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## Countdown to the 2009 Canada Summer Games - Just Days to Go!

With the Canada Summer Games set to begin in just a few days, it's no wonder there's a ton of excitement and anticipation in the air!

In June we hosted a highly successful three-day training camp and I believe everyone who attended the camp found the overall experience and training sessions valuable for their preparations towards the Games. Be sure to visit our website to view the photos taken during the camp.



For those who were unable to attend the training camp, we have two pep rallies planned for you in PEI. These will be great opportunities for everyone to get to know each other and to bond as an entire team with a common goal of winning the Canada Games Flag!

On behalf of Team Ontario, I'd like to say thank you for the generous contribution of books received during the training camp and throughout the book drive campaign. The books are being presented to the Lieutenant Governor, the Honourable David Onley and arrangements have been made to ensure they get to First Nations communities in Ontario in an effort to increase literacy in remote locations.

Over the next few days I'd like you to think about what it means to be a member of Team Ontario and how exciting this is to you and everyone around you. Not only do you get a chance to represent our great province in a national competition, you also have a new role as an ambassador for Ontario. Thousands of volunteers are currently working night and day to stage the Canada Games for you and every athlete across Canada. So when you are in PEI, please say a big Ontario thanks to all the volunteers. You can never under estimate how much this will mean to them and to all of Team Ontario.

Best wishes and I'll see you in PEI at the 2009 Canada Summer Games!

Sincerely,  
Blair McIntosh, Chef de Mission  
Team Ontario 2009

## Team Ontario's Media Guide is Online

The Team Ontario Media Guide is now available for downloading on our website. Printed copies of this publication will be handed out to all the media in PEI to help them develop stories about our participants. Biographical information was written from information provided in the registration database. If there is additional information that we should be aware of, please send John Sims an email to john.sims@ontario.ca



## How well do you know Prince Edward Island? Take the PEI Quiz! (answers on page 4)

- How many kms long is PEI?
  - 124 kms
  - 224 kms
  - 324 kms
- The population of PEI is
  - 138,000
  - 120,000
  - 98,0001.
- As of 2006, how many golf courses were there in PEI
  - 12
  - 22
  - 42
- The following are all types of what? Irish Cobbler, Netted Jems, Fingerlings or Baby Blues
  - shellfish
  - PEI designer jeans
  - potatoes



## Team Ontario to Aspiring Cancer Researcher

**G**raham Dow had just turned 17 and after a tough tryout with some exceptional competition, he made the Team Ontario men's basketball squad for the 2001 Canada Summer Games in London, Ontario. Although the team finished outside of the medals, playing for Team Ontario was an important step in Graham's athletic career and perhaps contributed to his motivation to reach higher goals on and off the basketball court.

During Graham's high school days, he led his team Nelson High School (Burlington, Ontario) to gold and bronze medals at OFSAA in 2001 and 2002, respectively. He was a member of the Canada Junior National Team in 2002 and competed at the FIBA qualification tournament in Venezuela.

Graham attended Cornell University in Ithaca, New York and was a four-year member of their basketball team. He was the starting point guard for his final three years, as well as a leader in assists and steals for his team and the Ivy League. As a senior in 2007, Graham was co-captain and named one of five ESPN First-Team Academic All-Americans, becoming the first Cornell men's basketball player to earn first-team honours.

Off the court, Graham garnered numerous awards, including the Merrill Presidential Scholar (representing the top 1% of Cornell's graduating class), Top 25 Most Influential Cornell Undergraduates, was a Rhodes Scholarship finalist, and received two undergraduate research grants.

After graduation from Cornell he spent a year doing cancer research at a biotechnology company in San Francisco. Graham now attends Stanford University in California where he is a PhD candidate in Molecular Biology and Genetics on a full graduate fellowship. Graham plans to complete his doctorate in the upcoming years and pursue a research career in academia.

Setting high goals and working hard work can open many doors and lead you to places you have never dreamt about and Graham Dow is certainly a shining example for all of us to follow. Congratulations Graham on your outstanding athletic and academic pursuits!

Here is what Graham had to say about his Canada Games experience.

*Truthfully, I didn't have grand expectations prior to attending the 2001 Canada Summer Games. I thought it was going to be just another basketball tournament. Well, how wrong can one person be?*



Graham Dow reels in a pass during a game against Yale.

*My teammates and I were happy to arrive in London after a summer of tough workouts and two-a-day practices; we were looking forward to the challenges and thrills of competition. But right away, I could feel something was different. There was a pervasive excitement among the athletes and the Games' insignia aggrandized the tranquil campus.*

*After quickly settling into our rooms, we were shuttled to a variety of events that culminated with the Opening Ceremony. Walking through that stadium, embraced by a sea of Ontario supporters, was the singular event that defined my Canada Games. I can vividly recall the bright red Hawaiian-flowered Ontario shirts, the procession of Provinces, the frantic scanning of the crowd for my parents, and finally, definitively, the roar of the crowd. I quickly realized this was more than a basketball tournament, much more.*

*While I still remember the basketball matches – our team generally underachieved, but I can recount a great win versus Alberta – the underlying experiences are the enduring memories. Competing in sport provides so many opportunities for young adults: a test of oneself,*

*an outlet to express frustration, a platform to interact with friends, a lesson in accountability, and a chance to explore our world. The Canada Games is truly a microcosm of all those great things -- it represents the best of Canadian sport.*

*I sincerely hope your Canada Games experience is a memorable one. Expect great things!*

**Graham Dow** – 2001 Canada Summer Games, Basketball ESPN First-Team Academic All-American, Cornell University, 2007

## Team Ontario mourns the loss of a great leader in sport - Dr. Gene Sutton



Team Ontario is deeply saddened by the untimely passing of one of its past successful Chef de Missions, Dr. Gene Sutton, who died on August 2<sup>nd</sup> in Hamilton.

Gene was well-known throughout Canada and internationally as one of our country's true leaders in sport. She was a former executive of the Canadian Olympic Committee and was an inspirational teacher, coach and judge for gymnastics for over 30 years. Gene was Team Ontario's Chef de Mission in 2005 and was extremely proud to win the Canada Games Flag for Ontario. She also served Team Ontario in 2001 as Mission staff for softball and athletics.

Gene was a driving force behind Hamilton's partnership for the bid for the 2015 PanAm games.

We will miss our former team mate but will have fond memories of her dry sense of humour and the great knowledge and inspiration she brought to the Team.

# National Artist Program

## Introducing Team Ontario's 2009 "NAPsters"

At the same time that Team Ontario athletes are training hard with their teams in preparation for a showing of excellence in PEI, there is another team that is also working hard to prepare for the Games: Team Ontario's NAPsters. NAP stands for National Artist Program. Each province and territory selects a team of three artists to bring to the Games. Over the two weeks of the Games, the artists will perform for the athletes and at festivals around the island, attend a variety of professional development workshops and have the opportunity to be mentored by professional artists in various disciplines.

And now, I am proud to introduce Team Ontario NAPsters for the 2009 Canada Summer Games: Sky, Christine and Shabnam.

Sky Fairchild-Waller is a performance artist who has studied at the National Ballet School of Canada in Toronto as well as in Victoria and Vancouver. Sky received his Bachelor of Fine Arts ('09) in Dance from York University and is presently completing his BA in Cultural Studies. During the past 15 years, he has choreographed and performed works seen in Canada, England, the US and Mexico, with credits including Disney, the International Festival of Performance Art, Warner Brothers and the National Ballet. Most recently, Sky performed the role of Ryan Evans in the Canadian premier of Disney's High School Musical 2 On Stage! at the Toronto Centre for the Arts.

Christine Birch began her serious dance training when she entered the Oakville School of Dance at age seven. Birch was part of both the school's professional training program and the Oakville Ballet Company where she had the opportunity to work with national Ballet

of Canada first soloist Etienne Lavigne, performing pas de deux (duets) from The Nutcracker and Elite Syncopations. Christine moved from ballet to modern dance after high school. She just completed third year in The School of Toronto Dance Theatre's Professional Training Program where she has been able to work with notable choreographers such as James Kudelka, Peggy Baker, Sasha Ivanochko and Danny Grossman.

Shabnam Shahin is a student of Ryerson University's Radio and Television Arts program. In addition to a growing body of work in film and video, Shabnam has also studied music, dance and theatre. She has worked with Soupepper Theatre and Resurgence Theatre as a composer and performer. She also has studied dance, theatre, visual arts and writing. Her awards include an Editor's choice award, an award for a published poem in "Young writers" annual anthology of verse, and a Creative Arts Award.



2009 Team Ontario NAPsters left to right: Sky Fairchild-Waller, Shabnam Shahin and Christine Birch.

The three artists have been working on a creative piece inspired by the journey of Team Ontario that explores a variety of themes including creativity, athleticism in dance and sport, competition, and teamwork. The piece will include dance and video, and will be shown at the pep rallies in PEI. The artists were busy during the training camp and had a chance to talk to a number of athletes about their experience in developing their skills in sport. They also had a chance to observe sport specific training for additional inspiration and interview Cheryl Pounder, the training camp's guest speaker, about her challenges and triumphs in making it to the top in women's hockey.

Marlene Stirrett Matson  
Team Ontario NAP Manager

## Team Ontario Legacy Program

On Thursday, August 6 members of Team Ontario had the opportunity to present the last of the books collected as part of the Legacy Program to Ontario's Lieutenant Governor, The Honourable David C. Onley.



Swimming athletes Chris Tsonos and Nydia Langill, present the Vicki Keith book to The Honourable David C. Onley, Lieutenant Governor of Ontario.

Team Ontario was successful in collecting over 4,000 new and gently used books which will be shipped to Aboriginal communities throughout Ontario to help increase literacy. The collection included a book about the accomplishments of Team Ontario swim coach Vicki Keith who holds world records in marathon swimming.

Thank you to everyone for contributing to this great program. Your efforts will make a difference in the lives of countless young children in Ontario. This is the second book drive Legacy Program for Team Ontario.



(L-R): Blair McIntosh, Chef de Mission; Rick Beaver, Administration Core Team Leader, The Honourable David C. Onley, Lieutenant Governor of Ontario; Chris Tsonos, Swim athlete; Nydia Langill, Swim Athlete and Anita Comella, Technical Core Team Leader.

# TRAINING CAMP

photos - june 12 - 14



## Christine Craig Award Winning Mission Staffer



Christine Craig, who is Mission Staff for rowing and women's volleyball, was recently honoured by the Ontario Federation of School Athletics Association (OFSAA) with the 2009 Leadership in School Sport award.

The OFSAA Leadership in School Sport Award is presented annually at each OFSAA Championship to a teacher-coach who has made a significant contribution to the educational athletic program. The recipient of this award exemplifies the values of fair play and good sportsmanship, while promoting enjoyment, personal growth and educational achievement through school sport.

Christine, who was nominated for this award by two of the volleyball coaches at her school, was presented with her award at the AAAA Girls Volleyball Championships.

*Congratulations Christine!*

## Answers to quiz on page 1:

**1 - b:** PEI is 224 kms long and varies in width from 6 to 64 kms. It has 1600 km of shoreline and you are never more than 16km from the sea.

**2 - a:** PEI is the smallest Canadian province in land mass and population but this causes it to have the most dense population on a per square kilometre basis. PEI's density is 24.44 per sq kilometre. Canada as a whole is 3.33.

**3 - b:** Golf PEI states that PEI's 22 golf courses generate \$85 million for the Island economy. Recently, 10 of the golf courses were listed among the Top 100 Golf Courses in Canada.

**4 - c:** They are all types of potatoes. There has been a potato crop on PEI since 1771. In 2006 97,500 acres of potatoes were planted and the harvest generated \$261 million. Island farmers grow a third of all Canadian potatoes and export to more than 20 countries.



Tickets for all Canada Games events are now on sale and available by calling **1-877-964-4263**.

For more information visit the Games website at [www.2009canadagames.ca](http://www.2009canadagames.ca)

## Dates to Remember:

August 14	Week One sports depart Toronto for the games
August 15	Opening Ceremonies @ 1:00pm
August 15	Week 1 Team Ontario Pep Rally
August 22	Week Two sports depart Toronto for the games
August 23	Week 2 Team Ontario Pep Rally
August 29	Closing Ceremonies @ 2:00pm