAA lacrosse for the Limestone University Saints in South Carolina. His home in Tyendinaga is surrounded by woods and he relishes the time spent in the outdoors walking through them. "It built a special connection and you don't even really realize it until you're away," Maracle said. "I find that I'm here at school and even last year it wasn't necessarily that I was missing my house and my bed, I missed walking through the woods, being outside back home."

Lacrosse provides another connection, reminding Maracle of home. It can be as simple as being by himself on the field with just his lacrosse stick and ball. "As I grew up people wanted to go do other things and that was fine, but I wanted to keep playing lacrosse so I'd be out in the field playing by myself so if I'm here and I'm by myself it's almost like I'm back at home again," he said, noting he's regularly in touch with family and friends in Tyendinaga.

"Just keeping in contact with everybody from back home helps me stay connected and they keep me up to date with things that they're doing and what's going on."

Maracle attended Quinte Mohawk School for a few years when he was younger, though ultimately attended school in Napanee. One way to keep in touch with friends was through lacrosse. "We would go to an outdoor arena to play some box lacrosse and that's how we would keep our connection," he said.

His heritage means a lot to him and has continued to learn about it, starting all the way back when he was no longer attending school in Tyendinaga. "Since then I've picked up a few things and just as I'm

getting older and more mature I'm able to sit and listen to some of the elders and other knowledge keepers and really understand about my people and our history and our culture and why it's important to know these things and teach the younger kids as they're growing up," Maracle said. "It's a big part of our life and I want to learn as much as I can just so I can pass on that knowledge."

Maracle, who took up the sport about 10 years ago, has long desired to play lacrosse at a high level. He was inspired from a young age by Indigenous players Lyle and Miles Thompson, who are brothers, and their cousin Ty Thompson.

After playing his entire minor box lacrosse years with the Kingston Krossfire, Maracle was hoping to play junior with Tyendinaga but the team ultimately folded during COVID shutdowns. He went on to play for the Peterborough Jr. Lakers instead. He also added playing field lacrosse would Evolve into the mix at the club level as well as in high school at Eastside Secondary School in Belleville.

Eventually he landed at the Gunn prep school to get an extra year of high school and showcase his skills in the United States. "I think it was really beneficial to go down there, just right away for the experience of being away from home," Maracle said. "It's not near as far away as I am now, but it still gave me that distance to see what it was like."

"From a lacrosse standpoint, we were practising every single day and I was playing against some really good defenders so it really opened my eyes to see what I would be facing once I got to the college level." Maracle said playing at the NCAA level now is "a big wake-up call" as he goes from being a top player on his previous teams to sitting lower on the depth chart now at Limestone.

"It's just one of those things being a freshman. We've got a really big roster and everyone is just really good so you've got to pick your moments, when they come to you've got to capitalize on them," he said. "Any time I go out there I try to make something happen."

Last August in Winnipeg, Maracle was invited to join team Haudenosaunee, recognized as an independent nation from Canada's entry, at the IIJL World Junior Lacrosse Championship. Joining Canada and Haudenosaunee were the United States, Australia, Poland and Israel. Haudenosaunee earned the silver medal. "It wasn't the ending we were hoping for, we lost to Team Canada, but it was still pretty special for us," Maracle said. "We're hoping to go out and win next year."

"Not very many people get that chance to play in such a big tournament so it was a dream come true to be able to represent our people and go and play on the international stage," he added.

Maracle will keep working towards his goal of playing professional lacrosse someday whether that's in box or field lacrosse.



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TYENDINAGA ATHLETES

Represent community at big events

By Jeff Gard - Total Sports Quinte

The previous issue (Fall 2022) of Total Sports Quinte magazine included a feature on Tyendinaga basketball players who competed at the Ontario Summer Indigenous Games.

Tyendinaga was represented by four teams – U16 girls, U16 boys, U19 women and U19 men – at the event held July 28 to 31 at the University of Ottawa.

Those teams were called the Kenhtë:ke Wolves. The U16 girls won gold while the U19 men earned silver and the U19 women captured bronze.

The U16 boys were also in medal contention, but were edged in the bronze medal game.

"I think the players take a lot of pride in being able to represent their community," said Jamie McCourt, who helped coach Wolves teams. "Obviously they have pride and excitement in personal accomplishments in making a team like that, but I think the biggest thing is the pride they have in representing Tyendinaga. Lots of them will bring a Tyendinaga flag or things like that and you meet all kinds of other Indigenous people at the opening ceremonies and things like that."

See quinte.totalsportsmedia.ca for the digital version of the Fall 2022 magazine and all previous magazines.

There won't be an Ontario Summer Indigenous Games this year and that's because the event doesn't run the year when the North American Indigenous Games take place. NAIG is scheduled for July 15-23 in Halifax, Nova Scotia this year.

Tryouts have already been underway for different teams. In fact, McCourt said there was a great turnout from Tyendinaga athletes at tryouts in January for Ontario basketball and volleyball teams that will compete at NAIG.

Teams are expected to be selected in April. For any Tyendinaga players who are interested, but haven't yet attended a tryout, McCourt said it's not too late. Tryouts can even be conducted virtually. All of the information for in-person tryout dates or to submit virtually is available through the Indigenous Sports and Wellness Ontario at www.iswo.ca.

"You could submit film of yourself doing something and there's all kinds of different things (to compete in at NAIG)," McCourt said. "There's swimming, volleyball, lacrosse, beach volleyball, wrestling, archery, shooting, canoeing, kayak, there's athletics so you've got all the track events."

There's also badminton, baseball, golf and soccer. McCourt will help coach Ontario's U14 girls basketball at NAIG. He's

previously coached the U16 girls in 2017 in Toronto and U19 men in 2014 in Regina. He said it's a great opportunity for the players to not only compete, but experience opening ceremonies, the athletes' village, cultural village as well as what university life could be like through staying in dorms and going to the cafeteria and so on.

"For me as a coach I think that's the real rewarding part is seeing them in those situations as well," McCourt said. "It's always awesome to be successful on the athletics side, but that social, cultural reinforcement is huge."

McCourt encourages Tyendinaga athletes to check out ISWO for the North American Indigenous Games tryouts as well as future Ontario Indigenous Summer Games tryouts. There's also opportunities to compete in regional tournaments such as the Ontario Native Basketball Invitational (ONBI) and Ontario Native Volleyball Invitational (ONVI).

"Those count as NAIG qualifiers so if you were on a team that's going to ONBI, there's going to be coaches there that will be scouting for Team Ontario," McCourt said.

There are also Masters Indigenous Games for adults aged 20 and older to compete in with this year's event being held in Ottawa from Aug. 24-27. Check ISWO for details on how to register.

SUMMER INDIGENOUS GAMES

Tyendinaga Basketball Players Compete at Ontario Summer Indigenous Games

By Jeff Gard/ Total Sports Quinte



The Ontario Summer Indigenous Games (OSIG) took place at the University of Ottawa from July 28 to 31.

The host nation was The Algonquins of Pikwakanagan First Nation.

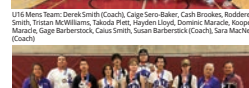
There were 280 athletes involved in OSIG in various sport events (athletics, volleyball, softball, soccer and basketball).

Tyendinaga held a community basketball try-out at the beginning of May and was able to get enough athletes to have teams at all the levels (U16 female, U16 male, U19 female and U19 male).

"We started with three skills sessions and then practiced twice a week through June and July," said James McCourt. "Our teams from Tyendinaga were called the Kenhtë:ke Wolves. All teams had an opportunity to medal."

Tyendinaga's U16 girls won gold by five points against a team that beat them by 15 in round-robin play while the U19 men earned silver, losing the gold-medal final by four to an opponent that earlier defeated them by 20 points.

Meanwhile the U19 women's team captured the bronze medal and the U16 boys were edged in their bronze medal game to place fourth.



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CAROLINE MARKLAND

Lacrosse is the best medicine

By Jeff Gard - Total Sports Quinte

For Tyendinaga's Caroline Markland, lacrosse is more than just a sport. "I love lacrosse because it's always like a release," she said. "It's a traditional game, it brings medicine to your body, it's just refreshing." The 14-year-old doesn't know how else to describe it.

Her mother, Angela, expands on it, saying "it kind of goes back to our values as a community, as being Indigenous. "Now being here on the reserve and connecting back to our people, we've always been taught and talk about how lacrosse is a medicine to your soul."

Markland enjoys representing her community playing box lacrosse for the Tyendinaga Thunderbirds, including last year for the organization's U15 girls team. It's currently the off-season, but the team usually begins practising in April before the season begins in late May and continues through the summer.

"I really enjoyed playing with the girls from where I'm from," Markland said, noting she also gained some experience with the U17 Thunderbirds last year as well. "I love playing lacrosse with Tyendinaga."

Her U15 team had a successful 2022 season, including winning gold at a tournament in Kitchener and later in the season capturing the silver medal at the 2022 Ontario Lacrosse Festival provincial championships Aug. 2-4 in Whitby.

She's not surprised by their success. "Honestly, it's all the support we get from our community and our coaching staff," Markland said. "All of our girls, we all have some type of connection. I don't know what it is, but even when there's a new player, it's like a family almost."

Her mom, who has helped manage and coach teams, agrees. Angela said sometimes the players don't ever have strong relationships outside of lacrosse, "but when they go on that floor, just something comes through them and it heals them to come together as a unit and play well together and everybody's striving for the same goal. It's really awesome to see how organized sports brings our community together."

Markland began playing lacrosse about four years ago when she was in Grade 5. She loved that first season and then COVID happened. She didn't play much for the next two years as her regular box seasons were wiped out in 2020 and 2021.

She did get on the field for six weeks in August 2021 leading into September that year when Quinte Bayhawks Lacrosse president was able to organize some outdoor sessions when some COVID restrictions were lifted. They used box equipment, but focused more on field lacrosse rules with no contact.

Markland was thrilled just to have lacrosse back in some capacity. "At first it was really tough to not have lacrosse because I always look forward to it," she said. "I'm always looking forward to practice and the next game."

She's always happy to put in extra work honing her skills, including through training camps in the past with Adam Gardner, who runs Next Level Lacrosse in the Durham region. "It's mostly field lacrosse based, but he's really good at what he does," she said.

Even with some time lost during COVID shutdowns, Markland continues and upward trajectory in her development. Last year she earned a spot on Team Ontario that won the Rose Engemann Trophy at the Lacrosse

Canada U15 Girls Box Lacrosse national championship Aug. 15-20 in Langley, B.C.

She gained a lot of independence, first through saying goodbye at the airport which wasn't easy for mom or daughters. Her parents later watched her play in the tournament, but she still was separated from them as she stayed with her teammates at the dorms. "That was kind of tough for me because I've always had my family right by my side, but I got through it and it ended up being really fun," Markland said.

It was the perfect opportunity for Markland, especially when you consider how she describes herself as a lacrosse player. "I really enjoy talking on the floor," she said. "I like to feel connected to my team and I like to be aggressive and I like to win."

She gave soccer a try at a young age, but didn't really care for it. Basketball, too, but the aggressive side didn't work out so well. Too many fouls, she said.

That will be a challenge as well in field lacrosse, when she plays for the first time this spring at Eastside Secondary School in Belleville. "In field you can't hit and I like to be heavy on hits sometimes so that might be a little tough for me," she said, adding that won't limit her excitement.

"I'm really looking forward to it because a lot of the same people on Tyendinaga go to Eastside so we're already going to have that really nice bond. I'm excited to get into field because I've never played it and I think it's going to be a good experience."

This winter she also tried out for the Ontario U19 girls team that will compete at the 2023 North American Indigenous Games (NAIG) this July in Nova Scotia. She's heard from others locally who have shared their experiences of participating on such teams, including at a lacrosse camp prior to COVID. "From that day I've always wanted to play in NAIG and now trying out for a U19 which is really exciting," she said.

Another future goal is to possibly get a scholarship to play field lacrosse in the United States.

2023 is shaping up to be another great year for Markland, whether that's the U19 tryouts, playing field lacrosse with Eastside, box lacrosse with Tyendinaga or trying out for Team Ontario again.

"I'm just super happy to have the opportunity to be able to chase my dreams and play lacrosse," she said.



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TYENDINAGA OFFERS

Recreation opportunities for youth and adults

By Jeff Gard - Total Sports Quinte

The Township of Tyendinaga has a variety of recreation opportunities for both youth and adults.

Having great facilities, for starters, makes that possible.

"It's pretty cool and unique, honestly, because Tyendinaga Township is fairly small in population and size," said Kyle Charko, recreation and facilities coordinator for the township. "We've only got about 4,500 residents, but we're lucky enough to have quite a cool complex here.

We've got four different ball diamonds – two of them are set for hardball and two are set for softball – and then four soccer fields – two larger, two smaller – three beach volleyball courts, we have a recreation hall that we rent out for banquets and that type of stuff. We have a horse ring and a whole fairground area. We're lucky enough to have all that here in such a small community."

There's also an outdoor skating rink in the winter, when the weather cooperates, of course.

Sports programs are organized by the township.

"It's a little bit different in Tyendinaga versus places like Belleville or Napanee where they have an association and rent from the township," Charko said. "Our minor baseball league and minor soccer league are done through our recreation department here."

Minor soccer is for players ranging in ages from 4 to 16 with four different age divisions. Soccer made a big comeback in Tyendinaga last summer.

"During the two years of COVID (shutdowns), we didn't have any sports here and last year was our first year picking it back up and we had 336 kids registered in that soccer league which I think was kind of an all-time high for soccer," Charko said. "We're a house league so it's not highly competitive but it definitely gets them out there and running around."

Minor baseball is for players ages 4 to 19. The younger age groups use the softball diamonds and stay within the Tyendinaga facility in a house league setting.

Older players represent Tyendinaga as they travel to other communities in the Quinte Baseball loop. The two oldest divisions used the hardball

diamonds in Tyendinaga.

For adults, there's the South Hastings Baseball League, which is said to be the oldest men's hardball league in North America. There's also a mixed 3-pitch softball league and mixed beach volleyball league during the summer.

Inside, at the recreation hall, the township offers yoga and zumba classes year-round with certified instructors.

"We're looking to expand our programs," Charko said. "That comes with finding people that are looking to get involved."

Certified instructors are required to run programs. For organized sports, coaches and officials are always needed as well.

Charko noted that lower costs on registration fees often attract participants from other communities.

Also of note, there is a two-kilometre trail around the complex for anyone looking to get out for a walk to get some exercise.

"I think people would be surprised if they come down here and see what we have and the quality of facilities that we have here," Charko said.

Check out www.tyendinagatownship.com for program information and registration details.



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NAPANEE'S JACK GREGORY Wins OFSAA Cross Country Race

By Jeff Gard - Total Sports Quinte



The magnitude of winning an Ontario Federation of School Athletic Associations cross-country race was not lost on Jack Gregory.

A 14-year-old Grade 9 student at Napanee District Secondary School, Gregory captured gold in the novice boys division at the OFSAA provincial high school novice boys championships Saturday, Nov. 5 at Dagmar Ski Resort in Uxbridge. "Even just warming up you could see just how many people were there. It was quite intimidating, actually," Gregory said.

Turns out, there was no need to stare down the competition though as the other 250 runners all followed Gregory across the line. Gregory completed the 4-kilometre course in 13 minutes 57.83 seconds, ahead of silver medalist Colonel By's Owen Siderus (14:05.05) and Riverdale CI's William Scharf (14:09.03) who captured bronze.

The OFSAA victory capped off an undefeated high school cross-country running season for Gregory. He went 5-for-5, also winning races at Trinity College School in Port Hope, pre-OFSAA at Dagmar as well as the Kingston Area Secondary School Athletic Association and Eastern Ontario Secondary School Athletics championship meets. He also won at the Turkey Trot in Kemptonville, a non-school meet.

Pre-OFSAA gave Gregory a chance to test the provincial championship course at Dagmar early in the season. "It was tough," he remarked. "There was one hill in particular near the start of the course that was really quite challenging."

Gregory returned for the OFSAA championships prepared and shaved 10 seconds off his previous time running that course. "I knew what was coming and when the hills were coming, that sort of thing," he said.

Preparation only carried him so far. The win required a lot of strong mental fortitude to push through, even if it's almost like a blur to him now. He wasn't feeling his best that day. "I kind of just went out there and did my best, honestly. I can't really put it any other way," he said.

"I looked more into the future, like this sucks right now, but if I win that would be incredible."

Asked how he got through it, Gregory isn't even sure. "Honestly, I just sort of like...I couldn't even tell you," he responded. "I'm still shocked that I was able to do that."

After the race, "I couldn't even process it in my head at the moment.

It was really empowering almost. It sounds weird, but it's true."

Noting his mom Erin introduced him to running quite a number of years ago, Gregory also achieved great success in cross-country running at the elementary school level. He won all of his races the past couple of years and that has carried over to the high school level.

His mom was a competitive runner in her youth as well. She gave the sport up for a number of years, but says she got back into it after giving birth to her first child 20 years ago. In 2022, she won the provincial cross country championships in the Masters Division for ages 30-and-up and placed fourth overall (first in her age category) at the Canadian championships in Ottawa.

"Jack and I began running together when he was quite young and watching him train and compete, I knew he had a special talent," said Erin Gregory, noting they joined a running team. "He and I train together with a group of competitive runners in Belleville. Jack is extremely passionate about the sport and has so much drive. He works harder than any kid I know. I could not be more proud of Jack."

Also running at the Athletics Ontario club level, Jack Gregory competed the week following OFSAA at the provincial cross country championships at Fort Henry in Kingston. As one of the younger runners in the U16 division, he excelled while facing strong competition. Gregory placed third, narrowly behind silver medalist Saul Taler, who the week prior had won the OFSAA junior boys championship, which is a level up from novice.

At the national championships in Ottawa, Gregory competed in the Frost Country 6K community race, which was open to participants of any age. He placed fourth and first in his age group with an impressive time of 21 minutes 15 seconds.

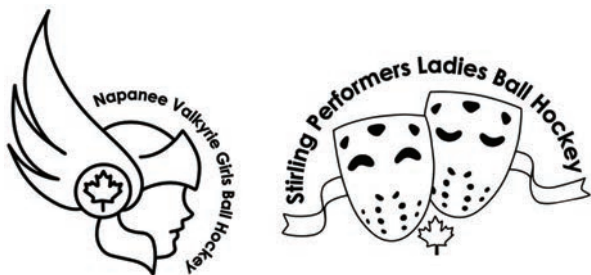
Gregory is not going to win every race right now, especially when facing higher levels of competition and that's okay with him. He thrives on big competition and continues to make big strides in his running career.



GIRLS BALL HOCKEY

Expands in Quinte Region

By Jeff Gard - Total Sports Quinte



Girls Ball Hockey Leagues is expanding to the Quinte area region in 2023.

After launching successful leagues in Whitby and Cobourg in recent years, Andee Kitchen – now a Belleville resident – is adding Stirling and Napanee to the mix.

Teams stay within their own centre and the leagues operate independently of each other, but all fall under GBHL.

Seasons are expected to begin in April and run for 10 weeks. In Stirling, teams will play Thursday evenings while Napanee ladies will play Tuesday nights and the younger female participants will have scheduled games Mondays and Wednesdays.

While it can be competitive with talented players on the floor, it's also fun. Kitchen noted women in their 60s and 70s signing up in the leagues. "It's quite diverse and anybody can play," she said.

Kitchen has been thrilled by the early response in the Quinte area. By mid-January registration was completed for four teams – considered the target number to operate each age group – in the Stirling Performers Ladies Ball Hockey League.

Now a six-team league is within reach for the league that will play out of Stirling Arena. Eighteen players and two goalies are needed to make that happen.

GBHL has a great offer for anyone will to be a goalie – registration is free. In fact, there's potentially no cost to play at all.

"You don't have to pay to play and we provide the equipment if you need it so it's a win-win for everybody," Kitchen said.

One player in another league had no previous goaltending experience,

but didn't want her team to fold, Kitchen recalled. She had a son who was a goalie and decided she would give it a try, watching some videos online to help her prepare. It was challenging, but she had fun and is returning to the crease again.

Kitchen said the leagues have provided a great opportunity for mothers or single ladies to have something to do for themselves.

Her own ball hockey journey began in Oshawa.

"I started playing in 2008 and had no idea what I was doing," she said.

Her late wife Tracy was into refereeing and coaching ball hockey. In fact, in 2018 they went to the World Championships with the Canadian U20 team that won gold. Those players really only had co-ed leagues to play in and many dealt with bullying from fellow players and staff.

That inspired Kitchen to create GBHL. She launched the Whitby league in 2019 and had 400 participants from ages 5 to 75 before COVID shutdowns slowed things down for a couple of years.

Cobourg's league was supposed to start in 2020, but was delayed a year. Still ladies have had fun and she expects many to return in addition to new players. Still, Kitchen is hoping to reach more.

"There's so many that have no idea that it's an option," she said.

Kitchen wasn't sure if she would be able to expand to this area, but it's been successful so far.

"It's all about floor time and who has it and who's willing to give it to you," she said. "The experience has been nothing short of fantastic."

Registrations are also starting to come in for the Napanee Valkyrie Girls Ball Hockey League. Younger divisions are for Under-10, Under-12 and Under-15. There are still spaces left for the adult league as well. Don't forget, goalies are free at all age levels.

"It's so great to see the expansion because now it's going to allow more teams for provincials, more opportunities for these girls, more stretch for the nationals and worlds teams," Kitchen said.

For more details and to register, check out girlsballhockey.ca

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DUKES PLAYERS, STAFF EARN SILVER at World Junior A Challenge

By Jeff Gard - Total Sports Quinte



Goaltender Ethan Morrow, forward Matheson Mason, coach Derek Smith and athletic therapist Leah Toffelmire represented the Wellington Dukes on Team Canada East at the World Junior A Challenge in Cornwall in December 2022. (Wellington Dukes photo)

Four members of the Wellington Dukes relished the opportunity to represent their country in international competition this past December.

Goaltender Ethan Morrow (Kingston, ON) and forward Matheson Mason (Newmarket, ON) were selected to play for the silver medal winning Team Canada East at the World Junior A Challenge in Cornwall, Ontario while head coach Derek Smith (Belleville, ON) and athletic therapist Leah Toffelmire (Trenton, ON) were named to the staff.

Smith, who was an assistant coach for Canada East, enjoyed the "amazing experience" in helping select 22 players from different leagues – Ontario Junior Hockey League (OJHL), Central Canada Hockey League (CCHL), Northern Ontario Junior Hockey League (NOJHL), LHJAAAQ from Quebec and the Maritime Hockey League (MHL) – to come together and compete as a team in international competition, something not a lot of players get to experience at the junior A level.

"It was pretty special," Smith said. "I thought we had a great tournament. It took a little bit to get some chemistry to really get the team to gel but they did a good job coming together as a team and obviously winning a silver medal – it wasn't our goal, our goal was to win gold – but all in all I think it was a successful tournament and a lot of the kids proved that they can compete with kids all over the world at this age."

Team Canada East was joined in the World Junior A Challenge by their Canada West counterparts along with the United States, Sweden and Latvia.

The United States prevailed with a 5-2 victory over Canada East in the gold medal game on Sunday, Dec. 18.

Canada East trailed 2-0 after the first period before Mason got them on the board near the midway mark of the second and then Matthew Cato of the Quinte rival Trenton Golden Hawks tied the game later in the middle frame.

Morrow, who played in every Canada East game, was the busier of the two netminders in the final contest as he made 37 saves in a losing

cause. He outstanding the previous afternoon, stopping 37 of the 38 shots he faced in a 4-1 semifinal win over Canada West.

"Being able to wear the Team Canada jersey was nothing short of a dream come true," Morrow, in his third season with the Dukes, said. "It was one of the best experiences I've ever had. I was able to bond with players across eastern Canada that I may not have had the chance to. We grew closer as a group and although we were disappointed on being defeated in the gold medal game, we were proud of ourselves on earning silver."

Smith said Morrow gave Canada East a chance to win every game.

"The semifinals against Canada West, he was lights out and he played really well in the finals – 2-2 with seven minutes left in the second period against Team USA, it was anybody's game and he made some really big saves," Smith remarked. "He, in my mind, was the best goaltender in the tournament. I think he played amazing and it's going to set himself up very well for the second half and for our team here in Wellington. I know he opened up a lot of eyes for the next level."

Smith also lauded the efforts of Mason, who is in his first season with the Dukes.

"He had a great tournament. He scored in the gold medal game to get us within one in the second and he was great on the penalty – a lot of energy – and he created a lot of offence with his legs and with his skillset. He was a big part of our forward group."

Continued next page



Matheson Mason in action for the Wellington Dukes. (Photo by Ed McPherson/OJHL Images)



Goaltender Ethan Morrow in action for the Wellington Dukes. (Photo by Ed McPherson /OJHL Images)

Mason was thrilled to be part of an "amazing" experience.

"It was amazing. Getting to wear the Team Canada uniform is a dream come true. I wouldn't have been able to make it if it wasn't for my family."

Scoring a goal in the gold medal game, live on TSN, in front of an energized crowd was certainly a highlight, noting it "would probably be the number one goal in my career so far," he added. "After scoring and not even being able to hear myself was just the best feeling of my life." Toffelmire congratulated the Cornwall volunteers and arena staff for such a well-run World Junior A Challenge that she was thrilled to be a part of.

"Working with Team Canada East was my first experience with international competition and to come home with a silver medal was really rewarding," she said. "It was validating to know that my experience with the Dukes helped earn the trust of the players and coaching staff to keep the boys healthy and strong so that they could persevere through excellent competition."

Smith said support staff like Toffelmire are essential to the success of any team. "She worked so hard," he said. "They are non-stop go pretty much 18 hours a day and she kept our guys healthy and she helped out around the locker room. I know she enjoyed the experience and we couldn't have had the success we did without her."

That's no different back home, of course, with the Dukes.

"Realistically, she's everything. She's a rock, she's amazing. She's the best at our level," Smith said. "I think if she wants the opportunity to move up, it will be there for her because she's so good at what she does and most importantly she's a really good person and good to be around every day."

Smith was an assistant to Canada East head coach Billy McGuigan, who is also the longtime head coach of the Maritime Hockey League's Summerside Western Capitals from P.E.I. Joining them as assistants on the staff were Mark Jooris from the OJHL's Burlington Cougars and Kyle Markaric from the CCHL's Ottawa Jr. Senators.

"It was a nice change," Smith said. "I started my coaching career coaching the defence and that's what I went back to. It was a lot different managing eight defencemen than most nights 12 forwards or even more (with the Dukes). It was a good experience to get back to the roots I suppose and it was a good experience for me to learn from some other coaches at this level that have been coaching for a lot longer than I have and that's Mark Jooris and Billy McGuigan."

He learned just as much from Markaric, who's in just his second year coaching the Jr. Senators.

"It was nice to see other people and how they communicate and how they approach the game whether it's practices, film, kind of the verbiage and lingo they talk about," Smith said.

"For me it was a great learning experience to be able to sit down for two weeks and talk hockey. I was like a think tank for two weeks straight so it was great."

Smith said a number of players put themselves on the radar of teams at higher levels of play.

"A lot of guys took the opportunity and made the most of it," he said. "It's going to help them out a lot individually, but most importantly we did something pretty special...and that's to play for a gold medal for Team Canada East."

One interesting aspect for the Dukes members was playing or coaching players they are used to playing against, especially OJHL East Division rivals like Cato from Trenton, Andy Reist and Adam Barone from the Cobourg Cougars and Patrick Saini from the Haliburton County Huskies.

"Any time you get to put on a Canada jersey it's really special," Smith said. "A lot of the guys have played against each other whether it's in the OJ or the CC, Quebec, up north and out east. They get a chance to meet some new friends that I'm sure they're going to cherish their relationships and stay in contact."

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(Photo by Devin Doucette / OJHL Images)

QUINTE BAY POWER TUMBLERS Compete at World Events in Bulgaria

By Jeff Gard - Total Sports Quinte

Three power tumblers from the Quinte Bay Gymnastics Club competed at world events in Sofia, Bulgaria in November.

All three were selected to the Canadian teams in early October.

Justin Thompson, along with his coach Katelyn Thompson who was selected to the Canadian coaching staff for power tumblers, headed to Bulgaria from Nov. 16 to 19 for the Trampoline Gymnastics World Championships.

In competition, Justin Thompson performed two new passes in prelims which secured him a spot in the semifinals. In the semifinals, he added even more difficulty into his pass which earned him a 10th place finish and the first reserved spot for finals. This is the best placement Canada has had in men's tumbling at the World Championships since 2013.

On top of this amazing accomplishment, Thompson was also selected to compete in the All-Around Team final. Team Canada ended with a fifth place finish in this event. Thompson was also selected by team Canada to be the flag bearer during opening ceremonies.

Quinte Bay's Jared Matthews and Philo Malek, who are also coached by Katelyn Thompson, made their way to Bulgaria for the World Age Group Competitions from Nov. 23 to 26.

Malek competed on Nov. 24th in the ages 17-21 division earning himself a 28th place finish. Matthews competed Nov. 25 in the ages 15-16 division where he earned his way into the finals. Later in the day he performed two new passes which was enough to earn him a third place bronze medal result.

Both athletes look forward to getting back in the gym to work on new passes for the upcoming season. Throughout the year they hope to secure themselves a spot at next year's World Championships.

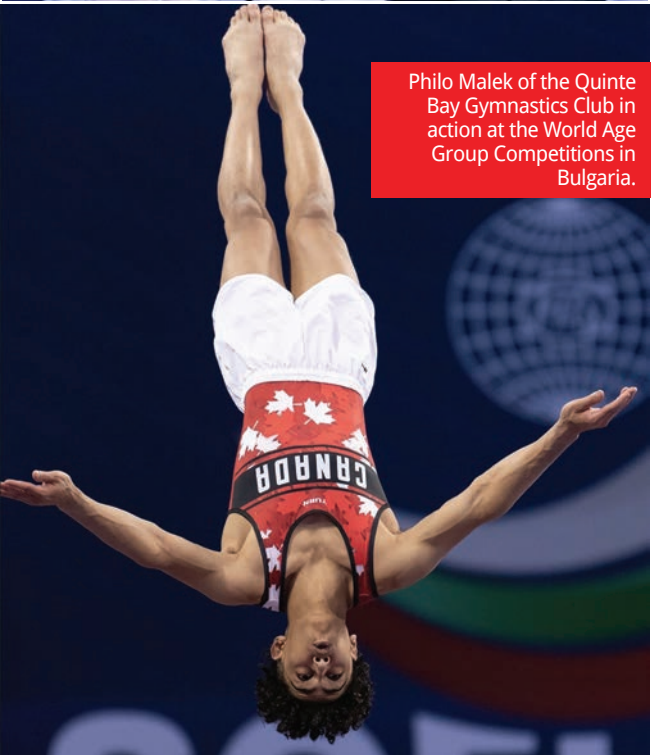
Quinte Bay Gymnastics Club is located at 14 Harder Drive in Belleville and has been serving the area since 1976. Providing a safe and stimulating environment for children to learn the fundamentals of gymnastics, the club offers programs for youth of all ages and abilities.

In addition to recreational programs, there are also artistic, acrobatic gymnastics, power tumbling and trampoline competitive programs and more such as camps.

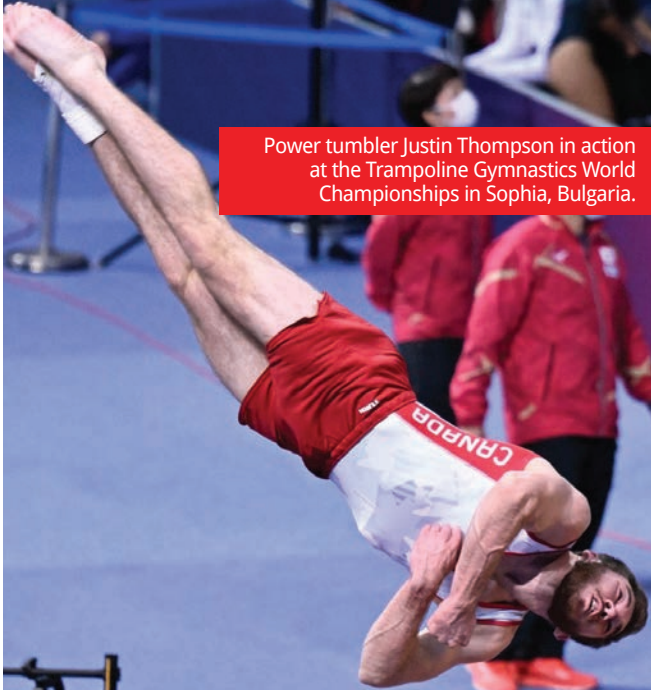
Check out the club at www.quintebaygymnastics.com



Power tumbler Jared Matthews (right) of the Quinte Bay Gymnastics Club won bronze at the World Age Group Competitions in Bulgaria.



Philo Malek of the Quinte Bay Gymnastics Club in action at the World Age Group Competitions in Bulgaria.



Power tumbler Justin Thompson in action at the Trampoline Gymnastics World Championships in Sophia, Bulgaria.



Coach Katelyn Thompson and power tumbler Justin Thompson from the Quinte Bay Gymnastics Club at the Trampoline Gymnastics World Championships in Sophia, Bulgaria.



Remembering Travis

By Melinda LaPorte - Partner & Lifelong Friend; and Lori Gillespie Travis' Mom

Robert and Lori Gillespie gave birth to their first born son, Travis Robert Gillespie on July 16th 1984. From the beginning with a stubborn and difficult delivery, Travis was not quite ready to start his journey. He knew he had a busy life ahead of him and a purpose to fulfill.

On that day they did not realize, that particular baby boy would grow to be a man who was admired, inspirational, a role model, and a protector of the community through York Regional Police (YRP). Unfortunately, Robert and Lori didn't realize that they would only have a short time with him. On September 14th 2022 Travis lost his life due to an impaired driver on his way to work. Every mother and father hopes that their child will grow to be successful, healthy and happy, to be humble and show kindness throughout their life. Travis definitely exceeded his parents expectations.

When asked what kind of spirit Travis had as a little boy, Lori said he was a very happy and inquisitive child. She spoke of a memory, "Travis loved people and he would talk to anyone! One day he wandered off in a store and I panicked. I found him in the next aisle chatting with a man. I took his hand and led him away and said, "Travis, what did I tell you about talking to strangers?" He responded with "that's ok mommy, he's a good stranger" When I look back on Travis's life, he always saw the good in people."

His younger brother Dan, described Travis as someone that worked hard, who put passion into everything he did, was popular amongst his peers and could adapt and fit into any group.

Learning to ice skate, Travis refused help. He would fall and get back up and was determined to do it on his own. From age 7-13, Travis played for Warkworth Minor Hockey. His Father Robert always said that Travis only wanted to do slap shots from the blue line, but that he had a way better wrist shot. His brother Daniel told me that this was most likely due to the movie "the Mighty Ducks." Travis saw himself as the character, Folton, who was well known for his amazingly hard and fast slap shots. Later in life he played on a team with his fellow officers at Metrolinx named the "Rail Kings."

In his teen years, he traded in his ice skates for a skateboard. Travis grew very passionate about his love for skateboarding and the lasting friendships he made along the way. As an Officer on duty, you could catch him showing the kids a few tricks on his board and showing them that he's still got it. This went a long way with the younger community. From there Travis grew a healthy obsession with martial arts and it became a huge part of his life, giving him strength and discipline to help him later in his career. Going on to compete in a few amateur MMA fights, Travis' true passion lay within Brazilian Jiu-jitsu. Travis' family was recently presented with an honorary black belt from Primal Academy, the club where he trained. Primal Academy have gone on to raise money toward Hearts for Martial Arts, where several Children have been given a scholarship toward the 'Travis Robert Gillespie Martial Arts Scholarship'

Travis had a way with children that inspired them, where they immediately felt safe and trusted, someone to look up to and admire. Working with Community Living as a Big Brother, was a positive rewarding experience that benefited him in his personal and professional career.

He was an amazing uncle and incredible brother. Travis was a passionate partner and everyone he met in life immediately felt like he was their best friend. He loved being home with his family in Shiloh and loved any chance he got to do arborist work with his youngest brother Scotty. He loved him and respected the talent he has as an arborist, to go as far as saying, "that's what I want to do in my next life".

At age of 24 Travis started his career with Metrolinx in 2008. There, he was promoted to Sergeant and continued on until 2019. After a few unsuccessful attempts, Travis never gave up on his dream to become a Police Officer. In 2019 he was accepted into the York Regional Police Academy where he became, Constable Travis Gillespie, #2774. This was a sad day for Metrolinx, since they had grown to value Travis' energy and drive but they knew his potential and purpose laid within community policing.

Travis was in his 4th year with YRP and was loved and admired by his comrades. A fellow Officer describes Travis as "someone who loved people and did not wish to keep them in their darkness, but to lift them into the light with him". He went on to say "Travis was a passionate protector of those that had the honor of being close with him".

Travis had one more goal he wanted to chase. He wanted to try out for YRP's Tactical team, the Emergency Response Unit(ERU). This is a young man's sport that most try out for in their 20's, but this did not falter Travis. Not only did he pass the grueling physical test with a time of 22.26, he had one of the best times in his group. Travis went on from there to pass ERU's Hell Week and was just starting the next phase of the testing when he was killed. Travis impressed the ERU testers with this "fire in his belly" and the "drive to push hard and keep digging." In this grueling course, this "young man's sport", we learned that Travis, at 38, was in the top 3 of his class.

It goes to show, if you dream it and believe it, anything can happen.

Travis truly was an angel who walked amongst us and made all of our lives better.

In Honor of Travis we are hosting our first Annual Memorial Hockey Tournament where all proceeds raised will be donated to Hearts for Martial Arts and Warkworth Minor Hockey. This year it will be held at the Warkworth Arena and Community Centre on March 11th 2023.

The Opening Ceremony will be at 7:45am, and this will be a full day event. See next page ...



The Travis Gillespie *Memorial* HOCKEY TOURNAMENT

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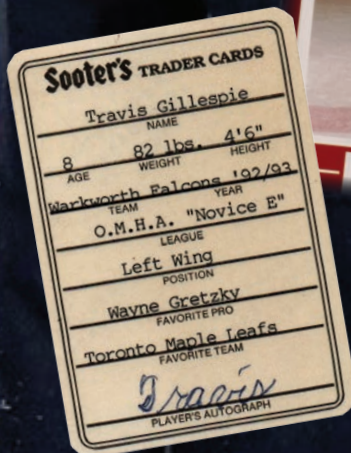
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Photo by Ed McPherson OJHL Images

JOHNNY WILSON

His Cymbals Go Silent

By Jeff Gard - Total Sports Quinte



Photo by Ed McPherson OJHL Images

Johnny Wilson was known as the Cymbal Man. Wilson, with his tremendous showmanship with crashing cymbals while walking up and down the stairs in the stands, was a fixture at home games of the former Belleville Bulls OHL club for 25 years. He passed away on Dec. 27, 2022 at the age of 80.

Len Ellwood and his wife Colleen met Wilson at a Bulls game more than 20 years ago. "We got talking to him afterwards and through the chatter realized that we only lived a few blocks apart," he said.

Wilson didn't drive so the Ellwoods offered to take him to and from games as they were season ticket holders. As they approached his house each time, they wondered what costume Wilson would be dressed in for that night's game. For all they knew he could be dressed as Rod Stewart, Elvis Presley, Bob the Builder, Batman, Superman, Spiderman, Sponge Bob, Davy Crockett or some other person or character.

"His daughter told us he had over 200 costumes," Ellwood said, noting the story of 'Cymbal Man' began around the time Wilson took his daughter Angie to a Bulls game when she was in high school.

"He went to a game and apparently he was falling asleep at the game, much to Angie's chagrin. Some people had cowbells, even back then, and so the next game, Angie played the drums, so Johnny took one of her sticks and a pie plate and that's the way he started."

Ellwood has a wealth of memories transporting Wilson to and from the games. "We had a lot of fun. We would go to the game, Johnny would like us to pick him up an hour prior to the game so that he could get over and socialize with his fans, not the Belleville Bulls fans, his fans," Ellwood said with a laugh, just reminiscing about it. "Then we would be, I'm going to say, 45 minutes to an hour getting out after the game because he always had time for old and young alike posing for pictures."

Ellwood recalled being in the parking lot following a game against Kingston and there being two fan buses supporting the visiting team. Wilson socialized with the fans and they begged him to go on the bus to

Kingston and perform at their home game the following day. An offer of a hotel room and meals wasn't enough to entice Wilson. He didn't go. His loyalty was with the Bulls.

"He was at all the home games and even went on the road a few times," Ellwood said. "When we played Oshawa the one year in the finals, he went up on the bus and they wouldn't let him take his cymbals in."

Ellwood said it was devastating when the Bulls organization was relocated to Hamilton in 2015, but Wilson started attending and performing at the home games of the Ontario Junior Hockey League's Wellington Dukes.

When Belleville got the American Hockey League's Senators, affiliate of the NHL's Ottawa Senators, Wilson thought he might perform at CAA Arena (the renovated arena that was known as Yardmen Arena when the Bulls played there), but never enjoyed the same relationship he had with the Bulls.

Ellwood says he argued unsuccessfully to Sens staff that Wilson should receive free admission because he didn't need a ticket as he was never in a seat. He would move around the arena throughout the games.

"He's great for morale and team spirit. Everybody in the building knows he's there. As soon as the home team scores, there was no wondering if Johnny's here tonight," Ellwood said. "He did a few Sens games, but primarily stuck with his adopted Wellington Dukes team. He went to the odd Trenton Golden Hawks games as well, especially when Wellington was playing in Trenton."

The Dukes honoured Wilson prior to their Jan. 6 home game. The club welcomed members of his family to participate in a pre-game ceremony. (Top photo)

"He loved life, he was an entertainer and he loved people," Ellwood said.



Top L-R Willard & Glenn Watson. Bruce Stewart
2nd row - Heidi Bassin, Shirley Stewart, Liam Bassin,
Angela Wilson - Bassin



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Now Cliff runs Fosterholm Farms with his son Dean with help from his two grandsons. Each year they have 7500 taps, but Cliff and Dean no longer hang buckets

– they collect sap by running lines to each tree. Taps and lines go in beginning in January and come out in April.

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- 1970 started to use tubing
- 2001 had a 5X14 oil-fired evaporator
- 2003 built on a bottling room
- 2007 bought a Reverse Osmosis machine
- 2011 inducted into the Quinte Local Maple Hall of Fame
- 2018 State of the Art Evaporator purchased.
- 2022 New bottling equipment
- 2023 New 15 inch filter press purchased.



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JAYLYNN BURGESS

A Force on her Horse

PHOTO: Belleville's Jaylynn Burgess loves competing in barrel racing.

By Jeff Gard - Total Sports Quinte

Jaylynn Burgess has been comfortable on a horse from a young age.

Even at three years old, she was almost a little too comfortable when she was riding.

"She would last for about 15-20 minutes and then she would actually almost fall asleep," her mom Jodi said. "Just riding around and the rocking motion and then she started doing the little kid classes and now she rides all the time."

Now 10, Jaylynn – a competitive barrel racer from Belleville – says she was never intimidated by a horse, despite a significant size difference between the two. "I love about them how they can be really nice," she said. "I like how they're big and stuff and I like when they go fast."

Racing came naturally to Jaylynn. It's something others in her family already did. She enjoyed the classes she joined and transitioned to a competitive racer. "I just started it and I never really stopped," she said.

Even at her tender age, Jaylynn has already been racing for a number of years. Barrel racing, which is especially competitive in Ontario and the United States, is a timed speed event where the participants race their horse around three barrels.

Jaylynn competes with the National Barrel Horse Association (NBHA), which is the largest barrel racing association in the world. She competes for prize money – winning more than \$2,000 in 2022 – awards and points toward NBHA Ontario and World finals.

"She worked so incredibly hard this season riding every day and working not only her competition horses, she would also work any other horses that were in need of work on the farm," Jodi Burgess said.

Last year, Jaylynn began riding her new gelding named Platinum Firewater. They had a number of fantastic runs early in the season before she switched horses with her dad and started running his horse – an off-the-track QH (quarter horse) named Gettor Dunn.

"After she had a few rides under her belt she took off with incredible confidence at every race she entered," Jodi said. "Her brother plays rep hockey so for our last two shows of the year she also ran her brother's competitive mare Native Kartell. Her confidence and fearless nature allowed her to continue to be a great competitor."

Not only did she earn the prize money during her incredible 2022 season, she was the NBHA District 4 2D youth champion – winning a beautiful belt buckle for her efforts – the 2022 NBHA youth slot race champion with Native Kartell and the NBHA Invitational youth 2D champion with Gettor Dunn and won a saddle.

"It was really fun," Jaylynn said of her season. "I don't really have a

favourite race, but my favourite show is probably finals because all of the awards and my friends."

The last competition of the season was a special one as she ran her fastest time ever on Native Kartell, placing ninth out of 119 riders against some of the fastest horses and trainers in Ontario.

Jaylynn's hard work has qualified her for the 2023 NBHA Youth World Championships in Perry, Georgia this July. Her brother also qualified and they hope to make the trip to compete in the world competition.

"I think it's going to be pretty fun," Jaylynn said.

She just loves being around horses, whether that's her own, her family's or others. There's an abundance of horses at her family's farm.

"I mix the grain and I water and I'll hay while dad and mom do stalls and sweep and get the hay down," Jaylynn said, adding that after those jobs are done she'll help bring horses in if the time calls for it.

2023 is shaping up to be another great season for Jaylynn.

"She is a force when she's on her horses – talented, determined and courageous," Jodi said. "She is the first to congratulate her competitors on a great run and cheer them on from the sidelines, but it's all business when it's her turn."



Jaylynn Burgess accepts her prize winnings of \$750 as the NBHA Finals Youth Slot Champion

SILVER STICK SUCCESS FOR LOCAL TEAMS



By Jeff Gard - Total Sports Quinte

Photo: Deroche Sports Photography

Three local teams earned a berth at the International Silver Stick Finals in Newmarket from Jan. 26 to 29.

Competing at that Silver Stick Finals in their respective divisions included the Quinte West Golden Hawks in U10 A, the Belleville Jr. Bulls in U12 AA and the Quinte West Golden Hawks in U14 A.

Results were not available at press time.

Quinte West's 416 Wing U10 Golden Hawks

won the Northumberland Regional Silver Stick qualifying tournament Nov. 25-27 in Cobourg after eliminating two undefeated teams in the playoff rounds. The Golden Hawks, which won two out of their three round-robin games, eliminated the 3-0 Ottawa West Golden Knights with a 6-3 win in the semifinals and went on to defeat Whitby Wildcats Blue – which had three wins and a tie to that point – 7-4 in the championship final.

Team members are Max Taylor, Blake Gregory, Connor Rice, Connor Williamson, Holt Poirier, Lucas Corbin-Miron, Brent Conrod, Wade Robinson, Cullen Bovine, Michael Villeneuve, Colby MacDonald, Spencer Tamlin, Lucas Scriver, Alex Brant, Benny Prinzen, Kaden Van Gemeren and Kye Ralph. The staff includes head coach Rob MacDonald, assistant coach Nic Robinson, trainers Brian Bovine and James Williamson and manager Brienne MacDonald.

Belleville's Duvanco Homes U12 Jr. Bulls

were victorious at the Sylvia Tremblett Silver Stick qualifying tournament in Georgina from Dec. 1 to 4.

They went undefeated in six games to qualify for the International finals. After posting a 3-0-1 record in round-robin play, the Bulls edged the Barrie Colts 3-2 in the semifinals and the Eastern Ontario Cobras 3-2 in the championship final.

Team members are Rowyn Haley, Kyler Patterson, Dominique Di Genova, Jack Woods, Mark Redden, Taguen Doran, Charlie Crawford, Ryan Brearley, IJ Dupont, Brody Randle, Mack Wyld, Eli Jones, Luke Babbs, John Dorey, Lincoln Walt, Carter VanSoelen and Ryden Ray.

Quinte West's Nomad U14 Golden Hawks

won their first four games at the Northumberland Regional Silver Stick qualifying tournament Nov. 25-27 in Cobourg, but came up short in the final with a 3-1 loss to the also undefeated Clarington Toros.

Thanks to their runner-up status and strong Ontario Minor Hockey Association season to date, the Golden Hawks were offered an available berth at the International finals. As of mid-January, the team was 14-3-2 through 19 OMHA Lakeshore League regular season games.

Team members are Owen Curran, Nico Toussaint, Logan Fonger, Elijah MacDonald, Kale Tawse, Joey Nieman, Riley Kavanagh, Fynn Ralph, Malcolm Brooks, Malachi Hoornweg, Hunter Bradbury, Antonio Popiel, Cohen Heales, Keegan Goulah, Rhys Lawrence, Andrew Gilson and Cam Slone. The staff includes head coach Chris Harron, assistant coaches Ian Brooks and Chris Heales, trainer Mark Thurston and manager Heidi Tawse.



Congratulations to all!



Total Sports

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quinte.totalsportsmedia.ca.
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CENTENNIAL, NICHOLSON

Both earn OFSAA basketball silver medals

By Jeff Gard - Total Sports Quinte



Members of the Centennial Chargers senior girls basketball team, pictured here after winning the Bay of Quinte title, are: (front, from left) Katie McFaul and Kayla Martindale; (back) coach Maren Edgett, Mya Langdon, Brooke Gallagher, Addison Neely, Morgan Casselman, Kaydin Brooks, Olivia McFaul, Lily Haslett and coach Liane Woodley. (CSS photo).

Belleville teams earned double-silver at provincial high school girls basketball championships in late November.

Both seeded second in their respective tournaments, the Centennial Secondary School Chargers claimed silver at the Ontario Federation of School Athletic Associations girls 'AA' championship tournament Nov. 24-26 in Stratford while the Nicholson Catholic College Crusaders were the runner-up at the OFSAA girls 'A' showdown the same weekend in Walkerton.

"It was amazing that two teams from our area came home from OFSAA with silver medals," said Maren Edgett, who coaches the Chargers with Liane Woodley. "I missed out on all of my daughter's games who goes to Nicholson. That was tough, but I couldn't be more pleased for both teams."

Nicholson's Justin Walsh, who coaches the Crusaders with Tim Coates, also offered kudos to Centennial with silver at double-A, too," Walsh said. "I think their performance speaks to how well basketball is being played in our area."

Centennial won the Bay of Quinte championship at Loyalist College on Nov. 10, defeating Nicholson 60-34, and captured the Central Ontario Secondary School Athletics title with a 62-26 win over the Crestwood Secondary School Mustangs in Peterborough on Nov. 17 to advance to the OFSAA tournament.

"We had a goal since some of this team was in grade nine to get to OFSAA. We missed it last year, but were close," Edgett said. "This year the girls were all in with our goals of getting to OFSAA. They never stopped focusing on it and I think that the further we got along in our season the more we began to realize that this could be a definite possibility."

A tournament win in Renfrew during the season altered the Chargers' mindset for their OFSAA goals. Coaches in Renfrew suggested to Edgett that Centennial could be ranked high at the provincial championship if they made it.

"At this point we talked to our team about adjusting their goal. We no longer wanted to just get to OFSAA, we wanted to compete (for a championship) at OFSAA."

Centennial was undefeated during the local Bay of Quinte season while also winning two tournaments and claiming silver in another, leading to the No. 2 ranking in the OFSAA tournament.

They opened the provincial championship with a 69-20 victory over No. 12 T.A. Blakelock and followed it up with wins of 52-33 over No. 4 Lo Ellen Park and 50-16 against No. 10 Kingsville.

In the semifinals, the Chargers edged No. 6 Hammerskjold 52-50



Nicholson basketball - Members of the Nicholson Crusaders who won silver at OFSAA were: (front, from left) Analyz Baclig, Ericah Baclig, Evelyn Shakell, Grace LaCroix, Grace Crawford, Charlotte Farrell; (back) coach Tim Coates, Sarah Paul, Sam Milne, Bella Cowling-Zeljko, Ella Koughan and coach Justin Walsh. (OFSAA photo)

before falling to the No. 1 ranked Sir Winston Churchill 46-34 in the gold medal game.

Edgett said it was the biggest test Sir Winston Churchill faced in the tournament. The Chargers battled illness and injury but put up a valiant effort.

"It was a tough tournament both mentally and physically and Centennial is proud to hold silver medals," Edgett said. "These girls played with heart and never stopped. Being a coach can be difficult, but seasons like this make it all worthwhile."

After losing in the Bay of Quinte final to the 'AA' Chargers, Nicholson went on to win the COSSA 'A' championship 61-15 over Norwood. The Crusaders qualified for OFSAA again after earning silver at the previous year at the provincial championship.

Nicholson had five players return to this year's OFSAA tournament to join a strong group moving up from the junior level as well.

The No. 2 Crusaders defeated No. 12 Lageunesse 53-40 in their opening game before earning a lopsided 72-25 victory over No. 15 St. Thomas Aquinas.

In the quarterfinals, Nicholson narrowly held on for a 38-36 win over No. 7 Osgoode, a tough and physical team from the Ottawa area.

Facing No. 3 Woodland Christian in the semifinals, the Crusaders put pressure on their opponent and shot the ball better in a 43-34 victory.

"It was a good win for us to get us to the final," Walsh said.

In the gold medal contest, the Crusaders faced a strong No. 4 seed St. Mary from Brockville who had a lot of depth with eight Grade 12 players. St. Mary defeated Nicholson 52-44.

"We got a little tired, hung right with them," Walsh said. "We tried to play a special defence on their best player in the third quarter and that hurt us because the other players on the team started hitting shots when we were focused on their best player. We made a push in the fourth and lost by eight."

Capturing a second straight silver medal was a great experience for the players, who knew the history of Nicholson competing and succeeding at OFSAA basketball championships on both the girls and boys sides, Walsh noted.

"Once there, just the experience of travelling as a team, being away, having the fans travel with us, having the fans back here in Belleville watch the games online and having the messages come out after the games about how proud the families and friends were, they'll remember that I think for a long time," he said.

BAYSIDE SECONDARY SCHOOL

Enjoys successful fall sports season



ABOVE: BAYSIDE GOLF - Russell Aide was the COSSA golf and competed at the OFSAA provincial championship.

By Jeff Gard - Total Sports Quinte

With the return of high school sports to a more regular schedule this fall, the Bayside Secondary School Devils enjoyed tremendous success.

Accomplishments, both as teams and individuals, were achieved in cross-country running, football, golf, rugby, soccer and more.

Bayside's senior boys cross country team won the Central Ontario Secondary School Athletics (COSSA) championship and advanced to the Ontario Federation of School Athletic Associations (OFSAA) provincial meet Nov. 5 in Uxbridge.

As a team, Bayside placed 15th out of 35 entries in the senior boys 6K race with 488 points as teams aim for lowest point possible based on their four competing runners (the top four from regional meet). Tristan Daoust placed 23rd followed by Andrew Lupenette (76th), Griffin Wanless (169th) and Kidan Singer (220th) out of 245 runners.

Meanwhile, Bayside's Tamara Singaraja qualified for OFSAA as an individual. She had placed eighth overall at the COSSA race and as one of the fastest individuals not on a qualifying team ultimately earned a berth at the provincial championships. At OFSAA, Singaraja placed 140th out of 240 entrants in the senior girls 6K race.

In football, Bayside won what's believed to be its first Bay of Quinte championship at the senior level in school history. They lost the COSSA senior AAA championship game to Peterborough's Thomas A. Stewart, which went on to the OFSAA Independent Bowl against St. Michael's College, but it was a very successful season for the Devils.

Continued next page ...



Members of the Bay of Quinte champion senior boys football team were: Dawson Alexander, Antonio Armstrong, Kaleb Ashby, Reid Boomhower, Joel Brough, Guglielmo Ciotti, Joey Clark-Gaudet, Walker Forsythe, McKenzie Fraser, Noah Frick, Evan Henry, Jacob Henry, Lukas Horner, Addison Leavey, Brock Leavey, Isaiah Lockwood, Joseph Long, Declan MacArthur, Jordan McLaughlin, Braeden Melanson, Eric Mountainay, Declan Phillips, Ryerson Pierce, Jack Prophet, Troy Bertrand, William Scott, Christian Streek, Felix Stubbe, Drayden Sylvester, Maxwell Tootle, Jadyn Zajac and Lance Zufelt.

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Members of the Bayside senior girls rugby team that won COSSA and has qualified for the OFSAA championship are: Abby Aikman, Aleya Avery, Faith Ayres, Brooklyn Bancroft, Alliyah Bleecker, Sadie Booker Morphet, Victoria Carriere-Toussaint, Sarah-Mae Cross, Lily Davidson, Hailea Garrity, Jayde Giffen, Misty Goulet, Jennifer Keller, Demafia Kemka, Katie Lott, Mayan Mackinnon, Lizzy MacSween, Kieran Martin, Holly McMaster, Val Prevost, Abby Reed, Grace Ricard, Madi Sinclair and Arianna Wease.

Russell Aide, meanwhile, represented Bayside at the OFSAA boys golf championship in London Oct. 12 and 13.

Aide, a Grade 10 student, won COSSA gold at Barcovan Golf Club after chipping in for birdie on the 18th hole to force a playoff. He finished ninth overall at OFSAA, shooting an 80 in both rounds, despite some difficult weather conditions.

Bayside's senior girls rugby team won both the Bay of Quinte and COSSA championships in the fall and have qualified for the provincial tournament in the spring.

Following a 7-0 unbeaten record in regular season play, they defeated Centennial 5-0 in the Bay of Quinte final and Lindsay's I.E. Weldon in the COSSA 'AAA' final.

The OFSAA girls AAA rugby championship is scheduled for June 5 to 7 in Bolton.

In senior boys soccer, Bayside won the COSSA 'AA' championship, defeating Peterborough's Adam Scott Collegiate in the final.

OFSAA soccer is also held in the spring and the boys 'AA' tournament is scheduled for June 8 to 10 in Bradford.

Watch for more at quinte.totalsportsmedia.ca on Bayside teams that head to the OFSAA championships this spring.



ABOVE: The Bayside senior boys COSSA cross country champions were (from left) Tristan Daoust, Griffin Wanless, Nathan Walmsley, Andrew Lupenette, Haissam Douha, Kidan Singer and Sam Cadavid.

BELOW: Members of the Bayside senior boys soccer team that won COSSA and qualified for OFSAA this spring are: Dylan Chatwood, Krish Chudasma, Bailey DeBoer, Maxime Nolet, Nicolai Ohlert, Jack Orr, Aidan Paladiuk, Reade Pringle, Xander Reid, Jared Rutherford, Kevin Salaudeen, Jeonghun Shin, Chiyo Song, Dean Spry, Joseph Thiessen, Cameron White, Peter Zavos and Peter Tsarouhas.

Bayside's Tamara Singaraja competed at OFSAA cross country as an individual in the senior girls division.





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STIRLING FIGURE SKATERS

Members of the Stirling Figure Skating Club competed in Nepean from Dec. 2 to 4.

Maici McBride started the weekend off by placing sixth in Star 4013 Flight 2. Camryn Cook placed eighth in Star 5013 Flight 2 and Emily Cakmakci took home a silver medal by placing second in Star 5013 Flight 3. Ava Cameron placed second in Star 5 Artistic and alongside Emily Cakmakci, and Camryn Cook placed second in Star 5 Team Elements. Holden Paul placed fourth in Star 7012.

Meanwhile, Elliot Baird earned bronze for her third-place finish in Star 1 Individual Elements, and Gracie Cosco and Brinley Kelly earned bronze in Star 2.

In Star 3, Addison Weese won gold, Paige Newberry and Payton Rosborough earned silver, and Grace Toby earned bronze. These girls finished off the weekend earning silver in Star 3 Team Elements.

The Stirling Figure Skating Club congratulates all of its competitors for representing the club so well.

Photo Top - Payton Rosborough, Paige Newberry, Addison Weese, Ava Cameron, Holden Paul, Camryn Cook, Emily Cakmakci and Grace Toby.

Photo Right - (from left) are Elliot Baird, Brinley Kelly and Gracie Cosco.



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LOCAL BOWLERS



Belleville’s Isaac Kerr (left, black shirt) won gold with his team at the provincial championships.

Two local youth bowlers will compete at the Ontario Winter Games.

Belleville’s Isaac Kerr who is 13 and Brighton’s Gracie Hagan, 14, who both bowl out of Presquile Lanes in Brighton, qualified in December for their respective zone teams at the provincial championships held Jan. 15 in Brantford.

They both played in seven round-robin matches for a total of 70 frames. Both of their teams finished atop their divisions with Isaac’s going undefeated and Gracie’s winning six out of the seven matches.

Facing the second-place teams for the championship, Isaac’s group captured gold while Gracie’s claimed silver.

The top four teams in men’s, ladies and mixed divisions advanced to the Ontario Winter Games in Nepean from Feb 9-11.

Additionally, Gracie has earned a spot to compete at the YBC national tournament in Regina from May 7-9.

Watch for more at quinte.totalsportsmedia.ca on these two impressive bowlers.



Bowling Gracie Hagan - Brighton’s Gracie Hagan (centre, black shirt) earned silver with her team at the provincial championships.

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