

## Sugar Bears' Nash conference all-star three years in a row

Oakville's Megan Nash earned first-team Southland Conference honours for the third straight year.

The senior middle blocker for the University of Central Arkansas Sugar Bears finished fifth in the league with a .318 hitting percentage while averaging 2.36 kills per set.

She also finished eighth in the conference with 0.32 service aces per set. She added 0.99 blocks and 0.79 digs per set.

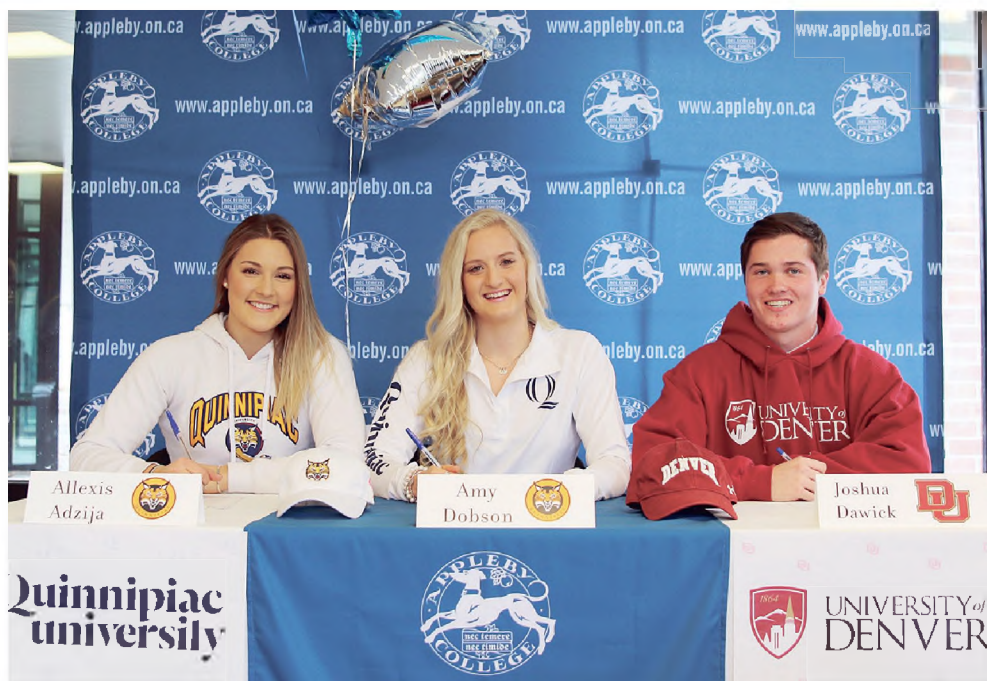
Her play helped Central Arkansas compile a 24-4 record this season, including a 13-3 mark in conference play. The Sugar Bears open the Southland Conference Tournament Friday against McNeese State University.

Nash had season-highs of 15 kills and four assists while adding six digs, four blocks and scoring 18 points in the team's last meeting with McNeese in September.

"Year after year Megan continues to be a force to reckon with both offensively and defensively," said UCA coach Jeni Jones Chatman. "She brings a physical presence that cannot be matched, and she consistently finds a way to be the best player that she can be for our program."

Nash was named the most valuable player at the Buffalo Invite tournament in late August.

Nash has started 111 of 115 matches at Central Arkansas. The Holy Trinity grad was the 2015 Southland Conference student-athlete of the year.



From left, Appleby College hockey players Lexie Adzija and Amy Dobson are heading to Quinipiac University while lacrosse player Josh Dawick is going to the University of Denver as they take their athletic talents south next fall after accepting scholarship offers.

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## Three Appleby College athletes heading south on college scholarships

Three graduating Appleby College students recently signed letters of intent to accept scholarships at schools south of the border.

Lexie Adzija and Amy Dobson will attend Quinipiac University in Connecticut on hockey scholarships with the Bobcats while Josh Dawick will attend the University of Denver on scholarship and play for the Denver Pioneers men's field lacrosse team.

The athletes celebrated their accomplishments with a letter-of-intent signing ceremony earlier this week at Appleby College.

Adzija played on this year's national women's under-18 hockey team and, with Dobson, are members of the Oakville Jr. Hornets.

Dawick, who has helped teams to three national lacrosse titles, was taken second overall by Toronto Beaches in the Ontario Lacrosse Association draft earlier this year.

## Another attempt to master Strait of Magellan

Madhu Nagaraja will once again attempt to swim across the Strait of Magellan.

The Oakville resident will attempt to become the 23rd known person — and first Canadian — to master the feat in a remote location in Chile sometime between Nov. 24-30, the exact date depending on weather conditions.

The Strait of Magellan, located near the southern tip of South America, is a passage between the Atlantic and Pacific oceans.

Unpredictable winds, currents and waves along with frigid water temperatures combine to make the swim impossible for all but the most prepared swimmer.

Nagaraja first attempted to conquer the strait at the age of 44 in January 2015 ago but after enduring almost two hours of punishing conditions, he was pulled from the water in a state of life-threatening hypothermia.

The setback only served to strengthen his desire to conquer the strait, describing his first attempt as "a successful failure."

What makes Nagaraja's attempt more incredible is the fact that he'll attempt the crossing wearing only his swim trunks, cap and goggles, as he did on his first attempt.

Nagaraja is well-known in the open water community.

"Training for an expedition like

this is impossible without support," he says. "What I have learned is that these kinds of challenges bring with them a unique group of people who are not only great human beings but have the art of excelling under stress. They have the ability to be selfless, to keep the training safe and achieve the goals."

"Hanging out with this group of people, enjoying a cup of coffee at our favourite cafe (Bean There in downtown Oakville) and planning a flawless execution is a thrill for me. And, when it's all done, it's really not about swimming."

Canadian long distance swimming icon Marilyn Bell says her friend Nagaraja has already proven

he is an extraordinary athlete.

"He has swum the English Channel, conquered Lake Ontario and completed the Marathon des Sables, a six-day Ultra Marathon Foot Race in the Sahara Desert," she says. "He has continued to train with diligence and a passion that comes from deep in his marathoner's heart."

Nagaraja devotes many hours working with both Great Lakes Open Water Adventures (GLOW) and Great Lakes Trust, a fund supporting scientific research, artistic expression and civic engagement for the Great Lakes.

A fundraising page has been set up for Nagaraja at [gofundme.com/madhuswims](http://gofundme.com/madhuswims).



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