

BEST SPORTS PAGE(S)

Only two finalists selected due to shortage of entries.

THE EASTERN DOOR
Prominent sports header lends a sense of importance to the section. Clever headlines & leads that call back to a more colourful era of newspaper writing. Diverse selection of photos that play significantly in the storytelling, as opposed to serving as afterthoughts or mere space-fillers. Depth of reporting in all events, big and small. I'll be dreaming of how great this section would look with full colour throughout.

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SPORTS

Rocky dances and jabs on his home turf

DANIEL J. ROWE
THE EASTERN DOOR

Home turf jitters be damned, this kid showed everyone how to dance in a boxing ring and dominate a bout.

Shatekaienthokwen "Rocky" Van Dommelen bounced around the ring like a pro, stabbing Hugo Lefebvre with jabs, hooks, and, dang, was that an uppercut?

Yes. Yes it was.

Three rounds later, and the fight fans who took a trip to the Mania Saturday afternoon found out how talented the young Kahnawa'kehrónon fighter is and the incredible potential he has at a very young age.

If you want to see round three of the fight, check out the video @EDSports on Instagram.

Van Dommelen was the fifth fighter of the afternoon at Les Combats de Boxe, which featured 14 bouts, and fighters from across Montreal's gyms.

How did he feel about his fight?

"Good," said the boy of few words but many moves.

How was it to fight in his hometown?

"Weird," he said.



Shatekaienthokwen "Rocky" Van Dommelen may hear his name bandied about with the likes of Muhammad Ali, as he danced and jabbed his way around the ring for three rounds to a rowdy and proud crowd.

show and a great athlete. He's got a good attitude about it and he's out there having fun, and at that age that's what it's all about, just about having fun."

Boxing celebrity number two of the afternoon was USA Boxing judge Lisa Phillips, who had her first chance to officiate a match at home. "It meant a lot to me to judge in my own community," she said. "I drive three-four hours to give my time and judge (usually); I'm so happy to do so here."

Judging her friend's son's fight was extra special for the hardcore boxing fan Phillips.

"I'm so proud of Shatekaienthokwen," she said. "Although it was an exhibition bout, he did so well. Art is a close friend, who has helped me in my path in the boxing world, and I'm proud to be part of his and Shatekaienthokwen's event."

The event doubled as a fundraiser for Shatekaienthokwen's upcoming training camp in Cuba, where two-time Olympic gold medalist Mario Kindelan and others will be on hand to help the young boxer develop.

"It's going to help him so much," said Art.

The event featured 14 boxers from Angry Monkey, Under Dog, Tri-Star, Hardknox and other gyms throughout the region.

"I think it's great," said Whyne, whose family is originally from Jamaica. "It's an outdoor venue, and I like the mixed cultures, and the fact that they actually accepted us and welcomed us over here."

"There's nothing negative at all. It's a positive reinforcement. We felt extremely welcomed here and are honoured to have it here."

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WEDNESDAY, NOVEMBER 23, 2016 CHRONICLE - TELEGRAPH

It's off to the Vanier Cup for Laval's football team

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Laval was supposed to be another nail biter, another close game for the Université Laval Rouge et Or football team in the Uteck Cup. Instead it was over just after the coin toss.

After an easy 36-6 win over the Wilfrid Laurier University Golden Hawks, from the Ontario University Athletics Association, the Rouge et Or is going to the Vanier Cup final for the first time in three years.

Laval scored 36 unanswered points before Laurier scored the lone touchdown of the game, at the end of the

fourth quarter.

From the get-go, you could feel that Laval's quarterback was in his groove. Hugo Richard tossed two touchdown passes in the first quarter to Félix Faubert-Lussier and Jonathan Breton-Robert.

After that, Laval never looked back. Two field goals by Faubert-Lussier, one safety, and a three-yard run by Sébastien Serré, and Laval had a 29-0 lead at the half.

Richard added another touchdown on a two-yard run and the game was signed, sealed and delivered for the men of head coach Glen Constantin, a St. Patrick's High School alumnus.

Brentyn Hall scored for the Golden Hawks in the last minutes of the game, but by that time, the celebrations were almost underway at the Telus Stadium.

With this win, Laval will now play for the national championship on Tim Horton's Field in Hamilton, against the University of Calgary Dinos, who easily defeated the St. Francis Xavier X-Men, of Antigonish, N.S., by the score of 50-24, to win the Mitchell Bowl.

Game notes: Before the game, Université Laval honoured their recent national champions: the men's cross-country team and the women's



Fans shivered in the cold as the Rouge et Or trounced the Laurier Golden Hawks at the Telus Stadium.

The Vanier Cup will be broadcast on Rogers Sportsnet and TVA Sports at 1:00 p.m. on Saturday, November 26.

Rouge et Or top Gaiters, improve to 2-1 on season

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The Laval Rouge et Or men's basketball team won their second consecutive game of the season after a decisive 74-64 victory over the Bishop's University Gaiters this past Friday at the PEPS (Pavillon de l'Éducation physique et des sports) at Université Laval.

A booming crowd of over 1,000 fans helped the Rouge et Or get off to an 11-2 start before Bishop's was able to quell the ambience and respond with a 6-0 run to keep the contest close. At halftime, it was dead even at 34-34.

Laval regained momentum after the break and found a way to control the remainder of the game courtesy of third-year wing Alexandre Leclerc

and solid contribution from the team's bench. After tiring the opposition's defence and doing a better job on the glass (rebounds), the Rouge et Or led 54-41 entering the fourth quarter and kept their foot on the gas to hand off the Gaiters by a margin of ten points before the final buzzer.

Leclerc capped the evening with a team-high 20 points and five rebounds in 30 minutes, improving the overall record of his squad to 2-1 in RSEQ (Réseau du sport étudiant du Québec) competition. Head coach Jacques Paiement Jr., the face at the helm of the Laval basketball program since 2008, has relished every chance to guide the savvy Leclerc since his arrival on the scene.

"He means a great deal to

us," remarked Paiement after the last buzzer. "In this game, he was 1-of-5 from the three-point range, but despite that, he's still able to be productive, still able to take it inside rather than settle for jumpers, which he's had a tendency to do in the past. I think that's what makes the difference this year, that's what makes him an MVP candidate. He can still have an impact on the game even if some of his shots aren't falling, and when they do, it'll be even better."

Having established himself as the league's best scorer and a model of consistency, Leclerc is undoubtedly the game-changer, but the win wouldn't have been possible without the savvy of Yannick Fohquet and Vladimir Thomas, who together combined to pour in 25 points off

the bench.

On the luxury of having reliable reserve players and their significance going forward, the coach added: "That's really important for us. I think that our pressure kind of got to them as the game rolled on and our bench was definitely a big part of it. Yoann and Vlad gave us quality production from the backup two position, and they defend, so it makes a huge difference because we want to play the style that we want to play with just five or six guys."

As far as personal expectations go, the bench boss confirmed that the goal of winning a championship hasn't changed. "I feel like we have a good chance this year, I think we have what it takes in terms of lineup and players and experience. We'll



The Rouge et Or beat the Bishop's Gaiters 74 - 64 at last week's game at Laval's PEPS.

see if it happens, but we feel pretty confident that we've got a shot to do it."

The Rouge et Or will look to stay hot when they travel to UQAM to face the number one ranked Gaiters next Friday, and have the opportunity to extend their undefeated home-court winning streak when they host the McGill Redmen on January 6.

Enthusiasts prepare for winter at the Salon du ski

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As winter fast approaches, many ski resorts have already held prelates of season passes, and many skiers are still making choices. For the second year, the Salon du Ski et des Sports d'hiver was held for skiers who haven't yet decided at the Cruise Terminal in the Port de Québec from November 18 to 20.

"The inspiration for this convention is the Salon Info-Vélo, which has been around for 30 years and is held here during the summer," said Christian Rodrigue, promoter of the bicycle show and director of the Salon du Ski et des Sports d'hiver. "Ten years ago, the Salon Info-Ski disappeared. Last year, I brought it back under the name Salon du Ski. About 60 organizations on site offer information on skiing, para-skiing, snowboarding, biathlon and cross-country skiing.

For transportation to and from resorts, local businessman Pierre-Luc Dubé developed a



Numerous companies had their latest winter sports equipment, such as these beautifully designed snowboards, on display at the 2nd Salon du Ski et des Sports d'hiver.

round-trip carpooling service, Ski Covoirage, dedicated to skiers and snowboarders. "Since 2012, people have been subscribing for free to our website to shop for rides and passengers and to send messages to each other," said Dubé. "Over time, this creates a secure and reliable community of skiers and boarders."

He continued, "Resorts like Stoneham and Mont-St-Anne, for example, offer all carpooling information and communications for free; other resorts do not offer the service, or offer

by walking, jogging, swimming or biking. The next step is to practice balance, especially in positions used in the winter sport. To prevent injuries, increased muscle mass, flexibility and stretching are important.

Once skiers or snowboarders are ready to hit the slopes, they should inspect snowsuits, helmets, goggles, boots, poles,

and skis. There were many high-quality providers of equipment and apparel at the show: Avalanche, Dynastar, Rossignol and Salomon. Raccoon Skis and Salomon locally produced skis boast an inner core of maple wood. Since 2009, Raccoon Skis have made quality products for intermediate to expert skiers.

Resorts represented at the

Salon du Ski included Stoneham, Mont-St-Anne, Le Massif de la Petite-Rivière-Saint-François, and Sépaq, all of which offered other winter sports beyond skiing. Lovers of winter sports, snowshoes, cross-country ski, slide, skate, practise biathlon, and even para-ski using a parachute sail. For information, visit www.salonduiski.com.

Local H.S. hoop teams on the court last week

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High school basketball season is well underway in the Quebec City and Chaudière-Appalaches regions of the Réseau du Sport Étudiant du Québec (RSEQ), and both Quebec High School and St. Patrick's High School had teams on the court.

Fighting Irish results
The Irish Bantam girls'

team started their season on the right foot with a 52-28 win over Roger-Comtois of Loretteville. The boys' Bantams won their two first games: 45-20 over Ancienne-Lorette, and 68-25 against La Camaradière of Québec.

The Junior boys lost a heart-breaker in their home opener, 56-55 against the Arsenal of Académie St-Louis. The Senior girls' team won their home opener, 33-20 against the Pion-

niers of Cap-Rouge. Blazers scores
For the blue and gold of QHS, the Bantam girls also lost a tough one, 32-29 against the Juvénat Notre-Dame de Lévis. The boys would like to forget their first game, a decisive 56-26 loss against Donnacona. The Senior boys easily handled Les Echemins High School with a 76-36 win at home, to start the season.

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QUEBEC CHRONICLE-TELEGRAPH

Cleanest design of this year's nominees and effective use of keylines. Diverse story selection, with briefs given some nice treatment, even if left for below the fold. Would have been nice to see something in the way of a section header, and more depth than just a standalone gameover for the lead story.