

A clean sweep of gold

OSHAWA — It was mission accomplished for the Oshawa Lady Blue Knights over the long weekend, as all four elite teams won gold at the Ontario Women's Field Lacrosse championships at the Oshawa Civic Recreation Complex.

The fourth and final title proved the most difficult to nail down, as the under-13 team needed overtime to beat Orangeville 5-4 on Monday afternoon at Terry Kelly Field, joining the under-11, under-15 and under-19 teams that earlier won gold.

The U13 squad was the only one of the four elite teams that went into the weekend ranked lower than first, heading in as the second seed behind Orangeville, and the only one to lose a game during the tournament as well, falling 8-4 to Orangeville in round robin play.

But when push came to shove, Oshawa prevailed in a thrilling finale, pushing the Lady Blue Knights' career provincial title count to 46 over 18 years.

The U13 team also won by scores of 16-1 over Toronto Beaches, 11-3 over Oakville and 7-4 over Kitchener-Waterloo.

The U11 team was the first to claim a provincial crown on the weekend, completing a perfect season with a 14-2 win over Oakville in the gold medal match Friday night. Earlier wins came by counts of 8-2 over Owen Sound, 7-3 over Beaches and 12-1 over Halton Hills.

The U15 also finished off a perfect campaign with four straight victories, including by a 15-4 final over Orangeville in championship game. They also beat Oakville 10-2, Orillia 12-5 and Halton Hills 16-3.

The U19 team, which lost only once during the regular season, reeled off five straight wins, including 11-8 over Oakville in the gold medal game. They also won 19-3 over Brampton, 18-3 over Orangeville, 12-8 over Oakville and 10-1 over Orangeville.

It was a banner weekend overall for the Lady Blue Knights, who had all five of their other teams also play for medals in lower divisions.

The U19B team won gold, the U15B team took silver and the U11B and U13B both won bronze, while the U19C team came up short in the bronze medal game.

"After challenging our players at the beginning of the season to improve their work ethic and make a commitment to themselves to develop their game, our results speak for themselves," said Barb Boyes, founder and executive director of the program. "I couldn't be more proud of our players and coaching staff."

The Lady Blue Knights nearly pulled off a similar sweep in Oshawa last year in the elite divisions, with the U11, U13 and U15 teams all winning, but the U19 team fell a goal shy in the gold medal match.



Photos by Sabrina Byrnes and Ryan Pfeiffer / Metroland

OSHAWA -- The Oshawa Lady Blue Knights won five provincial championships at Civic Fields over the August long weekend, including a sweep of the four elite divisions. Pictured here with the ball, from top to bottom are: Regan Briece of the under-13 elite team; Emily Dymont of the under-19 elite team; and Mya Brau of the under-15 elite team. All three teams, along with the under-11 elite team and the under-19 competitive team, were crowned champions.



Dr. Douglas Smith
Guest columnist

Working harder not the only way

Today, there is so much effort to boost performance with traditional physical approaches, but while they work for some athletes, they don't always work for others.

Athletes are told the more work and effort they put into their sport, the better the results will be automatically.

Working harder is not always a formula for success and can, in fact, work the opposite way.

Working smarter, allowing for a balanced lifestyle and experiencing pleasure is definitely more sustainable, given a span of 10 to 20 years of training.

That's a long time to work yourself to the bone and not smell the roses along the journey to athletic excellence.

Recent research in sports psychology tells us that more physical work is not always better. Sometimes less physical effort is better and working on the mind is more effective.

Many athletes are so busy with physical training, practising and competing that they don't get the chance to think outside the box of traditional physical approaches.

Our experience tells us that many athletes need to think and act differently if they want to surpass their previous levels of performance.

The definition of insanity is doing the same thing over and over and expecting a different result. If you want a better result, you have to get out of your own way and look for a different way that has more promise than what you are already doing.

OK, so some of you are saying: "psychological training is boring, useless, a waste of time and I am too busy with my present physical training to try something different."

I get it. It's a huge risk to try working with your head and of course there is no guarantee it's going to work.

Regarding the physical training, when did you hear anyone give you a guarantee you are going to play in the pro league?

If what you are doing is not working for you, I would strongly suggest you try looking at the problem in a different way by getting an attitude adjustment and clearing out the brain fog.

You have nothing to lose and everything to gain as attitude determines altitude.

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