



Canadian College Sport Connections

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Feature Story

Women's Soccer Teams up with Youth Team to Make Christmas Better for Less Fortunate

The Thompson Rivers University WolfPack women's soccer team wanted to do a team bonding experience. That experience turned out not only to be a benefit to them, but for a group of local young soccer players and children in a developing country as well.

Second year forward Cassie Drummond (Kamloops, BC) spearheaded an effort to help Operation Christmas Child. "I wanted to initially do something to get our girls together," said Drummond. "What took place was truly wonderful."

Drummond was surfing the internet when she came upon Operation Christmas Child. "I used to do it when I was little," she said. "It is an easy way to give back." Operation Christmas Child sees shoe boxes of candy, toiletries, toys and other goods put together for boys and girls of certain ages. Those boxes are then shipped to a developing country.

"Shopping for the boys and girls was pretty fun," said Drummond, whose father fronted the money initially to get the project underway. She then contacted 11 of her teammates to join her putting the boxes together.

Wanting to be good role models, she wanted to make a connection with young soccer girls. The U-10 Orange Crushers of the Kamloops Youth Soccer Association were then brought on board. "Our Sports Information Officer, Larry Read coaches this team. They have been helping us out at our games during the season and I thought they would be great to work with."

The WolfPack met up with eight members of the Crushers on Monday November 9 to put together 15 boxes to be sent to Mexico. The hour long project was started with Drummond explaining to both her teammates and the 10 year olds what Operation Christmas Child was all about and how what they were doing would make Christmas a little bit better for the less fortunate.

"It was wonderful to see my girls working with the WolfPack players," said Read. "One of the biggest things sports do is to teach life skills. This was not only a bonding experience for the older girls and mine, but also a chance for them to learn about giving back."

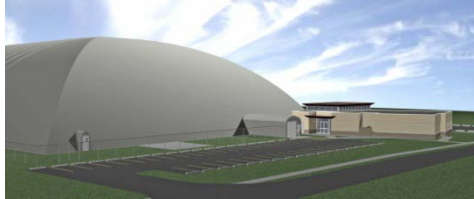
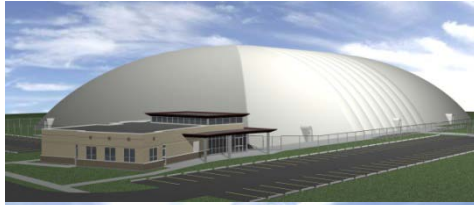
"That is something I hope that the younger girls take away," said Drummond. "Hopefully they can continue this on as a tradition. It was so fun working with them. Their energy was so good. I think our team really feels like role models to the Crushers. They were complimenting us on how well we play. That was great to hear because they are soccer players as well." 🍷

Story submitted by:
Larry Read
Sports Information Officer
Thompson Rivers University



Sports News

Redeemer University College Announces Plans for \$4.8 Million Soccer Complex



Plans are underway for a new state-of-the-art soccer facility for Redeemer University College. The complex is valued at \$4.8 Million dollars and includes two separate artificial turf fields.

David Sweet, Member of Parliament for Ancaster-Dundas-Flamborough-Westdale and MPP Ted McMeekin, Minister of Consumer Services, announced that Redeemer University College will be receiving \$1,000,000 from both the Recreational Infrastructure Canada Program in Ontario (RIInC Ontario) and Ontario Recreation Program (Ontario REC) to fund construction of a shared-use soccer facility at Redeemer University College. Councilor Lloyd Ferguson announced that the City of Hamilton

is also looking at ways to support the project. Redeemer will partner with Ancaster Soccer (a local soccer club) to raise the remaining funds.

The current Redeemer soccer field will be transformed into a Class 'A' artificial turf field with lights and bleachers. The second field, which will be the main field utilized for major competitions and varsity games, will also be a Class 'A' artificial turf field. It will have lights and bleachers as well and will include a temporary dome for the winter time covering the entire field for practice, events, and competitions all year round. The main field will also have a permanent clubhouse situated beside the field and will include home and visitor change rooms, washrooms, offices, and concessions.

With the addition of the soccer complex, the Royals varsity programs will see an immediate impact. Both men's and women's soccer teams will be training and playing on fields equal to the best in Ontario and among the elite in the OCAA. Because of the inflatable covered structure in the winter months, it will also allow the teams to train and compete throughout the off-season and winter months.

Aside from the improvements to the current varsity soccer programs, there are many other benefits to the soccer complex. Redeemer's Campus Recreation program will be revamped and will also see benefits as it will provide another space for intramural and extramural activities. It will grant the ability to run more programs indoors throughout the winter months and allow for more participants. The complex will provide Ancaster and the City of Hamilton and the surrounding area with a Class 'A' field for rental and for hosting events. The field will be available for public use and will offer the space and opportunity for player and coach development as well as for clubs, leagues, and academy's to train and run programs all year long.

Construction is set to begin in the spring with completion by the summer in order to be ready for the 2010 varsity season. 🇨🇦

Story submitted by:
Peter Reid
Athletic Coordinator
Redeemer University College

Sports News

MacEwan's Varsity Men's Volleyball go to Amsterdam

On a pre-season training tour, the MacEwan men's volleyball team of 16 players and two coaches left on August 30 and flew to Amsterdam. For 10 days the men spent their first time together as a team touring Amsterdam, Belgium and Germany. In the evenings they were set to play against various European volleyball teams.

During their first five days, the Griffins faced HVA, a Youth and Talent team from Holland, which would be similar to a Junior National team. This proved to be a great opener to the trip, as the Griffins trained and improved quickly in their two matches against HVA.



In Amsterdam the Griffins played against two Division 2 teams. The guys had the opportunity to play against a variety of Dutch players with very developed skills. As an esteemed sport in Europe, the Griffins also quickly gained experience as to the level of volleyball competition overseas.

But the trip was more than gaining experiences on the court. The Griffins took advantage of their surroundings, getting a glimpse at the sights and experiences Amsterdam had to offer. Their adventures included a tour of the Heineken Brewery and renting bikes for quick access and endeavors around town.

For the second half of the trip, the Griffins stayed close to the German/Belgian border at a hostel. From here, they trained at a local gym and made excursions into Belgium and Germany. They explored a beautiful castle in Bad Bentheim, took a day tour to Brugge, as well as an adventurous trip to Brussels.

When asked about a trip highlight, coach Heinen mentioned their match in Belgium against a strong, mostly professional team called Averbode. In what was the Griffins' best match of the trip, they played with more poise than any other time, but eventually lost 3-1 in front of a crowd of around 300 fans.

The last team of the trip came from just outside of Brussels, and proved to be the Griffins' greatest challenge. Facing another professional team, the Griffins did their best but team Guibertin defeated the Griffins in five straight sets.

Overall, the six matches the Griffins played provided a great experience for growth and development moving into this exciting season as the defending National Champions and hosts of the upcoming Nationals in March. Competing at such a level makes the players in Europe more technical, more confident and more experienced than what the guys have seen before.

Jon commented that some of the great lessons learned were the ability to push each other and themselves to do the right things, which will make them better players and a better team. "The trip to Holland proved to be a great time – one the Griffins will remember both for their experience of European volleyball, as well as their memories with each other. 🍷"

Story submitted by:
Rhawney Zubko
Sports Information
Griffins Athletics

Sports News

SHOOTING STAR



People describe 21-year-old Dale-Marie Cumberbatch as an evolutionary leap, the kind of player who materializes every few generations in college basketball and makes everybody ecstatic and argumentative at the same time. Last season was a phenomenal one for the captain of the NAIT women's basketball team. The five-foot-11 Cumberbatch broke several Alberta Colleges Athletic Conference (ACAC) records – total number of points per season, most two-point field goals in a season and most free throws in a season. (She also holds the record for the most successful blocks in a season – an achievement from her rookie year.)

When she broke the career ACAC scoring record last November, sports journalists from the *Edmonton Journal*, *Edmonton Sun* and Global Edmonton gave the hoops player her deserved celebration. "Dale-Marie has a real passion for the game and sees the ball really well. Her positional play is exceptional and, with her talents, it's a great pleasure to watch," says *Journal* sports writer Cam Tait, a 2001 recipient of an honorary diploma in Communications Technology from NAIT.

Sidelined because of a knee injury, Cumberbatch sits courtside during a team practice wearing immaculate white Nike Air Jordan shoes. She watches her teammates run full-court presses, records their three pointers and calculates the team's shooting percentage, encouraging those who have mastered the physics of basketball and rebuking those who have not. Knowing her teammates strengths and weaknesses is what makes Cumberbatch a sage of the game. On court, she responds to situations more quickly than most because she's always studying players. Basketball is equal parts mental strategy and physical prowess.

Cumberbatch is one of the loudest and most vocal players on the team. "I get frustrated on the court easily. I like when things are going the way they should. When we've put hard work into practice and we've done everything perfectly, we should be able to repeat that in a game. If we aren't perfect in a game, I'll let my teammates know." It's an attitude that's earned the respect of her teammates, who along with the coaches last year selected Cumberbatch for the Silver Torch award, recognizing her contributions to the sport and the team, as well as her academic achievements.

Off court, Cumberbatch is a completely different person. In between crunching team stats, Cumberbatch is modest, soft-spoken and answers routine questions as though she is hearing about her achievements for the first time. "I don't pay attention to the records. They don't mean much to me. If I wanted individual glory, I'd go play an individual sport like golf," she says.

One score that she is proud of is her academic record. With digital media and computer networking programs completed and the third year of a four-year Bachelor of Technology in Technology Management underway, Cumberbatch has managed to maintain a solid 3.5 GPA. When she's finished school and basketball has taken her as far as she can go, she'd like to run her own web development company, the perfect marriage of all three programs.

For the past three years, she's been coached at NAIT by her father Curtis Nelson.

Nelson agreed to coach her on one condition: that she works twice as hard as anyone else to dispel any rumours of favouritism. “Unfortunately, it’s not fair, but that makes it even in everyone’s eye. If you’re going to be the coach’s daughter, it’s not an easy road to take,” says Nelson.

Indeed, for all its beauty and finesse, basketball is a sport of will. Sometimes the one who plays better isn’t the one who is the most skilled; it’s the one who is determined to put the most into the game, practice harder, play harder, think harder. That’s why Cumberbatch is the first one on the court and the last one to leave.

Despite Cumberbatch’s record-holding status, last year’s young Oaks team finished at the bottom of the division, winning just four of 24 games. That’s something Nelson hopes to change this year. “We’re returning a lot more veteran players, finally,” he says. “With that experience and with some of the great recruits we’ve picked up and a couple of other girls who have come back to the program after a year off, we’re hoping we’ll be able to improve on our record from last year and have an improvement overall in the entire program.”

The three-hour practice ends and a few ladies remain on the court, discussing their plans for the weekend. Unlike most women her age, Cumberbatch won’t be at the lake or hanging out with friends. The NAIT team will head to Calgary to play in a tournament. Cumberbatch will be there nursing her knee injury, and you can guarantee she’ll be shouting from the bench. “If the team isn’t perfect, they’ll know.” 📌

Story by:
Tracy Hyatt

Coaching News

Female Apprentice Coaches; Shannon Booth and Samantha Cole



The Success of the Canadian Colleges Athletic Association (CCAA) Female Apprentice Coaches Program has continued to build since it was first implemented in 2005-2006. The Female Apprentice Coach Program is aimed at targeting the rich source of potential female coaches in the ranks of graduating student-athletes and creating a new coaching position, the apprentice coach.

The Project Committee of the Female Apprentice Coach Program is enthused by the ongoing benefits of the program in introducing new female coaches into sport at the national level.

During the 2009 Women's Soccer Season, Samantha Cole, with the Lethbridge Kodiaks and Shannon Booth, with the Kwantlen Eagles, were a crucial and successful part of the teams.

"So far the program has been great. I have learned so much from my mentor coach – from watching how he coaches, to letting me run my own practices with the team. A lot of it I learned just by doing, and I got many opportunities to do that. I have gained much needed experience as well as it has increased my confidence in me and the coaching role. My goal is to be a head coach one day, and I believe this has provided me with the stepping stones to do so", explains Samantha Cole.

The 2009 season was also a great success to the Kwantlen Eagles who competed at the National Women's Soccer Championships, earning a bronze medal finish. 🏆



New at the CCAA

Stay Connected!



Along with the launch of the new CCAA website www.ccaa.ca comes an all new way to follow the CCAA. Online social networking sites such as Facebook, Twitter, and Youtube pages have been launched.



Facebook: Show your support and get up-to-date news by becoming a fan of the CCAA on Facebook by clicking the link below and clicking on the 'Become a Fan' button:
<http://www.facebook.com/home.php#/pages/Canadian-Colleges-Athletic-Association/58886710996?ref=nf>



Twitter: Follow us on Twitter to get up-to-date scores and info from CCAA National Championships as well as any new happenings in the CCAA.
<http://twitter.com/CCAAsportsACSC>

YouTube: Check out highlights from past championships, athlete interviews, and more. More videos will be added as they come in. We encourage you to send your favourite CCAA videos to ryan@ccaa.ca.
<http://www.youtube.com/user/CCAAsportsACSC>

Other News

Information from the SIRC Sport Library about Surviving the Holidays

With the holiday season starting students are preparing to head home for the holidays and the hustle and bustle that surrounds this time of year. For many the temptation to stray from our healthy ways increases by overindulging and skipping a few workouts. Help you and your athletes keep on track with the following tips and to keep have a healthy and active into the New Year.



Please visit www.sirc.ca/ccaa during the month to read the following articles:

How to stay fit over the holidays

The article offers some tips how to avoid gaining weight during the Christmas and New Year holidays.

Source: Johnson, G., *Pro-trainer online* (Santa Barbara, Calif.), 16 Nov 2001.

Christmas needn't ruin your athletes

The festive season can pose fitness problems for athletes. The author suggests how they can avoid gaining weight.

Source: Griffin, J., *The Coach* (Peterborough, England), Autumn 2000, iss.3, p. 33-35.

Fellowship Family, Friends, Food, and Fun.

Provides thirteen tips on how to avoid food overindulgence over the holidays. Includes suggestions on skipping meals, the benefits of drinking water prior to a meal and avoiding the extras.

Source: Chapan, Chris. *Pro-trainer online* (Santa Barbara, Calif.), Dec 2004

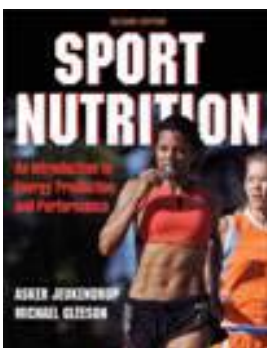
Stay-fit shortcuts for your busy holidays.

The article provides tips to women in staying physically fit even during the *holiday* season. Women tend to put *workout* plans on hold during the *holiday* season. The following activities can help them burn extra calories without going to the gym. Shopping, gift-buying errands, dancing, hiking and ice skating let women burn calories per hour. It would also be helpful if they climb stairs instead of taking the elevator at work. Women need to find time for a strength *workout*, by doing upper- and lower-body moves at the same time.

Source: Vogel, Amanda. *Health* Dec2005, Vol. 19 Issue 10, p45 📄

Other News

CCAA Book of the Month



Dear Members,

Order now and get your Members-only "Book of the Month" discount from Human Kinetics (25% Off!). Another great membership benefit brought to you by the Canadian Colleges Athletic Association.

Order now and save 25% on Sport Nutrition. Offer valid on web orders only. Click on the book to order. Enter code X748. Offer expires 12/31/09.

More than a simple prescription of recommendations, this second edition of *Sport Nutrition* features a unique presentation that facilitates readers' understanding of the science supporting the nutrition recommendations.

As a result, students will be prepared for advanced study and future careers, and professionals will gain the knowledge and confidence to provide sound advice to athletes. To see more click the following link [Sport Nutrition - Human Kinetics](#)

Summary of Deadlines – December 2009/January 2010

Date	Summary
Dec. 1	Deadline for Semi-Permanent site applications for 2011-12 & 2012-13
Dec. 1	Deadline for Level 1 sports host bids for basketball, volleyball, and badminton for National Championships held in 2011
Dec. 1	Deadline for letter of intent to bid for CCAA Open Championships for 2011 to be submitted to the National Office
Dec. 1	CCAA Executive, Provincial Representatives, and National Office Staff reports due for the Winter Board Meeting Package
Dec. 1	Final Rankings for Volleyball and Basketball before Christmas Break
Dec. 15	Deadline for Female Apprentice Coach Program Progress Reports
Jan. 4	Provincial Convenors conference calls in men's and women's volleyball and basketball
Jan. 5	Men's and Women's Volleyball and Basketball rankings resume
Jan. 12-14	Winter Board Meeting in Ottawa
Jan. 19	Second Badminton Ranking
Jan. 29	Deadline for Athlete of the Month for Badminton