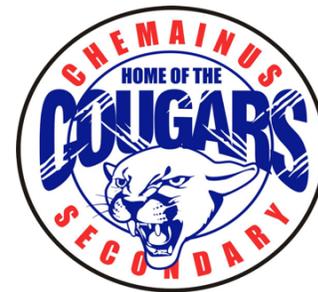


# CHEMAINUS SECONDARY

## ATHLETICS NEWSLETTER



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**JUNE 2020**

Athletic Director: Mrs. Magnan

Our Chemainus Secondary School community is so proud of the commitment and dedication displayed by our phenomenal team of volunteers, coaches and athletes this year. As we celebrate the many successes of our Cougars, we also wish to express our appreciation to all those who made our school sports possible. Coaches, referees, and scorekeepers, thank you for your volunteerism and diligence in ensuring that every game ran smoothly. Shout out too to our parents who filled our gym and gyms across the Cowichan Valley with enthusiastic cheers!

To our athletes whose sport seasons were cancelled due to Covid-19, stay hopeful and optimistic. You are going to be doing remarkable things in the years to come with your energy and passion. So, let us move forward together. I am so excited to see what the future has in store for us!

We are still looking for coaches for to build a sustainable program in our community. If you are interested in getting involved, please contact me, kmagnan@sd79.bc.ca.

## AWARDS

### STAN PIPER SPORTS SERVICE AWARD

#### KODY PRICE

"Kody did not participate on a school team as an athlete, but he displayed excellent leadership qualities in his volunteer activities supporting our athletic program. Kody played a vital role in the success of the volleyball and basketball seasons this year. Brimming with school spirit, he encouraged our Cougars while helping to keep score at numerous games. Thank you, Kody, for all of your volunteer time, your sense of humour, and your willingness to learn new things."



### BRADY AND BETTY BELL - CONTRIBUTION TO ATHLETICS AWARD

#### CINDY BOWDEN

"Cindy was a new addition to our Cougar team this year. She volunteered as a community coach for the Senior Girls Volleyball Team. She quickly became a respected leader to the girls, and developed a great rapport with athletes, school staff, coaches, and game officials. In a warm and encouraging manner, she grew the confidence and skills of her players."



## JUNIOR GIRLS VOLLEYBALL

Coach: Kelsey Bell



### **Most Sportsmanlike Player - SYDNEY LYDERIK**

"Sydney represents CHSS in a way all athletes should. She attended all practices, helped set up and take down, cheered on her team, and always had a positive attitude. During our season Sydney injured herself (unfortunately this seemed to be a theme for our team this year!) her injury didn't stop her from participating in other ways. She was an integral part of the team. Way to go Sydney!!"



### **Most Improved Player - AMELIA WINTERBURN**

"Amelia demonstrated massive amounts of growth with the help of her supportive team. She worked hard to build her skills and her confidence grew every time she stepped onto the court. Amelia is a great example of how hard work and bravery can manifest into personal growth. Way to go Amelia!!"



### **Most Valuable Player - SIENNA WALLER**

"Sienna represents value not only by her skills on the court, but also in the way she led her team. Sienna's position as setter meant she was involved in every play. She became an integral part of our offense and displayed versatility by being one of our most consistent servers. Being MVP does not just reflect the individual skills of the player, but it also reflects the ability to see your team's strengths and be able to capitalise on them. Way to go Sienna!!"

## SENIOR GIRLS VOLLEYBALL

Coach: Cindy Bowden



### **Most Sportsmanlike Player - PERI PICKEL**

"Peri you are a great team player! Your attitude and words of encouragement make you a delight on and off the court and a great addition to any team. This year's 2019 Senior Girls Volleyball Team voted you Most Sportsmanlike Player. Congratulations; you are making a difference in this world!"



### **Most Improved Player - LUCIA SAENZ MERCADER**

"Lucia you are a great role model for all of us. You came into the gym not knowing much about volleyball, but through perseverance and determination you improved. You grew in skill and confidence and inspired us all. This year's 2019 Senior Girls Volleyball Team voted you Most Improved Player. Congratulations and keep playing!"



### **Most Valuable Player - ALEXIS BELTON**

"Alexis, your leadership skills shined through from the get-go this season. You helped our team embrace what it means to be a TEAM, whether that meant running lines together or celebrating a victory. Your willingness to step into new positions and give it your all gave you an important role on our team. This year's 2019 Senior Girls Volleyball Team voted you Most Valuable Player. Congratulations and lead on!"

## MIDGET BOYS BASKETBALL

Coach: Graeme Arkell



### Most Sportsmanlike Player - TRISTAN BAINES

"Tristan supported his teammates during practice and game situations by praising those who made great efforts and encouraging others who needed a boost. He continuously strove to make himself and those around him better. Also, through his high effort level on the court, he set a positive example for his teammates."



### Most Improved Player - PAYTON MOREY

"Payton's commitment to honing his ball control skills at practice and at lunch time brought his dribbling and running ability into sync. Hustling past the competition, Payton converted on many of his layup attempts. His exciting dashes to the hoop swung the momentum of close games in our favour."



### Most Valuable Player - CHRIS O'DELL

"Chris accomplished an incredible feat, he played the entire season without committing a single foul. That is a testament to his sportsmanship and good positioning. Even more impressive was his ability to rack up a whole lot of points. Chris' well-placed shots from in and around the key lit up the scoreboard at an electrifying pace."

## SENIOR BOYS BASKETBALL

Coach: Kyle Peruniak Assistant Coach: Graeme Arkell



### Most Sportsmanlike Player - KYLE BROWN

"Kyle's superb defensive posture and disciplined play contributed to a team-wide sense of calmness and composure. When the competition applied pressure, Kyle was there to shut it down with a timely shot block and a steal. His quick hands have stymied many fine shooting attempts."



### Most Improved Player - BRAYDEN WOLFF

"Brayden truly made the most of his one and only season of high school basketball. He dazzled in the post with ferocious blocking and pull up jump shots from in and around the key. Towering over the competition with his six-foot-five height, he gained possession of countless rebounds."



### Most Valuable Player - CJ LORANGER

"CJ's consistently accurate shooting netted him the title of most valuable player. The way he drained threes in the faces of opposing guards revealed a certain swagger to his game. In head-to-head match ups, CJ outscored many of the league's star players."

## CROSS COUNTRY

Coach: Kyle Peruniak



### **Most Improved Player - RYAN HERMAN**

“Ryan was a new student to CHSS this year and was quick to join the cross-country team this fall. He was an asset to the team and showed great potential as an up-and-coming member of Cougar athletics.”



### **Most Valuable Player - AIDAN BROWN**

“Aidan was a return cross-country athlete and showed off some great running this season. His hard work will continue to pay off in the coming years, and great things are definitely in store for this athlete!”

## JUNIOR BOYS WRESTLING

Coach: Nick Zubak



### **Most Sportsmanlike Player - CAMERON HEALEY**

“Cameron is a natural athlete and had a great wrestling season. His skill and success never goes to his head – and he is always the first to encourage and congratulate his fellow team members.”



### **Most Improved Player - NOAH DASH**

“Noah showed consistent improvement in the technical and physical aspects of the sport this season. With continued practice and dedication, the sky is the limit for this athlete!”

## SENIOR BOYS WRESTLING

Coach: Nick Zubak



### **Most Valuable Player - LUTHER TIDDER**

“Luther is one of the senior wrestlers, and his leadership and dedication are an inspiration to his teammates. He is a dedicated wrestler, who is also committed to his off-season strength and conditioning. His coaches are looking forward to seeing his continued growth and achievements in his upcoming Grade 12 season.”

## JUNIOR FEMALE ATHLETE OF THE YEAR

### HANNAH SOUTHERN

"Hannah is the most outstanding junior female athlete in the school this year. While she only had the chance to participate in one school sport this year, she showed great skill and ability on the volleyball court and has been impressive on the ball diamond in previous years. In addition to her performance in game situations, she has also displayed good sportsmanship, team leadership, and overall is a good school citizen."



## SENIOR FEMALE ATHLETE OF THE YEAR



### ANDREA BROOKS

"Andrea, your skill level and consistency on the court are not only noteworthy, but also exciting to watch. You have a maturity and wisdom beyond your years that greatly impacted our team this year. You have a gift that I hope you will use and share as you continue on this journey of life. It has been a pleasure to work with you Andrea! Congratulations, you have been chosen as the Senior Female Athlete of the 2019-2020 School Year!"

## JUNIOR MALE ATHLETE OF THE YEAR

### MASON COPELAND

"Mason's passion for basketball and determination to improve his skills as well as the skills of others is extraordinary. His busy roster of basketball commitments includes playing (in two different leagues,) refereeing, and coaching. For practices and games, Mason always arrived first and was the last to leave, devoting every spare minute toward perfecting his shooting technique."



## SENIOR MALE ATHLETE OF THE YEAR



### MARK HARRIS

"Mark played a huge role in the success of our Senior Boys Basketball Team. He showed phenomenal leadership by directing set plays and elevating his effort at pivotal times. His clutch performances energized teammates and fueled several come-from-behind victories over the competition. When he was struck down with injuries, his perseverance to battle back was inspiring. Mark overcame adversity and emerged stronger and faster than before."

## OUTSTANDING EFFORT IN ATHLETICS

### CHRIS O'DELL

"Chris' desire to develop his basketball skills led him to participate in both the midget and senior boys' practices. Craving yet more basketball, he worked on improving his shooting technique at lunch and even led an intramural team. Utilizing his experience and newly learned skills, Chris routinely twisted and turned past opposing defenders and went on scoring sprees."

