

Waterdown trapshooter Elizabeth Longley reflects on World Cup season

19 year-old is top-ranked junior on senior circuit

By Mac Christie
FLAMBOROUGH REVIEW STAFF

Waterdown trapshooter Elizabeth Longley is the top ranked junior shooter on the International Shooting Sport Federation (ISSF) women's trap rankings.

The 19 year-old is currently ranked 41st in the world, and while she started the season really well, Longley said she had some difficulties as the season went on.

"The end of the season wasn't what I had hoped it would be," she said. "But that's just motivated me to do even better next year."

Longley began the season with an 11th-place finish in Acapulco, Mexico where she nailed 70 of a possible 75 targets with her 12-gauge Beretta shotgun.

She followed that up with an event in Larnaka, Cyprus at the end of April, where she finished 43rd, scoring a 61.

Then she set sights on

the Junior World Cup Shotgun in Porpetto, Italy, where she came 14th, hitting 56 targets over three rounds.

In September, she competed at the junior division at the ISSF World Championship in Moscow, Russia, where she shot a 59 to place 23rd.

"I'm happy with how I did at the World Championships, because that was my first time competing at the World Championships," she said. "It was definitely a new

setting her sights

photo by Lindsey Ryder · Special

Waterdown trapshooter Elizabeth Longley lines up a shot in the sights of her Beretta 12-gauge shotgun. The McMaster student was the top-ranked junior on last year's ISSF World Cup circuit.

experience and the level of competition there is so high. It was amazing to meet all these people that are Olympians and gold medalists."

Longley said despite the season not going how she'd hoped, especially after the lofty beginnings in Acapulco, she's not making excuses for her

results. "Sometimes you set goals and for whatever reason you don't meet them," she said. "It just gives you the drive and motivation for the next season."

The McMaster student noted she switched coaches midseason from Florin Marinache, who remains her coach with the national team, to Allen Chubb.

"Switching in the middle of the season definitely was difficult," she admitted, "but I'm really confident in the changes we'll make in the offseason and looking forward to where we'll go from there."

Longley said she doesn't plan to make any major changes, but rather tweak her overall training plans and mental management, among other things.

She said then highlight of her season was the 11th place finish in Acapulco.

"That was a pretty amazing experience for me."

Meanwhile, Longley also placed fourth among senior women at the national championships, which were held in Toronto in July.

However, she will be ranked

see Longley pg. 32



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Jeff Malott comfortable in sophomore season at Cornell University

By Mac Christie
FLAMBOROUGH REVIEW STAFF

Waterdown's Jeff Malott is clicking in his sophomore season with the Cornell University Big Red.

The six-foot-three, 203-pound forward has taken on a bigger role with the NCAA Division I team, which currently sports a 9-1 record. Compared to last season, Malott said, he's a lot more comfortable this year.

He noted last season, there was an adjustment period over the first five to 10 games.

"I think, in the new year, I was more so up to pace," he said. "I didn't score until after Christmas last year, and this year, I think it was the first game I got it out of the way."

Malott's first NCAA goal came as part of a hat trick on Jan. 13 against Princeton University, making Malott the first Cornell freshman to record a three-goal game since NHLer Matt Moulson in 2003.

Malott said a big source of his comfort level this season is knowing what to expect.

"You're already up to speed and you don't have to worry about adjusting," he said of his familiarity with the program. "I know all the plays, I know all the systems and it's good to go out there and play."

Another thing he had to get used to last year was the size of players – as well as the speed of the game at the NCAA level.

"You just have so much less time with the puck," he said. "Every scoring chance, you have to make count, because there are so few during the game – especially in the ECAC."

"It's a really gritty, shutdown league," he continued. "There's not a lot of space or a lot of freedom out there; it makes for closer games."

Malott has notched three goals and six assists through 10 games with the Big Red in the 2017 to 2018 season, matching his point total from all of last season. He said a big part of that is an increased role on the squad – especially on special teams.

"We had a lot of seniors leave last year, and they filled the majority of the roles on the power play and penalty kill," he said. "So, it's nice to step in and have more of a responsibility in that sense."

"As a team, we've done well with filling those roles."

The 21-year-old noted last year, he was just



submitted photo

Waterdown's Jeff Malott (centre) celebrates after scoring during Cornell University's 3-2 win over Harvard University Nov. 11 in Ithaca, N.Y. The 6'3", 203-pound forward has notched three goals and six assists in 10 games this season for the 9-1 Big Red men's hockey team.

happy to be in the lineup and make a contribution every night. But while it's fun to have a larger role this year, he said it also includes more responsibility.

While Malott is playing in all situations, receiving even-strength, power-play and penalty-kill time, the former Caledonia Corvair noted he is often called upon at the end of close games to shut the door on the opposition.

"It's always nice to feel like you have some responsibility in that sense," he said. "That doesn't get as much of the glory, but I think that's a pretty cool part of the game, shutting down in the last two minutes – crunch time."

An applied economics and management major at the Ivy League school, Malott said off the ice, the task of balancing school and hockey is easier in his sophomore year.

"Classes are a lot of work, but it's something that can be easily managed if you stay on top of it," he said. "Nobody here really lets you fall too far behind."

"The balance is getting more manageable as I move forward ... but the classes also get more difficult the more I move forward," he continued. "That's the new balance, finding ways study in my specific concentration."

While the team is off to a strong start, Malott

said there are still things to work on.

"It's a nice start – but we haven't really been playing as well, or as consistently, as we'd like to," he said. "We have a lot of young guys, so it makes sense."

Malott noted the team members have done a good job of not getting too high on themselves.

"We're 9-1, but I think we've done a really good job of taking it weekend by weekend," he said.

"We'll go and we'll win two games, or we'll win a game on the weekend, and it's already behind us."

see Highlight pg. 32

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Flamborough trampolinist bouncing his way to the world stage

Serious shoulder, knee injuries not enough to discourage 17 year-old St. Mary student from pursuing competition goals

By Mac Christie
FLAMBOROUGH REVIEW STAFF

Despite some injury issues, Flamborough trampolinist Emmett Morgante is intent on bouncing his way into international competition.

The 17 year-old has been competing in trampoline for about four years – although he was forced to take a year's hiatus from the sport due to a dislocated shoulder.

Morgante, who has been doing gymnastics since age two and competing since the age of six, found his way to trampoline from gymnastics after suffering a concussion.

"I was training 20 hours a week at that time in gymnastics and I knew trampoline was less hours," he said. "So I decided since I was going into high school I would give it a try.

"It's similar, but different."
When he started trampoline at age 13, Morgante loved it right off the bat. "I already knew all the basics for

trampoline from gymnastics," he said. "It was just pretty much building on the basics from there."

The Freelton-area teen said he's attracted to risk factor of the sport.

"I'm kind of an adrenalin junkie," he said. "When you're jumping in the air, you're jumping 10-15 feet – that's a pretty cool feeling.

"It's a very hard, technical sport and takes a long time to actually get good at," he added.

Trampoline competitions begin with provincial levels, from 1-4, which see athletes compete against others within their own province.

"Those levels, you can move up without having to hit any scores," he explained. "It's just when you and your coaches feel you're ready, you can move up."

After Level 4 the athletes have to mobilize to Level 5 – which is novice national.

"That's when you're allowed to go to nationals," he explained. "Once

you're in the national levels, you have to hit scores to go up each level."

From novice, competitors must score high enough to move to espoir, followed by junior and finally senior.

"You can hit a score to go into senior, but the majority of the time ... you're already 18 when you go to senior," Morgante explained, adding the score is set high to ensure the competitors are physically mature enough to handle the division.

Morgante started at provincial Level 2, and next season he will compete at the junior national level. However, it's been a long road to get to this point – when he was 14, Morgante suffered a catastrophic shoulder injury.

Disaster struck on a normal day of practice, when the St. Mary Catholic Secondary School student landed on the edge of the trampoline. Trampolinists are trained to kill their bounce and land on the in-deck area when something goes wrong, but Morgante mistimed his kill bounce.

"I went over the in-deck onto the floor and landed on my shoulder," he said. "Essentially – there's four muscles in your rotator cuff – I tore two of them fully disconnected, half-tore another and had two or three chips in another and tore another ligament within my shoulder.

"The surgeon told me it was the most serious injury he'd ever seen in someone my age."

Morgante waited three months for a MRI, which is when he learned the severity of the injury.

"I couldn't move my arm past 45 degrees, not because of pain, but because I wasn't physically able to anymore," he said. "He told me I needed surgery – I had to wait six months for the surgery."

But when Morgante's surgery date arrived, he had miraculously recovered.

"He booked it for a three-hour surgery," Morgante said of the surgeon.



Emmett Morgante

"He was out in half an hour because he found that when he went in to fix everything, somehow the muscles had gone from halfway down my arm to all the way back up and reattached themselves.

"He only had to clean up some scar tissue," he continued. "He said that's the first time he's ever seen that and he told me that I'm actually going to be in a medical journal because of it. It's never been seen before."

Morgante said he was told his amazing recovery is likely because an injury of the severity he suffered is not generally seen in someone his age.

While the original prognosis specified a year for recovery, because the surgery wasn't as severe as originally thought, Morgante was back on the trampoline in six months.

Morgante said there was no trepidation about getting back on the trampoline.

"That's one thing in trampoline that you really can't think about," he said of injuries. "If you're thinking about, 'Last time I did this and I got injured,' you're just going to do the exact same thing again.

"I was just excited to get back."
Morgante noted the incident that led to his injury was a fluke.

"I wasn't trying to do anything too crazy," he said. "It just mistimed the bounce and went flying off."

While his shoulder isn't 100 per cent or as strong as his other shoulder, Morgante said he had little to no pain – and doesn't impact him on the trampoline.

He noted there are two types of competitors in trampoline – those who can spin fast or those who can flip fast.

"I've been told multiple times by my coach Dave Ross, that I flip insanely fast and I can just create a flip out of nothing," Morgante said, adding he recently learned a triple flip move. "Everybody was telling me I was flipping so fast it only looked like I was doing two flips."

In his first competition back from the injury, Morgante took home the silver medal, which allowed him to move up to novice nationals.

The trampolinist then competed in Edmonton for his first national-level competition, and while his results weren't impressive, Morgante said it was a great experience.

The following year he moved up to espoir and competed at a Canada Cup event, where he finished in second place and was named third in Canada in his age group.

He then competed at nationals in Durham, Ont., in July.

While things were going well in the compulsory routine, in the optional routine he was again bitten by the injury bug.

"I finished it, went to turn to present to the judges ... went to turn to walk away and could put zero weight on my knee and couldn't straighten it at all," he said. "I don't know how or what happened, but I couldn't put any weight on it."

Morgante qualified for finals the next day, and spent two hours with a physiotherapist and another hour-

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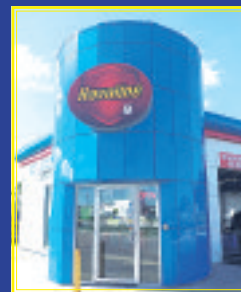
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St. Mary student hopes to qualify for World Age Groups event in 2018

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and-a-half having treatment before he competed.

In the general warm-up for all the competitors, Morgante tested his knee, but after four bounces determined he likely couldn't compete. But he decided to give it one last shot when his specific warm-up time came around.

"I had about five Advils in my system – I guess the mixture of the Advil and the adrenalin, as I started bouncing more the knee started feeling better," he said. "I competed and I did

fall off ... but I was happy enough to be able to compete."

This past September Morgante competed at an international event in Portugal, which he did solely for the purpose of gaining international experience to go to a World Age Group competition this year.

"I have to have international experience first for Canada to be able to send me," he explained, noting experience was amazing.

His goal moving forward is qualify for World Age Groups next season, something he's confident in achiev-



I think my chances are pretty high.



Trampolinist Emmett Morgante on qualifying for World Age Groups

ing.

"I think my chances are pretty high," he said. "After Canada Cup placing second, I was third in Canada and all I had to do was hit a score at nationals and I would have made it.

"Just because of my knee, I didn't hit the score."

The Grade 12 student is enrolled in Specialist High Skills Major (SHSM) Program in Health and Wellness at St. Mary and plans to pursue a life sciences pathway in his post secondary studies. Morgante trains four times per week in Richmond Hill and es-

timates he spends about eight hours per week in training.

Morgante has been diagnosed with chronic swelling in his knee, causing instability, due to wear and tear.

"They told me take a break, give it some rest and then go back," he said, adding he feels it will be fine in the long-term.

While he admitted his ultimate goal is to compete at the Olympic Games, right now he's solely focused on worlds.

"After that, we'll think about the next step."

Highlight was playing in front of 14,000 fans at MSG last week

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Cornell will face the Miami University (Ohio) RedHawks in two road games this weekend.

"Even with our strong record, these two games could make or break our first half," Malott said. "We don't want to look too far ahead, but this weekend ... might honestly be one of our toughest weekends of the year."

But Malott, who played for the Alberta Junior Hockey League's Brooks Bandits before joining Cornell, said he's focused on team success ahead of his own goals.

"Personally, I think my personal goals are almost parallel to the team goals," he explained. "We want to get everyone on the same page and go as far as we can in the post-season.

"Last year, we made it to the ECAC finals and got run over by Harvard, so it would be nice to make it back there and finish what we started last year."

Malott found his goal-scoring touch in last year's playoffs, as he was one of only two members of the team to score twice in the post-season.

In addition to tallying the lone Cornell goal in the team's 4-1 Eastern College Athletic Con-

ference (ECAC) Championship Game loss to Harvard, Malott also opened the scoring for a Game 3 victory over Clarkson in the ECAC quarter-finals.

His playoff heroics paid off, as Malott was invited to the Calgary Flames development camp in July.

One of the highlights of the season to that point, said Malott, was when he and his Cornell teammates faced Boston University at Madison Square Garden in front of 14,606 fans – with Cornell taking a 4-3 win.

"That was a pretty sick game," he said. "With Boston University having a lot of alumni in the area and with Cornell having a lot of alumni in the area, it was a pretty cool atmosphere.

"Neither team was the home team. After both sides had a big play or a shutdown play, the place just erupted."

Malott noted Boston University graduates such as New York Rangers defenceman Kevin Shattenkirk and 1980 Miracle on Ice USA captain Mike Eruzione were in attendance.

"There were some pretty big names there," he said. "It was a pretty cool atmosphere to play in front of."



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Warriors hit the ice Nov. 30 vs. Ancaster

By Mac Christie
FLAMBOROUGH REVIEW STAFF

The Waterdown Warriors boys hockey team will open its season on Nov. 30 against Ancaster on home ice.

Coach Larry Timms said he expects the team will be ready to go. “We’re not big, but we’re fast and skilled,” he said of the Warriors squad.

While Timms noted the team lost some good players – including Mitchell Brewer, who moved on to the Ontario Hockey League’s (OHL’s) Oshawa Generals – he said the team has some strong returning players.

“We have a pretty good mix of kids who are returning,” he said. “We’ve got a good mix of youth and veterans.”

He added he expects the team to be solid defensively, anchored by returning veterans Liam Delmastro and Justin Coles. “Very solid hockey players,” he said. “They’re smart and they understand the game.”

Timms noted the Warriors have five Grade 9 students on the roster this year.

“You don’t usually do that, but they all deserve to be there,” he said. “They’re all skilled, they’ve worked hard and they’ve earned themselves the spot.”

Timms said the team also has

strong, veteran leadership in the form of Connor Snider, Joel Beam and Braeden McCarles, among others.

“They add a calming influence to the team.”

Timms said ahead of their home opener, the Warriors have already played 11 exhibition games.

“We have a pretty good idea of what we have and where we’re going with it,” he said. “We’re not going to be a big physical team, because we don’t have the physical players.”

“We’re going to be a finesse team with skill.”

Timms noted the Hamilton-Wentworth Interscholastic Athletic Council (HWIAC) league is very competitive.


“There’s never a runaway,” he said. “We want to be as close to the top as we can, if not at the top.”

“It’s a tight league, and a win here and a loss here can make all the difference in the world.”

He noted high school season only lasts 10 games, which magnifies the importance of each contest.

Timms added the Warriors will also play in four tournaments to hone their skills.

The Warriors face Ancaster at Harry Howell Arena on Thursday, Nov. 30 at 3 p.m.



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Bowlers hope to shake off winter blues

Well, we at the 55-plus bowling league seem to be having the winter blues.

On Nov. 27, Walt Crocker bowled a 221 and Bob Bragdon managed a 227.

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Hopefully come December we can all shake off the cold weather blues. Happy holidays to all.

– submitted by Pauline Waddington

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Longley will be third-ranked female Canadian trap shooter

McMaster University student received \$10,000 Petro-Canada Fuelling Athletes and Coaching Excellence Program grant

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third among Canadian women next season.

"I will be going to World Cups next year, but we'll have selection shoots for things like the Continental American Championship (CAT)," she said, noting the CAT is qualification competition for the Olympic Games.

Heading into Nationals, Longley said she expected to place third or fourth, adding making the national team was her goal.

"By the shooting the score in Acapulco and shooting the score in Cyprus I made the national travel team," she said.

In addition, Longley was selected by Petro-Canada to receive a \$10,000 Fuelling Athletes and Coaching Excellence (FACE) Program grant. The grant, awarded to 55 young Canadian athletes from 40 different summer and winter sports, supports up-and-coming athletes when they need it most: when they are striving to represent Canada at the Olympic or Paralympic Games, but don't yet qualify for government funding.

Past recipients include gold medalists Hayley Wickenheiser, Rosie MacLennan and Mark Tewksbury.

Longley said she is very thankful to receive the grant.

"It allowed me to go and get my coaching certification," she said, noting she is now an ISSF Level D certified coach. "It's the first level to an international-level coach.

"I am one of the youngest, if not the youngest, to get this certification, so it's pretty amazing."

Longley, who is a third-year earth and en-

vironmental science student at McMaster University in Hamilton, said it can be difficult to balance training and school.

"I miss a fair bit of classes and stuff," she said. "But at McMaster they've been extremely accommodating for me.

"I haven't had any major problems or anything."

From a training standpoint, Longley said it's difficult to put a number on how much training she does.

"In the summer I was up at the range in Barrie four or five times a week," she said. "8 a.m. until 4 or 5 p.m. – so it gets long."

While she used to shoot once per week at the range in the winter, she's recently spent

more time focusing on strength training, swimming and yoga.

"It's pretty variable," she

said of her training schedule.

Longley noted trap shooting has one of the longest running competitive seasons – starting Feb. 1 and running until Oct. 31.

"This year, New Delhi was the first World Cup of the season in February," she said, adding the last World Cup event of the season was May, prior to the World Championships in September.

Heading into next season, Longley said she hopes to meet her goals.

"I just want to perform to the best of my ability and make my country proud," she said.

Longley noted she's not sure which World Cup events she'll compete in yet, adding they'll make that decision in January.

As she's the third-ranked Canadian, Longley will get the third choice of next year's World Cup events.

"But they're doing new rules for major games," she said, adding to qualify for the CAT games and World Championships she has

to shoot well at qualifying competitions.

The 2017 season was Longley's last year competing as a junior and while she competed on the senior tour as a junior this year, she's

looking forward to the competition next season.

"Being able to do both at the same time was beneficial to me," she said of her experience this year. "Because I think it's going to make for an easier transition to the senior circuit. "I'm looking forward to that."



photo by Lindsey Ryder • Special

Elizabeth Longley, a third-year earth and environmental sciences student at McMaster University, was one of 55 athletes to receive a \$10,000 Fuelling Athletes and Coaching Excellence Program grant from Petro-Canada this year. She used the grant to get her ISSF Level D coaching certification earlier this fall in Calgary.

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submitted by Steve Durham

The Flamborough Sabres minor midget AA team took home the title at the Rock and Roll Cup in Cleveland Sept. 22-24. The Sabres defeated Humber Valley 3-2 in the final. The team includes goaltenders Tyler Staresinic and Matt Robinson, defencemen Dylan McDonald, Ben Stock, Jacob Dietz, Connor MacDougall, Clarke Bellamy, and Evan Dalgetty, and forwards Joshua Fullerton, Tyler Schaap, Justin Contant, Darius Khoorshed, Jarred Yates, Zach Carey, Riley Zimmerman, James Donnelly-Lowe, and Ben Durham and coaches Ron Hamilton, Andrew Boiago and Kevin Moyle.

55-plus bowlers off to strong start

Club 55 is off to a strong start this season and so is Bob Bragdon, who shot an amazing 726 triple this week. Not to be outdone, Walt Crooker pulled off a 274 single.

I managed to get a 222, and Bob Filey a 209, with Tony Vanzantvoort pulling off a 203.

The previous week, Joan Morrissey bowled a solid 192 and 246.

Donna Hindle came up with a 215 and a 211, while Sylvia Mackrory came up with a 215.

Not to be outdone, Bob Bragdon bowled a

221, Walt Crooker 220, Bill Parchem 209 and Bill Bleses 206.

If you're looking for a fun time on Monday afternoon we start bowling at 12:45 p.m.

Newcomers are always welcome. The coffee club meets Fridays at 1 p.m., for fun, fresh air and a bit of exercise.

Hope to see some new faces out at the lanes next week.

— submitted by Pauline Waddington

Flamborough Hockey Association receives OMHA goalie gear funding

By Mac Christie
FLAMBOROUGH REVIEW STAFF

The Flamborough Hockey Association is one of 40 organizations across the province to receive a set of goalie equipment from the Ontario Minor Hockey Association.

The equipment, which is meant for associations to loan to 5-7-year-old players who are interested in trying out the position, is provided as part of the Goalie Assist Program.

Each set of equipment will be kept by the minor hockey organization to loan to plays in coming years.

Flamborough Hockey Association (FHA) vice president Drew Miller said the equipment will go into the FHA's house league program.

"For any kids that really want to start out being a goaltender and they're not really sure," he said, adding the equipment will add the a stockpile the FHA already has on had.

He noted the association purchased six or eight sets of goalie equipment for the house league program for the same purpose two years ago.

Miller noted the equipment is available for potential goaltenders, depending on size, from tyke to peewee.

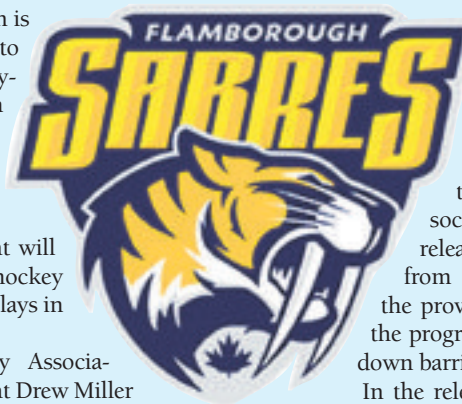
He added throughout the year all the sets of equipment will be used, noting some players will use it all year, or others will use the equipment if they want to try out.

"It's probably the hardest position in our organization to fill on a regular basis," he said.

According to an Ontario Minor Hockey Association (OMHA) press release, 170 applications from associations around the province were received for the program, which helps break down barriers for new goalies.

In the release, OMHA executive director Ian Taylor said the OMHA is proud to give back and reinvest in associations through programs like Goalie Assist.

"Hockey is a late-specialization sport and the Goalie Assist program is a great way to introduce the position to players who may not have otherwise had the opportunity," he said. "The equipment gives every player a chance to try being a goaltender without making the financial commitment."



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Flamborough Sabres tyke MD's open season with 2 wins

The Flamborough Sabres tyke MD's opened their season Sept. 16 with an 8-4 win over the Stoney Creek Warriors at Harry Howell Arena.

The Sabres dominated most of game and Lucas Wellenreiter scored four times for the team, with wrist shots that were unstoppable by the Stoney Creek netminder.

Rounding out the scoring was Chance Spencer with two, Kian Snowball with a strong shot from the slot and Dylan Johansen with a superb effort.

The Sabres were backstopped by solid play from goal-tenders Ryan Slama and Emma Forrest who both made some excellent saves.

Great passing and breakouts by the Flamborough defence rounded out the victory for the Sabres.

Carson Brady, Aidan Chamula, Matthew Handy and Ronnie Baillie all put in efforts for the team.

The Sabres faced the Milton Winterhawks Sept. 22, dropping a tough 7-1 decision.

The Sabres put in a solid team effort, but the Milton AAA's were too much to overcome.

The lone Sabres goal was scored by Chance Spencer.

However, on Sept. 23, the Sabres rebounded from the loss to Milton with a solid 9-4 win over Stoney Creek.



submitted photo

Flamborough Sabres tyke MD players Chance Spencer, Ronnie Baillie and Kian Snowball all keep an eye on the puck in the team's Sept. 16 win against the Stoney Creek Warriors.

Kyle Cleland scored his first of two to open the scoring in the first period.

Cole Robertson and Hudson Sookdeo also scored with solid shots in the first period to put the Tykes up by three.

Stoney Creek responded with three of their own in the second period, but not before Sookdeo and Spencer scored to put Flamborough up by two.

The Sabres dominated the 3rd period with 4 goals by Dylan Johansen, Charlie Brenn, Cleland and Sookdeo who completed his hat trick for the night.

The Warriors got one back late in the period, but that was all they would manage as the Sabres took the victory.

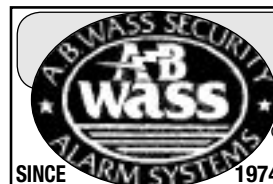
— submitted by Ron Baillie

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