



Canadian College Sport Connections

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CCAA NATIONALS

"As we get closer to hosting our first Nationals, there is great anticipation and excitement at Holland College and the golf community on P.E.I. We look forward to welcoming all the players, coaches, CCAA friends and anyone willing to join us on our special Island - no passports required! This promises to be a competitive event showcasing our talented CCAA golfers and Canada's top golf destination - this will be FUN!" says Albert Roche, Manager of Student Services and Athletics at Holland College, site of the Oct 13th CCAA National Golf Championship. *Click on golf logo for a direct link to Holland College's Golf Championship website.*



Fox Meadow Golf & Country Club is proud to be the host golf course of the 2008 CCAA/ACSC Ping Golf Open Championships.

COACHING

CCAA Female Apprentice Coach Program receives increased Sport Canada Funding for 2008-09



Canadian Heritage
Patrimoine canadien
Sport Canada

The Canadian Colleges Athletic Association is pleased to announce increased Sport Canada funding to its Female Apprentice Coach Program, a national project conducted in partnership with the Atlantic Colleges Athletic Association, the Quebec Sport Sports Federation, the Ontario Colleges Athletic Association, the Alberta Colleges Athletic Conference and the BC Colleges Athletic Association, aimed at increasing the number of female coaches within the College sport system. The project is in its fourth year of existence and is funded by Sport Canada, a branch of the Department of Canadian Heritage.

The Female Apprentice Coach Program for graduated student-athletes is aimed at targeting the rich source of potential coaches in the ranks of graduating student-athletes and developing a new coaching position to attract these women. The CCAA promotes the staffing of at least one female coach in each woman's sport program. Incentives are offered to institutions that offer CCAA graduating student-athletes coach positions on their coaching staff within the CCAA sports of soccer, volleyball, basketball and badminton. 2008-09 is the inaugural season for CCAA Golf and Cross Country Running.

CCAA Executive Director, Sandra Murray-MacDonell, "indicated that with Sport Canada's project funding increase from \$60,000 to \$80,000 there will be an increase in the number of graduating student-athletes being funded as Apprentice Coaches this season. Moreover, financial assistance will also be directed to those apprentice coaches who are continuing their pursuit of Coaching development and education."

In its fourth year, the CCAA is delighted, with increased support from Sport Canada, to offer this unique opportunity to 18 first-time applicant institutions. This is an increase from the 10 grants allocated in 2007-08. This is the first year that the sports of golf and cross-country running have been included in the program. To view the list of '08-'09 Apprentice and Mentor coaches, please visit: <http://www.ccaa.ca/new/story.php?ID=29>

COMMUNITY SPIRIT!

UPEI and Holland College give varsity sports tickets to all P.E.I. school students.



Tuesday, September 16, 2008. Charlottetown, PE – Every elementary and secondary student on Prince Edward Island will have the opportunity to attend varsity sports this year, courtesy of the Holland College Hurricanes and the University of Prince Edward Island's Panther Sport. Holland College and UPEI are giving complimentary season's passes to their regular season home games to the approximately 20,000 students in the provincial school system. By opening up the games to all Island students from grades one to 12, the post-secondary institutions are building interest in sports, and in a healthy and active lifestyle, among the upcoming generation of potential student athletes.

"Albert Roche, Manager of Student Services and Athletics at Holland College, commented, "At Holland College we view this initiative as a tremendous community outreach program which communicates our values in fitness, wellness and family centered activities. We truly hope this will inspire our young Islanders to come out to watch varsity, meet some of our student athletes and ultimately see a future in post-secondary education here on PEI."

For the complete story and photos, please visit: http://www.hollandcollege.com:80/NewsReleases/news_detail.php?id=466

Athletic Director Profile

Ever since he first arrived on the campus at Columbia Bible College in the fall of 1994, Rocky Olfert has had a heart for the school. As a student from 1994-1996, Olfert made a significant contribution to Columbia and was awarded the President's Award for his excellence in athletics, academics and leadership – the highest award given in athletics at Columbia.



In 2001 Olfert returned to Columbia to work as an Associate Director of Athletics and was an integral part in the growth, helping shape numerous changes and the opening of a new athletics and recreation facility. Alongside his administrative work and coaching duties, he has been involved in numerous other projects at Columbia, including Chair of the Columbia Open – Columbia's annual golf tournament, as well as starting and running the Columbia Volleyball Club. Amidst a busy schedule, he made time to continue his education and complete a Masters in Leadership degree from Trinity Western University.

In the summer of 2007, he accepted a position as an Assistant Athletics Director at Trinity Western University. While he enjoyed his time at the CIS level, he couldn't pass up the opportunity to lead his own department back at Columbia. In August 2008, he returned back to the Abbotsford campus, this time as Athletic Director and men's volleyball coach.

"My dream has always been to work as an athletic director, and I'm very excited to lead this department and work within the BCCAA." Olfert replaced Tim Demant, who spent the last 10 years at the helm of the athletic department. "I have a vested interest in the school and I believe in its mission. I feel that it's a good fit for my skills and abilities, and I am confident that we can continue to build on the foundation and make a positive impact on the lives of students and the Abbotsford community."

The Bearcats program is comprised of four teams in the B.C. Colleges Athletic Association (men's and women's basketball and volleyball), as well as a men's soccer squad that competes in the Fraser Valley Soccer League.

Submitted by: Graham Matthews, BCCAA Provincial Representative

Conference Update



Hello from Ontario and the 30 member institutions in the Ontario Colleges Athletic Association (OCAA).

It has been a busy summer in Ontario preparing for the upcoming season, the impending Sport Alliance of Ontario building move, and also developing contingency plans with the threat of a strike by college support staff looming through the month of August. However, with a tentative deal reached this past weekend and the SAO building move delayed until early December it is full steam ahead in the OCAA with our fall sport schedules.

The following is a list of OCAA fall sports and the number of colleges competing in each sport:

Golf – 14 colleges
Cross Country Running – 17 colleges
Men's Soccer – 18 colleges
Women's Soccer – 17 colleges
Men's Rugby – 10 colleges
Women's Fastball – 5 colleges

The two biggest changes to OCAA fall sports is the expansion of the OCAA Soccer schedule to 12 regular season games and the growth of OCAA Men's Rugby to 10 teams and a Division 1 and Division 2 format.

The OCAA is continuing with our Web Streaming program for the upcoming season. The OCAA is planning on providing live streams for 8 OCAA Championships as well as featuring a "Game of the Week". In addition a number of OCAA member institutions will also provide live streaming for their regular season volleyball and basketball games. All games can be viewed live, and some in archived format, at www.Sportslive.ca.

The OCAA is looking forward to hosting 3 CCAA National Championships in Ontario this season:

Cross Country Running – St. Lawrence College, Kingston
Badminton – Humber College
Women's Volleyball – Nipissing University.

Plans are well underway for all of these championships and we are sure they will follow the past traditions of OCAA hosted Nationals.

From the business side of things, the OCAA received a grant through the Ministry of Health Promotion's Active2010 program to organize up to 90 Officials training sessions at various OCAA member institutions. The training sessions will be for the sports of basketball, volleyball, soccer and badminton.

As mentioned earlier in this update, the Sport Alliance of Ontario building which is home to many of the central offices for sport and recreation organizations in Ontario is moving to a newer building down the road from our current location. The new offices will provide a much nicer working environment for sport organizations and if all goes well we should be in the new building before Christmas.

Best of luck to everyone this season and we hope to see you at one of the Ontario hosted CCAA National Championships.

Submitted by Blair Webster, Executive Director, OCAA

CCAA Olympians

Now that the Beijing Olympics are over, the dust has settled and our athletes have returned to class, have you wondered how many Canadian Olympians at Beijing are or have been CCAA students-athletes? The question was put to our membership, and here are the responses.

This list represents athletes that attended CCAA institutions for various durations.

Athlete:

Audrey Lacoix
Geneviève Saumure
Simon Whitfield (see photo)
David Zilberman
Martine Dugrenier

Sport:

Swimming
Swimming
Cross Country
Wrestling
Wrestling

School:

Ahuntsic College
Ahuntsic College
St. Lawrence College (K)
Vanier College
Vanier College

(con't)



Karine Sergerie
Elyse Hopfner-Hibbs
Jason Brunett
Marie-Pier Beaudet

Taewondo
Gymnastics
Trampoline
Archery

Vanier College
Seneca
Seneca
Champlain St. Lawrence

MARKETING

The CCAA is proud to welcome two new Corporate partners!



The Canadian Colleges Athletic Association (CCAA) announces the signing of a new three-year partnership with SPORTAG as "Marketing Incentive Program (MIP) partner of the CCAA". SPORTAG supplies custom sports branding merchandise such as custom medal products, key tags and lapel pins and a wide variety of varsity themed products, such as temporary sport tattoos, car window decals, noise sticks and more. The CCAA Marketing Incentive Program enables members to derive direct benefits for their own athletic departments by purchasing SPORTAG merchandise.
For the compete story visit: <http://www.ccaa.ca/new/story.php?ID=26>



The Canadian Colleges Athletic Association (CCAA) has also signed a new three-year partnership with Jostens Canada as the "Official Ring supplier to the CCAA Championship Award Banquets". Jostens Canada will be supplying rings to CCAA Player of the Year and Coaches of the Year recipients. Jostens Canada will receive exposure at the respective CCAA Championship Award banquets and member institutions and Championship winners will be encouraged by the quality, pricing and support to purchase rings through Jostens.
For the compete story visit: <http://www.ccaa.ca/new/story.php?ID=24>

Information from the SIRC Sport Library on Mental Training.



Mental training is a key aspect in an athlete's development. If an athlete is able to stay focused, deal with mental demands, handle stress and pressure, develop confidence and positive self-talk, they will be able to succeed within their athletic career as well as use these skills in everyday life. By proactively learning and teaching mental training skills coaches, administrators and/or trainers can share this information with each other and their athletes.

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

Negative SELF-TALK.

Having negative thoughts is the best way to destroy your own confidence. Means to increase positive internal dialogue can be simple and very effective.
Source: Kimball, Aimee C. (2008). *Splash* (Colorado Springs, Colo.), 16(3), 11. [SIRC ID# S-1075333]

Fear of Failure in the Context of Competitive Sport

The author reflects on the structure of situation in the context of competitive sports. He examines that this situation might lead to a mental trouble particularly of having fear of failure. He also analyzes that fear of failure normally emanates from the discrepancy between the practical and psychological results of winning versus losing. Moreover, uncertainty of outcome in any closely-contested athletic contest can also affect.

Source: Fox, A. (2008, June). *International Journal of Sports Science & Coaching*, 3(2), 173-177.

"Mental Conditioning" for Athletes.

The article discusses mental conditioning, which involves the mental processes that athletes use to generate unproductive attitudes, tempers and impulses. An approach that focuses on mental conditioning would teach the coach and athletes to address problem behaviors and attitudes. A good mental conditioning program not only helps athletes correct their unproductive behavior and attitude, but helps them expand the mental skills that are working well for them.

Source: Malinauskas, T. (2008). *Coach & Athletic Director*. 77(7), p.113-115.



Development of the Mental, Emotional, and Bodily Toughness Inventory in Collegiate Athletes and Non-athletes.

Context: The assessment of an individual's mental toughness would assist clinicians in enhancing an individual's performance, improving compliance with the rehabilitation program, and improving the individual treatment program. However, no sound measure of mental toughness exists. Objective: To develop a new measure of mental toughness, the Mental, Emotional, and Bodily Toughness Inventory (MeBTough). Design: Participants were invited to complete a 45-item questionnaire. Setting: University research laboratory. Patients or Other Participants: A total of 261 undergraduate students were recruited to complete the questionnaire. Main Outcome Measure(s): The Rasch-calibrated item difficulties, fit statistics, and persons' mental toughness ability estimates were examined for model-data fit of the MeBTough. Results: Forty-three of the 45 items had good model-data fit with acceptable fit statistics. Results indicated that the distribution of items was fittingly targeted to the people and the collapsed rating scale functioned well. The item separation index (6.31) and separation reliability statistic (.98) provided evidence that the items had good variability with a high degree of confidence in replicating placement of the items from another sample. Conclusions: Results provided support for using the new measure of mental, emotional, and bodily toughness.

Source: Mack, Mick G. and Ragan, Brian G. (2008). *Journal of athletic training* (Dallas, Tex.), 43(2), 125-132. [SIRC ID# S-1075658]

Why success can lead to failure.

New research from the University of Toronto has found that people are as likely to fail through self-sabotage as they are likely to succeed when they're challenged.

Source: (2008). *Active living* (Collingwood, Ont.), 17(2), 6. [SIRC ID# S-1075032]

Entry into Elite Sport: A Preliminary Investigation into the Transition Experiences of Rookie Athletes.

Athletes experience a number of transitions throughout their athletic career (Wylleman, Alfermann, & Lavallee, 2004). One pivotal transition that has received less attention in the literature is the transition into elite sport. The purpose of the present study was to examine the transitioning experience of young athletes entering elite sport. Using a phenomenological approach, rookie ice hockey players (N = 8, representing two different Major Junior 'A' teams) were asked about their experiences of entering into elite sport. Two primary themes emerged from the young athletes' responses: on-ice issues associated with performance and off-ice issues relating to relationships and personal development. These findings offer preliminary evidence that young athletes encounter transitional challenges during the entry into elite sport. Further research is necessary to explore how the entry experience impacts young athletes' athletic and psychosocial development and well-being. [ABSTRACT FROM AUTHOR]

Source: Bruner, Mark W., Munroe-Chandler, Krista J., and Spink, Kevin S. (2008). *Journal of applied sport psychology* (London), 20(2), 236-252. [SIRC ID# S-1077050]

The development and controlled evaluation of athletic mental preparation strategies in high school distance runners.

This study examined the influences of two mental preparation interventions on 1.6 km run performance in 90 (45 male, 45 female) high school long-distance runners in Nevada, U.S.A. After participants completed a 1.6 km baseline run, they were randomly assigned to receive one of these interventions 3 min prior to a second 1.6 km run (i.e., listening to a personalized script of motivational and running technique statements on headphones, listening to music on headphones, listening to no sound on headphones). Results of running performance indicated that participants who were assigned to the motivational and running technique statements and music conditions significantly improved their run performance, whereas participants in the no-sound control condition did not. Youth ratings of intervention satisfaction were consistent with performance outcome. Study implications and future directions are discussed in light of these results.

Source: Miller, A. and Donohue, B. (2003). *Journal of applied sport psychology* (London), 15(4), 321-334. [SIRC ID# S-925400]

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 (2007). *Texas coach* (Austin, Tex.), 51(5), 42-43. [SIRC ID# S-1042448]

Marketing Incentive Program (MIP)

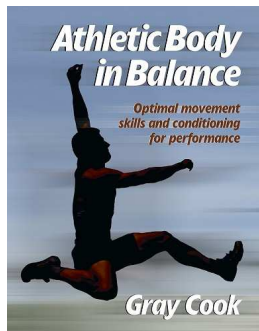
Remember to encourage and support our CCAA sponsors. By taking part in the "Frequent Buyer" component, your school receives a 3% rebate of the wholesale value of all your purchases and services endorsed by the CCAA. As well, your school will be entered in the end-of-the-year sweepstakes to win product packages from our sponsors.

MIP approved products are:

All Adidas balls purchased through Big Kahuna
All Baden volleyballs
All Big Kahuna sports equipment and supplies
All Black Knight badminton shuttles, racquets and badminton equipment
All Spalding basketballs
Sportag Products

BOOK OF THE MONTH

Order and get your Members-only "Book of the Month" discount from Human Kinetics (25% Off!). Another great membership benefit brought to you by CCAA. In addition, when you purchase this book, 10% of the sale will be awarded back to the CCAA as part of our fundraising initiative.



Order now and save 25% on Athletic Body in Balance. Offer valid on web orders only. Click on the link below to order the book. Enter code X521. Offer valid from 10/1/08 - 10/31/08.

Great athletes make difficult moves look effortless with a combination of skill, strength, and balance. Traditional conditioning builds a fitness base, but modern sports training takes into account athletic movement patterns. Athletic Body in Balance is the first guide of its kind to show you how to train for smooth, fluid movement and prevent muscle imbalances, mobility restrictions, stability problems, and injuries.

To see more click the following link [Athletic Body in Balance - Human Kinetics](#)

SPORTS NEWS

CCAA Key Dates and Deadlines – OCTOBER



October 1	Deadline for Golf Eligibility Forms to National Office
October 4	Deadline for PCAA written confirmation to National Office that all participating Golf athletes are eligible under PCAA Eligibility Criteria
October 7	Deadline for alterations to Golf Eligibility Forms
Oct. 13-17	2008 Ping CCAA National Open Golf Championship, Holland College
October 23	Deadline for Cross Country Running Eligibility Forms to National Office
October 23	Deadline for Soccer Eligibility Forms to National Office
October 23	Deadline for Athlete of the Month for Soccer

Scoreboard and Dakstats update

Both DakStats and the CCAA have been working diligently to ensure that the Scoreboard is ready to go as we begin a new school year. As you know, the Men's and Women's Soccer schedules, and have already been entered into the system, and basketball are soon to come. Please contact colette@ccaa.ca should you require your passcodes.

PLEASE NOTE: It is the responsibility of the home team to report all scores following each competition in any team sport by logging onto the WebSyncSM site (www.dakstats.com/websync). The home team has 4 hours to input the score following the game. If any technical problems occur which hinder the uploading of the score, or if a game is un-played, the home team must advise the CCAA Communications and Events Coordinator. Once an un-played game has been rescheduled, it is the responsibility of the home team to update Dakstats, unless other arrangement between the home team and their provincial statistician.

CCAA National Scholar Award

The Canadian Colleges Athletic Association (CCAA) is pleased to announce the **CCAA National Scholar Award** recipients for the 2007-2008 season.

The National Scholar Award is designed to recognize the outstanding academic accomplishments of CCAA student-athletes. To achieve this honour, a student-athlete must achieve a GPA standing of 3.5 on a 4.0 scale or equivalent in their current academic year. From last year's 109 CCAA member-institutions, 753 students were awarded the prestigious honour in their pursuit of academic and athletic excellence. The CCAA would to congratulate all the recipients of the 2007-2008 CCAA National Scholar Award!

For a complete list of award recipients, please visit the following link:

<http://www.ccaa.ca/new/story.php?ID=30>