



April 2006

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Hello Everyone,

Northview's new automated messaging system has been working and calling home when a student has an unexplained absence from class. If an athlete is informed by their coach at the last minute of a competition and/or the athlete has not provided me with dates in advance I will not be able to inform the attendance office of the absence. The athlete will be marked absent without an explanation and the phone calls home will start. Please call our main number and follow the prompts to report any absence or illness before 8:15 am. Also, don't forget to let me know as well at extension 20139.

Not only is this messaging system used to call home about attendance, but it also left messages over March Break indicating that we were holding Parents' Night on March 23<sup>rd</sup>. We hope you find this new system a valuable tool.

Canadian athletes have been busy competing in the Turin Olympics and the World Figure Skating Championships. Canada had a fantastic showing in both these events. Other athletes were busy competing in the Commonwealth Games held in Australia.

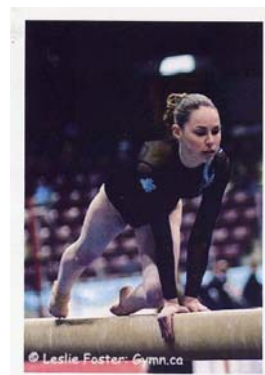
For some in APGA, the winter athletic season is winding down. They will have a short break and then resume preparations for next season. APGA athletes continue to compete, train and recover from injuries.

Activity for our senior APGA athletes currently stems mainly around ensuring their SAT scores and transcripts will be sent to their prospective universities. NCAA requires the athletes' home school to send both their SAT scores along with their transcripts to determine eligibility. Aisha Densem (Greg and Emily's mom) sent me information about the myths behind US Athletic scholarships and issues to be aware of. This information is in the latter part of our newsletter and will be posted shortly on the support website. Thank you Aisha for the information.

### ***Scholarships for our athletes keep coming in:***

#### **University of Denver, Colorado**

Ellen was ranked as the Number 1 choice (top recruit) for the 2006/2007 season by the Denver coaching staff. Here in Canada, Ellen was ranked third in the National Open Category. Since then she has upgraded her routines in preparation for this year's competitions. We are very proud of Ellen's accomplishments. In addition to her athletic talent, Ellen has been on the honor roll each year while at Northview. She is a very accomplished, responsible young lady who has excelled in both athletics and academics. The University of Denver is lucky to have such a wonderful candidate. Well done, Ellen. We are very proud of you.



***ATHLETICS***

*balanced with*

***ACADEMICS***

Academic and athletic scholarships are within your grasp. Never lose sight of that APGA. 24 out of our 64 athletes are on the January 2006 honour roll. This report counted final grades and not the marks from the non semestered classes. The minimum requirement to stay in the APGA program is the maintenance of a 70% overall average each term. Almost all of you are well beyond that minimum mark.

With the help of our supportive teachers and administration, each term, the APGA athletes are consistently on Northviews' honour roll. Well done athletes and thanks to our Northview teachers. We could not achieve this without their support. Keep up that academic focus.

# APGA HONOUR ROLL FEBRUARY 2006

GRADE 9 HONOUR ROLL		GRADE 10 HONOUR ROLL	
M. Olivia	87.00%	C. Ben	81.86%
W. Dominique	88.67%	M. Ali	82.00%
<b>S. Adriana</b>	<b>89.00%</b>	H. Matthew	84.43%
		D. Kathryn	85.14%
		G. Rachel	85.14%
		D. Gregory	85.88%
		<b>M. Leslie</b>	<b>87.29%</b>
GRADE 11 HONOUR ROLL		GRADE 12 HONOUR ROLL	
D. Arthur	80.50%	M. Allison	80.00%
H. Melissa	81.33%	M. Ellen	80.67%
K. Nadia	83.29%	M-A. Sharaf	84.00%
C. Stefanie	85.40%	W. Stephanie	86.00%
R. Victoria	85.50%	M. Roman	86.25%
C. Anastassia	85.60%	<b>S. Hana</b>	<b>87.67%</b>
H-H. Elyse	94.25%		
<b>H. Nicole</b>	<b>94.80%</b>		



**ALUMNI NEWS:**



Northview will be 50 years old in 2007. We are having a reunion.... spread the word and watch the newsletters for more information around this event.

**What do the Olympic rings signify?**

According to most accounts, the rings were adopted by Baron Pierre de Coubertin (founder of the modern Olympic Movement) in 1913 after he saw a similar design on an artifact from ancient Greece. The five rings represent the five major regions of the world: Africa, the Americas, Asia, Europe, and Oceania. Every national flag in the world includes at least one of the five colors, which are (from left to right) blue, yellow, black, green, and red. It is important to emphasize that Pierre de Coubertin never said nor wrote that the *colours* of the rings were linked with the different continents.

The Olympic Flag made its debut at the 1920 Olympic Games in Antwerp, Belgium. At the end of each Olympic Games, the mayor of that host-city presents the flag to the mayor of the next host-city. It then rests at the town hall of the next host-city for four years until the Opening Ceremony of their Olympic Games.

***Alumni Update: Turin Olympics 2006***

Our APGA Alumni, Veronika Bauer, currently 25, attended Northview. She was in APGA from 1995-1999. Veronika began her sports career as a gymnast/trampolinist and then later switched to aerial skiing. She is Canada's 4 time National champion, having won that title in 2000, 2001, 2004 and 2005.



Veronika competed in the 2006 Turin Olympics. This was her 2<sup>nd</sup> Olympics. She competed for Canada in the women's aerial skiing event. She placed 5<sup>th</sup> being the only woman to qualify for the finals. We posted our best wishes on the Northview school sign and I also sent several emails to her at her website with photos and words of encouragement. After the Olympics I sent a message of congratulations.

Needless to say all of Northview is proud of Veronika's years of hard work and dedication as an athlete. She finished 12<sup>th</sup> in the world.....well done, Veronika. You gave your best and we are proud of you.



***APGA's busiest athlete still going...***

Elyse Hopfner-Hibbs has just returned from Melbourne Australia, where she was competing in the Commonwealth games. Elyse had a great experience and is currently catching up with her academics until her next competition. Congratulations to you and CA.



**Results:**

Commonwealth Games  
Melbourne , Australia

Gold bars, Gold beam, Silver AA,  
6<sup>th</sup> floor, 7<sup>th</sup> vault, Team bronze

Next up for Elyse: Pacific Alliance Championships  
In Hawaii

## APGA in International Action since April 2006:

### *Nordic Skiing*

Sean K  
"O" Cup  
Canadian Nationals,  
Thunder Bay,  
9<sup>th</sup> in Canada in his  
age group.



### *Dance*

Andra V.  
Latin World  
Championships  
Slovenia



### *Alpine Skiing*

Jennifer S.  
Mt Tremblant  
next  
International BC



### *Rhythmic Gymnastics Group*

Kathryn D.  
Madeira, Portugal  
5<sup>th</sup> Hoops, 5<sup>th</sup> Clubs,  
4<sup>th</sup> Ribbon  
next:  
Elite Ontario, Seneca  
International training  
camp/competition  
Poland,  
Nationals, Vancouver  
BC



### *Figure Skating*

Victoria R  
Canadian Nationals



### *Rhythmic Gymnastics*

Stefanie C.  
Thias Grande Pre  
Thias, France  
Next:  
Elite Ontario  
Pacific Alliance  
Championships, Hawaii  
Corbeil, France  
Nationals Vancouver BC



### *Artistic Gymnastics*

Nicole H.  
Elite Canada, Montreal  
Next:  
Friendship Classic,  
Pennsylvania  
Elite Ontario, Caledonia



### *Tennis*

OTA  
Carmen S  
Kristina G  
Michael G  
Maria G  
Megan B  
Next:  
3 Star,  
National Qualifiers  
Canadian Nationals,  
Toronto



### *Figure Skating*

Olivia M  
Dance Pairs  
Canadian Nationals  
8<sup>th</sup> overall



### *Alpine Skiing*

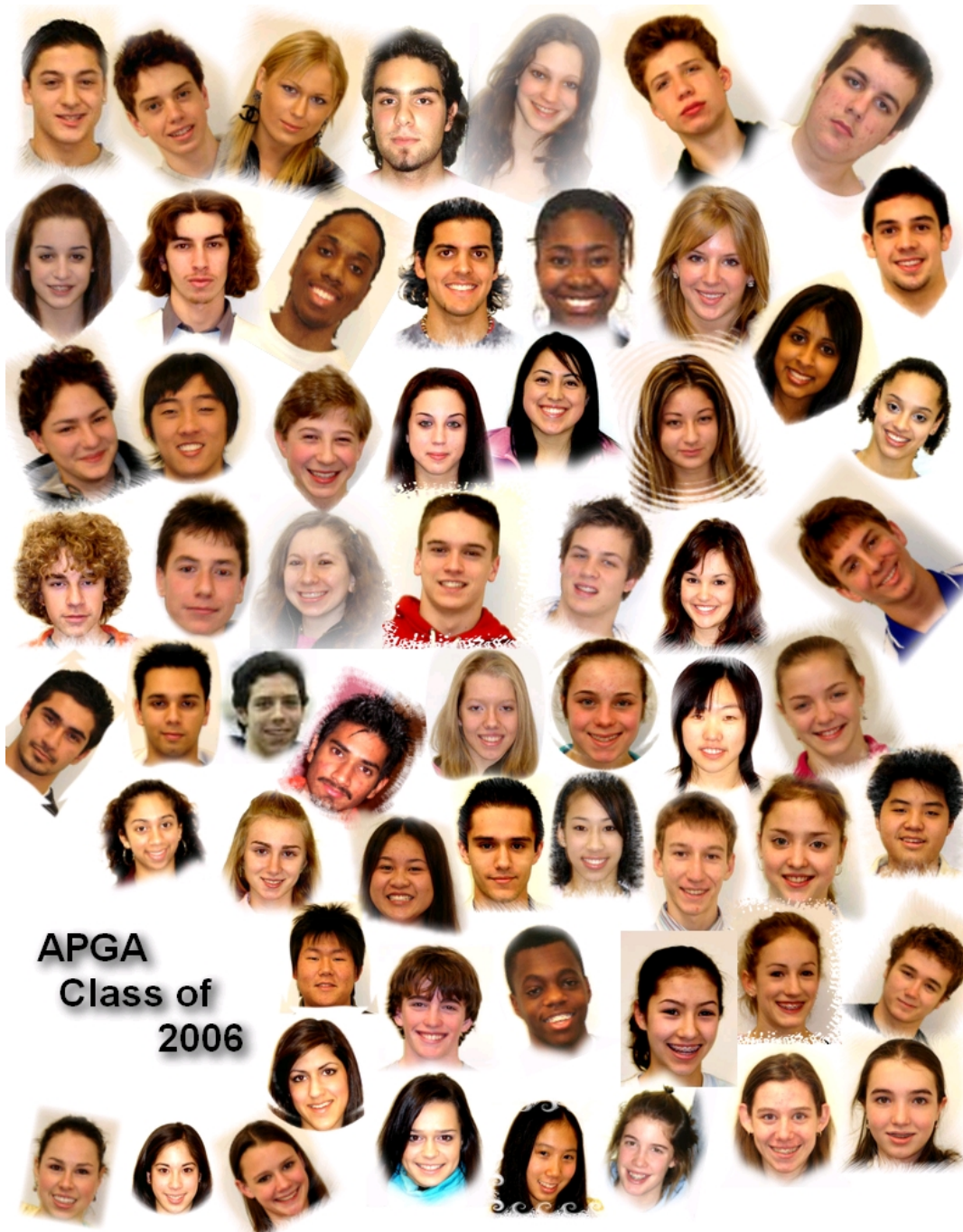
David S.  
Gee Cup, Devils Glen  
Wendy Buda Cup 27th  
Craigleigh 18th





New APGA tradition establishes itself:

Each year a “class of APGA” will be created and posted in the lounge area. This year with input from the athletes I have created two versions. The traditional looking name and athlete head shot listed alphabetically. I have also tried a fun collage mix with larger headshots. This newsletter will host the collage mix. Hope you all enjoy the expressions and smiles of APGA 2005-2006.



**The next APGA team building activity is coming:**

The following ladies have undertaken our annual 2<sup>nd</sup> semester team building activity:

Arienne C, Ellen M, Allison M, Leslie M, Ali M.

The event is set for Friday April 21<sup>st</sup> during lunch. There will be treats and prizes for the winning team. It is traditionally held around Easter/Passover but since this year that runs into mid term evaluations the committee decided to move it well after this evaluation period. This would also help our grade 12's who of course want to do well academically and send forth good marks to the various universities in April.

**Upcoming events**

April 7 <sup>th</sup> , 10 <sup>th</sup> – 12 <sup>th</sup>	In School Evaluation	June 7 <sup>th</sup>	Athletic Banquet
<b>April 14 &amp; 17<sup>th</sup></b>	<b>Easter (No School)</b>	June 19 <sup>th</sup> – 27 <sup>th</sup>	Exams
April 18 <sup>th</sup>	In School Evaluation	June 28 <sup>th</sup>	Graduation
April 19 <sup>th</sup>	Waterloo Math Contest	June 28 <sup>th</sup> - 29 <sup>th</sup>	Professional Activity Day
April 21 <sup>st</sup>	Term 4	June 29 <sup>th</sup>	Report Card Distribution
April 23 <sup>rd</sup>	Staff Meeting		
April 24 <sup>th</sup>	Marks Gathering Sheets		
May 1 <sup>st</sup>	Report Card Distribution		
<b>May 22<sup>nd</sup></b>	<b>Victoria Day</b>		
May 23 <sup>rd</sup>	Staff Meeting		

**Wonderful opportunities, but double-check the details and get promises in writing “NCAA scholarships”**

Aisha Densem sent me a letter from John Jepson of Team Toronto Mets. John was granted permission by Tom Valcke to reproduce the letter and send it to his athletes and parents. Tom Valcke was the former head of Canada’s major league scouting bureau and current President and CEO of the Hall of Fame. I felt it was an important, informative article and received permission from Tom to post it in this newsletter and also to our support website.

Tom’s slightly shortened article relates to information published about one Canadian athlete and is presented as a learning situation for all. I found this link to the article:

<http://lfpres.com/cgi-bin/publish.cgi?p=111976&x=articles&s=sport>

Read this article first and then you will understand what Tom is talking about.

Dear baseball playing student-athletes:

My letter below stems from a recent London Free Press article about a very gifted high school student-athlete named Jaleesa Rhoden, who has just signed a letter of intent with the University of Georgia Bulldogs to play for their women's basketball team. Don't skip over anything written about Jaleesa, as it could very much just as easily be you.

I have no desire to be perceived as someone raining on someone else's parade. Nor is this a knock on Jaleesa Rhoden - what an amazing student-athlete and a tremendous accomplishment! It is wonderful to read such good news when the world is so full of bad news!

The info contained here should be made as public as possible. It can be echoed by countless "scholarship" victims, and hopefully may prevent bad experiences in the future. I say this because it this very issue was one of the largest consumers of my time as Canadian Supervisor of the MLB Scouting Bureau as well as one of the biggest misconceptions held by innocent and naive athletes and their parents, no matter how educated or successful in business they were in their other walks of life.

Don't read me wrong here, I am not anti-education whatsoever.... I have a university degree and I'm counting on my kids getting one too. I'm about making educated choices, based on accurate and complete information from all sides.

It really ticks me off when athletes and parents are fed incorrect or at the very least much-embellished information when they are trying to make key decisions that they are, through no fault of their own, inexperienced and unqualified in making (e.g., pro vs. college, or Canadian university vs. USA university, or US college vs. US college, etc.). Some unethical recruiters and/or careless media make an already difficult situation even more unfair with false/misguided information, and ultimately, it is the student-athlete who gets burned and winds up having the regrets.

The London Free Press article about Jaleesa Rhoden is typical of the general public's knowledge (or lack thereof) of scholarships to NCAA schools. Here are three quotes from the same article by Steve Green:

**Page A1** > " ... Jaleesa Rhoden has accepted a full scholarship to the University of Georgia, a four-year commitment from the Bulldogs worth \$30,000 US a year ..."

**Page B1** > "The four-year full ride is worth \$30,000 US a year ... "

**Page B2** > " U Georgia assistant coach Brenda) Hill said the scholarship isn't guaranteed, but added Rhoden should have no problems."

Not only inconsistent and vague, but WRONG and WRONG again: (a) Multi-year scholarships are **not** sanctioned by the NCAA in any sport; and, (b) Does U Georgia cost \$30,000 US per year? Says who? See below. **No such thing as a full-ride**

Firstly, the bottom-line is that the NCAA does not sanction multi-year scholarships in any sport. Schools can most certainly intend to have athletes on scholarships for four years, and they can express to the athlete and his/her parents this is their desire (& they do, all the time!), but it is a very slippery slope because nobody has the right or the credentials to promise anything beyond the 1<sup>st</sup> year.

All scholarships in all NCAA sports are renewable each and every year by the institution on whatever criteria they deem relevant, and they don't have to justify their decision to anybody. If an athlete doesn't cut it on the field, court, or classroom, or if the coach doesn't like him/her, or if the coach gets replaced, or if the school gets put on athletic probation, or if next year's freshman class is loaded with blue chip stud-hammers, or if the student-athlete gets injured, and so on ... the scholarship can be taken away or reduced.

Just as immorally, some athletes in their second or third or fourth year get cut back purposefully because the coach knows that they are comfortable at the school by then, transferring at that point would be a total and impractical inconvenience, credits are not necessarily transferable, and ultimately, if a student-athlete changes schools in mid-stream, they have to sit out of their sport one full year before they can play again ... so out of the blue, mom & dad have virtually no choice but to pony up the difference to keep their son/daughter at that school ... the same school who originally "promised" a four-year full-ride (always verbally, never in writing).

Don't think for a minute that these scenarios are uncommon. In truth, they are actually very common, but very **uncommonly made public**, because people are embarrassed since their community and Aunt Bess and Uncle Buck and their neighbours and peers were all lead to believe, ultimately by the school, and in turn by the athlete, and by the press, that he/she had a four-year "full-ride." It is so sad because rarely does the athlete have control of his/her fate - the institution has total control, yet it is almost always the athlete who takes the hit at the proverbial water coolers ("he must have gotten into drugs," "she must not have worked hard enough," "he probably fell in love," etc.). Few ever think or realize that the respective college pulled the old bait and switch.

We don't read in the paper about lottery losers, even though they outnumber lottery winners by about ten million to one. If you hang out at a race track or a casino, rarely do you hear anyone walking out the doors broadcasting how much they lost ... but the winners sure like sing from the mountain tops (even though the night before they were nowhere to be heard from!). We therefore fall prey to believing that winning is more common than it realistically is, and this is the same case with scholarships. You would have to search long and hard to find people willing to admit that they got hoodwinked.

Now, all of that negative being said, of course there are success stories, and of course some schools have more honour and integrity than others, and I believe most coaches truly do hope and intend an athlete to have four glorious years and have all four covered in scholarship money. But like the race track, unfortunately, many more get burned than succeed.

### **Head-count scholarships versus Equivalency scholarships**

While Jaleesa is vulnerable to many of the scenarios above, she is luckier than most, since she is in what is referred to as a "head-count" sport. I can't say this with 100% certainty, but my understanding is that there are only three head-count sports in the NCAA, men's football (85 scholarships), women's basketball (15 scholarships), and women's crew/rowing (20 scholarships).

Anyway, a head-count sport has an equivalent number of scholarships available to the number of members on the sport's respective team. Each athlete is given no more or no less than a full scholarship (but still only one year at a time!), including tuition & fees, room & board, and books.

All other sports fall under the "equivalency" policy, whereas they have less scholarships to give out than the number of athletes on their team. Men's baseball, for example, can carry a roster of 30 players, but only has 11.7 scholarships to give out. This odd number came about a few years back, when baseball was entitled to 13 scholarships, but was rolled back ten percent.

So, sticking with the baseball example, a coach could divide his 11.7 and, for example, give out 3 full scholarships, 4 "half" scholarships, and bits and pieces here and there with the aggregate equaling the value of 11.7 full scholarships. You don't think these athletes are going to get burned in their senior years when the coach is recruiting the blue chipper who needs a full-ride to come? The coach can only generate it from one place, and that is by cutting the other slices of the pie a little thinner.

### **Who says U Georgia is worth \$30,000 USD per year?**

What guru put a value of \$30,000 USD per year on Rhoden's scholarship to U Georgia? The school's website confirms that the value of a full academic year is \$23,224 (the breakdown is \$16,848 for out-of-state tuition & fees, \$3,436 for room, \$2,940 for board) + \$800 in books for a total of \$24,024. Nothing else is covered by the scholarship.

Note that these figures are confirmed in the 2005-06 College Cost Book produced by Limra International Inc., whose book is used across North America by insurance companies who insure scholarships - if anybody would know the exact non-inflated number, they would!

If you want to say her scholarship is worth approximately \$30,000 Canadian, no beefs here. But the article specifically says "\$30,000 US."

I hope my kids get college scholarships someday, be them academic or athletic, but parents are cheating their kids if they don't check, double-check, and triple-check the figures as well as the terms of the scholarship when they are weighing the pros and cons of various choices. Also, if they look deep enough into the fine print of every single scholarship ever given, they will find the words "renewable each and every year by the institution." Due diligence is required, and get everything you can in writing!

A college scholarship should be a time to rejoice, and the ultimate goal should be "no regrets."

There is more information available on the internet, but a few sites you may want to check out are:

<http://www.sport-scholarships.com/english/faqs.htm>

[http://www.hsbaseballweb.com/ncaa\\_enemy.htm](http://www.hsbaseballweb.com/ncaa_enemy.htm)

[http://www.decatursports.com/college/how\\_college\\_scholarships\\_really\\_.htm](http://www.decatursports.com/college/how_college_scholarships_really_.htm)



***	NCAA DIVISION I	***
Sport	Men's	Women's
Baseball	11.7	12
Softball		
Basketball	13	15
Track & Field	12.6	18
Football	85	0
Golf	4.5	6
Gymnastics	6.3	12
Field Hockey	0	12
Ice Hockey	18	18
Lacrosse	12.6	12
Rowing	0	20
S****r	9.9	12
Swimming	9.9	8.1
Diving		
Tennis	4.5	8
Volleyball	4.5	12
Water Polo	4.5	8
Wrestling	9.9	0

Tom Valcke has graciously agreed to include his email address for those who might have further questions. He can be contacted at:

[tom@baseballhalloffame.ca](mailto:tom@baseballhalloffame.ca)

****	NCAA DIVISION II	****
Sport	Men's	Women's
Baseball		
Softball	9	7.2
Badminton	0	10
Basketball	10	10
Bowling	0	5
Track & Field	12.69	12.69
Fencing	4.5	4.5
Football	36	0
Golf	3.6	5.4
Gymnastics	5.4	6
Handball	0	12
Field Hockey	0	6.3
Ice Hockey	13.5	18
Lacrosse	10.8	9.9
Rifle	3.6	7.2
Rowing	0	20
Skiing	6.3	6.3
S****r	9	9.9
Squash	9	7.2
Swimming	0	9
Synchronized	0	5
Tennis	4.5	6
Volleyball	4.5	8
Water Polo	4.5	8
Wrestling	9	0