



Winter 2008
Editor: Rose Ruprecht

Alumni + APGA Newsletter

Hello Everyone,

Can you believe the school year for current APGA athletes and our Alumni is more than half over. It is an exciting time as the Beijing Olympics are now only a few months away.

There is a wonderful website at <http://www.olympicschool.ca/>. If you select "Library" and then in the next window select "Media Library" (at the bottom) you will then see a movie player window. Below the movie player is a moving scroll window with photos of various athletes.

When you look through you will see our own Elyse Hopfner Hibbs (artistic gymnastics). When you click the photo of Elyse, the movie player begins. You will see and hear Elyse discussing "fairness". In another movie segment she talks about "dealing with pressure".

Recently in mid March, Elyse won a silver on beam and bronze on bars at the World Cup Gymnastics competition held in Doha, Qatar. Elyse continues to train hard. The Canadian Gymnastics Championships will be held this June in Calgary Alberta.

We are very proud of Elyse and all her academic and athletic accomplishments. We send her our best wishes as she continues to set her sights on the events still at hand and her ultimate goal of the Beijing Olympics! You go girl!



APGA HONOUR ROLL February 2008

Grade 9 Honour Roll

~K.	Evelin	89.71 %
~L.	Christine	89.33 %
~L.N.	Taylor	89.17 %
~P.	Akshaya	88.86 %
~R.	Florin**	88.57%
S.	Natalie**	87.67 %
D.	Andrei**	86.57 %
K.	Alonya**	85.71%
D.	Roland**	84.29%
M.	Lydia**	83.57%
L.	Jocelyn	83.17%
M.	Patrick**	81.71%

Grade 10 Honour Roll

~S.	Adam	91.60%
B.	Arankan	87.20%
T.	Pavel**	87.00%
H.	Dominique	86.40%
L-B	Rebecca	85.80%
L.	Kalissa	82.50%
M.	Carly	82.00%

~Athletes who made Phoenix Club (top 10 in their grade)

** athletes in Honours Math Science Technology program as well

Grade 11 Honour Roll

T.	Martin	87.50%
N.	Sylvia	84.67%
M.	Melissa	84.00%
P.	Veronique	83.57%
W.	Dominique	82.75%

Grade 12 Honour Roll

~H-H	Elyse	94.00 %
L.	Lisa	89.25 %
D.	Kathryn	89.00%
K.	Alexei	81.67%
M.	Ali	80.67%

ACADEMICS balanced with ATHLETICS

APGA this year can boast that 29 of its athletes are on the honour roll. Seven athletes are 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 supported and on the honour roll. Athletes, keep up that academic focus. Don't forget to say thanks to your teachers for a good term.



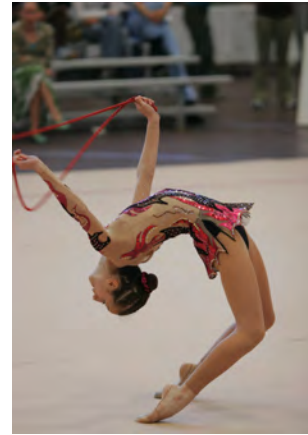
Athletic Accomplishments to date submitted by APGA's roving reporters



Elite Canada, Edmonton
Rhythmic Gymnastics
Senior Nationals
Ali Martincek
1st All Around (AA)
Pacific Alliance, San Jose
9th AA, Team Silver



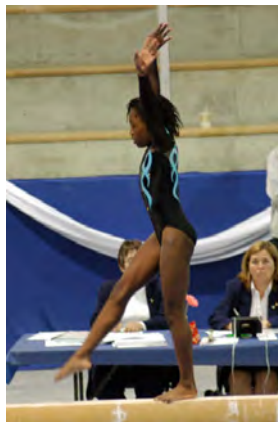
World Fig. Skating Champion, Sophia
Ice Dance Pairs
Junior Nationals
Vanessa Crone + partner Paul
2nd AA



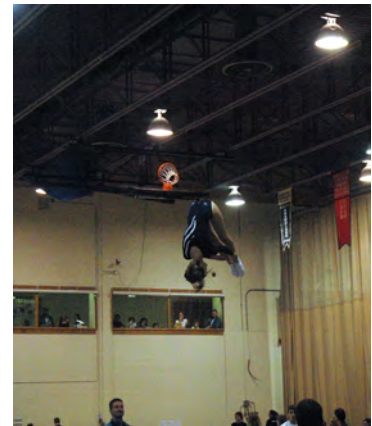
Elite Canada, Edmonton
Rhythmic Gymnastics
Junior Nationals
Natalie Steshenko
4th AA



Gymnix Internation, Montreal
Artistic Gymnastics
Senior Nationals
Christine Lee
1st Beam



Gymnix Internation, Montreal
Artistic Gymnastics
Nationals-Open
Taylor Lindsay-Noel
1st floor, 2nd vault, 2nd AA



Winter Games
Trampolining
Provincial Qualifier
Shannen Busch
1st double mini

Alumni provide feedback about University



The University Scene at Simon Fraser

By Emily Densem

It was a big step moving out here all by myself. I'm away from home, out of my comfort zone, but surprisingly, I have adjusted really well. I think I owe a lot of that to APGA. Being a part of the Academic Program for Gifted Athletes gave me the opportunity to compete on an International level as well as maintain good grades. As I am realizing now, life isn't always that easy!

University in general is a big step. For some, they have to move into residence, which can be really hard, especially for people like me who have never moved before in their lives! Everything around you changes. Your parents are not there to look over your shoulder to make sure you are doing your homework. They are not there to cook you dinner, or tell you when to eat and the absolute worst, nobody is there to do your laundry (which piles up, so don't wait until you run out of clean socks!) Everything seems to move faster. Unlike your teachers, most professors will not have a clue who you are, nor will they care if you attend class! There are no more phone calls home from an automated machine, "your son or daughter, by the name of Emily has missed periods 1,2,4,5." There are no sign out sheets, and nobody asks you why you weren't in class. Life/class goes on, with or without you, and it is A LOT harder to make up missed assignments or tests! As I have quickly come to learn, university comes with a lot more responsibility, both athletically and academically.

Competing for a team at the varsity level is an honour. An honour that comes with a lot of sacrifice. I train every morning from 6:00 am to 9:00 am, and that is not counting conditioning! Then I have to rush to class, sometimes sweaty, and sit through hours of lectures and tutorials. Then we have road trips, which you would think would allow some time off for competition however, there are mandatory study halls and one might often find themselves writing a test or completing their assignments on the road! Playing for a varsity team has made me a much stronger person, not only physically, but also mentally. I am now a much more independent person.

University is a special experience. Make your decisions carefully and for the right reasons. I hope the graduating class as well as the new students coming in learn as much as I have from their experiences at Northview. My only advice to them is, "it is what you make of it." I know this may be a bit of a cliché, but trust me, the time does fly, and before you know it, your 4 years will be over! So do yourself a favour and make the most of every chance/opportunity you get, both academically and athletically! Change is never easy, but looking back I am so grateful to APGA and special teachers, like Ms. Ruprecht, who made the transition that much easier.

Emily Densem
Simon Fraser University (British Columbia)
Softball

More Info about Emily at:
<http://athletics.sfu.ca/teams/softball/roster/>



Jen and David Shaw APGA 2005-07 Alpine Skiers

Catherine Orser + Ali Martineck
Currently in APGA



Nicole Heikkila Artistic Gymnast
APGA 2004-07

http://msuspartans.cstv.com/sports/w-gym/mtt/heikkila_nicole00.html
http://msuspartans.cstv.com/photogallery/gallery_index.html?school=msu&sport=&
(choose "gymnastics" then select "Jan 30-flip for a cure" and select photos 4 + 6)



Richard Orser APGA "adoptee" 2004-07

The future at university ...

By ~ Arthur Domchik



Are you excited about university? Maybe nervous too? These are common feelings toward the future at university. You might have heard that at university you study, study and study and you have no time for anything else. Do not worry, actually, it is not that bad. You will not be able to finish an essay the night before it is due, but you will spend about the same time you did for your high school papers. I guess what I am trying to say is that wise time management skills will be important, if you want to have time to get out and have some fun on the weekends or take on a part-time job.

Though, it is usually not recommended to have a job in your first year. Unlike high school, at university you will have to take five classes per semester. Oh, and semesters are shorter – only four months and you get a four month summer break. Awesome, eh? But you will have a midterm test and a final exam, which will be the bulk of your overall grade.

At university, there is more freedom in making up your schedule, but use your organizational skills to build your schedule in such a way that you spend the least time between classes and waste less time commuting. In terms of class sizes, my biggest class has 515 students, while the smallest has 60 students, so it all depends on the subject. It is recommended that students spend 2-3 hours studying per hour of class, however that is not set in stone, meaning you will adjust your studying schedule according to your needs. In addition to attending lectures, you will have to attend tutorials for the majority of your classes, which usually commence the second week of the semester. Tutorials are run by 4th year students or graduate students. In tutorials, usually quizzes are written, assignments are taken up or group activities are held to review key points from the lectures.

There are a lot of various clubs, associations, mentorship programs, and sport teams that you can join beginning in your first year. They usually post advertisements around the campus or during the first two weeks they set up booths.

Calculus at university is about at the same level of difficulty as that at high school. You will be required to pass a diagnostic test to be able to take calculus. If you are unsuccessful, you can redeem yourself by taking tutorials, and then take a second shot at the test. For courses in humanities, be prepared to write a lot of essays. For science courses, labs will be your companions. For business students; economics, management, and accounting courses will be your asset. Do not be shy when at university, there are a lot of places where to get help, from the writing center to mathematics help centers. These services are there for you, so take advantage of them. After all, you paid for it. Professors and TAs also have office hours, where they welcome questions.

Another point, at university is be prepared to apply your knowledge, analyze scenarios, and make decisions during tests and on exams. Knowing theory will not get you very far, without knowing how to apply it. On occasion, you will be expected to go beyond the material learned in class to solve problems. However, if you spent adequate time studying during the semester, it should be a piece of cake! During your first couple of weeks, take the time to familiarize yourself with the campus. Introduce yourself to fellow students and make friends. Most importantly have fun! Good luck at your future studies and may all your dreams become reality! Cheers!

UP AND COMING EVENTS

April 1	— Modified Start Day 9:55 am start
April 11-17	— In School Evaluation
April 15	— Waterloo Math Contest
April 22	— Modified Start Day 9:55 am start
April 28	— Report Card
May 6	— Modified Start Day 9:55 am start
May 15	— Prom
May 19	— Holiday
May 27	— Modified Start Day 9:55 am start
May 28	— Carnival Day
May 30	— SAC Elections
June 3	— School Council
June 4	— Athletic Banquet
June 5	— Recognition Assembly
June 10	— Modified Start Day 9:55 am start
June 9-17	— No field trips
June 12	— Yearbook Distribution
June 18-24	— Exams
June 24-25	— PA Days
June 25	— Graduation
June 26	— Report Card Distribution

APGA IN HOUSE THANK YOU

1. Thanks to Stefanie Carew (alumni), Kathryn, Ali, Elena, "V" Dominique, Olivia, Catherine, Carly for organizing the 2008 Team Building Egg Hunt event.
2. Thanks to Greg for taping and Andrew and Sylvia for taking pictures of the Egg Hunt Event
3. Thanks to Lisa Li for creating the APGA 2008 photo



Alicia Cantin APGA 2002-05

Alumni Info:

Hey Rose,

It's Alicia Cantin. Just wanted to give you an update. I've bought a new horse - a baby - and I'm looking into going into business with a woman I know buying, training and selling horses. In September I will probably be competing in the states doing the Florida circuit. The horse I bought 2yrs ago as a racehorse is now a very competent jumper so we're "upping" the competition level on him. Other than that, not a whole lot new. Just thought I'd give you an update!

Good day Ms. Ruprecht,

Nick in APGA 2004-06

I hope all is well. A semester is close to ending so I'm sure you are extremely busy. It is Nick LeBouthillier in case you don't remember. I hope you had an excellent Christmas. I wish you a happy new year.

I just wanted to let you know that someone by the name of (name given) is interested in attending Northview and being a part of APGA. I told him about the program and how it helps out athletes. He plays AAA hockey for the Toronto Redwings and is a call up for my Junior A team. He is expected to go top 10 in the OHL draft.

I left his father your contact information at the school so I would expect a call one of these days. I look forward to hearing from you and I wish you and the athletes in APGA all the best.

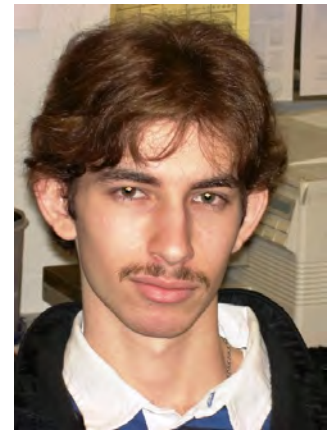
More alumni Info:



Mandad Tabrizi
APGA 2005-7 (Jiu-Jitsu)



Elyse Hopfner Hibbs +Emily Densem
(Artistic Gym) (Softball + Hockey)
APGA 2003-07



Arthur Domchik
APGA 2004-7 (Swimmer)



Leslie Mak (Artistic Gymnast)
APGA 2004-07
Click Link : [Oregon Scholarship](#)



Johnathen Kim (Golf)
APGA 2006-07

Elyse Hopfner-Hibbs Artistic Gymnast APGA 2003-08

Melissa Hart Dance/Figure Skater APGA 2003-07

Stefanie Carew Rhythmic Gymnast APGA 2003-08



APGA EGG Hunt PHOTOS 2008

Team Building Event: Chocolate Egg Hunt + Egg Roll + Wheel of Fortune

Organizers + Photographer:
Carly, "V", Kathryn, Stefanie,
Catherine, Andrew absent: Ali, Elena

Photographers:
Sylvia + Theresa

Egg Roll Organizers
Olivia + Dominique

Videotaping + Egg
Hunt Helper Greg



Eating lunch before competitions start



Instructions to each group before “egg hunt began”



Searching for hidden chocolate eggs



Counting the “found eggs” for points



Team ① = 53
 Team ② = 37
 Team ③ = 47
 Team ④ = 55
 Team ⑤ = 40

1	2	3	4	5
Tina	Ben	Jacob	Adam	Samuel
Shannon	Greg	Zhaun	Dominique	Justin
Aaron	Kai	Roland	Evelin	Patrick
Marissa	Andrei	Marcus	Taylor	Vanessa
Matthew	Rebecca	Tamim	David	William
Richard	Kristina	Jaylen	Vikram	Adam
Maxime	Daniel	Yaakov	Amrit	Pavel
Kalissa	Alexi	Alex	Melissa	Akshaya
Albin	Zack	Ozgu	Arankan	Martin



Egg Roll Competition



Pavel Wins Egg Roll Event!



Wheel of Fortune

