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George's

SCHOOL

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A YEAR IN REVIEW
2023-2024

MESSAGE FROM OUR ATHLETICS & RECREATION COORDINATOR

As the academic year comes to a close, we are excited to share with you the highlights and achievements of our Dragons athletics program. It was a fun and exciting school year at St. George's High School! We are so thankful for the support our community provides to our students and athletes and we hope to build on this year's success into the future.

This year, we had a total of 154 athletes participating across 33 teams while representing us in various leagues and tournaments. This amounts to roughly 58% participation from our student body which confirms that athletics plays a vital role at St. George's.

It has been a great year and we are already looking forward to the year ahead.

"To play is good, to win is better, but to love the game is the best."



Roy Aoun, Athletics & Recreation Coordinator



TEAM CHAMPIONSHIPS

This year has been outstanding for St. George's athletics, as our teams have excelled across multiple disciplines, bringing home numerous championships.

In the fall season, our Juvenile Boys **Pickleball** Team captured the first championship banner by winning both the singles and doubles competitions.



In the winter season, our Grade 8 Boys **Basketball** Team won the Stephanie Gravel annual basketball tournament going undefeated in the process. Our Bantam Girls **Basketball** Team won the Layton division in the MIS tournament. Later in the season, our Cadet Girls **Basketball** Team completed their regular season with a 7-1 record. They won the championships before a packed crowd in our high school gym grabbing our 2nd GMAA banner.

In the spring season, our Juvenile Boys **Ultimate Frisbee** Team went undefeated to capture the 3rd GMAA banner. Finally, our Juvenile Boys **Tennis** Team won our 4th and final GMAA banner by finishing 2nd and 3rd in singles and 1st and 4th in doubles.





INDIVIDUAL ACCOLADES

Congratulations to the following students for their outstanding performances in individual sports:

Nathan Dobin - Gold medal singles **Pickleball**

Hudson Ryer, Jamie Nathaniel, Harris Kramer - Gold medal doubles **Pickleball**

Agathe Candillon - Two bronze medals and 1 gold medal **Swimming**

Helen Lattermann - Two gold medals in **Indoor Track and Field**

Seth Felder and Patrick Arnold-Rudkin - Gold medal in doubles **Badminton**

Nathan Dobin and Alexander Bandrauk - Gold medal in doubles **Tennis**

Josh Grossman - Silver medal in singles **Tennis**

Leo Baron - Bronze medal in singles **Tennis**

Helen Lattermann - Two gold medals in **Outdoor Track and Field**

Lorenzo De Sousa - Bronze medal in **Halo Race**

PROVINCIAL CHAMPIONSHIPS

We had the honor of having 4 students represent us at the provincial level. Congratulations to the following athletes:

Patrick Arnold-Rudkin - **Badminton**

Neil Zhou - **Badminton**

Tiger Gu - **Badminton**

Helen Lattermann - **Indoor and Outdoor Track and Field**



BASKETBALL TRIP

This year, 40 students from our **Basketball** program had the opportunity to participate in a trip to Massachusetts. From courtside excitement to exploring iconic spots, students watched games at Harvard, University of Massachusetts, and Boston College. Between cheering on teams they were also able to explore Harvard Square & Quincy Market.



2024 ATHLETICS CEREMONY

On May 28th, we held our 2nd annual athletics ceremony co-hosted by former students. This was a great way to conclude our year and honor our athletes for their achievements. The annual Athletics Ceremony began with a lively social hour, allowing students and parents to reconnect and reflect on the year's accomplishments. The ceremony featured an inspiring speech from esteemed alumni guest speaker, Daniel Levitt '13 highlighting the importance of sports in personal development. The evening culminated in the presentation of major awards, celebrating the exceptional achievements of our student-athletes.



Dragon of the Year: Josh Grossman and Lindi Bassel

Surprise Team of the Year: Cadet Boys Futsal

Team of the Year: Cadet Girls Basketball

Coach of the Year: Bryden Streeter

Student Athlete of the Year: Alexander Bandrauk

Student Athlete of the Year: Helen Lattermann

