



Photo by Adam Dietrich

Leith Graham, a tai chi instructor helps lead a class in the Christ Church Anglican on Everett Street in Belleville on Monday. Teachers from the Kingston branch of the Fung Loy Kok Taoist Tai Chi Society led an open beginners' class in the martial art intended for health and meditation.

Men's volleyball team takes charge

By Victoria Thoms

After five intense games, the Loyalist Lancers men's volleyball team came out victorious 3-2 over Georgian College Sunday.

The Lancers started out on a high note, winning the first match 26-24. After losing the second and third match, 25-20 and 25-23 respectively, the Lancers had to win the fourth match to stay in the game.

Fighting hard throughout the entire fourth game, it was evident that the men

wanted to desperately win. Staying calm and playing well, the men came out on top, winning 25-20. Going into the fifth match of the day, the Lancers were ready to take on Georgian one more time.

Winning 15-6 in the fifth match, the Lancers were triumphant.

The Loyalist Lancers and the Georgian Grizzlies have faced each other before this season. On Oct. 25, the Lancers beat the Grizzlies 3-1 at Georgian College in Barrie.

Jacob White, a left-side player from

Brockville, Ont. is in his first year at Loyalist College.

"The game turned out well. It was a little shaky at the start, but the team managed to pull it together," White said after the game.

White is currently ranked the top player on the Lancers team in terms of points, with 158 points total, averaging 4.1 points per set. Playing in all 11 games in the Lancers season, White has had the most kills for the season.

"We especially pulled together when some of the other players who don't normally play got their chance. They stepped up and played exceptionally. It was a big win and we are now back on track, how we should be," said White.

The Lancers currently stand fourth in the east division, with seven games won, and four lost. With only two second-year players on their team, the men will have plenty of talent remaining for next year's team.

Lancers defeated in women's volleyball

By Victoria Thoms

The Loyalist Lancers women's volleyball team lost all three of their sets against Georgian College Sunday.

The team played well during the game on Sunday, and kept their spirits high. Jillian Robinson, a middle from Stratford, Ont. seemed to be on fire during the game, keeping herself in a good mental state along with cheering on her teammates.

"Last Thursday, we played Durham and we didn't play up to our standards. We came into the game yesterday with a whole new perspective and attitude on what we needed to do," said Robinson.

"Our game against Georgian was I think the best game we have played. Georgian has a great team and we were evenly matched throughout a lot of the game. Our coaches always say this is a huge mental game, and I think we kept our heads in it," Robinson said.

"One great thing is that no matter what happens, we stay a team and we support each other the whole way through. We have a lot of heart and we love to play and yesterday was a great game for us. Even though we lost, we played better than we ever had before, and it feels good," said Robinson.

One of the women's coaches, Dominique Dawes, is proud of her team for their hard work and consistent efforts.

"In our first set against (Georgian), I couldn't have been more proud of the way our girls played. The next two sets, our girls did lose some focus which led to a larger gap in the score. In each set, the girls battled back at different times," said Dawes.

The women lost 3-0 against Georgian, the third-place team in the east division. (Loyalist currently sits in ninth place in the east division, not having won a game since Nov. 1.)

"I do believe that we can improve our standings as we face the other teams, but how far up we will be able to move is limited. We have put ourselves in a very tough position going into the second semester, and it's going to take a lot of hard work and determination from the girls to improve," said Dawes.

Another tough hit on the team is the lack of players remaining. The Lancers currently only have seven players and one libero. A substitute player is only allowed to sub in and out for one person once during a set. This means that most players on the team are constantly playing, with no substitutes available to relieve them. Most teams at the top of the standings have at least 10 players on their team.

"We may be small, but we make a lot of noise and make the other teams work," Dawes said.

The Lancers play their next game at home against Seneca College on Jan. 15 at 6 p.m.

Lancer women's basketball team accepts ninth loss of the season

By Taylor Hermiston

The Loyalist Lancers women's basketball team hosted the Seneca Sting on Saturday, undergoing a 58-46 loss, their ninth loss of the season. They previously lost to them 56-50 on Nov. 8.

The Lancers stayed strong throughout the entire game, communicated on the court and did not let the score beat down their spirit.

Over half the team consists of first-year students, all new to the OCAA experience.

Throughout the season, though, their coach Chris Eligh, has been focusing on

developing their skills and not focusing on the wins and losses.

"I am trying to build these girls to be top players and at times we can see that they are a great group. With low numbers this year, it has been a struggle, but I look forward to seeing how this team grows."

Most of the girls will be returning students and Eligh believes that next year is going to be awesome.

"These girls haven't had the leadership and experience that most players in the past have had. They don't have an experienced player here to keep their spirits up to

example and is very vocal and earned the honour of being Ontario Colleges Athletic Association's athlete of the week.

"I feel very accomplished and blessed to be chosen as athlete of the week. It makes me happy to be recognized for all the hard work extra nights at the gym," she said.

She scored a game-high 14 points while leading all players with 16 rebounds and is averaging 18.2 points per game, which puts her in sixth in OCAA scoring.

Brennan said that although the season hasn't been smooth, the team is growing and improving every practice and that's all that really matters.

Brennan has been known to lead by

Lancers take win against Seneca Sting in weekend action

Loyalist struggles with consistency throughout the game

By Taylor Hermiston

The Loyalist Lancers men's basketball team laced up for their 12th game of the season and winning 77-76 against Seneca Sting for a second time on Jan. 11, in Belleville.

After winning 69-63 against them at Seneca College in Toronto, Ont. on Nov. 8, the Lancer men went into the game prepared to fight for another victory and prove that they can hold another win this time on their home court.

The Lancers struggled with consistency throughout the game, coming on top after the first two quarters and then falling behind on the scoreboard after the third.

"It's been a little up and down. Consistency is the biggest thing. As we have seen tonight, we are up and down, but with time that all gets better. Ryan Barbeau, Lancer head coach, examined his team so far this season.

"With most of our guys being so new, it's going to take a little bit of work, but they work so hard that I can see it coming together. Tonight was a big step."

Most of the team will return for the 2014-2015 season and he said that he

has no clue what next season is going to bring but he is not concerned.

First-year guard Jesse Cassista said that his first year has been good but a little frustrating.

"I feel that I got to prove myself tonight and I feel that I did a good job in doing that. I can't even compare to my experience in high school, this has been a great experience and I'm glad I have this opportunity."

With the scoreboard showing a score of 76 points for both parties and only half a second left in the fourth quarter, the walls of the gymnasium thrummed with a chant of cheers. Lancer guard Patrick Kalala watched one out of two free throws bounce off the rim of the net. The anticipation in the room grew with only one shot left.

"I was calm. I actually thought that my first free-throw felt great and when I missed I was surprised. The second one, I didn't feel as good but it worked out."

Being a leader on the team, Kalala said that he knows that he has to be put in situations like that and it is his responsibility to come through in the clutch.

Kalala has a total of 167 points this season and averages 16.7 points per game for the Loyalist Lancers.

The Lancers have four wins and seven losses this season and are ranked ninth in the Ontario College Athletic Associations east division.

The Loyalist Lancers will play host to the St. Lawrence Vikings on Jan. 17.



Photo by Taylor Hermiston

Jesse Cassista, first year OCAA guard for the Loyalist Lancers, goes in for a lay-up against Malcolm Smith, of Seneca College during their game on Jan. 11. Lancers won the close game 77-76.