



Fall 2009

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APGA and the Winter Olympics



The Olympic Creed :

"The most important thing in the Olympic Games is not to win but to take part, just as the most important thing in life is not the triumph, but the struggle. The essential thing is not to have conquered, but to have fought well."

Hello Everyone,

The Winter Olympics are only a few months away. This will be extra exciting as Canada is hosting this magnificent event. I am sure that our skiers will pay particular attention to their sport to see how this years team does. APGA can boast about our Veronika Bauer who will be competing in her 3rd Olympics this year. Good luck "little V" .

[link to Veronica Bauer](#)

[link 2 to Veronica Bauer](#)

Another school year has started for this year's APGA athletes. Ask anyone in APGA what they dream about and they will all tell you (if their sport is eligible) "to compete at the Olympics or World Championships". For those sports that offer athletics as a profession, they also commonly answer, "I dream of becoming a professional (sport) player". Our new entrants are learning about the many accomplishments of our APGA alumni and their APGA experiences.

Last year's winners of our "Award of Excellence" are another fine example of those who are exceptional among a group already set apart. Congratulations to Dominique, Elena and Olivia. These athletes over their four years in APGA were on the honour roll each year and competed at the national level in their sport. Elena did well in the World Championships held this September. Best wishes to her as she has now retired from rhythmic gymnastics.



APGA has kept a special eye on both Olivia and partner Alvin and former APGA Alumni Vanessa Crone and her partner Paul as they worked this fall to try and qualify for the 2010 Winter Olympics. More info later in this issue.

Dominique Wilson, Elena Gouzenkova, Olivia Martin

While visiting Carly in Thornhill I was lucky enough to run into Vanessa, her mom and Paul. What a treat to have seen them in action and wish them my best in their endeavor to qualify for this year's 2010 Olympics.

New Faces in APGA

By Sophia R



Before the start of the first day at Northview I was a bundle of nerves. I was worried about adjusting to a new school, but mostly because I would be joining a year later than everyone else, in grade 10. However, as soon as I walked through the front doors I was pleased to hear someone say, “Where’s APGA?” This made me realize that I wasn’t the only new student, and within a few minutes found my first few friends.

APGA really helps to balance your training schedule with your school schedule. I didn’t realize what a big difference having a spare made until after I began the school year. I noticed it was much easier to focus on training because I wasn’t stressing over assignments or homework that I may not have had much time to complete.

Another difference I noticed between my previous schools and being in APGA is the lounge. I find that it has two very different sides to it. When there are many people in it, it proves to be a very social place, but on the other hand, when there are few people it is a very relaxing place to get work done. Another enjoyable thing about being in the program is how well you can relate to everyone. Not only do they understand you better, but you can quickly make friendships that are bound to last. Lastly, but definitely not least, Ms. Ruprecht is a very big help. She never ceases to remind you about upcoming events, or assignments, and she is always around if you need help. Many of the other teachers are also generally understanding that some students have more demanding training schedules than others, and can be flexible with due dates as long as you talk to them about it beforehand.

After being in APGA for the first few months I have noticed a big change with my outlook on school. It is not as stressful as it was in previous years and I find it to be more enjoyable. Also, the Halloween event was very fun and I am looking forward to the Easter event in the spring! This event brings all the APGA athletes together. My brother is going to apply to APGA as he is currently in grade 8. I know if he is accepted he will be well supported in APGA. It’s nice to be able to call APGA “my home away from home”.



APGA HONOUR ROLL November 2009

- ~ Athletes who made Phoenix Club (top 10 in their grade)
 ** Athletes also in Honours Math Science & Technology program (HMST)
 !! Athletes also in CyberArts

Grade 9 Honour Roll

S.	Ege	89.00%
C.	Nicholas **	85.71%
S.	Mathew	81.86%
K.	Cameron	80.57%
W. S.	Brieanne	79.57%

Grade 10 Honour Roll

S.	Roland ~	90.17%
B.	Maryam	89.33%
R.	Sophia	89.00%
M.	Ernest	88.20%
B.	Alena	85.75%
K.	Victoria	85.43%
W.	Cory	85.17%
Z.	Shaun !!	84.00%
F.	Larisa	83.43%
A.	Morgan	83.00%
G.	Furkan	81.75%
S.	Egor !!	80.67%
E.	Mark	79.50%

Grade 11 Honour Roll

P.	Akshaya ~	91.00%
S.	Natalie ~**	89.67%
S.	Julie	88.17%
M.	Patrick	87.40%
F.	Kelly	86.17%
K.	Evelin	85.33%
D.	Roland	83.80%
W.	Karen	83.33%
Z.	Sebastian	83.20%
L.	Jocelyn	82.80%
D.	Andrei	82.60%
L.	Christine	81.67%
M.	Lidiya	80.67%
O.	Yaakov !!	80.67%
M.	Ana Elena	79.83%
M.	Jaylen	79.60%

Grade 12 Honour Roll

C.	Carly	88.40%
G.	Matthew	87.67%
T.	Pavel	85.75%
H.	Dominique	84.75%
B.	Trevor	82.25%
C.	Albin	82.00%
T.	Zvez	80.00%

ACADEMICS balanced with ATHLETICS

APGA this year can boast that over 40 of its 75 athletes are on the honour roll. Three athletes are in the top 10 in their grade! They now become members of the Northview Phoenix Club. **WOW!!!**

With the help of Northview teachers, our athletes are consistently on the honour roll and supported. Athletes, keep up that academic focus. Don't forget to say thanks to your teachers for a good term. For those of you not on the honour roll this term 1...term 2 has already started. Go for it!



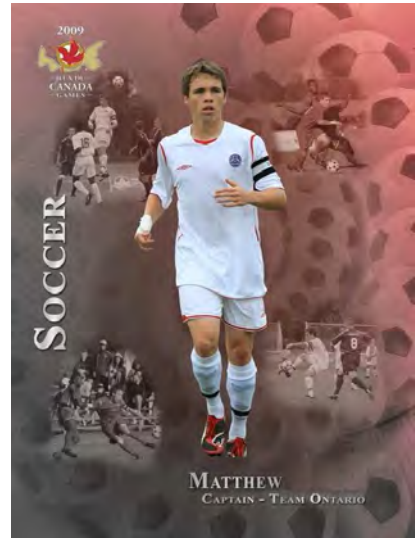
Athletic accomplishments to date submitted by APGA's roving reporters



Nicholas Chow
 Taekwondo
 In September qualified for the Ontario Provincial Team and is working towards Nationals



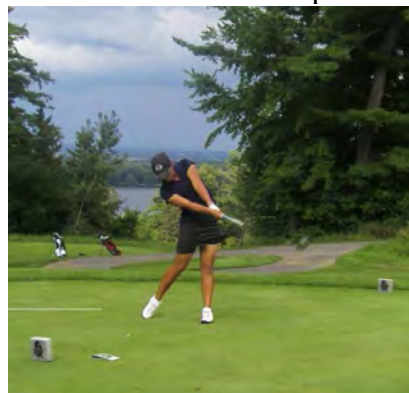
Dominique Harmath
 Tennis
 Canadian Doubles Champ
 Singles finalist
 Signed with Rice University 2010 Houston, Texas full athletic scholarship



Matt Stinson
 Soccer
 2009 Canada Games
 Captain and named top player
[Link1](#) [Link2](#)



Maryam Bagherzadeh
 Karate
 Has qualified for the Ontario Provincial Team and is working towards Nationals which are in March 2010



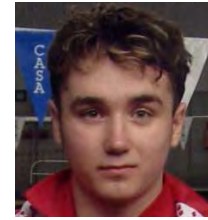
Rebecca Lee-Bentham
 Golf
 The Spirit International Amateur Championship 2009 Team Results tied for 8th out of 20 countries
 Signed with University of Texas 2010 full athletic scholarship



Albin Choi
 Golf
 The Spirit International Amateur Championship 2009 Team Results tied for 8th out of 20 countries
 2009 Ontario Junior Champion
 Signed with North Carolina State 2010 full athletic scholarship

Advice from APGA's 2nd year kinesiology student

By: Alexi Kofman



Going into the program, I did not know what to expect. For kinesiology students at York, expect a lot of early mornings. Sure you can customize your schedule, but all of the required first and second year kinesiology core courses are in the morning. It's like they're conditioning us to be early risers. The good thing about early classes is that you can work your schedule out so that you finish early. There are times when you will have back to back classes at opposite ends of the campus. Not to worry, your instructors will give you enough time to get where you need to. Usually the one hour long classes end 10-15 minutes early. Also the majority of the main buildings at the York U Keele campus are interconnected, making it easy to get around campus. When I had to walk from one class to another, each time I would take a new path. During my adventures from one location to another I came across some of the coziest lounges on campus complete with couches and sofas. One time I even stumbled upon an underground laboratory that had blast proof doors with caution signs plastered all over it. Inside I saw scientists wearing bio-hazard suits handling test tubes...crazy. Go explore your campus, and you will find some hidden spots where you can study comfortably or simply chill. Another advantage of exploring the campus is you will know all the shortcuts, which is especially important in the winter time. I cheated the cold, by mostly taking indoor routes.

First year kinesiology students have to take two core courses, one of which focuses on the socio-cultural aspects of sport. The other focuses on introducing basic health and fitness concepts. These two courses are complemented by lab and tutorial sessions. Labs feature a hands on opportunity for students to learn various fitness assessment methods. By the end of the year you'll know everything from how to measure a person's body fat percentage, to their flexibility. The tutorial sessions give students a chance to discuss lecture material in a smaller classroom setting. Since this program is all about human movement kinesiology students also have the privilege to take "gym" courses, called a practicum. Students can pick from a variety of sports and activities. In between all Kinesiology lectures, tutorials, labs, and practicum, you still need to take a few elective courses. At first it might all seem too much. However, it's all doable. Those of you who've already been accepted into the program are all smart enough. At this point what sets aside the good students from the rest is time management.

It might seem like you have more time on your hands, since in university most of you will spend less time in class per week as compared to high school. However, that is just an illusion. Think of that time as an opportunity to get ahead. It all goes back to time management. If you use that time wisely you'll find the material less difficult and thus more understandable and manageable. For example, knowledge presented to you in a lecture, is often new, and the large amount of new knowledge can seem overwhelming. The least stressful way around that is to take some time after each class to review your notes. Or even better, edit them, while the lecture is still fresh in your mind. My strategy was to find a comfortable place, and using the textbook or the power point slides from the lecture, I would go through my notes and add in or take out information. When it came time for exams, the extra effort paid off, since now all the knowledge that was taught was contained within a solid set of notes. However, many students neglect note taking and are forced to scramble all the knowledge together right before exams. This just makes it more stressful and time consuming, since now not only do they have to memorize the knowledge, but they have to dig for it.

At the end of the year, try not to discard your notes. Instead organize your notes and start your own personal encyclopedia. This way later on in your professional endeavours you will be able to refer back to your notes and find a way to apply the knowledge. The textbooks you buy are also an excellent reference and complement your notes in many ways. Some are even written or compiled by the same professors teaching the course. Sure they are expensive, heavy, and some might bring back painful memories, but if the opportunity exists fight the urge to sell them and tuck them into a bookshelf for later use.

Good Luck APGA. Hopefully you find this useful.

Alexi

UP AND COMING EVENTS

Dec. 18 – Holiday assembly/special schedule
 Dec.21-Jan.1 – Holidays (no school)
 Jan. 4 – First day back/Specialty program application
 Jan. 12 – Modified start day
 Jan. 13-14 – Math EQAO (Semester 1)
 Jan. 15 – Grad photo retakes
 Jan. 26-Feb. 1 – Exams/Evaluations
 Feb. 2 – Professional activity day
 Feb. 3 – Semester 2/Term 3 begins
 Feb. 8 – Report card distribution
 Feb. 9 – Modified start day
 Feb. 11-26 – Course selection process
 Feb. 12 – Professional activity day
 Feb. 15 – Holiday (Family Day)
 Feb. 18 – 9+10 course selection process
 Feb. 23 – Modified start day/Signature day/School Council
 Feb. 25 – Bubble day
 Mar. 9 – Modified start day
 Mar. 15-19 – Winter break (no school)
 Mar. 30 – Modified start day

APGA IN HOUSE THANK YOU

1. Thanks to Alumni Director Cari Baycroft and Nancy Kapralos (APGA French teacher) for their assistance with our Halloween event.
2. Thanks to Adam Scully for assistance
3. Thanks to all the parents who donated treats for the athletes to enjoy after the fun. Without your help this event would not have been as successful as it was. Thanks everyone, it was a team effort!

Photos of the Team Building/Halloween Event





Dodgeball fun



Teachers dressup for halloween





more dodge ball fun



new athletes who joined APGA this year....grades 9-12 (21 out of 24)

3 cheers for APGA.....Happy Halloween





Taylor is back at Northview this school year. She really enjoys her english class with Mr. Adamako. You'll find Taylor each lunch period hanging out with her friends in the APGA lounge. Great to have you back at Northview kiddo!

Alumni Updates:

Ben Cooke tennis

Ben: "I just wanted to let you know that RMC (Royal Military College) is going well, although I really miss not being able to play tennis. Now that the summer is over, all the outdoor courts are closed and there is no indoor tennis, which I found quite surprising for Kingston. I think next year I might transfer to a school in Toronto, maybe with a tennis team. I am still trying to get into the ROTP program that will pay for university, as long as I serve for 5 years afterwards".



On remembrance day I was watching some of the "highlights" that Ottawa was hosting during this years Remembrance day celebration. It reminded me of how many young people in the past and present chose to serve their country like Ben. Good luck with your future decisions Ben both to serve Canada and continue with your academic and sport pursuits.

Nicole Heikkila had accepted an athletic scholarship at Michigan State University and had a very successful first year. As you know all athletes struggle with the issue of retirement from their sport. It is such a big issue as so much of your life revolves around you being an athlete. Nicole grappled with that decision this summer and decided to stop competing in gymnastics.



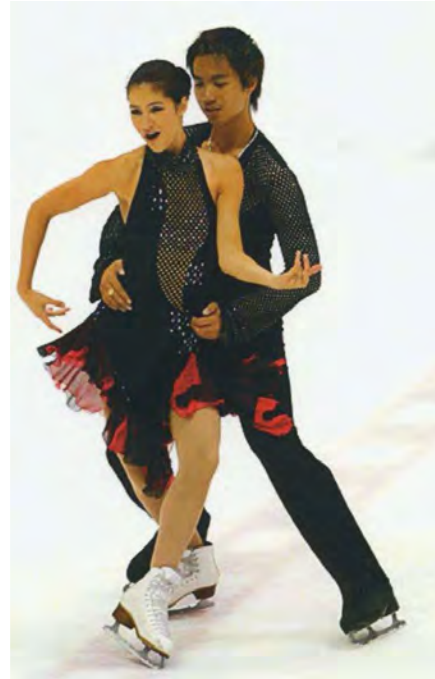
She is still at Michigan State University in her 3rd year. Nicole Helps out with the gymnastics team and has a more "normal" university lifestyle. Her mom and dad are looking forward to her home visit as they are currently located in Baton Rouge, Louisiana and Nicole will visit for the American thanksgiving. Good luck with your continued studies. Glad I could provide you with some further information that you needed.





Congratulations to Vanessa Crone and her partner Paul P. as they have qualified for the 2010 Winter Olympics in Ice Dance. Their recent results were as follows: 4th at the ISU Grand Prix of Figure Skating Cup of Russia in Moscow and a bronze medal in ice dancing in the NHK Trophy ISU Grand Prix figure skating competition in Nagano, Japan.

To find out more about Vanessa click the box below: [Vanessa Crone](#)



Olivia Martins and her partner Alvin C. worked hard this season attempting to qualify for the 2010 Winter Olympics. Olivia had delayed attending York University in hopes of qualifying. Their recent results were as follows: In Budapest, Hungary - 6th out of 18 teams and in Dresden, Germany - 6th out of 22 teams. We commend you both on all your hard work, commitment and sacrifice. We hope to see you both at the next 2014 Olympics! We are proud of all your accomplishments over the years!

I was driving past Dufferin on Steeles Ave. at about 8:22pm at night the first week of November. As most of you know my preferred method of transportation is via motorcycle. I was on my way to visit Mark E (grade 10 soccer) at his training site. As you know most of my visits are after school and on weekends because that's when the athletes train. I was frustrated as every 2 lights I had to stop. As I continued towards Bathurst I heard someone calling me at the next light....."Rose is that you on the bike?" I looked over and saw Angele Kutas. Angele, like most parents was deeply involved in her daughter's equestrian passion. I remember one August riding up to RCAC (Royal Canadian Riding Academy). Angele was lining up all the competitors in preparation for their competition. The best part was I got to see Maxime compete. I know how much you parents all help out with the sport your athletes are involved in.



In the 30 seconds that remained before the light changed I told her how thrilled I was that Max had dropped into APGA last month to say hi. We exchanged a few more quick “catch ups” and sent greeting to each others spouses. As I drove off to see Mark I reflected on how important attitude was. What I had viewed as a negative situation....”stuck behind traffic lights” turned out to be the “perfect timing”. It reminded me of why I do this job. Thanks Angele and Max for the greetings. It is great to still be a part of the APGA athletes lives even after they leave Northview. Family is always family.



Alumni visitor updates:



EQUESTRIAN

Maxime Kutas is at Sherbrooke, Quebec attending Bishops University for political science.



TENNIS

Maria Gassanova is now married and in Germany. Stefanie Willerding left the University of Texas and has returned to Canada.



RHYTHMIC GYMNASTICS

Kathryn Decata continues her social science studies at U of T.



BASKETBALL

Paul Campbell continues his scholarship with the University of Hawaii. He is now a senior. [Click Link](#)



SWIMMING

William Lim is studying kinesiology at York this year.



BADMINTON

Samuel Ma has decided to start his college program in the auto industry.

Two more APGA KUDOS.....



1. Andy Cox (Sheet Metal D & C) and his staff work for the TDSB. They repair, replace sheet metal, fans, lockers etc and are based out of Northview. They travel around the TDSB to the various schools in need of repair. It was Andy's wealth of experience I was able to draw. APGA received a tv which needed to be placed in our window facing the hall. A frame to secure the television and black screen area had to be set up. Without any hesitation Andy designed and installed the cover for us. Andy also had the legs cut on our tables and reinforced them. Now when the athletes sit at the tables they are the correct height for eating. Andy and staff.....APGA extends a big thank you for all your assistance to APGA over the years!

2. Karen W and Shaun Z have both been creating small movie snippets that highlight the athletes in action. These are now shown over the tv during the school day and will be posted on our website. Just a reminder to athletes to get their photos and videos in so we can highlight you in action!



Final Alumni Update

Tennis: Melissa McQueen is having a busy season according to her mom. She recently won 2 and lost 2 games in a tournament. She is a freshman at Fresno State University in California. Have a great year Melissa!

[Link:](#)



APGA STATS for this 2009 2010 school year

Gr 9 male	Gr 9 female	Gr 10 male	Gr 10 female	Gr 11 male	Gr 11 female	Gr 12 male	Gr 12 female	
						1		basketball
		1	1					dance
	1					1		equestrian
			2					figure skating
		1				1	1	golf
			1		2			gymnastics artistic
	2		1		3			gymnastics rhythmic
4		2				1		hockey
2		3	1	1		3		soccer
2	1	5	1	6	3	3		swimming
1								taekwondo
		2		2	2	1	1	tennis
		1					1	trampoline
		2	1					karate
					2			ski
1								volleyball
	1							track
10	5	17	8	9	12	11	3	Total 75