



Spring 2007

Editor: Rose Ruprecht

Visiting our Athletes in 'Action'

My position as the Director of APGA allows me the opportunity to visit and see the APGA athletes in action. Visitations are to competitions and/or training sites. I watch for changes in progress, fitness as well as, looking on the more polished routines and skills now established at this latter part of the year. The athletes dedication is evident between the sweats, smiles and groans of work. Watching them interact and talking with their coach(es) gives me great insight. The training/competition environment is a different setting from the school one. I am presented with another side of the student I know at school. Their interaction with teammates, competitors and officials affords me more glimpses into who they are. Having many different snapshots in and out of school and with parents, I can work on my relationship with our APGA athletes and provide them with better support at school.

During my visitations I meet many parents. They are all to be commended for their continuous support, and commitment to their athlete(s). Much of a parent's life revolves around supporting their athlete. Many weeks and weekends are sacrificed and not just during the summer months or when others are on holidays; their commitment is all year. These APGA parents are a vital link to their athlete's success.

As our school year draws to a close, our athletes have gotten a year older. In some cases this means they have had to move up into another age category and are now facing older, more experienced and stronger athletes. That drive for a perfect score of 10 or to make 80% of their first serves count in competition or to improve times in the long course pool, etc is what drives them all. The APGA athletes are an amazing group to work with and I marvel as they grow and improve.

Physical and Psychological is all "Par for the Course"

All athletes experience minor and major injuries throughout their career. Some of these physical hurts are visible. Others are repeat areas of tenderness that need watching and rest, a build up of support muscle groups and more work on flexibility and strength. Heeding that kinesthetic feedback is important because if athletes continue to train hard and ignore these signs, they can experience large setbacks. Listening to their bodies and knowing when to back off is essential as they never want to stop.

The psychological component of sport is also a necessity. While visiting one of my tennis players, I learned how his sport psychologist made a significant impact on his recent performance and game. We discussed the general formats of the sessions as well as his long and short term goals. When athletes are at the same physical level and compete against each other, it is that psychological edge that is a big deciding factor. This reinforces the need to flex and work the mental muscles as well as our physical ones.



APGA's Team Building: Chocolate Egg Hunt

APGA wants to thank our organizers and their assistants: Nicole, Elyse, Trevor, Leslie, Ali, and Michael. Thanks to Robert for the photos, Maxime for the video and Mandad for running the Egg Roll competition.

Congrat's to Stefanie... egg roll reigning champ 2 years in a row.



More Team Building Chocolate Egg Hunt photos



Competition News

Sent by Krisztina Harmath

The OTA(Ontario Tennis Association) published the 2006 year-end junior rankings. In the girls 14 years and under age category, Dominique finished #1 in doubles and #2 in singles in Ontario. She has recently competed in the U16(under 16) Nationals in Montreal.

Melissa McQueen recently in 2007 is rated as #4 in Ontario in the under 16 age. She was this year's Indoor Provincial Champion in the under 16 age category. Melissa also competed in Montreal at Nationals where she finished in the top 20.

Leslie Mak(artistic gymnastics) competed in Gymnix(Montreal) and had the following results: 7th on vault, 2nd on bars, 1st on beam, 3rd on floor and 3rd overall.

APGA Academic Results

Another fine showing by some APGA athletes in their pursuit of *Excellence in Academics* this 2nd semester. The minimum average to stay in APGA is a 70% overall average. Look at how many are well above that mark. Honorable mention goes to Lisa Li the only APGA athlete to have achieved membership to Northivew's Phoenix Club this semester. Lisa was ranked #2 out of all of this years grade 11's this 2nd semester as well as last semester.

APGA HONOUR ROLL April 2007

GRADE 9 HONOUR ROLL

Dominique H	87.22%
Kalissa L	86.11%
Pavel T	85.18%
Matthew S	85.00%
Suzanne W	85.00%
Adam S	82.09%
Carly M	81.22%
Tammy B	80.89%

GRADE 10 HONOUR ROLL

Dominique W	91.00%
Veronique P	88.60 %
Olivia M	87.57%
Elena G	87.00 %
Martin T	83.67 %
Melissa M	83.09%

**** **indicates on NHSS
Phoenix Club meaning
top 10 of their grade**

GRADE 11 HONOUR ROLL

Lisa L ** **	91.75 %
Leslie M	86.80%
Catherine O	83.86%

**** **indicates on NHSS
Phoenix Club meaning
top 10 of their grade**

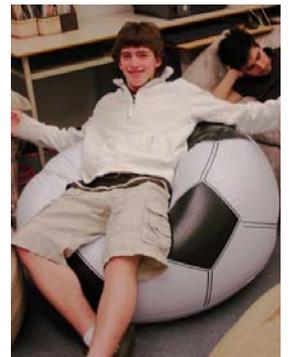
GRADE 12 HONOUR ROLL

Emily D	93.50%
Nicole H	92.33%
Victoria R	90.00%
Johnathan K	89.67%
Alexi K	89.00%
Trevor H	88.67%
Stefanie C	88.50%
Arthur D	86.00 %
Elyse H H	82.67%
Vadim L	81.67%
Melissa H	80.75%



Olivia, Jen, Veronique, Elena and Dominique went to "Dave and Busters." There they combined their points and won some inflatable chairs which they donated to APGA.

THANK YOU!!



APGA Highlights during 2nd half of the year:

Draft info submitted by Lynne Stajcer

Scott S.(hockey goalie originally from Brantford, Ontario) was drafted this fall in the OHL draft to the Owen Sound Attack. He was drafted 8th in the 3rd round (or 48th overall). He will be making the big decision in August as to whether to accept this offer or to return closer to home and possibly play at the Junior B level for another year.

What a position to be in. The OHL generally makes offers to its goalies when they are a lot older. APGA has had many goalies go through its program. In hockey wise we have only had Rick Jackman make it to the NHL(Toronto Maple Leafs and then to the Pittsburgh Penguins). We have also had several hockey players compete in the professional European Hockey League. We are all very proud of Scott and wish him and his family wisdom as they make this decision together.

Greg Densem appeared in the Toronto Star's High School Report Thursday May 3rd. Greg was listed as one of the Top 25 players to watch by the Toronto Star. The following week Greg was featured as the Toronto Star's Athlete of the Week.

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Greg Densem, athlete of the week

LEAGUE/CITY:TDSSAA/Toronto

GRADE: 11 **AGE:** 16

- Went 3 for 3 with two homers, five RBIs and threw a one- hitter in a 5-1 varsity baseball win over Newtonbrook.
- Chosen MVP of school baseball team last year.
- Multi-sport athlete (hockey, golf).
- Interested in a career in physiotherapy and has an 84% average.
- Considering the University of British Columbia or hoping to earn an NCAA athletic scholarship.
- Former player of the year in the 18-and-under category chosen by Baseball Ontario.
- On Team Toronto squad last year, had a 14-1 pitching record.



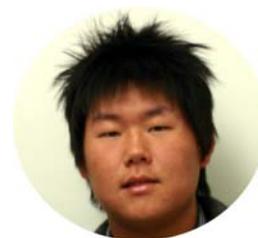
(photo taken/inserted by Ms Ruprecht)

More APGA Highlights during 2nd half of the year:

Golf Update

Justin Shin tied with Matt Hill at the final round action of the Golf Association of Ontario's Investors Group Junior Tournament of Champions. They then proceeded to a final play off round to determine the Junior winner. Justin missed out by 1 stroke as Junior Champion but was awarded the Juvenile Championship. Click the link below to see more info.

http://www.gao.ca/index.cfm/ci_id/3428/la_id/1.htm



Canadian Rhythmic and Artistic Championships(Regina) May 22 - May 26

Good Luck wishes to our rhythmic and artistic gymnasts who are currently competing in Regina. Some of our grade 12's will be missing their "Prom" because of this event. Just another sacrifice –one of many our APGA athletes continue to do to excel in their sport.

Alumni Say Hi Again

Hi Ms. Ruprecht

May 2006

How are you? First of all I would like to thank you for all the attention you have given my ILC calculus course. Without you I would have been in a lot of trouble with that. I really appreciate it. I just wanted to let you know that I just received a call from Northview saying there was a package there. My sister will be picking it up tomorrow. I can't because I am still in Montreal.

It is going very well here in Montreal. I am having lots of fun, learning tons and improving a lot in many different areas. I just got back from Nationals in Victoria, BC where my team came first and my duet came second. I was very happy with my results. I was also named to the national B team which is going to be competing in Switzerland at the Swiss Open this summer. I am very excited about that. So over all I think I have had a very good year.



I hope everything is going well to you. I just want to thank you one more time for all the hard work that you have done for me, not only this year but in all my years at Northview. I really do appreciate it, and I don't know what I would have done with out you.

Thanks

Erin Willson

More Alumni input

Date: Mon, 26 Mar 2007 20:45:05 -0700 (PDT)
 From: "Kathryn Whittemore"
 Subject: Re: APGA newsletter
 To: "rose ruprecht" <nhssscience@yahoo.ca>

Hey Ms. Ruprecht,

How are you? Thought I'd check in and see how things were with you and APGA this year. Sorry I haven't been in to visit at all this year but I have been really busy with school and coaching this year.

I'm almost done my second year and it seems like only yesterday I was at APGA. I'm sure it's still the same as always isn't it? Still have the Seneca gymnasts hogging the couches to nap. I saw the picture of Ali sleeping in the newsletter, it was definitely a classic picture. Every once in a while I see Emily and I see Sergei all the time. Alycia and Lydia are doing well. I talk to them a lot as well and Peter who is doing really well out in Ottawa. Anyways I have to go study I have one more midterm before finals start and then second year will be done! Hope everything is well with you and all the APGA students!
 Cheers Kathryn Whittemore



Stefanie Becke and Kathryn come visit APGA Friday March 28 Stefanie is a rhythmic gymnast from 15 years ago! Even the alumni like the bean bag chairs in APGA!



Shannon French & Sarah Burke (fig. skating)



Eric Gee (fig. skating) popped by to say hi as he was not able to attend the reunion



Nick (Hockey) came back just before Easter to visit the gang in APGA.

Northview's 50th Reunion (May 4th and May 5th)

The Alumni Committee did a fantastic job in organizing this event. The Friday evening Dinner Gala and Saturday events of staff breakfast, decade rooms, tours of the school, BBQ, entertainment, and auctions were just some of the many highlights. Ms. Baycroft organized the 1980's and 1990's decade room. Since APGA began in 1988 this was where the APGA alumni athletes gathered. Ms. Halket was there as well.

Many alumni came from other countries to revisit Northview. On Saturday there were roughly 1,500 current staff and alumni who returned to Northview. Thanks again to current admin, staff, students and the many alumni who made the weekend such a great success.



Alicia (Equestrian) visits APGA

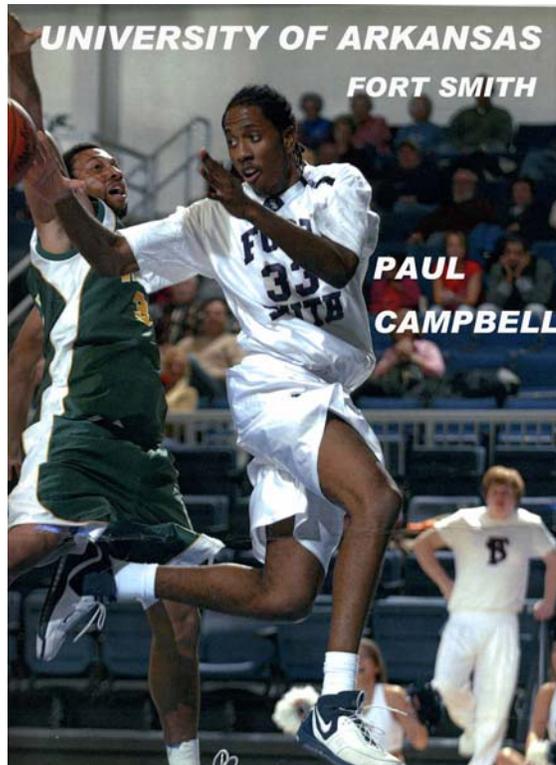
More Alumni Links click the names below:

[Lydia Williams](#) (gymnastics profile)

[Sarah Burke](#) (from figure skating to cheerleading at Western University)

Calendar of Events 2007

- May 29 Modified Start Day
- May 30 Carnival Day
- June 5 School Council
- June 6 Athletic Banquet
- June 7 Recognition Assembly
- June 12 Modified Start Day
- June 11-19 No Field Trips
- June 18-26 Exams
- June 27 PA Day + Graduation
- June 28 Report Cards



Paul came by to say hi and give us his latest news.

Paul will be attending the University of Hawaii this September 2007.

Best wishes for a great year Paul!



Have a great summer everyone