



Canadian College Sport Connections

Official Newsletter of the Canadian Colleges Athletic Association

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SPORTS NEWS

CONGRATULATIONS!!!

The CCAA would like to congratulate once again the **2005-06 CCAA Athletes of the Year Across All CCAA Sports**.

2005-06 Female Athlete of the Year Across All CCAA Sports - Sam Wojtkiw

In her 2nd year with the Grant MacEwan College Griffins, Sam has risen to the top of her game, ranking among the top athletes in the Alberta Colleges Athletic Conference (ACAC). With a total of 359 points (230 kills, 63 blocks, 26 aces and 40 digs), Sam exhibits sportsmanship and athletic ability. Sam's exceptional performance has been a contributing factor in the success of the team, leading them to a 33-6 overall record this season, an undefeated 17-0 record at home and a silver place finish at the 2006 Mazda CCAA Women's National Volleyball Championship. In addition to playing with the Griffins, Wojtkiw represented Alberta at the 2005 Regina Canada Summer Games where she helped her team capture the Bronze Medal.



Sam's outstanding skills and excellence have earned her numerous athletic awards and acclamations for the 2005-06 season, including CCAA Women's Volleyball Player of the Year, CCAA All Canadian, CCAA Women's National Volleyball Championship 1st Team All-Star, ACAC Player of the Year, ACAC All Canadian, ACAC 1st Team All-Star, as well as numerous Player of the Game awards. Her strong academic achievements have earned her a 3.8 GPA, honours status, the ACAC Academic All Canadian Award and the SIRC-CCAA Academic All Canadian for the second consecutive year.

An exemplary student-athlete on and off the court, Sam's leadership, commitment and hard work demonstrates itself through community and college activities. She assists throughout the year with various youth volleyball and/or ID camps and also volunteers with the MS Society.

2005-06 Male Athlete of the Year Across All CCAA Sports - Joey Martins

In his second year with the Red Deer College Kings, Joey Martins continues to dominate the court, demonstrating excellence in leadership, outstanding athletic performance and commitment to academics. A power hitter for the Kings, Joey established himself as one of the top players in the Alberta Colleges Athletic Conference (ACAC) with a total of 31 aces (average of 0.5 aces/set) and 225 kills (average of 3.9 kills per set). He has led Red Deer to yet another undefeated season (26-0), a first place finish in the ACAC and a gold medal at the 2006 Mazda CCAA Men's National Volleyball Championship, setting a new record of most CCAA championship titles won (7) and tying the existing record of most CCAA championship titles (9) won by a single team in men's volleyball. Joey also represented Canada as a member of the Canadian National B Team this past summer and served as back-up Libero for the Canadian National A Team.



His outstanding skills and abilities have merited Joey numerous athletic awards and accolades, including CCAA Volleyball Player of the Year (in 2005 and 2006), CCAA All Canadian (in 2005 and 2006), 2006 CCAA Men's National Volleyball Championship 2nd Team All-Star, 2006 ACAC 1st Team All-Star, 2006 Red Deer College Athlete of the Year, 2005 CCAA National Volleyball Championship MVP and 2005 Male Athlete of the Year Across All CCAA Sports.

Joey also demonstrates a strong work ethic, academic achievements and passion for the game off the court. While maintaining a 3.4 GPA in the Faculty of Education, Joey assists with various clinics and club volleyball teams throughout the season, serves as an official for both high school and junior high school games and participates on the Student-Athlete Council.

Canada Basketball announces Be One All-Canadian Weekend and All-Star Games in Hamilton

Canada Basketball announced last week the first annual Be One All-Canadian Weekend, May 12-14, and the CIS / CCAA Men's and Women's National All-Star Games Sunday, May 14, at McMaster University in Hamilton.

The All-Star Games and weekend will celebrate and reward the accomplishments of top Canadian university (CIS) and college (CCAA) coaches and athletes. It will also give the best athletes of the Canadian university and college school systems an opportunity to learn from, and showcase their skills and talents to, National Team coaches such as Senior Men's National Team Head Coach Leo Rautins and Senior National Women's National Team Head Coach Allison McNeill.



The weekend culminates with two national All-Star Games on Sunday. The women's game will tip-off at 12 noon at the Burrigge Gymnasium on McMaster University's main campus, with the men's game following at 2 p.m.

"Canada Basketball's Be One initiative is about offering everyone opportunity," commented Rautins. "Through this event, the top athletes in the Canadian university and college systems will have an incredible opportunity to impress national team coaches and take their game to the next level. We really want to show the top athletes in the CIS and CCAA how impressed we are of their accomplishments."

In conjunction with the event, Canada Basketball will also be holding a Be One coaching clinic on Saturday, May 13, at Hamilton's Saint Mary's Catholic Secondary School and McMaster University.

For more information, please contact **Mark Dottori**, Manager of Communications - Canada Basketball at 416.614.8037 ext. 202 or via email at mdottori@basketball.ca.

ALL-STAR GAME – Sunday, May 14 (12 noon women, 2 p.m. men)

Tickets can be purchased at the door at McMaster University (Burrigge Gymnasium) for the Be One All-Canadian Weekend All-Star Games. The ticket allows access for both the women's and men's games and the cost is \$5 for Be One members and \$10 for non Be One members.

CONFIRMED ATHLETES FOR ALL-STAR GAME INCLUDE:

WOMEN:

- Cassandra Carpenter, Laurentian University
- Kelsey Blair, UBC
- Emilie Crofton, Bishop's University
- Marie-Michelle Genois, Cegep de Saint Foy
- Meaghan McGrath, Wilfrid Laurier University
- Amanda Anderson, University of Western Ontario
- Devon Campbell, Simon Fraser University
- Elise Caron, College Edouard Montpetit
- Natasha Thombs, Seneca College
- Chiara Rocca, McMaster University

MEN:

- Osvaldo Jeanty, Carleton University
- Kevin Stienstra, Brock University
- Chris Trumpy, University of Victoria
- BJ Charles, Algonquin College
- Sherone Edwards, University of Prince Edward Island
- Tut Ruach, York University
- Mike Page, Lakeland College
- Dominic Soucy, Universite Laval
- Garry Gallimore, St. FX University
- Paul Blake, Cape Breton University
- Jean-Philippe Morin, Universite Laval
- Adam Steiner, McMaster University

BE ONE COACHING CLINIC - Saturday, May 13 (2 p.m.)

The clinic begins at St. Mary's Catholic Secondary School at 2 p.m. and concludes at McMaster University at 9 p.m. The cost for Be One members is \$20, \$45 for non Be One members. Clinic costs include a ticket to Sunday's All-Star Games. To register contact Erin Miller at emiller@basketball.ca or at 416.614.8037 ex 214.

Featured clinicians include:

- Allison McNeill, Women's National Team Head Coach
- Leo Rautins, Men's National Team Head Coach

- Dave Smart, Men's National Team Assistant Coach
- Christine Stapleton, Women's National Development Coach
- Greg Francis, Men's National Development Coach
- Mike MacKay, Manager - Coaching Education

Athletic Director Profile:

Mark Kosak, University College of the Fraser Valley



Change. The six letter word can be a troublesome issue for many, but as the sporting landscape across Canada continues to evolve it's a pressing issue for athletic directors across the Canadian Colleges Athletic Association's 102 member institutions. But as University College of the Fraser (UCFV) athletic director Mark Kosak prepares his athletic department for entry into the Canadian Interuniversity Sport (CIS) in 2006, he's dealing with a lifetime of change compressed in but a few short months.

Since taking over as UCFV's athletic director three years ago Kosak has been immersed in spear-heading UCFV's initiative and successful membership into the CIS and Canada West, the elite amateur sports league in Canada. Now Kosak and UCFV are on the brink of entry, scheduled to compete in men's and women's soccer and basketball in September 2006. And with that comes a lot of change in the way how things are done.

"It's exciting because this is the big time in Canadian sport," said Kosak from his office on UCFV's Abbotsford campus. "It's challenge of taking a medium sized college with moderate success and moving up to the next ranks and trying to build a program that can be as competitive. We have certain CIS standards and requirements to fulfill and we're making changes to do just that. Our department will have a completely different look and feel from the time I was hired."

Set to complete his third year at the helm Kosak has developed "a level of complexity and sophistication that wasn't here in the past".

"Our predecessors created a great foundation and we wouldn't be a CIS school without their ground work. The championship banners in the gym and awards in the trophy case are a testament to that, and we still have lots of room to grow."

Part of UCFV's growth in meeting the minimum CIS membership requirements include the construction of a new 1,500 seat gymnasium, finding a suitable soccer stadium that can accommodate a 500 spectators, hiring full-time staff and four full-time coaches on campus, increasing the budget and securing more funding, raising scholarship dollars, increasing academic standards, and even a new logo and identity is in the works for the Cascades. All this has unfolded for Kosak in just the past year.

"All those things have been fun. We're creating a team and a CIS-level program from the ground floor and there's lots that's still on the horizon of things to come. In a couple of years we'll be looking at ways of enhancing our alumni program, new means of fundraising, further facility expansion, a myriad of things and we'll probably never be at the junction where we've run out of opportunities."

Although constantly looking ahead to what the CIS brings and meeting those challenges, Kosak is also faced with the task of running and managing a successful CCAA program. This past year UCFV finished second in the British Columbia Colleges Athletic Association (BCCAA) aggregate standings, their highest finish ever.

"It's a unique position of being in two different organizations simultaneously. Initially it will take everyone an adjustment with the transition, and from there we can develop systems and processes and learn how to cope."

"It's really important for us to begin preparations for next year but we also have to be careful not to short change the current athlete. Everyone has to be valued and their student-athlete experience has to be as good as it can possibly be. We strive to provide them with the best possible athletic experience, so when they look back after four years they can feel they maximized those precious years athletically and educationally."

Kosak aims to provide all UCFV student-athletes with all the tools necessary to achieve success in the classroom and in competition. Kosak has implemented an academic support program which includes study hall, academic monitoring, and the addition of an academic coach. In competition Kosak worked hard at providing the necessary ingredients to allow a student-athlete to be the best in their sports starting with quality coaches, facilities, and support services. UCFV's support services include a strength and conditioning coach, a sport psychologist, counselors, athletic trainers, and working with Kinesiology faculty in areas of training and nutrition.

While the changes and the challenges have been fun for Kosak it comes with obvious hardships. Constraints on time and resources are prevalent themes in making it all work. Kosak says he's able to draw inspirations from our athletes to get through the adversity.

"We've had so many situations this year with athletes overcoming adversity to achieve great things. Our women's volleyball team had to forfeit three wins and battled back to make the playoffs, Matt Douma of our rowing team had his car broken into and lost everything yet still managed to finish second at the Head of the Charles, Tiffany

Boswell of our women's basketball team burned a year of eligibility with an injury and just had a miserable year but she's always smiling and staying positive. With all that I felt happy and confident because I know we have to battle through adversity to be better and stronger."

"Changes are taking place daily and it hasn't been easy, as we try and manage the change in its relation to our existing program. We're trying to make some semblance of certainty in an environment that is full of uncertainty and transition."

Submitted by Mike Tucker, Marketing Coordinator / Sports Information Director - UCFV

CCAA Key Dates and Deadlines – MAY / JUNE



May	15	Application deadline for CCAA Athletic Director of the Year Award.
May	25	Deadline for CCAA Directory updates by members.
	29-2	CCAA Annual General Meeting hosted by the CCAA
June	15	Deadline for CCAA National Scholar Award
	15	Deadline for submission of Advertisements for CCAA Directory

COACHING

2005-06 Coaching Excellence Award Across All CCAA Sports



The Canadian Colleges Athletic Association (CCAA) is pleased to present Cégep Limoilou's **Rock Picard** with the **2005-06 Coaching Excellence Award Across All CCAA Sports**. A CCAA coach is selected from all CCAA Sports based on his/her contribution to the sport, as well as their positive leadership and commitment to educational goals.

In his fifth season as Head Coach of the Titan's Men's Volleyball, Rock led his team to an excellent 15-1 season finish, ranking them 1st in the Quebec Student Sport Federation (QSSF). Under his guidance and leadership, seventh-seeded Limoilou captured the silver medal at the 2006 Mazda CCAA Men's National Volleyball Championship in their quest to bring the championship title back to Québec for the first time since 1997. In the last five years, Rock's Titans have finished first in the QSSF league and captured 5 medals at the QSSF Provincial Championships (1 Bronze, 3 Silver, 1 Gold).

Among his coaching goals, Rock states guiding and teaching his student-athletes, supporting their personal development and academic progress, and encouraging athletic success. He uses coaching to shape the lives of his players, teaching them how to balance responsibility and discipline in their studies, volleyball and their personal lives while participating in an elite sport. Rock also strives to create a family environment and a memorable collegiate experience for his players, all the while motivating and inspiring his athletes to surpass themselves in everything they do. Many of the Titans have pursued volleyball opportunities beyond Cégep Limoilou, including the Men's Junior National Team and universities across the country.

As a celebration of his coaching achievements, Rock has received the QSSF "AAA" Coach of the Year for seven consecutive years (1999-00 to 2005-06). He was also named the 2005-06 CCAA Men's Volleyball Coach of the Year. Rock is also an NCCP Level 3 certified coach and is currently earning his Level 4 certification. Throughout his career, Rock has coached and shared his knowledge with various teams; Head Coach – Juvenile Men's AAA (2001-02), Assistant Coach – Juvenile Men's AAA (2002-06), Assistant Coach – Canada Games (1997), Head Coach – Junior Men's (2001 and 2004) and Head Coach – Jeux de la Francophonie (1999, 2002 and 2005).

Female Coach Mentoring Program

Second round of Applications can be submitted starting May 15th with the **deadline June 15th**. 2006-07 Applications will be circulated to members and can be found on the CCAA website www.ccaa.ca under **Member Information**.

The Female Coach Mentor Program for female graduated student-athlete will be aimed at targeting the rich source of potential coaches in the ranks of graduating student-athletes and developing a new apprentice coach position to attract these women.

Incentives will be offered to institutions that offer apprentice coach positions on their coaching staff in the CCAA women's sports of soccer, volleyball, basketball and badminton. The program is based upon the matching of an apprentice coach (graduating female student-athlete) with a mentor coach (qualified CCAA head coach). The program will be structured to meet the needs of each coach selected to the program and to enable an experience that will benefit the apprentice, the mentor and the institution.

MARKETING

Official Basketball

As a follow up to this year's CCAA Men's and Women's National Basketball Championships, please note that Spalding has moved to a wide-channel for both its Men's and Women's **TF1000 ZK Pro, the CCAA's official basketball.**

On the market for over 18 months, *the deep channel design features 30% deeper channels for ultimate grip and control off the dribble, resulting in better playability. This Deep Channel Design meets all top-level competitive play specifications.* (<http://www.spalding.com/basketball/index.php>).

PING Canada renews partnership

PING Canada has agreed to a one-year extension with the Canadian Colleges Athletic Association, renewing its long-time support of the CCAA Open Invitational Golf Championship.

"We appreciate the efforts and contributions that PING have shown, as well as the true partnership we have been able to build over the past six years. We are very pleased to announce this extension and look forward to a continued partnership with PING Canada" expressed Sandra Murray-MacDonell, Executive Director of the CCAA.

PING Canada is now in its 6th year as the Event's Title and Exclusive Golf Sponsor.

Adidas President to attend CCAA Annual General Meeting

The CCAA is honoured and privileged to have Jim Gabel, President of adidas-Salomon Canada, join Craig Preece (Big Kahuna Sport Company) and Jamie Davidson (adidas-Salomon Canada) at the 2006 CCAA Annual General Meeting in Kingston.

"To have the president of adidas-Salomon Canada attend the CCAA AGM demonstrates the importance of the CCAA in relation to the adidas as well as their overall business model to further develop collegiate sport," stated Craig Preece, Vice President Big Kahuna Sport Company. "This is also a great opportunity for Big Kahuna Sport Co. to demonstrate the value of this partnership and preview the future for new adidas products and potential programs within the CCAA," concluded Preece.

adidas-Salomon is a global leader in the sporting goods industry, with brands built on a passion for competition and a sporting lifestyle. Partnered with Big Kahuna Sport Company, adidas-Salomon has been a proud supporter of and demonstrated a strong commitment to canadian collegiate athletics for the past 3 years.

"The CCAA looks forward to hosting Jim Gabel at our AGM," expressed Mark Kosak, CCAA VP Marketing. "His presence demonstrates the value of the partnership that currently exists between adidas-Salomon, Big kahuna Sport Co. and the CCAA. Adidas has become a major player in both the development and promotion of men's and women's college sport and we look forward to growing our partnership."

OTHER NEWS

2005-2006 CCAA Community Service Award

The Canadian Colleges Athletic Association (CCAA) proudly announced the winner of the **2005-2006 CCAA Community Service Award**. A CCAA member-institution is selected from all CCAA Athletic Programs based on their outstanding contribution and development of a successful community relations programs.

Grande Prairie Regional College (GPRC) is this year's recipient for their various activities and/or programs designed to provide sport participation and development opportunities within the community.

Recognizing their social responsibility to positively affect their community and outlying regions, Wolves Athletics developed and launched an extensive Community Outreach Program that encourages sport participation and supports an active and healthy lifestyle. Divided into three components (*Clubs, Clinics/Camps/Tournaments, Others*), the Program has been designed to increase involvement of youth in sport, to promote healthy lifestyle choices and to provide opportunities for coach development and leadership work in a variety of sports. The primary target group for the majority of the activities is the junior and/or senior high school market, and the secondary target groups are both coaches and children aged 6-12 years.

Through its **Clubs**, GPRC provides opportunities for all youth to practice as a team, play games and attend tournaments. Their **Clinics** and **Camps** provide a great learning experience for young athletes who want to train and improve skill development, reducing existing gaps in sport programming and increasing participation. Within

the same component, **Tournaments** also provide a higher level of competition for northern communities without the extensive travel required to attend events in southern locales.

Other community related events and/or activities include: **Take a Wolves Athlete to School** – Wolves athletes attend Grade 4 physical education and/or daily physical activity classes to assist the teacher with curriculum delivery and/or provide the class with some skill development activities in their respective sport; **All Star Games** – The Peace Country's best female and male players are invited to play in the GPRC Gymnasium, which is set up as an actual ACAC contest, including music, announcements, introductions, etc. This year, Junior High School athletes had an opportunity to play during the Basketball All Star Game. Over 800 spectators pack the gym to watch these Games; **Hosting** – Each Wolves Team will host school/club teams at ACAC Home Games and/or Practice Sessions, while also taking the time to attend school/club practice sessions; and **Wolves Soccer Academy** – Operated by the Wolves Coaching Staff, the Academy provides opportunities for skill development for players aged 8-18, while at the same time creating numerous development and training opportunities for community and competitive level coaches.

Through its various community outreach initiatives involving more than 18 300 coaches and players, Wolves Athletics has become the resource center for sport development in Northern Alberta, contributing immensely to the health, welfare and advancement of its community all the while instilling greater appreciation in both athletes and coaches of their roles and responsibilities within the society.

2006 CCAA Annual General Meeting

The Ontario Colleges Athletic Association is looking forward to hosting this year's Annual General Meeting from May 29 – June 2, 2006 at the Holiday Inn Kingston-Waterfront in beautiful Kingston, Ontario. The week will consist of 11 plenary meetings and 2 executive meetings. Delegates will also have the opportunity to explore the historic city of Kingston.

An AGM Package detailing the week of meetings and activities was sent via email to each member-institution on Monday, April 24th. **Please forward the registration information and/or return required forms to the appropriate contacts by the noted deadlines.** If you have not received the mentioned AGM Package, please contact Sandra Murray MacDonnel via email (sandra@ccaa.ca).



Don't forget to submit your nominations!

- **Athletic Director of the Year** - The CCAA Athletic Director of the Year award recognizes administrative excellence within the campus or college community environment. This award is designed to recognize athletic directors who are making significant contributions to their institutions.
 - **Eligibility and Criteria:** Any CCAA member-institution that is nominated by institutional staff or administration, Provincial executive, Association members or affiliated institution Athletic Directors.
 - Must be a CCAA member in good standing
 - Have served as an Athletic Director for a minimum of three (3) years
 - Demonstrates a commitment to higher education and student-athletes
 - Promotes teamwork and excellence
 - Demonstrates the ability to inspire individuals or groups to achieve high levels of accomplishments
 - Demonstrates leadership and significant outreach for the betterment of youth and for the local community
 - Shows leadership in the regional or national levels through serving on:
 - CCAA committees or executive
 - Provincial association executive or committees
 - Other community committees/or executive
 - Can not be an Athletic Director at an institution that has been put on probation or cited for a code of ethic violations during the past three (3) academic years.

Nominations forms **MUST** be submitted **no later than May 15, 2006**. Nomination forms can be found on the CCAA's official website (<http://www.ccaa.ca/awards.htm>).

- **National Scholar Award** - Nominations forms **MUST** be submitted **no later than June 15, 2006**.

To be eligible for this award, candidates must: 1) Listed on their institution's CCAA Eligibility form for the current year, and 2) Have achieved a GPA standing of 3.5 on a 4.0 scale or equivalent, as defined by their institution during the last complete academic semester/term at the institution. Nomination forms can be found on the CCAA's official website (<http://www.ccaa.ca/awards.htm>).

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