



CCAA Newsletter

Issue #3

February

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NAME THE CCAA NEWSLETTER

The CCAA has narrowed the list down to three names: **College Sports Coast-to-Coast**, **Canadian College Sport Connections** and **CCAA Gamenotes**.

All members are welcome to send their vote to Stéphanie Legault at stephanie@ccaa.ca before February 21st, 2005. The winning name will appear on the next newsletter.

CCAA NATIONALS

Georgian College Flying High

Georgian College is excited to host the 2005 CCAA National Badminton Championship in the City of Barrie.



It has been 23 years since Georgian has hosted this event. In fact, the 1982 Championships were the first CCAA Badminton Championship to ever take place. Since Georgian's facilities could not host such an event, everything was relocated down the road to Base Borden, located 40 kilometers from Barrie. Athletic Director Michele McConney recalls the opening breakfast at Springwater Provincial Park, "We were ankle deep after a surprise snow storm serving pancakes and fresh maple syrup. It truly was a day to remember."

The 2005 National Championships will be hosted on campus in the newly renovated Georgian College, Athletic & Fitness Centre. The Student Centre features a double gymnasium, suspended indoor running track, whirlpools, steam rooms, a 9,000 sq ft fitness centre, group fitness studio, climbing wall and student restaurant and café. Georgian also features ten badminton courts with indirect lighting on the four championship courts. The expansion was completed in the fall of 2004 and has hosted a number of basketball, volleyball and badminton tournaments since.

The 2005 CCAA Badminton Championships will be the third national championship hosted by Georgian; CCAA Golf Championships in 2003, and the previously 1982 Badminton Championships.

The 2005 CCAA National Badminton Committee invited students from the Design Arts program to design a logo for the Championships. Since the event is for students, Michele and her team wanted involve students as much as possible. Congratulations are extended to Daniel Sadaba who won the CCAA National Badminton Championships logo contest. Daniel is a 2nd year Graphic Design Student from Barrie, who hopes to move on to the Illustration Program at Sheridan upon graduation from Georgian College.

Submitted by Michele McConney, Athletic Director – Georgian College

Who will be hosting in 2005-2006?

The CCAA proudly announces the confirmed hosts of the 2005-2006 National Championships:

- o Mount Royal College, ACAC, to host Badminton (March 2-4, 2006)
- o Langara College, BCCAA, to host Men's and Women's Soccer (November 9-12, 2005)
- o Cégep Limoilou, FQSE, to host Men's Volleyball (March 9-11, 2006)
- o Sheridan College, OCAA, to host Men's Basketball (March 16-18, 2006)
- o Lethbridge Community College, ACAC, to host Women's Basketball (March 16-18, 2006)

SAIT gearing up to showcase the country's best in women's basketball

The buzz around the SAIT Campus Centre lately has been all about the gymnasium. Last summer, SAIT Executive approved a \$550,000 renovation of the gym, to include the works: new chair-style bleachers, a refinished floor, new dividing curtain, newly-painted walls, and an electronic score clock and scorer's table.

With time on our side, renovations will be complete just in time for the Trojans volleyball and basketball teams to wrap-up the athletic season in their new home gym, and for the CCAA Women's Basketball committee to prepare the gym for the National Championship. The new SAIT gymnasium will make this event all-the-more original and exciting for all participants. Along with the new facelift, the Championship will emphasize high caliber women's basketball and will incorporate the Western Heritage of Calgary.

Highlights and updates include:

Marketing and Media Relations

- Logo design complete and approved
- Website being developed by Player Industries
- Program content finalized
- Luncheon Keynote Speaker and Emcee finalized

Events

- Kickoff Luncheon - Wednesday, March 16, 11:30 AM
- Press Conference - Wednesday, March 16, 1:30 PM
- Coaches' Meeting - Thursday, March 17, 9:00 AM

Sponsors (to date, excluding CCAA sponsors)

- Budget (Title Sponsor)
- Best Western Village Park Inn (Presenting Sponsors)
- Loco Lou's Grill & Bar (Supplier Sponsor)
- Labatt's (Supplier Sponsor)
- Apache Superior Printing Ltd. (Supplier Sponsor)



- Coca-Cola (Supplier Sponsor)
- Final Goal Athletics (Major Sponsor)
- Kinemedics (Medical Supplier Sponsor)
- Coca-Cola (Supplier Sponsor)
- MasterFood Services (Supplier Sponsor)

Submitted by Lori Nielson, Marketing and Media Relations - SAIT

SPORTS NEWS

Special Thank You to Langara Men's Volleyball Team

A Kamloops mother has sent a letter to Langara College's athletics department to praise its men's volleyball team for its performance off the court.

"I have been meaning to send a special 'Thank you' to the men's volleyball team for making my 10-year-old daughter's birthday just a little more special," Linda Parei wrote.

"On Saturday, November 27th we were at Boston Pizza in Kamloops celebrating my daughter, Alicia's birthday, along with a few of her friends. The girls got really excited when your men's volleyball team walked in.

"They made multiple trips to the washroom past the team and wanted to ask for their autographs but were too shy. I think one of the waitresses mentioned this to the team and a couple of the guys walked over to Blockbuster Video, bought the DVD "Cinderella Story" (a movie Alicia really wanted), wrapped it up and sent it over to Alicia along with all of their autographs. She was absolutely thrilled!

"It is so nice to know that in this busy world there are still caring individuals that go out of their way to make a very special day for a 10-year-old."



Submitted by Clayton Munro, Athletics & Intramurals Department Assistant – Langara College

The battle for Men's Basketball Championship play-off positions continues

Once again, the "March" to the CCAA Men's Basketball Championships (NAIT, Edmonton, AB) will make for some very exciting basketball. Teams from across the country will battle for the 7 spots that are available, in the hopes they can play for a National Championship!

All 5 of the member conferences have teams in their top 3 or 4 who could push their way through conference championships and make it to nationals. In the West, both the BCCAA and ACAC have several teams that would be capable of competing at the CCAA Championships. Only Caribou (BC) and Lakeland (AB), both undefeated in conference play, have separated themselves from the pack. As usual, the OCAA and FQSE have several exceptionally competitive teams. Humber, St. Lambert, Niagara, Vanier, Dawson and Algonquin have been in the hunt all season, with traditionally power Sheridan playing particularly well of late. Atlantic Canada has three teams ready to make the trip West. Mount Saint Vincent, King's and St. Thomas will likely battle it out for the ACAA Championship.

The tremendous parity within the CCAA will make for some great games in the next few weeks.

Submitted by Ron Wuotila, CCAA's Men's Basketball National Convenor



CCAA Women's Basketball March to SAIT

Until last year, Quebec had medalled at every National Championship since the tournament's inception in 1978. Winning 19 titles in 27 years – the FQSE conference has traditionally been a dominant force in women's basketball. Recent history has shown the west respond with a vengeance with ACAC teams capturing gold in five of the past seven titles that have been up for grab – BCCAA in '98 and the ACAC taking the others.

With very little inter-conference play this year, the National Championship should prove to be a really interesting competitive event between the five conferences to claim supremacy on the court. Getting out of some conferences will be a real test however for some of the perennial powerhouses.

The Mystics from Mt. St. Vincent have shown to be the favourites to come out of the ACAA but St. Thomas, UNB - St John and Mt. Allison will all have something to say about that come play off time.

Quebec has been a rollercoaster ride all season with everyone beating each other along the way and no clear contender emerging yet. Ste. Foy and Montmorency have been Quebec's strongest teams in recent years, owning the entire Nationals hardware won by Quebec teams in the past five years, but have both been beaten by Vanier in their matches this year. There are three teams tied for first place and two more two points behind them. There are seven teams fighting for six playoff spots and each one of them are legitimate medal contenders at the national level. Stay tuned for the outcome in the Battle of Quebec!

Ontario has two undefeated teams sitting atop their respective divisions in the Fanshawe Falcons and Algonquin Thunder although the Humber Hawks can never be discounted come playoff time. Ontario will be looking for their first podium trip at a CCAA Championship since Mohawk won their lone medal at the 1980 Nationals.

Alberta's conference has consistently had at least four teams ranked in the Top 15 all year and has six schools who could contend for a medal. Like Quebec, their challenge will be in escaping their own conference to advance to the Championship. SAIT, being the host school, will be there leaving the rest of the teams in a dog fight for the other spot that is up for grabs. Defending National Champion Lethbridge Community College is in the mix as well as Silver medalist Mount Royal College. At least three other ACAC schools will challenge for the right to represent Alberta.

Bronze medal winners from the 2004 Championship, University College of the Fraser Valley from the BCCAA, have been ranked the number one team in the country this year and will try to prove to all that they are the real deal. Before advancing to the Big Show though, they'll have some work to do getting out of their conference with the likes of Okanagan, Cariboo and UNBC vying for the conference title.

With a couple of wildcard spots open for two conferences to send their top two teams, the final eight tourney should be wide open and extremely competitive.

Submitted by Linda MacPherson, CCAA's Women's Basketball National Convenor

Interested in competing at the 2005 Ski Nationals?

The 2005 Canadian College and University Nordic Championships are open to all racers who are full time students (as outlined by each skiers college and/or university) in all Provinces and/or Territories, as well as CEGEP skiers from Quebec.

All those wishing to compete for individual or team honours must provide a letter signed by their university registrar which verifies their full time student status. All eligibility forms must be at the race office by Saturday, February 26, 2005. All racers must have a 2005 CCC racing licence. There is no maximum number of years of eligibility. All full time students can compete in the individual CCUNC categories for men or women whether a team/club exists or not at their institution. **Note for Team Eligibility:** All teams participating must verify (through a designated team coach or manager) their rosters by Saturday February 26th, 2005.

To register and for more information, please visit the Championship website at: www.skinationals.com

CCAA Key Dates and Deadlines – FEBRUARY



- 7 Preliminary Seeding Calls for Volleyball
- 14 Preliminary Seeding Calls for Basketball
- 15 Deadline for all Badminton, Volleyball and Basketball eligibility forms to National Office
- 18 Deadline for Volleyball wild card applications via email to the National Office
- 18-20 PCAA Badminton Championships
- 21 Deadline for Badminton Player and Coach of the Year award information
- 22 Final rankings for Badminton
- 23 Deadline for alterations or additions to Badminton, Volleyball and Basketball eligibility forms
- 23 Deadline for PCAA written confirmation to National Office that all participating Badminton athletes are eligible under PCAA Eligibility criteria
- 24 Deadline for Athlete of the Month for Basketball
- 24 Deadline for Volleyball All-Canadian, Player and Coach of the Year award information
- 25 Deadline for Basketball wild card applications via email to the National Office
- 25-27 PCAA Volleyball Championships
- 28 Wildcard and seeding conference call for Men's and Women's Volleyball

COACHING

Brought to you by 

Welcome to this first edition of **Coaches Corner!**

This month Baden speaks to Mick Haley, Head Coach of the University of South Carolina's Women's Volleyball team. Taking the helm of the USC women's volleyball program in 2001, Haley hopes to lead the Women of Troy to a third-consecutive NCAA Championship this year. An elite coach in the game of volleyball, Haley brings a tradition of excellence to the institution and the game. For these accomplishments, he received the most prestigious honour among collegiate coaches, that is the 2003 AVCA Division I Coach of the Year.

The following are excerpts from "**Setting the Standard – Mick Haley has USC's Women of Troy at the top of their game**" Interview by Kevin Newell, Coach and Athletic Director Magazine (Coach and AD)

COACH and AD: *Do you believe in adapting the players to the system or having the system adapt to the players?*

HALEY: We actually have adapted the system to our players. We're going to change it again this year to match up with the kind of players we're bringing in. I've recruited players to fit the system. Quite honestly, I like that. But there are rarely enough elite athletes to guarantee a good share of them for your system every year. If you want a chance to win ever year, I believe you have to be flexible, be able to change, and provide good teaching and leadership in different systematic approaches to max out the abilities of your players. If you're not flexible, everyone will learn how to play against you and use their preparation time to make themselves better, rather than to prepare for you.

COACH and AD: *What kind of offensive and defensive formations do you use?*

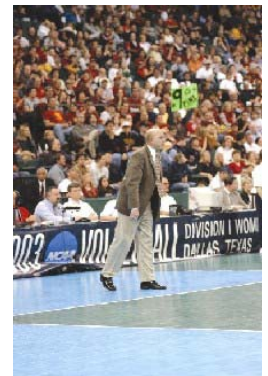
HALEY: We do some different things. Offensively, in the past, we've been 6-6, 6-5, 6-3 across the net. So we've tried to play big. We want to use our block to intimidate the opponents. We want to play great defense. And always get a good swing at the pins, if we can, because the highest percentage is to hit at the antennas. But we have to be adept at running the middle to get the 1-on-1 situations at the antennas. Ball-control is essential for that, as well as passing.

Our defensive concept has been kind of a breathing defense. I call it a flex defense. It incorporates all the defenses everybody else plays, but adjusts the defense to the particular player we are defending. It collapses on the ball.

Our transition game relies on always getting a good swing. Our defense really sets up our transition offense. In our serve-receive offense – passing the ball off of the serve – we try to have a lot of movement, always get a good swing, and try to be as quick as we can without cutting down on our efficiency.

COACH and AD: *How frequently do you make changes in floor personnel to combat what the opponents are doing?*

HALEY: Not very often. It is not so much changing personnel. It's more changing position or the way we defend the person. We will rotate the match-ups, and we'll change in that way, before we substitute. Rotation is more of an option than substitution. There are only two reasons to substitute and the good coaches and good teams follow this rule. One is to improve the performance of the team. The other is to give someone else a chance to play. You never use substitutions as a penalty.



COACH and AD: *Including USC, you have won at every place you have coached: Leading the U. of Texas to 13 Southwest Conference, 15 NCAA berths, and two national crowns (1981 AIAW and 1988 NCAA) during your 17-year tenure, in addition to guiding the men's and women's programs at Kellogg Community College in Battle Creek, MI, to six national junior college championships, between 1973-79. What are the keys to building and maintaining a high-level program?*

HALEY: It is the deployment of your personnel, as in football. All those football coaches can X and O with you, then focus on the skills and techniques that enable the players to compete. In short, equip them with the tools that will enable them to put their hearts into going after the opponent.

The Final thing is the team concept. Or maybe it's the first thing. In every one of the programs I've been involved with, I go back to my Little League coaching days and that 0-10 team. We might have been 0-10, but we were a team. The end result was that four years later we were 10-0. That always taught me that no matter what – you have your team, you work, you keep improving, and you don't worry about wins and losses.

It's like what John Wooden said. He never emphasized winning. He always emphasized execution. He was so right about that, because that's how you win. A lot of people don't get it, even in the pros. They all say that winning is everything. Execution is everything. You have to work together, especially in volleyball. It's a rebound sport. You can't catch it and throw it. You can't take it and go coast to coast. It requires three people touching the ball. So you really have to be a team.

To read the entire article, enter the following link in your web browser:

<http://www.coachad.com/modules.php?name=News&file=article&sid=20>

RANKINGS / SCOREBOARD

As part of the CCAA's efforts to offer services in both English and French, the CCAA Scoreboard is now bilingual.

For the latest updates and weekly **Results, Standings, Schedule**, please visit the CCAA website (<http://www.ccaa.ca/english.htm>) and click **Scoreboard** under the appropriate sport.

For the latest updates and weekly **Rankings**, please visit the CCAA website (<http://www.ccaa.ca/english.htm>) and click on the **direct link** under the appropriate sport.

MARKETING

TNT Commercial Fitness wants to better serve your needs!

TNT Commercial Fitness would like to thank Ray Sarkis of Niagara College and Joe Iacobellis of Capilano College for purchasing from our company for their respective fitness equipment needs for 2004.



We are looking forward in 2005 to being able to service the fitness equipment needs of many more of the CCAA member institutions. Our full product line consists of 99% Canadian manufactured products, which is unmatched in the Commercial Fitness Equipment industry. During the 2nd week of February, we will be issuing a separate informational letter that will highlight the competitive advantages of our product line-up, including how TNT Commercial Fitness can assist each institution in fulfilling its needs for 2005 while also supporting the MIP as a National Sponsor.

To discuss the specific needs of your facility and how we can serve you, contact Tim Tremblay at 1-888-233-0559.

Submitted by Tim Tremblay, National Sales Manager – TNT Exercise and Leisure

Make sure to visit our NEW and IMPROVED website

The CCAA has been working closely with WEBtech to bring you a **NEW** and **IMPROVED** website. Although it remains a work in progress, highlights and changes include the following:

- New look and style to the **CCAA Homepage** – now includes **DIRECT** links to both **Rankings** and the **Scoreboard**.
- Better organized and user-friendly **Member Info** page – updated and includes more detailed information, resources and tools.
- New **Organizational Chart** in **About the CCAA** – enables you to better understand the inner workings of the CCAA.
- New look and style to **Sponsors** page.
- Full description and nomination forms now found on **Awards** page.
- Don't forget to visit the sport-specific mini-sites for **news, history** and **regulations**.
- Direct link to **Newsletter and archived issues** on **CCAA Homepage**.

STAY TUNED for the following improvements and developments:

- Individual profile and updated information for each of our **Current Corporate Partners** on **Sponsors** page.
- Trying to find a school will no longer be difficult and/or time consuming with our new **Members** page. Your search will be made easier by narrowing it down by **conference, sport** or **alphabetically**.

Once the overall structure and construction of the website is complete and fully functioning, the CCAA will develop a **French** mirror site. Nonetheless, the French website is progressively being developed and includes pertinent documents and information.

Stay tuned for the official launch of the new CCAA website!

OTHER NEWS

Becoming bilingual

The CCAA recognizes the importance of providing services in both official languages to better meet the needs of both its membership and the public. With the aim of serving the individuals in their language of choice, the CCAA is gradually making a move to bilingualism.



To further ensure that both English and French are used on a recurring basis within the CCAA, the following initiatives have been adopted, with more to come: production of bilingual documents and resources (including news and/or press releases, operation code, newsletter, scoreboard, etc.), development of parallel and/or mirror french website, as well as the designation of a bilingual position.

Stéphanie Legault assumed the position of Coordinator of Marketing and Media Relations for the CCAA on January 4th, 2005. Stéphanie is fluently bilingual in oral comprehension and interaction, as well as written comprehension and expression. As part of its ongoing efforts, the CCAA wants to ensure that all verbal and written information requests concerning the CCAA's programs and services are understood and answered in the language of choice and/or request.

Consequently, ***if you are not entirely comfortable in the two official languages and/or have a preference to communicate in French***, please direct all questions and/or concerns to the attention of Stéphanie Legault at stephanie@ccaa.ca or via telephone (613.933.6080 ext. 2211).

Highlights from the CCAA's 2004 Winter Board Meeting

The Canadian Colleges Athletic Association recently welcomed its Board of Directors and Provincial Representatives to Ottawa (ON) for the 2004 Winter Board Meeting. Comparatively with a 3-hour conference call, the first face-to-face meeting since 1994 allowed for greater information and idea sharing among the participating delegates, as well as extensive and valuable discussion among the delegates and CCAA partners such as CCES and Sport Canada. The Winter Board Meeting achieved its goal, and as such, was a success. *Highlights include:*

- **Hosting** - 2005-06 Championship hosts accepted
- **Governance/Eligibility**
 - 2005-08 Strategic Plan approved by the Board;
 - Finishing touches are being made to the CCAA Privacy Policy
- **Stakeholders**
 - Annette Wildgoose, CCAA Sport Canada Consultant, participated in the duration of the meetings and updated the Board to Sport Canada's initiatives.
 - Jeremy Luke, from the CCES updated delegates on the Canadian Anti-Doping program.
- **Women's Sport Development** – discussion specific to Women in Coaching
- **Finance and Administration** - Administrative process for the CCAA Scholar Athlete and CCAA Athlete of the Year Awards were finalized.
- **Marketing** - A number of marketing initiatives are currently on the go and/or about to be ventured into, including: *new CCAA website launch, development of a Marketing Plan, opportunity for webcasting, revisions of current Championship revenue splits, etc.*
- **Drug Testing and Education**
- **Interprovincial Issues/Information Sharing Session**

The 2004 CCAA Winter Board Meeting minutes will be available on the CCAA website.

Send us your story!

The CCAA wants to hear from you!

If you have a story such as "Special Thank You" above and/or sport-specific news you wish to share with other members of the CCAA, the CCAA invites you to submit it for publication on the CCAA website and/or the CCAA Newsletter. We gladly accept photographs to use with your article when appropriate; photos sent via email must be in JPEG format. Note that all articles will be reviewed and approved prior to publication.

Please send any stories and/or news to Stéphanie Legault at stephanie@ccaa.ca .

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