

GLADSTONE ATHLETICS

SPRING NEWSLETTER '25-'26



ATHLETIC DIRECTOR'S MESSAGE

The conclusion of the Spring sports season marks the end of another year of Gladstone Athletics. This Spring season saw Gladstone field teams in Gr 8 and 9 volleyball, all grades in badminton, and track and field.

Some major highlights include:

- Bantam Boys Volleyball - 3rd in Cities**
- Bantam badminton - City Champions (2nd year in a row!)**
- Track and Field - 6 individual qualifiers to BC's, and 2 Relay teams; and new school record for cumulative points at Cities.**

Thank you to all our Spring coaches and sponsors for their support, as well as a big thank you to our scorekeepers and managers for giving their time to our program.

Wishing the best of luck to all our graduating athletes as they embark on their new endeavours!

GR 8 BOYS VOLLEYBALL



COACH SUMMARY

"I am very happy of how the team performed this season. Each player displayed significant growth in their skills and developed a strong mentality to play the sport confidently. The ceiling for this team is sky high and I am looking forward to having each member come back next season hungrier than ever. Thank you for putting in the work each practice to getting better and representing our school proudly. Also a shoutout to our amazing managers for bringing lots of energy and excitement to every practice and game!" - Mr. Chu



SEASON REFLECTION

The bantam boys started the year by hosting the school's first annual Rumble at the Rock playday. The team hosted 7 other teams in our gyms for a fun night of volleyball action getting valuable experience in before the start of the season. The regular season was full of close matches with amazing defence, high flying offense, and some intensely close games. In the end, the team finished 3rd in the city after a come-from-behind win against a strong Hamber team.



GR 9 BOYS VOLLEYBALL



COACH SUMMARY

This year's team was a strong athletic group that worked hard and competed in some very close games. One major highlight was upsetting this year's city champions (Killarney) twice in the regular season. No one expected to face the Gladstone wall of blocks. There was a lot of improvement from the players who showed up to practice. This team has a lot of promise going forward. Thank you to Keagan, Zlata, Mia, and the the senior boys for their help throughout the season. Thank you to our practice players for pushing the boys to get better. Thank you to Prabdeep for video taping the games and cheering on the boys when needed. Hope to see more fans out this fall! - Coach Bang

SEASON REFLECTION

This season, our Juvenile Boys' volleyball continued to grow and nurture their abilities and expertise! Their teamwork and skill lead them to many exciting and captivating games. Seeing their improvement and determination is an inspiration to us all!



GR 8 BADMINTON



SEASON REFLECTION

The Bantam Badminton team had an excellent season this year. The team worked hard and earned an undefeated record for their regular season. As the favourites in the playoffs, the Bantam team was able to rise to the challenge and win the city championship and take home the banner for the school!



COACH SUMMARY

The coaches would like to congratulate all team members on a successful season and thank them for all their hard work. We look forward to another strong season next year as the bantams take the next step onto the junior team. - Coach Duy



JR BADMINTON



COACH SUMMARY

JUNIOR GIRLS:

The coaches look forward to seeing these players continue to grow and carry their success into the senior program next year.

JUNIOR BOYS:

With such a talented group returning, the future of both the junior and senior boys' programs looks very promising. The coaches want to thank you all for your hard work and dedication.



SEASON REFLECTION

JUNIOR GIRLS:

The Junior Girls' badminton team had an exceptional season, finishing with a perfect record and capturing first place in the East Division. Through hard work and dedication, the team consistently performed at a high level and dominated throughout regular season.

JUNIOR BOYS:

The Junior Boys' badminton team also had an outstanding season, finishing with a perfect regular season record and earning first place in the East Division. Led by a strong core of Grade 9 and 10 players, the team demonstrated great skill, teamwork, and potential throughout the year.



SR BADMINTON



COACH SUMMARY

SENIOR GIRLS: The coaches would like to extend their sincere congratulations and best wishes to the graduating Grade 12 players as they move on to new opportunities, and they look forward to building on this year's achievements in another promising season ahead.

SENIOR BOYS: The coaches would like to thank the team captain Richard Nguyen for his leadership and dedication this season, and wish him all the best after graduation. In addition, thank you to all the graduating Grade 12 players for their hard work and commitment to the team.



SEASON REFLECTION

The Senior Girls' Badminton team enjoyed an outstanding season, finishing tied for first place in the East Division. Throughout the year, the team demonstrated remarkable growth, dedication, and resilience, continually improving both individually and collectively. Their hard work and commitment were reflected in the well-earned success.

The Senior Boys' Badminton team had a strong season, finishing third in the East Division. Although the team fell short of its ultimate goal, the players showed great determination and growth throughout the year. With many returning players returning next season, the future looks promising for the program.



TRACK AND FIELD



COACH SUMMARY

This year's track and field season was filled with personal bests, new school records and excellent achievements. Some of the major highlights have included:

Frazer Hammersmark (8) placing first in Javelin, and discus at the city championships, and finishing second overall in the grade 8 boys individual aggregate standings. Having Fraser, Xylo Tanner (8) and Casey Cristall (8) placing 1-2-3 in grade 8 boys discus at the city championships. Nora Dixon-O'Brien (12), shattering the previous Senior Girls' School records for the 100m and 200m dashes, and advancing to provincials in the 100m. Kate McDonnell (12) and Sam Nystrom (12) continuing to set personal bests in all their events and both advancing to provincials as well. Olivia Dixon-O'Brien (12) making provincials in hammer and discus while setting personal bests in both city and zone championships. Owen Bartlett (9) winning the City Championship High Jump competition. And having the Senior Boys and Girls 4x400m relay teams advance to provincials!

The team is looking forward to provincials from June 4-6 and will continue to try and make Gladstone proud.

Lastly we will be sad to be losing our grade 12's who are graduating who have been exemplary role models to our younger athletes, and we wish them the best: Kate McDonnell, Olivia Dixon-O'Brien, Nora Dixon-O'Brien, Sam Nystrom, Aljon Mantalaba, Vince Bonglay, Edward Lau, Jodee Gano, Andre Roberts, Kayhlix Dela Cruz, Hardy Chen, Grace Paley, Khai Phan, Shane Joaquin and our amazing grade 12 manager Cecilia Nguyen.

SEASON REFLECTION

The Track & Field team has had a very successful season so far with many athletes competing at BC track and field provincials. The team was able to break multiple school records and accumulated our record amount of points at the City championships which shows the team's determination and commitment. Some notable highlights from the season include Owen winning high jump at City Championships and Nora breaking the school records in both the 100m and 200m. Good luck to Sam, Jordan, Kate, Olivia, Nora, Fraser and the relay teams who will be representing Gladstone at the provincial stage in Langley in early June.

