

# Second half surge delivers win to St. Thomas over LCC

By Mark Lidbetter  
The Suburban

The St. Thomas Knights rallied in the second half to take a 13-6 decision over the visiting LCC Lions in GMAA Cadette girls' flag football on the turf at Pointe Claire's Terra Cotta Park.

The game played out in the early going as a matter of checks and balances with neither side crossing the goal line. Play remained on the LCC side of the field where solid play by the Lions held off the Knights' advances, including a few ventures into the red zone.

The Lions first touch on the St. Thomas side of centre came with six points attached to it. Midway through the second quarter LCC set-up shop on their own 35. Lions' quarterback Sofia Vainberg connected with Paige Bultz on the first play of their set of downs with Bultz racing down the left sidelines to pay dirt. The convert attempt was unsuccessful but the visitors went into the break owning

a 6-0 lead.

St. Thomas' Sofia Anzini had been a huge threat when handed the ball and she had a breakout second half accounting for all 13 of the Knights' points. Anzini pulled her team even when she found an opening and another gear to race 47 yards to the LCC end zone for six early in the third quarter. On the convert St. Thomas quarterback Emily Sainis found Anzini for a successful point after and a 7-6 advantage. St. Thomas added to their lead late in the third quarter when Anzini zig-zagged her way through Lions' defenders to breach the right corner of the end zone putting her squad up 13-6.

With a tight contest, both defensive units dug in to hold off their opponents' advances. There was multiple turnovers on downs as the Lions and Knights offences tried to find the right combination of plays to extend their drives. LCC had the final play of the game but were denied by the Knights from putting up the points they needed. ■



"Catch me if you can." St. Thomas' Sofia Anzini (23) races to avoid the pursuit of LCC's Leila Boland (23) and Madison Nesbit (44).

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## Knights handle LCC2 in Bantam girls' flag football

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The St. Thomas Knights Bantam girls' GMAA flag football squad held off a tenacious LCC Lions 2 attack to pull away for a 26-14 win on their home field at Pointe Claire's Terra Cotta Park. The offensive outburst was propelled by Naomi Cariglia who had a trio of touchdowns in the win.

The visitors struck first and carried a 6-0 lead into the second quarter of the match. That major came compliments of Lions' quarterback Kamyah Montano whose combined passing and mobility kept the Knights defence on their toes. With time winding down, Montano ran to daylight for a 30 yard run into the Knights' house for six points.

St. Thomas took a lead they would not relinquish at the start of the second quarter when the Knights' quarterback replied in kind as Kathryn Griffin scampered 35 yards into the Lions' den to pull the score even at 6-6. Griffin then hit Millie Rowcliffe with a perfect pass for the point after and a 7-6 lead that St. Thomas carried into halftime.

St. Thomas extended their lead on the opening series of the second half as Griffin marched her squad from their own 50 yard line to the LCC end zone. The play that culminated with the TD came on the effort of Cariglia as she ran wide left the final 14 yards for the score with her first of three majors. Daniela Dube added the point after with a catch just inside the end zone, putting the home side up 14-6. Cariglia added an insurance major that would be needed as her second touchdown put St. Thomas up 20-6 following a 25 yard race down the left sidelines.



Lions quarterback Kamyah Montano (23) shifts to avoid having her flag snatched away by Kathryn Griffin (44) of the Knights.

The play of the game came on the ensuing kickoff as Dakota Jeremiah-Francis gathered in the ball spotted her path and turned on the jets for an 85 yard romp for six points, a successful two point conversion pulled the Lions to within one score of the Knights at 20-14.

Cariglia sealed the deal as her third TD put the game out of reach late in the fourth quarter. On a fourth down play, 37 yards from the goal line she found an opening to profit from and delivered the major. ■

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## Mike Matheson encouraging youths to be Champions for Life

By Mark Lidbetter  
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Habs' defenseman and Pointe Claire native Mike Matheson has taken on the role of Ambassador for the Champions of Life Foundation. Kicking off his ambassadorship was a visit to Pointe St. Charles St. Gabriel Elementary School where the Canadiens' rearguard was enthusiastically welcomed by the students. The Champions for Life Program has been running at St. Gabriel Elementary School since 2016, thanks to the generous support of the Montreal Canadiens Children's Foundation.

Matheson, who enjoyed an active childhood, which included ringette at an early age where he learned his skating basics is pleased to be the Ambassador for the program. "Just being able to get out into the community for myself and hopefully affect one or two kids is hugely important," Mike Matheson said. "So if I can do that it's a success."

There is no doubt that Matheson and his wife Olympic gold medalist Emily Pfalzer, who he met while both were playing at Boston College, will be certain to share their love of being active with their son Hudson who arrived in 2021.

First up were the Kindergarten stu-

dents who he read a Little Champions interactive story to. The aim was to provide meaningful movement experiences so that children build their physical literacy through storytelling. The line change then brought in the grades one through six students where Matheson and Arsenault spoke about what it means to be a "Champion for Life" and other topics, such as growing up and having a family.

"Children are addicted because adults put things in front of the children," David Arsenault, founder of Champions for Life said. "So we need to take a responsibility as adults to play with our children, to get them back outside to offer opportunities to learn develop and explore the world in so many different ways."

The Champions for Life Foundation empowers children to move well and helps them build the skills, confidence and motivation to be active for a lifetime. It offers physical literacy programs, resources, and expert technical assistance to schools and communities, especially those in underserved areas. To learn more about how they develop healthy, active environments where children thrive, visit [championsforlife.ca](http://championsforlife.ca) or find them @championsforlifefoundation on social media. ■



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