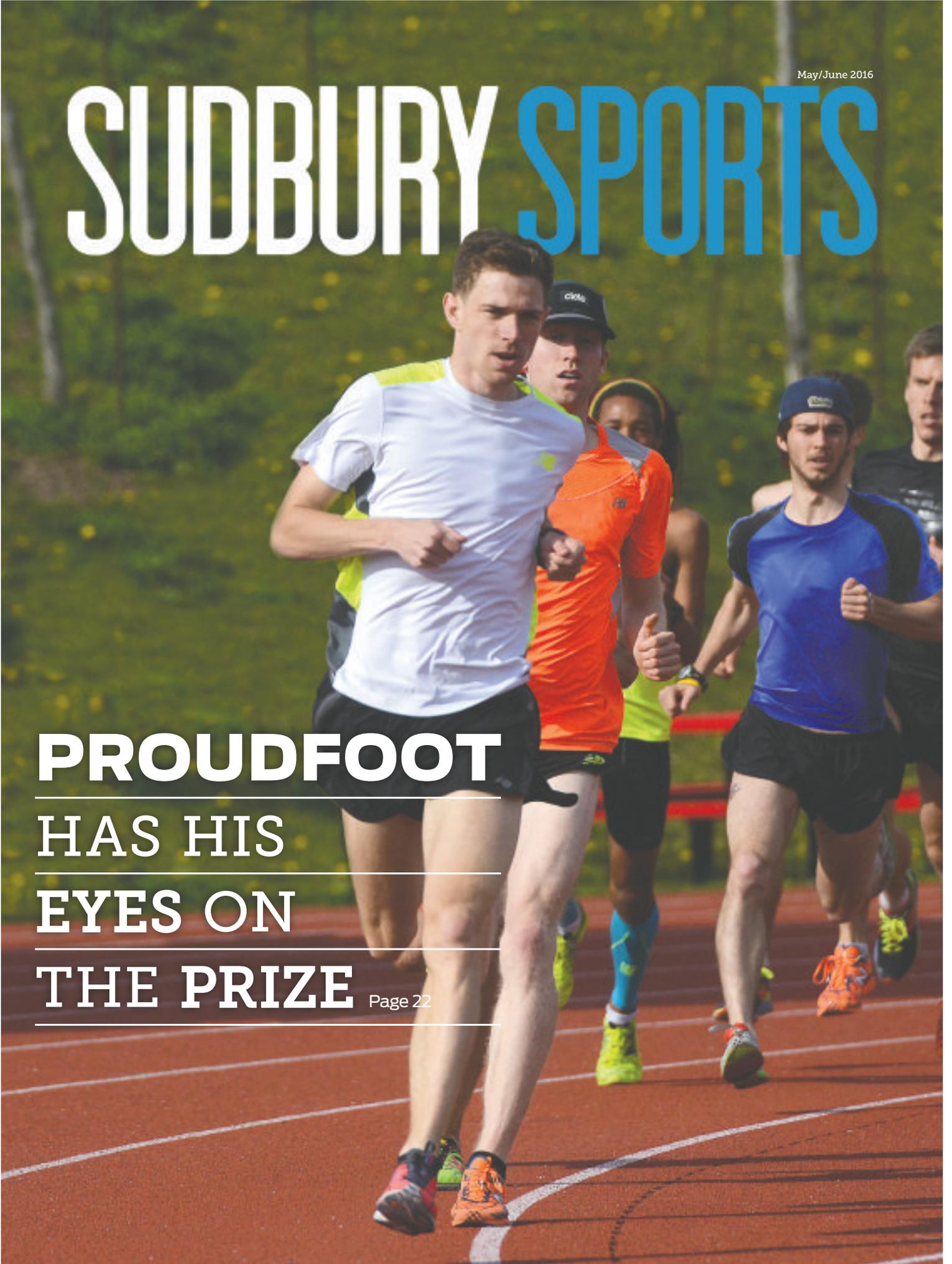


May/June 2016

# SUDBURY SPORTS



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Page 22

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# SPORTS PREVIEW

## Baseball

A spirit of co-operation between the Valley East Minor Baseball Association (VEMBA) and the Sudbury Minor Baseball Association (SMBA) has created a slight up-tick in the number of competitive teams, notably in the peeewe age grouping.

With the Sudbury Shamrocks opting to field a minor peeewe team this summer, the Valley East Renegades reached out to absorb the 2003 born lads, allowing for a major peeewe team, as well.

No surprise that the face of baseball in the area, Jean-Gilles Larocque, has immersed himself even more as his son, Gabriel, takes to the field with the first "rookie" team to represent the Valley. A mix of new and experienced players – as experienced as these kids can be at age seven and eight – will work under the guidance of Larocque and fellow coaches Denis Dalcourt and Andre Perron.

The aforementioned Valley East Major Peeewe Renegades, boasting a coaching staff of Michel Larivière, Marc Trottier, Sylvain Roy and Paul Dissayanake, are thrilled to be bringing together talent from across the region. Along with tournaments in Simcoe and Mississauga, the group is anxiously looking forward to competing south of the border, at an event in Michigan.

Coaches Todd Frawley and Phil Farmer are pleased with the return of mosquito rep baseball in the Valley.

"Although most of the players have house league experience only, their commitment to hard work and development is inspiring to coaches and parents alike," said Frawley.

In Sudbury, Trevor Goudreau returns at the helm of the Minor Peeewe Shamrocks team that claimed gold in the Select Ontario Baseball Association mosquito ranks last September. The team returns a solid core from the squad that downed the Mississauga Twins 10-4 in the championship affair, including Keenan Castle, Ryan Rubic, Ben Fowke and Cole McPhee.

The Shamrocks are also featuring teams at the Rookie ball, Mosquito and Bantam levels.



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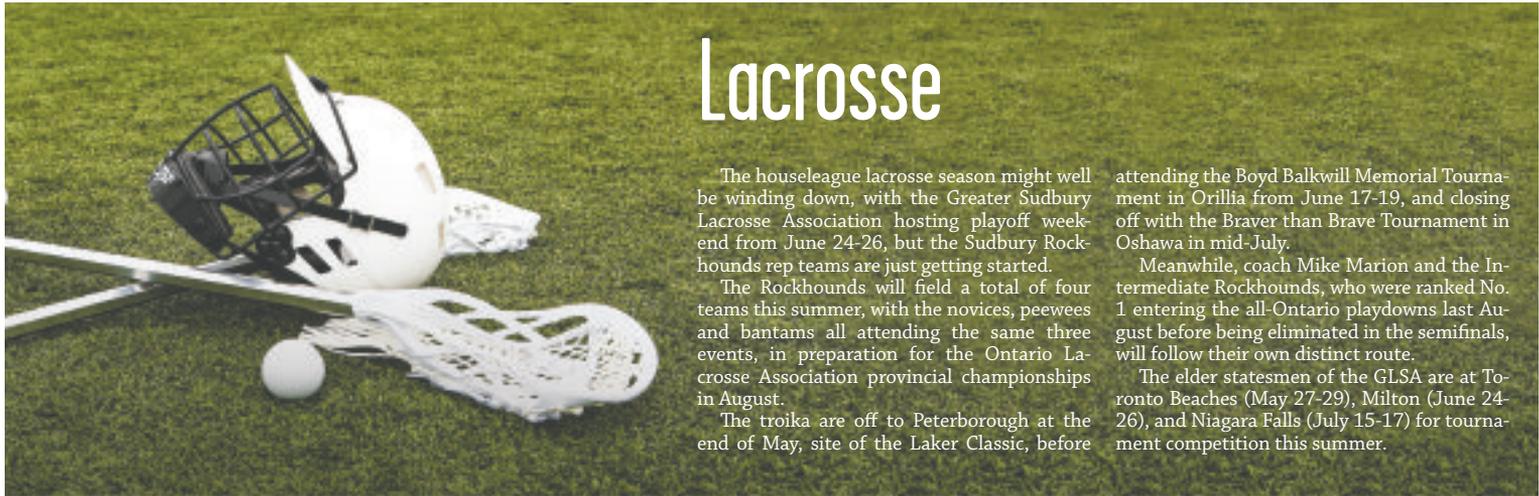
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# Lacrosse

The houseleague lacrosse season might well be winding down, with the Greater Sudbury Lacrosse Association hosting playoff week-ends from June 24-26, but the Sudbury Rockhounds rep teams are just getting started.

The Rockhounds will field a total of four teams this summer, with the novices, peewees and bantams all attending the same three events, in preparation for the Ontario Lacrosse Association provincial championships in August.

The troika are off to Peterborough at the end of May, site of the Laker Classic, before

attending the Boyd Balkwill Memorial Tournament in Orillia from June 17-19, and closing off with the Braver than Brave Tournament in Oshawa in mid-July.

Meanwhile, coach Mike Marion and the Intermediate Rockhounds, who were ranked No. 1 entering the all-Ontario playdowns last August before being eliminated in the semifinals, will follow their own distinct route.

The elder statesmen of the GLSA are at Toronto Beaches (May 27-29), Milton (June 24-26), and Niagara Falls (July 15-17) for tournament competition this summer.



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# Football

Another season of summer football is upon us, and all three local teams have playoff dreams on their minds.

Coming off a 4-4 campaign in 2014, and their first playoff berth in quite some time, the Sudbury Spartans showed even more progress last year, finishing at 5-3 and hosting their first post-season encounter in more than a decade.

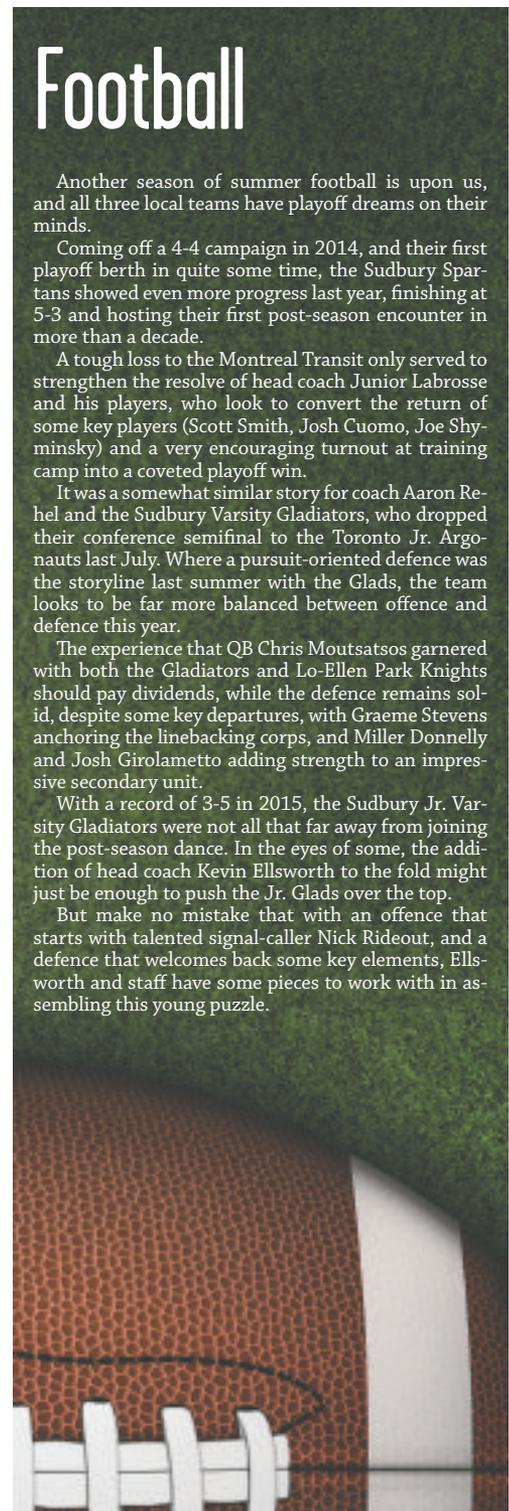
A tough loss to the Montreal Transit only served to strengthen the resolve of head coach Junior Labrosse and his players, who look to convert the return of some key players (Scott Smith, Josh Cuomo, Joe Shyminsky) and a very encouraging turnout at training camp into a coveted playoff win.

It was a somewhat similar story for coach Aaron Rehel and the Sudbury Varsity Gladiators, who dropped their conference semifinal to the Toronto Jr. Argonauts last July. Where a pursuit-oriented defence was the storyline last summer with the Glads, the team looks to be far more balanced between offence and defence this year.

The experience that QB Chris Moutsatsos garnered with both the Gladiators and Lo-Ellen Park Knights should pay dividends, while the defence remains solid, despite some key departures, with Graeme Stevens anchoring the linebacking corps, and Miller Donnelly and Josh Girolametto adding strength to an impressive secondary unit.

With a record of 3-5 in 2015, the Sudbury Jr. Varsity Gladiators were not all that far away from joining the post-season dance. In the eyes of some, the addition of head coach Kevin Ellsworth to the fold might just be enough to push the Jr. Glads over the top.

But make no mistake that with an offence that starts with talented signal-caller Nick Rideout, and a defence that welcomes back some key elements, Ellsworth and staff have some pieces to work with in assembling this young puzzle.





Grace Racicot, of St. Charles College, runs the midget girls 400 metre on May 19. Hundreds of athletes from area high schools converged on Laurentian University's track for the SDSSAA track finals. Records were broken, and personal bests were established. For results and stories about the athletes, visit Sudbury.com.

Photo by Aaron Pickard.

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# SPORTS ADMIN 101: NEW TO A SPORTS BOARD? LOOK FOR EXPERIENCE



By Randy Pascal

With the start of the summer sports season now upon us, a handful of well-intentioned parents in and around the city will inevitably enjoy their first experience of manning a position on one of the multiple boards and associations that organize the world of amateur athletics in Sudbury.

More often than not, they will tackle their new role, armed with the knowledge of all that ails their particular sports organization, based on the oversights they perceived over the course of a few years of observation as a parent.

While there may be some absolute-great and visionary ideas that are suggested from these volunteer freshman, a word of caution: There is also great value in tapping into the vast experience of those who have been around this block a few times over.

One of the first adjustments one

must make in attempting to properly fulfil their role on the board is a tweaking to the scope of the issues which are discussed around the table.

Effectively, one must understand they are now looking out for the greater good of all those involved with their sport. That might seem obvious, but remember that up until this point, their read on their own association was biased heavily by the impact of various decisions about their own child, and perhaps his/her team.

Backing up a step or two, and keeping in mind a more global perception, is key. Which brings us to a key in terms of not jumping in too quickly.

As surprising as this may sound, most of the rules and regulations that are in place with the new board that you have only recently joined, were actually implemented for a specific (and generally good) reason.

It is easy to think that there is a better way of doing things, only to subsequently find out there actually are some unintended repercussions that had never crossed your mind, repercussions that quite possibly became obvious to board members years before your arrival.

It's seldom a bad idea to seek out, as a sounding board, the voice of reason that comes with those who have gone before you, especially if they no longer have a vested family interest in the organization. Many are more than willing to share their journey of what worked, and what did not work so well, during their tenure in charge.

In the end, be as consistent as you possibly can, recognizing that inevitably, not everyone will agree with every single decision that you make — no matter how well-intentioned you may be.

For many board members, it's their child's involvement with the sport that is the reason they are in that position.

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# Baked tofu sticks with peanut sauce



Meagan Duhamel, 2014 Olympic silver medallist, vegan and certified holistic nutritionist.

This tofu dish makes a great starter or side dish. There is plenty of calcium and protein in the tofu and the peanut sauce is rich and delicious.

Take one 14 oz. package of tofu and cut it in half, to make 2 thinner pieces of tofu. Press out the extra water between paper towels and let the tofu sit there for about 10-15 minutes. This will help make the tofu crispier when you cook it.

While your tofu is pressing, mix together the ingredients for your marinade. Cut your tofu into strips, about 1/2 inch wide, and lay them out in a big baking dish. Don't cut the tofu too thin or it will burn. Pour your prepared marinade over the tofu and let it sit for 20 minutes, absorbing the flavours.

After the tofu is marinated, sprinkle some sesame seeds on one side, turn it over and sprinkle more on the other side. Brush a baking sheet with peanut or sesame oil and lay the tofu pieces out on the baking sheet. Set the oven at 400F and bake for 20 minutes then flip the tofu over and bake for another 20 minutes.

While your tofu is baking you can prepare the peanut sauce in a food processor or a blender.

Serve tofu hot with dipping sauce and enjoy!

### Tofu Marinade

- 1 14 oz package of tofu
- 1 tablespoon sesame oil
- 1 1/2 tablespoons soy sauce (reduce sodium)
- 1 teaspoon rice vinegar
- 2-3 teaspoons agave nectar (or another sweetener of your choice)
- 1-2 teaspoons sriracha sauce
- 1/2 teaspoon ground ginger
- sesame seeds

### Peanut Sauce

- 1 tablespoon ground ginger
- 2 tablespoons natural peanut butter (make sure you use all-natural, without any added sugars)
- 2 tablespoons Tahini sauce
- 3 tablespoons soy sauce (reduced sodium)
- 2 tablespoons agave nectar
- 2 teaspoons rice vinegar
- 3 tablespoons water

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## Pink on the Pitch to support cancer society

Soccer team holding fundraiser matches this season

The Sudbury District Soccer Club's U17 CSL team have been witnesses to how devastating a cancer prognosis can be.

In wanting to support their teammate and friend, they came up with the idea to raise funds to support and draw awareness to breast cancer.

A "Pink on the Pitch" soccer match will take place on Saturday June 11, at 1 p.m. at the Delki Dozzi Soccer Field during one of the squad's regulation games scheduled against Toronto SC.

A second game event is scheduled for Aug. 23 at 7:30 p.m. at James Jerome Turf in an exhibition game against the Laurentian Lady Vees.

The opposing clubs have expressed their support of this event, as well, and have indicated their willingness to join in the cause.

During these two soccer matches, "Crush Cancer" T-shirts, such as the ones being worn by the coaching staff, will be available for purchase at a cost of \$10.

The proceeds will be donated to the Canadian Cancer Society for breast cancer research.

Anyone wishing to pre-order T-shirts can do so by calling Eryka at the Canadian Cancer Society office at 670-1234 ext. 3703, before May 25.

Those not wishing to purchase a T-shirt but wanting to support the cause, are welcome to simply make a donation at the time of the event.

A table will be set up for this purpose and the U17's are hoping to fill the stands with "Pink" and fill the donation jars with green thereby providing a sizeable amount to be donated to the Canadian Cancer Society.



# HUNGRY FOR THE OLYMPICS

Lively native Ross Proudfoot

is not quite ready to transition to a more "reflective" mode, at least not quite yet. Not when he is this close to achieving his Olympic dream.

Though the 23-year-old graduate of Lo-Ellen Park Secondary School turned the page last summer on an incredible five-year running career with the University of Guelph Gryphons, amassing a resume of accomplishments that rank him among the all-time Canadian Interuniversity Sport running elite, it is what lies ahead which occupies his thoughts far more than all he has already done.

"I think it's one of those things where I've not yet done the full turnaround and reflect thing," said Proudfoot

earlier this month. "I haven't really let everything sink in. I think that's something that will happen over time."

And when it does start to sink in, even he is likely to be impressed. A nine-time all-Canadian in cross-country running and track and field, and six-time national champion, Proudfoot collected no less than 19 medals over the course of his five-year career at Guelph (10 team medals, nine individual).

The pinnacle was undoubtedly his 2014-2015 campaign.

"Winning the individual CIS Male Athlete of the Year, and going undefeated in my final year, across track and cross country, was amazing," said Proudfoot.

In a year of highlights, his victory at the 2014 CIS cross-country championships topped them all.

"It's such a long race, a long season, that really accumulates up on that one day," he said. "It's not like track, where you win your one event, which is obviously huge, but there's still another 16 events going on. At cross country, everyone is there to do the same thing.

"I've known that I had been good enough, for a few years, to claim that title, but to get it to all sum up, and win it in my last chance to get it done, was a big sigh of relief, and loads of happiness, a culmination of my university career."

His resiliency, in a field of athletic pursuit well known for the physical toll it takes on its athletes, was noteworthy.

"I know of a few people who seem to be freaks, and can deal with the pounding, and not get the chronic stuff," said Proudfoot.

"But for the other 90 per cent of the running population, it really is about keeping your head mentally sound, so that you can start a season where you have to perform, and be able to hold the confidence and carry it through the injury troubles.

"You're always going to have those small blips. I've had some stress reactions that run a month, a month and a half, which is a little more than small blips. It's managing that, and still being able to perform. It's being injured without any of the fans knowing you were injured."

Even as he draws nearer to a berth of the Canadian Olympic team, Proudfoot is unable to completely shake the injury bug, with "nagging shin stuff" (in his own words) finally easing in March. A month of altitude training, in Flagstaff (Arizona), gave way to some solid mileage, but a very pedestrian first race time in the 5000m of 13:51, well off his personal best of 13:29, established the previous fall.

"I knew there was a ton of work to do, so I trained for another month, came back down and got to 13:36," said Proudfoot. "I'm starting to get back into that peak fitness where I finished at the end of last year. The last two weeks have been good in Guelph, so I am hoping to make another jump racing back in California."

The target number, for Proudfoot, is 13:25, the national A standard for Olympic hopefuls looking to participate in the five-kilometre race around the track.

"I have until nationals (early July) to hit the A standard," he explained. "It's going to be a little tighter than I would have wanted, if I was healthy in the winter and coming out flying. But it's definitely within stabbing distance.

"I feel like I'm now in that ballpark. It's really about dialing down and hammering home that last kilometre, being ready to take a shot if it's there."

If California does not produce the intended result, it will be off to Spain, on June 3, for another crack. Ideally, competitors at this distance like to leave a minimum of a 10-day break, between races, allowing the body to rest and repair.

"The schedule is looking good, with at least two more shots," said Proudfoot. "But I may be picking races on the fly."

Hopefully not. If things go well, and the standard is achieved, the ultra-talented Northern Ontario product can turn his complete attention towards peaking for nationals and the Olympic Games in Brazil.

"Hopefully, I can hit it (standard) early, and then chase some 1500s, and get really sharp on the speed and finishing kick in the 5000m, and maybe even take a shot at the 1500m A standard, if it's there," he said.

"It's going to be a lot closer to the deadline than first hoped for."

But if Proudfoot can reach his dream, and form part of the Canadian contingent in August, it will be one heck of a story to reflect upon.

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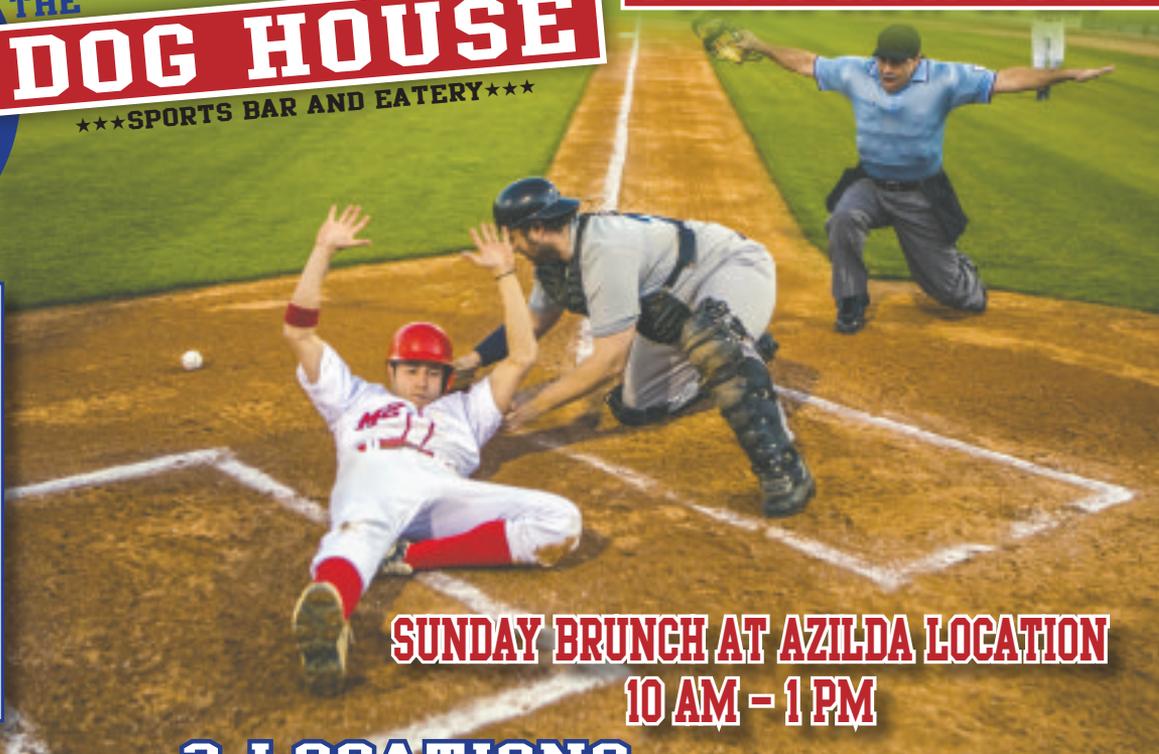
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# MVP

## TAMMY SIMPSON

Longtime hockey volunteer earns special accolades



By Randy Pascal

On May 7, at the Northern Ontario Hockey Association AGM in Timmins, Sudbury Minor Hockey Association vice-president of houseleague operations Tammy Simpson was awarded the Ken Neeb Memorial Award, recognizing "outstanding contribution to minor hockey in Northern Ontario."

In one fell swoop, some 15-plus years of minor hockey volunteerism were acknowledged, as the native of Moncton, New Brunswick, noted an interesting and meandering path to the role she currently plays in a variety of hockey-related groupings.

As is so often the case, Simpson owes her involvement to the recognition of another, someone who noticed, early in her son's hockey career, the potential that lies within the mother of two.

"When Chris (son) moved into novice hockey, I started volunteering at the bingo that Lucy Eadie ran to help offset the costs of hockey," said Simpson.

Not long after, Eadie convinced Simpson to attend an SMHA AGM with her, a move that eventually led to the latter joining the board of the SMHA. After two years as a general board member, Simpson was entrusted with the newly created role of VP of Houseleague Hockey Operations, a position she continues to hold to this day.

"My views have changed and evolved, over my years of being involved in hockey," she said.

"I don't like it when people talk down about players who decide to just play houseleague hockey. I still get annoyed at that comment. Players should be playing hockey where they want to play hockey, but I also believe that players should play at the highest level of hockey that they are capable of playing."

Recent years of involvement have tended to keep Simpson increasingly more busy with the competitive ranks, including managing the SMHA AAA Wolves for a handful of years, and now serving as secretary-treasurer of the Northern Ontario AAA Hockey League.

It provides her with an interesting perspective, given her acknowledgment that her heart sits first and foremost with the recreational ranks. "The grassroots programs are where these AAA players de-

velop," she said. "That's where our competitive players become competitive players."

And while she enjoys having her fingers in several different pies, there is easily one commitment that she holds extra special, creating and now co-chairing the Wayne and Lucy Eadie Spirit of Hockey Tournament every February.

"I'm thankful to Mister and Mrs. Eadie for getting me started in hockey," she said.

"They mentored me. They had done so much for the SMHA over the years, and that's why I named the tournament after them."

Yet the bigger tribute, perhaps, might well be the legacy that Tammy Simpson will leave behind, eventually, when she inevitably backs away from her heavy involvement with minor hockey in Sudbury.





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July/August 2016

# SUDBURY SPORTS

NINA KUCHERAN

# MAKING WAVES

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# EVERY EFFORT NEEDS TO BE MADE TO SECURE SUMMER GAMES



**Playback**  
By Randy Pascal

Take a moment and Google "Sudbury Sports Tourism Strategic Plan."

At the very top of the list it produced, at least on my computer, is a document entitled *Destination Sudbury* — 2015.

And though the primary focus is far more centred on general tourism strategies and suggestions, it is not difficult to isolate sport-specific references.

Filter through to Page 14, and one comes across the following statement: "As indicated in previous reports, the capacity of the host market to contribute to leisure, meetings, conventions and sports activities is under-achieving."

For the hundreds, perhaps thousands of local families who have travelled across the province far more weekends than they care to remember, in support of their children's sporting activities, this statement is far from earth-shattering. The geographic realities, combined with basic population density, leads to a natural and very heavy preponderance of tournaments and the like being hosted across a narrow slit of Ontario, covering the Ottawa region, down to Cornwall and eastern Ontario, and then extending west to Windsor.

This is precisely why attracting the 2018 Telus Cup, and hopefully, the 2021 Canada Summer Games to Sudbury is so critical. Organizers of amateur sports in our area have long come to the conclusion that hosting "invitational" tournaments in Northern Ontario present countless challenges.

The fact remains that teams and individuals who reside year-round in the population core of our province find no real need to have to travel several hours north in search of competition. There is ample supply at their disposal within a relatively easy drive, in as much as tackling Highway 401 at any time of year can be termed easy.

The key to hosting sporting events is to host the types of qualifying competitions where the participants give little to no thought about the distance involved in reaching their final destination. For example, pro-

vincial championships and OFSAA playdowns tend to fit the bill nicely.

But why is this even important? There is a tendency, within many of those in the Sudbury region, to narrowly define the benefit of sports tourism as the financial influx that occurs during the time events are hosted in our fair city. Certainly, one would not want to discount that payoff.

But in the case of Sudbury, very specifically, the absolute need to attract the good folks of Ontario, and those right across Canada, to our little corner of paradise, is even more crucial. A very small survey of adults attending the Skate Ontario Championships held in Sudbury in March of 2016 found that more than 75 per cent of those visiting the area were doing so either for the first time ever, or the first time in a decade or more.

Every single one of those visitors is a potential sale for Sudbury. A sale on the possibility of their children attending post-secondary institutions here, a sale on a down-the-road family visit that incorporates outdoor elements that are difficult to duplicate elsewhere in the province, or a sale on the thought of Sudbury as a retirement destination.

These sales are far more difficult to factor into the financial equation when one seeks to quantify, with any kind of specificity, the impact of sports tourism. But make no mistake, these sales occur.

As Sudbury prepares to duke it out with Ottawa, the Niagara region, and a consortium of Kitchener-Waterloo-Cambridge in their bid for the Summer Games, it does so without the obvious advantages that come with being home to the capital city of our nation, or home to one of the great natural wonders of the world.

Which is precisely why every effort should be made to attract these type of events.

Visitors to Sudbury sometimes require a reason to visit. Once they do, at least we have a chance on selling them on the idea of returning.

*Randy Pascal is the founder of SudburySports.com and a contributing sports writer for Sudbury.com.*



File Photo

Every effort must be made by the City of Greater Sudbury in its bid to secure the 2021 Canada Summer Games. Sudbury only stands to benefit from hosting such a high-calibre event.



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# NORTHERN

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# There's excitement in every stroke for Nina Kucheran



Nina Kucheran has her eyes set on one day competing at the Olympics, but the 16-year-old fully realized that's a goal that won't happen for some time yet, but that doesn't stop her from making waves in the pool in the meantime.



By Randy Pascal

The road between qualifying for Olympic Trials, and actually cracking the roster of the Canadian Olympic Swim team is a long and bumpy one.

Sudbury native Nina Kucheran fully understands that.

But the 16-year-old Sudbury pool sensation can now sleep soundly with the knowledge that her ultimate dream is not an unrealistic one. It was a far more blurry vision of the future that danced in her head when Nina first started swimming lessons, at roughly the age of five.

"My parents kind of threw me in everything," she said. "I was in figure skating, I loved soccer, a little bit of gymnastics, and a lot of school sports in elementary."

Swimming, however, was different. The connection was immediate, and to some extent, evident to one and all.

"Before I even started with SLSC (Sudbury Laurentian Swim Club), I was taking lessons at Nickel District pool," Nina said. "There's level one, level two, stuff like that, and I got to a certain point where I couldn't go any farther because of my age."

Like her older sister, Emmy, Nina was too young to be allowed to move on.

"So then we started doing

endurance swims with people that were older, and we were keeping up."

The siblings joined the SLSC at the same time, and have been somewhat inseparable ever since. That situation will change come September, when Emmy heads off to the University of Waterloo.

While both of the Nina girls have enjoyed a measure of success in the pool, there has been something special about the little one, almost since day one.

**"I am an extremely competitive person."**

"I am an extremely competitive person," Nina said. "That competitive drive helps me a lot, in races and practices. I love working out and being fit, setting fitness goals."

"We do dryland twice a week, and both me and my sister live for the dryland training. When I'm not swimming, I like to just get out to the gym."

It wasn't long before reaching the standards to qualify for provincial championships became a run-of-the-mill routine. But that would merely equate Nina with hundreds of swimmers across the province who can find their way through to a final or more when the best in Ontario gather.

Hardly Olympic material, to

be honest.

"Ontario Junior Internationals in December of 2014," said Nina. "That's when it really hit. Before that, I would go to nationals and get to the finals, but I wasn't close to winning. I always remember this meet, because everything came together."

"I qualified for Olympic Trials in the 200m breaststroke and 100m breaststroke, and had some really good individual medley races. I made it to the finals at 14, racing against people that were 16 and 17."

"Starting from that moment, I got really, really excited about my training."

Which is saying a lot, considering she had already been viewed, for quite some time, as a highly driven young lady. Clearly, it was time for a road bump along the way.

Preparing for the Pan Am Trials, Nina slipped while scaling the climbing wall at Laurentian University, fracturing her foot just over a year ago.

"Training was a lot harder coming back," she said. "That was probably the biggest challenge."

The effect of the injury would run a little deeper, as those around her struggled with the balancing act that is required when an athlete has demonstrated the type of elite potential that Nina had displayed.

"I don't think a lot before I act, as you can tell from falling

SEE PAGE 19 →

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FROM PAGE 18

off that wall," she said with a smile. "I get really excited about things and go too fast. My mother, certainly, thinks differently now. She doesn't let me do nearly as much stuff. I didn't ski at all this winter."

It is clear, from the tone of her voice, that Nina is more than a little thankful for the wisdom of oversight that comes from those several years older

**"A big part of what makes this fun is the people ..."**

than she is. There is no sense of resentment, simply a realization of trying to do what is best in helping her reach her goals.

"I guess I am a little bit more careful now," she said. "I try and slow myself down a little, but my mom really helps to limit me."

Hers is a recognition grounded in trying to stay in the moment, dealing with the ups and downs that will come her way.

"Olympic Trials were a little bit of a letdown, because I didn't do as well as I wanted to," said Nina. "It wasn't terrible, it wasn't a mess, it just wasn't as well as I wanted to."

The key lies in the support of those around them.

"A big part of what makes this fun is the people that I am with all the time," said Nina. "My teammates are like a second family for me. My sister is a big part of it — she supports me, no matter what."

"I absolutely love my coach (Dean Henze). My mom does everything for me."

"I do have to remind myself, at times, that this is just a sport. It's not supposed to be something that brings me down. I do have goals, and I want to be good, but I am still young, and it has to be fun."

Nina is off to Edmonton in early August, competing at Senior Nationals.

"It's kind of scary, but it's exciting," she said. "Racing 'open' is something I need to start doing. I need more experience racing people that are much faster than me."

The progress at this meet will not lie within a podium finish — at least, not necessarily.

"It's always about beating my times, but when it comes to the 200m breaststroke, I really want to final (top eight) and see how close to a medal I can be."

And though training without Emmy will require an adjustment, there will be the next wave of young SLSC talent joining Nina in the senior grouping in the fall — Thomas Boyd, Abby MacDonald, Everett Smith.

"It's exciting, because we're all kind of getting to that point together," she said.

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The dream of competing in varsity athletics was ever-present throughout much of Kayla Gallo's high school career at Collège Notre-Dame.

As she envisioned it, however, her years of suiting up with a very strong Sudbury Canadians side, one that included the likes of Cloe Lacasse, Karolyne Blain and Serena San Cartier, would ultimately pave the way to competing in university soccer.

Six years later, Gallo will certainly be able to look back on some impressive accomplishments as an OUA athlete, even if the path she would take veered dramatically from the original plan.

After graduating from CND in June of 2010, Gallo was all set to begin her studies in medical radiation sciences at McMaster University in Hamilton, looking forward to cracking the Marauders women's soccer lineup in the fall.

"About halfway through that summer, I realized that switching from a French-language high school to an English university, and into a very competitive program, would be a little much," said Gallo. "So I decided to forego my varsity soccer career."

Academics also took a sudden turn, as the Sudbury native transferred over to the pursuit of a bachelor of science degree in kinesiology. Ironically, this move would precipitate the opening of another door.

"In my third year, I had an internship in sports medicine with the McMaster cross-country and track team," Gallo explained. "I ended up making a lot of friends through the internship, so to spend time with them, I would run with them."

Before long, varsity athletes were urging their trainer to contemplate the possibility of competing in OUA cross-country races and indoor track.

The demands of Gallo's study schedule postponed that thought, at least temporarily.

Applying to the Northern Ontario School of Medicine, the daughter of Laurentian Voyageurs soccer coach, Rob Gallo, decided to add a masters to her resume, as she strove to earn a spot. Suddenly, the stars aligned, athletically speaking, for the local talent.

"When I started my masters here, I knew the coaches at Laurentian very well, I knew the schedule, I knew what the program was going to be like, I knew that there would be no pressure to race, so I felt comfortable managing both my masters and starting a varsity career."

What she didn't know was that she was about to break new ground.

"I ran the Ramsey Tour and surprised myself," she said. "It was the fastest five km that I had ever raced. My first 300m on the indoor track, I ran almost a minute and a half faster than I had in high school."

Success in the classroom followed, side by side, with her athletic accomplishments, as Gallo was admitted to NOSM in September of 2015, attending the Lakehead University campus last year.

She followed up a strong season with the Thunderwolves with a victory in the five-km component of the Sudbury Rocks Marathon in May, posting a time of 19 minutes flat, finishing ahead of all race competitors, male or female.

Unfortunately, she will enter the 2016-2017 season knowing the end is near, with her third-year studies at NOSM taking her away from her host campus, making training and remaining with the varsity team next to impossible.

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# THEY NOW?

## Ben Roy

Try as he might to find his career path, Sudbury native Benoit Roy kept returning to the lure of hockey. The 23-year-old graduate of the Sports Administration program at Laurentian University might not have started his post-secondary studies with this approach in mind, but it wasn't all that long before he realized his true calling.

That would lead, this past November, to his current position as Co-ordinator of Hockey Operations with the Hockey Canada office in Calgary, awfully close to a "dream job" in his mind.

Born in Ottawa and having spent much of his youth in the San Jose region, when his father moved there for work, Roy and family moved to Sudbury just as he was reaching the local AAA hockey ranks that kick in at Minor Peewee. Not the least bit out of place at this level, he would realize during his time at Lockerby Composite that the likelihood of progressing much further, on the ice, appeared somewhat remote.

Time to get a little more serious about his future employment.

"Business is something I wanted to do," said Roy. "In high school, I was really interested in accounting and finance. I thought I might as well marry the interest I had in finance, and the interest I had in sports, and see what comes of it. I had zero expectations."

By the mid-point of his SPAD studies at LU, Roy was starting to lean more heavily towards hockey. An avid passion for hockey analytics would give way to a keen interest in scouting, a combination that tends to fall somewhat on the periphery of the more business-related stream of his pure sports administration courses. His would be an atypical path to success.

"Usually, the guys that work in hockey operations have played a very high level of hockey, and have very expansive networks of contacts," said Roy. "I started in hockey as a hobby, with a love of analytics that would lead to scouting."

No surprise then that the road to Hockey Canada meandered, just a little, for the young Sudburian.

An eight-month stint with a sports marketing agency would find Roy also working, on the side, as a scout with International Scouting Services. It was becoming clear that hockey was the magnet to which Roy was constantly being pulled.

"I did the irresponsible thing and quit (the marketing agency), moved back home, continued to scout," he said. "My parents weren't too enthusiastic about it. I relentlessly pursued a job in hockey, cold calling every team, every general manager, every level of hockey that I could."

Eventually, a door opened with an internship in hockey operations with the Western Hockey League.

Assisting in the area of player recruitment, Roy scouted on the side for Hockey Prospectus, helping to publish a book based on player assessment and projections.

His internship completed, he returned home to Sudbury for the summer of 2015, back to extensive cold-calling, until his current job became available. Given all of this, it's completely understandable that Roy is in no rush to leave the Calgary offices that serve as the hub of much of what transpires with elite hockey in Canada.

"I'm involved with the planning, the logistics, the movement of people, the staging of camps, the scouts and the evaluation people - essentially, team services is the best way to describe it," he said. In that sense, his work is focused with the Hockey Canada men's programs, assisting with the U17, U18, World Junior and national teams.

"Having the opportunity to work with Hockey Canada, in and of itself, for a lot of people, is exciting enough. Hockey Operations is a department that I wanted to be in.



It's small, it's intimate, and you're working with a lot of people who are incredibly interesting, incredibly smart, from all walks of the hockey world."

Less than a month after being hired in late November, Roy was boarding a plane to Switzerland, helping with the pragmatics involved with assembling the talent required to ice a Canadian entry into the Spengler Cup.

"You can imagine the planning involved in getting 21 players flown there, with all of their families, because it is over Christmas time."

The man responsible primarily with player selection for said squad was none other than George McPhee, introduced earlier this month as the first general manager in the history of the new Las Vegas NHL franchise. Roy had found his niche.

"I'm going to do this for as long as I possibly can, and see what happens," he said.



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Darren MacDonald

# Roar!

A big crowd gathered at Bell Park on July 16 for the 16th edition of the Sudbury Dragon Boat Festival, which has raised more than \$1.5 million for charities in the city. This year's event raised between \$40,000 and \$50,000 for the Sam Bruno PET Scan.



Supriya Purohit

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Northern Life Staff

Sudbury's Accelerated Physio & CycleBarre is launching a functional dance conditioning class.

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A professional dance instructor teaches the dance conditioning class. It is geared towards the ballet technique, but will complement and provide benefit to all styles of dance.

The class will be held twice a week and is already underway. The fee for the class is \$10 per class or \$90 for a 10-class package.

Classes are open to all dancers 10 years and older and to members of all dance studios, as Accelerated Physio & CycleBarre is not associated with any dance school.

To register for this class, go to accelerated-physio.com.

For more information, phone 705-523-2471 or email info@acceleratedphysio.com.



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# RANK SINKS THE COMPETITION IN IDYLWYLDE INVITATIONAL



By Randy Pascal  
For Sudbury.com

## Sudburian Ward Kyle loses out in the semis

Already one of the top contenders at the Idylwylde Invitational, Elmira native Kyle Rank is almost impossible to stop, once he gets in a groove.

That was evident at several points over the course of the tournament, including late on the final day, as Rank won the 10th, 11th and 12th holes, finishing off Justin Fluit a short while later (5 & 3), en route to his second triumph at the Idylwylde in the past three years.

Given that he also appeared in the final in 2013, and was a quarter-finalist in both 2015 and 2012, it is safe to say that Rank's

reputation is well-established. Along the way to his latest victory, the former AHLer eliminated a pair of Sudbury up-and-coming golfers, besting Evan MacLean 5 & 4 in the quarter-finals, before sending Ward Kyle to the sidelines, 4 & 2 in the semis.

"I learned a lot about match play this weekend," said Kyle, the Lockerby Composite graduate who is enrolled at the IMG Sports Academy in Bradenton (Florida) in September.

"It's a completely different event. I realized that I made a lot of mistakes out there, and definitely won't do it again."

That said, it would be hard to classify the tournament as anything but a success for Kyle, who shot the third lowest score on Friday, carding a 74.

From there, he knocked off both Eric Edelman and Vince Palladino by identical scores of 5 & 3, before meeting his match in Rank.

"Over the last couple of matches, I tried to just play the course,



Elmira native Kyle Rank won the Idylwylde Invitational.

Supplied photo

rather than the player," said Kyle. "But once he got up a few on me, I had to make a couple of aggressive plays to try and get back into it."

In the end, the 18-year-old is

more than happy to chalk this up to experience.

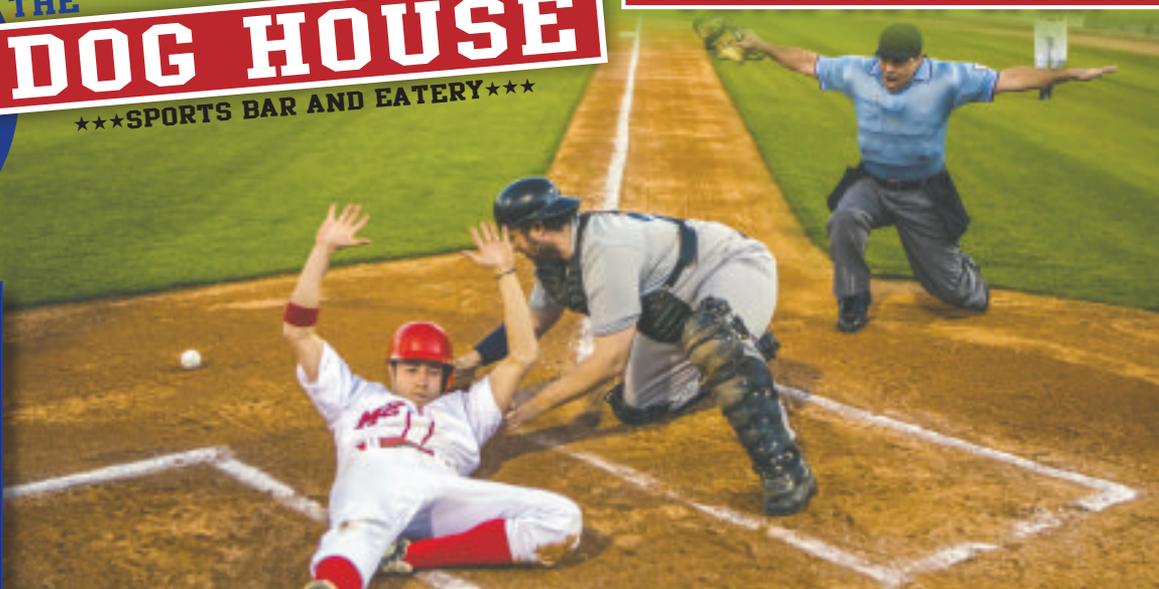
"I played a couple of good rounds, a couple of bad rounds," said Kyle. "Overall, it was just really mentally tiring."

The first flight proved to be almost as stacked with talent as the championship 16, with two-time tournament champion Ryan Hagger prevailing over longtime friend Jay Jewett in the final.



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# MVP

## GARY PETRIN

Longtime referee a man of many stripes

It's an early Sunday morning in late June. It's clear from the forecast that the day is likely to be anything but comfortable for the young athletes who have gathered at the Carmichael Arena, closing off their houseleague season with the Greater Sudbury Lacrosse Association playoffs.

One of the first to arrive at the venue, Gary Petrin walks in with a cooler filled with Popsicles. On this day, he is neither a coach, nor a parent. He is, as he has been for some time now, a lacrosse referee, fully prepared to spend yet another summer day at the disposal of a local amateur sport association.

Sure, like all officials, he gets paid. Wages for referees, in many sports in the area, run nominally above minimum wage. The reality for almost every group that oversees officials in Sudbury, and virtually everywhere across Canada, is that they need more people. People like Petrin.

A 58-year-old longtime resident of Northern Ontario, Petrin was born in Kirkland Lake, eventually moving to Sudbury just prior to starting Grade 6. Along with his two siblings, he was involved in the local sports scene, though never excelling to the point of pursuing any particular athletic endeavour beyond his high school days.

By the age of 15, he had donned the stripes, helping to provide a sense of decorum in games of hockey and lacrosse alike. By the time his early 20s arrived, Petrin would be called upon to coach his two sons, Dylan and Neil, assisting with both of the aforementioned sports, as well as soccer, and setting aside the referee's whistle for 20 years or so.

As the schedules of his own children slowed down, in terms of sport participation, his would ramp up, once again, reintroducing himself to the officiating family.

"Refereeing was a way for me to talk to a plethora of kids, and not just one team," said Petrin. "And, in the back of my mind, I was hoping that I could make a

difference, somehow."

It is that genuine caring side of the official that those who have seen Petrin in action, especially in more recreational settings, have witnessed time and time again. "For many young kids, when they get their first penalty, they're going to cry," said Petrin.

**"I was hoping that I could make a difference."**

"Not everybody, but quite a few. I found that if you talked to them a little bit, on their way to the penalty box, it seemed to help."

His mindset was steadfast, even as deterrents were ever-present. His father, an outstanding hockey player in his own right, who briefly contemplated a minor pro contract in the Detroit Red Wings organization, illustrated the thought process of many a fan, even after he himself had spent some time as an on-ice official.

"I remember my dad taking me to a game where he was all over the refs," said Petrin. "He said, 'I got mine when I was on the ice, they're getting theirs tonight.'"

Understandably, the man who remains among the more recognizable faces in local sports, officiating hockey, lacrosse and football with regularity, is pleased that the awareness of abuse of officials has increased substantially.

"Lacrosse is the sport I enjoy the most," said Petrin. "

It's a setting where Petrin is very much in his element.

"When it's a little more relaxed, you can talk to the kids, and every mistake that anybody makes, can be worked around, whether it's a penalty that I am calling, a goal that I've missed, whatever.

"When you get into more competitive levels, there are higher expectations, and sometimes unreasonably high expectations."

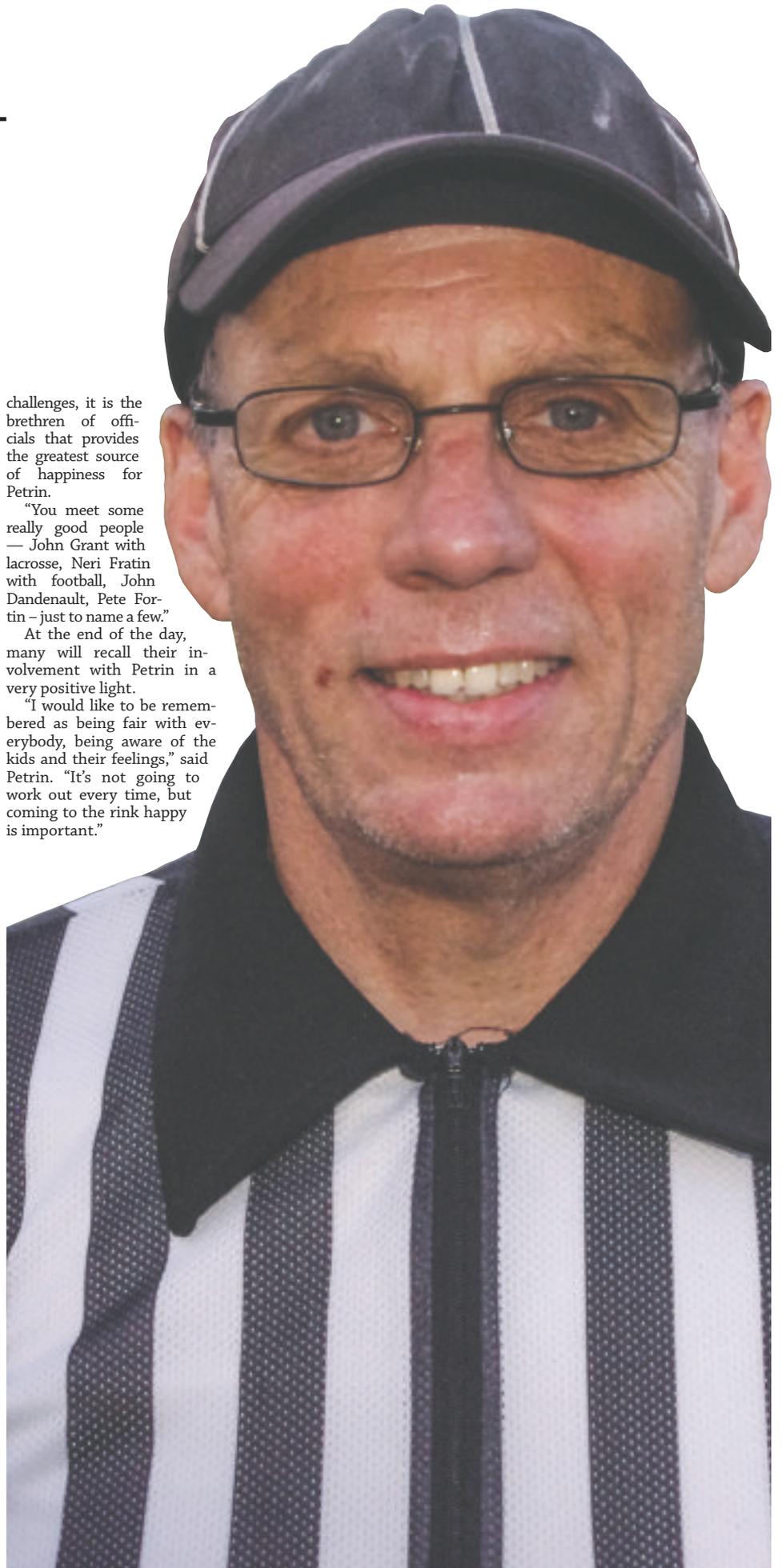
Like most who tackle the

challenges, it is the brethren of officials that provides the greatest source of happiness for Petrin.

"You meet some really good people — John Grant with lacrosse, Neri Fratin with football, John Dandenault, Pete Fortin — just to name a few."

At the end of the day, many will recall their involvement with Petrin in a very positive light.

"I would like to be remembered as being fair with everybody, being aware of the kids and their feelings," said Petrin. "It's not going to work out every time, but coming to the rink happy is important."



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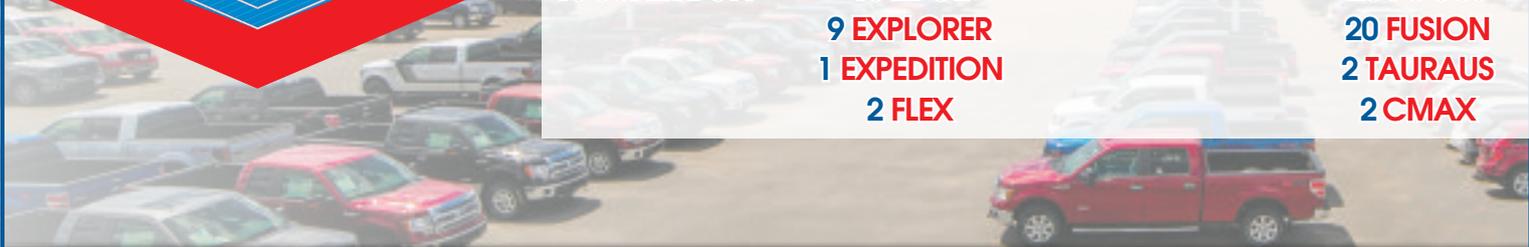
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