



An Oakville No Limits Martial Arts team recently enjoyed a successful tournament in Ohio. | photo submitted

No Limits martial arts team wins 21 medals in Ohio

Eight members of Team No Limits, representing Oakville's No Limits Martial Arts, combined to win 15 gold medals and six silver at the Lemons Warrior Invitational Tournament recently in Canton, Ohio.

Colton Chin led the way, collecting gold in forms, weapons and sparring and also claiming the prestigious title of Black Belt Grand Champion.

Also winning medals were Silvana Megally (three gold), Rachel Wong and Ryan Wong (one gold, two silver each), Nathan Falls (one

gold) and Cec Chin (two gold, one silver). Waterloo Double Dragon Kung-Fu members Pierce Keung and Patrick Keung joined Team No Limits for the meet, contributing four gold and a silver medal between them.

The team was coached by Sensei Adam Molnar, Sensei Elyse Molnar and Sempai Luke Molnar.

The competition marked the start of the No Limits Martial Arts tournament season, which will be highlighted by the No Limits International Goodwill Games in Aruba in December.

OSC launching new league, new partnership

Oakville Soccer Club will launch a number of new programs this summer as it adopts the Long Term Player Development standards set out by the Canadian Soccer Association and responds to a desire for improved coaching and more training opportunities for its players.

OSC is piloting an under-7 Super League this summer for house league players and is also partnering its rep level with the Spanish Network of Coaches.

The U7 Super League is in response to OSC participant surveys, which have shown a desire for more development opportunities and professional coaching in recreational programming. The Super League, available to all U7 players, will offer the same fun of house league (14 games against other Super League participants) while featuring 10 development sessions with the OSC's professional coaching staff. The development sessions will also allow volunteer coaches to shadow experienced

coaches on the pitch.

The U7 Super League is designed to offer players the best opportunity to prepare for the U8 Junior Advanced Development Program, for which they can try out in the fall.

The rep partnership with the Barcelona-based Spanish Network of Coaches will assist the club with coach mentoring and curriculum development. OSC is the Spanish Network of Coaches' exclusive club partner in Ontario. A summer camp program will be held in July for OSC Advanced Development Program players.

OSC summer camps will be expanded this season to accommodate both rep and house league players, pairing with the OSC Summer Soccer Fun Camps to provide a full-day option for interested participants. Fun Camps will focus on soccer-related activities but will also offer swimming, bowling, a trip to the movies and a pizza party.

OT grad Sagl dominating on women's diamond

Oakville Trafalgar High School graduate Alex Sagl was recently named the Pennsylvania State Athletic Conference's West pitcher of the week for the second time in a three-week span.

Sagl, who plays women's softball for the California University of Pennsylvania Vulcans, went 1-0 with one save in 8.1 scoreless innings at the Salem Invitational earlier this month. Making her first appearance in three weeks, Sagl tossed a three-hit, complete-game

shutout with five strikeouts against West Virginia State. The following day, she recorded a save with 1.1 innings of no-hit relief against Fairmont State.

Prior to this week's doubleheader at West Liberty, Sagl — who also starts in the outfield for the Vulcans — led the PSAC in both victories and earned run average. She has rung up 44 strikeouts and issued only nine walks this season.



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