

APGA

# ATHLETE'S JOURNAL

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**Editor & Designer:** Emily Hiltz

## NEW FACES IN APGA

Another start to a new school year has begun. The first month was a hectic and fast one. Old friends reunited and new friends were made. In the beginning, I have to admit that coming into APGA and a new school made me nervous. I thought I would never be able to meet new friends like the ones I left behind, *but I did*. APGA students were welcoming and full of stories from previous years. After the first week I knew I'd be fine. (Especially knowing that we had our own fridge, beanbags and microwave!) It was interesting to know that there are so many different types of sports in this program. From tennis, hockey, figure skating, gymnastics, swimming, golf, to tae-kwon-do, and ballroom dancing! Each of them requiring different types of athletic abilities and skills. What a room full of talent! There is no doubt that the new group of athletes will bring much dedication and flair to our program.

~STEPHANIE W.

**Writers:** Julie Dyachenko, Meeran Trombley, Kateryna Trubina, Stephanie Willerding, Dominique Welsh.

## APGA AWARD OF EXCELLENCE (2002-2003)

The Award of Excellence is presented to the student/athlete who best exemplifies the APGA philosophy of greatness in both academics and athletics. A requirement for this award is to be consistently on the Honour Roll and to achieve national level in their sport.

At last year's graduation, Ms. Baycroft awarded Lianne Cruz and Tanya Cutrone with the prestigious award. Both were rhythmic gymnasts, honour stu-

dents, and the best of friends. During their years at Northview, they made many contributions to school life, ranging from choreographing and dancing in the talent shows to participating in the cheerleading team. Within APGA, they made numerous contributions. From the day that they joined the program, they added positive charm to the centre. Currently, they are attending Queen's University and York University. Congratulations and good luck to Lianne & Tanya!

~ MS. BAYCROFT

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## COMPETING IN CROATIA

~ MEERAN TROMBLEY

My partner and I had many obstacles in our way, before we actually got onto an airplane and flew to Zagreb to compete. Our first assignment was to Bulgaria, but my partner had a back injury. We were then assigned to Mexico, but then my partner got mononucleosis. We were then assigned to Japan, but our coach decided that we wouldn't be ready for it, and asked it to be switched to the competition in Croatia.

When we arrived, it was incredibly sunny when we stepped out of the airport and into the fresh air...well, the somewhat fresh air. It seemed like everyone in Zagreb smoked! Our first practice was in the Main Rink, the day after we arrived. The ice was very good; it was easy to gain speed and to jump on it. Our practices were shared with two other pair teams from Canada and Germany.

The night of the short program was tense and stressful. The energy coursing through the building was non-existent. There were very few people that came to watch the competition. Even so, the rush of adrenaline was enough to keep me tenser than I should have been. The entire short program was excellent, all of our elements were dead on, with the exception of one... which cost us a silver medal.

The long program was two days later, in the morning. It would suffice to say that I'm not exactly a morning person! Although, the long program went very well also, with only one miss on the side-by-side double axels.

All in all, the entire trip was outstanding. We placed **fourth out of seven**, and came home with the judges' high praise. We learned a lot from the competition, and we hope to become better figure skaters for it.

# RESULTS

## BASEBALL

### -Emily Densem-

-Team: Leaside Lightning  
-3rd at provincials  
-7th at nationals

## GOLF

### -Anita Gahir-

-Gold at National Junior Championship,  
-Ontario Junior Match Play, placed 2nd.

## FIGURE SKATING

### -Sarah Burke-

-1st at Thornhill Summer Skate, Junior Ladies.  
-2nd at Octoberfest.

### -Melissa Hart-

-Autumn Skate, placed 6th in the short, 3rd in the long program, Pre-novice ladies.  
-Sub-Sectionals: qualified for Sectionals with 4th.

### -Emily Hiltz-

-Octoberfest: 3rd in short program, 4th in long program, Novice Ladies.  
-7th and 6th at Sub-Sectionals competition.

### -Cynthia Leung-

-Octoberfest: 5th in the short, 8th in long program, Novice Ladies.

### -Michelle Sutkiewicz-

-7th overall at Octoberfest, Pre-novice Ladies.  
-7th at Sub-Sectionals.

### -Dominique Welsh-

-1st at Octoberfest, Pre-Novice Pairs.

## HORSEBACK RIDING

### -Alicia Cantin-

-Junior Hunter Trials, 1st in single hack and jump. 3rd, 4th in pairs hack and jump.  
-4th, 5th in jump, hack, Open Hunter Trials.

## KARATE

### -Natalie Muntyanova-

-3rd at Karate Nationals.  
-Kubota World Cup, 2 silver cups for Kata and Kumite.

## LACROSSE

### -Katelyn Gardner-

-Ontario Women's Lacrosse Tournament Champions, Team ON.  
-5th place in Ontario, Brampton Excelsiors.

## SPRINT KAYAK

### -Peter Polyzotis-

-Provincials: 1st in k-1 1000m, midget (15-16) 2nd in Junior Mens, k-4 1000m.  
-National Championships 1st in k-4, 1000m, 3rd k-2 100m, midget. 2nd in junior mens, k-4 1000m.

## SWIMMING

### -Matthew Pariselli-

-Ontario Junior Provincials: 3rd in 1500 Free and 400 IM, 4th in 200 Fly, 200BK, and 400 Free, 5th in 200 IM.  
-Eastern Canada Cup: 10th in 400 IM, 20th in 400 Free.

## DANCE SPORT

DanceSport is a new sport listed on the International Olympic Committee's roster. It was recognized by the IOC about 5 years ago and is now fighting for a spot in the 2008 Summer Games, to be held in Beijing. DanceSport is another name for ballroom dance. It's actually the new name for it, a term more suited for what it really is today. If your mother has ever shown you an old tape of ballroom dancing, you might remember seeing light, flimsy, almost careless movements. Not to take anything away from that era of dancing, but things have definitely changed. Now, it's become a fierce competition between athletes as well as artists.

It has been proven that dancing a final (five dances in either the Latin or Standard division) exerts the same amount of energy as an 800m runner. These dancers spend tireless hours, 7 days a week trying to become the best in their sport. This year in APGA, we have two such dancers; Kateryna Trubina and Andra Visomething. Kateryna Trubina dances at the adult level in the Latin and Standard divisions. Andra dances at the Junior level in the Latin division. These two girls are very accomplished dancers, even at their young ages. Andra has just recently returned from her trip to Lithuania, where she became World Champion in her division. Kateryna is the Ontario Champion and is ranked first in Canada by the IDSF. (International DanceSport Federation) These are two of the very best dancers in Canada, and it's very safe to say that we might see them competing for the gold in the 2008 or 2012 Olympics!

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## THE KOREAN SELF DEFENSE OF TAE KWON DO

Tae Kwon Do is a Korean art of self defense. It goes way back to the early days of human existence. If you were to translate it into English, it would mean: "hand, foot, art." But Tae Kwon Do is not merely kicking and punching. It is a way of life. A long time ago, people used Tae Kwon Do to defend themselves from enemies, including wild animals. Self defense was needed back then for people to be able to obtain food. Tae Kwon Do was mainly developed as a way for peasants of early existence to be able to protect themselves from nobility, hence the use of hands and feet opposed to weapons.

People that practice Tae Kwon Do benefit in many ways, and one of those ways is physically. They have a strong body and great coordination. Mentally they gain a great level of self respect and acceptance. Philosophically, people learn how to respect one another. Although developed in Korea, it is now practiced over 100 countries world wide. In 1980, this grand sport was accepted into the Olympic games.

~JULIE DYACHENKO

태권도

## HONOUR ROLL LIST

Nicole Heikkela  
 Sarah Gotowiec  
 Hana Serajeddini  
 Aimie Balderian  
 Kathryn Whitemore  
 Emily Hiltz  
 Allison Mak  
 Katherine Fairhurst  
 Dominique Welsh  
 Lydia Williams  
 Arthur Domchik  
 Peter Polyzotis  
 Alicia Cantin  
 Anita Gahir  
 Natalie Muntyanova  
 Matthew Pariselli  
 Alycia Mokedanz  
 Vanessa Meloche  
 Ashley Houghting  
 Adrienne Corbett  
 Igor Mikhno  
 Aaron Miller  
 Stephanie Willerding  
 Drew Maharaj  
 Sergei Vasilenko

Peanuts

# HAPPY BIRTHDAY!

## SEPTEMBER

Sept 9: Sergei Vasilenko  
 Sept 12: Alycia Mokedanz  
 Sept 20: Kateryna Trubina

## OCTOBER

Oct. 11: Melissa Hart  
 Oct. 16: Matthew Pariselli  
 Oct. 27: Allison Mak

## NOVEMBER

Nov. 23: Ashley Houghting  
 Nov. 26: Natasha Ianovsky  
 Nov. 28: Ronnie Sanders

## DECEMBER

Dec. 3: Igor Mikhno  
 Dec. 31: Ms. Baycroft!

## JANUARY

Jan. 2: Dominique Welsh  
 Jan. 6: Sarah Burke,  
 Katherine Fairhurst  
 Jan. 13: Kathryn Whitemore  
 Jan. 14: Amit Maharaj  
 Jan. 18: Hana Serajeddini  
 Jan. 24: Corey Tamblyn  
 Jan. 29: Erin Willson

## IMPORTANT DATES

### NOVEMBER

- Nov. 25: Short Period Day  
 - Nov. 28: Co-Op Hours due

### DECEMBER

-Dec. 15-17: Grad Photos  
 -Dec. 16: Short Period Day  
 -Dec. 19: APGA Christmas  
 Party & Gift Exchange,  
 Co-Op Hours due  
 -Dec.22-Jan.4: Holidays

### JANUARY

-Jan. 16: Co-op Hours due,  
 Coaches Evaluation due  
 -Jan. 30: P.A. Day  
 -Jan. 20: Short Period Day.  
 -Jan. 23-Jan.29: Exams  
 -Jan. 30: P.A. Day

### FEBRUARY

-Feb. 13: P.A. Day  
 -Feb.16-27:Course Selection  
 -Feb. 24: Short Period Day  
 -Feb. 27:Co-Op Hours due

### Question #1:

Which of the following 4 nations was NOT a founding member of the International Ice Hockey Federation in 1910?

- A) Great Britain    B) Canada  
 C) France            D) Belgium

### Question #2:

Which of these sport leagues do not concern a ballgame?

- A) WBA                      B) MLB  
 C) NFL                      D) NBA

ANSWERS: #1: B) Canada, the original 5 founding nations were Great Britain, France, Belgium, Bohemia, and Switzerland. #2: A) WBA, the World Boxing Association.