



# Canadian College Sport Connections

Official Newsletter of the Canadian Colleges Athletic Association

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## CCAA NATIONALS



St. Lawrence College, Kingston, hosted an outstanding **CCAA Cross Country Running Championships**, says National convenor Brian Stackhouse. There were more Colleges (33, previous record was 32), more women (113, previous record was 89), more men (134, previous record was 126), and obviously more runners (247, previous record was 215) competing than in any previous CCAA XC Running Championship. Not only were the numbers the largest, the level of competition was also higher than in previous years. For the first time, the Women's College competition was won by a team from outside Alberta. Last year's Women's Champions, Red Deer, were relegated to bronze medals this year by outstanding teams from Fanshawe College (gold) and Humber College (silver). Lethbridge College won the Men's College competition led by Willy Kimosop (individual gold) and Edmond Kangogo (individual silver in 2008 after winning individually in 2007).

### Individual (Top 3)

#### Women's (5 KM)

- |  |         |
|--|---------|
| 1. Gladys Kochei – Lethbridge College, ACAC            | 18:43.0 |
| 2. Arianne Raby – Collège André-Laurendeau, QSSF       | 19:25.2 |
| 3. Dawn Martin – St. Lawrence College Brockville, OCAA | 19:38.6 |

#### Men's (8 KM)

- |  |         |
|--|---------|
| 1. Willy Kimosop - Lethbridge College, ACAC  | 25:04.0 |
| 2. Edmond Kangogo – Lethbridge College, ACAC | 26:10.4 |
| 3. Olivier Collin – Collège Ahunatic, QSSF   | 26:34.5 |

### College Teams (Top 3)

#### Women's

- |                           |           |
|---------------------------|-----------|
| 1. Fanshawe College, OCAA | 60 points |
| 2. Humber College, OCAA   | 63 points |
| 3. Red Deer College, ACAC | 79 points |

#### Men's

- |                             |           |
|-----------------------------|-----------|
| 1. Lethbridge College, ACAC | 35 points |
| 2. Cégep Sainte-Foy, QSSF   | 38 points |
| 3. Fanshawe College, OCAA   | 79 points |

### Conference Competition

#### Women's

- |  |           |
|--|-----------|
| 1. Alberta Colleges Athletic Conference  | 38 points |
| 2. Ontario Colleges Athletic Association | 44 points |
| 3. Québec Student Sports Federation      | 53 points |

## Men's

- |  |           |
|--|-----------|
| 1. Québec Student Sports Federation      | 34 points |
| 2. Ontario Colleges Athletic Association | 38 points |
| 3. Alberta Colleges Athletic Conference  | 52 points |

The CCAA All-Tournament Team Awards were announced and presented during the Closing Ceremony.

## Men's All-Tournament Team

- |  |          |
|--|----------|
| 1. Willy Kimosop – (Lethbridge College), ACAC      | 25:04.0  |
| 2. Edmond Kangodo – (Lethbridge College), ACAC     | 26:10.4  |
| 3. Olivier Collin – (College Ahunatic), QSSF       | 26:34.5  |
| 4. Emmanuel Boisvert – (Cégep de Sainte-Foy, QSSF) | 26 :53.1 |
| 5. Christian Chesire (Lethbridge College, ACAC)    | 27:15.8  |
| 6. David Sharratt (Conestoga College, OCAA)        | 27:27.0  |
| 7. Jean-Samuel Lapointe(Cégep de Sainte-Foy, QSSF) | 27:34.7  |

## Women's All-Tournament Team

- |  |         |
|--|---------|
| 1. Gladys Kochei – (Lethbridge College, ACAC)            | 18:43.0 |
| 2. Arianne Raby – (Collège André-Laurendeau, QSSF)       | 19:25.2 |
| 3. Dawn Martin – (St. Lawrence College Brockville, OCAA) | 19:38.6 |
| 4. Becky Pieteron - (Fanshawe College, OCAA)             | 19:46.2 |
| 5. Coralina TSE - (Champlain College St-Lambert, QSSF)   | 19:56.9 |
| 6. Valerie Coté – (Champlain College St-Lawrence, QSSF)  | 19:58.9 |
| 7. Jodi Sanguin - (Red Deer College, ACAC)               | 20:04.4 |

For more information and complete results, please visit the following site: <http://sportstats.ca/find-an-athlete-find-a-race-search.php?lang=eng&race=CCAA%20XC%20Championships>

## ***Langara College wins women's title at Big Kahuna/adidas Soccer Nationals***

British Columbia's Langara College claimed the women's soccer championship title at the 2008 Big Kahuna/adidas Canadian Colleges Athletic Association (CCAA) Nationals. Extra time was a blessing for the BC Champion Langara College Falcons in the Gold Medal match at the 2008 Big Kahuna/adidas Canadian Colleges Athletic Association.

A goal by tournament MVP forward Nicole Stewart (Surrey, BC) 30 seconds into added time gave the Falcons a 2-1 victory over the host Thompson Rivers University (TRU) WolfPack. "Sometimes things aren't fair." said WolfPack head coach Eric Schweizer, who could have been coaching his final game as benchboss at TRU " Langara is a good team. Very disappointing for us after we dominated play for most of the second half. We sometimes forget that we can't leave someone as talented as Nicole Stewart alone."

Stewart gave credit to TRU for a strong match." We have a great rivalry with these girls. All our matches against them have been very tough. Win or lose, the girls on either side respect each other and there is good sportsmanship all around. TRU came out really strong in the first half and we struggled. We started to rebound and had some moments late in that first half. We managed to squeak out a victory."

## ***Capilano University captures men's soccer title***

Whatever Capilano University Blues head coach Paul Dailly told his crew at half time should be bottled and sold to sports teams everywhere. The BC Colleges' Athletic Association champions stormed out of the dressing room after being down 3-1 to the Algonquin College Thunder. The Blues scored three unanswered goals en route to a 6-5 victory over the Thunder to capture the CCAA Men's Soccer Gold Medal.

Algonquin stormed back with three straight goals: tournament All-star Christian Hoeffler (4 th year midfield, Ottawa,Ont) at the 15 minute mark, CCAA Player of the Year Will Beauge (3rd year, midfield, Ottawa, Ont) at the 19 minute mark and 22nd minute mark. Cue the Blues to comeback in the second. It began at the 51st minute mark when



Michael Winter (1st year, defender, Vancouver, BC) was able to beat Thunder keeper Tristan Roscoe (5th year, Ottawa, Ont). That was followed by Michael Nonni's (1st year, midfield, West Vancouver, BC) blast which rippled the mesh four minutes later.

After Cap took the lead for the second time at the 66th minute mark on a rebound goal by Ricardo Teixeira (midfield, 3rd year, Vancouver, BC). The Blues scored a goal into their own net to put Algonquin back into it. Teixeira's second marker of the night gave the Blues a 6-4 lead. Algonquin added a goal in added time on a penalty shot (Loui Legaskis, Midfield, 5th year, Ottawa, Ontario), but time ran out on the Ontario Champions. For the complete story and results please visit :

<http://www.soccernationals2008.com/english/index.html>,  
<http://www.ccaa.ca/soccer/socstory.php?ID=58&Sport='Soccer'>

## SPORTS NEWS

### Athletic Director Profile

Wade Kolmel is the Huskies Athletic Director at Keyano College's Syncrude Sport & Wellness Centre. He has been with the College for over nine years now and has been an integral part of the Syncrude Sport & Wellness Centre team from start to finish.

He has completed a Bachelor of Recreation Studies degree from the University of Manitoba and is currently working on a Masters thesis entitled "Impacts of Body Checking: Injury Expectations and Aggressive Behaviour" from the University of Regina.

"I have been an advocate of sport throughout my life. My dad introduced me to Hockey, Fastball, Curling, and Bowling," noted Kolmel. "I was fortunate enough to have played for years at the University of Manitoba as a goaltender and enjoyed every minute of it,"



Kolmel worked closely with Wayne Thomas, Director of Sport & Wellness at Keyano to contribute to the Regional Municipality of Wood Buffalo's Facility Steering Committee. "That in all essence was the first step that has eventually led to our Grand Opening. I am ecstatic about the program areas, from the curtains to the floor lines, I feel the building is the most efficient indoor sporting space in Western Canada," he noted.

It is indeed an efficient facility. At \$36 million the Syncrude Sport & Wellness Centre is a state-of-the-art Centre that provides training opportunities for community members, students and the region's elite athletes. The building is in excess of 140,000 square feet and rivals the best facilities in Northern Alberta.

Commenting on the goals for the Syncrude Sport & Wellness Centre and the future of Huskies Athletics Kolmel continued that the plan is to think on a grand scale. "My goal for the sport department of the Syncrude Sport & Wellness Centre is to provide the sport structure and training services that will eventually create an Olympic experience."

"Thinking big picture, our final goal as a team is to be the training and development resource that helps an athlete from Fort McMurray grace an Olympic podium."

In June 2008 Kolmel was named the ACAC President, an honour coveted by Sports Administrators. His first involvement with the ACAC came through the Program Committee, to which he still contributes. He went on to hold the Member-at-Large position that was responsible for Athlete Recognition, Awards, and Staff Recruitment and eventually took over the portfolio of Vice President-Operations, overseeing coach-official relationships, complaints, concerns, and negotiations.

Over the years his association with the ACAC has evolved to improve the quality of sport. "We have taken on a larger role in our Province. We are a multi-sport organization that is responsible for high performance opportunities in the 17-25 year old age range, as part of the Long Term Athlete Development Model," Kolmel says.

He says his future goals for the ACAC include working on growing the Conference. "I hope to work with the other members of our Executive to complete a Sport Development mandate, as our association looks for unique opportunities to connect to the post-secondary student population." Speaking of student population, the Keyano College Men's Volleyball team is looking forward to the

CCAA Championships next year, slated for March 12 to 14, 2009. Keyano College secured the bid last September.

The Championships will be kicked off with an All Canadian Awards Banquet on March 11. The National Championship will see each association champion as well as two wild cards and the host Keyano College Huskies for a total of eight teams.

Kolmel says the host committee has been working on a number of efforts in preparation to secure accommodations for athletes, parents, officials, and dignitaries.

"As well we have secured our all important naming sponsor and have been positioning our national event throughout our community. Huskies Athletics has organized an exhibition tournament to help promote the event through our conference and prepare our volunteers and staff members for the year end championship," he continued.

Kolmel says hosting this national championship will be the highlight of the Huskies' season. "As the northern-most college to take on this responsibility, I am very excited to be a part of the host committee and a campus such as Keyano College that has the foresight to apply for such an opportunity to grow sport in our community."

*Submitted by:* By Kiran Malik-Khan Communications Coordinator, Keyano College

### **CCAA Welcomes it's newest member – Quest University Canada**



With nearly 800 students, Quest University Canada offers small classes and a unique, personalized learning environment focused on unlocking each individual's potential. This approach is designed to develop individuals who will ask the right questions to address world issues and to become global leaders in the 21<sup>st</sup> century. With the University's state of the art athletic facilities and a high functioning recreation and athletics plan, Quest is poised to take on the ever expanding fitness, outdoor recreation, tournament and elite level athletics that are exploding in popularity and demand in the sea to sky corridor.

An important part of life at Quest University Canada (Quest) is a focus on healthy living, including an emphasis on athletics and recreation.

To jump start our varsity athletics program, Quest has established both a men's and a women's basketball team. Our first year, 2007/2008, was a demonstration year in the BC Colleges Athletic Association (BCCAA). The basketball program was accepted into the BCCAA this year. The vision is for the teams developed at Quest to become high caliber and national title holders within five years of acceptance into the league. We also have a varsity soccer program that started this year that is also in a demonstration year and plans to move into the league next year. Ultimately, our goal is to have teams which compete at a high level on the field and in the classroom.

The team spirit of Quest's competitive basketball teams and other varsity teams is a focal point for developing a strong school spirit. Quest has been very fortunate to have recruited an exceptional team of coaches who are very committed to building teams that will exhibit a strong sense of competition and dedication and will set the standard for others to follow.

Students, faculty, staff, parents, the community and eventually alumni are rallying around the teams bringing a positive environment of support and pride. School spirit is a building block for a positive campus culture. In addition to the previously mentioned sports, over time, Quest will consider developing other potential varsity sports programs consisting of rugby, volleyball and, field hockey in the years to come. Quest aspires to be an environment which attracts high level athletes on a number of fronts. With the 2010 Olympics in Vancouver and Whistler, Squamish "the Outdoor Recreation Capital of Canada", and Quest, are perfectly located to provide athletic facilities and an atmosphere that support first class varsity athletes!

*Submitted by* Toran Savjord, Athletic Director, Quest University Canada

### **CCAA Soccer Athletes of the Month**

The CCAA Athlete of the Month program recognizes student-athletes for their outstanding event performance and athletic accomplishments during that month. Awards are presented to one male and one female student-athlete in each conference participating in the CCAA Soccer; the five conferences are Atlantic Colleges Athletic Association (ACAA), Fédération Québécoise du Sport

Étudiant (FQSE) Ontario Colleges Athletic Association (OCAA), Alberta Colleges Athletic Conference (ACAC) and British Columbia Colleges Athletic Association (BCCAA).

To view the full story with the list of award winners, please visit:  
<http://www.ccaa.ca/new/sportstory.php?ID=56&Sport=Soccer>

## MARKETING



Hitting the road in B.C. or Alberta for some away games and looking to save on your accommodation costs? Hostelling International oversees 30 quality-assured hostels in Western Canada – including properties in Vancouver, Victoria, Calgary, Edmonton and Nanaimo.

All HI hostels offer a communal setting ideal for team travel, with plenty of facilities to fit your budget. Choose shared or private accommodation, take advantage of the large, fully equipped kitchens, dining rooms, lounges and TV rooms and make use of our staff's travel planning expertise or meal planning help. Daily rates start at just \$19 per person. Visit [www.grouphostels.ca](http://www.grouphostels.ca) or call 1-800-661-0020 ext. 307 to start organizing your team's road trip today.

### Information from the SIRC Sport Library on Intense Training in a Short Period of Time



In college a sport season can go by quickly. Coaches and athletic directors deal with athletes that are required to divide their time between academic and sport life. How can you effectively get them in peak shape for the season? Are there benefits to high intensity training in a condensed time frame? Research indicates that athletic performance can be increased over a short period of time.

Below are few articles that look at the benefits of intense training in a short period of time from the SIRC Sport Library.

Please visit <http://www.sirc.ca/cca> during the month of November to read these articles.

### **Get fit swimming: Your 6-week Total Body Booster Program**

A six-week training schedule for swimming is provided with two sessions per week. Each session consists of a warm up, main set and/or technique set and warm down. The program starts at 34 lengths and ends with the swimmer completing 48 lengths per session.

**Source:** (2006). *Ultra-FIT (Penzance, England)*, 16(3), 58-60. [SIRC ID# S-1015170]

### **Comparison of Twelve Week Off-Season Combined Training Programs on Entry Level Collegiate Soccer Players' Performance.**

Olympic-style lifts (OSL) and plyometric exercises (PE) are frequently combined with traditional resistance training (TRT) to improve athletic performance. The goal of this study was to directly compare the performance effect of TRT (30 minutes) combined with either OSL or no depth-jump PE (15 minutes) on entry level competitive collegiate athletes. Ten female and 5 male competitive soccer players, divided into 2 groups, completed 12 weeks of tri-weekly training during their off-season. Countermovement vertical jump, 4 repetition maximum squat, 25-m sprint, and figure-8 drill on a 5-dot mat were conducted pre-, mid-, and post intervention. Significant improvements were made by both groups in each performance parameter over the 12-week period ( $p < 0.05$ ), with no significant differences found between the training groups. Although these training modalities may



achieve their results through slightly different mechanisms, the performance-related improvements may not be significantly different for entry-level collegiate athletes with little resistance training experience. ABSTRACT FROM AUTHOR

**Source:** Whitney, E., Moore, G., Hickey, M., & Reiser II, R. (2005, November). *Journal of Strength & Conditioning Research*, 19(4), 791-798.

### **Long Term Effects of Different Training Modalities on Power, Speed, Skill, and Anaerobic Capacity in Young Male Basketball Players.**

The purpose of this study was to identify the effect of 4 months of different training modalities on power, speed, skill and anaerobic capacity in 15-16 year old male basketball players. Thirty five Lithuanian basketball players were randomly assigned into three groups: power endurance group (intermittent exercise, PE,  $n = 12$ ), general endurance group (continuous exercise, GE,  $n = 11$ ) and control group (regular basketball training, CG,  $n = 12$ ). The power endurance model was based in basketball game external structure whereas the general endurance model was based in continuous actions that frequently occur during the basketball game. The training models were used for 16 weeks in sessions conducted 3 times a week during 90 minutes each in the competition period. The following tests were performed: 20 m speed run, Squat jump, Countermovement jump, Running-based Anaerobic Sprint Test (RAST), 2 min. shooting test and the Shuttle ball-dribbling test. A 3x2 repeated measures ANOVA revealed no statistically significant differences in the 20 m speed run, Squat jump and Countermovement jump ( $p > 0.05$ ). On the other hand, RAST showed significant increases in PE, with greater increases during the 5th and 6th runs. The PE training model also produced a significant improvement in the shuttle ball-dribbling test (48.7 +/- 1.5 in the pretest, 45.5 +/- 1.3 in the posttest,  $p$  is less than or equal to 0.05). Globally, our results suggest that both training modalities were able to maintain initial values of speed and power, however, the anaerobic capacity and skill increased only in the players from the power endurance group. Therefore, the power endurance training (intermittent high intensity exercise) may be more beneficial to prepare junior players according to the game cardiovascular and metabolic specific determinants. [ABSTRACT FROM AUTHOR]

**Source:** Balciunas, Mindaugas, Stonkus, Stanislovas, Abrantes, Catarina, and Sampaio, Jaime (2006). *Journal of sports science and medicine (Bursa)*, 5(1), 163-170. [SIRC ID# S-1034504]

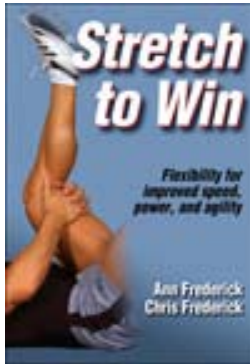
### **The effects of a preseason strength training program on a division II collegiate women's basketball team.**

An eight-week preseason strength-training program was developed and implemented on 14 female collegiate basketball players. The purpose of the program was to increase the overall strength of the athletes as well as to enhance sport specific performance. Two testing sessions were administered throughout the eight-week training program. Testing session one was given one week prior to the start of the training program, while testing session two was given one-week following the conclusion of the eight-week training program. Each of the two testing sessions included the following battery of tests: one repetition maximum (1RM) for the bench press and the squat, agility, standing vertical jump and approach vertical jump. Separate dependent t-tests were computed for each of the five

dependent variables. Following the eight-week strength-training program there were significant improvements for the bench press and squat, the standing vertical jump and the agility test. While eight weeks may not be enough time to significantly affect muscle hypertrophy, these results provide evidence that it is sufficient to reliably improve the neuromuscular dynamics related to overall strength as well as enhancement of sport specific performance. ABSTRACT FROM AUTHOR

**Source:** Marzilli, T. (2008, January). . *International Journal of Fitness*, 4(1), 7-14.

## BOOK OF THE MONTH



Order now and save 25% on **Stretch to Win**. Offer valid on web orders only. Click on the link to order. Enter code X535. Offer expires 11/30/08.. Leave the old static stretches, muscle tightness, and movement restrictions behind. *Stretch to Win* presents a complete flexibility training system—a proven winner for today's athlete. This is the new way to both loosen up and perform your best.

Learn the dynamic exercise techniques that most closely represent the movements and loads that will be required of your body on the court, field, course, track, or mat or in the water. After you complete a simple self-evaluation, a special science-based stretching matrix enables you to tailor a program specifically for your body, your sport, your position, or your event.

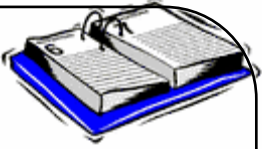
To see more click the following link: [Stretch to Win - Human Kinetics](#)

## SCOREBOARD AND DAKSTATS UPDATE

For the latest updates and weekly **Results, Standings, Schedule, and Rankings** please visit the CCAA website and click the appropriate sport. <http://www.ccaa.ca/new/index.php>

**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](http://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 Key Dates and Deadlines

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- Nov. 25 Deadline for Athlete of the Month for Volleyball
  - 29 Deadline for Championship Evaluation forms for Soccer to be sent to National Office
  - 30 Deadline for Members to circulate any collateral materials with the CCAA logo (e.g., fax cover sheets, game schedules, cards, game day programs) to Provincial Representatives
  - Dec. 1 Deadline for Semi-Permanent Site Application for 2010-11 & 2011-12
  - Deadline for Level 1 sports Host bids for basketball, volleyball, and badminton for National Championships held in 2010
  - Deadline for Letter of intent to bid for CCAA Open Championships for 2010 to be submitted to the National Office
  - CCAA Executive, Provincial Representatives, and National Office Staff reports due for the Winter Board Meeting Package
  - Dec. 2 Final Rankings for Volleyball and Basketball before Christmas break
  - Dec. 15 Deadline for Female Apprentice Coach Program Progress Reports

