



# Canadian College Sport Connections

Official Newsletter of the Canadian Colleges Athletic Association

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## CCAA NATIONALS

### 2007 CCAA National Badminton Championships getting underway



From March 8-10, Douglas College (New Westminster, B.C) is welcoming the country's best male and female collegiate badminton players to its campus as host of the **2007 Canadian Colleges Athletic Association (CCAA) National Badminton Championships**.

Following an outstanding performance at last year's Nationals, the British Columbia Colleges' Athletic Association (BCCAA) will look to maintain its national supremacy. Capturing the team championship banner and placing first in four of five categories, host college, the Douglas Royals, dominated the BCCAA Championships to finish 1<sup>st</sup> overall. Reigning champion and *2006 CCAA Female*

*Player of the Year* Lyndsay Thomson will lead the way in Women's Singles, while teammates Alvin Lau and Charmagne Yeung will defend their title in the Mixed Doubles event. Royals' Chris Lee and Andy Cheong will be vying for 1<sup>st</sup> place in Men's Doubles, while Melody Liang and Jessy Sung will be competing in Women's Doubles and Richard Liang in Men's Singles. Capilano's returning champion Kiran Bogavelli will go on to compete in Men's Singles, and teammates Max Peters and Mike Tran will vye for the title in Men's Doubles. Upon return from the 2007 Canada Winter Games in Whitehorse, Toby Ng with dispute the title in Mixed Doubles with partner Monica Mui (Langara), and Kylee Abrahamson and Megan Yim from Malaspina University College will be contenders in Womens' Doubles.

From Alberta, Mount Royal College (MRC) emerged as the number one contender on the Singles' side, while Concordia University College of Alberta (CUCA) took 1<sup>st</sup> place on the Doubles' side. Cougars Quinn Conway and Laura Fong will represent the Alberta Colleges Athletic Conference (ACAC) in Men's Singles and Women's Singles respectively, while teammates Ryan Legere and Nicole Hilland will fight for the gold in Mixed Doubles. Partners Jon Vandervet and Michael Chong from CUCA will be disputing their title in Men's Doubles, and Nathasha Liaw and Reshma Bhambanni will represent their institution in Women's Doubles.

The Ontario Colleges Athletic Association (OCAA) will be represented by Fanshawe College, Cambrian College, St. Clair College and newcomer Humber College. From Fanshawe College, three-time OCAA champion, Nathaniel Allard, will be defending his title in Men's Singles for the 3<sup>rd</sup> consecutive year. Teammates Jenn Hayman and Jayme Sky will vye for the title in Women's Doubles. Cambrian Golden Shield Jody Carruthers will fight for 1<sup>st</sup> place in Women's Singles. Partners Amy Howe and Charlie Lay from St. Clair College will represent the OCAA in Women's Doubles, while Humber's Hao Ly and Roni Islam will compete in Men's Doubles.

Atlantic Colleges Athletic Association's (ACAA) Mount Allison University will be alongside Université Ste-Anne, University of New Brunswick – Saint John and University of King's College. Mount Allison Mounties' Laura Karis Allen will compete in Women's Singles, while teammates Brent Barkhouse and Scott Yorke will dispute their title in Men's Doubles. Mathieu Laviolette (Université Ste-Anne) will lead the way in Men's Singles, and University of King's College Blue Devils' Mike Smith and Dalia Levin will compete in Mixed Doubles. Partners Jing Bing Lam and Julie Levesque from UNBSJ will also be battling it out for the Atlantic Colleges Athletic Association in Women's Doubles.

Douglas College is pleased to bring you the latest news, results and developments within the **2007 CCAA National Badminton Championships** on their official website –<http://www.douglas.bc.ca/csrw/ccaa.html>. Make sure to visit their website and add the link to your *Favourites* page! **The Gold Medal action can be viewed LIVE via webcast starting Saturday, March 10 at 12:30 - 4:30 (PST). To watch the action, visit Douglas' official championship website!**

The CCAA and the Host Organizing Committee would like to thank our national sponsors for their support and efforts in making these Championships possible, including Black Knight – Official Badminton Equipment Supplier of the CCAA, Carlson Wagonlit Travel, WestJet and Sport Canada.

## Malaspina set to host 2007 CCAA Men's National Volleyball Championship

From March 8-10, Malaspina University-College will play host to what promises to be an exciting competition. Canada's top eight male collegiate volleyball teams will travel to Nanaimo (B.C.) for the 2007 Canadian Colleges Athletic Association (CCAA) Men's National Volleyball Championship.



2007  
MALASPINA

CCAA MEN'S  
**VOLLEYBALL**  
NATIONALS  
CHAMPIONNAT CANADIEN COLLÉGIAL DE VOLLEYBALL MASCULIN - ACSC

The reigning champions of Red Deer College will be seeking their tenth national title, while number two seed Cégep Limoilou from Québec is determined to win and will be a tough contender going into this year's event. Coming off strong seasons, Mohawk College will be vying for the national title for the second consecutive year, while host, Malaspina University College, is looking to best last year's fifth place finish on their home court. Fans will surely be treated to a hard fought battle for the CCAA title between Red Deer, Limoilou and the six remaining teams.

"Malaspina University-College is ready to host the top eight teams from the CCAA at the 2007 Men's Volleyball Championships," states Bruce Hunter, Tournament Chair and Malaspina University-College Athletic Director. "The planning committee and volunteers are very excited and looking forward to welcoming the athletes, coaches, fans and VIP's to Nanaimo and hope that everyone enjoys their stay. The competition promises to be outstanding and tournament passes are selling very quickly. Good luck to all teams participating!"

The 2007 CCAA Men's National Volleyball Championship features the top eight men's volleyball teams in Canada:

1. Red Deer College Kings – Red Deer, Alta.
2. Cégep Limoilou Titans – Québec, Que.
3. Malaspina University College Mariners – Nanaimo, B.C.
4. MacEwan College Griffins – Edmonton, Alta.
5. Algonquin College Thunder – Ottawa, Ont.
6. Mohawk College Mountaineers – Hamilton, Ont.
7. University College of the Fraser Valley (UCFV) Cascades – Abbotsford, B.C.
8. University of King's College (KING'S) Blue Devils – Halifax, N.S.

The 4-day event kicks off on Wednesday, March 7<sup>th</sup> with the CCAA All Canadian Awards Banquet beginning at 6:30 p.m. at the Howard Johnson Hotel. The competition opens on Thursday, March 8<sup>th</sup> and runs through Saturday, March 10<sup>th</sup> in the Malaspina University-College Gymnasium. The schedule is as follows:

### Thursday, March 8<sup>th</sup>

1:00 p.m. MacEwan vs. Algonquin  
3:00 p.m. Red Deer vs. KING'S  
6:00 p.m. Limoilou vs. UCFV  
8:00 p.m. Malaspina vs. Mohawk

### Friday, March 9<sup>th</sup>

1:00 p.m. Match 5  
3:00 p.m. Match 6  
6:00 p.m. Match 7  
8:00 p.m. Match 8

### Saturday, March 10<sup>th</sup>

10:00 a.m. Match 9  
12:00 p.m. Match 10  
2:00 p.m. Match 11  
5:30 p.m. Bronze Medal  
8:00 p.m. Gold Medal

The Closing Ceremony and Awards Presentation will take place immediately following the final match at the Malaspina University-College Gymnasium.

Malaspina University-College is pleased to bring you the latest news, results and developments within the 2007 CCAA Men's National Volleyball Championship on their official website – [www.2007nationals.ca](http://www.2007nationals.ca). Make sure to visit their website and add the link to your Favourites page!

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 Baden Sports – Official Volleyball (15-OC) Supplier of the CCAA, Carlson Wagonlit Travel, WestJet, Daktronics and Sport Canada.

## Capilano welcomes country's best in CCAA women's volleyball



### Women's Volleyball Nationals 2007

Capilano College, North Vancouver, B.C.

On March 7<sup>th</sup>, the country's best collegiate volleyball players will travel to North Vancouver for the **2007 CCAA Women's National Volleyball Championship** hosted by Capilano College from March 8-10.

Capilano College is proud to be hosting this prestigious event for the first time ever. "Capilano College is honoured to be hosting the 2007 CCAA National Women's Volleyball Championships," expressed Joseph Iacobellis, Tournament Chair and Capilano College Athletic Director. "North Vancouver, one of the municipalities which will be co-hosting the 2010 Olympic Winter Games, is excited about being the destination for the top college volleyball teams in Canada. Capilano College is ready to host our visiting teams and our community is looking forward to some exceptional college volleyball. We look forward to an exciting week of volleyball in the Sportsplex and we wish all the teams the best of luck in the national competition."

Four teams will be returning to vie for the championship title for the second straight year. Improving on last year's fifth place loss, Québec's Bois-de-Boulogne is entering this year's event ranked 1<sup>st</sup> in Canada. Following closely behind are the number two seeded Mount Royal Cougars and the number three seeded Malaspina Mariners, who are both thirsty for a gold medal. Beauce Appalaches will lead the returning MacEwan Griffins and remaining teams as they try to gain the national title. For the first time in years, the Atlantic Colleges Athletic Association (ACAA) will be represented by Mount Allison University who recently broke the long-lasting winning streak of the St. Thomas University Tommies.

The **2007 CCAA Women's National Volleyball Championship** features the top eight women's volleyball teams in Canada:

1. Collège Bois-de-Boulogne Cavalières – Montréal, Que.
2. Mount Royal College (MRC) Cougars – Calgary, Alta.
3. Malaspina University-College Mariners – Nanaimo, B.C.
4. Cégep Beauce Appalaches Condors – Ville de Saint-Georges, Que.
5. MacEwan College Griffins – Edmonton, Alta.
6. Nipissing University Lakers – North Bay, Ont.
7. Capilano College Blues – North Vancouver, B.C.
8. Mount Allison University Mounties – Sackville, N.B.

The *CCAA All Canadian Awards Banquet* will precede the competition, beginning at 6:30 p.m. on Wednesday, March 7 at the Seymour Golf & Country Club. The competition will begin on the following day, March 8<sup>th</sup>, and will run through Saturday, March 10<sup>th</sup> at Capilano's Sportsplex. The schedule is as follows:

#### Thursday, March 8<sup>th</sup>

1:00 p.m. Bois-de-Boulogne VS Mount Allison University  
3:00 p.m. Cégep Beauce Appalaches VS MacEwan College  
6:00 p.m. Mount Royal College VS Capilano College  
8:00 p.m. Malaspina University College VS Nipissing University

#### Friday, March 9<sup>th</sup>

1:00 p.m. Match 5  
3:00 p.m. Match 6  
6:00 p.m. Match 7  
8:00 p.m. Match 8

#### Saturday, March 10<sup>th</sup>

9:00 a.m. Match 9  
11:00 a.m. Match 10  
1:00 p.m. Match 11  
6:00 p.m. Bronze Medal  
8:00 p.m. Gold Medal

The Closing Ceremony and Awards Presentation will take place immediately following the final match at the Capilano College Sportsplex. Capilano College is pleased to bring you the latest news, results and developments within the **2007 CCAA Women's National Volleyball Championship** on their official website – <http://www.capcollege.bc.ca/volleyballnats>. Make sure to visit their website and add the link to your *Favourites* page!

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 Baden Sports – Official Volleyball (Perfection VX5EC) Supplier of the CCAA, Carlson Wagonlit Travel, WestJet and Sport Canada.

## NSAC prime to host 2007 CCAA Men's National Basketball Championship

Nova Scotia Agricultural College (NSAC) will soon bring together to Truro Canada's best players in Men's Basketball at the **2007 Canadian Colleges Athletic Association (CCAA) Men's National Basketball Championship**.

Following an exciting weekend of Provincial Play, the participating teams have been declared. Ranked as the number one team in Canada for the better part of the season, Douglas College managed to fend off threats during the British Columbia Colleges' Athletic Association (BCCAA) playoffs and will be a tough contender going into this year's event. While Dawson College ousted John Abbott College in the provincial finals, John Abbott secured a wildcard berth and both teams will represent the Quebec Student Sport Federation (QSSF) at Nationals. Mount Royal College emerged as the number one contender from Alberta, while Ontario's Fanshawe College edged by St. Lawrence College – Kingston to capture a berth at the National Championship. The Atlantic champion Mount Saint Vincent University enter the tournament as the number 5 seed. Rounding out the country's top eight are number 7 seed Okanagan and the Host, Nova Scotia Agricultural College.

"NSAC is ready to rumble!" exclaimed Judy Smith, Tournament Chair and NSAC Athletic Director. "Now that the winners are known and wildcards are selected, we will make the final preparations for our CCAA guests! The community and local basketball enthusiasts are looking forward to seeing the best in the country! These CCAA Nationals and followed by the CIS Men's Basketball Championship in Halifax, truly bring March Madness to Nova Scotia." concluded Smith.

For those who are unable to catch the action in person, medal games at the 2007 CCAA Men's National Basketball Championship will be carried live via satellite from Truro, Nova Scotia, courtesy of EastLinkSports Television. EastLink will provide full coverage of the Bronze Medal Game at 7:00 p.m. and the Gold Medal Game at 9:00 p.m. - Atlantic Time – on Wednesday, March 14, 2007. The **2007 CCAA Men's National Basketball Championship** features the country's top eight teams:

1. Douglas College Royals – New Westminster, B.C.
2. Dawson College Blues – Montréal, Que.
3. Fanshawe College Falcons – London, Ont.
4. Mount Royal College Cougars – Calgary, Alta.
5. Mount Saint Vincent University Mystics – Halifax, N.S.
6. John Abbott College Islanders – Ste. Anne de Bellevue, Que.
7. Okanagan Lakers – Kelowna, B.C.
8. Nova Scotia Agricultural College Rams – Truro, N.S.

The event will kick off with the *CCAA All Canadian Banquet* to be held at NSAC's Jenkins Hall on Sunday, March 11<sup>th</sup> at 7:00 p.m. The competition will then run from March 12<sup>th</sup> to March 14<sup>th</sup>. To view the detailed schedule and get the latest news and results with the **2007 CCAA Men's National Basketball Championship**, visit NSAC's official website at <http://www.nsac.ca/nationals/default.asp>.

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 Spalding / T.F.G. – Official Basketball (TF1000 ZK Pro) Supplier of the CCAA, Carlson Wagonlit Travel, Daktronics, WestJet and Sport Canada.

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### **The technical specs for picking up that broadcast via satellite are as follows:**

**Event** - Medal Games at the CCAA Men's National Basketball Championship

**When** - Wednesday March 14, 2007

Bronze Medal Game – 7:00 p.m. Atlantic Time

Gold Medal Game – 9:00 p.m. Atlantic Time

**Technical Information:**

Analog Feed on: Anik F2C 1B

Downlink freq: 3740 V

Audios 6.2 and 6.8

Bars and Tone: 6:30PM – 7:00 PM

**For Cable Companies** - If you are planning to broadcast this game, please forward the following information to **Kaushal Hathi** via email [Kaushal.hathi@corp.eastlink.ca](mailto:Kaushal.hathi@corp.eastlink.ca) and/or fax to (902) 446-3292.

*Company:*

*Location:*

*Subs:*

*Live Coverage OR Taped Rebroadcast:*

Technical Contact: **Kaushal Hathi (Tel: 902.252.1045 / Cell: 902.401.9107)**

## CCAA Women's Basketball Nationals to erupt in Edmonton

Only one week away, and MacEwan is shaping up to be the bigger than March Madness! The tables have been set, and College Women's Basketball erupts in Edmonton next week! After some very hard fought Conference Championships, the seven remaining teams that will join the MacEwan Griffins are now set and ready to go!

In Quebec, Vanier outlasted Edouard Montpetit to win the Quebec Final, and were seeded #1 going into the tournament. Following last years success, Edouard Montpetit were given a wildcard spot and seeded third in the tournament. This will give them a chance to defend their CCAA Gold! It will be tough opening game for them as they will be taking on the 6<sup>th</sup> seeded host, MacEwan College. MacEwan earned the ACAC Bronze medal after losing to the eventual Gold medalist Lethbridge. Lethbridge Community College returns to the CCAA stage as they beat Mount Royal in the ACAC Conference Championships. Lethbridge went undefeated in the second half of their season, they will be seeded number two and start their tournament against the other wildcard team, Langara College from BC.

The BC Conference Championship saw Okanagan dominate Langara in the final setting their seed at #4 and date with Seneca College from Ontario in the first round. Langara received the wildcard and will open up as the 7<sup>th</sup> against Lethbridge.

In Ontario, Seneca got by a tough Algoma team and are preparing for Okanagan as the fifth seed. The Atlantic conference will be sending Mount Saint Vincent from Halifax as the 8<sup>th</sup> seed in the tournament. MSVU will open up against #1 Vanier.

We hope everyone enjoys the tournament and please refer to [www.macewan.ca/wbbonationals](http://www.macewan.ca/wbbonationals) for all of your up to date information.

*Submitted by Mark Mahl, Tournament Chair and MacEwan Athletic Director*

## SPORT NEWS

### CCAA badminton athletes compete at 2007 Canada Winter Games



Now in its second week, the 2007 Canada Winter Games are quickly coming to an end. Over 5000 athletes, coaches, officials, family and friends from 13 provinces and territories traveled to Whitehorse to brave minus 30 temperatures and take part in one of Canada's premier sport events.

For most collegiate badminton players, the first weekend of March typically denotes the Canadian Colleges Athletic Association (CCAA) National Badminton Championships. However, the CCAA postponed its Championships to provide an opportunity for its student-athletes to qualify and compete with Canada's best badminton players.

The Games officially kicked off on Friday, February 23. Badminton Doubles partners Alvin Lau (Douglas College) and Toby Ng (Langara College) lead the way as Team British Columbia Flag Bearers. The Badminton event began the following day, Saturday, February 24, and ran through until Friday, March 2<sup>nd</sup>. Following an intense three days of competition, both current and past CCAA student-athletes performed extremely well in their respective events at the 2007 Canada Winter Games.

In Mixed Doubles, Toby Ng (Langara College) and Melody Liang (Douglas College) secured a first place win, while Douglas College partners Alvin Lau and Charmagne Yeung finished 2<sup>nd</sup>.

In Men's Singles, Chris Lee from Douglas College captured the silver medal. Former Mount Royal College (MRC) student-athlete and 2006 CCAA Player of the Year, Brody Hilland did not advance past the Quarterfinals.

In Men's doubles, Chris and his partner were defeated by Brody Hilland and MRC alumni Justin Mullaly in the Semi-Final Round. Hilland and Mullaly moved on to capture the Gold medal, while Lee and Richard Liang finished in 4<sup>th</sup> place after a loss against Team BC Flag bearers, Alvin Lau and Toby Ng.

In Women's Doubles, NAIT's Karen Ng qualified with her home province New Brunswick. Karen and partner Guy-Laine Legacé, former Université de Moncton student-athlete and 2006 CCAA Player of the Year nominee, finished in 5<sup>th</sup> place.

In the Team Competition, Team BC emerged as the number one contender under the direction of Head Coach, Arif Mawani and Team Manager, Lyndsay Thomson, both from Douglas College.

Congratulations to all the student-athletes who participated in the 2007 Canada Winter Games and Good luck to those who will be participating in the upcoming 2007 CCAA National Badminton Championships!

## Canadian University / College Badminton Championships

Badminton Canada will be holding the inaugural **Canadian University/College Badminton Championships** from May 17 to 20, 2007 at the University of Waterloo. Open to both CCAA and CIS member-institutions, the event will serve as the qualifier for the **2007 Summer Universiade** badminton team who will compete in Bangkok, Thailand from August 8-18, 2007. Information regarding this event and the selection process to the Universiade team can be found below. The call for team staff for the Universiade badminton team will follow shortly.

**SELECTION PROCESS:** Badminton Canada will select up to 8 athletes for the Team. Up to four (4) male and four (4) female athletes - 1 men's singles, 1 women's singles, 1 men's doubles pair, 1 women's doubles pair and 1 mixed doubles pair - will be selected based on specific criteria.

**ENTRY FEE:** **Individual event:** \$40 for one event, \$60 for two events, \$75 for three events  
**Team event :** \$100 per team  
*The entry fee includes shuttles and a tournament souvenir.*

**ENTRY DEADLINE:** April 13, 2007  
Online entries at [www.badminton.ca](http://www.badminton.ca)

**TRANSPORTATION:** Will not be offered

**ACCOMODATION:** On campus residence information can be found at the following link:  
<http://www.conferences.uwaterloo.ca/accommodation.html>

*Athletic rates are available at the following hotels:*

Delta Kitchener Waterloo  
Radisson Kitchener

**INFORMATION:** For more information and/or questions, please contact Kyle Hunter directly at [khunter@badminton.ca](mailto:khunter@badminton.ca) or (613) 569.2424.

For details regarding the selection process and/or to request an entry form, you may also contact Sandra Murray-MacDonnell, CCAA Executive Director, at [sandra@ccaa.ca](mailto:sandra@ccaa.ca) or (613) 937.1508.

### Athletic Director Profile – Nicole Vachon, Collège François-Xavier-Garneau



François-Xavier Garneau College's athletic director Nicole Vachon is a graduate of Laval University, with a bachelor's degree in physical education. For ten years, she went from one contract to another, working for four different colleges, until she found her calling as François-Xavier Garneau College's athletic director.

When she first arrived at Garneau, in 1987, only seven teams were competing in the collegial network. Now, Ms Vachon is responsible for at least sixteen teams, including four teams of excellence. Those teams are not only regular features at championships and provincial leagues, they're also doing great on the national level. "Our female Volleyball team has won seven national championships during the last ten years, and between 2002 and 2004, our female Soccer team has won three national titles in a row," proudly exclaims Nicole. Numerous Garneau athletes are having outstanding careers at university and national level, among them, Dominique Duchesne and Julie Rajotte who played on the national Volleyball team and Pierre-Luc Yao, Laval University's running back who was selected for the Pan-Canadian university level football team. Under Ms Vachon's leadership, François-Xavier Garneau College hosted the 1991, 2003 and 2005 Canadian Volleyball Championships.

Ms Vachon coordinates with tact an excellent college sports program and she is also renowned for her exemplary management style. She provides all athletes with the appropriate tools and conditions allowing them to succeed both on and off the field. In addition to a flexible schedule, the students-athletes can count on resource persons to give them constant academic support as well as a sport psychologist, a dietician and a physical preparer. She also makes sure to meet each and every department director and program coordinator in order to obtain the constant collaboration of the college's teachers.

Ms Vachon is involved in numerous committees and task forces. She is the chair of the College Sectoral Commission (north-east) and is part of the executive, collegiate sector of the Quebec Student Sport

Federation (QSSF). She also represents the QSSF within Volleyball Québec's elite commission. She is very actively involved in football's development plans within our network.

Last June, Ms Vachon earned the Board of directors Award, which is given to a collegiate network stakeholder to acknowledge the quality of their work and their involvement in the student sport at the local, regional and provincial levels. That prize also emphasizes the professional and humane qualities of a collegiate stakeholder.

Ms Vachon's great expertise and sunny disposition are well known. She is also always available, very empathetic, generous, optimistic and solution-oriented. An inspiring stakeholder for her peers and a great asset for the Quebec Student Sport Federation.

*Submitted by Benoit Doloreux, Quebec Student Sport Federation*

## **CCAA Female Coach Mentor Program**

There is currently a crisis in college sport and a lack of women coaches in sport in general. Women in coaching positions are required not only because of what many women can bring to the profession, but also to provide models for other women. Research indicates that unless exposed to at least to one role model during their athletic careers, it is unlikely that female athletes will pursue a career in coaching.

The CCAA would like to once again recognize the exceptional achievements of our **2006-07 Volleyball and Basketball Female Apprentices and Mentor Coaches** who are further paving the way for women to participate in sports and physical activity at a coaching level.

We would also like to congratulate Seneca College, Capilano College and MacEwan College on making it through to the CCAA's Women's Volleyball and Basketball National Championships, providing their apprentice coaches with an opportunity to attend, observe, assist, and coach at a national competition. While providing an understanding of the coaching demands of the national arena in her sport, this experience will no doubt provide the apprentice with the skills to move to the next level.

### **CCAA 2006-07 Volleyball Female Apprentice and Mentor Coaches include:**

#### ***Capilano College's***

*Apprentice Coach Kara Loy* – Developing a love for volleyball at a very early age, Kara played throughout both elementary and high school prior to playing with the Capilano College Women's Volleyball team, where she played three (3) years with the Blues. As the Blue's Women's Volleyball Apprentice Coach, Kara works with the setters before and during practice, helping them develop and improve skills. She also assists with game analysis and player assessment.

*Mentor Coach Wayne Desjardins* – A Certified Level II Volleyball coach, Wayne is currently seeking his Level III as he enters his eight season as Head Coach with the Capilano College Women's Volleyball Program. Recognizing that there exists few opportunities for female coaches, Wayne is an avid supporter of the CCAA Female Coach Mentor Program. With over 29 years of experience in Physical Education as a coach, athletic director and teacher, he has attained tremendous skills, knowledge and experiences.

#### ***Grant MacEwan College's***

*Apprentice Coach Kylie Berg* – A former member of the Griffins' Women's Volleyball team, Kylie has already accumulated experience as a coach and leader; she was a practicum coach at the University of Alberta and the University of Regina as part of the Women's National "B" Volleyball team. As the Griffins' Women's Apprentice Coach, Kylie is furthering her knowledge by working specifically on serve-receive formations and passing skill development with the Griffins' squad.

*Mentor Coach Ken Briggs* - As Head Coach of the Women's Volleyball since 2000, Ken has been involved in both coaching and teaching for the past 25 years. Through this program, Ken hopes to give Kyle the necessary technical and mental skills she needs to further assist her as she strives to coach volleyball at an elite level.

#### ***University College of the Fraser Valley's (UCFV)***

*Apprentice Coach Rebecca VanderMey* – Playing volleyball since grade 7, Rebecca was a member of the Cascades from 2003-2005. As the Cascades Apprentice coach, Rebecca was an active participant in team practices and had the opportunity to plan and run practices independently. She significantly aided the head coach with intercommunications with the team.

*Mentor Coach Bob Yuen* – NCCP Certified Level III, Bob has been the Head Coach of the UCFV Cascades Women's Volleyball team since 2004. Recognizing the lack of female coaching influence,

Bob has been excited to take his mentoring to the college level and looks forward to further contributing to the development of female coaches.

#### **Grande Prairie Regional College's (GPRC)**

*Apprentice Coach Mandy Foster* – A former member of the GPRC Volleyball Program, Mandy has set her sights on coaching. As the Wolves Women's Apprentice Coach, Mandy brought continuous encouragement and support to the Wolves Women's Volleyball Program. An active participant in practice planning and evaluation, she worked closely with both middle and second line players, providing feedback to help them improve their basic skill level. She was also responsible for team-building activities and exercises.

*Mentor Coach Grace Scott* - Committed to the development of both her athletes and coaching staff, Grace believes mentoring is an excellent means to develop future leaders, while also helping people grow in character and learn new skills. Certified Level III, Grace is driven by her desire to share the knowledge and skills that she has learned with others, while also enabling them to be successful both as a coach and as a person.

#### **Collège François-Xavier-Garneau's**

*Apprentice Coach Mélissa Pelletier* – A former member of the Élans' Women's Volleyball squad from 1993 to 1999, Mélissa pursued her education at Laval University where she played for another four years. Throughout the years, she has gained great respect for those who supported her and appreciates the efforts and guidance provided. As the Élans' Women's Volleyball Apprentice Coach,

Mélissa focused primarily on skills development. Consequently, as a backline specialist, she was largely in charge of and responsible for developing the athletes' defensive abilities. Mélissa was also been tasked with managing stats for the Élans and compiling tactical information on their opponents.

*Mentor Coach Julien Paquette* – NCCP Certified Level III and head coach of Collège François-Xavier-Garneau's Women's Volleyball team, Julien has been involved in women's volleyball for many years now. Julien believes that while it is important to develop successful athletes, it is also fundamental to develop high standard, qualified coaches and he appreciates the opportunity of being a part of the CCAA Female Coach Mentor Program.

#### **CCAA 2006-07 Basketball Female Apprentice & Mentor Coaches include:**

##### **Capilano College's**

*Apprentice Coach Kate Begley* – Kate played three years of basketball for Capilano College from 1999 to 2002, followed by two years at Brandon University. Athletics have always been a big part of Kate's life. Striving to become a head coach at a higher level, Kate is using this opportunity to learn more about the profession coaching. As the Blue's Women's Volleyball Apprentice Coach, Kate has been given the responsibility of working with post players both during practices and before games, while also taking on further duties of collecting team statistics.

*Mentor Coach Paul Chiarenza* – Paul Chiarenza has coached women's basketball for the past 15 years. A Level III Certified coach, Paul has attended numerous clinics across North America, working with many quality coaches whom he credits for making him the coach he is today. Consequently, Paul has been actively involved in sharing his coaching experiences and expertise with Kate.

##### **University of Northern British Columbia's (UNBC)**

*Apprentice Coach Laura Foster* – A former member of the University of Northern British Columbia women's varsity basketball team, Laura recently received a Bachelor's degree in Human Kinetics specializing in Exercise Science from the University of British Columbia. As a student-athlete, Laura was fortunate to work with highly dedicated and skilled coaches. As UNBC's Apprentice Coach, Laura learned different coaching and game strategies, running drills in practice and during games, assisting with substitution patterns and providing players with immediate instructional and supportive feedback as they come off the court. Laura will be completing her NCCP Level 1 and 2 Technical during this program.

*Mentor Coach Loralyn Murdoch* – As Head Coach of the UNBC Timberwolves Women's Basketball since 1997, Loralyn recently completed the 8-month National Coaching Institute and acquired her NCCP Certification Level IV. Living in a northern community, she had very few opportunities to mentor under a certified female coach. As a mentor for Laura, Loralyn is providing her with opportunities and practical experience to grow as a coach and with the goal of keeping her involved.

### **MacEwan College's**

*Apprentice Coach Stephanie Stolk* – Passionate about basketball since the age of 10, Stephanie played three consecutive seasons with Grant MacEwan College. Throughout the years, Stephanie developed a strong passion for teaching and passing on her basketball knowledge to the next generation of players. As an Apprentice Coach for the Griffins, she has been able to fulfill this passion. Stephanie was given the opportunity to work on defensive zone and man-to-man systems, along with running many of the skill specific drills and most of the conditioning drills.

*Mentor Coach Jim Lazaruk* - A coach and educational teacher for the past 35 years, Jim has been Head Coach of the Women's Basketball team since 2005. Throughout the years, he has always given young coaches opportunities to work with him in an assistant capacity, providing them with opportunities to learn and further their coaching careers.

### **Seneca College's**

*Apprentice Coach Lisa Best* – Co-captain in the last 2 of 4 years with the Seneca Sting Women's Varsity Basketball team, Lisa was given the opportunity to grow both as a player and a leader. While in the CCAA Female Coach Mentor Program, Lisa assisted in preparing the practice and has run both individual and team skill drills. Administratively, she assisted with team travel arrangements, the logging of game sheets and with the local high school recruiting program.

*Mentor Coach Marcy Skribe* – A Certified Level I coach, Marcy is currently completing her Level II Certification. A Durham College and Seneca College graduate, her coaching experiences include Assistant Coach at Durham from 1999-2001, Assistant Coach at Seneca and she recently became Head Coach in 2005. As a mentor coach, Marcy would like to give back in honour of all those that did so much for her.

### **The King's University College's (TKUC)**

*Apprentice Coach Christie Darius* – Playing at a post-secondary level under the leadership and guidance of two excellent female coaches, Christie recognized the importance of women in coaching and their role in the lives of their athletes. Participating in this program has further enabled Christie to reach her goals of becoming a post-secondary Head Coach. In the position of Apprentice Coach for the Eagles, Christie developed a pre-season conditioning plan for the team, which has had noticeable improvements in foot speed, agility and overall conditioning. Christie also worked with the perimeter players improving their individual fundamentals on offence and defence. Off the court, she spearheaded a monthly newsletter targeting parents and alumni, while also having the opportunity to Head Coach 1 league game and 2 exhibition games.

*Mentor Coach Patrick Sullivan* – Playing organized basketball since 1979, Patrick has been coaching since 1999 and joined the TKUC Eagles coaching staff in 2004. Recognizing the need for more female coaches in the ACAC, Patrick feels fortunate to play a role in developing Christie's coaching skill.

### **Champlain St. Lawrence College's**

*Apprentice Coach Melissa Breton* – Melissa played 3 years with the Champlain St. Lawrence AAA Lady Lions and played another 3 years while studying at the University of Prince Edward Island. As Champlain's Apprentice Coach, Melissa assisted with the development of moves and counter moves in the paint to optimize scoring potential, in addition to developing both offensive and defensive team rebounding efficiency. Off the court, Melissa assisted in recruiting, game stats, fundraising and player confidence and self-image. She also had the opportunity during the game to assist the head coach with substitutions, player feedback and special sideline in bound plays.

*Mentor Coach Mike Labadie* – While he has been teaching Physical Education at Champlain St. Lawrence since 1981, Mike has been the Head Coach of the Lady Blues for the past two years. Actively involved with coaching since 1981, he also has enjoyed working and teaching student-athletes at Champlain, and played an active role in the implementation of new sports programs and fitness centre at the institution.

### **Collège Montmorency**

*Apprentice Coach Marian Fortier* – While studying at Collège Montmorency, Marian played varsity basketball from 1999-2002. Fortunate enough to have experienced mentors helping her and furthering her development, Marian wishes to do the same by sharing her knowledge and experiences with young women. As the Nomades Apprentice Coach, Marian had the opportunity to provide the players both in practice and during games with immediate and effective feedback on how to improve technical and tactical skills. Upon completion of the CCAA program, Marian's goal is to be certified Level 2.

*Mentor Coach Guillaume Giroux* - While he was the Head Coach of the AA squad from 1999-2001, Guillaume has been the Head Coach of the Nomades AAA Women's Basketball since 2001. While he was not fortunate to have this same opportunity as a young athlete, Guillaume has been enthusiastic in working with Marian to further develop her skills as a coach.

*Funded by Sport Canada, a branch of the Department of Canadian Heritage, the CCAA Female Coach Mentor Program is a national project conducted in partnership with the Atlantic Colleges Athletic Association (ACAA), the Quebec Student Sport Federation (QSSF), the Ontario Colleges Athletic Association (OCAA), the Alberta Colleges Athletic Conference (ACAC) and the British Columbia Colleges Athletic Association (BCCAA).*

## CCAA Key Dates and Deadlines – MARCH

- 8** Deadline for Academic All-Canadian award application to the National Office
- 8-10** CCAA National Badminton Championships, hosted by Douglas College
- 8-10** CCAA National Volleyball Championships, Women's hosted by Capilano College and Men's hosted by Malaspina University College
- 8** Deadline for Provincial Basketball Hosts to courier Provincial championship tapes to first round opponents
- 8** Deadline for PCAA written confirmation to National Office that all participating Basketball athletes are eligible under PCAA Eligibility criteria
- 10** Deadline for PCAA Volleyball Technical fees and Championship Participation fees to be sent to National Office
- 12-14** CCAA Men's National Basketball Championships, hosted by NSAC
- 15-17** CCAA Women's National Basketball Championships, hosted by MacEwan College
- 18** Deadline for nominations for CCAA Coaching Excellence Awards
- 21** Deadline for PCAA Basketball Technical fees and Championship Participation fees to be sent to National Office
- 21** Deadline for Championship Evaluation Forms for Badminton
- 21** Deadline for nominations for CCAA Athlete of the Year Male & Female
- 23** Deadline for Championship Evaluation Forms for Volleyball
- 28** Program Committee Conference call
- 30** Deadline for Championship Evaluation Forms for Basketball
- April 1** Deadline for Female Coach mentor Program Final Report

## MARKETING

### Information from the SIRC Sport Library about Coaching Basketball



How do you create a winning basketball team?

There are those that believe that the players on a team make all the difference for a successful basketball team. But what are the characteristics you should be looking for when selecting your players? Maybe the key to a team's success is defense. However, you would never get on the scoreboard if it weren't for your offence. Perhaps the answer is having a well-balanced practice. And what about player motivation?

Possibly the answer is finding the correct combination of all of these factors. From motivation to offence, here are some related articles from the SIRC Sport Library

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

**Preferred Player Characteristics and Skills of Division I Men's Basketball Coaches** - A national survey of selected men's basketball coaches, at the NCAA Division I level, revealed how essential the respondents felt certain work ethic characteristics were for successful basketball players on their team. The respondents also revealed how important specific skills or talents were for the success of men's NCAA men's Division I basketball programs. The survey was completed by means of a 36-item Likert scale questionnaire. This investigation determined to what degree NCAA Division I coaches should seek specific work ethic characteristics and physical skills/talents in their players

**Does defense win championships? Does better defense lead to more wins on the basketball court?**

**REAGAN BASKETBALL Individual Man to Man Defensive** - The author and basketball coach shares his team philosophy on man to man defense and describes the drills designed to develop the strategy. Illustrations of the drills are included.

**Coaching Tip Of The Month With...Christine Stapleton.** - Describes the offensive strategy employed by Christine Stapleton as coach of the Canadian National Junior (Under-19) Basketball Team. Includes a diagram illustrating player positioning and player movement.

**BASIC OFFENSE.** - Discusses some of the basic offensive principles taught by University of Missouri basketball coach Quin Snyder. Includes a variety of basketball drills designed to teach players the offensive plays run at the University of Missouri.

**Practice Organization.** - Coach Joe W. Price of North Shore High School explains the importance of practicing organization in coaching. Information is provided on how to use drill time effectively.

**PSYCHOLOGY AND MOTIVATION.** - Describes the psychological groundwork needed by basketball teams in order to be successful. Highlights the role of the coach in preparing players for basketball games including the importance of the coach-player relationship, the need to maintain the enthusiasm of the players and the relationship between players and the opposition.

***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

### Time to submit your invoices!!

If you have purchased items from one of our MIP partners, we need to know!! This information can be submitted in one of two ways: 1) Complete the MIP Summary Sheet, which you should have received in the beginning of the year, and send it with your invoices from the purchases made with an MIP partner, or 2) Simply fax us your invoices and we will do the rest. **The deadline to submit this information is Saturday, April 30, 2007.** If you have any questions and/or concerns, please contact Stéphanie Legault ([stephanie@ccaa.ca](mailto:stephanie@ccaa.ca)) or via telephone at 613.933.6080 ext. 2211

Qualifying Purchases:

All **Spalding** Basketballs

All **Baden** Volleyballs

**ONLY Adidas** Soccer balls purchased at Big Kahuna Sport Co.

**TNT Commercial Fitness** Equipment

All **Big Kahuna Sport Co.** equipment and supplies

All **Black Knight** Badminton shuttles, raquets and equipment

### Important Award Deadline - **SIRC-CCAA Academic All Canadian Award**



defined by his/her institution. In CCAA sports that do not have PCAA all-stars, only PCAA gold and silver medals shall be eligible.

The CCAA and SIRC Sport Research are pleased once again to recognize the student-athletes who have achieved combined excellence in collegiate athletics and academics. To be eligible to receive the **SIRC-CCAA Academic All Canadian Award**, a student-athlete must be named to his/her respective PCAA All-Star teams (1st and 2nd) in a CCAA Sport, and must achieve a GPA standing of 3.5 on a 4.0 scale or equivalent as

In addition, SIRC is proud to present the **SIRC-CCAA Academic All Canadian Recognition Award** to the institution with the most student-athlete award recipients.

Award nominations can be found on the CCAA's official website at the following link – **please note that all award forms must be TYPED.**

<http://www.ccaa.ca/awards.htm#AcademicAll>

*As the leading resource for sport information, SIRC (Sport Information Resource Centre) is a proud partner and has been the title sponsor of this prestigious student-athlete award for the past three years. Created in 1973, based in Ottawa, Canada, SIRC archives, disseminates and communicates sport research (from practical to advanced) to students, teachers, coaches, athletes, sports medicine professionals and sporting organizations worldwide. SIRC has a comprehensive sport library with document delivery and research services, created the world's leading sport database, SPORTDiscus, hosts the SIRC Research Award, and is the primary communication link for sporting organizations within Canada.*