



Dear London Legion Parents & Athletes

November 21, 2007

Good morning.

November is recognized as the month Canadians honour our Veterans through Remembrance Day ceremonies. Several London Legion athletes were selected to be a part of 2 major City of London Remembrance Day ceremonies.

1. Lambeth Remembrance Ceremony - Cassidy Mayers & Erica Irving were part of the ceremony and laid a wreath at the Lambeth Cenotaugh on Nov. 4.
2. City of London Remembrance Day Ceremony on Nov 11. Andrew Graham, Charlotte Crombeen, Gabriel Tesfaye & Elena Simpson were honoured to lay the London Legion wreath at the Victoria Park Cenotaugh.

Honouring Veterans is not a single day event for members of London Legion T&F. On our club uniforms are the Latin words....."We will remember them".

In other club news.....

Alex Dufault Wins Ontario OTFA Cross Country Bronze Medal

Congratulations to Alex Dufault for attaining a Bronze Medal at the recent OTFA Cross Country Championships. In October, Alex won Gold, at the Thames Valley Elementary Cross Country Championship.

Legion Athletes Excel at Thames Valley Elementary Cross Country Championship

At the Thames Valley Elementary Cross Country Championships, several London Legion athletes placed in the top 10 including....Bantams Jackson Mayers 1st, Nicolas Fournie 2nd, Maggie McCullough 3rd. In the Junior Category Ben Harris was 2nd and Mackenzie Mayers was 1st. In the Intermediate Division, Elena Simpson placed 6th and Payton Wares was 9th. The Seniors had Liam Wilson 10th and for the girls Cassidy Mayers 1st, Emma Ashby 4th, and Meredith Leitch 5th. Finally, in the Open Class, Alex Dufault was 1st and Jared Scrimgeour 10th. Well Done Elementary team! What a wonderful job Linda Findley, Bud Willis, Aleccia Hofstetter and Nathan Hofstetter have done in preparing these great athletes! Thank you coaches....

Sandy Cooper-Ryder Nominated for Athletics Canada Coach of the Year

Head Coach Sandy Cooper-Ryder has been nominated for Athletics Canada Coach of the Year. There are a total of six extremely talented coaches from across Canada nominated with her. Sandy is nominated for her leadership in building the #1 Indoor, #2 Outdoor T&F Club in Ontario in only 3 years. Athletes in London Legion have broken over 25 Ontario and Canadian records. The decision will be made by Saturday Nov 24. We will update everyone on this amazing honour for Sandy.

Samantha Ward & Ashley Fader Join Coaching Staff

You may have noticed two new coaches, Samatha Ward from South Secondary and Ashley Fader from Laurier, at our practices. Club parents and athletes, please introduce yourself to Sam and Ashley and always make sure you thank them, and all of our wonderful coaching team for their volunteer coaching commitment. Welcom Ashley and Samantha....

First Indoor Meet - International Youth Meet of Champions - Dec 7-9

London Legion T&F has been asked to participate at the International Youth Meet of Champions. Several large T&F clubs in Ontario, Quebec and the US are coming to win the International Youth Meet cup. For the last 4 years, Quebec teams have taken the team trophy home. We think it is time to bring it back to Ontario....London, Ontario.

The unique character of this meet is that it is a meet for club athletes from Grade 1 to Grade 12. This is a rare opportunity for the whole London Legion team to compete together. It should be great fun. [The meet will be held at York University and this link will provide the schedule.](#) A map to York Universities T&F Centre is in our new maps section.

PLEASE NOTE:...even though the meet goes for 3 days, athletes can go 1, 2 or all 3 days. We want as many athletes as possible and athletes can participate in many different events including 2 relays ...1 Friday night, the second Saturday afternoon.

We think we can win this meet with all of the talent we have. So let's get everyone out and have some fun and meet new friends from Ontario, Quebec and the United States.

It would like to reassure all athletes and their parents (of all ages) in our club that this is a fun event and there is no pressure for performances. Our goal is to gain experience and to test our athletes in different events. We especially invite our new athletes to participate.

Club Uniforms - Spirit/Logo Wear Coming Soon.

Many people have asked me about team sweatshirts and T-shirts. We will be making an announcement soon in this area.

Brent McFarlane is Inducted into Sarnia-Lambton Sports Hall of Fame

Our Mentor Coach and SAC Program Consultant has been inducted into the Sarnia-Lambton Sports Hall of Fame. A story and the actual induction speech is on our website. Brent McFarlane, Canada's 2000 Olympic Games Head Coach, is a tremendous Consultant and supporter of London Legion and we are so proud of him and so very thankful for his continued assistance. Congratulations Brent.

Winter SAC Starts Monday November 26

The Winter SAC starts November 26. Availability is limited so please book early.

www.londonlegiontrack.ca is Still Under Development

Our new website www.londonlegiontrack.ca is still under development. We have taken down the videos temporarily until the redesign is complete. When they are restored, we think you will be pleased. Please be patient with us during this phase of development.

Let's get ready to have fun in Toronto at our first big meet of the Indoor Season. As always, if you have any questions or concerns, please call me at 519-652-9477

Joe