



Canadian College Sport Connections

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Feature Story

(It was) Love at first spike

Joel and Kristine Ewald are ... 'keeping it in the family' at University of the Fraser Valley

Kristine has no problems remembering the first time she saw Joel. It was during her second year attending Columbia Bible College. Kristine watched Joel walking on campus...and the rest, as they say, is history.

"As soon as I saw him I knew that I wanted to meet him and as I soon as I met him I knew I wanted him," explains Kristine, a fifth-year middle player on the Cascades women's volleyball team. "We started dating a month later even though he was a 17 year old boy and I was a 19 year old woman. We were engaged two years later and married a year after that. Last June we celebrated two years of marriage."

These two share a passion for volleyball. And a passion for each other. "Kristine's best qualities on the court are her leadership, her spandex, her blocking and her wicked cut back to position 1," says Joel. "Off the court she treats her friends and those people close to her like gold, often sacrificing her own well being and sanity to ensure that everyone around her feels as good about themselves as possible."

Joel and Kristine both excel at their positions. Each are one another's biggest fan. "Joel is an amazing middle. He can hit the ball so hard. But what is so amazing is that he is a humble player. If he gets blocked he often congratulates the player who blocked him," informs Kristine. "He is also always smiling which is pretty cute. Off the court Joel is one of the kindest people I know; he seems to have a soft spot for everyone and treats them with a high level of respect."

Watching Joel and Kristine excel in the sport they love, and interact with other students on campus, it quickly becomes obvious they hold a serious passion for a sport which requires a huge commitment. Yes, it's all about respect. "Not only are there practices and games, but our teammates are like family to us so we spend a lot of time with them. The toughest part of playing is learning how to balance our lives to make time for each other. We just have to remember to have dates every week or two," says Kristine, who grew up in Abbotsford and attended MEI. "We have found it to be a fun adventure and have had a blast watching each other play. Another difficulty is watching Joel jump so high and knowing that I could never do that."



All kidding aside, Joel and Kristine are playing a high calibre of volleyball. However successful they have been with their respective teams in the past, and both won medals at provincials last year, game results don't always go the way they want. Does that create a difficult situation between the two?

"We sit down together and talk about what went well in the game and what we could work on. Since we both have played the game for a while and play the same position we can give each other advice and encouragement," says Joel, who grew in Houston, BC, and spent one year at CBC before coming over to UFV to continue his education, and his career. "Neither of us are afraid to tell the other person what they need to hear even if it is not what they want to hear at that moment."

At the Ewald residence, you have to know when to leave work at the office, or, on the court. "Sometimes, if we are frustrated about a game, we have a rage session together to get it all out," adds Kristine.

Both Joel and Kristine are in their fifth and final year of college eligibility. It will all come to an end for both very soon. Until then, it's love at first spike. 🍷

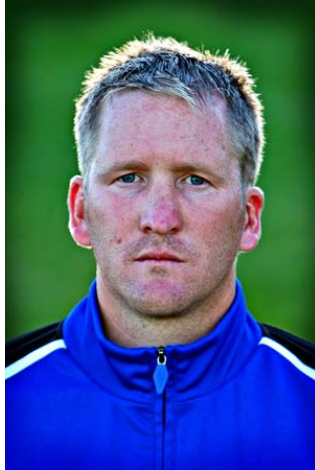
Story Submitted by:

Dale Cory

UFV Sports Information

Sports News

MRU Soccer Coach Unites With Calgary FC



Leadership. It's a word that isn't thrown around lightly, but definitely a word that comes to the mind of anyone that has ever spent any time around the Mount Royal Cougars' men's soccer head coach Troy Flannery.

A 16 year veteran of developing young soccer talent and a mastermind at leading an army of footballers into battle on the pitch, Flannery has a resume that any coach would envy.

Throughout his illustrious career Flannery has coached at a variety of levels, including, most recently, the CIS, as an assistant coach with Trinity Western University. He has also been a part of the PDL/Super "Y" League, as Head Coach of Calgary Storm Soccer Club & Abbotsford Mariners Soccer Club, as well as acting as a technical director for a variety of clubs including The Calgary Foothills Soccer Club.

Flannery had a triumphant return to Mount Royal University (MRU) in 2009, after a two year hiatus, leading the Cougars to the ACAC championship and finishing fourth at the CCAA Nationals. He looks forward to the Cougars defending their ACAC crown this year and hopefully improving on their showing at nationals.

But lately Flannery has been making a name for himself in a different vein of the Calgary Soccer anatomy. He was recently named head coach of the Calgary United FC (CUFC) of the Canadian Major Indoor Soccer League (CMISL). With its inauguration in 2007, the CMISL is poised to be the rebirth of professional soccer in Canada - and Flannery will be leading the way.

When asked about the differences between coaching at the collegiate level and coaching in the CMISL, Flannery says it comes down to experience.

"CMISL is of a higher standard than the collegiate level with the players being a little bit more experienced and mature for the most part, with the coaching role being less about development/coaching and more about man management and the bottom line - which is results," said Flannery.

He also notes that there are eight MRU alumni representing the CUFC, including current Cougar student-athlete Kyle Yamada, and says that it is impressive to watch how they have grown as players and people.

Flannery says that Calgary is a hot bed for soccer but stresses that the only way that the CMISL (and soccer in Calgary in general) will grow is if there is continued support from the community, sponsorship and the media. Unfortunately, he laments that Calgary does not have the best track record when it comes to supporting soccer of this caliber.

For now Flannery is content with continuing to develop the MRU men's program into perennial contenders at the CCAA level, but someday hopes to take this talent to the next level - the CIS.

As for the CMISL, he looks forward to remaining part of the building process with the CUFC, and would like to see the squad someday develop an outdoor team in the USL or equivalent.

For a man that eats, sleeps and breathes the sport, it's hard to express in a few words what he enjoys most about being a head coach. He is passionate about the pursuit of excellence and experiencing the trials and tribulations that go along with it, but it is clear that he also enjoys the mentoring process and the bonds created with players.

"The relationships with the players and watching them realize their goal is unrivalled," said Flannery.

Mount Royal University looks forward to Flannery's return to the field next year in October, but in the

meantime he can be found heading the Calgary United FC at the Calgary Soccer Centre from now until early March. 📍

Story Written by:
Ryan Hagen
Mount Royal University

Sports News

THE PUSH TO KEEP H1N1 OFF THE FIELD

Athletes were forced to cast a suspicious eye on the tools of their trade, after Evan Frustaglio, a 13-year-old minor hockey league player died suddenly as a result of the H1N1 virus.

“The fact that only one item of sports equipment is used for many sports like basketball and volleyball, all hands are on it,” says Alison Chaszewski, athletic therapist at Durham College. “Players will be wiping their sweaty faces and then the virus can very easily be transmitted to the other players. Students need to think twice about sportsman-like handshakes and sharing equipment and towels.”

Chaszewski says athletes are more likely to contract the H1N1 virus.

According to Dr. Ian Johnson, associate professor, Department of Public Health Sciences at the University of Toronto, H1N1 spreads in respiratory droplets when infected people cough or sneeze.

The virus has similar symptoms to the regular seasonal flu, he says.

“The main thing for students to look for is a fever and usually the fever goes quite high. A sore throat or headaches are also some warning signs that students should be cautious of,” he says.

Johnson also says that H1N1 can cause serious complications, such as bacterial pneumonia, dehydration and in serious cases, even heart failure.

“Worst-case scenario, a serious complication would be acute respiratory failure. Young people have died in the past, I mean it’s rare, but it can happen. If you push your body to the limit, the disease could get worse,” Johnson says.

THE OCAA’S RESPONSE

That’s a message the OCAA took to heart. In late August, before the start of the 2009- 2010 school year, athletic departments and educational institutions were warned about H1N1 in a memo sent on behalf of the OCAA to all members, OCAA President, Jay Shewfelt says.

“Each school will be handling this issue differently. This is definitely a priority to us and we want to make sure that we are trying to be as proactive as possible and protecting the athletes,” he told Sweat in September.

Shewfelt says the OCAA is keeping a careful hand on the throttle.

“We sent out a couple of memos but nothing recent, sometimes too much information is an overload for people,” Shewfelt says. “This issue is high priority and I don’t want to say it’s getting out of control, but we need to encourage our coaches to be careful. I know coaches have told students to take days off if they aren’t feeling well. People’s perceptions and attitudes have definitely changed with this issue, that’s for sure.”

According to Shewfelt, if the virus does spread rapidly, the OCAA is prepared – in a worst case scenario – to cancel games and tournaments.

“One thing we really stress to all members is ultimately it’s your local health care unit that is responsible to come in and say, no more practices. We have to wait and see what the experts tell us and then we will step in and make our decisions based on this,” he says.

THE COLLEGES

At George Brown College, athletic coordinator, Tammy Nopuente says it will ultimately depend on the coaches and their athletic therapist to decide on how to proceed if an H1N1 outbreak occurs. In an effort to be proactive, she says coaches and athletic departments have advised and educated athletes about cleanliness.

"I haven't heard from the OCAA and nothing has been sent out since [Evan Frustaglio] died. They did tell us at one of preliminary meetings that we might have to cancel the season if it becomes serious, but . . . at this point things have stayed the same."

Nopuente says coaches at George Brown are very aware of the seriousness of this health concern and that they are enforcing the rules. "Everyone is to label the (water) bottles and not to share. We have to take care of each other, that's part of the team atmosphere," she says.

At Sheridan College, Paul Angelini, head coach for women's soccer, says he can "only do so much" about coaching his girls on this issue.

"The problem with girls is that they are very touchy-feely," he says. "I keep telling them not to hug each other, keep cleanliness in mind, not to bite their nails, things like that. H1N1 really isn't something that I am consuming their every thought with. I am only the coach and all I can do is educate them on this. I can't control a player's every move, both on and off the field. All I can do is encourage them to be proactive."

Angelini says he has also advised his team member's to cover their mouths when they cough, not to share towels and to speak up if they feel ill.

Cases of water have been purchased, says Angelini and players are advised to label them to prevent contamination.

Lastly, Angelini says, uniforms and sport equipment are washed on a daily basis and athletes are being warned to use sanitizing stations located throughout campuses. 🇨🇦

Story Written by:
Lauren Brunetti
SWEAT Magazine

Coaching News

The fight for more female coaches

They're warmed up, they've got their game faces on, they're ready to win, and former apprentice coach of Seneca's women's basketball team, Lisa Best is at the centre of it all. The players look intimidating, but Best says the coaching experience is nothing but fun.



There is little question that coaching is a rewarding and satisfying career. The big question however, remains: why there are so few women willing to do it.

Girls now make up about 45 per cent of female participants in organized sport across Canada, thus generating a greater demand for coaches, female coaches. According to an article by Guylaine Demers, a former coach, professor of physical education and a member of the CAC's coaching research committee,

The demand isn't being met. Women make up less than 31 per cent of active coaches in various sport federations in Canada as a whole, and generally spend less than five years in the job Demers said in an article in the Canadian Journal for Women in Coaching published by The Coaching Association of Canada.

Seneca's Best took part in the Canadian Colleges Athletic Association's Female Apprentice Coach Program, created five years ago in an effort to generate more female coaches. In the past five years, 80 women have participated across Canada.

When the CCAA discovered there was a significant shortage of female coaches within its association, it initially considered creating punitive legislation insisting institutions have a female coach on all women's teams.

"We didn't institute any fines, but we did create a policy at that time encouraging schools to have females on the sidelines, and then the following year we were going to make it punitive," says the CCAA's executive director, Sandra Murray-MacDonell.

Now, the CCAA's goal however, is to encourage institutions to create opportunities for females in coaching positions. This prompted it to create a female sport committee. That initiative gave birth to the Female Apprentice Coach Program.

Murray-MacDonell said the committee looked at ways to increase female participation in the area of coaching, "and the area of course that we targeted was all these females graduating from sport and potentially wanting to move on to coaching," she says.

The program is open to female graduating student athletes in the CCAA sports of soccer, volleyball, basketball, badminton, golf and cross-country running. It matches the apprentice with a qualified CCAA head coach, where the hope is that the experience will influence the apprentice to seek the opportunity to become assistant coach, and perhaps eventually head coach.

Best and Natasha Thombs, both basketball players from Seneca, participated in the apprentice program after they graduated. "It was fun," says Best. "I learned a lot of things that I didn't know as a player, about the game itself. I learned a lot about coaching and developed different coaching skills. It was enjoyable."

The CCAA conducted a survey last year tracking each of their apprentices from the past four years, and asked a number of questions about the program and whether they were still in coaching. The outcome was revealing.

"Some of the main reasons we found women had left coaching were because it takes too much time and the financial enumeration is too small or non-existent in some cases," says Murray-MacDonell.

Denise Perrier, head coach of the women's basketball team at Humber College, says one of the

reasons for a shortage of female coaches, is that women want to start families when they graduate.

"I don't think enough women are staying in coaching or even getting into it, because they're having kids. When girls finish they're just thinking, you know, 'it's time to get married,'" she says.

For Perrier, coaching isn't a career she is devoted to because of the money. "For me it's obviously not about the paycheque," she says. "Because it's not much. I do it because it's family, and I want to give back to the girls and give what I got."

But, giving back doesn't seem to be incentive enough to keep women on the courts, the fields and the tracks.

"Other reasons we discovered were that women felt they didn't have the certification to apply for coaching positions. Some felt they weren't competent enough to even apply. Some felt there is just not enough opportunity, not enough coaching positions, sometimes (the jobs are) being given right away to males. The majority of our athletic directors are males. That network would be mainly males," says Murray-MacDonell.

Even Thombs, who participated in the program doubted her ability to coach, despite spending time on the court as an apprentice coach. "Coaching takes a lot of patience," she says. "I don't think I'd be ready to take that on the demand of a team."

A Canadian Journal for Women in Coaching, article suggests this attitude of females doubting their ability, confirms the results of studies in the sociology of sport. These indicate that the way females experience sport is very different from males. According to the non-bylined journal article, girls' experience of sport centres on a fear of failing, and of being unable to meet expectations. This varies greatly from boys, who are often encouraged by family and friends to participate in sports. Girls usually receive less support, and as a result, develop fewer of the leadership skills that are required for coaching.

"I think it's very necessary to have a female coach as a positive role model, to have women that can inspire. When you never see any of your coaches being female, it's very hard as an athlete to aspire to coaching," says Murray-MacDonell. "Plus, women do bring a different skill set to coaching. Men have particular strengths, and women have theirs. I wouldn't say one over the other, but I do think it is valuable to have a combined effort as far as sport is concerned, and it's very important to have a female model for growth and development."

Coach Perrier hopes she can provide that for her players. "I am a coach, but I am also a friend. I am also a psychologist. And, I hope that I am a role model," she says.

Best had a female as a head coach in her last year, and she's glad she did.

"It was little things that were easier because we had a female coach. A lot of girls are more comfortable talking about certain things, certain issues they're having with their bodies that, you know, maybe a man wouldn't understand," she says.

Aside from providing a level of comfort and a special skill set, it's clear that having female coaches on staff are invaluable for the recruitment of the next generation of coaches. A career in coaching becomes far more feasible for girls if their coaches are women, since they can identify more closely with their coaches style, according to the Canadian Journal for Women in Coaching.

Perrier believes it's her job to encourage girls who demonstrate coaching potential, but not hers alone. "I think an athletic director's and college's job is to bring back a graduate or someone that has been an all star, someone that's been dedicated to the program," she says.

With coaches like Perrier, who love their jobs and are dedicated to being role models for their players, there is hope of success for this program. At the end of her practices, Perrier leaves the gym and heads back to her quiet home.

"I don't have kids of my own, but to me, I have 16 girls right now that are my kids, and they can come to me for anything." 🍷

Story Written by:
Maggie Cameron
SWEAT Magazine

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@cca.ca.
<http://www.youtube.com/user/CCAAsportsACSC>

Other News

Information from the SIRC Sport Library about Staying Hydrated and Eating Well

Staying hydrated and eating properly could give your players the edge they need over the competition. It seems silly that something as simple as water could affect your player's performance, but it is true. However, there is more to it than ensuring your athletes are eating and drinking. Everything from when to what they consume will play a role in their performance.



This month be sure to check out the SIRC Online [Nutritional Resources](#) and visit www.sirc.ca/ccaa to read the following articles:

Water and the Energy Drink.

Certified fitness professional Gregory Seale examines the fine balance between hydration and hyponatremia when training and looks at water, energy drinks and sport drinks and how they may help or hinder the training process

Source: *Gregory Seale. SPED: Sport and Physical Education. May 2009, 6(1) p.8-9.*

Hydration: It's Just the First Step.

Donald Kirkendall discusses the latest research on hydration and dehydration, with a special focus on soccer players

Source: *Kirkendall, Donald. Soccer Journal, September-October 2009, 54(5) p. 20.*

Athletic Nutrition Bytes: Fueling the Body for Competition.

The article presents nutrition information and advice for athletes. The basic food categories are described and suggestions made on regulating the amount of each consumed by the athlete. Information on how to assess and maintain hydration is presented. A guide to reading the nutritional labels on packaged food products is offered.

Source: *Mannie, Ken, Carlson, Joe, Sehnert, Scott. Coach & Athletic Director Dec2007, Vol. 77 Issue 5, p9-12.*

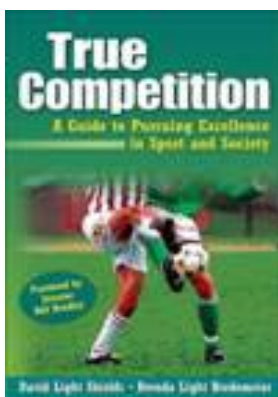
Eating on the Road: Practical Nutrition Strategies for the Traveling Athlete.

This article discusses nutrition strategies athletic trainers and coaches can utilize when working with athletes required to travel to and from sporting events. The author suggests travel can make it difficult for athletes to maintain good nutrition and that this can have a negative impact on their performance. Tips are offered on hydration, snacks, timing of meals and choosing healthy restaurant meals.

Source: *Wagner, Dale R. Athletic Therapy Today Sep2009, Vol. 14 Issue 5, p1 4p.*

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 (your associations name)

Order now and save 25% on True Competition. Offer valid on web orders only. Click on the book to order. Enter code X767. Offer expires 2/28/10.

True Competition: A Guide to Pursuing Excellence in Sport and Society offers a blueprint for maximizing the potential of competition to foster excellence and enjoyment. It provides a novel perspective on competition that challenges traditional beliefs through a research-backed defense that—up until now—has been lacking. With this text, readers will learn the differences between positive and negative competition, and they will discover how to implement change in their organizations, teams, and individual practices. To see more click the following link [True Competition - Human Kinetics](#)

Summary of Deadlines – February 2010

Date	Summary
Feb. 1	Preliminary Seeding calls for Volleyball
Feb. 8	Preliminary Seeding calls for Basketball
Feb. 15	Deadline for Badminton, Volleyball, and Basketball eligibility forms to National Office
Feb. 16	Final rankings for Badminton
Feb. 16	Deadline for Badminton Wild Card applications via email to National Office
Feb. 17	Deadline for Badminton All-Canadian, Player and Coach of the Year award information
Feb. 20-21	PCAA Badminton Championships
Feb. 22	Wildcard conference call for Badminton
Feb. 23	Deadline for Volleyball wild card applications via email to the National Office
Feb. 23	Final Rankings for Volleyball
Feb. 24	Deadline for PCAA written confirmation to National Office that all participating Badminton athletes are eligible under PCAA Eligibility criteria
Feb. 25	Deadline for Volleyball All-Canadian, Player and Coach of the Year award information
Feb. 26	Deadline for Athlete of the Month for Basketball
Feb. 26-28	PCAA Volleyball Championships