



**CAPPING ANOTHER SEASON:** Milton Youth Soccer wrapped up its 2009 campaign with the house-league championship games this past weekend at Lions Sports Park. Above, Home Hardware goalie Selena Vieira makes a big diving save in the Under-12 girls semifinal shoot-out, en route to beating Storage Solutions 3-2. At left, members of Home Hardware celebrate their semifinal victory. Below, Scott B. Below, Prior ReMax's goalie makes a save on a Van Dongens opponent with help from a teammate in the Under-16 girls championship, which Van Dongens won 5-2. In other girls championship play, True North Church beat Home Hardware 2-0 for the Under-12 title, Boston Pizza edged Drive Wise 4-3 for Under-14 bragging rights and Tamray Contracting eclipsed J. Scott Early Funeral Home 3-2 in a shoot-out in the Under-20 ranks. Boys championship play saw Chudleigh's beat Siemens 3-1 in the Under-12 division, Team Tiger claim the Under-14 title with a 4-1 decision over Tamray Contracting, Pasqualino's dump Milton Physio 7-2 in the Under-16 loop and the Under-20 crown go to Platemaker, who nipped Erka Kehenel D.C. 2-1.

GRAHAM PAINE / CANADIAN CHAMPION

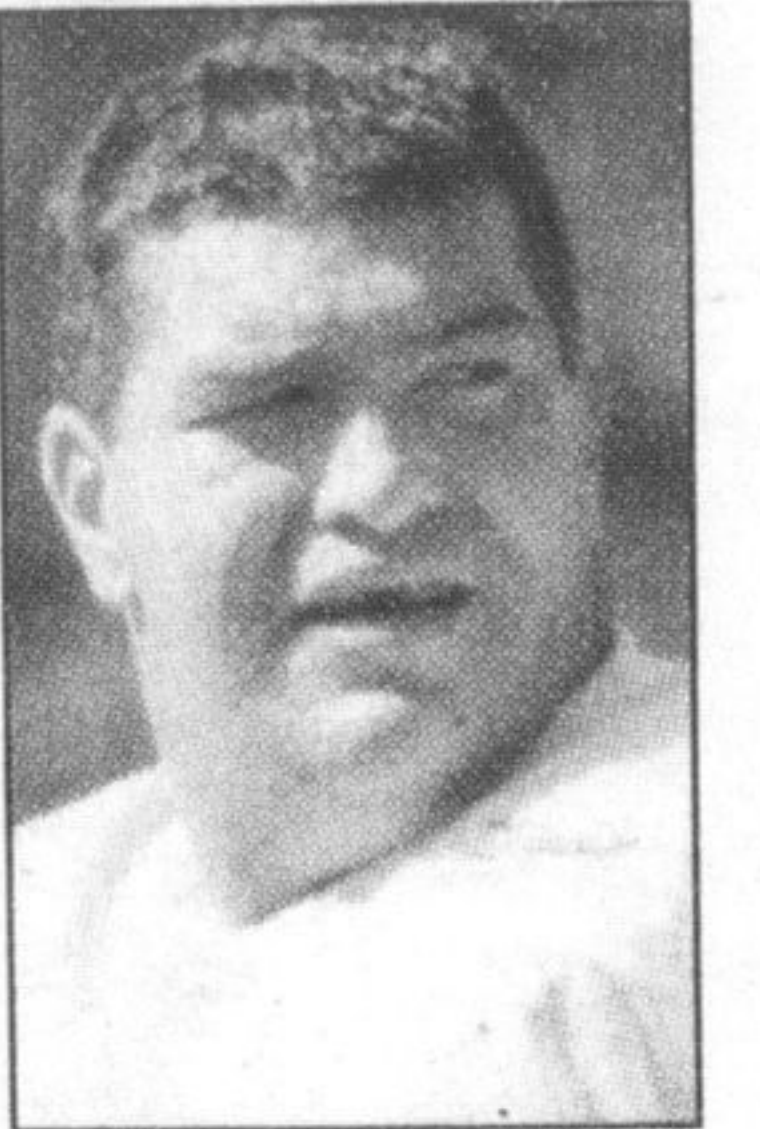


# Agile for a 345 pounder: coach

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But as Marauders' offensive line coach Jason Riley is quick to point out, Sewell doesn't move like a 345-pounder. A camp-opening shuttle run time of 4.86 seconds offers proof of that.

"For a guy his size he's actually got pretty low body fat and in all the drills we've done he's shown good foot speed, better than some guys a lot smaller than him. Obviously he passes the eyeball test (for an offensive lineman) with his size, but he's got all the other attributes we're looking for, including a really positive attitude and great football sense."



Matt Sewell

"He's shown he's ready to play now and we're lucky to have him."

That's no hollow sentiment, given that Sewell passed up scholarships to four NCAA Division 1 schools to play for McMaster, which he saw as an ideal fit for more than just its rich football tradition.

"It's got one of the best business programs in the country, so that was a big factor," said the local lineman, who's excelled in the classroom as well as on the field — enjoying grades in the 90 per cent range. "Plus I really liked the coaching staff here, so overall it was just the right choice."

Going from playing in front of a few dozen fellow students to several thousand spectators can be a big adjustment for most young players, but for Sewell the 5,678 at McMaster's Ron Joyce Stadium on Labour Day paled in comparison to the fan base he saw at the IFAF Junior World Championships of America Football this summer in Canton, Ohio.

"There were up to 20,000 people there by the end," explained the three-time Team Ontario player, who helped his fellow Canadians reach the finals, where they were downed 41-3 by the host U.S. "I think that experience really got me ready for the big crowds."

Also serving as preparation for the OUA was a one-year stint at a Massachusetts-area prep school, where he highlighted his senior year by being named Colonial League Class B All-New England Lineman of the Year.

"It's definitely a higher level than high school football here, which was great as a lead-in to university."

Not taking his immediate cracking of the starting lineman for granted, Sewell knows he still has a lot to learn at the university ranks. But he seems to have already taken one important lesson to heart.

"Unlike high school, you can't take any downs off. If you do, the guy across from you will make you pay for it. You've got to give 110 per cent on every play."

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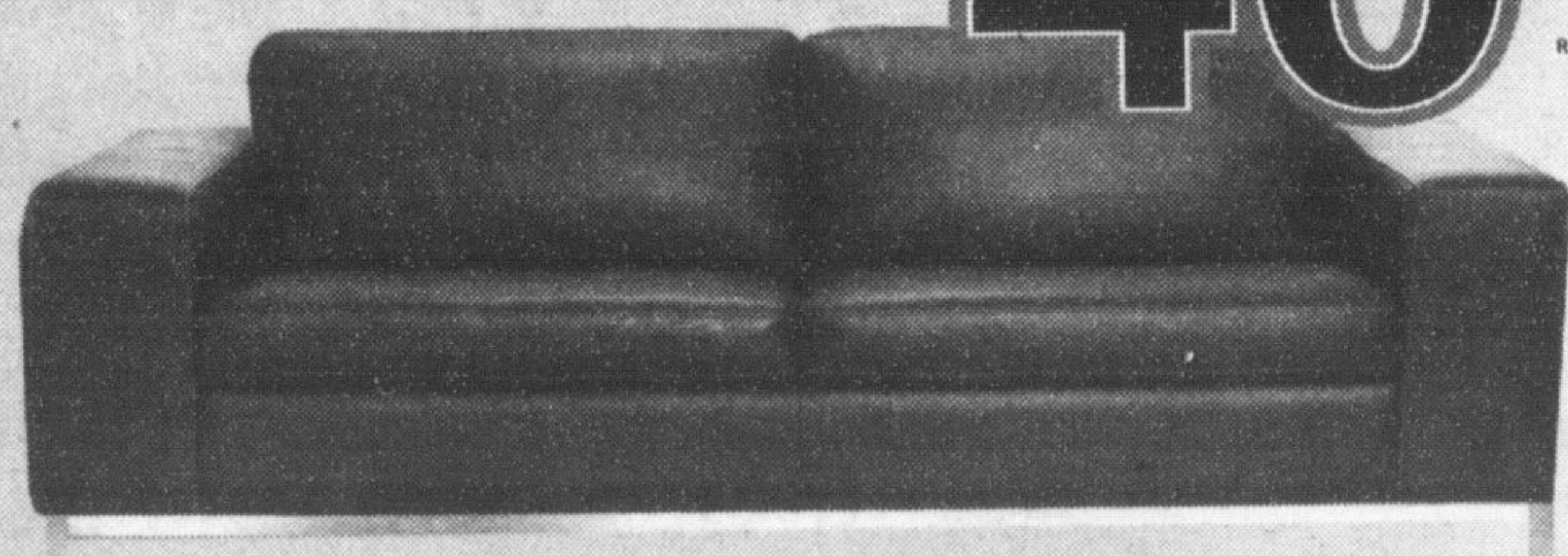
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