

# GLADSTONE ATHLETICS

## FALL SPORTS NEWSLETTER

### CROSS COUNTRY



### CROSS COUNTRY TEAM PHOTO



The Gladstone cross country team had an up and down season, braving harsh weather and tough courses. The Gladstone team ran very well at the first league meet.

Here are some of the top performers from that race. Kate McDonnell (11) placed 8th in the senior girls' race, Owen Bartlett (8) and Aldan Wong (9) finished 48th and 56th in the junior boys' race and lastly Sam Nystrom (11) finished 10th in the senior boys' race.

At the Vancouver Sea to Sky Zones Owen Bartlett and Aldan Wong finished 192nd and 214th out of 318 runners for the junior boys' race. Kate McDonnell placed 52nd out of 151 senior girls and Sam Nystrom placed 84th against 177 senior boys in their races.

Unfortunately, none of our athletes advanced to the Provincial championships but all our athletes had impressive seasons. Many of the athletes who competed on Gladstone's cross-country team will be competing in track & field this Spring, we are excited to see what they can achieve! MVPs: Owen, Aldan, Kate, Sam. Thank you to Coach Scott for his amazing coaching this season and thanks to Nora for managing.

"The cross-country team braved some rather radical weather to post several season best times over at Langara on the longest run of the year. Unfortunately, none of the team will be advancing to Provincials next week but they all had stellar seasons!" - Coach Scott

### AQUATICS



Our Aquatics Coach Mark Johnston looks forward to every year of coaching, and bringing schools together. He enjoys seeing Gladstone Aquatics being able to have fun in the water and improve in their swimming. Glad to see this year's hard work in the waters!

Aquatics at Gladstone was filled with hard work, talent and sportsmanship. Although our team was smaller this year, we had two talented grade 10 swimmers, Alexandra McKnight and Sophie Chan who were both able to qualify for provincials. At Vancouver Sea-To-Sky Zones we had Vincent Li (12) paving the way for the team winning 50m freestyle and 50m breaststroke events. Milla Gasparro (10), was improving her strokes and swimming, while achieving her personal best in every race.

For the second year in a row Gladstone had a relay team, thanks to the following participants: Sophie Chan (10), Milla Gasparro (10), Maya Hamada (8), Vincent Li (12) and Alexandra McKnight (10). In the girls 200m free relay, Milla, Sophie, Alexandra, and Maya finished tenth and they could all be qualified for provincials next year! In an add-on to the excitement, we got to see Gladstone display their brand new Gladiators swim caps! We saw Sophie's effort qualifying for the 100m butterfly securing her 22nd place, and Alexandra's hard work finishing 19th in the 100m Freestyle and 25th in the 50m Butterfly.

# BANTAM GIRLS VOLLEYBALL

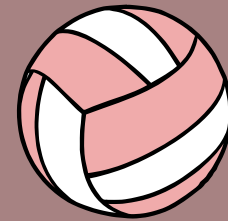
This season was a challenging one for the bantam girls volleyball team, as they faced tough competition from some strong teams. While the results may not have always gone in their favour, the focus throughout the season was on skill development and growth.

The team worked hard to improve their technical abilities, teamwork, and communication on the court.

Each match provided valuable learning experiences, and the girls showed great determination and a positive attitude, continuously pushing themselves to get better. The season may have been difficult at times, but it was filled with progress and a sense of accomplishment that will carry them forward into future seasons.



## BANTAM GIRLS PHOTO



# JUVENILE GIRLS VOLLEYBALL

Most Outstanding Players: Stella Nguyen, Maia Godoy, Kylie Ritchings.

Unfortunately, the Juvenile girls volleyball team had a disappointing season due to many injuries which caused the team to not make playoffs. However, early in the season, the team was able to win a few games and win a set against the high school city champions this year. The team continued to persevere throughout the season and maintained positive attitude and effort.

The team finished the season, tied for 11th place/16 in Vancouver with a record of 2W-5L-0T.



## JUVI. GIRLS TEAM PHOTO





# JUNIOR GIRLS VOLLEYBALL

The Junior Girls Volleyball team had an outstanding season, showcasing their talent, teamwork, and determination. They dominated the court, winning the Harry Jerome tournament against tough teams. They overcame a ton of adversity and finished an impressive 4th place in the playoffs. Their hard work and dedication was evident in games, as they played with passion and resilience. Without our coaches or parents constant support we wouldn't be here, so a big thank you to them! Go Gladstone!

## JR. GIRLS TEAM PHOTO



## SR. GIRLS TEAM PHOTO



# SENIOR GIRLS VOLLEYBALL

The overall season was a hard-fought battle. The senior girls managed 3 wins and 5 losses and were able to steal the win during their senior night against Van Tech Secondary 3-2. Big shout out to our MVP's: Talia Ee for the crazy receives and saves, Sage Bainard for the aggressive attacks and rolls., and Jenny Pham for the powerful serves, dumps, and sets. Honoured players: Vivian Lam for always calling out seams and hands, and Jennierene and Jenishielle for bringing so much energy, love, and support.

“As the season is at it's end, we want to take a moment to express our gratitude for your leadership, dedication, and unforgettable memories you've created on and off the court. Your hard work and determination have set an incredible example for your teammates. You've shown us what it means to be a true team player and competitor and your unshakeable support for each other is inspirational in your play. Beyond the game, your camaraderie, sportsmanship and positive attitudes have left a lasting legacy. We are proud of how you've represented our team, school and community. As you move forward into the next chapters of your lives, we hope you carry the same passion and perseverance. Remember, you'll always have family in this team, cheering you on every step of the way.

Thank you for everything you've given to this program. Remember the Gladiators.”

-Mr. Ee (coach)



# JUNIOR BOYS VOLLEYBALL

This season has been a journey of growth and resilience for the Gladstone Junior Boys Volleyball team. With a record of 1 win and 6 losses, the team has faced its fair share of challenges. One team member reflected, "Something I wish I knew when I first joined the team was that losing is okay. I went into the season with really high hopes, especially after last year, but I've learned that those losses have helped our team grow so much." At the start of the season, the boys were frustrated when they lost to teams they knew they could beat, but they've realized that it's not just about the skills—it's about their mindset. Jordan Pena, one of the team's captains, shared his admiration for his teammates' efforts throughout the season. He credited much of the team's improvement to their coach, Jeremy Reyes, who pushed them to do better every game and reminded them that growth matters more than the score.



## SR. BOYS TEAM PHOTO



"This season wasn't the goal we'd hope for, but the team has grown tremendously as players and individuals. We have seen some of these players develop from elementary school and now they have become great in their own way. Our coaches are truly proud of how much they've worked this season."

- Coach Jordan, Nathan, & Sohta

## JR. BOYS TEAM PHOTO



"This season has been one of the most memorable for me. The team's improvement wasn't just physical—mentally, the players grew stronger, understood the game better, and learned how to play under pressure. Seeing that transformation is incredibly rewarding. I want to give special shout outs to a few players who truly stood out this year. Jordan Pena and Kyan Nguyen, our captains, truly showed what it is like to lead a team. Another big shout out goes to Cody Huynh, who brought unmatched energy and positivity to the team. I also want to recognise the new players this season. They came in with so much passion and worked hard to grow. I made it a point to give them as much game time as possible because I saw their potential, and I'm proud of the effort they brought to the team. As this is my last year coaching, I want to thank every player for making these years so meaningful. Coaching this team has shaped me as a person and a coach. You've taught me just as much as I've taught you, and I'll always be proud of how far you've come. Keep growing, keep pushing, and take all the lessons you've learned this season with you."

-Coach Jeremy

# SENIOR BOYS VOLLEYBALL

The senior boys showed resilience this season, overcoming challenges with tenacity and strength. Despite a tough season, the team remained focused on lifting each other up, with players supporting one another and maintaining a positive mindset. For many, the season wasn't just about the games—it was about the connections and growth, both on and off the court. Many players reflected on how they grew closer, building stronger relationships across grades and forming connections through car ride chats. The senior boys are proud of how much they've grown, both as athletes and as individuals. A special shout out to MVPs: Aldrich Arellano, Ron Quidep, Phillip Hu, Jeremy Reyes, as well as coaches: Jordan, Nathan, and Sohta for their hard work and time.



# JUVENILE BOYS SOCCER

## JUVI. BOYS TEAM PHOTO

This season wasn't about winning, it was about getting everyone on track for the next one. Obviously we all wanted to win, but we also wanted to get better. All the coaches have seen massive improvements from every single player. As coaches, we wanted to teach the new players that everything requires hard work, and they proved to us that they can handle anything that comes their way. We are very proud of everyone. They had to go through a lot after every loss, but, as a team, we still remained positive. They showed great sportsmanship throughout the season, demonstrating a positive attitude towards the coaches and the other teams which is a testament to who they are. The most dedicated and positive players: Karmi Darred (Grade 9) and Minh Vuong (Grade 8)

- Coach Adam, Jonas, Sena, Yazan



# SENIOR SPOTLIGHT INTERVIEWS

## QUESTIONS

#1: WHAT IS YOUR TEAM POSITION?

#2: HOW WAS THIS SEASON?

#3: IF YOU HAD TO TAKE ONE TEAMMATE TO SURVIVE ON AN ISLAND, WHO WOULD IT BE?

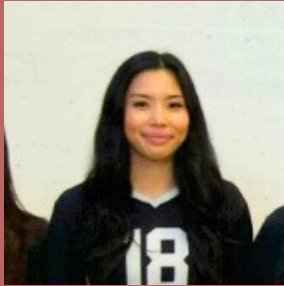
#4: WHO IS MOST LIKELY TO GET YELLED AT BY COACH?

#5: WHO IS MOST LIKELY TO MISS A FREE BALL?

#6: WHAT ARE YOUR PLANS FOR THE FUTURE?

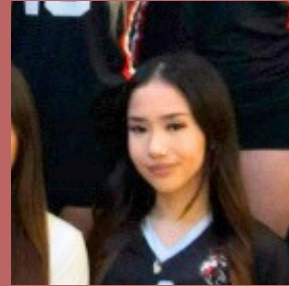
# SENIOR GIRLS SPOTLIGHTS

## Talia Ee



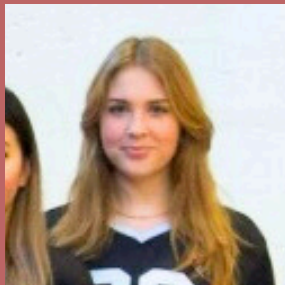
1. Left Side & Middle
2. "I loved this season! Everyone showed great sportsmanship and I loved how we all connected through this season."
3. Emma Ordon
4. Jenny Pham
5. Jenisheille Pascua
6. "I would want to go through with a nursing career and travel the world!"

## Thereeze Garces



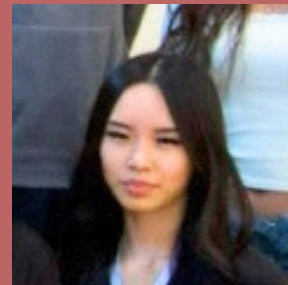
1. Setter
2. "Overall, it was good! We had amazing energy and good team chemistry throughout the season, and everyone played their best to the very end!"
3. Emma Ordon
4. Sage Bainard
5. Jennierene Madrid or Jenisheille Pascua
6. "To become rich and spend all my husband's money every day."

## Sage Bainard



1. Middle
2. "For me it would be good because it was my first time on a school team and the environment was very supportive and fun. This was the first team where there wasn't anything toxic and it was healing."
3. Jennierene Madrid
4. Sage Bainard
5. Jennierene Madrid
6. "I want to help animals, so I would like to get into farms that helps with horses."

## Vivian Nguyen

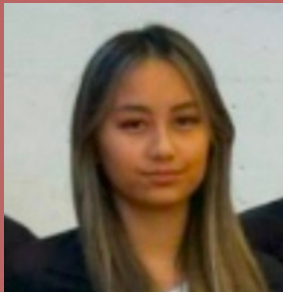


1. Left Side
2. "I value the connection that I made with the rest of the team and the memories that we made."
3. Emma Ordon
4. Jenny Pham
5. Vivian Nguyen
6. "Travel, have fun, and make money!"



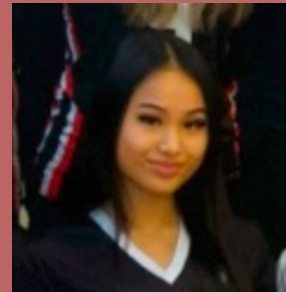
# SENIOR GIRLS SPOTLIGHTS

## Emma Ordon



1. Right Side
2. "It was so good! This season was super fun and pretty memorable"
3. Vivian Nguyen
4. Sage Baidard
5. Cristine Sarmiento
6. "I want to be an Air Traffic Controller."

## Vivian Lam



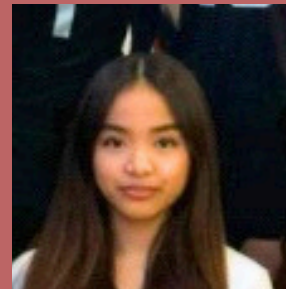
1. Right & Left Side
2. "I really enjoyed my time with all the girls, and the opportunity to to make memories."
3. Talia Ee
4. Jenny Pham
5. Jennerene Madrid
6. "I plan to attend post secondary for dental hygiene."

## Jenisheille Pascua



1. Setter
2. "This season was the most memorable season I have ever played. I enjoyed bonding with the team and conquering other teams. I am glad to be able to call myself a part of the 2024 Senior Volleyball Team!"
3. Emma Ordon
4. Jenny Pham
5. Cristine Sarmiento
6. "I want to go into Trades and make bank!"

## Jenneriene Madrid



1. Libero
2. "I actually had fun playing volleyball even though it's my last season but it was a good end to my season by playing zones"
3. Sage Bainard
4. Sage Bainard
5. Cristine Sarmiento
6. "I want to go into Nursing."

# SENIOR BOYS SPOTLIGHTS

## Aldrich Arellano



1. Middle
2. This season went unexpectedly. I expected us to win more games. To be honest, I didn't expect us to get along so well but we did."
3. Lawrence Cen
4. Jeremy Reyes, Phillip Nguyen & Kazuma Bryant
5. Phillip Nguyen & Kazuma Bryant
6. "I want to be a Registered Nurse."

## Lawrence Cen



1. Left Side
2. "It was nice while it lasted but I felt that it was lowkey a let down"
3. Aldrich Arellano
4. Kazuma Bryant
5. Phillip Nguyen
6. "Hopefully, I will get into BCIT and go into Insurance and Risk Management."

## Philip Hu



1. Outside Hitter
2. "Fine"
3. Aldrich Arellano
4. Phillip Nguyen
5. Kazuma Bryant
6. "I am planning to get into Nursing in Langara or Criminology at SFU"

## Jeremy Reyes



1. Setter
2. "Good. I think that I really improved as a player and also a coach."
3. Aldrich Arellano
4. Jeremy Reyes
5. Lawrence Cen
6. "I'm going to marry my girlfriend and live in a big house with her."



# SENIOR BOYS SPOTLIGHTS

## Vincent Li



1. Middle
2. "It was alright, I got to play."
3. Aldrich Arellano
4. Kazuma Bryant
5. Vincent Li
6. "I'm going to go to University."

## Oliver Poon



1. Right Side
2. "This season was a nice send off."
3. Aldrich Arellano or Philip Hu
3. Jeremy Reyes
5. Lawrence Cen
6. "I'm going to go to University and study Sciences or Engineering."

## Ron Quidep



1. Libero
2. "I thought it was good but we could 've done better."
3. Aldrich Arellano
4. Jeremy Reyes
5. Lawrence Cen
6. "Become rich!"



# ACTION PHOTOS



**Kate M. (11) moments before crossing the finish line!**



**Sam N. (11) during the last few minutes of his race!**



**Joweriah D. (8) braces for the incoming ball!**



**Aldan W. (9) striding through the trail!**



**Mia T. (8) throws the ball into the air for a counterattack!**



**Zenya S. (8) attacks as she springs into the air!**



# ACTION PHOTOS



**Alyssa D. (10) starting the game off strong!**



**The Junior girls on the defence!**



**The Junior boys celebrating another score!**



**Alina D. (8) setting for their team!**



**Cody H. (10) ready to receive the ball!**



**The Junior boys watching Carl C. (10) leaping high for another spike!**



# ACTION PHOTOS



Ryan T. (10) during an intense block!



Jeremy R. (12) setting the ball for his team to hit!



The Senior boys enjoying their final moments together as a volleyball team!



Matthew M. (10) jump serving the ball!



# ACTION PHOTOS



**Aldrich A. (12) before launching a powerful spike!**



**Philip H. (12) concentrating on the ball as he jump serves!**



**Sage B. (12) setting up the senior girls for success!**



**The Senior girls huddled together for their last group picture!**



**Vivian L. (12) Jennierene M. (12) Cristine S. (11)  
Vivian N. (12) proud after a tiring game!**





# MESSAGE FROM ATHLETIC DIRECTOR

The Fall Athletics Season saw 9 different teams across 4 different sports that included 20 coaches, 17 managers, and 109 student athletes. There were several Provincial participants in our Aquatics team, and the Jr and Sr. Girls team made it through to Zones - all great accomplishments!

The big highlight for me for this season was not necessarily the achievements of a specific team or specific individuals, but the time, energy, and effort, put in by many of our volunteer students, staff, and community coaches. Without them, these teams would not be possible.

There is never a smooth or perfect season. There has been times of adversity, growth, and learning throughout this season. However, that is not to be highlighted over the cherished memories and moments that these student-athletes achieved and forged together throughout this past Fall season.

I hope that sports and athletics continue to grow every season, as I always tell my students that one of the biggest regrets that I have in high school is not joining any school sport teams. The camaraderie, the fun, and the bonds that you form are things that will be lasting well past high school. As you have read from the many different team summaries, I hope that this encourages new and continued participation in school athletics as a student, parent, staff, or community coach!

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# ATHLETIC LEADERSHIP