

Northview Heights S.S.,
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ALUMNI UPDATE: BEVAN HEWETT



Bevan Hewett during a practice in Georgia.

Hey there APGA!

I used to go to Northview and was also a member of APGA about 2 years ago. Now I live in Georgia, studying Physical Education and training for tennis on my scholarship. Abraham Baldwin Agricultural College, (ABAC) is located in Tifton, a much smaller place than my hometown of Mississauga. One of the best things about living on campus is my apartment. Living with four of my team members; our place is always sure to be busy and full of laughter.

I got my scholarship by talk-

ing to the coach here at ABAC. He then requested me to send a tape of myself playing tennis and we went on from there. I have to maintain a 2.5GPA in order to "keep" my scholarship and play on the tennis team. Our training schedule is very tough: during the Fall, we had morning runs three days a week at 6:30 in the morning. Right after this, we would go to class and then practice from 2 to 5. During the Spring, we practice from 2 to 5, and then run track. Very often, running is 3 to 5 miles or sprinting for 45 minutes. Also during Spring we

have lots of team events, traveling to many surrounding cities like Florida for matches. So far, our best result came when we played against West Florida, and beat them on our home court; 7 points to 2.

In general, everything is pretty much the same between Canada and Georgia; except everyone has a southern accent, and the weather is much more pleasant! I hope to revisit APGA sometime in June.

Have a good semester APGA...I hope to visit soon.
Bevan Hewett

COMPETING AT NATIONALS, By: Dominique Welsh

This was my 4th nationals and probably one of the most memorable. For starters, we started our trek to St. Foy, Quebec on what was supposed to be a 10 hour bus ride, which got easily delayed when our bus broke down in Kingston. Once we arrived in St. Foy, it was great to see all my friends from across the country, spending most of the night catching up on what's happened to us in the past year. Since my event was to be the last event, the first couple of days were spent prac-

ticating and relaxing. On the Friday, my partner and I were to skate our short program. We skated "clean," but not good enough to beat our personal best score of 40.76; after the short, we were standing in 2nd place. On Saturday night, our long program was in the main arena in front of a large crowd. We both felt anxious and had "butterflies." We skated the program with 2 major mistakes, but still held on to second place. In general, we were happy with how we

skated and we overcame some major obstacles from our last nationals. Our confidence has now sky rocketed and we can't wait to see how we do next year in the Junior ranks.



Placing second at the 2003 Nationals in Pre-Novice Pairs.



Silver medalists, Dominique Welsh & Theresa Mailling at the 2004 Junior Nationals

LIFE AS A STUDENT & ATHLETE By: Leslie Mak

You've hit the snooze button twice already, and can't manage to get up. Every muscle in your body is aching from yesterday's heavy training. After yet another five minutes of rest, you manage to roll out of bed. Then you remember you also have a test in math you wished you'd stayed up a little later to study for.

This is what sets an APGA student apart from others. I discovered this my first few days of high school. Not only was adjusting with the expected differences from elementary school to secondary school hard, but I also had to rush before and after school, because of my gymnastics training schedule. After my early morning training session, I had to eat my lunch on the way to school. After school, I carried my surprisingly heavy backpack outside, to wait for our taxi to take us to our next practice. Once again I was 'eating on the go.' After another especially hard training, I'm driven home, only to eat, do homework, and prepare for tomorrow all over again.

This routine has gotten easier over time, although I do encounter certain difficulties with a lack of time here and there. Some-

times I question why I'm putting myself through all of this stress and chaos. Then I walk into the APGA room, and see all of these other busy students. Some are talking to friends on our bean-bag chairs while others may be trying to get a quick sleep on one of our couches. Others are sitting at the tables eating, before having to rush off to another class. Ms. Ruprecht too is either working hard at her desk, talking away on the phone, or helping an APGA student. I recognize a bit of myself in everyone in this room. I realize that the reason I'm putting myself through this hectic routine five days a week is because I'm a dedicated athlete. I am passionate about my sport, as is every single one of the people in this room.

Keeping this in mind, I feel hugely relieved. I am comforted to know there are always going to be people who can relate to my feelings. As a grade nine athlete, although I am young and a little inexperienced, I know there are so many role models to be able to look up to, and that's what I appreciate in our APGA room.

RUPRECHT'S REMARKS

Who would have thought I'd get a phone call to Florida, while on my year off, asking me to take over and run the APGA program this September. As I walked into the lounge, I saw the sofa I had donated several years ago. It was still alive and kicking. This December we managed to replace another sofa in our lounge.

The athletes certainly miss Ms. Baycroft and her shoes are very hard to fill. I have been around to visit most of the athletes, have met their coaches and some parents.

I hope to meet more parents as I continue to monitor our athletes and visit them "on site". It is a treat to see the athletes in their "other home". Our athletes spend so much time at training(2nd home), at school(3rd home)and of course their real home where they eat, sleep and do their homework.

The success of APGA results from balancing athletics and academics. Our administration, the Northview staff, the coaches, the parents and athletes themselves, all work jointly to help in the maintenance of this balance. We know scholarships, SAT's and good grades are an important step for each APGA athlete.

To date, APGA continues to grow. There are a total of 66 athletes representing 16 different sports. As always, over half the APGA athletes were on the November Honor Roll. We have said good bye to Kateryna Trubina and Justin Del Bel Belluz, who finished high school last semester. Starting new to APGA 2nd semester will be Vlad Gusyev and Nick Lebouthier. Nick's sister is an APGA alumni from a few years back.

Currently, Sarah Gotowiec continues to work on the APGA year-book and Emily Hiltz is finishing this issue of our newsletter, "Athletes Journal." Several students are assisting me with a new APGA webpage. As well, four new computers and three couches have been added to our lounge.

Thanks APGA...its been a fun 1st semester and I look forward to what's in store for semester 2.



Ms. Ruprecht *R*

Candid Shots from APGA



Lydia & Natalie



Initiation!!

Matthew H., Leslie, Christina, Kathryn, Trevor, Stefan



Painted Faces

Shannon, Andrew B., Andrew C., Daniel, Dallah at Initiation Party



Eating Lunch!

Katya, Peter, Natalie, Emily H.

RESULTS



DIVING

-Alycia Mokedanz-

- Placed 9th on 3m Springboard in Sweden
- Won her even in Ottawa in 1m Open

FIGURE SKATING

-Sarah Burke-

- 4th in Junior Pairs at Nationals
- 10th overall in Junior Ladies; Nationals

-Christina Coliveras-

- 4th in Short, 3rd in Long at Uxbridge Invitational

-Justin Del Bel Belluz-

- Placed 14th in Senior Men, National Championships

-Melissa Hart-

- 11th in Novice Ladies, Sectionals

-Matthew Hawley-

- Finished 15th at Eastern Challenge, Novice Men.

-Victoria Ragozins-

- 9th overall in Novice Ladies at Nationals.

-Dominique Welsh-

- National Novice Pair silver medalist.

GYMNASTICS

-Elyse Hoffner Hibbs-

- American Cup in Long Island, NY:
8th on the uneven bars, 7th on the floor, 6th on beam.

HORSEBACK RIDING

-Alicia Cantin-

- At the King Equestrian Club Schooling Show held in July:
2nd: equitation over fences
1st: medal over fences
3rd: equitation on the flat
4th: equitation over fences

KARATE

-Natalie Muntyanova-

- National bronze medalist in 2004.
- Gold and silver medalist in Ontario Championships
- Qualified for Pan American Games
- Qualified for Maccabi Olympic Games in July, Israel
- Going to Nationals in April, held in Nova Scotia

-Anastasia Chouryguina-

- Advanced to Canadian Nationals in Halifax.

KAYAKING

-Peter Polyzotis-

- Town of Richmond Hill Sports Champion Award for extraordinary athletic achievements (1999-2004)
- Placed 2nd, 1st, and 3rd at the Canada Cup International held in Ottawa.
- Going to Florida to train for all of March

SWIMMING

-Matthew Pariselli-

- Finished 4th in the 1500 freestyle, and 5th in the 400 IM at the Eastern Canadian Championships.
- At the Ontario Provincials, placed 2nd in 800 and 1500 Freestyle, and won the 400 IM.



Anastasia Chouryguina



Alicia Cantin



Peter Polyzotis



Matthew Pariselli



Natalie Muntyanova

“GET IN THE GAMES” WORDSEARCH!

A E Q U E S T R I A N T R S
 S B G I N G C R R E C C O S
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IMPORTANT DATES

March 18- March 28	Winter Break
April 15-April 21	Midterm Exams
April 22	Term 4 Begins
April 29	Report Cards
May 19	Prom Night
June 21-28	Exams
June 29	Graduation

DIVING	WEIGHTLIFTING	TRACK AND FIELD
ARCHERY	YACHTING	VOLLEYBALL
BASEBALL	SWIMMING	WRESTLING
CYCLING	BADMINTON	FASTER
FENCING	BASKETBALL	HIGHER
BOXING	CANOEING	STRONGER
SOCCER	EQUESTRAIN	
HANDBALL	GYMNASTICS	
ROWING	JUDO	
TENNIS	FIELD HOCKEY	

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APGA HONOR ROLL LIST

Nicole, Allison, Emily D., Elyse
 H., Victoria, Andrew, Sergei,
 Ellen, Hana, Arthur, Stephanie
 W., Adrienne, Melissa, Christina,
 Stefanie C, Matthew P., Anita,
 Leslie, Michael, Greg, Erin,
 Karina, Anastasia, Sarah B.,
 Kathryn, Dominique, Drew,
 Trevor, Andrew.

TRIVIA!

- The 2006 Summer Olympics are being held in what country?
A) Germany
B) Norway
C) Italy
D) Spain
- A high school in Daytona Beach, FL., is home to which NBA star?
A) Paul Pierce
B) Tracy McGrady
C) Antawn Jamison
D) Vince Carter
- Name the only boxer to knock out Mohammed Ali.

Answers: 1: c), 2: d), 3): Larry Holmes in 1980