BETWEEN THE LINES
BURNIE TO NIAGARA
CATS SILVER & BRONZE
"I WANT TO RUN"
Cats Silver & Bronze at Provincial Meets

Submitted by Orillia Channel Cats Swim Club

The Orillia Channel Cats Swim Club recently competed at two separate Long Course Provincial level meets. Eleven swimmers were in attendance from Orillia.

Age Group Provincials saw Hughie Edwards, Hayley French, Calum Kershaw, Grier Kershaw, Caleb Near, Owen Rosati, Maggie May Smith and Blythe Wieclawek compete against some of the fastest swimmers in Ontario. Amongst them was Kylie Masse who is the World Record Holder in the Women’s long course 100 meter backstroke.

The Orillia Channel Cats Swim Club recently competed at two separate Long Course Provincial level meets. Eleven swimmers were in attendance from Orillia.

Age Group Provincials saw Hughie Edwards, Hayley French, Calum Kershaw, Grier Kershaw, Caleb Near, Owen Rosati, Maggie May Smith and Blythe Wieclawek compete against some of the fastest swimmers in Ontario. Amongst them was Kylie Masse who is the World Record Holder in the Women’s long course 100 meter backstroke.

The Cats raced some personal best times and had some great placings.

Caleb Near (15) advanced to the final in the 100 and 200 meter backstroke. Near won a bronze medal in the 100 (1:01.00) and placed 7th in the 200.

“Caleb made his second Age Group National time in the 200 backstroke and set a new club record in the 50 meter backstroke (28.14),” says Head Coach Meredith Thompson-Edwards.

Wieclawek (13) placed 11th in the 50 meter freestyle and 16th in the 100 meter backstroke.

Hayley French (13) placed 13th in the 200 meter butterfly, just missing her best time.

Carly Widmer, Megan Widmer, Flora Haslem and Chilyn Fenton competed at the ‘AA’ Provincial meet and raced well. Cats swimmers qualified for finals in a couple of their individual events, as well as placing fifth in the 200 medley relay.

Fenton won a silver medal in the 400 meter freestyle and set a new 15 & over girls long course club record (4:40.45).

“We had a great Provincials to end the season for most of our swimmers.” Adds Thompson-Edwards.

In July, Wieclawek and Near prepared for Canadian Junior Championships which were held in Winnipeg at the end of the month. Both were to race two events each. Teammate Haslem is competing in various Open Water Competitions the remainder of the summer.
The Orillia Lightning Development Team has had a strong start to the 2018 season in the Huronia and District Soccer League (HDSL). The Lightning Development Program is fielding teams in the U9 (2 teams), U10, U11 (2) and U12 divisions.

The U12 Sports Medicine team is full of hard working and inspiring young athletes with vibrant personalities who bring their competitive spirits to both games and practices. The U12’s have proven to be a very difficult team to play against - as they love to hold onto the ball when they have it and play physically to win it back when they don’t. The players’ commitment to practice is paying dividends as the team maintains possession of the ball for at least 60% of each game they play. The team looks forward to continuing to play their beautiful brand of U12 Lightning soccer for the rest of the summer.

The U11 teams have had some very successful results to this point of the season. Recently, Team 2 found themselves down 1-0 at half-time to one of the top teams in the league. The players picked up the pace in the second half scoring 3 beautiful goals to earn a 3-1 victory. Meanwhile, the U11 BDO team found themselves down 4-2 until Liam Rose scored 2 goals late in the second half to help the Lightning earn the 4-4 tie. Both Lightning teams pride themselves on their effort to challenge hard for every ball up to the final whistle. This tenacity has helped the Lightning teams maintain positive records in the standings despite playing against centres with only one team.

The Lightning Development teams wrap up the season in early September. Training for the 2019 season begins late October. Please contact orilliasoccer@gmail.com if you are interested in joining the 2019 Lightning Development Team.
“The Bullpen”

KIDS OF STEEL

The Orillia Kids of Steel Triathlon is set to go - Saturday August 18 at Couchiching Beach Park. There’s medals for everyone - top 3 for ages 10-15 are recognized, ages 4-9 is only about fun. This is the 15th anniversary of the Orillia KOS, which is a supporter of Diabetes Canada, helping kids with type 1 diabetes get active and stay healthy.

Registration and full race details are at www.orilliakostri.com.

SQUASH READYING FOR FALL

Submitted by Orillia Squash League

The squash league that runs at the Orillia YMCA held its “Spring Shuffle” year-end tournament in late-June, with winners declared in the five different divisions.

Congratulations to all winners, but also to league members for their enthusiasm and dedication.

With over 50 active members with varying skill level, there is always activity on the courts in an atmosphere that ranges from strictly social to dignified competitive.

A special thanks to the staff at the ‘Y’ for their continuing support for our ever growing squash community. New members welcome - check out the ‘Y’ for details.

ENJOYING THE GREENS

Submitted by Orillia Lawn Bowling Club

Lawn bowling completed its first, wonderful month. The club introduced 80 individuals to our sport and our membership has grown to 60! Though the weather was extremely hot, we had a friendly Canada Day barbecue and bowl with half our club in attendance. And we are looking forward to more friendly times and jitneys for the rest of the summer. Check out our game, drop by and visit us at 5 Commerce Rd. or visit www.orillialawnbowls.ca. New bowlers still welcome.

TRIVIA WINNER

Big congrats go to Heidi Watts. She correctly answered the question ‘what city did Babe Ruth hit his first professional homer in an official game’, the answer was Toronto.

Heidi wins a $50 gift certificate courtesy of Harvey’s in Orillia.

For your chance, check out our trivia!

HAPPY ANNIVERSARY

This is our first anniversary.

We’ve met some extraordinary people in Orillia - Don Banks, Hunter Gillmore, Britney Yurek, Nicole Donovan and more. We’ve had awesome stories - Orillia Lakers with provincial titles, Silver Stick winners, Bantam Royal provincial ‘AA’ champs.

We’ve also had a few big supporters right from the start - Nicole Shanks, Louise Jackson, Wes Winkel, Kris Parnham plus many others and organizations.

To all of you, we say thanks for helping us bring this magazine to you.

The concept - give all our sports a voice. To promote, share, tell their stories.

Maybe we’re helping bring back the pride, passion and loyalty of the sports community.

We thank the organizations and individuals who had faith in us and the business owners who share our vision about the importance of sport in our towns.

We thank you, the reader, for picking us up every month...making us your #1 choice for sports magazines in Orillia...wait, we’re the only one (little inside joke...ever notice all media is #1?).

If you could walk in our shoes you’d hear the feedback we get - it’s phenomenal!

THE 2019 HONDA RIDGELINE

PLAYS ROUGH. Cleans Up Nice.

Starting from $42,713

Plus HST & Licensing

www.daltshondaorilia.com • 500 Memorial Avenue, Orillia • 705-325-2396 • Serving Orillia & Surrounding Area Since 1978
Win One – Lose One – EVEN UP

Submitted by Huronia Stallions Football Club

The Huronia Stallions Varsity team dropped a hard fought 16-3 loss to Etobicoke. The defensive battle saw the Stallions up 3-2 at halftime on a Jordan Travis field goal. The Stallions were unable to put together any sustained drives despite solid running by Justin Janicki. The defence’s tremendous effort kept Huronia in the game until a late Etobicoke touchdown after back-to-back Stallions turnovers deep in their own territory.

Varsity improved to 2-2 with an impressive 38-23 victory over Oakville. The game was never close with Oakville scoring two late TDs. The Stallions built a 17-0 lead midway through the 2nd quarter before giving up a TD on an Oakville fumble recovery. On the ensuing possession, Oakville’s major penalty gave the Stallions good field position. Huronia capitalized on a trick play when backup QB Justin Winn caught a lateral, then completed a downfield pass to Alex Glass for the score. QB Zach Patfield, 7 of 11 for 101 yards, played well in his first start for the Stallions. He added a rushing TD and threw to WR Will McCullock for another. In the second half, RB Zach Kuhn took over, scoring two TDs. Janicki had another strong rushing game. On ‘D’, the Stallions were led by the ferocious play of Tackle Zechariah Willems. Willems had two QB sacks, one resulting in a fumble scooped up by Nose Tackle TJ Pusey who rumbled for a 26 yard return. LB Clayton Mrazek ripped the ball from an Oakville returner on a short kick and had a timely interception when Oakville was fighting back. Defensive Tackle Samuel Lowrie added two sacks. Jordan Travis secured an interception on Oakville’s final possession securing the win.

Junior Varsity noted their first win, a 16-2 victory over Brampton. The young squad moved to 1-3 on the season. QB Kieran Harrison and RB Howard led the offense. Howard had 100+ yards rushing and Harrison scrambled for a score on a nifty naked boot play and completed a TD to WR Brayden Harkness. On defence, Free Safety Victor Garcia made several important tackles. Nico Burton had a strong game at Defensive Tackle and Ty Racine had many impressive tackles in his first game of the season. Scott Labolt and Rio Campo each had key interceptions thwarting Brampton drives.

The Bantam Stallions had an unexpected bye picking up a victory by forfeit.

They then dropped to 3-1 with a tough 36-28 loss to Oakville. The Stallions fell behind early and were unable to erase it. The Stallions moved the ball well, led by RBs Vail Rambaran and Ethan Travis. The ‘O-line’s’ great game gave QB Will Howard time to complete passes to his talented receiving corps. Rambaran, Howard, Elliott Michieli and Travis scored the Stallions’ TDs. Unfortunately, two Stallion TDs were negated by penalties. The Stallions’ D’ were beset by injuries and several broken containments on the Oakville QB who ran for several first downs. Sean Deasy, Luca Barbaro, and Cameron Taylor were top defensive players.

The Junior Varsity squad lost 43-7 to Etobicoke. The Stallions were led offensively by receivers Lucas Janicki and Justin Gausby. RB Preston Howard had the lone Stallions’ TD on an impressive forty-yard run. Defensive End Alex Linke and Linebacker Jonathan Harper had steady games while Linebacker Joe Piltzmaker had the defensive highlight with an interception.

GOOD VISION IS CRITICAL

Orillia EyeWear & iCare
Comprehensive Eye Care • Brand Name Sunglasses
Extensive Selection of Designer Frames

Dr. Neal Kingstone - Optometrist & Owner
705-329-2929 • www.OrilliaEyewear.ca
3280-1 Monarch Drive, Orillia

REGISTER NOW

FEMALE HOCKEY SCHOOL
AUGUST 13 - 17TH
705.955.7369 • northernperformancehockey.com •

WEEKDAY HOCKEY SCHOOL
AUGUST 20 - 24TH
**Good Start For Champs**

*Submitted by Orillia Senior Softball, Wayne Martin*

The Orillia National Nutrition senior softball team’s in full swing, going 3-4 in double header victories for the month of June. The Orillia seniors are reigning league champions and currently six year league champions in the Simcoe Muskoka Senior Softball League.

Teams play a double header once a week starting in May and wrap up with a year-end tournament in early September. The League, composed of retirees and semi retirees from 55 to 75, has seven teams: Huntsville, Bracebridge, Orillia, Midland/Penetang, Wasaga Beach and two teams from Barrie (Green and Blue) playing a total of 24 league games.

During June, Orillia posted double header wins against Huntsville, Wasaga Beach and Midland/Penetang while losing to Barrie Green. Home games are played at Tudhope Park in Orillia on Tuesday mornings.

National Nutrition recently travelled to Keswick to play an eight team invitational tournament winning games against Bobcaygeon and Mississauga and losing a close game to Richmond Hill to place second overall.

**NEVER TOO OLD**

*Submitted by David Kindy - Orillia Rowing Club*

My mother-in-law, who recently turned 86, is bucking the odds when it comes to life expectancy. For Canadians currently, it is 82. This would seem to be an achievement; however, her health condition is less than ideal.

I’m not a doctor, nor do I have medical training but when I observe my mother-in-law, I have my opinion as to what I think would have helped improve her quality of life - keeping active.

She’s never been particularly active and, with every passing year, even less so. She’s lost strength in her legs, has difficulty walking and maintaining balance, to the point where she falls regularly, recently fracturing a rib.

I share this because everyone says ‘tomorrow’ they’ll start exercising to improve their health. It might be simpler than that - start today.

When we’re young, activities like downhill skiing and baseball might match our activity level but as we get older, activities less likely to result in a broken bone may be more appropriate. Swimming, walking, lawn bowling or rowing are examples of activities generally less risky.

As a member of the Orillia Rowing Club, I feel there are few activities that provide the health benefits of rowing. It works your legs, shoulders, arms and gets your heart pumping - balance and coordination bring the simple act of rowing all together. One last immeasurable benefit of rowing is just the mental health of being on the water, enjoying the sun and breeze with the gentle sound of the water lapping against the hull.

Before you dismiss the opportunity, thinking you’re too old, our most senior member is 82.

To everyone reading this, come and learn what it is to row, and just maybe you will feel comfortable enough to sign up. I look forward to seeing you on the water.

The picture of the two women in the one boat is our 82 year old in the back and 73 year old in the front.
SKATE ONTARIO Salutes Zwiers

Submitted by Orillia Figure Skating Club

Congratulations to Jayme Zwiers, the Skate Ontario winner of the 2018 Skate Canada Section Award for “Section Official”.

Jayme’s been skating at the Orillia Figure Skating Club since she was two and currently skates as an adult. She’s a quadruple gold medalist in Skills, Free Skate, Dance and Interpretive and started judging at the age of 16.

Jayme works as a primary care paramedic and is in her 2nd year on the OFSC board as Test Chair.

She volunteers at the Learn to Skate sessions with both Pre-CanSkate and CanSkate and helps with the Carnival and other club events. We are so proud of you Jayme!

SKATER OF THE MONTH - JULY

Joseph Rowe, 12, skates on the Bronze session at the Orillia Figure Skating Club. He had a very successful season and can now land all of his single jumps, and has started working on his axel.

Joseph passed his Star 4 skills, his Star 2 Free skate solo and Swing Dance. He attends Orchard Park Public School and starts grade 7 in September. Joseph continues his training in Bradford over the summer under coach Tracey Zwiers. Joseph also enjoys basketball, swimming, playing video games and attends the Junior Youth program at Calvary Pentecostal Tabernacle

TOURNAMENT SUCCESS

In late-June, the OFSC held its 3rd annual fund raising golf tournament at Bonaire Golf and Country Club. The club raised over $3000 and we really appreciate everyone’s support. The Club thanks generous sponsors for their contributions and Bonaire for the fabulous day of golf and dinner.

Registration for Fall/Winter Sessions open this month. Please visit orilliafigureskatingclub.com. Follow us on Facebook for updates and our latest news @orilliafigureskatingclub.

Star Skate (bronze/silver/gold sessions) start September 6.

The OFSC offers the following programs at Rotary and Brian Orser Arenas, Monday and Wednesday evenings, beginning October 10.

PreCan: 3-5 years of age as of December 31. This learn to skate program teaches children how to stand up, move forward and change directions. A one-to-two ratio is provided to skaters until they are able to skate on their own.

CanSkate: This learn to skate program incorporates fun with the basics of skating. Skaters receive ribbons and badges for each of the 6 stages completed.

PrePower: Runs alongside CanSkate, teaching the core power skating skills (agility, endurance, and speed) needed for hockey. PrePower ribbons are awarded to skaters who complete each level.

This season will include a year-end Ice show. All skaters are invited to participate in the Ice Show at no extra cost and costumes are provided. Ice Show date is March 2, 2019.

Filtration & Softener Systems
From Just $19.95/Month O.A.C.
Call Today For Your FREE In Home Water Test

The Water Store
WATER PROBLEM? WE CAN FIX IT—GUARANTEED!
220 James Street West, Orillia • 705-327-7200

The Perkolator
News To “Perk” You Up

Your weekly horoscope, trivia, laughs & more!

IT’S NEW EVERY WEEK – PICK IT UP IN ORILLIA, COLDWATER & WASHAGO
1. Clyde Harris, National Nutrition senior softball, practice swing.
2. Orillia Channel Cats.
3. Orillia Figure Skating’s golf tournament.
4. Orillia Novice Kings with Championship banner.
5. Orillia Lightning game action.
6. Summer Row with Orillia Rowing Club.
7. Rushmount Equine’s Syd on ‘Ruby’.
8. Brittney Yurek, OFSAA Gold.
Orillia Legion Minor Baseball proudly salutes their ‘Players of the Week’ in this feature. Each has demonstrated various elements of the game worth noting. Congratulations to all.

A big contributor to the Orillia Gold Technologies Mosquito Rep Team has been newcomer Austin McCrackin. Previously, Austin played fastball in a fairly ‘non-competitive’ league. This season’s different and he has a battle scar to prove it. Austin’s new to the catcher position. During a ‘rundown’ drill, the ball bounced off his glove and caught him in the eye, leaving a shiner. He sat for about 2 minutes, then wanted back in.

That week, Austin caught in his first league game and smashed a few hits, complimenting his play behind the plate. Though the team came up short, Austin’s play kept it closer. His teammates, and coaches, feel Austin’s enthusiasm for the game and his camaraderie with others.

Way to go Austin.

There’s optimism around the Meridian Credit Union Pee wee Orillia Royals who went undefeated in its first three games with a total team effort. The Royals were 4-1 after a weekend split. During these games Tyler Nichol shined, earning him player of the week honours as chosen by his teammates.

Tyler’s outstanding weekend included going 3 for 3 with two doubles, to go with Emitt McDonald’s excellent pitching and walk-off hit, helped the Royals squeak past East York 5-4. And, Nichol didn’t let up on Sunday - another pair of timely hits, knocked in a run and scored twice in a tough loss to Newmarket.

His passion for baseball is obvious and Tyler’s been a key contributor since day 1. Much deserved Tyler, congratulations.

Despite a tough start for the Sanderson Monument Orillia Pee wee Selects, one player’s emerged as a bona fide leader. With vastly different experiences, we’re learning on the fly and trying to gel. Calum McKim, thrust into a leadership role, has exceeded expectation. Coming into the season, Calum was designated as our top pitcher. His poise and skill set instills confidence in the players behind him. He puts forth his best effort with a team-first attitude.

When the team needed a catcher, Calum was the first to volunteer. Calum’s also played outfield, shortstop, 3rd and 1st base. The coaches continue relying on Calum to set an example for his teammates and be a leader. Congratulations Calum, well deserved.

Nolan MacNeal is our player of the week. Nolan has been our best pitcher all year and recently was our ace starter pitching four scoreless innings in Orillia’s 11-4 win over 2nd place Bolton. Nolan has used great command of the strike zone this year and posts a team best 6.50 ERA. He throws a hard fastball and mixes up his speeds with a change and a curve ball that has helped him strike out 15 batters already this year.

Nolan also was on base twice in the game scoring 2 runs. He contributes regularly at bat with a .260 average and hits for power as well.

It’s been a good start for the Tiremaster Orillia Mosquito Selects. The first test was against an experienced team from Barrie. The boys learned from that game and carried those lessons into the Richmond Hill tournament. We faced a talented Brampton team, learned from ‘in game’ experiences and continue to improve. These lessons began to show in our 2nd game against Martingrove. The team fell in a hard battle 9-5 to the eventual tournament champions but showed great improvement. Daniel Slemin’s worked hard in practice, shown leadership and is willing to try any new position. He’s been a pleasure to coach, pitched well and has been a defensive spark for the team. Well done Daniel, keep up the great work.

Submitted by Orillia Legion Minor Baseball
LAKERS CAP OFF RECORD SEASON

Submitted by Orillia Youth Basketball Club (Lakers)

The Orillia Youth Basketball Club capped off an exciting 2017-2018 season with a record number of Orillia Lakers rep teams – 20 – and extended house league sessions that began in the fall and ran through to spring.

10 teams brought home provincial medals, including five provincial banners. Several teams moved up in divisional rankings, facing stiffer competition but continuing to prove they belong on the court alongside some of the province’s highest-ranked teams.

“We’re incredibly proud of our athletes’ accomplishments,” said Ted Dongelmans, president of the club. “They continue to achieve excellence on and off the court, and are positive ambassadors for our city and club.”

To recognize their achievements and growth over the course of the season, the club hosted two awards banquets for the Orillia Lakers rep teams. Select athletes from each team were honoured with ‘Most Valuable Player’, ‘Defensive Player of the Year’, and ‘Heart and Hustle’ awards.

In addition, Ryley Bell and Evan Thomson were the proud recipients of the Dr. Brian McGugan Award, which recognizes players who demonstrate leadership, effort, teamwork and fair play through their love of basketball.

Steve Castellani was recognized with the coaching excellence award. “Steve demonstrated his commitment again this season by coaching two rep Lakers teams. His vast basketball knowledge and incredible patience make him a coach to be admired,” said Dongelmans.

The 2017-2018 season’s team award winners are;

(B-C): Scott Barkley, Jaiden Beemer, Lauryn Buchan, Callum Casscagnette, Brett Castellani, AC Chiodo, Abby Clark, Sophia Columbus, Gabrielle Crate, Blake Cruise

(D-H): Johnny D’Agnillo, Sam Dickie, Emma Dongelmans, Patrick Fleguel, Olivia Glass, Ben Goguen, Lukas Hagman, Liam Holmes, Tyler Huxtable,

(J-N): Kallista Jacobs, Rebekah Kee, Addison Landon, Hennessy Langner, Ryan Lazier, Ben Long, J-Bian Melancon, Rhiannon Monague, Kaitlyn Near

(P-R): Wes Paterson, Zoe Peeters, Dean Perrigo, Nya Perrin, Sam Reda, Ethan Reed, Prestan Reed, Ella Rees, Alison Rolston, Andrew Roy, Aiden Russell, Karley Rynard

(S): Luke Sallows, Zack Shaw, Grace Silverthorn, Kyle Surgenor, Justin Small, Ally Smith, Carter Smith, Sam Smith, Jordin Somerville, Sammy Stockdale

(T-Y): Wyatt Thompson, Alaina Vandenberg, Madelyn Vickers, Zac Waite, Nicholas Weiler, Drew Wilson, Carter Young

Registration for 2018-2019 rep tryouts and for the fall house league session is now open.

Visit www.orillialakers.com for more information, or follow the club on Facebook.
"I WANT TO RUN"

She has a simple driving force. "I want to run", she said.

Some know her story, most don’t. And, no matter how we tell it, we won’t do it justice. This isn’t a movie, nor is it scripted. This is real, but "it could be a movie", stated Coach Andrew Corry when we first spoke.

This is 17 year old, Twin Lakes student Brittney Yurek.

Yurek didn’t care about sports when she was younger. In grade 9 though, she was introduced to track by then-coach Adele LeMaire. Coach Corry took it from there.

That first year, she clocked just over 23 seconds in the 100m. Grade 10, she shaved more than 3 seconds and took bronze. In 11, more time off and a silver. This year, still more time off and gold at OFSAA. That’s improvement over the years!

But that’s still not the story. It’s what she’s endured, combined with her performance, that makes her journey unequivocally compelling.

Brittney has every excuse possible at her fingertips. She doesn’t use them. ‘I don’t see the obstacles’, she stated.

Her journey to date started before she was born. Her father was never in the picture. Her mom was fighting brain cancer and, due to the treatments, Brittney was removed at 7 months. Just 6 months later, mom passed. Brittney finally came home 10 months after birth, in the care of her grandparents. At 18 months old, she was diagnosed with cerebral palsy, a disorder affecting muscle tone, movement and motor skills - the coordinated and purposeful ability to move.

At times growing up she wore leg braces and encountered some difficulties with other kids.

‘Grade 9 wasn’t really good (with other students)’, Brittney recalled. ‘I was kind of closed off.’

That’s when it began - the encouragement, support and belief that came from Corry, LeMaire and coach Sarah Hagman.

“She works at it. Her focus and commitment to improve is overwhelming’, Corry affirmed. “She’s become a leader, an inspiration, especially with our younger athletes at the school.”

In September Brittney returns for her final year - ‘12B’ or ‘victory lap’ as some call it - until she figures out her path. This could be her final year for competition as well. At this point she doesn’t know of any college/university that has para-athletics in Canada.

Her grandfather passed away 18 months ago and there’s another surgery due too - either this month or October - on her Achilles tendon. Though limited, another brace will be required. Still, no obstacles. "Sometimes I get called a ‘gym rat’. This won’t stop me,” she chuckled.

She gets the encouragement and support from the coaches, family and friends but more importantly she feels it, even periodically from strangers, “I don’t understand that, but I appreciate it”, she adds.

When we met Brittney, Andrew and Brittney’s grandmother Margaret, we felt the special bonds that had developed amongst the three. At times, our conversation got a little emotional, understandably so. But there was a strength, courage if you will, to keep going - break down the barrier...no excuses.

And though it was in the middle of our meeting, there was one thing Brittney said that stuck...

“I’m glad I was never told I wasn’t a sprinter”. OT

ABOVE LEFT: Triple Olympic medalist Andre De Grasse with Brittney.
ABOVE RIGHT: Brittney runs 800m.
BELOW: Gold presentation with Andre De Grasse.
**BEYOND EXPECTATIONS - KINGS TAKE THIRD TITLE**

*Submitted by Orillia Minor Lacrosse*

The Orillia Kings Sherwin Williams Novice Lacrosse team travelled to Ottawa for a 3 day tournament. Against the odds the boys won Gold, defeating teams ranked higher than them by digging deep as a team and pulling through some tight games.

The Kings took on Nepean 2 for their first game. Every player on the team saw lots of floor time with almost everyone hanging a point on the board in breezing through a convincing 16-0 win. Joe Fitzgerald and Wesley Brain shared the shutout.

On the Saturday morning the Kings squared off against Akwesasne. Didn't come as a shock when the team were faced with a larger, more physical team since they faced them the last 2 years. The Kings though dominated the game both physically and on the scoreboard, winning the game 8 to 2. Jack Davidson, Ben La Hay, Jack Hedges and William Tibbett all doubled up in points to win the game.

The kids were well rested going into the afternoon game as they knew it would be their toughest challenge of the weekend. Despite being provincially out-ranked by their opponent, Cornwall, the coaches and players were cautiously optimistic. Zach Clarke, Wilson Mackey put the ball in the net with help from Scotty Barkley, Hudson Bown-Downie and Davidson. Strong defense on both sides kept a lid on the tight match with the Kings prevailing for a 2-1 victory.

Onto the semi-finals and a match up against Nepean 1 this time. Albeit more competitive, the Kings fought their way to a 6-2 conquest, setting up a trip to the finals. Cole Eckstein, Dylan Woodrow were amongst the point providers.

The final brought Cornwall and Orillia back together to face off for the title.

In probably the toughest match up offensively and defensively all year, the team dug deep and came together. Davidson started off the intense game with a goal, followed by Lucas Lynch, then Davidson put it in the net again. Spencer Shropshire scored the go ahead goal from Clarke at the end of the 2nd period. Three minutes into the 3rd, two Kings received 5 minute majors, leaving Orillia 2 runners short which forced the switch to heavy defense to protect the net. With 3 minutes remaining, Shropshire fired it over the goaltender’s shoulder to clinch the tournament victory.

The man in the net, Joe Fitzgerald, played a huge role in the Kings 6 game sweep and earned the tourney MVP award.

Coaches Marty Groves, Clay Hedges, Dan Lynch and Paul Tibbett have done a tremendous job bringing this team to a level that was unexpected at the beginning of the season. The novice Kings are currently ranked 12th in Ontario’s ‘A’ division.

Great work boys! Practice Hard, Play Harder!

**PHOTO: Kings with team from Cornwall.**

---

**Match Officials Step Up Their Game**

*Submitted by Orillia District Soccer Club*

The Orillia District Soccer Club (ODSC) and Ramara Rockets (RR) held their 1st ‘match official’ challenge at the West Orillia Sports Complex. In cooperation with Ontario Soccer, and the Long Term Match Official Development Plan (LTMODP), the clubs felt it vital to promote fitness within the ranks of the officials to encourage continual improvement.

At Ontario Soccer’s ‘Soccer Summit’ conference, the LTMODP was launched alongside information sessions to help motivate soccer clubs in Ontario. One takeaway - be the best match official you can, regardless if you’re officiating recreational league or the highest level game.

With that, the clubs created a Fitness Challenge. Of the 30-day training plan developed by Kuizan Weekes, an Ontario Soccer and FIFA Fitness Instructor, the clubs selected 7 days worth of workouts. “It isn’t a race to be the best, it’s about doing the best you can and making it better,” explained Mark Douborough, ODSC President, Match Official, and Match Official Assignor.

The first night Brad Douborough, a local and Provincially certified Match Official, ran through Day 1 of the workout. Each participant took home a plan for the next 6 days. The group met again to run more drills with Weekes. Then they ran the grueling beep test to see how they’d fare. “The more competitive the game, the higher the fitness level must be,” Weekes told the group. “A match official who can’t keep up, can’t do their job effectively.”

Afterwards, participants were entered into a draw and Jacob Dunn won tickets to a Toronto FC game. “It’s great to see everyone working to improve themselves and the level of officiating,” reported Doug Anderson, ODSC Head Referee.

“It gave a chance for some younger officials to see where they are - fitness wise - if they’re considering advancing their careers,” said James Newlands, RR Head Referee.

Thanks to the organizers and participants. We look forward next year’s event.
GREAT START FOR SHOW TEAM

Submitted by Rushmount Equine Sports Ltd.

To start the summer, Rushmount Equine Sports Ltd hosted its first "Trillium Show". It was a record show with over 130 horses in attendance.

Shortly after the show, Teams were at Angelstone where Hayden McCahon and 'Silver Rush' took 3rd in the Classic and Sydney Freeman took 7th. Freeman was also awarded the Horsemanship Turnout and Sportsmanship award for Angelstone.

Mikayla Burns and 'SnapChat' had really good over fences rounds. The next day they went to Essa Agri-plex with Claire Coulter and 'Salt and Peppa' in the Short Stirrup Division where she won the flat class and jogged 7th in the over fences. This moves Claire up to 2nd overall in the short stirrup division and in good shape to qualify for Championships at Palgrave in September. Later that afternoon, Rushmount returned to Angelstone and won more ribbons.

The following day, the Jumper Show Team went to Essa Agri-plex to compete in the 2nd "Trillium Show" of the season. Jessie Curtis and her new mount rocked a first in the .75 class and a 6th in the .90m division.

Malorie Harris on 'Talk About Fate' took champion in the .90m division while McCahon took champion of the 1m Division on 'Silver Rush'. Anneli Tapanila on 'Kronos', rode well in her maiden voyage in the 1.10m division. Hailee VanDusen on 'Ever So Clever', aka Fyfe, won 3rd in the Power and Speed class of the 1m division.

McCahon also rode 'Trompe Le Monde' to a 3rd and 4th place finish in the .90m Division.

Rushmount thanks the many local sponsors that helped provide rides and amazing prizes and gifts to our competitors. Follow Rushmount Show teams at www.rushmount.com.

Burnie To Niagara

Submitted by Orillia Suns Volleyball Club

The Orillia Suns are proud to announce the recruitment of Olivia Burnie by Niagara College for the upcoming OCAA volleyball season.

Olivia started her volleyball career with the Orillia Suns 13U team and spent her entire OVA involvement with the Suns, graduating our program with the repetitively successful 18U Nova team.

Olivia’s extra energy in practice and in competition, combined with her natural athleticism, made her a dominant force on the court.

It is no surprise she received an athletic scholarship at Niagara for the 2018-19 season, as she was the focus of several post secondary team inquiries.

Burnie will be an Outside Hitter for Niagara while studying Social Sciences. She’s excited to be playing Varsity ball in her first year of OCAA eligibility.

All of her former Suns coaches wish her the best in her future sports and academic ventures.

The Suns also thank Stu Burnie, Olivia’s father, for the support and efforts he provided to the club during Olivia’s journey.

TRIVIA

ANSWERS:
1. Guy Lafleur - 1246 (518G - 728A)
2. "Centerfield"
3. Houston Rockets
4. 1988
5. New England Whalers (WHA 1972-79), Hartford Whalers (NHL 1979-97)
7. BONUS: Send your answer to orlsubmit-overtime@hotmail.com (subject: trivia). One winner randomly selected from correct entries.

HARVEY’S EVERYDAY SPECIAL
HAMBURGER COMBO $5.99
370 Memorial Ave, Orillia • 705 327 2172
RENEGADES
Want You

Submitted by Orillia Ladies Hockey League

The Orillia Ladies Hockey League - the Renegades - are looking for competitive players and goalies for the upcoming season. The league consists of 2 tiers (levels) - competitive and non-competitive.

The non-competitive side is an extremely supportive group and certainly welcome newcomers or those who want to start playing again.

This coming season represents an expansion once again for the league which has been steadily growing now for a few years.

All games are played in Orillia from September to April. Visit orillialadieshockey.com for full info. For questions or to register, email info@orillialadieshockey.com.

| COLDWATER | Bonaire Golf Course | www.bonairegolf.com |
| Minor Ball | www.gbmsl.ca |
| Youth Soccer | facebook/coldwateryouthsoccer |
| HURONIA | Stallions Football | www.huroniastallions.on.ca |
| ORILLIA | Couchiching Golf Club | www.couchichinggolf.com |
| Hawk Ridge Golf Club | www.hawkridgegolf.com |
| Mariposa Gymnastics | www.mariposagymnastics.ca |
| Mariposa Wrestling | www.mariposawrestling.com |
| ORL & District Soccer Club | www.orilliasoccer.com |
| ORL Ball Hockey | www.obhl.ca |
| ORL Bowling | www.orilliaowl.com |
| ORL Channel Cats Swim | www.orilliachannelcats.ca |
| ORL District Fastball League | www.orilliafastball.ca |
| ORL Girls Softball | www.orillia.ca |
| ORL Lady Kings Lacrosse | www.orillialadykingslacrosse.ca |
| ORL Lawn Bowling Club | www.orillialawnbowls.ca |
| ORL Legion Minor Baseball | www.orillialinearbaseball.ca |
| ORL Minor Lacrosse | www.orilliaminoralacrosse.com |
| ORL Rowing Club | www.orilliarowingclub.com |
| ORL Slo-Pitch | www.ospl.ca |
| ORL Suns Volleyball | www.orilliasunsvolleyball.com |
| ORL Tennis Club | www.orilliatennisclub.wordpress.com |
| ORL Youth Basketball | www.orillialakers.com |
| Sport Council | www.sportorillia.com |
| ORO-MEDONTE | Braestone Golf Club | www.braestoneclub.ca |
| Hardwood Ski & Bike | www.hardwoodsnowboarding.ca |
| RAMARA | Soccer Club | www.ramarasoccerclub.ca |
| WASHAGO | Lake St. George Golf Club | www.lakestgeorgegolf.com |