



Hou Yingli will be a new coach with the Waterloo Regional Synchronized Swim Club. Rhianna Jackiw (below) is the new head coach of the Kitchener-Waterloo Synchronized Swim Club. PHILIP WALKER, RECORD STAFF

## WOMEN'S BASKETBALL Lithuania stranded no more

RIO DE JANEIRO

Canada will face Lithuania at the women's world basketball championships after all.

Brazil's government suspended a regulation and allowed the Lithuanian basketball team into the country for the world championships, but not in time for its opening game against Australia yesterday.

The No. 12-ranked Lithuanian team, which is in a pool with Canada, Australia and Senegal, had been stranded in French Guyana with its participation in the 16-country tournament in question.

Lithuania was forced to forfeit its game against Australia, but that's of little help to Canada. Australia was favoured to beat Lithuania.

The No. 15-ranked Canadians play Lithuania today.

If Lithuania had missed that game, it would have been disqualified from the tournament and Canada would have advanced to the second round.

"Our team is preparing (for) tonight's game versus Senegal, and we are staying focused on us and what we need to do to be successful in this tournament," Canada Basketball's women's manager Denise Dignard said yesterday afternoon.

After negotiations, the Lithuanian players were vaccinated and allowed to enter the country even though they didn't complete the mandatory 10-day quarantine, said Dirciara Gracie, director of Sanitary Control and Guidance for Travellers at the ministry in Brasilia.

The team was taken to the northeastern city of Belle, at the mouth of the Amazon River, where health agents determined that the chance that they had contracted yellow fever was "very small," she said by telephone.

The women's team had been practising on the Caribbean island of Martinique and left Sunday for Brazil, with a stopover in French Guyana after its direct flight to São Paulo was cancelled. Vaccination is mandatory for visitors from countries where the disease is present, like French Guyana.

• Canadian Press

# The life aquatic



## ... with Hou Yingli and Rhianna Jackiw

BY RICHARD O'BRIEN  
RECORD STAFF

This is a tale of two synchronized swimming clubs in two cities.

Both are trying to become competitive at the national level and help their swimmers avoid the lure of distant clubs.

And to that end, both have hired coaches with backgrounds as different as east and west.

Meet Hou Yingli, a former member of China's Olympic teams of 2000 and 2004.

She joins Michelle Dagleish and Kelly and Kristy McDonnell on the coaching staff of the Waterloo Regional Synchronized Swim Club.

Together, they have selected a national team to compete this season.

Yingli, whose first name is pronounced "Ho ho," was discovered as a 10-year-old in a learn-to-swim class in her hometown of Nantong.

"The coach found me and put me in synchro," Yingli said.

Within two years, at the age of 12, she left home for the Nanjing Institute of Sport as a member of the Jiangsu

provincial team.

From then on, she had just two weeks a year with her parents.

"It was very hard but I think I learned a lot of life skills and we learned a lot of teamwork," Yingli said.

She lived with change as a 12-year-old and change remains a part of her life. This year, at the age of 28, she has arrived in Waterloo by way of Toronto, where she was a part-time coach with the Olympium club in Etobicoke.

Yingli, whose Chinese Olympic teams placed seventh in 2000 and sixth in Greece, is taking English as a second language and hopes to study sports physiology at University of Waterloo in 2007.

Now meet Rhianna Jackiw, the new coach of the Kitchener-Waterloo Synchronized Swim Club.

Originally from Winnipeg, Jackiw moved to Ontario with her family and swam with the Etobicoke Olympium club from the time she was 10.

At age 12, Jackiw was swimming at the equivalent of today's Tier 7, she said.

That was in the early 1990s when K-W had a strong club. Waterloo Synchro was not yet formed.

"When I was swimming at Olympium, K-W Synchro was our biggest competition within the province," Jackiw said.

"They did have a lot of strong swimmers and now I want to try and bring it back to where it was before."

Jackiw came to Kitchener by way of Halifax, where she coached part-time with the Halifax Aqua Novas while attending university there.

Jackiw hopes to build a strong team of swimmers at the national level. Within two years — maybe three — she wants a team that can compete with Olympium.

It is a goal that both local clubs share. But with a No. 1 provincial ranking last season, Waterloo Synchro is the stronger of the two clubs.

Swimmers such as Kitchener's Rachel Kowalski, an Olympium swimmer and member of the national 13-15 team, progressed from K-W to Waterloo on her way to Etobicoke.

Now, both clubs hope strong nation-

al programs will keep their swimmers from leaving.

"I'd like it even to be that people are actually coming to us from other places," said Jackiw, who has already formed a Tier 6 team. "I did the same thing. I started at Mississauga Synchro and moved to Olympium."

### JUNIOR TEAM ONTARIO

Three local synchro swimmers who joined Olympium last season are among 12 athletes trying for one of nine spots on the junior Team Ontario that will compete in Yukon at the 2007 Canada Games in February.

Synchro sisters Rachel and Samantha Kowalski and Alyssa Bezeau are all trying to make the final nine.

Eight of the nine will then go on to compete at the Games.

Rachel Kowalski has already had a good summer with Canada's 13-15 national team. After a month of training with the team in Montreal, Rachel was on the Canadian team that won a gold medal at the Pan Am age group championships in Mexico on Aug. 26.

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# Sound of body, sound of mind

BY ANDREW COPPOLINO  
FOR THE RECORD

It's back to school, and that means new academic challenges. Starting off the year on the right scholastic foot is of primary importance, but using those scholastic feet for physical fitness is just as important.

Unfortunately, at local high schools, youth involvement in physical fitness continues to decline. In his study — published in July's Journal of Adolescent Health — University of Guelph professor John Dwyer found that fewer than 50 per cent of students at Ontario high schools (600 randomly selected secondary schools in Ontario, for which 474, or 79 per cent, responded) have signed into physical education classes, and only a fraction of that number partake in school sports and recreation programs. A healthy mind cannot thrive in an unhealthy body.

What Dwyer also found is that while schools are offering some physical education classes as well as intramural and inter-school sports, participation has declined. That's a bad thing.

Consider intramural sports: activities that take place within the school, which emphasize participation and are not as competitive as inter-school



### KIDS IN SPORTS A WEEKLY LOOK AT YOUTH ISSUES

sports. Intramurals should be the grass-roots life blood of physical activity in a school and have broad appeal to all students regardless of athletic ability.

Dwyer's study reveals that while 66 per cent of schools offered intramural programs, fewer than 15 per cent of students participated. And when the high schools were asked to account for this, the responses included lack of funding, conflicting timetables, limited facilities and supervision issues.

Stuart Cross, a vice-principal at Waterloo's Bluevale Collegiate, with a stu-

dent population of 1,400, says his school is currently rebuilding its intramural sports (something the school has not had for a long time). They are doing this in part by restructuring their timetable so all students and staff are on lunch at the same time, creating both a critical mass of participants and staff supervision for many co-curricular activities from home work rooms, computer labs and intramural sports.

"The kids and the athletic council will organize (athletic activities), and it is certainly something they want, no doubt about it. It will promote school spirit and morale, too," Cross says.

Margaret Avenue Public School is one of many senior public schools with an active intramural program. Leanne Breckles, a Margaret Avenue phys. ed teacher, says "the goal for intramurals is to get a lot of kids participating."

At Margaret Avenue, 400 kids participate in sports at lunch time throughout the year. One day it will be Grade 7 girls playing basketball, the next Grade 8 boys. Depending on the sport, they can have as many as 80 kids involved. Participation is key, and while it is the lowest competitive level (behind varsity and junior varsity in-

ter-school teams), Breckles identifies several key components to intramurals.

"The kids get a lot of activity, they get a chance to improve their skills with regular play, and they get to meet and interact with other kids at school."

While the schools want the kids to take responsibility to find out what events are taking place and when, a gentle nudge in the right direction from parents could help stem the tide of declining physical activity, as evident in Dwyer's research. Make a few calls to your kids' school and ask about intramural sports or school teams. Then, one morning while bagging up the lunches or sitting at the breakfast table, throw out a less-than-subtle challenge: "I understand that volleyball begins this week. Why don't you get involved?"

By doing a little fact-finding on your own — and by virtue of a little well-intended subterfuge — parents might just provide a spark of interest that injects a new energy in the scholastic routine. It could change the way your kid approaches school and physical health.

• Andrew Coppolino's column appears Wednesdays. He can be reached at [andrew@tablescrap.com](mailto:andrew@tablescrap.com)

### Minor sports results

#### FOOTBALL

##### Peewee

**Twin Cities Ravens 28 Guelph Bears 14**  
Twin Cities: Mitch Berenz 16, Aaron Simon 6, Marcus Firus 6.  
Guelph: Prentice Beckham 8, Nick England 6.

#### MOTORSPORTS

##### Results from Grand Bend Speedway for Sept. 9.

**Junior C Micro Sprints**  
1st: Chad Charlton; 2nd: Calvin Verheyen; 3rd: Justin Coliver; 4th: Nic Ramsay; 5th: Jordan Zilka.

**Junior B Micro Sprints**  
1st: Cassidy Marche; 2nd: Scott Schloendorff; 3rd: Greg Dadson; 4th: Tyler Finlay; 5th: Jordan Hamilton.

**Junior A Micro Sprints**  
1st: Devon Webb; 2nd: Nathan Wray; 3rd: Jansen Becker; 4th: Jamie Marcher; 5th: Shae Gemmel.

**BHP Mini Sprints**  
1st: Darcy Sturt; 2nd: Shawn Thompson; 3rd: Jamie Hamilton; 4th: Dale Amott; 5th: Michelle Korcinia.

**440's**  
1st: Tom Kyle; 2nd: Tom Crawford; 3rd: Devon Limon; 4th: Dale Brooks; 5th: Joey Herremans.

#### Soccer

##### Girls Under 16 A

##### Kitchener Spirit A 6 St. Catharine's 1

Kitchener: CJ Carr 3, Natalie Fiedler 2, Katie Lee. Assists: Erin Klassen 2, Fiedler, Anita Disic.

##### Girls Under 13 A Elite

##### Brampton United A 3 Kitchener Spirit A 0

##### London City 3 Kitchener 1

Kitchener: Esther Peters.

##### Girls Under 13 B

##### Kitchener 2 Welland 1

Kitchener: Kristann Wiens, Megan Ferguson.

##### Under 12 Girls Premier Division

##### Kitchener Spirit B 3 Brampton B 2

Kitchener: Jackie Hart (2), Marisa Mota. Assists: Erika Geoffrey, Holly Astreau.

##### Kitchener Spirit 1 Georgetown 1

Kitchener: Melanie Vergeer.

#### Basketball

##### Results from 20th Annual CanAM Pal Basketball Tournament in Niagara Falls, New York, September 8th-10th.

##### Waterloo Wildhawks Juvenile Boy's AAU

##### Waterloo Wildhawks 67 People's Academy 43

Waterloo: Doug Fischer 21, Will Bradbury 12, Jordan Mac Neil 10.

##### Semi-Finals

##### Toronto 65 Waterloo Wildhawks 53

Waterloo: Mac Neil 19, Fisher 11.

##### 3rd Place Game

##### Niagara Pal 75 Waterloo Wildhawks 73

Niagara: Garrett Olejuk 24, Fisher 11, Marcus Hummel 6, Bradbury 6.

#### ANNOUNCEMENTS

##### Soccer

The World Cup Challenge, which occurs September 20 at Castlebury and Dovercliff Park, is accepting applications for teams, small groups and individuals. The tournament will be co-ed 6-on-6, and each team will play five or six games.

Space is limited. Cost is \$120/team or \$15 each and the registration and fee deadline is Friday, September 22. Check the website for more details and registration forms: [www.perpetualmotion.org](http://www.perpetualmotion.org).

##### HOW TO REACH US

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**By e-mail:** [sports@therecord.com](mailto:sports@therecord.com)  
**By fax:** 894-3829  
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In games between teams in The Record's readership area, scorers for both teams must be reported. For publication Wednesday, results must be reported by 7:30 p.m. Monday.