



# Canadian College Sport Connections

Official Newsletter of the Canadian Colleges Athletic Association

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## CCAA NATIONALS

### Help put the CCAA Women's Basketball Nationals on National TV!!!

For the first time ever, the **2008 Canadian Colleges Athletic Association (CCAA) Women's National Basketball Championship Bronze and Gold Medal Games** will be carried **live** via cable television from Truro, Nova Scotia, courtesy of EastLink Sports Television. We need your help to convince cable companies across the country to pick up the **free satellite feed** so it can be broadcast outside of Atlantic Canada.

The new and exciting partnership will see EastLink broadcast the two medal round matches live on Sunday, March 16<sup>th</sup> via satellite. The Bronze Medal Game kicks off the broadcast, at 6 pm (6pm AST / 5pm EST / 3pm MST / 2 pm PST) followed by the Gold Medal Game at 8 pm (8pm AST / 7pm EST / 5pm MST / 4pm PST). Fans and supporters will have the opportunity to witness fierce competition and outstanding performances from the country's best female collegiate basketball players as they battle for bronze and gold.

*We need your help!*

The Canadian College Athletic Association (CCAA) and the host institution, Nova Scotia Agricultural College, need your help to deliver the 2008 CCAA Women's National Basketball Championship Bronze and Gold Medal Games to a national television audience. In order to have the 2008 CCAA Women's National Basketball Championship Bronze and Gold Medal Games carried in your market, we need student-athletes, parents, alumni, colleges, universities, high schools, local basketball clubs and avid sport fans to contact their local cable companies to request that they pick up the feed and commit the airtime to broadcast these games live.

Your cable company is in the business to serve the local community. We need to build a grassroots network of collegiate basketball fans and supporters to help make sure cable operators know that this is programming their customers want.

*How can you help?*

The CCAA has developed a template letter that can be used to lobby your cable company, making sure they know the community cares and is interested in collegiate basketball. Feel free to use the letter as presented or personalize it to your liking; please ensure to use letterhead, if applicable. You can also contact your local cable company and speak to programmers for your area's public access channel. We also encourage you to work with your local media to turn up the heat.

To further facilitate your task, the CCAA has compiled a listing of Canadian cable companies with their applicable contact information provided, ie. fax, email, telephone or mailing address. *Please refer to the attached Canadian Cable Company Listing.* If there is no contact person identified, we ask that you simply address your letter to the Station Manager and/or Programming Manager.

Your local cable company must confirm their commitment to broadcast the **2008 CCAA Women's National Basketball Championship** by **Friday, February 15, 2008**. For specific technical and/or programming details, they may contact Kelly Parks ([Kelly.parks@corp.eastlink.ca](mailto:Kelly.parks@corp.eastlink.ca) / 902.899.8573) directly at EastLink Sports Television.

The Canadian Colleges Athletic Association and the Nova Scotia Agricultural College would like to thank you in advance for your ongoing support and help in having the 2008 CCAA Women's National Basketball Championship Gold and Bronze Medal Games televised in as many Canadian communities as possible.

If you require further information, please don't hesitate to contact Judy Smith, Chair of the Host Organizing Committee ([jsmith@nsac.ca](mailto:jsmith@nsac.ca)) or Stéphanie Legault, CCAA Coordinator of Marketing and Media Relations ([stephanie@ccaa.ca](mailto:stephanie@ccaa.ca)).

## RECAP

### Québec wins women's title at Big Kahuna/adidas Soccer Nationals

Québec's Collège François-Xavier-Garneau reclaimed the women's soccer championship title at the 2007 Big Kahuna/adidas Canadian Colleges Athletic Association (CCAA) National Soccer Championships in Halifax, Nova Scotia.



Lead by *Tournament Most Valuable Player*, Catherine Emond, Collège François-Xavier-Garneau began their reign to the top with a 4-0 win over host, Mount Saint Vincent University, on their first day of competition. François-Xavier-Garneau then defeated Durham College (Ont.) 4-2 and moved into the gold medal game against Alberta's Mount Royal College Cougars. The three-time reigning champions, the François-Xavier-Garneau Élans (Que.), added another trophy to their collection after winning the gold medal with a 2-0 victory. Ontario's Durham College improved on last year's fourth place finish and captured the bronze medal following a convincing 5-1 win over Capilano College (B.C.). Host, Mount Saint Vincent University, finished in 6<sup>th</sup> position after a dropping a 2-1 decision to University of King's College (N.S.).

### Champlain Saint Lambert captures men's soccer title

In a repeat of last year's match up, the Champlain Regional College Saint Lambert Cavaliers came out on top against the defending national champions Algonquin College in Saturday's **2007 Big Kahuna/adidas CCAA Men's National Soccer Championship** title game held at Trent University. Fans were treated to a fast paced, passionate and physical soccer game as both teams battled valiantly to the very end. After more than 90 minutes of intensely fought soccer featuring great performances on both ends of the field, the Thunder's championship dreams ended when Champlain won 3-2 in a penalty kick shootout.

The Champlain Regional College Saint Lambert Cavaliers began their quest to the championship title with a 5-0 win over the University of King's College Blue Devils. With a score of 2-0, Champlain was unstoppable against the Mount Royal College Cougars and the Cavaliers moved into the gold medal round against the number one-seeded Algonquin College. Severe weather conditions forced the Host Organizing Committee to cancel the originally scheduled men's soccer title game in Halifax, Nova Scotia on Saturday, November 10.

Despite the cold and strong winds, teams battled it out as long as they could on the men's side. The first match of the day saw University of King's College defeat provincial rival UNBSJ with a score of 2-0. In their quest for bronze, Mount Royal College outlasted the Thompson Rivers University Wolfpack to emerge as the 2007 Big Kahuna/adidas CCAA Men's National Soccer bronze medallists.

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

Women's - <http://www.ccaa.ca/soccer/07111101.htm> / Men's - <http://www.ccaa.ca/soccer/07111101.htm>

### Runners cross the finish line at 2007 CCAA Cross Country Running Open

Cross country running took center stage in Northern Alberta as Grande Prairie Regional College successfully hosted the **2007 Canadian Colleges Athletic Association (CCAA) Cross Country Running Open Championships**. A total of 161 cross country runners – 68 women and 93 men - traveled to Grande Prairie to compete in the event.



Cégep de Chicoutimi's Valérie Bélanger prevailed to finish first in the Women's Individual event for the second consecutive year, while Ed Kangogo from Lethbridge College improved on last year's third place finish to capture the top spot on the men's side.

Red Deer College (ACAC) beat out last year's defending champions of Augustana Faculty of the University of Alberta (ACAC) to prevail in the Women's Team event. Québec's Collège Ahuntsic rounded off the top three. On the men's side, Augustana Faculty University of Alberta (ACAC) finished 1<sup>st</sup>, followed by Collège Ahuntsic (QSSF) and Fanshawe College (OCAA) in 2<sup>nd</sup> and 3<sup>rd</sup> respectively.

For complete results, please visit the following link: <http://www.ccaa.ca/running/07111101.htm>

## SPORT NEWS

### Conference Update – British Columbia Colleges' Athletic Association

The first half of the 2007/08 BCCAA intercollegiate season is off to a great start!

In October, Selkirk College hosted the PING CCAA Golf Open Championships at Castelgar Golf Club. This was the first time the tournament was held by the BCCAA since the inaugural championship was hosted by Camosun College in 2000. BCCAA teams did well with Camosun Chargers and UCFV Cascades collecting silver and bronze medals respectively in the men's team competition behind the defending champions, Humber College. In individual play, Phil Kondrak and Brad Clapp from the Chargers brought home silver and bronze medals.

The BCCAA continues to be a very strong conference in women's volleyball after last year's outstanding silver and bronze medal finishes at the 2007 CCAA National Volleyball Championships. This year is looking similar with perennial powerhouses Malaspina Mariners (7-0), UBC-Okanagan Lakers (6-1) and Capilano Blues (5-2) sitting in the top three league positions at the Christmas break. UBC-Okanagan lost a tight five set match to Malaspina while Capilano fell to both Malaspina and UBC-Okanagan.

On the men's side, Capilano is riding high with a perfect 7-0 record followed by Malaspina (6-1) and UCFV (5-2). Malaspina's only loss was to Capilano in the early part of the season.

Defending BCCAA men's basketball champions, the Douglas College Royals, have picked up where they left off last year and are currently undefeated in league play at 6 wins and 0 losses. Led by rookie sensation Bol Kong, the Royals are the clear favourite to repeat as league champions and are presently ranked #1 in Canada. Last year's runner-up of UBC-Okanagan are currently return with most of their line-up and find themselves in second place with a record of 5 and 1. The rest of the league is tightly packed with Camosun at 4 and 3, followed closely behind by CBC (3-3), Malaspina (3-4), Capilano and Langara (tied at 2-4), UNBC (2-5) and Kwantlen with 1 win and 6 losses. Capilano's Dan Evans is leading the league in scoring at 22 points per game while Clint Wickham from Langara is at the top of the BCCAA with 9.33 rebounds per game. Camosun's Jeff Spoor and Chris Veale from UBC-Okanagan are tied for 1<sup>st</sup> place with 5.43 assists per game.

The battle for first place in BCCAA women's basketball saw the Camosun Chargers (6-1) and the UBC-Okanagan Lakers (6-1) square off in an exciting game before the break in the 07/08 season. As the buzzer marked the end of the game, the Chargers lost a hard fought battle to the top ranked UBC-Okanagan team with a score of 61-52. At this same time last year, the Chargers recorded no wins and seven losses, placing them last in the league. This year is a completely different story as the Chargers end the first half of the 2007/08 season with a 6-1 record, ranking them 1<sup>st</sup> with the UBC-Okanagan Lakers.

UBC-Okanagan's only loss came at the hands of the third place, Malaspina Mariners (5-2). Averaging 18 points per game, Capilano's Carling Muir leads the BCCAA league in points while Jessica Stubbs from Malaspina is the leading rebounder with an average of almost 14 per game. University of Northern British Columbia's Jaclyn Nazaerno is currently the leading play-maker in the BCCAA, averaging 5.14 assists per game.

### Athletic Director Profile – Linda Stapleton



Linda Stapleton has been a woman with a clear focus since she graduated from McMaster University in 1976 with a Bachelor of Physical Education/Bachelor Arts. She returned to higher learning one year later to complete her Bachelor of Education at the University of Toronto before joining the Seneca College ranks in 1978.

Stapleton first found her niche in athletics as the Intramural Programmer, before moving on to assume the roll of Campus Recreation Coordinator in 1980, a position she would hold for five years before moving into the Senior Recreation Coordinator roll from 1986-96. In 1996, Linda would move into the Manager of Athletics & Recreation position and in April 2007 she took on the position of Acting Director Sport & Recreation. Working on developing a multi year plan for the creation of Seneca's new sport and fitness facilities as well as the improvement of existing facilities that has included the creation of a new competitive Fastball diamond at the Newham Campus and renovations to the Newham Sport Centre Dressing rooms and Control Area. The creation of a new Varsity Therapy Clinic and the development of outdoor volleyball and basketball courts, reconstruction and development of a new court layout for the gym floor to showcase varsity games as well as the development of a Fitness Centre at the Markham Campus have also been etched in Linda's portfolio. She has also been instrumental in the development of the Newham soccer field and the planning of the development of the outdoor venues at Seneca's Markham Campus.

In her tenure, she has also worked with the Student Athletic Association to develop and implement a new constitution that is responsive to Seneca's multi-campus operation. Stapleton has also worked on the development of an agreement with Newham, King and Markham Student Athletic Association to implement a sport capitalization fee, developed an agreement with Newham SAA to raise fees for a Fitness Improvement Fund.

Linda has proudly served the Ontario Colleges Athletic Association as an Executive member for nine years, holding four Vice Presidential portfolios and the office of President and Vice President. She has succeeded in lobbying the provincial government for a \$20,000 grant increase when many Provincial Sport Organizations experienced decreases. She has also chaired the OCAA Personnel Committee.

Linda is currently the Acting Director of Sport and Recreation and is entering her 30<sup>th</sup> year at Seneca. She is married and is the adoring mom of Jeff, a York University student, and Joanna, a Lambton College student.

Some of Linda's personal recognitions awards include:

- 10 year Province of Ontario Volunteer Award winner
- Seneca Employee Excellence Award winner
- Level 2 Coach certification
- 1st OCAA convenor for women's fastball

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

The CCAA announced today the **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), Quebec Student Sports Federation (QSSF), Ontario Colleges Athletic Association (OCAA), Alberta Colleges Athletic Conference (ACAC) and British Columbia Colleges' Athletic Association (BCCAA).

*From British Columbia:*

**Chong Liu** returns to Capilano College for his third year of varsity volleyball after playing with the University of British Columbia XXX last season. A former Chinese Jr National Team member, Liu solidifies the Blues offence with his outstanding all around skill and valued experience. He leads the Blues with 130 attack attempts and 69 kills. A team high of 29 service aces also ranks him at the top of the British Columbia Colleges Athletic Association (BCCAA) league. His talent has earned him various athletic rewards including 2005 BCCAA Rookie of the Year and 2005 BCCAA 1<sup>st</sup> Team All Star.

In her fifth year with UBC Okanagan, **Tammy Thomas** has quickly distinguished herself as a proven leader and dedicated player both on and off the court. With 8 rookies under her wing, Tammy has been instrumental in her team's undefeated season. She currently leads her team with 64 digs, 12 aces and 84 total points scored. Thomas also finds herself among the top players in the BCCAA – she is currently ranked 4<sup>th</sup> in kills, 7<sup>th</sup> in digs and 1<sup>st</sup> in aces per set. Continuously bringing passion and intensity to the game, this team captain inspires confidence and makes her teammates better by being on the floor.

*From Alberta:*

A rookie with the Mount Royal College Cougars, **Allen Meek** has proven to be a dominant force on the court. Bringing passion and intensity to the game, Meeks is currently ranked 2<sup>nd</sup> in kills, 11<sup>th</sup> in assists and is among the Top 25 for digs in the Alberta Colleges Athletic Conference (ACAC) Blue Division.

Veteran **Kristy Doll** is a fourth year student at Mount Royal College. An all around player with great leadership skills, Doll has proven to be a fierce competitor in the ACAC. Averaging 2.8 kills and 3.1 digs per game, Doll is ranked 4<sup>th</sup> and 6<sup>th</sup> respectively in the ACAC Blue Division. Her talent has also moved her into the Top 20 in blocks and service aces and the Top 10 in assists in the ACAC Blue Division.

*From Ontario:*

Veteran **Jasmin Cull** is in his fourth year of study at Mohawk College. While he has played only one game to date, Cull has already proven himself to be a solid player. In his first match of the season, he recorded 15 kills, 1 stuffed block and 12 serving aces. Cull continues to dominate the court in tournament play. His skills and performances earned him selections to the Tournament All Star team at the Durham and Mohawk Invitationals as well as the honour of the Humber Cup Tournament MVP.

A second year Industrial Design student, **Landis Doyle** has lead the Humber College Hawks to the number one spot in the Ontario Colleges Athletic Association (OCAA). As the Hawks' leading scorer, Landis has been a major factor in the team's success. In addition to being finalists at the Ryerson and Sheridan Invitational tournaments, Doyle lead the Hawks to a gold medal on their home turf of the Humber Cup during which she was named Most Valuable Player.

*From Quebec:*

Serving as team captain of the Titans, **Pierre-Alexis Lapointe** is a second year Science student at Cégep Limoilou. A strong player both offensively and defensively, Lapointe's exceptional performance has been a major factor in the Titans' 6-1 record. Lapointe's exemplary work ethic and discipline, passion and dedication to the game make him a valuable asset to his team at this level.

In her second year with Collège François-Xavier-Garneau, Ève Trépanier is at the top of her game. With a total of 76 kills and 99 points, Trépanier leads the Quebec Student Sports Federation (QSSF) and is ranked 4<sup>th</sup> in service aces and 9<sup>th</sup> in total blocks. Continuously bringing intensity, focus and heart to the game, Trépanier is a very dedicated player who demands nothing but the best from her teammates.

*From the Atlantic:*

A third year transfer student, **Jeff Bohan** is a valuable addition to the University of King's College Blue Devils' squad. Dedicated and committed to the sport of volleyball, Bohan has a solid work ethic and is continuously bringing out the competitiveness of his teammates through his words and his actions. Combined with strong blocking and a heavy-hitting serve, Bohan is poised to receive top honours in the Atlantic Colleges Athletic Association (ACAA) and to help the Blue Devils in their bid to reclaim the ACAA title and improve on last year's performance at the CCAA National Championship.

A third year Arts student from New Maryland (N.B.), **Tara Thibault** has lead the St. Thomas University Tommies to an impressive pre-season record and a 4-0 start in regular season play. Averaging 9 kills, 2 service aces, 7 digs and 5 blocks per match, Thibault has tremendous athletic ability and is a proven leader on and off the court.

Congratulations to all!

### 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>	Loyalist / Jan. 4-5 George Brown / Jan. 4-5	Seneca / Jan. 4-5	Fleming P / Jan. 4-5 Georgian / Jan. 4-5	Durham / Jan. 4-5 Georgian / Jan. 4-5
<b>ACAC</b>	--	--	Mount Royal /Dec. 28-30	Mount Royal /Dec. 28-30
<b>BCCAA</b>	Camosun / Dec. 27-29 Kwantlen / Jan. 2-5 CBC / Dec. 28-30	Camosun / Dec. 27-29 Kwantlen / Jan. 2-5	UBC-Okanagan /Jan.2-4	UBC-Okanagan /Jan.2-4
<b>QSSF</b>	--	--	Limoilou / Jan. 4-6	--
<b>ACAA</b>	UKC / Jan. 4-6	--	--	--

### CCAA Key Dates and Deadlines – DECEMBER/JANUARY



- Dec 4** Final Rankings for Volleyball and Basketball before holiday break
- Jan 7** Provincial convenors conference call in men's and women's Volleyball and Basketball
- 8** Men's and Women's Volleyball and Basketball rankings resume
- 15-17** Winter Board meeting in Ottawa, Ontario
- 22** Second Badminton Ranking
- 27** Deadline for Athlete of the Month for Badminton
- Feb 4** 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.

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A reminder that Tuesday, December 4<sup>th</sup> is the final ranking before the holiday break. Rankings will resume January 8<sup>th</sup>, 2008. **Please ensure to send ALL holiday tournament and/or exhibition results to appropriate contacts.**

## MARKETING

### Information from the SIRC Sport Library about Communicating Effectively

Communicating with your students, athletes, staff and board members involves more than talking. Communication includes everything from spoken word to written word being aware of verbal and nonverbal cues like body language. In today's busy world you are competing with numerous variables for people's attention. You need to be prepared to grab their attention and keep it until you have gotten your message across.



Equally important is your ability to listen to your students, athletes, staff and board members.

From communicating skills to listening skills, here are some related articles from the SIRC Sport Library.

Please visit <http://www.sirc.ca/ccaa> during the month of December to read the following articles.

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#### **Making connections: taking the time to build relationships with your student-athletes today will make your life easier tomorrow.**

**Source:** Wilson, S. *Athletic management* (Ithaca, N.Y.), 12(5), 37-38;40-41, 2000. [SIRC ID# S-658620]

#### **How to get your message across in 30 seconds.**

The article provides communication suggestions for sport managers who are trying to get their point across to clients or sponsors. Tips on having a clear objective, having the right approach and the 'hook' statement are included.

**Source:** Frank, Milo O. *Olympic capital quarterly* (Lausanne, Switzerland), 2(1), 5, 2007. [SIRC ID# S-1042964]

#### **How to communicate with the best of them.**

**Source:** O'Brien, T. and Sattler, T.P. *Fitness management* (Los Angeles), 17(12), 24;26, 2001. [SIRC ID# S-795497]

#### **What makes a great leader? Needed: charisma, passion - and humor.**

Personality traits that describe an effective leader in coaching - including good communication skills, enthusiasm, and intelligible judgment are outlined and discussed.

**Source:** Lorback, M. *Soccer journal* (Mission, Kan.), 46(8), 21-22, 2001. [SIRC ID# S-798662]

#### **The strategic plan: creating a road map for the future.**

Developing a strategic plan for college and university administrators and their athletic departments.

**Source:** Fusco, B. *Athletics administration* (Lexington, Ky.), 36(6), 35. [SIRC ID# S-799949]

#### **Developing an effective slide presentation.**

Discusses important points to remember when planning a business presentation using slides.

**Source:** Hadden, C. *Fitness management* (Los Angeles), 19(11), 24, 2003. [SIRC ID# S-909852]

#### **The do's and don'ts of good writing.**

Discusses the importance of good written communication skills for fitness club managers, and gives general tips for effective writing.

**Source:** O'Brien, T. and Sattler, T.P. *Fitness management* (Los Angeles), 19(8), 24, 2003. [SIRC ID# S-905979]

**INFORMATION GOLD MINE: Your members are communicating valuable information. Are you listening?**

This article promotes fitness facilities keeping statistics and data on facilities discussing the International Health, Racquet & Sportsclub Association (IHRSA) Retention Guide research findings that very few clubs keep statistics and data on clubs. Suggestions on measuring activities are provided.

**Source:** *Fitness business Canada* (Georgetown, Ont.), 6(6), 66, 2005. [SIRC ID# S-1000669]

**Setting Priorities for Stress-Free Projects.**

In this article the author gives tips for owners and managers of fitness clubs on learning how to set the right priorities when undertaking new projects. The article discusses visualization, brainstorming and organization.

**Source:** O'Brien, Teri. *Fitness management* (Los Angeles), 21(10), 26-27, 2005. [SIRC ID# S-1010269]

**The art of Influencing.**

Information is provided on the results of a seminar with International Federations and other sports organizations regarding the techniques that can be used to improve the ability to influence in the workplace.

**Source:** Anderson, Caroline. *Olympic capital quarterly* (Lausanne, Switzerland), 2(1), 6-7. 2007. [SIRC ID# S-1042965]

**Good listening skills reduce stress on the job and at home.**

Discusses the importance of active listening in communication and interpersonal relationships.

**Source:** Brehm, B.A. *Fitness management* (Los Angeles), 18(7), 30, 2002. [SIRC ID# S-829251]

***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



*Happy Holidays and Best Wishes for 2008*



*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 21<sup>st</sup>, 2007 to Monday, January 7<sup>th</sup>, 2008.