

## **Spartan Talk Dec 2, 2015**

Elizabeth Séguin and Thomas Burton

Spartans on 3, 1 2 3 SPARTANS!!!

It was an outstanding week for the Spartans and we can definitely count on hearing many more of those catchy chants as the CVR basketball teams are in it to win it.

For the girls, the juvenile team won their game against Les Patriotes de Beauharnois. The score was amazing and they haven't lost a game yet. Keep it up! Similarly, the midget girls defeated their opponents in their most recent game. They proved that hard work does pay off as we can already see improvement from the previous game. As for the bantam team, the girls debuted their season with a win. Good job Lady Spartans!

On the boy's side, the juvenile team sadly lost their game against College Heritage. However, the team was only down seven points, so it is nothing to worry about. We are positive that the boys will pick it back up next week to show off the skills they've been working on.

Have a good one!

## **Spartan Talk Dec 9, 2015**

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Hustling and bustling isn't only for the holiday shoppers in the outrageous malls during this merry time of year. No, no, no. Here at CVR, the mentality never goes out of season as the Spartans work vigorously every day to achieve their goals. In fact, this week surely proves it.

For example, the juvenile boy's hockey team struck not only one, but two wins in their most recent tournament. The scores were 5-0 and 6-0, meaning the team has notably improved. Way to go!

Furthermore, as mentioned last week, the bantam girls defeated their opponents Jacques-Leber. We were very fortunate that the coach, James Kennedy-Zimmerer, revealed to us the insider scoop. He confessed that when the girls won their game with a score of 46-16, he was very impressed with them. He explained that they had been working assiduously, but they were going to face many challenges this year. However, the girls came together as a team and he is very proud of their effort and attitude. Special congratulations to Ella Bryson and Catherine MacKay for their distinguished aptitude.

Finally, indoor track season has begun here at CVR. While there has not been many official practices, many competitive events have been announced which is sure to get all the runners excited and eager to practice. We'll keep you posted!

See you later!

## **Spartan Talk Dec 16, 2015**

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This past week, the Spartans gave a new meaning to their team name; that is players that are not only determined, but also have the capability to retain that passion in difficult situations. Here are some events that prove it.

Firstly, the bantam girls' basketball team unfortunately lost their first game of the season to André Laurendeau; however, the girls were only down by three points, proving they have what it takes to beat them next time. The game was very competitive and coach James Kennedy-Zimmerer has faith that they will be victorious in the near future. In fact, they pushed their defeat aside when playing against Jacques-Leber, as they triumphed with a phenomenal score of 63-29. Special mentions for this tournament are to Eve Brooks for learning a new position and performing outstandingly on the court, as well to Chloé Vandenplas-Bourgault for being the top scorer. Great job ladies!

Secondly, the track team made its way to Claude Robillard to compete in the first indoor meet. It was a long day, as some runners only raced at 10 pm; yet, the outcomes were still very impressive and the athletes learnt some key lessons. They acknowledged that even if sometimes things don't go as planned, they must always be ready to put their best foot forward.

As crazy as it sounds, sometimes in the midst of sports, valuable lessons can be learnt and this week was definitely about keeping a positive attitude. Have a good one!

## **Spartan Talk Dec 23, 2015**

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Ho Ho Ho! Here comes the Spartans and they've surely gifted us this week.

Firstly, the juvenile boys' basketball team kept their word when saying they would come back shining next week. In fact, they didn't disappoint since the boys won against Beauharnois with a striking score of 76-23. It was especially an excellent game since all players made a basket. Way to go! Also, special mentions to Tristan Redcliffe, Joshua Lambertson, Gabriel Karabinis-Guy, Darcy O'Reilly and Jeffrey-James Lefort-Breton for their commendable play on the court.

Secondly, on the bantam level, the boys' team had their first victory of the season against Education International with a score of 36-23. What an admirable achievement for the players and truly a great gift before the holidays. The coach would also like to highlight the dedication of Mathis Labelle and Tyler Van Horne on the court. Amazing!

Finally, we'd like to give a special shout out on behalf of CVR to former Spartan Aiden Burns for now starring on an elite Eastern Township basketball team. Congratulations!

We wish the happiest holidays and the very best in the New Year! Thank you for reading our weekly articles and we can't wait to continue next year. See you then!