

GLADSTONE ATHLETICS

FALL NEWSLETTER '25 - '26



Athletic Director Message...

The '25-'26 Fall season saw Gladstone field 9 teams across 5 sports. Student-athletes represented our school with heart and determination. In the post-season, 5 athletes qualified for Provincials in Cross Country and Aquatics; and several of our volleyball teams narrowly missed out on top 4 league finishes.

Thank you to all the coaches, managers, and Leadership students for their contributions in a successful start to the year. Good luck to our graduating seniors - thank you for representing our Athletics program with pride.

#gogladiators

Senior Girls Volleyball

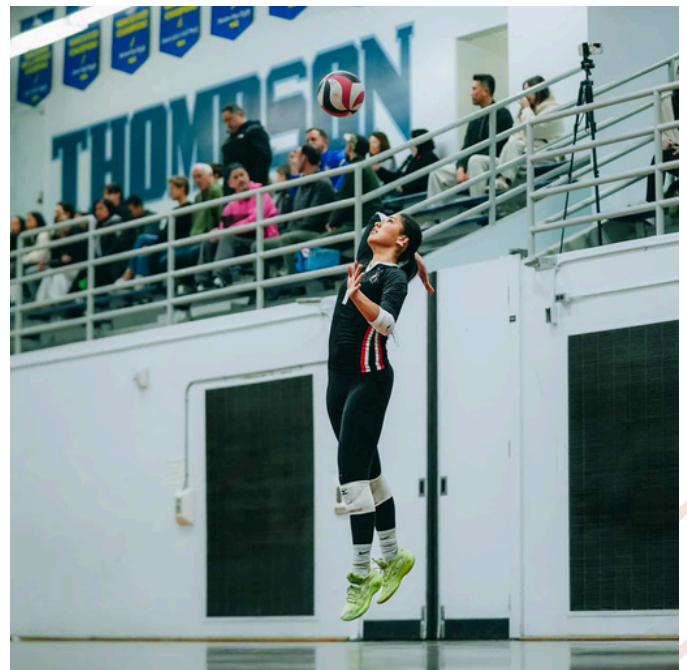
season recap



The senior girls volleyball team had an amazing run this season. While being a younger team consisting of a variety of different grades, they've had many achievements this season. The team managed to win all but one game during the regular season, win 1st place in the cake tournament, place 5th during playoffs, and go to Zones! Match after match, everyone brought a positive energy to both the court and the bench.

The senior girls volleyball team had a fun and memorable season. From the start, the players worked hard, improved a lot, and supported each other every step of the way. In the first round of playoffs, they faced Tupper and played their best game of the year. The match went to five close sets, and although they didn't win, the team was proud of how they played. "The seniors finished the season with strong teamwork, great memories, and a season they can look back on with pride." - Coach Olivia

coach summary



Senior Boys Volleyball

season recap



Though the Senior Boys Volleyball team ended the season without a win, that doesn't mean they didn't play a good season. You can see how much these boys love volleyball through how they play on the court.

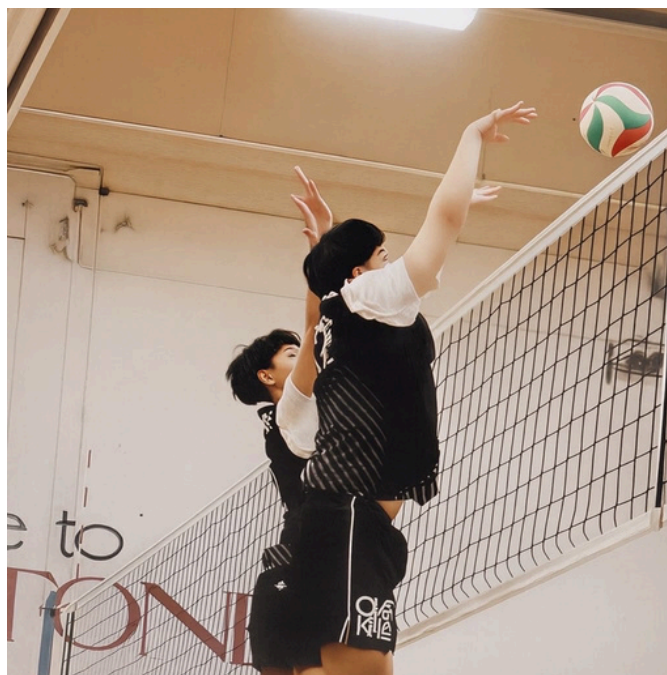
The team worked hard every practice, always supported each other, and really showed their love for the game. Though the Senior Boys Volleyball team weren't able to win a game, they stayed positive, played hard every single game and never gave up.

This year's senior boys volleyball season began humbly but quickly became a journey of commitment, resilience, and teamwork. Though they didn't win a game, the boys came close and discovered what it truly means to be team players. Through every practice, challenge, and match, they grew as athletes and individuals. With leadership from the captain and support from the managers and assistant coaches, they built a foundation of trust, respect, and determination.

They learned that success isn't measured on the scoreboard, but in character, effort, and the bonds they formed. Some gained confidence, others sharpened their skills, and together they created a season defined by heart, unity, and progress. I am proud of their perseverance—this is only the beginning of their journey.

-Coach William

coach summary



Junior Girls Volleyball

season recap



The Junior Girls Volleyball season was defined by determination, strength, and continuous growth. Although the season didn't end the way they had hoped, the team maintained a positive attitude, worked hard for every point, stayed motivated, and grew together. Their hard work and resilience have built a strong foundation for the years ahead.

You would hardly believe this was the same team from the first practice to the final game. Every athlete showed tremendous growth. It was inspiring to watch the more seasoned players step into leadership roles, supporting their teammates both on and off the court. Our three rotating captains took their responsibilities seriously, elevating their own performance while holding the team to a high standard. And even with few wins throughout the season, the athletes kept their spirits high, cheering each other on at every opportunity. We hope they leave this season with new friendships and an even stronger bond. - Coach Kelly

coach summary



Junior Boys Volleyball

season recap



The regular season was filled with moments that proved how far they'd come—big plays, louder confidence, and a belief in each other that only grew stronger. Watching them play with so much passion was a reminder of why we love this sport.

Playoffs didn't go the way we dreamed. Falling short hurt, not because they failed, but because they cared so deeply. But even in that disappointment, there was pride. Pride in their fight, in their growth, and in how they carried themselves with courage and resilience.

coach summary

This season was something truly special for our junior team. From the first practice to the last game, these athletes showed heart, growth, and a level of dedication that made every moment feel meaningful. They celebrated each other's wins, lifted each other through mistakes, and became more like a family than just a team.

- Coach Nina



Bantam Girls Volleyball

season recap



The Bantam Girls played with passion and determination this season. While the results may not have gone their way, their effort and commitment were undeniable. Even when faced with injuries and challenging moments, they continued to persevere and stick together from their first game to their very last. Over the season, the team grew stronger. Their improvement really showed when they won their last two games. They also gave their all in their intense match against Lord Bying at Cities but came up just short.

This season was a true reflection of development, teamwork, and improvement. We went against tough teams in our division yet continued to stay resilient. Even when we faced injuries in the middle of the season, our athletes stepped up, filled new roles, and supported one another, keeping the team competitive in several close matches. So I'm looking forward to the next season where I hope this group will come back even stronger and better.

- Mr. Chu

coach summary



Senior Boys Soccer

season recap



The Senior Boys Soccer team closed out a season that didn't unfold as expected, but one that highlighted their resilience and unity. Despite tough stretches and heated matches, the group consistently stuck together and competed with determination. While results were often hard-fought and sometimes frustrating, the team's chemistry and willingness to battle for each other stood out.

coach summary

The senior boys' soccer team had a good competitive season, narrowly missing the city playoffs.

It was a short season but worthwhile for the boys to get out and wear the colors of Gladstone and represent their school.

They were a mix of players from grade 9-12 and without doubt contributed to the gladstone community in a respectful, honorable way.

Well done boys you can be proud.

-Mr. McCallion, Mr. Dulai, Coach Emilio



Juvenile Boys Soccer

season reflection



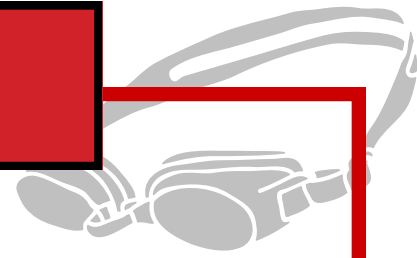
Although the juvenile boys soccer team may not have had a good season on paper, the players showed great improvement and bond throughout the season. The boys were able to stay motivated and stick together through thick and thin helping them growing as a team. Each player was able to stay motivated and work towards getting better each game and practice showing their strong determination.

coach summary

Compare the players from the start of the season till now, they have all individually grown significantly. Cole Tutsch, the captain, showed great leadership helping the team improve both mentally and physically. Even with the many losses throughout the season, the team stuck together no matter the challenge. Each and everyone of these players were amazing. "If any of them decided to play for the senior team next year, without a doubt they would all get on." - Student-coach Adam Salazar.



Aquatics



season reflection



The Gladstone Gladiators wrapped up an outstanding swimming season marked by commitment, early mornings, and strong performances across every level of competition. Training twice a week at Renfrew Park Pool before the first school bell, the team completed 27 practices and built a solid foundation of skills, endurance, and team spirit. Over the course of the season, Gladstone was proudly represented at every meet, including two exhibition competitions on the North Shore, the Vancouver Sea to Sky Zone Championships, and the BC Provincial Championships—a testament to the team's dedication and consistency. With eight Gladiator athletes on the roster, the team made a big impact wherever they raced.

coach summary

There were many memorable highlights throughout the season. Milla Gasparro (Grade 11) delivered standout performances at the exhibition meets, placing top 5 in both the 50m backstroke and 50m breaststroke. At Zones, Sophie Chan (Gr. 11), Alexandra McKnight (Gr. 11), and Alyssa Davies (Gr. 10) all secured top-six finishes, earning their spots at Provincials. At the BC Championships, Gladstone continued to shine with two swimmers advancing to consolation finals—Sophie Chan placing 14th in the 100m Butterfly and Alexandra McKnight finishing 13th in the 50m Butterfly. It was a season defined by hard work, steady improvement, and exceptional pride in representing Gladstone. Go Gladiators!

– Coach Mark



Cross Country

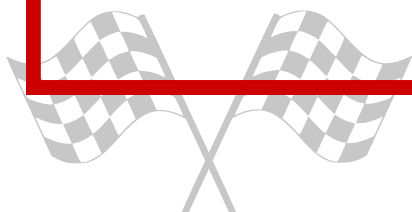
season reflection



This year, the Cross Country team experienced a successful and rewarding season. The athletes consistently showed dedication, perseverance, and growth at every meet. Senior leaders like Kate McDonnell and Sam Nystrom set a strong example, with Kate achieving multiple personal bests and Sam qualifying for provincials in Nanaimo. The rest of the team—including Olivia, Leon, Vince, Simran, Aldan, and Owen—also demonstrated hard work and steady improvement throughout the season.

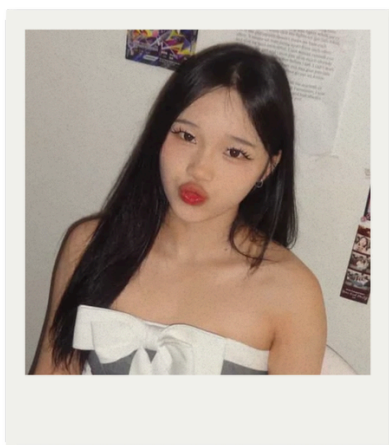
coach summary

This year's Cross Country team had a very successful season, as the team has continued to grow and saw numerous strong performances for all of the athletes. The team was once again led by Kate McDonnell who served as the stalwart example of consistency and dedication in leading practices and guiding the younger athletes during events. She also set several personal bests on the courses this year and just narrowly missed out on provincials after a great showing at zones. Sam Nystrom also led the team with excellent performances in all the league meets and zones ultimately qualifying for the provincial championships in Nanaimo to end the season. Olivia, Leon, Vince, Simran, Aldan, and Owen also put together great efforts in the meets that they competed in. The team will most certainly miss the leadership of our graduating seniors.
— Coach Scott



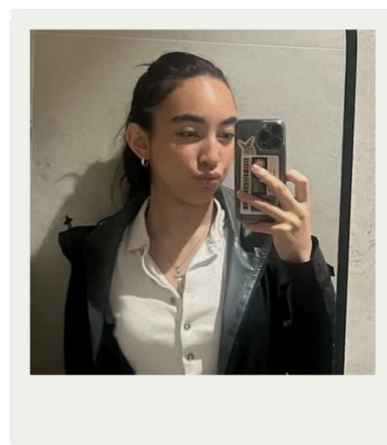
Girls Volleyball Senior Spotlight

1. If you could pick a different position to play, what would you pick?
2. Favourite pregame song?
3. Who had the best energy this season?
4. Would you rather miss a serve or miss a hit?
5. Would you rather play front row or back row?
6. Who was your favourite person to play with?
7. What will you miss about this team?



Jenny Pham

1. Middle
2. LMNOP
3. Mina
4. Miss a hit
5. Back row
6. Hayden & Megan
7. Miss the team

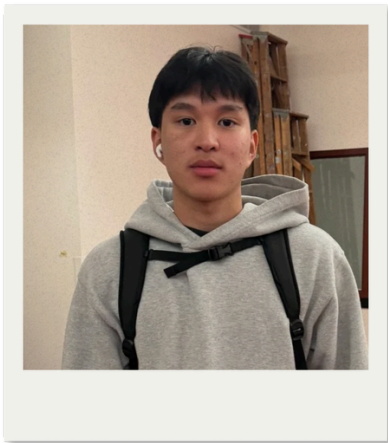


Eva McMillan-Saquibal

1. I'd pick libero
2. "Homecoming" - Kanye West, Chris Martin
3. Definitely the bench they're full of life
4. I'd rather miss a hit
5. Back row for defence
6. Jenny since I got to enjoy our last season together after 5 years of playing together
7. The environment since we had lots of fun together

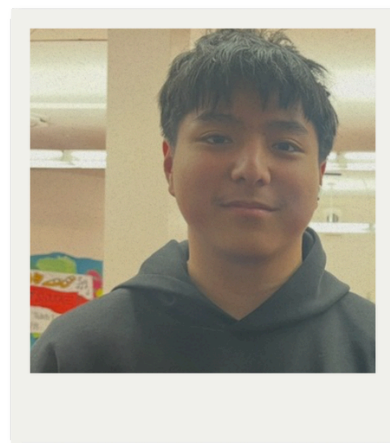
Boys Volleyball Senior Spotlight

- 1.If you could pick a different position to play, what would you pick?
- 2.Favourite pregame song?
- 3.Who had the best energy this season?
- 4.Would you rather miss a serve or miss a hit?
- 5.Who is most likely to sleep through practice?
- 6.How long have you been playing volleyball?
- 7.What will you miss about this team?



Phillip Nguyen

1. Setter
- 2.Right here by Justin Bieber
- 3.Lucky
- 4.Miss a serve
- 5.Chad
- 6.5 years
- 7.The energy and playing with my friends



Austin Ma

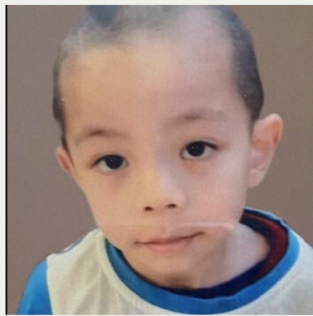
- 1.Left side
- 2.Not sure
- 3.Cody
- 4.Miss a hit
- 5.Chad
- 6.5 years
- 7.Playing with my friends

Boys Volleyball Senior Spotlight



Lucky Somosot

1. Power/left side
2. Super Car by Adela
3. Myself
4. Miss a hit
5. Chad Barcelon
6. 8 years
7. How good I looked while playing



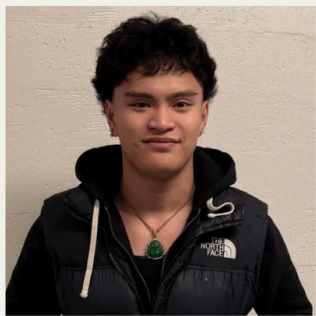
Kenny Li

1. Right side
2. Twirlanta
3. Phillip Nguyen
4. Miss a serve
5. Chad Barcelon
6. 3 years
7. Playing with senior teammates



Khai Pham

1. Left side
2. Doing it Wrong by drake
3. Phillip Nguyen
4. Serve
5. Kenny Li
6. 5 years
7. The memories made along the way



Aden Nguyen

1. Outside player
2. Tore Up by Don Toliver
3. Carl
4. Miss a serve
5. Kazuma
6. 4 years
7. The energy & fun



Chad Barcelon

1. Setter
2. Abg by Quando Rondo
3. Aden
4. miss a Hit
5. Myself
6. 5 years
7. The vibes on the bench



Kazuma Bryant

1. Left side
2. Not sure
3. Aden Nguyen
4. Miss a serve
5. Austin ma
6. 4 years
7. Not sure

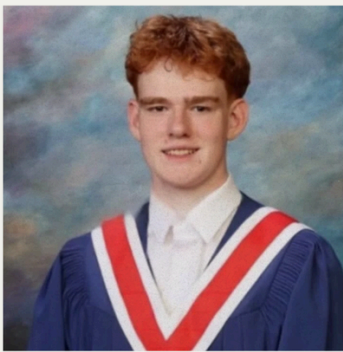
Boys Soccer Senior Spotlight

1. Most memorable moment of the season?
2. Pre game snack or song?
3. Where do you see yourself in the future
4. If you could give your younger self advice, what would it be?
5. How long have you been playing soccer?
6. Favourite position?
7. Who had the best energy on the team?



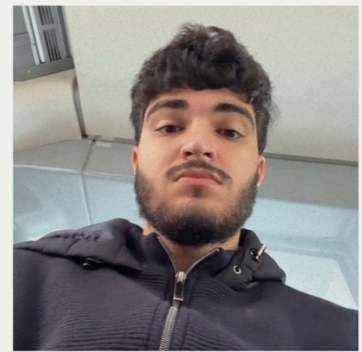
Edward Lau

1. Winning senior night
2. Bananas
3. Not sure
4. Joining sports team earlier
5. Started 2 years ago/
played club this spring
6. Right back
7. Adam and Sena



Logan Smith

1. Winning senior night
against king george
2. "Amarillo by Morning"-
George Strait
3. Getting a bachelors degree
in Criminology
4. Don't be afraid to mess up,
everybody does
5. 2 years
6. Any type of midfield
7. Mohammed



Mohammed Youssef

1. Winning senior night
2. Banana
3. Happy dad with big
family
4. Control your anger
5. My whole life
6. Right back
7. Adam Salazar

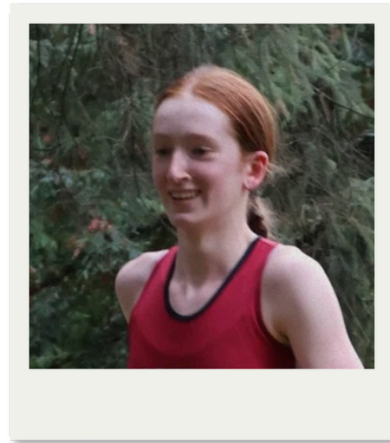
Cross Country Senior Spotlight

1. Favourite pregame snack?
2. What is your best PR?
3. Least likely to show up to practice?
4. Biggest accomplishment this season?
5. Would you rather run 10 laps or run a race with wet socks?
6. Favourite stretch
7. Who looks nonchalant when running?



Olivia Dixon-O'brian

1. Apple sauce
2. 27.22 5km
3. Sam
4. Running all the races
5. Run 10 laps
6. I don't stretch
7. Sam



Kate McDonnell

1. Peanut butter/jam toast
2. 21:55 for 5 km
3. Sam
4. Breaking 22min in 5km
- previous pr was 23:30
5. Run 10 laps
6. Butterfly stretch
7. Leon

Cross Country Senior Spotlight



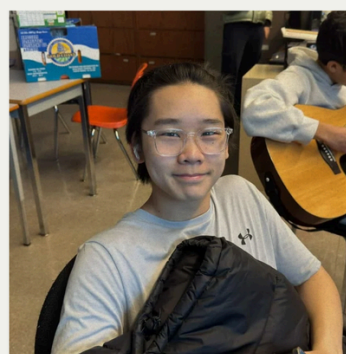
Sam Nystrom

1. Granola bars
2. 17:50 5km
3. Vince
4. Making provincials
5. 10 laps
6. Leg swings
7. Leon



Vince Bonglay

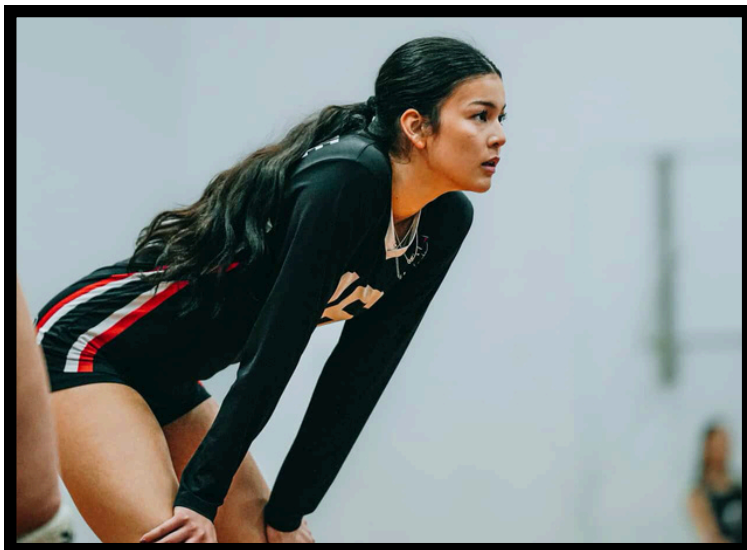
1. Starburst
2. 25:00 5km
3. Sam Nystrom
4. I ran one race
5. Run 10 laps
6. Some type of ankle stretching
7. Myself



Leon Li

1. Sour patch kids
2. Not sure
3. Myself
4. Nothing
5. 10 laps
6. No stretch
7. Sam

Gladiators in Action



Maia G. (Gr 10)



Jenny P. (Gr 12)



Kenny L. & Aden N. (Gr 12)



Cody H. (Gr 11)

Gladiators in Action



Maia G. (Gr 10), Zlata T. (Gr 9), & Jenny P. (Gr 12)



Phillip N. (Gr 12)



Kate M. (Gr 12)



Yazan A. (Gr 11)

Gladiators in Action



Mohammed Y. (Gr 12)



Edward L. (Gr 12)



Nawid F. (Gr 11)



Emma L. (Gr 8)