

## **HENRY CARR SHOWS WELL AT OFSAA TRACK & FIELD CHAMPIONSHIPS WINNING 1 SILVER, 1 BRONZE & RECORDING 3 TOP TEN FINISHES!**

Competing at **OFSAA (ONTARIO FEDERATION OF SCHOOL ATHLETIC ASSOCIATION)**, the largest high school track & field championships in Canada and before daily sell-out crowds of 4500+ spectators, Henry Carr's 19 student/athletes composed of 18 grade 9/10's & 1 grade 12, came away with 1 silver medal, 1 bronze and three top ten finishes. This outstanding competition, the culmination of the high school track & field season in Ontario brought together the very best athletes from across the province to the University of Toronto's Varsity Centre to compete in the three day event.

The coaching staff of Evan Jin, Joyce Lee, Peter Miller, Stephanie Muscat and Charmaine Warwick is extremely proud of the excellent performances turned in by all the athletes that represented Carr at OFSAA.

\* **Kadeem Douglas** – Senior Boys Long Jump (7.26) - SILVER MEDAL  
(8 cm. short of GOLD MEDAL; outstanding athlete & role model with an extremely bright future in the sport of track & field!!!)

\* **Melissa Boadu, Stephanie Kinwani, Ashley Appiah, Akua Barfi** – Midget Girls 4 X 100 Meter Relay Team (51.80) - BRONZE MEDAL  
(A case of nerves, performing on the "big stage" and an exchange mishap cost them SILVER OR GOLD MEDAL; this experience will help them at future OFSAA's; Had won 9 consecutive relay events, until they met their match at provincial championship!)

\* **Jelanie Grant, Dwight Sylvester, Bayo Oriola, Bryan Addo** - Junior Boys 4 X 100 Meter Relay Team (45.53) - 5TH IN ONTARIO  
(Sprinted to the best of their abilities! Finishing in the top five was a tremendous accomplishment for this foursome)

\* **Bryan Addo**, Junior Boys 100 Meter Final (11.23) - 8TH IN ONTARIO  
(Finished 8th, 100 meter final in simply an outstanding field! With proper preparation, focus & commitment is capable of achieving tremendous individual success!)

\* **Eva Amo-Mensah, Akua Barfi, Stephanie Aidoo, Stephanie Kinwani** - Open Girls 4 X 400 Meter Relay Team (4:12.37) - 10TH IN ONTARIO  
(Grade 9 girl had to replace one of our top relay runners, who suffered a "panic attack," prior to race. Team was projected as a top 6 finisher!)

\* **Anjelica Richards, Stephanie Aidoo, Chantel Benjamin-King, Eva Amo-Mensah** - JR GIRLS 4 X 100 Meter Relay Team (DISQUALIFIED)  
(METRO CHAMPIONS 2009 - PRE OFSAA GOLD MEDAL FAVOURITE - Another case of nerves performing on the "big stage" and a messed-up exchange.  
Negative experience will help them perform even better in future!)

Henry Carr's youthful track program has accomplished a great deal in a very short one year! The prognosis for achieving a good deal of success in the future is indeed very bright! OFSAA 2010 will be staged at the University of Western Ontario in London, Ontario.

It should be noted that all our athletes and coaches were very much appreciative of the visible presence and encouraging vocal support from our principal, Michael Rossetti and the several staff members who were in attendance each day.