

CARLETON RAVEN RANT

March 4, 2005



**** Opinions expressed in Raven Rant are those of the athletes and do not necessarily reflect those of the Carleton University Athletics Department****

VARSITY BANQUET

The 2004-05 Varsity Banquet will be held **Thursday March 31, 2005** at St. Anthony's Soccer Club. Invitations are being sent out, and tickets can be picked up in the Customer Service Office on the 1st floor of Alumni Hall and Sports Centre.

Dress: Semi Formal

Cocktails:	6:00pm
4&5 Bar Awards	6:45pm
Dinner	7:00pm
Major Awards	8:00pm

After-Event Details TBA

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MEN'S BASKETBALL

RAVENS DEFEAT VARSITY BLUES, 85-49, TO ADVANCE TO OUA EAST CHAMPIONSHIP GAME. CLINCH FOURTH TRIP TO HALIFAX IN FIVE YEARS WITH VICTORY.

The Carleton University Men's Basketball program defeated the University of Toronto Varsity Blues 85-49, to earn their fourth trip in five years to the CIS National Championship Tournament, the "Final 10".

With the victory, Carleton extended its OUA/CIS regular and post season winning streak to 73 straight games and its home OUA regular and post season winning streak to 49 straight games. The Ravens will host their cross-town rivals, the University of Ottawa Gee-Gees, in the OUA East Championship game, on Saturday March 5th at 8PM. The

Gee-Gees defeated the York University Lions, 79-67, in North York, to earn the other OUA East bid to the "Final 10" tournament.

The Ravens came out strong and showed there was no rust from the bye week. They quickly opened a ten-point lead and never looked back as they defeated their Hog Town opponents by 36-points. Their senior captain, **Mike Smart** who posted a game high 23-points, along with 7-assists and 4-rebounds, led Carleton. Smart was one of four Ravens in double figures as **Jean-Emmanuel Jean-Marie** and **Aaron Doornekamp** each scored 14-points and **Oswaldo Jeanty** added 13-points in the victory. Jean-Marie lead the way on the glass with 7 rebounds, and all of the Ravens led Carleton who played all 12 men who dressed for the OUA East semi-final.

WOMEN'S BASKETBALL

WOMEN FINISH SEASON ON WINNING NOTE

The Carleton University Women's Basketball team defeated the Ryerson Rams 61-56, to end the 2004-05 OUA East Regular Season on a winning note. Carleton led the entire game and built up a 15-point halftime lead, which actually grew to 20-points with eight minutes remaining. The Rams fought back and narrowed the Ravens lead to 3-points with a minute remaining but never came any closer, as the final margin was 5 points. **Jyllian Grosse** paced the Ravens with 17-points and 5 rebounds. **Brooke Ritchie** added 8-points and 8-rebounds, and **Dasa Farthing** and **Sarah Kennedy** each scored 9-points in the Ravens balanced attack.

Jyllian Grosse, a first year guard from Nepean, ON was selected to the 2005 OUA East All-Rookie team, as Carleton's lone All-Star for the 2004-05 OUA East season. Grosse played in all 22 OUA East regular season games, averaging 30 plus minutes per game and scored 196 points, in her rookie campaign to average 8.9 points per game. The freshman from St. Paul High School, pulled down 108 rebounds, second to Brooke Ritchie's 146, for an average of 5 boards per game. Jyllian also recorded 53 assists and 38 steals during the 2004-05 OUA East season.

FENCING

MEN'S TEAM FINISHES SECOND AT OUA CHAMPIONSHIPS. WOMEN TAKE FOURTH PLACE IN FENCING FINALS, SUKUNDA NAMED OUA COACH OF THE YEAR.

The Carleton University Ravens Men's Fencing program earned the 2005 OUA Silver Medal by finishing second out of 9 schools competing at the 2005 OUA Championship in St. Catharines. The Men's *Sabre* team finished third, the *Foil* team 5th and the *Epee* team 4th at the championships.

The Women finished 4th overall, despite only having their Sabre and Foil teams at the Championships. The women were able to beat out five different schools as their *Sabre* team finished 2nd and the *Foil* team 3rd.

Manu Kukerji and **Miheala Jekic** won the 2005 OUA Men's and Women's Individual Sabre Championships respectively. Jekic was also awarded the Dave O'Donnell Trophy for Top Female Fencer for the 2005 OUA Season. The award is judged on the basis of

skill, style and sportsmanship. Mukerji's win gives Carleton five-straight Individual OUA Sabre Championships.

The OUA awards All-Stars to the Top Three finishers in each discipline and **Carleton's Pat Snider** (Epee) finished second, **Dave MacLean** (Sabre) finished third, in addition to Kukerji (Sabre) and Jekic (Sabre) are the Ravens four OUA All-Stars for 2005.

The OUA also awarded coach Eli Sukunda, the *2005 OUA Coach of the Year Award* for leading the Ravens to top four finishes in both Men's and Women's Fencing. Eli has been associated with the Carleton Fencing program for over a decade, first as Sabre Coach and the past five years as Head Coach.

NORDIC SKI

The Carleton University Nordic Ski team had a good first day at the 2005 OUA Championships, earning two team medals and placing four athletes in the Individual Top Ten.

The Women's relay team of **Linnaea Kershaw**, **Eva Szabo** and **Erika Langman** won the 2005 OUA Nordic Ski Relay Race. The Ravens program showed its depth and strength by having its second relay team of **Nicola Cameron**, **Erika Revesz** and **Linnea Rudachyk** finish fifth overall and ahead of four different universities' first relay teams.

In addition, Szabo finished second, with a time of 15:30, to earn the OUA Silver Medal in the 5km Skate race, and Linnaea Kershaw finished seventh, with a time of 16:11.

The Men's relay team of **Dana Klassen**, **Gavin Hamilton** and **Chris Mamen** earned the Silver Medal. The Ravens second team finished sixth in the race. Hamilton finished fifth in the 10km skate race with a time of 28:44 and Mamen eighth with a time of 28:56 to pace the Ravens in Saturday's Individual races.

Unfortunately for the Ravens, Sunday's results were less favorable. After day one, the Women's team was in first place, poised to repeat as OUA Champions; and the men sat second, still in the hunt for a three-peat. Sunday saw the women's finish 14 to 16 inclusive in the 10km Classic race, to fall out of medal contention to fourth place overall. Kershaw was named an OUA All-Star for her finish in the overall Top Ten, with a total score for the two day event of 54:22.

The men had some bad luck, as top Raven Skier, Chris Mamen broke a boot strap midway through the 15km Classic Race, ending any chance for Carleton to win the Gold Medal. Hamilton finished 9th, Dana Klassen 11th, and Derek Boyd, 13th in the race. Mamen did not finish the race, and the team finished third overall, for the OUA Bronze Medal. Gavin Hamilton earned an OUA All-Star with a two-day total of 1:14:28 which put him in 9th place overall.

RUGBY

The Men's Rugby Team is one of the largest Varsity teams at Carleton. In an effort to help young players on the team develop, Men's Rugby arranges exhibition matches and club games to help them get better. One of the more fun challenges involves games versus our cross town rivals, the University of Ottawa Gee Gee's Men's Rugby Team-

who are a competitive club team within their structure. Since their inception a couple of years ago, Carleton has looked forward to playing them each fall. This year both Universities agreed to make it a "best-of-three" series. Despite losing the first game 22-0, Carleton made a triumphant come-back winning game two a convincing 17-0. With the series tied 1 game a piece, the stage was set for an exciting and electrifying final game. In the end Carleton triumphed 20-10 and won the best of three series. More important that the score was the observable improvement the Development players had made since the first match.

The final game began on a cool Thursday evening at 7:00 p.m., and both teams had been well prepared by their respective coaches. The game was an all out battle on the pitch with both sides making some outstanding plays and crushing tackles. Carleton scored the first try at the 27-minute mark to put themselves up 5-0. The score remained the same until the second half where Ottawa U- charged up by their halftime speech, rallied to score two trys within 10 minutes of play. The Ravens kept heart and continued to challenge the Ottawa U defense drawing a penalty at the 22-metre line. **Arlen Head**, a first year player, made a spectacular kick to cut the Gee Gees lead down to two points. Carleton used this opportunity to pressure Ottawa U forcing them to make mistakes; and with some great ball movement, scored their second try of the game. Head kicked the conversion putting the Ravens up 15-10. The Gee Gees tried to rally but the Carleton defense stood tough and turned back the Gee Gees. Carleton with a heads up play by **Jason Ainslie** at the eight-man position scored the final try by powering over the opposition try line through two Gee Gee defenders.

Thank you to all players for a wonderful season and to our fans that provided support throughout the year. Special thanks go to player parents like Mr. and Mrs. Weigand, as well as, Mr. and Mrs. Munro, for their presence and support at games. Congratulations also go to the Coaching staff who have put together another great team and a exciting season. Many new, young rugby players went from being wide-eyed novices to experienced veterans through the process. Between now and next fall they will be able to take their lessons learned and refine them through club play in the spring and summer.

With the season now over, players are involved in nominating teammates for Team Awards, planning sessions for next season and participating in post-season player interviews with the coaching staff. In the near future they will begin training in the Fieldhouse once a week, and work out regularly in the weight room in anticipation of returning to be OUA contenders next year.

WOMEN'S SOCCER

RAVENS SWEEP THREE MATCHES IN SHERBROOKE. IMPROVE QSSF INDOOR RECORD TO 5-2-0.

This winter, the Women's Varsity Soccer team has been competing in the QSSF Indoor soccer league. On February 12, the team swept their three matches in Sherbrooke, Quebec, to improve their record to 5-2-0 (for 15 points) in the QSSF. The Ravens defeated Laval by a score of 3-2; shutout UQTR, 1-0 and then beat Sherbrooke, 2-1 in the three weekend matches. The team is now in third place in the 12-team QSSF indoor league. The top six teams will earn spots in the post season tournament.

Veteran forward **Diana Burmester** scored five of Carleton's six goals. The CIS Second Team All-Canadian now has 8 goals in the 7 indoor matches. **Sarah Marcantonio** scored the Ravens other goal on the weekend. Keeper **Diane Singhroy**, the Ravens backup to Angela Penfound, played all three matches on the weekend, and earned her first QSSF Indoor shutout to go with the three victories.

The Ravens will host Ottawa, Sherbrooke and RMC in their next tournament in the Fieldhouse on March 20th.

MEN'S SOCCER

RAVENS TAKE THREE OF FOUR MATCHES IN SECOND QSSF INDOOR TOURNAMENT. RECORD NOW STANDS AT 5-3-0.

Ravens Men's Soccer team won three of its four matches in Trois Rivieres, Quebec to improve its QSSF Indoor record to 5-3-0 for 15-points. The Ravens sit in fourth place and six of the 12 schools qualify for the post season tournament in April, at McGill University.

The Ravens defeated Laval 2-1, beat UQAR 5-1, and topped UQTR 2-1, for three straight wins before falling in the final match of the day to Sherbrooke by a score of 2-1. **Josh Dewar-Morris** led the Ravens with 5 goals including a hat trick against UQAR. **Arjun Langford** played all four games in the Ravens' net, posting three wins and improving his indoor goals-against average to 1.63.

SWIMMING

The Carleton varsity swim team ended their season on February 27th in Edmonton, Alberta. It was the sight of the CIS championships, where the Ravens were represented by breaststrokes **Keegan Harris** and **Heather Macdonald**. Neither was pleased with their performance, but this shouldn't overshadow the season that they and their fellow Ravens had.

The dual season began well. Rookie **Heather Macdonald** qualified for CIS in the 50m breaststroke and the men went on a streak, only being defeated once by Guelph University when the bus had broken down on the way to the meet. The men finished the dual season with a record of 7-1 and women split, with an even 4-4 record.

On the second last weekend of November, the team traveled to Laurentian University in Sudbury, Ontario. Both teams performed well, but the men were especially pleased as they won the division. It was a goal the team had tried to reach last year but fell short. This year was a different story, as the team blew away the competition. **Keegan Harris** broke the Eynon Division record in the 100m breaststroke on his way to a CIS qualifying performance.

As the New Year approached, a large part of the team traveled to Fort Lauderdale Florida for the annual training camp. The nine-day intensive training was an important part of the team's preparation for the OUA championships. From there on it was all about preparing for OUs. The men's team continued to dominate by winning the Queen's and Carleton Invitationals, and the women finished second in both.

The OUA championships turned out to be a struggle for many, but the swimmers still kept it together and performed as best as they could. Carleton finished 10th for the women and 8th for the men (out of 13 teams). This was Carleton's best showing in about five years. All Carleton's swimmers (10 women and 13 men) contributed to the score by scoring in at least one relay. There were eleven swimmers who scored in individual events: **Heather Macdonald, Bob Farinas, Brandon vanDyk, Brent Charlton, Greg McKay, Jay Blechta, Keegan Harris, Mark Blenkinsop, Mike Penney, Tanner Rasmussen, and Trevor McLouglin**. Four Carleton records were also broken. For the women, the 4x50 freestyle relay team (consisting of **Erika Friesen, Heather Macdonald, Valerie Torontow, and Luz Osorio**) and the 4x100 freestyle relay team (**Valerie Torontow, Dani Seaman, Paola Osorio, and Luz Osorio**) each broke long standing Carleton records.

For the men, **Keegan Harris** and **Mike Penney** each broke the records for the two longer freestyle events. Harris obliterated the old record for the 1500m freestyle. Mike Penney was faster than the old record in the 1500m free, but was not as fast as Harris. He did however break the record for the 400m freestyle, narrowly missing a CIS qualification.

For most, this signified the end of the 2004-2005 season, but it was also an end to another part of Carleton's growing swimming program. On the way home from the meet weekend and the **men's head coach, John Waring**, announced that this is his last year coaching because he is moving away from Ottawa for personal reasons. The team owes him a lot and will miss him.

WOMEN'S WATERPOLO

With bruises, scratches and ripped bathing suits, the women's water polo team proudly emerged from the pool sporting bronze medals at the OUA Championships held at Carleton November 27-28. This marked the women's 15th medal in 18 years of competition.

The Ravens were unable to secure a spot in the gold medal game after a disappointing semi-final loss to a strong York team. Despite coming back from a 9-1 deficit at halftime, the Lions proved to be too strong of an opponent for the Ravens, who fell short by 4 goals.

The birds kept their heads high and went on to play one of their strongest games of the year, defeating Queens 14-4 to take home the bronze. Rookie superstar Rachel Baxter chipped in 5 goals, giving her 11 for the tournament, with additional goals coming from powerhouses Sarah Reid, Ilona Csepregi and Jen Hampton. In addition to a number of seasoned players and experienced coaches, it is clear that teamwork and friendship ultimately defined the Raven's successes in 2004-2005.

Determined to build on their results, the Ravens are pursuing an active off season with Invitational tournaments, spinning classes, and swim practices. You can catch the team later this month defending their title against rivals Ottawa U in the coveted Annual Dolphin Cup.