



# Canadian College Sport Connections

Official Newsletter of the Canadian Colleges Athletic Association

Issue #18

December 2006 / January 2007

## In this issue:

### CCAA Nationals

- > Successful end
- > 2006 Cross Country Running Open

### Sports News

- > 2010 Legacies Now
- > Volleyball Athletes of the Month
- > Athletic Director Profile
- > What is going on
- > CCAA Key Dates and Deadlines

### Scoreboard and Rankings

### Marketing

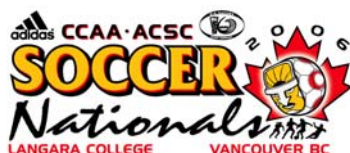
- > Information from the SIRC Sport Library

### Other News

- > Petro-Canada Sport Leadership conference
- > JUMP!
- > Did you know?

## CCAA NATIONALS

### Successful end to 2006 Big Kahuna/adidas CCAA National Soccer Championships



British Columbia's Langara College women's team prevailed to finish first for the second consecutive year at the **2006 Big Kahuna/adidas CCAA National Soccer Championships**, while Algonquin College captured the gold medal on the men's side.

On the women's side, host Langara College advanced to the second round following a 9-0 win against the Nova Scotia

Agricultural College Rams. Unstoppable against Durham College, the Langara Falcons moved into the gold medal round against provincial rival Thompson Rivers University (TRU) with a score of 3-1. Playing on their home pitch, the Falcons appeared ready to give the hometown crowd a big victory. Lead by **2006 CCAA Women's Soccer Player of the Year, Rachael Pelat**, Langara defeated the TRU Wolfpack 3-1, securing first place and capturing the gold medal once again. With a score of 3-1, Collège François-Xavier-Garneau captured a third place win against Durham College in the bronze medal game.

On the men's side, number two-seeded Algonquin College Thunder began their quest to the championship title with a 4-0 win over host team, Langara College. The Thunder went on to win their second game 7-1 over the MacEwan College Griffins. Algonquin battled in out against Champlain Regional College St. Lambert in the gold medal round. The Cavaliers pushed the Thunder as best as they could, but could not keep up with Algonquin's strength and had to settle for second place with a score of 4-0. Following a tough battle against Capilano College, MacEwan College prevailed to finish in third place with a score of 4-2. Host team Langara Falcons finished 5<sup>th</sup> overall.

The CCAA would like to thank Langara College for once again hosting such a great event. Lead by Athletic Director and Tournament Chair, Clayton Munro, the Host Organizing Committee organized an exceptional and memorable tournament for athletes, coaches and fans alike. The CCAA and the Host Organizing Committee would like to thank our national sponsors for their support and efforts in making this Championship possible, including Big Kahuna Sports Co. – Official Retailer of the CCAA, adidas – Official Soccer Ball (MB Tournament Ball) Supplier of the CCAA and Sport Canada.

For final standings and Tournament All-Star Awards, please visit the following link:

<http://www.ccaa.ca/soccer/06111201.htm>

### 2006 CCAA Cross Country Running Open Championships



Hosted for the first time ever by the Quebec Student Sport Federation, the **2006 Canadian Colleges Athletic Association (CCAA) Cross Country Running Open Championships** were a success! On the women's side, the Alberta Colleges Athletic Conference (ACAC) reclaimed the Conference Team championship title, while the Quebec Student Sport Federation (QSSF) captured their first gold medal on the men's side. In the College Team event,

the ACAC swept through the women's competition to grab the top three positions – Augustana Faculty University of Alberta finished 1<sup>st</sup>, followed by SAIT Polytechnic and MacEwan College in 2<sup>nd</sup> and 3<sup>rd</sup> respectively. On the men's side, Lethbridge Community College (ACAC) emerged as the number one contender in the Team competition, while Fanshawe College (OCAA) captured silver and together, Collège Ahuntsic (QSSF) and Humber College (OCAA) rounded off the top three.

With more than 250 cross country runners, a total of 32 member-institutions representing three conferences competed in this year's event, making it the largest CCAA Cross Country Running Open Championships.

The CCAA would like to thank the Institute of Agricultural Technology, Saint-Hyacinthe Campus, for hosting such a great event. Led by René Lalanne, Athletic Director and Tournament Chair, the Organizing Committee organized an exceptional and memorable tournament for athletes, coaches and fans alike.

"I.T.A. was a gracious host. With an enrolment of less than 600 students, it was very impressive to witness their ability to welcome over 250 athletes and coaches and coordinate such a spectacular event." indicated Sandra Murray-MacDonell, CCAA Executive Director. "It is the highest institution participated event to date in the CCAA, with 32 CCAA members involved. Finally, the approximate equal distribution of Francophone and Anglophone participants made the event even more special," concluded Sandra.

The CCAA and the Host Organizing Committee would like to thank Sport Canada, as well as the local sponsors for their support and efforts in making these Championships possible.

For complete results, please visit the following link: <http://www.ccaa.ca/running/06111501.htm>

## SPORT NEWS

### 2010 Legacies Now invests in the 2006-07 CCAA National Championships

2010 Legacies Now is investing in the **2007 Canadian Colleges' Athletic Association (CCAA) Men's and Women's National Volleyball Championships**. Each host will receive \$10,000 as part of an overall investment of \$399,200 in 18 communities hosting 26 major sporting events around British Columbia. Hosting BC and 2010 Legacies Now will also be investing in the **2007 CCAA National Badminton Championships** hosted by Douglas College from March 8-10, 2007. This year's **Big Kahuna/adidas CCAA National Soccer Championships** has already benefited from the 2010 Legacies Now funding. Langara College received a \$5,000 grant to further assist them in providing excellent competitive opportunities for athletes at this year's event, while also attracting and developing up-and-coming athletes in the sport of soccer.

"2010 Legacies Now is committed to building B.C.'s reputation as a premier sport event destination and maximizing sport hosting opportunities leading up to and beyond 2010," said Bruce Dewar, chief executive officer, 2010 Legacies Now. "The Hosting BC program assists communities create sport hosting legacies across British Columbia."

#### **2007 CCAA Men's National Volleyball Championship**

Over 150 athletes and coaches will travel to Nanaimo for the 2007 CCAA Men's National Volleyball Championship to be hosted by Malaspina University College from March 8-10, 2007. (...)

"The 2007 Canadian Colleges' Athletic Association Men's National Volleyball Championships will benefit greatly from the support of Hosting BC through 2010 Legacies Now," said Bruce Hunter, athletic director of Malaspina University-College. "It will assist us in providing an excellent competitive opportunity for our athletes, as well as help to attract and develop up-and-coming athletes in the sport of Volleyball." (...)

#### **2007 CCAA Women's National Volleyball Championship**

From March 8-10, Capilano College (North Vancouver) will welcome the country's best female collegiate volleyball players to its campus as host of the 2007 CCAA Women's National Volleyball Championship. (...)

"It's important that we continue to promote athletics in B.C. and Capilano College should be commended for working to bring this event to the North Shore," said North Vancouver-Seymour MLA Daniel Jarvis. "I'm pleased that the provincial government is providing the necessary funding for this tournament, which will bring athletes and spectators from across the country to our community."

"The support we've received from Hosting BC through 2010 Legacies Now will assist the College in providing a significant opportunity to our athletes and the communities we serve," said Joseph Iacobellis, manager of athletics and recreation at Capilano College. "Hosting events, such as the Women's National Volleyball Championship, allows us to promote the value of sport in the community and offers encouragement to youth who may be interested in participating in athletic competition." (...)

Hosting BC is designed to provide funding to organizations throughout British Columbia to stage single sport international and national level single sport events in B.C. Eligible events, at both the senior and junior levels, range from the World Championship and World Cup level to National Championships and North American level events. This year for the first time, B.C. universities and colleges were also able to apply for Hosting BC funding. Funded by the Province of BC and the City of Vancouver, the Hosting BC program has invested over \$1M in 29 communities and 96 events since 2004. **The application deadline for the next round of Hosting BC funding is March 1, 2007. For more information and to download an application form, visit [www.2010LegaciesNow.com](http://www.2010LegaciesNow.com).**

## Big Kahuna/adidas CCAA Volleyball Athletes of the Month



The CCAA announced today the **Big Kahuna/adidas CCAA Volleyball Athletes of the Month** for November. The CCAA Athlete of the Month program recognizes student-athletes for their outstanding event performance and athletic accomplishments during that month. Awards are presented to one male and one female

student-athlete in each conference participating in the CCAA Soccer; the five conferences are Atlantic Colleges Athletic Association (ACAA), Fédération québécoise du sport étudiant (FQSE) Ontario Colleges Athletic Association (OCAA), Alberta Colleges Athletic Conference (ACAC) and British Columbia Colleges Athletic Association (BCCAA).

*From the Atlantic*, fourth year student-athlete **Mindy Goodine** has been instrumental in the success of the St. Thomas University Tommies. Playing the power position, Mindy vowed to improve on last year's performance and she has done just that. A highly talented and skilled volleyball player, Mindy is currently leading her team in kills with an average of 16 per match. She also leads the Tommies in both digs and service aces, averaging 14 and 3 per match respectively. Mindy has lead her team as its' captain to 7-0 season record to date, ranking them 1<sup>st</sup> in the Atlantic College Athletic Association (ACAA). Named ACAA Player of the Year and STU Female Athlete of the Year last year, Mindy is determined to capture the team's 7<sup>th</sup> consecutive ACAA title and keep its 118 match winning streak intact.

After moving to Nova Scotia from British Columbia, **Kyle Murphy** is a third year student completing a Bachelor of Science Double Major in Chemistry and Biochemistry at the University of King's College. In his first year with the Blue Devils, Kyle has been a contributing factor to the team's success, leading them to a perfect record for the first half of the season. Enthusiastic and committed to volleyball, he has quickly become a leader and continuously puts forth solid performances. Season highlights include leading his team to a double match victory over last year's ACAA Champions, the STU Tommies. Scoring a total of 36 kills and serving 6 aces, his performance was instrumental in their victory. In addition to playing volleyball for the Blue Devils, Kyle was a member of the UKC soccer program. While he came late to their season, he played both sports simultaneously until his team lost a tough match in the league semi-finals; he scored the only goal to their team in playoffs. Off the court, Kyle maintains a 4.07 GPA and volunteers at the Queen Elizabeth Hospital as a patient companion.

*From Ontario*, studying Nursing at Nipissing University, **Megan Stacey** is in her 4<sup>th</sup> year of Varsity Volleyball. Contributing 29 points in two three set victories, Megan has proven to be a competitive force in leading the Lakers to a 2-0 finish thus far in regular season play. This season, Megan has guided her team to a record of 17 wins – 1 loss – 2 splits in three tournament appearances; the Lakers captured a first place finish at both Humber and Cambrian, and finished third at Sheridan. The Lakers quick start has earned them the number one seed in Ontario and ranked them fourth in Canada, the highest ranking in Nipissing's history.

A transfer student from Loyalist College, **Jasmin Cull** is a third year Recreation & Leisure Services student at Mohawk College. While he has played only one league game this season, Jasmin has quickly established himself as an outstanding student-athlete and volleyball player. In only 3 games, he has recorded 12 kills, 1 stuffed block and 5 serving aces, resulting in an average of 6.0 ppg. In tournament play, Jasmin continues to dominate the court. He is dynamic and unstoppable from wherever he is hitting, both front and back court. His skills and talent earned him selections to the Tournament All Star Team at the Fanshawe Invitational, Durham Tournament and Humber Cup.

*From Québec*, veteran **Valérie Thibodeau** is in her 3<sup>rd</sup> year of Varsity Volleyball as Captain of the Collège François-Xavier-Garneau Élans. Playing the power position, Valérie continues to dominate this season. Averaging 4.762 points and 4.476 kills per set (total of 21 sets played), Valérie is ranked second in the Québec Student Sport Federation (QSSF).

A student in Human Sciences at Cégep Limoilou, **Frédéric Desbiens** is the QSSF Male Athlete of the Month for the third straight year. Assistant captain of the Titans, Frédéric is a passionate and proven leader who brings intensity, focus and heart to the game. He leads the QSSF in points with an average of 5 points per set.

*From Alberta*, serving as team captain of The King's University College Eagles, **Lorraine Enge** is completing her third year of a Bachelor of Arts in Politics, History and Economics. Playing leftside, Lorraine leads the Eagles in total kills and aces. Her outstanding play has earned her a position in the ACAC Top 10 Leaders in kills and digs per game. Dedicated and committed to the sport of volleyball, Lorraine has a solid work ethic and is continuously trying to improve every aspect of her game. She has demonstrated tremendous leadership and demands only the best from herself and her teammates. Outside of athletics and academics, Lorraine is also involved in the school newspaper as a journalist. Her commitment and passion for all pursuits in life are positive examples for both her teammates and classmates.

**Mike DeRocco** is in his second year of General Studies at MacEwan College. Mike's exceptional performance as a setter has been a major factor in the Griffins' 9-1 record in regular season play, ranking them 1<sup>st</sup> in the ACAC above seven-time defending CCAA Champions, Red Deer College Kings and 1<sup>st</sup> in the CCAA. His skills and talent have moved him in the Top 10 for stuff blocks and service aces. Mike is a solid player and confident leader both on and off the court.

*From British Columbia*, a fourth year student in Human Kinetics, Capilano College Blues' Captain **Jennifer Dickson** has proven to be a dominant force and leader both offensively and defensively. In three weeks of play, Jennifer has compiled 78 kills and 87 digs. She passed almost 50% of the opposition's serves, averaging 2.7 in service reception and 0.486 hits per game. Her exceptional talent and skills have helped the Blues secure a third (3<sup>rd</sup>) place standing in the British Columbia Colleges Athletic Association (BCCAA) and an 11<sup>th</sup> place overall in the CCAA. The 5'10" Port Coquitlam native was named 2003-04 BCCAA Rookie of the Year, BCCAA 1<sup>st</sup> Team All-Star for the past two seasons, as well as 2005-06 BCCAA Player of the Year.

A fourth year student at UBC-Okanagan, **Chris Major** has been instrumental in the success of the Lakers. A proven leader and apt volleyball player, Chris reads the game efficiently, plays very well positionally and has exceptional ball handling and passing skills. A former OUC athlete and All Canadian, he has quickly established himself as a premier college setter and one of the most feared servers in the BCCAA; serving 14 aces in only 5 matches (15 games) and his opponents have only passed a total of 1.5 (average) against his serve. His passion and dedication to the game make Chris a valuable asset to his team at this level.

Congratulations to all!

For a picture of this month's **Big Kahuna/adidas CCAA Volleyball Athletes of the Month**, visit: <http://www.ccaa.ca/volleyball/06120401.htm>

## Athletic Director Profile – Ron Fearon



For someone who had no intention of joining an athletic association or even fulfilling a career in the field of sports, Ron Fearon has dedicated 40 years of hard work and raised the bar for athletic directors and coaches alike

Born in Pickering and raised mostly in the Toronto suburbs, Fearon jump-started his athletic career by fluke. He moved to Thunder Bay by accident – intending to pass through but encouraged to stay by friends.

As he tells it, the move into campus recreations was another exercise in serendipity. "Although I've always loved to watch sports and participate in them, I had never dreamed of working in the field. I just stumbled into it really," chuckles Fearon.

Fearon began coaching and being involved in campus recreation at Confederation College in January 1976 before taking the position as athletic director. His duties entailed representing the college at the annual OCAA meetings and championships.

In 1982 Fearon got involved in coaching and managing Confederation's curling teams. After many years with the college, Fearon also served a few terms as the OCAA curling convener. "Curling was always something I enjoyed and I did myself. Although I'm very keen on all sports ... curling was the one that kind of got me more involved," says Fearon.

Fearon's passion for curling remains even after having coached for 20 years. To this day he spends his time managing and coaching the women's curling team, working with the squad's technical coach, Don Main, an eight-year veteran with the team.

"He's very dedicated. He's always been a great supporter of the game" says Main. "He's got respect for them. I can definitely say that it's because of his dedication to the sport of curling that they've had the success they've had over the years."

His resume includes extensive coaching and recreational activity, but also a bachelor's degree in anthropology. In addition, he holds a post-graduate diploma in management and dabbles in film production.

Doug Gellatly, executive director of Ontario Federation of School Athletic Associations, met Fearon eight years ago, when Gellatly started working in OCAA. "From a professional standpoint ... he's a really good decision maker," says Gellatly. "Gellatly gives credit to Fearon for keeping the association in healthy financial shape.

In fact, Fearon's proudest moments came not on the curling rink, but while stick handling the financial strategy in his early years in the OCAA. At the time, it was understood the OCAA had a \$15,000 reserve cushion. "As it turned out, when we took a closer look at our dollars and cents, we discovered we didn't have a reserve fund at all and our books were not right," recalls Fearon. "We've now been able to reserve over a quarter of a million dollars."

In the future, Fearon would like to see the implementation of a tiered structure, at the top of which would be competition between larger colleges and their university counterparts.

That's his dream for the OCAA. For himself "my goal is to retire," he says with a laugh. "I probably want to dabble in doing some entrepreneurial stuff. Maybe some eBay buying and selling... and then travel of course. I certainly wouldn't mind staying involved."

*Written by Shaun Archer, Humber College Journalism Program*

## What is going on during the holiday break?

It's that time of year again!! A time of year when teams travel across the country to test their skills and compete in annual tournaments. Below is a list of annual tournaments to be hosted by CCAA member-institutions. For more information on any of the tournaments listed, please contact the institution directly and/or the respective PCAA.

	<i>Men's Basketball</i>	<i>Women's Basketball</i>	<i>Men's Volleyball</i>	<i>Women's Volleyball</i>
<b>OCAA</b>	Georgian / Dec. 15-17 Sheridan / Dec. 20 Loyalist / Jan. 5-6 George Brown / Jan. 5-6	Seneca / Jan. 5-6	Fleming P / Jan. 5-6 Georgian / Jan. 5-6	Durham / Jan. 5-6 Georgian / Jan. 5-6
<b>ACAC</b>	NAIT / Jan. 5-6 MacEwan / Dec. 28-30 SAIT / Jan. 4-6	MacEwan / Dec. 27-29	Mount Royal / Dec. 28-30	Mount Royal / Dec. 28-30
<b>BCCAA</b>	Camosun / Dec. 28-30 Kwantlen / Jan. 4-6 CBC / Dec. 28-30	Camosun / Dec. 28-30 Kwantlen / Jan. 4-6	UBC-Okanagan / Jan.2-4	UBC-Okanagan / Jan.2-4
<b>QSSF</b>	--	--	Limoilou / Jan. 5-7	--
<b>ACAA</b>	UKC / Dec. 31-Jan.2	--	Limoilou / Jan. 5-7	--

## CCAA Key Dates and Deadlines – DECEMBER/JANUARY



- Dec 5** Final Rankings for Volleyball and Basketball before holiday break
- Jan 8** Provincial convenors conference call in men's and women's Volleyball and Basketball
- 9** Men's and Women's Volleyball and Basketball rankings resume
- 16-18** Winter Board meeting in Ottawa, Ontario
- 23** Second Badminton Ranking
- 27** Deadline for Athlete of the Month for Badminton
- Feb 5** Preliminary Seeding calls for Volleyball

## RANKINGS / SCOREBOARD

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.

The CCAA would like to thank all those institutions that have been prompt in entering their results.

Unfortunately, there remains some institutions who have yet to fulfill their duties and responsibilities as it pertains to the CCAA Scoreboard. While I have been entering the missing results, I would greatly appreciate that, in the new year, the **Home Team** can input the scores accordingly following each game.

Furthermore, when inputting your results for League Play, please remember to verify and/or change the following for results to count towards Overall Standings:

- "Game Type" must be set to "Conference"
- "Game Status" must be set to "Finished"

---

A reminder that Tuesday, December 5<sup>th</sup> is the final ranking before the holiday break. Rankings will resume January 9<sup>th</sup>, 2007. ***Please ensure to send ALL holiday tournament and/or exhibition results to appropriate contacts.***

## MARKETING

### Information from the SIRC Sport Library about Coaching Techniques and Exercises



New coaching techniques and exercises help to keep the program fresh.

Coaches are dedicated to helping their athletes develop. Learning new techniques and providing variety in exercises can keep the program stimulating. This month you can read about new coaching techniques for shot putters, softball pitching and highjump. Check out the push press exercise for volleyball, one of the favourites from the head coach for the men's volley ball team at the University of California. And finally, take the time to assess an athlete as an individual using an easy field assessment guide from the US Olympic Committee.

Please visit [www.sirc.ca/ccaa](http://www.sirc.ca/ccaa) during the month of December to read the following articles.

#### **Developing Rotational Shot Putters**

To glide or to spin? Coach Don Babbitt presents his thoughts and ideas on developing rotational shot putters. Babbitt has been the national team coach for Canada, United States and Croatia.

#### **Underhand Pitching**

A examination of the softball pitching motion and the potential for injury or stress on the arm and/or elbow joint.

#### **High Jump Styles within the Flop Technique**

Examines the physical and technical demands of the "Flop" technique in high jumping and raises some questions for coaches to consider.

#### **Push Press**

Top-level coach John Speraw describes the "push press" - an exercise that closely mimics blocking motion in *volleyball*.

#### **An Easy Field Assessment for Coaches**

Outlines a pre-training assessment scheme for coaches to determine individual characteristics of an athlete and test for body composition, posture, flexibility, stability, and neural quality.

***Is there a topic you would like learn more about? Please contact SIRC at [media@sirc.ca](mailto:media@sirc.ca) to suggest a topic for upcoming CCAA Newsletters.***

## OTHER NEWS

### Petro-Canada Sport Leadership sportif conference 2006

Last month, the Coaching Association of Canada hosted its annual Petro-Canada Sport Leadership sportif conference from November 3-5 in Vancouver, B.C. One of the world's premier conferences for sport leaders, the conference brings together coaches, sport administrators, coach educators, and athletes for several days of learning, networking, and celebrating achievements. In addition to Allan Ferchuk, Red Deer College Athletic Director, the CCAA was represented by **Yvonne Becker**, Augustana Faculty University of Alberta Athletic Director and Chair of CCAA Female Coach Mentor Program who highlighted various areas in the report below:

Considering the list of presenters that were featured at this year's Petro-Canada Sport Leadership Conference, one could have anticipated that it was going to be a success. Indeed, that was the case. From the Opening Plenary through to the Closing Comments, much information was shared and valuable networking had been accomplished. Some of the highlights included:

**Opening Plenary** - Featured in this session were Michael D. Chong, Minister for Sport; Chris Rudge, CEO of the Canadian Olympic Committee; and one of Canada's favorite Olympians, Beckie Scott. This dynamic group got the Conference off to a great start.

**Sport Exchange Forum** - This event featured exhibits by approximately 35 provincial/territorial and national sport organizations and multi-sport agencies. It provided an outstanding opportunity to share programs/services and best practices in system development, innovation, research, accessibility, and outreach.

**Women in Coaching Breakfast and Plenary: Celebrating the Differences in How Men and Women Coach** - Presenter Elaine Allison had the Conference participants consider the difference between the coaching methodologies of women and men. Allison is the author of "The Velvet Hammer".

**Beyond Codes: Taking Ethics in Coaching to the Next Level** - John Dalla Costa of the Centre for Ethical Orientation spoke to the issue of ethics in leadership positions in a world where maintaining integrity is a challenge. He proposed a new ethical paradigm and included practical advice for coaches facing difficult questions.

Along with these special events were many sessions ranging from **Long Term Athlete Development, Coach Best Practices, Effective Networking, Athlete Health: Injury and Illness Prevention and Coaching Research**. Many of these provided great information for the assembled coaches and athletic administrators. It was inspiring to see the effort, organization and focus that was brought to the future of sport in Canada and to recognize that the CCAA has played, and will continue to play, a significant role in the process.

*Written and submitted by Yvonne Becker, Augustana Faculty University of Alberta Athletic Director and Chair of CCAA Female Coach Mentor Program*

### CCAA represented at JUMP!

Recruiting high school athletes has become a critical foundation to successful college sport programs. High school athletes have a great deal of options to pursue both their academic and athletic goals: the NCAA, the CCAA or the CIS. How does the recruit sort through all of this information, understand coaches' promises and select the post education that best suits them?

On October 20<sup>th</sup>, the Faculty of Health Sciences and Women's Athletic Alumni of the University of Western Ontario hosted a one-day conference for high school girls in the London, Ontario area, entitled JUMP!. The conference was designed to give the high school athlete tools to help make educated choices in tune with their personal needs.

The day began with a highly inspirational key note address by Women's Hockey Olympic Gold Medallist, Cassie Campbell, who delivered several pertinent messages to the young athletes, my favourite being: when a player does not play, instead of complaining, ask the coach what they can do to improve to get back in the lineup!

The next two sessions dealt with understanding the academic/sport options for competitive postsecondary sport in Ontario, Canada and the United States.

Getting the Inside Track offered overviews of the OUA/CIS, the OCAA/CCAA and the NCAA from athletic administrators and were represented by Judy McCrae, Athletic Director-Waterloo and Linda Stapleton, Manager, Athletics and Recreation - Seneca College respectively. In this session, the CCAA provided handouts for the delegates to illustrate the competitive opportunities within the CCAA, while I gave the audience insight into the academic uniqueness and breadth of CCAA schools. As a parent, Linda Lauzon

provided very relevant information and advice on questions to answer if a U.S. Scholarship was right for a prospective recruit.

The follow up session Making the Jump provided first hand experience from student-athletes who have competed within the NCAA, CIS and CCAA. The CCAA athlete was a well-spoken cross country runner from Fanshawe College. The athlete speakers gave overviews of their academic and athletic experiences within their chosen conferences and answered specific questions for the high school delegates.

Other sessions dealt with How Sport can be a valuable Career Launcher and Creating a Game Plan which gave the delegates a chance to begin their goal setting for their future post secondary choices. The JUMP template could very successfully be transposed to any community and duplicated for a male audience.

The CCAA would like to congratulate the University of Western Ontario and the Women's Athletic Alumni Association for an extremely relevant, educative and motivational conference!

*Written and submitted by Linda Stapleton, Athletic Director- Seneca College and CCAA Female Coach Mentor Program Committee Member*

### **CCAA President Doug Fox – Did you Know?**

Doug Fox was elected CCAA President at the 2006 CCAA AGM. While some of you already know Doug, here are some interesting and fun tidbits that you may not have known about him:



- That he played for University of Toronto's Varsity Blues from 1973 to 1978.
- That Doug has been the Athletic Director at Humber College since 1991.
- That, prior to becoming Athletic Director, Doug first joined Humber College in 1979 to coach basketball.
- That he was an Ontario University Athletics second team all-star from 1976 to 1977.
- That Doug has served on the Ontario Colleges Athletic Association Executive for over eight years, during which he assumed various roles including President from 1995-1997.
- That he set the University of Toronto's single-season record for free throw shooting at 87.8 per cent, ranking sixth all-time with a career number of 78.2 per cent.
- That Doug was named CCAA Athletic Director of the Year in 2001-02.
- That the University of Toronto awarded Doug with Athlete of the Decade award for his basketball accomplishments in the 1970s.
- That Doug has been involved at the CCAA level for many years now during which he has held various positions, including VP Governance from 2004-2006, and has fulfilled different roles and responsibilities on different committees.
- That Doug is ranked sixth in the University of Toronto's all-time scoring with a total of 889 points.
- That Humber College has won 12 CCAA National and/or Open Championships, including 5 in Men's Basketball, 5 in Men's Golf, 2 in Men's Soccer and 1 in Women's Golf.

**Canadian Colleges  
Athletic Association  
(CCAA)**

St. Lawrence College  
2 Belmont St.  
Cornwall, Ontario  
K6H 4Z1

*Please contact  
Stéphanie Legault for  
comments,  
suggestions and/or  
distribution requests.*

[stephanie@ccaa.ca](mailto:stephanie@ccaa.ca)  
613.933.6080 ext.2211



*Happy Holidays and Best Wishes for 2007*



*The Canadian Colleges Athletic Association would like to take this opportunity to extend our warmest wishes to you and your loved ones for a joyous holiday season. May this coming new year bring you joy, peace and health.*

**Please note:** The CCAA National Office will be closed from Friday, December 22<sup>nd</sup>, 2006 to Thursday, January 4<sup>th</sup>, 2007.