



Runnymede C.I. Ravens

Athletics Newsletter

2017-2018

From the A/CL Health and Physical Education – Kristina Kotsopoulos
A/CL Athletics – John Kotsopoulos and John Kalantzakos

It has been another exciting and amazing year of Athletics at Runnymede CI! Our teams, coaches and athletes give Runnymede a name known for its sportsmanship, conduct, dedication, perseverance and hard work. There have been numerous successes and accomplishments across all of our teams:

In the Fall...

The **Cross Country** team consisted of a hard working squad of athletes with many athletes advancing to City Finals. A special congratulations to Joel Duff who placed second in the City and represented Runnymede at the OFSAA Provincial Championships.

The **Girls Basketball** team worked hard all season long, proving to be a basketball powerhouse as they were finalists in the West Region and brought home a Silver Medal at the West Region Tier 2 Championships.

The **Football** team played an undefeated season in the Developmental league.

In the Winter...

Our **Girls Volleyball** program continued its growth at both the Junior and Senior levels, with a nail biting semi-final for the JR Girls. The SR team held their own in a very competitive Tier 1 league and gained admiration for their efforts.

Through intense training and practice, **Boys Basketball** improved throughout the season. They show great promise with the development of young talent.

Badminton moved to a club format this year, garnering 60 athletes who practiced, played and competed three times a week.

The **Swim** team had an outstanding season with several Regional Finalists and the exceptional performances of Rochelle Clayton who competed in the OFSAA Provincial Championships.

Our **Cheerleaders** worked the entire school year developing their high flying tosses, twists and tumbles. They entertained the crowds during the football and basketball season with their high energy performances.

In the Spring...

Co-Ed Volleyball turned heads in a very competitive league and narrowly missing the win in a heart racing West Region Semi-Final.

The **Boys Baseball** team came together to develop over the season and build on future prospects.

Building on last year's team filled with rookie players, the **Girls Slo Pitch** practiced hard and became the team to beat this year. They captured the Tier 2 West Region Gold medal. Congratulations Girls!

The **Girls Soccer** team played an exciting season with many young talented athletes, finishing fourth in their division.

Track and Field sent four athletes to the City Finals where Joel Duff, for the 6th time in his high school career qualified for the OFSAA Provincial Championships, this time in the 3000m event. Congratulations to this exceptional young athlete!

There were 170 different athletes participating on teams this year, translating into 1 in 4 students proudly wearing the Ravens uniform. We place high value on the ability of sport to build character and integrity and are proud of all of our athletes. Your participation, effort and behaviour is commendable and is also a reflection of the coaching staff. Thank you to all of our coaches and athletes for a great year of Athletics! We won many medals, participated in Regional, District and OFSAA Championships but more importantly we learned to live and play as a team, we competed with sportsmanship and dignity and persevered together to perform to the best of our abilities. These experiences have created great memories! **CONGRATULATIONS TO ALL ATHLETES, COACHES AND TEAMS!!!**

Cross Country Team



MVP: Joel Duff, Kayla Verge

MIP: Micheal Wieszczyk, Rachel Dietrich

Cheerleading Team



MVP: Naomi Cheung

MIP: Maria Romero

Girls Basketball Team



MVP: Faith Ann Allison

MIP: Tashawna Barrett

Football Team



Manager: Jana El Aridi

MVP: Fabio Nanack, Ryan Seftel, Matthew Seftel, Adam Seftel, Jah Reigh Gibson

Junior Girls Volleyball Team



MVP: Tenzin Choetso MIP: Tenzing Amji

Senior Girls Volleyball Team



MVP: Erika Castillo MIP: Samantha Cleary

Senior Boys Basketball Team



MVP: Talib Salem

MIP: Jah Reign Gibson

Swim Team



MVP: Rochelle Clayton, Michael Wieszczyk

MIP: John Nguyen, Rachel Dietrich

Badminton Team



MVP: John Nguyen

MIP: Eddy Kuan

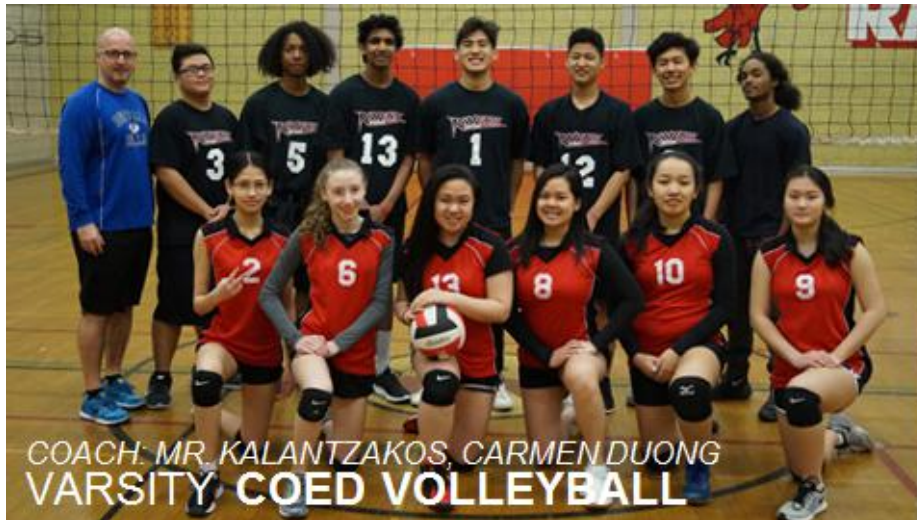
Girls Soccer Team



MVP: Monserrat Martinez

MIP: Amal Nur

Co-Ed Volleyball Team



MVP: Erika Castillo

MIP: Elizabeth Nguyen

Girls Slo-Pitch Team



MVP: Kayla Verge

MIP: Maddy Travis

Boys Baseball Team



MVP: Cameron Bull

MIP: Kayin Milton

Track and Field Team



MVP: Joel Duff, Sarah Aifuwa

MIP: Naomi Cheung, Avery Li

Athletic Banquet

Runnymede Athletic Council (RAC) organized the annual Athletic Banquet so that our student athletes could be recognized and celebrated in style! Students enjoyed a night of celebration, successes, and recognized the special achievement of our Athletic Award winners and Athletes of the Year. A very special thank-you to Mrs.Kotsopoulos and the entire Athletic Council and PE Department for the time spent to make this evening extremely memorable.

Senior Athletes of the Year

Samantha Cleary



Fabio Nanack



Junior Athletes of the Year

Kayla Verge



Simon Ricketts-Ewen



Grade 9 Most Promising Athletes

Rachel Dietrich



Isaiah Browne



ATHLETIC LETTER AWARD WINNERS

JUNIOR LETTER		SENIOR LETTER	HONOUR PLAQUE
Tenzing Amji Travis Barnett Tenzin Choetso Leslie Cuero Christine Darko Dolma Dickey Rachel Dietrich Jah-Reign Gibson Porvein Giridaran Mayva Hergel Julia Ju	Philemon Kataswa Tenzin Kunsang Kayin Milton Muntasir Munem Alyssa Nodello Emira Refai-Gray Jacob Silva Colton Stothers Maddy Travis Kayla Verge Michael Wieszczyk	Faith Ann Allison Erika Castillo Naomi Cheung Samantha Cleary Joel Duff Jasmine Duong Fabio Nanack Elizabeth Nguyen Adam Seftel Matthew Seftel Ryan Seftel Paola Villavicencio	Samantha Cleary Sonam Datok

RAC (Runnymede Athletic Council) (Staff Advisor: Mrs. Kotsopoulos)

Runnymede's Athletic Council had another outstanding year. Thank-you to all members for their efforts, and all the hours spent to make athletics run smoothly, run healthy school campaigns and various activities at Runnymede CI. We look forward to another exciting and rewarding year.



Health and Physical Education : Special Events

TOM LONGBOAT 5km RUN

This year 140 Health and Physical Education students trained and prepared in their courses to complete a 5km run commemorating TOM LONGBOAT. The run began at the Historic Lambton House, along the East bank of the Humber River to Etienne Brule Park, and then back to the Lambton House. Students were treated to some refreshments and listened intently as local historian and Runnymede C.I. Alumnus Madeline McDowell, gave a brief historical talk.

Tom Longboat was a native Canadian runner who often trained along the Banks of the Humber River. In 1907 he won the Boston Marathon in record time. In 1909 he was victorious in another marathon, being crowned the Professional Champion in the World.



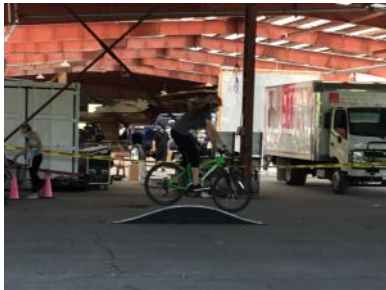
NEW THIS YEAR: TCHOUKBALL!!!

As a recipient of this year's OFSAA's Try Day grant, Runnymede has added Tchoukball to its list of activities offered through the physical education program. We're loving it!



CYCLING SCHOOL AT THE BRICKWORKS

Fitness classes in second semester had the opportunity to participate in a brand new program at the Evergreen Brickworks. Building physical literacy through cycling, obstacle courses, riding through nature trails, learning how to maintain a bicycle and how to perform basic bike repairs was on the agenda. It was a big hit, let's ride Runnymede!



Right to Play

Runnymede CI, George Syme C.S. and Right to Play are in their 10th year of an exciting and successful partnership. This year, twenty student leaders were trained in Right to Play methodology where they are responsible for designing and running a 6 week afterschool program for 80 elementary students. This program truly empowers students in the highest sense, it connects children to inspiring young role models, builds school partnerships and creates bridges within the greater community. The chemistry between youth leaders and children is instantly apparent; children shout, smile, swarm, hug, want to sit beside and hold the hands of our youth leaders. The excitement in the gym can be difficult to contain and at the end of each one hour session the leaders sense of pride and purpose in what they have accomplished is apparent. All of the leaders in the program learn, practice and come to value the broad range of skills necessary to accomplish the challenge of creating a program, capturing student attention, delivering an engaging play session and navigating young children through a meaningful debrief session. This takes a high level of personal responsibility, planning, teamwork, communication, patience, empathy, respect, problem solving, quick thinking and perseverance. Student leaders emerge from the program with a newly developed confidence, respect for their peers and a bond and sense of responsibility to the children in their care. By creating a caring community we create a commitment to our community that not only sustains itself, but flourishes and grows. This year, Right to Play leaders have met Right to Play ambassadors Shane Corson and Blue Jays mascot Ace, performed a game at the Right to Play gala in front of 1000 people, led interactive sessions at the Youth to Youth Symposium for over 300 elementary students, visited Right to Play Headquarters and celebrated the year with an evening at Skyzone.



Ted Rogers Scholarship and Right To Play

For their community service and work with Right to Play over the years, Sheila Noriega, Faith Ann Allison and Leslie Cuero are among this years recipients of the Ted Rogers Scholarship valued at \$10,000 each! Congratulations on your dedication and leadership in these important programs!



Will be missed.....

For the last 8 years Mr. Puniska has driven the soccer program at Runnymede and will be missed greatly. An immense thank you for your dedication to the soccer program, spending time with our athletes and supporting the Phys. Ed. Department over the years. Congratulations and best wishes to Mr. Barras on his retirement. We thank him for keeping our facilities in impeccable order and ensuring our spaces were safe, clean and always ready to use. Happy paddling, we wish you all the best!

A tremendous thank you to Mr. Dell'Erede and Mr. Panas for seamlessly joining the Phys. Ed department this year as Mr. Kalantzakos was on parental leave. You fully dedicated yourselves to the Physical Education and Athletics programs and ensured that quality programs continued. On that note, welcome back to Mr. Kalantzakos! Mr. Kalantzakos doubled his nest of Raven chicks, welcoming twins late last summer. We wish your family well and are happy to have you back!

Have a GREAT SUMMER!!!