

GLADSTONE 24/25 WINTER ATHLETICS NEWSLETTER



GLADSTONE WINTER NEWSLETTER 2024-2025

WRESTLING

TEAM SUMMARY

The Gladstone wrestling team, coached by coach Alyssa, had a very successful season. Team Members Clarence Brion, Jack Capuyan, Jason Landavarde, Jeremy Lynch, Troy Manalato, Recardo Tran, Zac Giovannetti-Ingus, Kaeka Hincirova, and Rizgar Vavari all showed significant growth to their wrestling skills throughout the season.



Many of these athletes represented Gladstone in the Vancouver-Sea to Sky Zone Championship and The BC Provincial Championship. Jeremy Lynch won the 48kg division in provincials and Clarence Brion the won the 51kg division. We are excited to see what these athletes can do at Nationals in the coming weeks! A big thank you to coach Alyssa for her great coaching this year.



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BANTAM BOYS BASKETBALL

TEAM SUMMARY

The Bantam Boys had a formidable season. They went against some strong opponents, pushing them to grow on their communication skills, trust, and coordination. Ultimately, the boys managed to secure a win against Britannia, showing their ability to persevere as a team and stay determined. While that was only for the regular season, they accomplished placing 3rd in the Templeton Tournament as well. Overall, everyone played a key role every game whether it was in scoring, rebounding, or leadership. As a special mention, the MVP of the season was Jalitha Pebotuwe! He averaged over 20+ppg and always managed to get his teammates involved. We anticipate seeing the bantam boys return next year fiercer than ever!



COACH REFLECTION

“The Bantam Boys had a season full of growth, perseverance, and challenges. Many players explored their individual strengths, whether it was playmaking, scoring, or leadership. They created countless memories along with lasting friendships. The boys also recently placed 3rd in the Templeton tournament, which was a true example of their hard work. This season’s result was not what we hoped for but we have grown and developed tremendously. Everyone on the team has improved, and we are going to bring more energy coming into the next season. Go Gladiators!”

–Coach Sohta



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JUVI BOYS BASKETBALL

TEAM SUMMARY

The Juvenile Boys team welcomed back many promising players from last year, alongside new talents who brought fresh energy to the team. Despite facing challenges, the team stayed focused and determined, securing wins against Templeton and David Thompson. Each player gave it their all, consistently pushing themselves to improve and contribute to the team's success. The boys' hard work and commitment were clear in every game they played. A big shoutout to MVPs Josh, Chris, and Kaegan for their leadership, energy, and dedication throughout the season.



COACH REFELCTION

"We opened the season with a win against Templeton and closed the season with a win against David Thompson, between those two games, wins were hard to come by. The team kept their spirit high and we had some really strong games and worked hard in practice. To all the players, Thank you for all your time and effort, work hard in the offseason and be ready to play come November."

-Coach River



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JUNIOR BOYS BASKETBALL

TEAM SUMMARY

The Junior Boys Basketball team had a run this season! They had a record of 6 wins and 4 losses, and they also won 1st place at the DT Invitational Tournament. They were able to make it past the first round of playoffs which was a big accomplishment for the players, and finished 4th in their division. The boys came into each game with high spirits and were ready to ball out no matter what. They continue to consistently practice hard in the off season, being fully prepared to come back better for next year!



COACH REFELCTION

“The Junior Boys Basketball team demonstrated substantial progress throughout the course of the season. Under the guidance and challenge of their coaches to qualify for the playoffs, the team not only met but surpassed this objective. Led by a core group of dedicated players, with Jordan Pena at the forefront, the team secured a commendable winning record, finished 4th overall in their division, and emerged as champions of the David Thompson Classic Basketball Tournament. The coaches extend their gratitude to all who supported the team and look forward to pursuing even greater achievements as the players approach their senior years.”

-Coach Duy



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COACH REFLECTION

"I want to take this opportunity to thank every single one of them that believed in me and Coach Bang to help them develop into better basketball players and hopefully proper young adults. Our success as a team couldn't be measured by how many banners we did or did not win, but to me our success is to be looked at from where we started to where we ended. Started from an unorganized group of players whom couldn't even run simple pick and rolls and hit simple lay ups. To a group of athletes able to compete at a high level in the BC provincial tournament last year. Their determination to improve themselves and to keep competing at a high level is all a coach can really ask for. I want to encourage all of these athletes to pursue their future endeavours in the same manner. Their futures are uncertain but with their work ethic, the sky is the limit for them. I also want to thank Coach Bang for sticking around this year to help me coach and support the team. There wouldn't be a proper basketball program at Gladstone without him. I wish him a happy retirement from coaching and wish him all the best."

- Coach Lloyd

SENIOR BOYS BASKETBALL

TEAM SUMMARY

The team finished the season with an overall record of 8-4, placing 5th in the regular season and securing 6th place in the city. One of the season's highlights was winning 1st place at the David Thompson Tournament, showcasing the team's hard work and dedication.

Another standout performance was at the Norte Dame Tournament, where the team earned 3rd place after a great game against Tweedsmuir, a ranked team in the city.



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SENIOR GIRLS BASKETBALL

TEAM SUMMARY

The team experienced unforeseen injuries and the general pressures of life and academics and was still able to play hard, winning second place at the City's Gold Tournament by only a couple points in overtime. This resulted in a secured spot into the Zone Finals where Gladstone played exceptional basketball against LFA, the number 1 ranked team. Although the team did not place for a medal at Provincials, every player finished the season a winner in their own right. Each player was a great team member who persevered and committed to seeing how far their efforts would take them.

COACH REFELCTION

"It was a pleasure coaching the 2025 Senior Girls Basketball team. With it being the only women's basketball team in existence this year, the team did an excellent job representing Gladstone's athleticism. With height lacking on the team, collaboratively, the senior basketball women were still able to shut down some teams with solid defense, aggressive rebounding, quick ball movement and shooting.

Congrats to the Senior Girls (Jenisheille Pascua, Emma Ordoña, Nyah Malli, Thereeze Garces, Jennierene Madrid, Taya Yuen, Sanya Rathod), for their work and for what's to come beyond graduation.

Many thanks to Mr. Chong and Scott for their support throughout the season, the Gladstone administration and fans, Bang for his insight and assistance with getting beautiful team track suits, the team managers, and the cleaning staff Fai & Lourdes who assure our courts are ready for players every practice."

-Coach Bernadette



MEMORABLE MOMENTS

FROM NON-GRADUATING PLAYERS

WRESTLING

Clarence Brion (11)

“Managing to win back to back provincial titles”

Jeremy Lynch (9)

“During a big tournament in January, I got revenge and won against an opponent who had beat me in December! I also won provincials.”

BANTAM BOYS BASKETBALL

Jalitha Pebotuwe Gamage (8)

“Our very first game of the season I hit a game winner at the buzzer and it was a three pointer. It was our first win and game of the season.”

Aiden Pena (8)

“Definitely the party we had at the end of the season. Seeing our peers and coaches get along, playing basketball, enjoying a meal together, was definitely a sight that will stick with me throughout the years of high school.”

MEMORABLE MOMENTS

FROM NON-GRADUATING PLAYERS

JUVI BOYS BASKETBALL

Skye Ocampo (9)

“Bill made his first point,
and made an edit of
himself.”

Chris Chen (9)

“When we won an intense game
against Templeton and
afterwards we celebrated our
hard fought victory together”

RJ (9)

“Definitely when Keagan
got his first dunk”

MEMORABLE MOMENTS

FROM NON-GRADUATING PLAYERS

JUNIOR BOYS BASKETBALL

Moss Barbour-Link (10)

“When we lost to Tupper by 40. It was so bad, that’s why it’s memorable.”

Louque Panio (10)

“Mine was when we won the David Thompson tournament.”

SENIOR BOYS BASKETBALL

Jordan Pena (10)

“When we won the David Thompson tournament. Our last game was a close one until the fourth quarter where we ended up beating them by 20 points and winning the tournament.”

MEMORABLE MOMENTS

FROM NON-GRADUATING PLAYERS

SENIOR GIRLS BASKETBALL

Praise Quidep (11)

“Us beating Lord Byng in the semi-finals of playoffs. We lost to them before and beating them was a proud achievement. That game, we played the best we have ever played, and we even had a late comeback which made this moment even better.”

Clarissa Liu (11)

“Our game against Prince of Wales was definitely a highlight for me. A close game in overtime, the bench started chanting, “CHICKEN NUGGETS”, after PRAISE QUIDEP said she would provide 100 McDonalds chicken nuggets to the team if we won that game! While we did not achieve a win that game, it was a truly memorable game.”

SENIOR SPOTLIGHT

SENIOR WRESTLING TEAM

1. HOW LONG HAVE YOU BEEN WRESTLING
2. WHAT WAS THE MOST MEMORABLE MOMENT OF THE SEASON
3. PREGAME SNACK/SONG
4. WHO IS MOST LIKELY TO SHOW UP LATE TO A GAME/PRACTICE
5. WHERE DO YOU SEE YOURSELF IN 5 YEARS
6. IF YOU COULD GIVE ADVICE TO UR YOUNGER SELF WHAT WOULD YOU SAY

Kacka Hrnairova



1. I wrestled through autumn and winter season
2. My first won practice match
3. Song - Solitary Confinement by Everybody's Worried About Owen
4. Abraham I guess 🧑
5. Hopefully on some other year-long school exchange program
6. Participate in every school club I can :)

Troy Manaloto



1. 1 year wrestling
2. Eating karizma burger at Chicken World after competition
3. Song - Dye It Red by beabadoobee
4. Coach
5. With a Japanese huzz
6. what's up

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SENIOR SPOTLIGHT

SENIOR BOYS BASKETBALL

1. WHAT IS YOUR POSITION?
2. WHEN DID YOU START PLAYING BASKETBALL?
3. WHAT WAS THE MOST MEMORABLE MOMENT OF THE SEASON?
4. WHAT IS YOUR PRE GAME SNACK OR SONG?
5. WHO IS MOST LIKELY TO MISS A REBOUND?
6. WHO IS MOST LIKELY TO SHOW UP LATE TO A GAME/PRACTICE?
7. WHERE DO YOU SEE YOURSELF IN 5 YEARS?
8. IF YOU COULD GIVE ADVICE TO YOUR YOUNGER SELF, WHAT WOULD YOU SAY?

Aldrich



1. SG/SF
2. 15 years
3. After senior night game because it felt unreal
4. Flatline by Justin Bieber
5. Jed
6. Andrei or Jed
7. Senior basketball team at Langara
8. Stand up for what you believe is right, even though you might get flamed for it or yelled at.

Andrei



1. PG/SG
2. Since I was 5
3. Our playoff game against Tupper in grade 10
4. Chocolate pretzels
5. Gus
6. Andrei or Ryan
7. Not worried about money and living my life in Dubai or Hawaii
8. Failure isn't the end, it's part of the process. Every setback is a lesson that will make you stronger.

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SENIOR SPOTLIGHT

SENIOR BOYS BASKETBALL

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Gus



1. Small forward
2. 4 years
3. Senior Night
4. Water and apples
5. Jed
6. Andrei
7. Graduating from university and come back to coach Gladstone
8. Don't take days off and keep working hard

Brahm



1. Center
2. 5 years
3. Crashing out against St Pats
4. Banana
5. Jed
6. Andrei
7. Graduating post-secondary with hopefully enough money to rent a good place to live
8. Start playing basketball earlier

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SENIOR SPOTLIGHT

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7. WHERE DO YOU SEE YOURSELF IN 5 YEARS?
8. IF YOU COULD GIVE ADVICE TO YOUR YOUNGER SELF, WHAT WOULD YOU SAY?

Pasidu



1. Shooting guard
2. 5 years
3. Taking pictures after Senior Night
4. Skittles
5. Jed
6. Jed or Andrei
7. Graduating from post secondary
8. Be consistent with whatever you do

Ryan



1. Small forward
2. Since grade 9
3. Celebrating made shots
4. One Take Freestyle by 1900Rugrat
5. Gus
6. Jed and Andrei
7. I see myself being in school or finishing my degree and making money
8. Fully commit to things that you're interested in and to not do it halfway

SENIOR SPOTLIGHT

SENIOR BOYS BASKETBALL

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Dwayne



1. Power/small forward
2. 7 years
3. Tournament at Eric Hamber
4. Pregame nap
5. Gus and Jed
6. Andrei and Jed
7. Working at a restaurant
8. Live in the moment

Jaryll



1. I'm a 5'10 centre
2. Since I was a young boy
3. Opponents getting angry at me
4. Rihanna - California King Bed
5. Brahm
6. Andrei
7. Backpacking the world
8. Staying consistent

Jed



1. Small forward
2. Since grade 7
3. First time playing as a starter
4. Mini sausages
5. Jed
6. Andrei
7. Hawaii on the island rich
8. Prioritize time management, don't take things for granted

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SENIOR SPOTLIGHT

SENIOR GIRLS BASKETBALL

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8. IF YOU COULD GIVE ADVICE TO YOUR YOUNGER SELF, WHAT WOULD YOU SAY?

Sanya



1. No specific position
2. Grade 9
3. Seeing how driven everyone on the team is
4. Any drink
5. Sanya
6. No one
7. Studying law
8. Nothing really matters

Nyah



1. Centre
2. Grade 4
3. Practices
4. Bubble gaga from coco
5. Nyah
6. Naomi
7. Nursing
8. Try harder sooner

Emma



1. Point Guard
2. Grade 9
3. Team bonding
4. Close to you by Gracie Abrams
5. Alanah
6. Thereeze
7. Aviation
8. Keep going

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SENIOR SPOTLIGHT

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Thereeze



1. Shooting Guard
2. Grade 7
3. Cougar Classic
4. McDonald's (fries & coke)
5. Cristine
6. Jennierene
7. WNBA center
8. Do better and lock in

Taya



1. Post
2. Grade 8
3. Team bonding
4. Bubble tea from coco
5. Jennierene
6. Thereeze
7. Travelling
8. Don't let other people bring you down

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SENIOR SPOTLIGHT

SENIOR GIRLS BASKETBALL

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5. WHO IS MOST LIKELY TO MISS A REBOUND?
6. WHO IS MOST LIKELY TO SHOW UP LATE TO A GAME/PRACTICE?
7. WHERE DO YOU SEE YOURSELF IN 5 YEARS?
8. IF YOU COULD GIVE ADVICE TO YOUR YOUNGER SELF, WHAT WOULD YOU SAY?

Jennierene



Jeni



1. Point Guard
2. Grade 10
3. Cougar Classic (got POG)
4. McDonalds(sausage mcmuffin & coke)
5. Taya
6. Eva
7. Working/uni
8. Keep going and don't let other people affect what you do

1. Small forward & point guard
2. Grade 10
3. Getting hit in the face on Senior Night
4. Goldfish
5. Jeni
6. Jennierene
7. Working in trades – welding
8. Hang out with people who you can be yourself around

PHOTOS



Leo (8) going up for a heavily guarded layup



Karmi (9) running the ball down the court



**Moss (10) getting up for that layup!
Go Gladstone!**



Clarence (11) representing Gladstone at Provincials!

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PHOTOS



Gus & Jed (12) getting ready for their senior night!



Aldrich (12) flying past his defender to get that basket!



Taya (12) Shooting her shot!



Praise (11) driving into the paint

HEALTH AND TRAINING TIPS

HEALTH TIPS:

“You need to be really well hydrated for high level exercise. That should start the night before, if not earlier.” - Mr. Paley (Ultimate Coach)

“Teenage athletes should focus on balanced nutrition, including a variety of foods and staying hydrated, while avoiding extreme dieting fads. It’s also important that you’re prioritizing all three meals, especially breakfast to fuel your body.” -Scott Deyell (Cross Country and Track and Field Coach)

TRAINING TIPS:

“Do lots of stretching, the more flexible your muscles are, the better you will avoid injuries and the quicker you will recover. It is important to insure you are using proper form when training, because a lot of hard work with the wrong form will lead to injuries, and/or will not give the gains you are looking for.” - Mr. Paley (Ultimate Coach)

“Beyond diet, it is also important to prioritize consistency in your training, ensuring that you’re pushing yourself, while not overdoing it to prevent injury. Lastly, adequate rest and a positive mindset helps prevent injuries and burnout.” - Scott Deyell (Cross Country and Track and Field Coach)

MESSAGE FROM THE ATHLETIC DIRECTOR

The Winter season included Wrestling at all grades, Bantam Boys Basketball (Grade 8), Juvenile Boys Basketball (Grade 9), Junior Boys Basketball (Grade 10), and both a Boys and Girls Basketball team at the Senior level (Grades 11 and 12). A total of 76 student athletes, 9 coaches, 5 student coaches, and 15 managers were part of our Winter Athletics.

With Winter always being the longest season that requires the most commitment to practices, games, and tournaments, there were many moments of celebrations. For some teams, it was having new faces and players being welcomed into the mix, or it was in-season success from tournaments, league games, and zone qualification. We had two major accomplishments and achievements that should be recognized. Two of our wrestlers, Jeremy Lynch in Grade 9, and Clarence Brion in Grade 11 both achieved 1st place at their respective weight divisions and are Provincials Champions! Both of their efforts won Gladstone 4th place at Provincials as a school. Overall, all our Winter Athletes endured a long season with success, challenges, and hopefully, personal growth. I'm very proud of all our student athletes who participated in our Winter Athletics season!

Now, we look towards sprinting to the finish line with our Spring Athletics which include Badminton and Track and Field at all levels, Senior Ultimate, and Volleyball for the Grade 8 and 9 Boys. Both the Badminton and Track and Field team have seen significant growth in numbers compared to last year so we hope for a fun and memorable season! Good luck Spring

Athletes!

- Mr. Chong

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