

CARLETON RAVEN RANT

NOVEMBER 26, 2003



This is the first issue of the Raven Rant, a varsity newsletter published by Varsity Council. As you can see, not all the sports are covered here. If you want to write for your team, please email us at carletonravenrant@yahoo.ca and let us know which team you are on. We'd like a rep from every team, even for those teams who have finished their season. There is always something to talk about, even in the off season. I hope this newsletter gives you all an idea of what we are looking for. So read on, and enjoy.

HEADLINES:

WE FOUND OUR FIRE ~WOMEN'S BASKETBALL~

On Friday night, the Women's Basketball Team collected their first season win over the York University Lions. Feeling fired up after a powerful week of practice they played aggressively and confidently from the first minute of play. Patience on offense and intensity on defense earned them the lead at half, but their opponent would not subside so easily. In the second half the Lions came out with a sense of urgency in their offensive play, but it was Carleton's strong team defense that held them down by two points with one possession left on the clock. Under fierce defensive pressure, York's captain launched and missed the game winning shot. The Women's team won their first league game by a close score of 50-48. The feeling was incomparable.

TWO WOMEN QUALIFY FOR CIS, MEN FINISH DUAL SEASON WITH 9-1 RECORD ~SWIMMING~

Krista Boegel and Paola Osorio qualified for CIS at a dual meet against the University of Ottawa and Brock University, at Ottawa U on November 8th. Women's Captain Krista Boegel qualified in the 100m breaststroke with a time of 1:16.49. Last year, as a rookie, Boegel qualified in all three breaststroke events at CIS championships in Vancouver, BC. She finished 26th in the 50, 21st in the 100, and 23rd in the 200. Also qualifying for CIS was rookie Paola Osorio who made it in the 800m freestyle. On October 18 Osorio missed the cut in the event at Guelph University by just over 6 seconds. However, on the 8th of November, she improved her time by more than 8 seconds to qualify with a time of 9:27.86.

Although the men have yet to qualify for CIS, this race did mark the end of the dual season where the men's team finished with an impressive record of 9-1. This is one of the best records the Carleton Men's Swim team has had in the history of the program.



TEAM REPORTS

WOMEN'S BASKETBALL

The Carleton Women's Basketball team defeated York University Lions for their first regular season win. Before the season started the team experienced success in exhibition play, but struggled through a tough losing streak at the start of the regular season. However, on Friday 23 November, the team battled to their first season win. Ashley Kimmett led the Ravens' scoring with 17 points, and veteran Dawn Germain followed with 14 points. Also, both Kimmett and Germain pulled down 6 rebounds.

The following night, the Ravens fell to the Laurentian University Lady Vees by a score of 57-53. Again top scorer Ashley Kimmett led the way with 18 points, and Dawn Germain pulled down 9 rebounds.

"After the losses suffered in the first four season games many expected us to give up on our hopes for a winning season. We haven't. Our strong week of practice, our win against York, and our near win against the best team in the province (Laurentian Voyageurs) has sparked a renewed hunger in us, and a thirst for defiance."

"We will defy the reputation that trails us,
We will defy the expectations of those who doubt us,
We will defy the fear of our opponents,
But most importantly...

We will defy surrender.

Every game is an opportunity and
WE BELIEVE IN US. If you don't, then we will defy you too."

FIELD HOCKEY

The 2003 Carleton Field Hockey season drew to a close in mid October on a high note. After a season that was filled with hard fought games, Carleton defeated McGill to earn their first win of the year in front of the home crowd. It was an exciting way to end the season. The Carleton team accomplished a seventh place spot in the OUA division. After a high graduation rate of core players from the last two years, this young team managed to gel and grow as a group. It was a bittersweet ending for the four players graduating; Susan Berkley, Lauren Furtney, Naureen Mufti and Jennifer Watson will be moving on next year.

Carolyn MacLeod stood out amongst Carleton players this year as she was named an OUA Second Team All-star. Coach Laura Branchaud and assistant coach Pardeep Koonar will be looking to build on MacLeod's strong skills in continuing to develop the squad for the future. The team looks to improve on its 1-12-1 record in the coming season by using the off-season to train and focus on the upcoming year.

ROWING

The rowing season is almost one month past completion and the Carleton Raven Rowing Team is still trying to catch up on all the lost sleep. Even before this is accomplished, winter training begins and all the assignments seem to be due at the exact same time. This is the life of a Varsity Athlete. Even though I have the opportunity to discuss the team and its accomplishments, I feel that it is fitting to give tribute to those who were responsible for progress of the team during the course of the season.

Kurt Herman, who is assisted by coaches Jon Nisbet, Christie Roberts, Jennifer Walker, Matt Graveline and Dave Thompson, is the Head Coach of the Carleton Rowing Team. No matter how many times we would disagree with them, it is because of their commitment that we were able to go out on the water. Volunteering to coach a team that practices at 5am five days a week, and 6am on Saturday is a huge commitment for people who either work or attend school full time. It is because of this sacrifice that I thought our first entry should be a thank you to our coaches. So here it is: Thank you coaches, and Kurt, we wish you luck in Potsdam.

TEAM REPORTS cont'd

MEN'S RUGBY

The Carleton University Men's Rugby team made history this year by winning the OUA bronze medal. This past season the program fielded perhaps it's strongest side ever in existence. The forwards were big, skilful, and mobile, and the backs were fluid, strong, and versatile. With solid veterans like returning co-captains Dave Thompson and Reid Brooks, plus George Ashfield, Ben Wells, Brett Stark, Jeremy Gribben, Chris Mercer and Jason Aldridge, the team was certainly going to be decent, but it was the X factor players, newbies like Saro Turner, Kevin Charleton, and rookies like Scott McLeish, Aaron Cardon, and Matt Barthe, and veteran back Adrian Deutekom who flew up the depth chart to nab a starting berth on the wing, that truly made the difference. Carleton rugby has had a habit of having bad turnovers, but this years incomers certainly made the coaching staff forget about what they had lost. Only at Carleton could you have a successful program which never fielded the same starting line-up. Players were constantly moving to cover new needs, especially in the back division.

Special mention for the season goes to Head Coach Rob Lockwood, the most committed man that this program could ever hope to see. Though he may not always be the players' favourite person, he is without a doubt, a man who has earned everything he has received. On many nights this season Rob was alone running training sessions for 20-35 players, despite having a coaching staff of 6 other coaches, all of whom had availability issues for much of the season. Rob coped and held things together, showing his worth as an organiser.

WOMEN'S SOCCER

It is amazing how something can change in a drastic way in only four short years. The something that I am referring to is the Carleton Women's Soccer Program. Four years ago when I was a rookie the program was shaky. We had some good players but we were young and inexperienced with the caliber of play. This was also going to be the rookie season for our coach, Andy Nera. The next year our team was even younger. The starters were mostly rookies for the second straight year, but our results were improving. By our 2002 season we were ready to compete. For the first time in my years at Carleton we made playoffs. However, this was not our biggest achievement. Instead of losing 5-0 (as in previous years) to Ottawa U we came out with a draw. This gave us the confidence we had been searching for.

Our 2003 season has proved to be our most successful season yet. With only a handful of girls left from the team four years ago, we knew that this was our chance. For the 6 graduating players this was our last season to prove how far we had come. We had a strong starting lineup, a deep bench and a desire to go far. Our desire to play well helped to give the rookies confidence in a new level of play. We were scoring more goals and taking more risks on the field. We knew we deserved to be playing in the league and proved it by being competitive with the top teams in the country.

It is amazing how a team with little depth and lots of desire can grow in such a short time. Not only did the team grow over these four years, the players did as well. Maturing not only in the game but also in life. I know that as long as that desire to prove ourselves stays with the team, we will go nowhere but up.

- Anonymous (graduating member of the team)



TEAM REPORTS cont'd

SWIMMING

The men's and women's swim team finished their dual season on the 8th of November at Ottawa U against Ottawa U and Brock. The men earned victories against both universities with total point scores of 118-116 against Ottawa, and 152-73 against Brock. They finished with a winning record of 9-1. The women did not fair as well, losing to both Ottawa and Brock by scores of 145-85 and 126-107 respectively. They completed their season with a deceiving record of 3-7. This record does not reflect their performance because it was the fact that the team is much smaller than competitors that always impeded their overall results. The women's team usually competed with approximately 10 swimmers of a possible 18, which is the limit. The women's dual season is full of impressive results, including two of the women already qualifying for the CIS championships to be held at U of T on March 5-7.

The men's season also had numerous achievements. After a seven year hiatus from swimming, rookie John Mills broke the Carleton 50m backstroke record with a time of 28.25 in his first race. The record had been on the books since 1998, when it was set by one of Carleton's most talented swimmers ever, Ken McDonald. Mills, who competed at the 96 Olympic trials, is expected to qualify for CIS, but a nagging back injury is holding him back. Veteran Brandon Crawford, one of last year's CIS qualifiers, posted a time of 24.77 in the 50m freestyle. Last year, Crawford didn't break the 25 second mark until February. Also, Captain Trevor McLoughlin almost broke the one minute mark for the 100 butterfly with a time of 1:00.02. Keegan Harris (also one of last year's CIS qualifiers) has been surpassing his goals in all the breaststroke events, and is within fractions of qualifying for CIS for the third time. He has been undefeated in the breaststroke so far this season.

The next races for both the men's and women's teams are the Divisional championships to be held at Guelph University, November 22-23 where the men's team is favoured for a top 3 finish. They face a tough battle versus Guelph and swimming powerhouse McMaster, which in recent years has been home to numerous national team members and Olympians.

ATHLETE PROFILE

BEN WELLS – MEN'S RUGBY

Ben Wells is a fourth year graduating student and starter for the Carleton Men's varsity rugby team. Ben is a dynamic player and brings with him a great familiarity with the sport, as well as a boundless amount of positive energy. His easygoing attitude has garnered him the respect and friendship of his fellow teammates, and the coaching staff. During the season, Ben scored a try and played impressively well in Carleton's regular season game against Queen's University for which he was named Man of the Match. He has been in the running for the award in numerous other matches, including the final game of the season when the team enjoyed the Bronze medal victory in Kingston.

Ben's strong work ethic, tireless defence, dangerous running ability, and never-say-die attitude helped the Ravens to their best finish in the program's nineteen year history. His efforts on the field have received attention of coaches in the OUA as they have nominated him to be an OUA All-star.

Ben also represents the raven rugby program through his activities within the community. He coaches girls and boys high school rugby in his hometown of Barrie and has achieved a great deal of success in those programs, with annual trips to the OFSSA championships in the plans. Ben's abilities on the field are just one side of the story. Off the

field, Ben is a humorous and charismatic ringleader for the Ravens social events. He is relaxed and good natured, and is appreciated and loved by all. Both as a player and as a person, Ben Wells lends class to the Ravens Rugby program, and will be missed.

Raven Rant is an indepth newsletter that covers all varsity sports at Carleton equally. If you wish to write for Raven Rant, email us at this address. If you wish to nominate a teammate for athlete profile please speak with your team rep.

Raven Rant is a weekly publication by Varisty Council, approved by the Carleton Athletics Department.

To be **added** or to get a friend added to this mailing list, reply to this email with the word "ADD" in the subject line - be sure to include correct email addresses in the body of the email, and any other information that may be pertinent.

To be **removed** from the Raven Rant reply to this email with the word "REMOVE" in the subject line.

Questions, comments, and concerns should be forwarded to this address.

Thank you for reading.