



Photo by Tristan Urry

BYST Swimmer Riley Donia comes up for air during practice Thursday night at the Quinte Sports and Wellness Centre.

Swim team making big splash

By Tristan Urry

Members of the Belleville Youth Swim Team, or BYST, have been making waves at a national level. Coach Brandon Oates says that he is proud to have such an "out-standing team this year."

Belleville will be hosting The Eastern Ontario regional short course championships Jan. 30-Feb.1. Those in attendance will see the top 20 teams east of the Great

er Toronto Area compete against each other.

"Our team alone will have over 30 qualifiers for the championship," said Oates. It is estimated that nearly 500 athletes will be in attendance, including some future Olympians. Oates thinks that the event will draw close to 1,500 people and generate upwards of \$250,000 in local revenue.

"According to numbers from last year's turnout, we should draw in at least

\$250,000 in local revenue" said Oates.

"In the past two years and a half years since the Quinte Wellness Centre has opened we have broken over 100 team records and set the team on a new path" said Oates.

In addition to having a record number of regional qualifiers, the club has "three who will be attending the Ontario Festivals: Noah Brooks, Thomas Butler and Mackenzie Latter. We also have the largest number of provincial and age group

national qualifiers in our teams history," said Oates.

"We also have one swimmer who plans on attending the Pan Am/Parapan Am Games later this year, Melissa Dingle," Oates added on.

"Our team this year is very young, and we will be at complete capacity for all the age groups," said Oates.

Oates Co-Coach Rick Haskin said, "These guys are going to place very well. They are

very smooth in the water compared to other clubs that I've seen. These guys have worked very hard and it's going to pay off."

The BYST has had an incredible season and there is no doubt that they will make some serious waves at the Eastern Ontario SC Championships.

For more information about the BYST, visit the website at: www.byst.ca. Or, contact Oates at: coachboates@gmail.com or 613-661-SWIM (7946).

Women Lancers don't go out without a fight

By Nathan Zbeetnoff

The Loyalist Lancers started the game off right Wednesday, scoring their first point within seconds of the first serve.

Unfortunately for Loyalist, they lost 3-0 sets. That didn't mean the Lancers went down without a fight.

The team started falling behind 14-6 and the Lancers struggled to get a point. A few minutes later, the Lancers scored a point making it 17-7 for the Excalibur, but was only with mere luck because the opposing team overshot their serve.

Luck stayed with the Lancers, however, because the Trent Excalibur continued to overshoot their serves. The score got to 20-10 and the Lancers called a timeout.

The Excalibur continued to move their score, going to 23-10 but the Lancers didn't give up.

They started to get the ball moving, scoring three points but just soon as the Lancers found hope for the first set, the final serve was overshot and went out of the court. Trent Excalibur won 25-14 for the first set.

After that, the Lancers let Jessica McDougall from the Excalibur land their first point with ease. Chantal Cormier wasn't going to stand for that, and she struck back with a hard spike.

It started going downhill from there though. Less than 10 minutes into the second set, the Lancers started losing 16-8 and it looked like the Lancers wouldn't be able to bring it back.

Amy Parker decided she'd had enough of losing points, and spiked the ball down on the Excalibur

twice. Unfortunately for the Lancers, those were the last two points for them in that set and the Excalibur gained momentum, winning 25-10.

The beginning of the third set looked rough for the Lancers. They started losing point after point. They only had one point to the Excalibur's 10 before it was even eight minutes into the set. That didn't stop the crowd from cheering on the Lancers.

They started to bring it back, heading up to 18-8 for the Excalibur. Kennedy McMahon dived for the ball and Emily Lutz spiked the ball down onto the Excalibur's side of the court.

The Lancers got together and smiled. Regardless of the situation, they still had hope for victory. Luck joined the Lancers once again when Nicole Vandinter from the Excalibur missed a dive for the ball.

The Lancers started quickly climbing that wall, catching up until it was 24-20. However, the Lancers luck ran out, and the Excalibur won the game 25-20.

Running up with a fresh start, the Lancers are taking a turn from last year. The team lost one of their players, Alex Fobert, at the end of first semester but took a quick recovery having Emily Lutz join the team soon into second semester. This kept the team having 11 players on the team.

Co-coach Amy Hoskin, said she is pleased with the new team member joining the team and has high hopes for future games.

"She is now a full-fledge member of the team and is doing very well ... she is a very nice addition to the team," Hoskin said.

Hoskin said the team's record this year is better. Having more girls and more talent is making them much stronger than previous years. They are in the process of rebuilding the team. This is because two years ago, there was a coaching change, Tony Clark stepped away from coaching. In the process, it was difficult to keep that recruiting class going and in turn, the Lancers lost a year.

"That can set you back a long way in varsity sports," Hoskin said.

It was when Clark stepped away that Dominique Dawes and Hoskin took his place as head coaches. This made it difficult recruiting last year.

"When you don't recruit, you kind of fall back a little bit," Hoskin said.

The women's Lancers are stronger, with a more rounded team this year. At the beginning of the 2014 school year, approximately 30 women showed up to try out for the volleyball team. Some cuts were then made and the second set of women showed up and that group held 40 women.

"That was more than we've had in a very long time ... it was good," Hoskin said.

Hoskin said when the women join the team, they all have high school volleyball experience from the past, but nine out of the 11 would have club experience, which would be competitive outside of their high school.

Chantal Cormier is a third year player who has been a key element this year. The coaches have moved her into different positions. Cormier is playing mid-

dle currently, although, she has predominantly been playing right side this year, said Hoskin. Hoskin said that not just her physical game has improved, but her mental game has as well.

The coaches have changed up the play styles from previous years, to make sure every player can play two positions.

"This is so we can have certain people playing one position and then second set, we can completely mix it up and throw people into different spots," Hoskin said.

When making these changes, the coaches have to tweak their game strategy depending on what team they are playing against.

The women are able to see the way their opponent plays by watching a game tape. All volleyball players are able to watch the tapes, as it's mandatory for them to be set up every game.

In late November, the Lancers beat Canadore 3-1 which was a pivotal point for the girls because Canadore is currently ranked second in the east division of the OCAA.

"We played very tough. We ended up winning the game, which was huge," Hoskin said.

Canadore have only lost three games and the Lancers are happy to have taken them down that one game.

Defence is what the Lancers are focusing on. The coaches are stressing to the players they should keep their defence throughout the whole game and keep that momentum moving, instead of just moments of good defence.

"Unfortunately, we have had a couple tough losses where they should have been wins, but that's just how it goes"

Men lose two sets out of three

By Nathan Zbeetnoff

The Loyalist men's varsity volleyball team took on the Trent Excalibur Wednesday and were head to head the whole game.

With an unfortunate overall loss of 1-3 sets, the Lancers gave it everything they had, keeping up with the Excalibur.

The Lancers started off strong, pulling ahead of the Excalibur 7-2, only five minutes into the game. Lancer, Jake Matheson blocked a spike that would have started the Excalibur's uprising on them.

Just when the Lancers thought they might keep climbing, the Excalibur brought it to an even score 13-13 and then it went downhill. At the end of the first set Lancer Adam Strickland tried to block a spike, but failed and that allowed the Exca

The second set got very competitive. The Lancers and Excalibur kept themselves tied a majority of the set. Halfway into the set, at 11-11, Nate Koopman from the Excalibur went in for a hard spike, but with the wrong aim, Koopman hit it outside of the court.

The Lancers started to think that luck might be on their side, as Jacob Bothen, Excalibur hit the ceiling and followed immediately after was a missed volley for the Excalibur. It wasn't long after that the Excalibur started picking up the pace and before anybody knew it, the Lancers lost 17-25.

That last serve was hard for the Lancers. Three of the men dived for the ball, all-missing.

It was a fresh start for the Lancers coming into the third set and they had not given up. They started the set off right, scoring the first two points.

The Lancers kept up good momentum. With every score the boys got together in the middle smiling because they had high

hopes for this set.

The Excalibur started to get nervous and kicked it into high gear, bringing the score back to an even score of 12-12. Points alternated from one team to the other, leaving both teams neck and neck. The end of the set drew near and with the score sitting at 24-23, the Lancers coach called a time out.

The crowd went crazy, chanting for the Lancers. The air was tense and with the pressure on the Excalibur, they missed a volley and the Lancers took the win of 25-23.

This is the next set that could have been a game changer. If the Lancers took a win, it would mean that there would have been five sets.

The Lancers fought harder than before, keeping the scores close together throughout the final set. At 7-7, Andrew Kretz, from the Excalibur hit the ceiling, breaking the tie for the Lancers.

Near the end of the set, the Lancers scored their final point, 24-21, and the final serve went too far, and outside of the court, leaving the Excalibur with an overall win of 25-21.

It has been a tough year for the Loyalist Lancers men's team, who are sitting at the bottom of the East Division in the OCAA standings.

The Lancers have a total of 12 different players, but only five of those are returning.

At the beginning of the first semester, when tryouts started, only 16 people tried out. In return, not many cuts were made in 2014.

According to Adam Strickland, the team captain, the first semester was rough but the Lancers are looking into the second semester with hope. This year, the Lancers are rebuilding their team and

hoping that future years will be better than before.

"Our two middle players, Jake Matheson and Kyle Warriner have been trying their hardest to the game. We give them a task and they perform for us," Strickland said.

"They have never played volleyball before and they are scoring and blocking like they have been playing for months now," Lancer coach Matt Somerville said.

"The middle is a difficult position to be playing, you're always on your toes, constantly moving around in your position," Strickland said.

Strickland said a big part of the team is getting better at their defence, keeping an eye on who on the opposing team is attacking so they can defend themselves accordingly.

Somerville and Strickland always talk about the good and bad of each game, giving out friendly reminders on what to work on in the future.

On Jan. 14, Loyalist went head to head with Durham and in the first set, they were only a hair away from beating them, losing 26-24. This was a big moment for the Lancers, with Durham being the top of the OCAA East Division standings.

We were not expecting that going in. We thought they were just going to destroy us because they're the best in the team league," Strickland said.

One of the things Strickland pointed out was that the team argues a lot.

"I just want everybody on the same page," Strickland said.

Everybody on the team said they are looking forward to the second half of the season.

"I'm extremely proud of the guys ... we're a very young team and it's nothing but up from here," Somerville said.



Photo by Daniel Luk

Joseph Bresee, No. 9, sends a powerful spike through the Trent Excalibur's Alex Campagnolo's block. The men's varsity team pulled through a valiant set but were unable to win the overall game.