

CARLETON RAVEN RANT

January 26, 2004



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

HELP SUPPORT THE CARLETON UNIVERSITY ATHLETES!

Thursday Feb 12 is Raven Night at the Corel Center

The next Raven Night at the Corel Center is Thursday Feb 12th vs. Boston. The first game was a great success and \$9000 was raised for Athletics Bursaries. We have 1000 tickets reserved for this game and \$10 of **every ticket sold** will be matched by the University, and Ontario Gov't for a **\$40 contribution for Athletics Bursaries**. In addition, there will be a pre-game party at the Corel Center for Carleton Alumni and supporters with draw prizes.

To purchase tickets for this great event please visit:

<http://secure.ottawasenators.com/tickets/groupoffers>

Login: **carleton** Password: **howweplay**

You may direct your contribution to a particular team by indicating the team in the "comments".

BASKETBALL (WOMEN'S)

RAVENS SWEEP WEEKEND GAMES AGAINST McMASTER AND LAKEHEAD, SPLIT WITH RMC, QUEEN'S.

The Women's Basketball team returned from their first road weekend of the semester 2-0 defeating the McMaster Marauders and the Lakehead Thunderwolves. Both games were very exciting.

Saturday afternoon the Ravens took on the Marauders, and beat them by a score of 62-59. **Ashley Kimmett** was on fire from both inside the paint and behind the arc and finished the game with 27 points. Dasa Farthing added 11.

On Sunday, the Ravens came out soft against the hungry Thunderwolves. After a stronger defensive effort in the second half they pushed their way into overtime play. In the extra period **Ashley Kimmett and Sarah Kennedy** came up big for the Ravens to secure the final win. The final score was 63-61 and gave the Ravens Women their first weekend sweep of the season.

This past weekend, the Ravens hosted RMC and Queen's. Friday night brought Raven victory over the RMC Paladins, 77-38, to improve their OUA record to 6-7 and to move to fifth place in the OUA East. Carleton came out strong and played well as they controlled the game from start to finish. **Ashley Kimmett** led all scorers with a game high 15-points. **Dasa Farthing**, was second with 14 points and **Dawn Germain** added 12. Rookie guard **Avely Serin** led the Ravens with 7 rebounds. Eight different Ravens scored at least five points in the victory.

In Saturday's contest vs. OUA East powerhouse Queen's University, the Ravens battled, but lost a heartbreaker 53-49, in front of a standing room overflow crowd of Raven fans cheering on their every chance to tie the game late in the second half.



After spotting Queen's an early 10-point lead Carleton started to chip away at their deficit and cut it to six-points at the half, 32-26. In the second half, Carleton matched Queen's basket for basket and their defensive play in the second half was excellent. Carleton came within one point of taking the lead several times in the second half, but were not able to break through.

The Ravens now stand at 6-8 and remain in fifth place in the OUA East and still have an outside chance of qualifying for the four-team OUA East post season tournament. **Ashley Kimmitt**'s 20-point performance led the offensive charge vs. Queen's. **Dasa Farthing** was the only other Raven in double figures with 10 points. All seven Ravens that played contributed with two or more points.

FENCING: A FULL PREVIEW OF THE UP COMING SEASON

Fencing is an extremely difficult sport. It is punishing to the body, too fast for the untrained eye to even see, has a steep learning curve, requires a lifetime of constant training, and offers only obscure glory to its athletes. Fortunately, it is (at high levels) one of the most awe-inspiring and beautiful sports in the world. Unfortunately, it is too difficult for spectators with no fencing experience to follow.

There are three weapons in fencing, which are as different as night, day and bacon. Carleton's head coach (**Eli Sukunda**) is an eccentric fencing genius that has produced national champions. Regrettably, he is charged with coaching both gender categories for all three weapons. As a result, Sukunda is training the top fencers to assist in coaching the lower level fencers. Although the top fencers sacrifice some of their training time, they ensure that everyone receives adequate instruction, punctuated by direct interaction with Sukunda.

To break the cycle of training rookies that perform well in their last year and graduate, the Carleton fencing club has begun recruiting and training teenagers. By the time they attend Carleton, they will have years of experience on their competitors, and thanks to the two tier coaching system, will be able to sustain the Carleton talent pool for years.

Sarah Cogliati was the only woman to win a medal last year, receiving bronze in epee. Sarah and sister **Laura Cogliati** unexpectedly quit the team this year, despite both being favoured to win medals. This blow left the women's side with only two returning fencers. Saber veteran **Mihaela Jekic** is expected to win an individual medal, but saber veteran **Marta Wein** has suffered two serious knee injuries and may not compete. The remainder of the women's side is composed of rookies to the sport.

The men are in a better position. They came 3rd overall last year, with a gold in team saber and a silver in team epee. **Pat Snider** won silver in epee and **Ataa "Invincible" Azarbar** won gold in saber. Saber captain **Wesley Ross** was expected to win the gold, but met Azarbar in the second round and was handed a crushing defeat from the handsome Persian rascal. **Pat Snider** returns to the epee team, aspiring to win an individual medal, lead his team of rookies to a top eight finish. **Brant Daniluk** and **Jeff Seto** return to the foil team alongside rookie phenom **Sean Kelly**. Having only fenced for a few months, Kelly's talent for the sport is uncanny, leading some veterans to believe that he is lying about being a rookie. While none are favoured for individual medals, the team can be strong enough to give a fight for the bronze.

The saber team is expected to humiliate the competition for the fifth year in a row. Captain **Wesley Ross**, spurred into a "Rocky" style training frenzy by his humiliating defeat to Ataa Azarbar last year, is now 13th in Canada's national rankings. He is expected to take the gold, or commit suicide (JOKING!!) if he loses to Azarbar again. Veterans **Dave "Skeleton" McLean** and **Manu "Thick Accent" Mukerji** are also quite skilled and the possibility of an all-Carleton top 4 looms over the saber event.



SWIMMING:

IN THE FIRST MEET OF THE NEW YEAR, THE QUEEN'S INVITATIONAL, MILLS AND BOEGEL SWIM FASTER THAN CIS QUALIFYING TIME. MILLS GETS FOUR GOLDS AND A NEW VARSITY RECORD

Over the break, while most Carleton students were enjoying their much-needed rest from the stress and demands of the University life, almost the entire swim team traveled to Fort Lauderdale, Florida for an intensive training camp. Training consisted of two two-hour swim practices a day, and weight training every second day. The swimmers swam daily distance totals in excess of 14 km. After such a difficult phase of training, the swimmers returned to classes, and competition.

On January 17-18, the team traveled to Kingston to face off against Ottawa, York, and host Queen's at the Queen's Invitational. The men continued to dominate by emerging first in point totals once the two-day competition drew to a close. The women, plagued with a small team in comparison to the other teams present, did not do as well in point totals, but still managed to oust York. Individually, both men and women had some good swims, some excellent swims, and some absolutely phenomenal swims.

11 out of 16 Carleton men scored points. **John Mills** clinched an impressive three first place finishes in the 50 Back, 100 Back, and 50 Fly. These were the only events he swam. Also, rookie **Nathan Churchill** swam every event to total 3900 meters. For the women, Captain **Krista Boegel** swam every event except for the 200 fly, which preceded the 200 breaststroke, one of her best events. She won the 200 breaststroke, and added 4 more top 3 finishes.

John Scroggie placed an impressive 3rd in the 50 free with a personal record time of 25.76 seconds. Scroggie also shaved more than a second off his season's best 100 free with a time of 57.13. Teammate **Brandon Crawford** won the 200 free, and finished 3rd in the 100 free. The men also dominated the 50 back and the 200 free. In the 50 back, Carleton's top finishers were **John Mills** (1st), **Brandon Vandyk** (2nd), and **Captain Trevor McLoughlin** (3rd). In the 200 free, the aforementioned **Brandon Crawford** won, with teammates **Keegan Harris** finishing 3rd, and **Mark Blenkinsop** finishing 4th.

Rookie (and CIS qualifier) **Paola Osorio** improved her previous season's best time in the 400 Individual Medley by 12 seconds, to finish 3rd, just two seconds behind Boegel (2nd). Also, rookie **Rachelle Aldrich** clinched a point by beating Boegel for a 5th place finish in the 100 free.

Along with all this success, two swimmers stood out above the rest. Although **Boegel** did not win the 50 breast, she still managed to beat the CIS qualifying time. Having already earned a trip to CIS, this success adds to her already outstanding performance so far this season. In CIS ranking, Boegel now places 15th in the 50 breast, 22nd in the 100 breast, and 20th in the 200 breast. Also beating the CIS standard was **John Mills** in the 50 fly. Mills improved his season's best time by more than 2 seconds and set a new Carleton Varsity record. Mills now holds records in the 50 backstroke and 50 butterfly.

Carleton's next meet will be the Carleton Invitational, Saturday January 31. The team also begins their taper to prepare for the OUA championships 13-15 February.



ROWING:
A SUMMARY OF TRAINING CAMP 2003-2004

The eight Carleton rowers didn't know what to expect when they set off to the two-week Christmas training camp in Melbourne, Florida. The whole expedition can be summed up as an incredible learning experience as well as an important prerequisite for anyone hoping to row competitively in the coming summer. Most of all it was a welcome relief from the unforgiving ergs which promise yet another mundane winter season.

The area in which the team rowed was excellent as the river was complimented by a canal system that could shelter the athletes from the winds. The workouts themselves were rigorous to say the least; for the most part they rowed at least 32 km in a day accented with much needed technique work. There was always interesting things to watch on the long rows, best of all being the dolphins that would play around the boats causing unforeseen changes in the boats' courses (much to the coach's displeasure).

The good news: everyone came back with excellent uni-suit tans and blisters to boast about. Now the winter season doesn't seem as long. The bad news: the ergs are still here and the water is still frozen. Of course, to those Carleton rowers that were left behind I can understand the lack of sympathy, so on the bright side - ergs don't tip.