



# ATHLETES' JOURNAL

Northview Heights S.S.,  
Volume 2, Issue 2  
June 14, 2002

**Program Leader:**  
**Ms. Baycroft**  
**Editor:**  
**Emily Hiltz**

## APGA STUDENTS RECOGNIZED FOR OUTSTANDING ACHIEVEMENTS

On June 6th, Northview recognized students who had wonderful success during the year. Students chosen had high achievements in their academics and sports.

Four athletes represented APGA and their grade: **Lydia Williams**, grade 9, **Natasha Bogdanova**, grade 10, **Chantal Poirier**, grade 11 and **Eric Radford**, grade 12.

**Lydia** trains at Sport Seneca, where she trains as a Junior/Senior artistic gymnastics competitor. Just recently, she competed in an international competition, the Pacific Alliance, in British Columbia. Lydia described the event as being a wonderful and worthwhile experience. Prior to the competition, she trained at a three-week "training camp." Lydia found success at Elite Ontario, where she turned out a 3rd place finish! Despite missing fair amounts of school because of international competitions, Lydia has always been on the Honour Roll.

**Natasha** has had much success this year, in her sport and school work. She was the top player on the Northview Heights team, averaging 30 points/game and was chosen for the All-Star team. She has received many letters from Universities and Colleges all interested in her playing for their schools. This is summer she will be training at the National Teams training camp, which she was selected for from a nation-wide search. Again, this athlete maintains Honour Roll status. Natasha is moving to a new school next year, but we wish her all the best.

**Chantal** trains at the Cricket Club and competes internationally, with her pairs partner, Jesse Sturdy. She and her partner are ranked 6th in Canada. Despite traveled extensively this year, she has consistently maintained a high 90's average. Chantal has a wonderful chance to qualify on the Canadian national team for an upcoming World's or the Olympics.

This Winter, **Eric** competed in the Novice category, where he consistently placed first. He has now moved into the Junior ranks. Nationally, he is the current Canadian Novice Champion. Eric also competed in an international competition in Slovenia. Eric is another APGA student that is consistently on the Honour Roll.

Congratulations to all of the athletes and keep up the good work!

### Inside this issue:

Athletes of the Year	1
Awards of Excellence	2
Athletes' Results	2, 3
Equestrian Article	2
Upcoming Competitions	4
APGA Honour Roll	4
Graduating Students	3

### Special Points of Interest:

- Sports Crossword
- Cartoon
- Important Dates
- Birthdays

## THE AWARDS OF EXCELLENCE, BY: MS. BAYCROFT

This year, three students have been chosen as Award of Excellence recipients. They exemplify APGA's philosophy of high achievement in both academics and sports. All three of these athletes have been consistently on the Honour Roll and have been national and international competitors in their sports. The awards go to: **Mariel Cruz**, **Mark Pariselli**, and **Jonathan Sy**.

**Mariel** has been a wonderful contributor to the APGA program and to the school in general. She has participated in the Talent Shows and has also just been chosen the MVP on the Soccer Team. Within APGA, she has always helped fellow students and maintained a positive

attitude. She maintains a 90's average, while she competed internationally in rhythmic gymnastic competitions. Now retired as a competitor, she coaches young athletes at Sport Seneca, and has been doing a fantastic job! This is Mariel's final year at Northview. She will attend McGill University this coming Fall.

**Mark** is an international competitor, in the sport of swimming. Always committed to tasks, he will consistently get things done on time. In APGA, he is dedicated to helping fellow athletes and staff. Graduating this year, he plans to move to Australia, to train and to continue his education.

**Jonathan** has just recently been awarded a sports scholarship to Temple University in Philadelphia, for his talent in tennis. He consistently achieves high marks, and is interested in studying medicine at University. Many times, he entertained the APGA students and the school with his expertise in magic..

To all of the winners, I thank you for your time here in Northview and in APGA, and I wish you good luck, as do all of your fellow students!

## EQUESTRIAN SPORTS, BY: ALICIA CANTIN

Horseback riding is a diverse sport. The two main categories, Western and English, are in themselves divided up into multiple categories. Western riding includes pleasure riding, and barrel racing, and much more that I'm not that familiar with. English riding, including dressage, hunter (jumping,) endurance, polo, and trail riding, is what I do.

More specifically, I'm a hunter/jumper. Hunters jump courses (a number of jumps in a particular order) that usually have short jumps, where the courses are easy to remember. Competitors are judged by how good they look. Is the horse moving forward, but in control and is its head in a nice position?

Jumpers jump courses that are long. The jumps are high, and they are

judged on two things: faults and time. "Faults" are how many bad marks you get for each fence that comes down. (four points are lost per fence) There is also a set time limit for each course. If the rider goes over the allowed amount of time, more points are lost. In the end, the person with the least amount of faults wins. In case of a tie, the tied competitors re-do a small portion of the course, which is called a jump-off.

Although English and Western are the two main categories, there are also other categories, like racing, halter classes, and breed-specific classes.

Not only are there many divisions of categories, but there are many horses bred to be good at them. For example, Thoroughbreds are amazing racers, and Standardbreds are great for racing with

a wagon. Oldenburgs and Holsteiners are wonderful jumpers. Additionally, purebred horses can compete in their breed-specific classes to determine which horse has the best conformation, colour, and breeding potential.

As you can now see, the variety of horses are endless, and so are the opportunities in the world of Equestrian.

Alicia Cantin

# FAREWELL AND GOOD LUCK TO APGA'S GRADUATING STUDENTS

As another year comes to an end, it's a time when students say their good-bye's, remember, celebrate, and look to the future. APGA's graduating class of 2002 will be remembered as being wonderful people, athletes, and students.

- **Shazeen Batada:** UBC, to study Kinesiology
- **Mariel Cruz:** McGill University, for an Arts Degree
- **Mark Pariselli:** Moving to Australia to train
- **Vasanti Persad:** Oxford University, for Engineering
- **Vidya Persad:** Medical School

- **Jonathan Sy:** Temple University, with a sports scholarship, to study pre-med and biology
- **Shawna Tzakopoulos:** Undecided choice of University, Journalism

**Good luck in all your endeavours!**

## COMPETITION RESULTS

### *RHYTHMIC GYMNASTICS:* Kathryn Whittemore

- Elite Ontario: 5th overall
- Eastern Regionals: 4th overall
- Nationals: 17th overall.

### Lisanne Cruz:

- Ritmika: 3rd
  - Eastern Qualifier: 1st
  - Provincial Championships: 1st
- ### Tanya Cutrone
- Ritmika: 2nd
  - Eastern Qualifier: 2nd
  - Provincial Championship: 2nd

### *ARTISTIC GYMNASTICS:*

### Julie-Ann Passy

- National Championships: At the Senior Level, 6th overall.

### Lydia Williams

- Jurassic Classic: 6th all around.
- National Championships: 14th overall, 2nd in vault and 6th in bars.

### *FIGURE SKATING:*

### Paul Messner

- Ontario Winter Games: 2nd Overall, Novice Mens

### Eric Radford

- Triglav International, Slovenia: 10th Overall, Junior Mens

### Sarah Gotoweic

- COSIC, North York: Sr. Silver Solo Dance, tied 1st

- Spring Skate, Maple, Ont.: 7th, Ft. 4, short and long

APGA HONOUR ROLL LIST

Congratulations on outstanding academic results!

Chantal, Vasanti, Paul, Alex, Elizabeth G., Lianne, Jeff, Elyse D., Mariel, Julie-Ann, Sarah, Meeran, Natasha, Mark, Emily, Lydia, Tanya, Alycia M., Alicia C., Vidya, Daniel, Matthew, Sergei, Dylan, Peter, Dominique, Kathryn, Jennifer, Shazeen, Igor, Liz, Carolina, Tyler, Devin.

(For your names to be included on the APGA Honour Roll list, your mark has to be given into Ms. Baycroft.)

Important Dates

- June 14: Last day of classes
- June 17-June 25: Final Exams
- June 26: Graduation
- June 27: Report Card Distribution Day
- June 28: No school



BIRTHDAYS!

May

- Jonathan, May 8th
- Shawna, May 9th
- Devin, May 10th
- Elise P., May 21st
- Brandon, May 22nd

July

- Sarah, July 6th
- Jennifer, July 8th
- Amy, July 9th
- Lianne, July 10th
- Kelly, July 29

June

- Vidya and Vasanti, June 8th
- Jeff, June 9th
- Andrew, June 10

August

- Sergei, August 6th

Upcoming Events

- North American Challenge: Tyler and Eric are competing in Junior Mens, in Phoenix, July 25-27
- Peter is competing in the Ontario Summer Games, Kitchener/Waterloo, July 18-21