



# Canadian College Sport Connections

Official Newsletter of the Canadian Colleges Athletic Association

Issue #26

February 2008

## In this issue:

### CCAA Nationals

- > Mount Allison gets ready
- > Humber preparations in full flight
- > These girls are good
- > Champlain ready to host first Nationals
- > Who will be hosting in 2008-09?
- > Call for bids

### Sports News

- > CCAA Badminton Athletes of the Month
- > RDC Women's VB trip to Japan
- > SAIT Trojan defends court and country
- > Conference Update - OCAA
- > Athletic Director Profile - Daniel Leduc
- > CCAA Key Dates and Deadlines

### Scoreboard and Rankings

### Marketing

- > Information from the SIRC Sport Library

### Other News

- > Last chance
- > Where are they now?
- > CASN - RSAC
- > CCAA continues to contribute to CAAWS

## CCAA NATIONALS

### Mount Allison Gets Ready for Badminton Nationals!



With the poster ready and the information package set to be delivered to the CCAA office, all of the planning is starting to take a solid shape as Mount Allison prepares for the arrival of badminton players and officials at the end of February for the 2008 National Badminton Championships (Feb. 28 - Mar. 1, 2008).

"On behalf of the Mount Allison Mounties and the Host Organizing Committee, I would like to welcome all participants, fans, and special guests to our University and this national event," says Jack Drover, Mount Allison Athletic Director and Tournament Chair. "The committee is working hard to make this event special for the athletes and we look forward to seeing some elite performances by the best university talent across Canada."

Athletes will arrive on February 27 with play beginning on Thursday, February 28, at 1:00 p.m. in the McCormack Gymnasium at the Athletic Centre on the Mount Allison campus. This year will feature six teams playing in a round robin draw to determine ranking for the semi-finals and individual medal competitions that will take place Saturday, March 1, 2008. British Columbia will be defending its title for Team Supremacy once again and continues to hold first place in the overall rankings at this point. Challengers will come from Alberta, Ontario and the Atlantic conference, who will have the opportunity to field both a champion and a host representative team.

Mount Allison is pleased to bring you the latest news, results and developments within the **2008 National Badminton Championships** on our official website that can be found at: [www.mta.ca/ccaabadminton](http://www.mta.ca/ccaabadminton). Make sure to in the coming weeks to view tournament information and results.

*Submitted by Janet Robinson, Host Organizing Committee - Mount Allison University*

### Humber preparations for 2008 Men's Volleyball Nationals in full flight

#### Organizing Committee Intent On "Raising The Bar" Yet Again!

The Humber Athletic Department is proud to the host to the **2008 Canadian Colleges Athletic Association Men's National Volleyball Championship**. Humber has a rich history in hosting national events, as this is the fifth time that a CCAA championship trophy will be presented on Humber soil.

We would like to announce that Johnson Inc. is the official title sponsor of this prestigious event. They are joined by an enthusiastic group of sponsors; including Mizuno, the Humber Student Federation, SDR Seating, Chartwells, Coca Cola and a large cast of local support.

Highlights include full post game meals for all teams, a catered VIP area which will welcome team administrators, dignitaries and officials, free van transportation for all teams, never before seen Player of the Game awards and daily gifts for all participants. Every game will be broadcast "live" via video streaming and on Humber Radio 96.9 fm.

Glenn Hoag, Canada's national men's volleyball team coach, will be on hand to lead a Mizuno Volleyball Clinic for two local volleyball youth clubs. A contest to determine the selection of these clubs will be announced soon.

Visit the official tournament website at [www.humberathletics.ca/mvbnationals](http://www.humberathletics.ca/mvbnationals).

*Submitted by Jim Bialek, Host Organizing Committee - Humber College*



## 2008 CCAA/ACSC Women's Volleyball Championships

### "THESE GIRLS ARE GOOD"



Preparations for the **2008 CCAA/ACSC Women's National Volleyball Championship** at Mount Royal College are well under way and Cougar Athletics looks forward to hosting such a premium volleyball event March 6-8, 2008.

Our primary focus is to provide a phenomenal experience for all those participating, be it the student-athletes, coaches, officials, special guests or those coming to watch the action. One of the primary goals for the organizing committee was to put people in the stands and with that in mind we have opened up the event for ALL students to attend for free.

Numerous sponsorships, including the Cougar Booster Club, TimberTown, Student Affairs and Campus Life of MRC, Village Park Inn, A- 1 Signs, Calgary Sun, Pepsi and have been secured. The beginning of February will bring the launch of our championship website (<http://cougars.mtroyal.ca/vbnationals>) and our official media release of the event. For the past three months we have been "soft releasing" the CCAA Women's National Volleyball Championship to the media. Committee members are currently working on a community marketing initiative to help spread the word, tapping into Alberta Volleyball Association and the numerous club teams throughout the city. Advertising in the Calgary Sun and the Fan 960, Calgary's sports radio station will begin in the middle of the month. Banners throughout the city will be displayed on overpasses to also assist with the marketing of the Championships.

Our facility plan incorporates social areas and sponsorship vendors to increase the value of our entertainment package. All conveniences, including the media room, lounges (student-athletes, coaches, officials and volunteer) and athletic therapy will be conveniently located near Kenyon Court in the west wing of the College, enabling all those involved to be never far from the action.

The All Canadian Banquet will include special guest Barb Broen, two time Olympian (1984 - indoor and 1996 - outdoor), along with numerous members of the Colleges Board of Governor. Preparations for this night are well underway and will be hosted in the Ross Glen Hall, which is located in our award-winning Centre for Continuous Learning.

The organizing committee would like to wish good luck to all schools as your regular season winds down and you head into play-offs. We look forward to meeting those who qualify and represent their respective conferences.

*Submitted by Karla Karch, Athletic Director and Tournament Chair – Mount Royal College*

## Champlain College Saint Lambert Ready to Host First Nationals

The Champlain College Cavaliers have participated in the men's basketball nationals in 2001, 2004 and 2006. In each case the host colleges did a wonderful job of creating a memorable experience and Champlain is excited to have the opportunity to return the favour in 2008.



In preparing for the championship, the students are playing a major role. Well over a hundred volunteers will participate along with many others staff members in the academic departments will contribute to the event. Members of the faculty of Sports Marketing, Tourism, Graphics and Creative Arts will assist students with the planning and production of the championship logo, poster, souvenir program, promotional events and media relations. Their combined contributions will make this truly a college-wide event.

CN, as the title sponsor, is a major contributor to the success of the championship not only in the support of the budget but providing hands-on expertise in specific areas. Add the desire of the City of Saint Lambert to be an active participant and the recipe for success has a good foundation.

Planning for this championship has included some interesting innovations. Currently, a promotional video may be seen on YouTube (SaintLambert) which highlights the mood of anticipation of the campus and the City of Saint Lambert. Parents of players who will be coming to the nationals from a distance will be invited to participate in the Guest Accommodations program. Residents of Saint Lambert will welcome the parents into their homes and be their hosts throughout the championships. CCAA All-Canadians and Coach of the Year nominees will have the opportunity to participate in a number of activities, including a coaching clinic for high school players. There will be many exciting activities, all in support of the best basketball teams in Canada as they compete for the national championship.

As can be seen in the video, Champlain is ready to welcome everyone to the 2008 National Championship. For those who are unable to visit Champlain and Saint Lambert, a high quality webcast will bring the action live into their computers.

Join us – participate in a very user friendly championship.

Full information can be found on the website: [www.champlaincollege/nationals.qc.ca](http://www.champlaincollege/nationals.qc.ca)

*Submitted by Glenn Ruiter, Host Organizing Committee – Champlain College Saint Lambert*

## Who will be hosting in 2008-09?



The following CCAA member-institutions were accepted as Hosts for the upcoming 2008-09 National and/or Open Championships:

- Holland College – Golf (October 13-17, 2008 / Charlottetown, PEI)
- St. Lawrence College – Cross Country Running (November 7-8, 2008 / Kingston, Ont.)
- Thompson Rivers University – Men's and Women's Soccer (November 5-8, 2008/Kamloops, BC)
- Keyano College – Men's Volleyball (March 12-14, 2009 / Fort McMurray, Alta.)
- Nipissing University – Women's Volleyball (March 12-14, 2009 / North Bay, Ont.)
- University of Northern British Columbia–Men's Basketball (March 19-21, 2009/Prince George, BC)
- Cégep de Sainte-Foy – Women's Basketball (March 19-21, 2009 / Sainte-Foy, Que.)

## Call for bids

The CCAA Board of Directors is inviting bids to host the following CCAA Championships:

- M & W Cross Country Running 2009
- M & W Golf 2009
- M & W Badminton 2009 (Open Grid)

The CCAA Bid Package and Criteria for Evaluation can be located on the website at the following link:

- <http://www.ccaa.ca/pdf/hostingbidform-e.pdf>
- <http://www.ccaa.ca/pdf/CriteriaforEvaluation-e.doc>

## Bid Process

- All bids shall adhere to the Hosting Bid Package and Criteria for Evaluation
- Must be forwarded electronically to the CCAA Office by May 1<sup>st</sup>
- Bid Selection Committee will review the bid via conference call within the next weeks. Bidding institutions representative(s) will be included on the call to answer selection committee questions and to highlight information.
- Bid Selection committee will then make a recommendation to the CCAA Board of Directors at the respective Annual General Meeting in regards to the approval of the bid.

If you have any questions, please contact Sandra Murray-MacDonell ([sandra@ccaa.ca](mailto:sandra@ccaa.ca) / 613.937.1508)

## SPORT NEWS

### CCAA Announces January Badminton Athletes of the Month

The CCAA announced today the CCAA Badminton Athletes of the Month for January. 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 Badminton; the four conferences are Atlantic Colleges Athletic Association (ACAA), Ontario Colleges Athletic Association (OCAA), Alberta Colleges Athletic Conference (ACAC) and British Columbia Colleges Athletic Association (BCCAA).



*From the Atlantic (ACAA):*

- Elysia Atkinson - Holland College.
- Braden Freeman – Mount Allison University

*From Ontario (OCAA):*

- o Karen Ng - Georgian College
- o Raymond Wong - Humber College

*From Alberta (ACAC):*

- o Grace Box - Concordia University College of Alberta
- o Dan Kai - NAIT

*From British Columbia (BCCAA):*

- o Megan Yim - Malaspina University College
- o Garrett Babichuk - Thompson Rivers University

Congratulations to all!

For a full profile and/or picture of this month's **CCAA Badminton Athletes of the Month**, visit the official CCAA website at [www.ccaa.ca](http://www.ccaa.ca).

## RDC Women's Volleyball Trip to Japan



It's December 26<sup>th</sup> and it is 3:00 AM in the morning, and I am wide awake. My body is still on Tokyo time and wants to be awake; it's 9:00 PM in Japan. It is amazing the thoughts that go through a coach's head while under the duress of jet lag! Is the rest of the team awake? Is the trip going to benefit our play? Is *she* going to improve her technique? I can't believe we ate that! Sumo wrestlers were cool! Tokyo Disney was a blast! We are a very fortunate College to have this opportunity. And the list goes on and on.

The Red Deer College Queens were very fortunate to return to Sapporo, Japan to participate in their International Volleyball Exchange with Hokusho University, a sister school to RDC. The trip was a huge success as we got to play some high level matches, experience the Japanese culture, including a home-stay with a Japanese family, and sightsee in Sapporo, Kushiro, and Tokyo. From a coaching standpoint, being immersed in a Japanese volleyball setting is truly an experience unlike any other volleyball experience. To witness the Japanese style of play, their training and their dedication to their sport; all in the hopes that it rubs off on your team. From the athletes' point of view, 3<sup>rd</sup> year right-side player Randi Tajcmar summed it up best: "Japan was very unique in that your teammates were your source of comfort. To be dependent on your teammates to that level, in a totally foreign environment, really does a lot to bring you closer together." Ultimately, this is true. A lot of memorable experiences did happen, but they really wouldn't have mattered that much had we not had our teammates there to share it with.

Red Deer College has been involved in the International Volleyball Exchange with Hokusho University, which is located near Sapporo, Japan, since 1985. The Japanese team regularly travels to Red Deer approximately every 2 years, and will often compete in RDC's annual Wild Rose Classic Volleyball Tournament. Red Deer has made the commitment to return the visit on a three-year rotation. Since the year 2000, the Queens have traveled to Japan on 3 separate occasions. The competition between the two schools is starting to heat up. Up until this year, RDC (and no other ACAC team) had beaten Hokusho University in the past 22 years. This year the Queens have been able to win twice against their Japanese counterparts. Truly a large accomplishment in itself!

*Submitted by Talbot Walton, RDC Women's Volleyball Coach*

## SAIT Trojan Defends Court and Country

James Poirier is both a student and a SAIT Trojan on the men's Volleyball team but what sets him apart from other athletes is that he is also enlisted in the Canadian Navy.

Poirier, 22, got the call that he was accepted to the military just five days before school started. However, he says the call was a bit of a relief as the Canadian Navy paid him back for his tuition, book fees, lab fees, equipment costs and also pays for his transportation.

Poirier is a first-year Trojan who was born in Perth, Ontario. In addition to his volleyball skills, he also played football for the University of Guelph where he received three awards: Honourable Mention for Offensive Line, Suicide Award and Most Improved Player.



He is enrolled in the Electronics Engineering Technology program at SAIT and says that going to school is his job in the Canadian Navy right now.

"When I graduate from here I will be going off to POET (Performance Oriented Electronics Training) courses and MOC (Military Occupation Training) training...but as of right now, my job is to go to school," Poirier said.

School, volleyball and being a member of the Canadian Navy may seem too much to handle, but not for Poirier.

"Absolutely not...I have more than enough time to keep up with all my homework, I have enough time to go out with friends as well as play volleyball and go to classes."

Poirier also talked about how the Navy encourages him to be a part of extracurricular activities to ensure he is staying in top shape.

"They love the fact I joined volleyball."

Struggling to make ends meet, Poirier was working two jobs and logging in over 60 hours a week. His friends suggested to him that the Canadian Navy might be something he would be interested in.

"I'm making more money now than when I was working 60 plus hours a week."

"I'm going to school, I'm bettering my life and when I leave school I will be automatically fast-tracked."

Poirier talked about how being accepted into the Canadian Navy is one of his biggest accomplishments.

"Joining the Navy, getting out doing something really changing my life around is the best thing that's happened to me so far in my life."

Being accepted to the Canadian Navy requires Canadian citizenship, minimum of 16 years of age, meeting certain education requirements for your occupation as well as stringent fitness requirements and an in-depth interview. After graduation, recruits must serve an obligatory three years of service.

*Submitted by Amanda Gushue, SAIT Trojans Freelance Writer*

## **Conference Update: Ontario Colleges Athletic Association**

It's been another busy year for college athletics and recreation in Ontario and the demands on college athletic departments continue to increase as our full-time student base has grown to over 171,000 students. The OCAA continues to offer student-athletes the opportunity to compete in 15 varsity sports (8 league sports and 7 tournament sports). Additionally, OCAA members will also organize over 30 Extramural tournaments and over 325 Intramural events.

The OCAA held its annual Director's Meeting in December and a main focus of the meeting was the discussion on re-structuring of competitive formats (Division 1 and Division 2 in soccer, basketball and volleyball). No major changes were adopted in these sports for 2008-09, however more regular season games were added for soccer (12 games) and volleyball (20 games). The OCAA also adopted change for its Championships for basketball and volleyball and will move from a Final Eight to a Final Four format in the 2008-09 seasons.

Other news from the OCAA Director's meeting:

- OCAA Rugby expanded to 10 teams and will be the only OCAA sport to compete in a D1/D2 format beginning in Sept '08.
- Discussion on Men's and Women's hockey as a tournament sport beginning in 2009-2010 will take place at the upcoming AGM.

The OCAA Central Office welcomed a new staff member in January after Marketing and Communications Coordinator, Scott Dennis, left in December to become the SID at Durham College/UOIT. As a result of the departure, OCAA Sport Services Coordinator Lindsay Bax moved into to the Marketing and Communications portfolio and the OCAA Central Office is pleased to welcome Mark Couch as its new Sport Services Coordinator.

The OCAA Video Archive/Streaming project is beginning to gather momentum. We have streamed live all four OCAA championships from the fall – Women's Fastball, Men's & Women's Soccer and Men's Rugby, as well as the re-scheduled CCAA Men's Soccer Gold Medal game from Trent University. All games can be viewed from the SportsLive.ca game vault.

The OCAA has supplied all colleges with laptops to assist with the recording and archiving of regular

season games. Colleges will begin recording/archiving their regular season basketball and volleyball games this semester, with select games being streamed live. The OCAA will stream live the Men's and Women's Volleyball and Basketball Championships.

There has been quite a buzz around OCAA Men's basketball and volleyball leagues this year. Earlier this month, Mohawk College's Jasmin Cull set the OCAA All-time Career Aces record in Men's Volleyball surpassing the record of 86 set by Rich Vanderwier in 2006. Cull currently has 56 aces this season, also a new OCAA single-season record and 112 for his career with three games remaining. On the basketball side, the record watch is on Durham College's Anthony Batchelor as he closes in on the OCAA All-time Career Scoring record. Batchelor started the year 300 points behind the 1,434 points of Emilio Rocco – Fanshawe College (82-86), and with 8 games remaining has narrowed the gap to just 55 points.

The OCAA is looking forward to Humber College hosting the 2008 CCAA National Men's Volleyball Championship in March. Doug Fox, Jim Bialek and the staff at Humber have been working around the clock to ensure a great event and we are sure they will not disappoint.

*Submitted by Blair Webster, OCAA Executive Director*

## **Athletic Director Profile: Daniel Leduc**

### **Daniel Leduc, CEGEP de l'Outaouais Griffons team's student life advisor and program coordinator**



Daniel Leduc graduated from the University of Ottawa with a master's degree in Education, specialization in counseling. Daniel spent two years as training agent within the program of socio-professional integration service of des Portages de l'Outaouais school board. Since 2000, he found his calling as CEGEP de l'Outaouais Griffons team's student life advisor and program coordinator.

At that time, the CEGEP de l'Outaouais had only five teams. Since then, five new teams have been added to the program (AA football, AA mixed swimming, AA female soccer, AA male soccer, and cheerleading) and the AA female volleyball team took the plunge in the AAA circuit.

Daniel supervises more than 36 coaches who are guiding the students-athletes progression, enabling them to achieve their full potential. Daniel also contributed to the development of an academic follow-up program intended to monitor the students-athletes academic progression.

Daniel coordinates, with tact, an excellent college sports program and he is also renowned for his exemplary management style. He provides all students-athletes with the appropriate tools and conditions allowing them to succeed both on and off the field. 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 trainer.

Daniel is involved in numerous committees and task forces, including: member of the board of directors and part of the executive of the Quebec Student Sport Federation' collegiate sector, member of the board of directors of the Association régionale du sport étudiant de l'Outaouais, national convener in women's volleyball within the CCAA and also serving on Volleyball Québec's elite commission. In addition, he coaches the CEGEP's volleyball female team. Under Daniel's leadership, the team's members are hoping, for the first time in many years, to participate in the provincial championship. Daniel is also working very hard in order to insure a good stay to the members of the CCAA during the annual general meeting that will be held this year in Gatineau.

Daniel's great expertise, availability and sunny disposition are well known. Very empathetic, generous and optimistic, he is always available for a round of golf or a Porto tasting. Daniel is an inspiration to his peers and a great asset for the Quebec Student Sport Federation and the Canadian Colleges Athletic Association. This year, ten teams proudly wear the colours of CEGEP de l'Outaouais:

- AA mixed Badminton (4<sup>th</sup> place, 2006-2007 provincial championship)
- AA mixed swimming (golden medal, 2006-2007 female provincial championship)
- AA female Basket-ball (2<sup>nd</sup> division's 5<sup>th</sup> place, 2006-2007 season)
- AA male Basket-ball (2<sup>nd</sup> division's 1<sup>st</sup> place, 2006-2007 season)
- AA female Soccer (bronze medal, 2006-2007 provincial championship)
- AA male Soccer (1<sup>st</sup> division's 2<sup>nd</sup> place, 2006-2007 season)
- AAA female Volley-ball (8<sup>th</sup> place, 2006-2007 season)
- AAA male Volley-ball (5<sup>th</sup> place, 2006-2007 season)

- AA male Football (went to the ¼ final round, during its 1<sup>st</sup> year within the AA League, 2006-2007 season)
- Cheerleading (bonze medal, provincial championship, 2006-2007 season).

For more information about Griffons' program, visit the Griffons' web site at the following address:  
[www.lesgriffons.ca](http://www.lesgriffons.ca).

## CCAA Key Dates and Deadlines – FEBRUARY



<b>Feb</b>	<b>4</b>	Preliminary Seeding calls for Volleyball.
	<b>11</b>	Preliminary Seeding calls for Basketball.
	<b>15</b>	Deadline for all Badminton, Volleyball, and Basketball eligibility forms to National Office
	<b>16-17</b>	PCAA Badminton Championships
	<b>19</b>	Deadline for Volleyball wild card applications via email to the National Office
	<b>19</b>	Final rankings for Badminton
	<b>21</b>	Deadline for Badminton Player and Coach of the Year award information
	<b>22</b>	Deadline for Volleyball All-Canadian, Player and Coach of the Year award information
	<b>22-24</b>	PCAA Volleyball Championships
	<b>23</b>	Deadline for alterations or additions to Badminton, Volleyball, and Basketball eligibility forms
	<b>23</b>	Deadline for PCAA written confirmation to National Office that all participating Badminton athletes are eligible under PCAA Eligibility criteria
	<b>24</b>	Deadline for Athlete of the Month for Basketball
	<b>25</b>	Wildcard and seeding conference call for Men's and Women's Volleyball
	<b>26</b>	Deadline for Basketball wild card applications via email to the National Office
	<b>26</b>	Final Rankings for Volleyball
	<b>28-Mar 1</b>	CCAA National Badminton Championships, hosted by Mount Allison University
<b>Mar</b>	<b>1</b>	Deadline for eligibility appeals (complete with all supporting documentation)
	<b>1</b>	Deadline for PCAA Badminton Technical fees and Championship Participation fees to be sent to National Office
	<b>1</b>	Deadline for Provincial Volleyball Hosts to courier Provincial championship tapes to first round opponents
	<b>1</b>	Deadline for Basketball All-Canadian, Player and Coach of the Year award information
	<b>1</b>	Deadline for PCAA written confirmation to National Office that all participating Volleyball athletes are eligible under PCAA Eligibility criteria
	<b>1-3</b>	PCAA Basketball Championships

## 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.

## MARKETING

### Information from the SIRC Sport Library about Setting Goals, Boosting Morale and Motivation



After any long break it can sometimes be difficult to get back in to the swing of things. Setting goals, boosting morale and finding motivation are several ways to get back on track with work and school after a lengthy time off.

From motivation to goal setting, here are some articles for getting back in to the swing of things from the SIRC Sport Library.

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

**Client Worksheet Goal Achievement.** Provides a worksheet for helping individuals achieve their physical fitness goals.

*Source: Fitness trainer Canada*

**Collegiate Coaches' Perceptions of Their Goal-Setting Practices: a Qualitative Investigation.** The purpose of the present investigation was to assess the perceptions of coaches regarding the process of

goal setting using a qualitative methodology. Participants were 14 NCAA collegiate coaches from the American Midwest representing both team and individual sports. All participants were head coaches and were asked to respond to the interview questions in relation to their current head coaching position. Results revealed that coaches employed goal setting extensively for both individual and team goals in practice and competition. In addition, many interesting findings regarding the process of goal setting emerged including (a) coaches tended to set short-term goals although there were some nebulous long-term goals; (b) coaches only inconsistently wrote down their goals; (c) goals were both dictated by coaches and set in collaboration with players with a focus on collaboration; (d) the primary function of goals was to provide direction and focus; (e) goal commitment was related to enjoyment/fun; (f) process, performance, and outcome goals were set but coaches focused on performance and outcome goals; and (g) physical, psychological, and time barriers impeded goal attainment. These findings are discussed in relation to the current empirical/theoretical goal-setting literature and suggestions for best practice by sport psychology researchers are offered.

**Source:** Weinberg, R., Butt, J., Knight, B., and Perritt, N. *Journal of applied sport psychology*. (London, England), 13(4), 2001, p. 374-398. [SIRC ID# S-797759]

**Diagnosing and treating low morale.** Symptoms of low employee morale and suggested solutions are discussed.

**Source:** O'Brien, T. and Sattler, T.P. (2002). *Fitness management* (Los Angeles), 18(6), 2002, p.20. [SIRC ID# S-823634]

**Firing them up! Creating a high-morale facility.** Presents guidelines for managers to increase morale by recognizing and treating employees fairly and productively.

**Source:** O'Brien, T. (2002). Firing them up! Creating a high-morale facility. *Fitness management* (Los Angeles), 18(6), 2002, p.22. [SIRC ID# S-823635]

**Goal Setting.** Highlights goal-setting as a means for both junior basketball teams and individual players to develop skills and track progression. Outlines the different ways goal-setting is used at the Australian Institute for Sport (AIS), including monthly player contracts, long-term goal planners and game targets.

**Source:** Clark, M. *FIBA assist* (Geneva), (4), 2003, p. 36. [SIRC ID# S-908341]

**The Mentally Tough Athlete.** The focus of the article is on how athletes can develop and enhance mental toughness. Information is provided on the four key components of mental toughness including confidence, motivation, focus and control distractions and arousal management.

**Source:** Greenleaf, Christy and Wildman, Jon. *Texas coach* (Austin, Tex.), 51(5), 2007, p.42-43. [SIRC ID# S-1042448]

**The Science of Self-Monitoring.** A discussion of self-monitoring, a personal evaluation of behaviour and progress towards a goal is presented. Areas addressed include: why it works, tips for success, motivation to improve and resources for self-monitoring.

**Source:** *IDEA fitness journal* (San Diego, Calif.), 2(1), 2005, p. 111. [SIRC ID# S-994801]

**Shining a positive light: when staff members seem gloomy, you need to take a leadership role in boosting morale. Here are some ideas to get you started.**

**Source:** Alden, E. *Athletic management* (Ithaca, N.Y.), 12(6), 2000, p.18;20-21. [SIRC ID# S-664320]

**Think Like An Athlete.** The author describes how everybody can benefit from conceptualizing their personal development as an athletic training program, complete with goals and suitably applied training methods.

**Source:** Cross, Kay. *IDEA fitness journal* (San Diego, Calif.), 4(8), 2007, p.32-34. [SIRC ID# S-1062591]

**Top 10 Reasons for Writing a Business Plan.** The benefits of writing a business plan before opening or operating a spa business are outlined in this section. A business plan can aid in providing focus, understanding a target market, studying competition, product and equipment purchases, staff development, avoiding mistakes, developing clientele, financial planning, market planning and an expansion standard for quality control.

**Source:** D'Angelo, Janet M. *Massage & bodywork* (Evergreen, Colo.), 22(1), 2007, p.122-124; 126. [SIRC ID# S-1040354]

**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

### Last chance to submit CCAA Eligibility Forms

The deadline to submit all Badminton, Volleyball, and Basketball Eligibility Forms the CCAA National Office is **Friday, February 15, 2008**. Please read the following guidance notes before completing the Eligibility Form:

- *Years of Post Secondary Participation* - includes current year
- *Academic Program* – current year only
- *Completed Drug Education Program* – actual date
- *Confirmation of Provincial Eligibility* - to be completed by PCAA
- *Coach's NCCP number* – must include if applicable

**Please note:** Only CCAA Eligibility Forms that include the **CCAA Privacy Disclaimer** will be accepted.

## **Where are they now?**

As varsity student-athletes, they proudly represented their school and showcased their athletic achievements within their community. Ever wonder what happens to all those athletes after they leave school? The CCAA caught up with two former varsity volleyball players to see what they've been doing since they left Red Deer College.

Former RDC King, Murray Grapentine, has achieved remarkable success in his volleyball career thus far including highlights such as the CCAA Men's National Volleyball Championship, CIS Men's National Volleyball Championship, selection to the National Team, FISU World University Games, Pan American Games and playing professionally in Cannes, France. Captain Murray Grapentine was first selected to Canada's National Team in 1997.

Teammate Dallas Soonias joined Grapentine on the National Team in 2004. Soonias is currently playing professional volleyball in Sète France.

Former Red Deer head coach, Keith Hansen, had nothing but praise for these two outstanding players. "Murray and Dallas are two of the best players that have ever come out of Red Deer College. Both Murray and Dallas are very good people and great players and they are both doing very well."

Canada recently finished 4<sup>th</sup> at the NORCECA Men's Olympic Qualifying Tournament after dropping a 3-1 decision to Cuba.

## **How long have you been playing volleyball and why did you get involved?**

**MG** – I began playing in 1990, playing for my school team. I started because all my friends were playing and since I liked sports, I gave it a try.

**DS** - I've been playing for about 8 years now. I started in Grade 9. I was pretty bad - I missed the ball the first two times the coach tossed it for me.

## **How did playing in the CCAA help get you where you are today?**

**MG** - Playing in the CCAA was a great transition for me. I was able to develop as a person and a player at a speed that was perfect for me. My coach Keith was great - he worked us hard but the results showed. This is something that has stayed with me throughout my career.

**DS** - RDC was the perfect way to transition from high school play to university varsity. It was a great way to learn to be a professional while in a comfortable setting.

## **Why did you choose to play for Red Deer College?**

**DS** - I chose to play at RDC because I knew it was a volleyball program where I could learn from a great coach and still stay in a comfortable surrounding.

## **Explain the great opportunities you've enjoyed as a result of your volleyball abilities.**

**MG** – Representing your country brings an overwhelming pride. I have been able to travel abroad and see the world due to my involvement with Team Canada. I've also had the opportunity to go and play professionally in Europe, which gave me a cultural experience that is truly immeasurable. I learned a new language and now have many friends around the world.

**DS** - The National Team has given me a chance to see parts of the world I couldn't imagine. I've also met so many people that I still keep in touch with.

## **If you had to select a highlight from your volleyball career, what would you choose and why?**

**MG** – For me, it was winning the Bronze medal at the 1999 Pan American Games in Winnipeg.

**DS** - I like to think I haven't had one high point yet - I'm hoping its still to come.

### **What are your future athletic and/or career plans?**

**MG** – Uncertain.

**DS** - I'm currently playing professional volleyball in the town of Sète in the South of France and I'm LOVING it! I plan to play until I don't enjoy it or my body falls apart, whatever comes first.

### **Do you play any other sports other than volleyball?**

**MG** – Just for fun, I play tennis and golf.

**DS** - I play a mean track on guitar hero.

### **What are you doing while answering these questions?**

**MG** - Living in Regina and working.

## **2008 CCAA Winter Board Meeting deemed a success**

The Canadian Colleges Athletic Association (CCAA) recently welcomed its Board of Directors and Provincial Representatives to Ottawa (Ont.) for the 2008 CCAA Winter Board Meeting. The meeting allowed for information and idea sharing among the participating delegates, as well as extensive and valuable discussion among the delegates and CCAA partners such as SIRC Sport Research. The Winter Board Meeting achieved its goal, and as such, was a success.

*For complete highlights, visit the official CCAA website at [www.ccaa.ca](http://www.ccaa.ca).*

## **Canadian Olympic Committee unveils Plans for Groundbreaking Amateur Sport Television Networks**



**CASN • RSAC**  
CANADIAN AMATEUR SPORTS NETWORK • RÉSEAU DU SPORT AMATEUR CANADIEN

The Canadian Olympic Committee (COC) unveiled details of its application for groundbreaking English and French amateur sport television networks, which would be a first in Canada if approved. The proposed Canadian Amateur Sports Network (CASN) and *le Réseau du sport amateur canadien (RSAC)* would provide much-needed exposure and funding for both Olympic and non-Olympic sports.

"It's an endeavour long overdue. We need to improve Canadian opportunities, elevate the status of Canadian organizations and events, and persuade promising young stars to resist the temptations of American recruiters. Our television media must be more responsive to the aspirations of those who actually live and work here. To what extent are a community and a country stunted when its young athletes draw their dominant meaning and forms of activities from other countries? How can sports foster socially responsible personal growth and community pride when our youth know more about college athletes in another country than about players on their own college teams?", Sandra Murray-MacDonell, Executive Director, Canadian Colleges Athletic Association.

The CASN/RSAC mission is to broadcast amateur sports exclusively. Among other goals, the aim of the networks will be to generate substantial funds that will aid the amateur sport community and help deliver television coverage.

The applications were formally submitted by the COC and its partners to the Canadian Radio-television and Telecommunications Commission (CRTC) in early December. The proposed national digital television networks would each focus solely on Canadian amateur sport 24 hours a day, seven days a week, allowing Canadians to watch amateur athletes compete in regional, national and international events in both Olympic and non-Olympic sports.

The applications ask for mandated distribution of the networks on the basic digital service of all Cable and DTH Satellite carriers, and a mandated wholesale subscription rate of 60 cents per household per month (in geographic areas that are consistent with its broadcast language).

The proposed networks would contribute more than \$100 million to amateur sport over the first seven years of operation and would continue to contribute sustainable funding to the sport community after that period.

Full details surrounding the CASN/RSAC applications can be found at the newly launched website [www.casn-rsac.ca](http://www.casn-rsac.ca).

*Details provided by Douglas Philpott, Director of Operations and Events – UXMAL Communications Ltd.*

## **CCAA Continues to Contribute to CAAWS**

The Canadian Colleges Athletic Association wishes to announce that Stéphanie Legault has accepted an appointment as the Marketing and Project Manager with the Canadian Association for the Advancement of

Women in Sport (CAAWS). Stéphanie has been with the CCAA for three (3) years and over that time has developed a strong communication and marketing plan with all CCAA stakeholders, members, media, other MSOs and NSOs and sponsors. Although, the CCAA regrets Stéphanie's departure, we wish her all the best in her new position. Stéphanie's final day at the CCAA is February 7<sup>th</sup>.

"I have enjoyed my tenure here and I appreciate having had the opportunity to work with the CCAA Executive and personnel, member-institutions, host organizing committees and provincial athletic associations, as well as the numerous corporate and sporting partners. Thank you for the support, guidance and encouragement you have provided me during my time at the Canadian Colleges Athletic Association. Even though I will miss my colleagues and the organization, I am looking forward to this new challenge and to starting a new phase of my career."

With this staff vacancy, the CCAA Executive has developed a critical path to ensure the current functions within the National Office are maintained. The Executive Committee will continue to review the associations staffing needs with recommendations to be discussed at the next annual general meeting. In the meantime, the Executive Director will proceed with recruitment to the position of a Communications and Events Coordinator. The application deadline will be April 1<sup>st</sup> and a target start date of May 1<sup>st</sup>.

During this interim period, please direct all scoreboard and award program information and inquiries to [mary@ccaa.ca](mailto:mary@ccaa.ca) and all sponsorship and marketing inquiries to [sandra@ccaa.ca](mailto:sandra@ccaa.ca).