

ROWING



The VC Rowing Team competed at the Beat the Beast indoor championships this past Saturday at St. George's School!

Nearly 90% of the team personal bested their best 2km time (a measure used constantly in rowing culture). Some notable results:

- Liam Gorsuch ('20) - 2nd in the Junior A Heavyweight Category
- Sam Harris ('20) - 3rd in the Junior A Lightweight Category
- Matteo Banducci ('21) - 3rd in the Junior B Lightweight Category
- David Alveras ('21) and Bryan Cho ('20) - 2nd and 3rd respectively in the Coxswains Crawl event

Many other athletes placed within the top 5 and our boys took a majority of the top 10 positions in most events.

We also had alum, and volunteer coach, Sebastien Laroye ('16) return with his dad, Stephane, to compete in the Child/Parent Relay event where they placed 2nd.

This marks the end of the winter season for the team and finally gets us back on the water (albeit being a bit snowy).



WRESTLING



The VC Wrestling Team competed in the Alberni Invitational Wrestling Tournament this past weekend - their biggest and most competitive tournament of the year!

Our School Boy Team (Gr.8) with only 5 boys managed to capture 3rd place overall. The Cadet Team (Gr.9-10) easily won the team title with Gold Medal performances by Raf Schincariol and Mathew Keller. Our Juvenile Team led by Gold Medallist Matt Hoag placed 2nd overall just missing out on first place.

Of special note, Mathew Keller Gr.10 was named outstanding wrestler of the tournament and has garnered interest by an NCAA recruiter. Congratulations Mathew and the rest of the team!

It's now off to Zones this Friday and the BC Championships Feb.17,18 & 19 at the Langley Events Center.

BASKETBALL



It was another great week of Basketball!

On Tuesday we hosted a series against St Pats with Grade 8's losing a close one, and the Grade 10's and Varsity teams coming out with wins.

Saturday was Seniors Day with all teams Gr 7-12 playing at home and our Varsity team defeating Abbotsford!

Being that it was Seniors Day, we celebrated our Graduating Seniors. Unfortunately, due to illness Toni could not play, and due to injury Kelly could not play. Thankfully both boys were well enough to be in attendance. Logan was the only Senior Player able to play in the game.

The 3 Grade 12's were gifted a keepsake action photo, and each Senior delivered a thoughtful speech in front of players and families from all Grade levels 7-12, followed by a lovely meal organized by the Gr 11 parents.

Due to a technical issue, we had no lights in the Manrell Dining Hall, but Rick came into the school to help us try to get the lighting working. He spent hours on campus, brought portable lights and cords and, assisted the parents to set up enough light to make it work to still host our Seniors Dinner for 150 players/families/friends. Thank you RICK!!!!!! And Congrats to Kelly O'Brien, Logan Hale and Toni Maric for an outstanding Senior Season.



**VANCOUVER
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IRISH ATHLETICS - FEBRUARY 4 2019

COMING UP....

Game 2 of Saints Series goes this Wednesday, February 6 at Saint Georges!



Our wrestlers are off to Zones this Friday, February 8th!