

Spartan Talk May 25, 2016

Elizabeth Séguin and Thomas Burton

On May 10th and 12th, forty-six eager CVR athletes headed over to Heritage High School to participate in the annual S.S.I.A.A league track & field events. The Spartans ran, jumped and threw on both these days, winning many medals for the school. It was a perfect ending for the demanding season that was thrown their way this year and by far, the most successful one yet. Undoubtedly, the CVR Spartans earned every bit of success they redeemed on these days. Let's take a closer look at what happened!

The first day began with a bright sunshine and high spirits. Right from the beginning, CVR track & field athletes were taking over the podium. They were filled with energy and ready to compete. In particular, newcomers Kailee-Ann Bond and Andrew Collin, both in the bantam division, demonstrated these estimable qualities at their first track & field meet. Kailee-Ann placed 1st in her 80 m sprint, 2nd in the 800 m walk and 3rd in the 150 m sprint. I tell you, that girl can run! On the other hand, Andrew triumphed the jumping events, coming 1st in high-jump, long-jump and triple-jump. Way to go!

Overall, CVR ranked third as a school. This is an incredibly outstanding achievement as the valley school competed against large populated ones. Truthfully, the runners, jumpers and throwers couldn't have done it without coaches Mr. Kennedy, Mr. Cameron, Mr. Ednie, Mr. Theriault and Ms. Rachubinski. This encouraging team both physically and mentally prepared them for their great success and would like to thank them endlessly.

Until next time, have a good one.

Spartan Talk May 20, 2016

Elizabeth Séguin and Thomas Burton

Over the past couple of weeks, the juvenile boy's rugby team conquered quite a few impressive games. With a limited number of days left to play, the boys are noticeably pouring their hearts onto the field and we can't be more proud of them. Do you want to hear why? Well continue reading!

Let's begin by sharing the story of the time the boys travelled to Richmond, QC to compete in the Eastern townships sevens tournament on April 30th. On this day, two CVR teams played and both snatched well-earned titles. The A team placed first and merited the glorious trophy, while the B team did not give up and came in second in their division, representing the school very well. What a marvellous day!

Next, the Spartans came home the following day to host a tournament on their very CVR field. The A team won once again and the B team gained some valuable experiences. However, on May 3rd, the two teams joined together to battle MacDonald High School in Sainte-Anne-de-Bellevue, defeating them with a score of 33-0. This proves that the Spartan players are stronger united and team spirit is in their blood.

Consequently, the following games played by this valuable rugby team were successful. Coach David Furey would like to commend Noah Abbott, Liam Priest, Tristan Bergevin, Nick Riach and Jayven Verreault for showcasing their outstanding skills as well as the whole team for their great attitude. Come support them on Thursday May 19th at 3:00 at CVR for one of their last plays on the field. See you then.

Spartan Talk May 12, 2016

Elizabeth Séguin and Thomas Burton

Hello readers! On this lovely Wednesday, we're bringing you yet again another blurb about rugby. But hey! What can we do? The CVR Spartans are so talented; we can't resist writing about them. And we know you're dying to hear about it too, so without further ado, let's begin.

On the field this week played the juvenile girls team at Howard S. Billings. They merited a total of 22 points, scored by Sonya McKough, Leanne Duncan, Sabrina Buermans, Kathrine Poulin and Meagan McDougall, not to forget Shannon Roy with one convert. A big congratulations to the team, as they pulled off an amazing win and played an outstanding team game. In fact, these ladies are something to see, so come and support the Spartans in their next following games, wearing your brightest blue Spartan apparel and shiniest smile. Here's the schedule.

Wednesday, May 11:

Midget Girls vs Billings Home @ 4:15pm

Juvenile Girls vs Lauren Hill Away @ 5:15pm

Wednesday, May 18:

Midget Girls vs GV Away @ 4:30pm

Juvenile Girls vs BHS Away @ 4:15pm

Wednesday, May 25:

Juvenile Girls vs St Thomas Home at 3:00pm

Hope to see you there. See you.

Spartan Talk May 4, 2016

Elizabeth Séguin and Thomas Burton

Let's hear it for the ladies! This past week, the midget and juvenile girls rugby teams debuted their spring season right on the very CVR field. The outcomes were impressive and an incredible demonstration of Spartan pride, so grab a snack and keep reading because I know you're dying to hear all the details!

Firstly, the midget team composed of fiery young athletic ladies in grades 7, 8 and 9 played their first game against George Vanier High School. They accumulated a total of 68 points while on the field, which snagged them a victory and stuck a prideful smile on the girls' faces. Tries and converts were scored by Jessie Hadley, Sara Bohemen, Kyra Lipensky, Despina Caravias, Zoe Colegrove, Mackenzie Boyle and Melissa Shepard. Way to go!

Next, the juvenile team equally defeated their opponents in the first game on April 25th when challenging MSRG to a game. The CVR rugby players ended up scoring 64 points, obtaining them a win. Avery Hill, Bailey O'Farrell, Sabrina Buermans, Leanne Duncan, Kathrine Poulin, Julie Doucet, Shannon Roy and Chloe-Jade Demers scored the tries and converts during this game. Amazing!

Now that's what I call girl power! I hope you enjoyed a snippet of the Spartans athletics and make sure to come back next week.