

Spartan Talk Oct 21, 2015

Elizabeth Séguin and Thomas Burton

Calling all Spartan fans! It is with great excitement that we, Elizabeth Séguin and Thomas Burton, are able to voice CVR's amazing Spartan spirit this year with you all. Not only is our mission to stagger you with our athletes outstanding performance on the field or the court, we also plan to highlight the upcoming events so anyone can come cheer along too. From the white and the blue to the never-ending CVR pride, we're convinced that you'll become the biggest CVR Spartan fan by the end of the year too.

As grade 11 students, we know we're taking on a lot of responsibility considering we're loaded with homework, but a busy schedule is what we eat for dinner. I, Elizabeth, am a grade 'A' student, part of too many clubs and love the stage more than chocolate. On the other hand, I, Thomas, am a valiant member of the Canadian rugby team and strive in five other sports at the same time like basketball and track, which means I'm the most committed athlete you'll ever know.

With that said, we are sure to give you a well-rounded weekly blurb that will put a smile on your face and never disappoint.

Have a good week and remember: **GO SPARTANS!**

Spartan Talk Oct 28, 2015

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Over the past week, the region experienced its first snowfall, but it didn't stop our athletes from competing in the cold weather.

Cross-country runners Alexann D'Avignon, Elizabeth Séguin, Marc Schulz and Thomas Burton represented the school with pride as they hustled through the slippery and muddy trail at the RSEQ Regional meet. Their attitude was eminent and it showed through their epic race. Thomas Burton placed 6th and will be heading to Provincials in Val'dor.

On the same weekend, the midget and juvenile girls rugby teams showed true skill and technique when they played at the Massey Vanier High School for their third tournament of the season. The midget team tied one game and won the other. Tries were scored by Sara Bohemen, Myrissa Arnold, Alexa Angelopoulos and Despina Caravias. The juvenile team kept their first place ranking as winning tries were scored by Avery Hill, Leanne Duncan, Sabrina Buermans and Julie Doucet. Keep up the good work ladies!

The soccer intramurals came to a close and coaches Sasha Geukjian, Enrico Savastano and Neil McGrath would like to congratulate all players for their great season. They plan to prolong the fun with perhaps signing up to the 36-hour indoor soccer tournament this winter at Claude Robillard.

Likewise, the football season is quickly coming to an end for the juvenile boys and coach David Furey describes it as an interesting one. The players must win the next two games and keep playing well as a team in order to qualify for playoffs.

With that said, best of luck to all the Spartans and have a good week.