



Canadian College Sport Connections

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SPORTS NEWS

CONGRATULATIONS!!!

CCAA Volleyball Athletes of the Month

The Canadian Colleges Athletic Association announces 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 Volleyball; 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:



Sheila McNee, is a fourth year player with University of British Columbia Okanagan Heat. After taking a year off to focus on her studies, Sheila has not missed a beat bolstering the Heat's lineup with her experience and maturity leading them to a 7-1 season, thus far. Playing on the left-side, Sheila has been the Heat's go to hitter and is currently ranked third amongst the BCCAA league leaders.

Fifth year Camosun Chargers captain, **Dan Goodburn** has quickly distinguished himself as one of the smartest players in the league. An all-round player, Dan is known for his controlled defensive play, which has led him to the top of the BCCAA in digs and offensively, he currently is the number two hitter in the league. Dan practices as hard as he plays, expecting and giving maximum effort every day. He mentors his younger teammates, generously sharing the secrets of success with them.



From Alberta:



First year, outside hitter, **Andrea Price** has been outstanding for the Mount Royal Cougars, helping them earn top spot in the ACAC South Division. Price is one of ten rookies on Mount Royal's squad this year and has made an immediate impact on her team both on and off the court. Andrea leads the South in kills per game with 3.1 kpg and has 80 kills on the year. She also ranks tenth in the South in blocks and 4th in service aces.

Keyano College's, **Alwyn Piche** has been instrumental in leading the Huskies to a first place standing in the ACAC and an unprecedented second place National Ranking. This third year, left-side player's "high flying" style has not only filled the stands and made him a fan favourite but also has him leading the ACAC in kills with an average of 5.13 per game. Off the court, Alwyn is a member of the Government of Canada's National Aboriginal Role Model Program, speaking to youth about the benefits of sport.



From Ontario:



Third year, Humber Hawks standout, **Landis Doyle** continues to lead her team to the number one spot in the OCAA. As the Hawk's leading scorer, Landis makes her presence known in the Middle position. She leads the league in scoring and aces and is major factor in the team's undefeated league play. Doyle received All-Star awards as the Hawks grabbed top prize in the Sheridan Invitational and the Humber Cup.

Ryan Talsma, a third year right-side player for the Redeemer Royals, is picking up right where he left off last year, by leading the Royals to a 4-1 first place spot in league play. Ryan's stats strike fear into his opponents as he tops the OCAA in aces, in points and second in PPG and kills.



From Quebec:



Catherine Laurin, is a second year player for the Collège François-Xavier-Garneau Elans. Catherine averages 4.73 points per match which places her second in the QSSF league. In 15 matches Catherine has recorded 55 attacks, 5 blocks and 11 aces. Her outstanding work ethic and positive attitude make her a valuable and talented player.

Third year middle, **Micaël Girard**, is a very consistent player that has succeeded in 66 % of his kills and recorded 16 aces in seven matches. Michaël is a dedicated player whose commitment to training and hard work continues to pay off.



From the Atlantic:



Veteran, **Tara Thibault** is a fourth year student at St. Thomas University. As Captain for the Tommies, Tara provides strong athletic ability in the middle position and is a leader both on and off the court. Thibault averages 10 kills, 4 blocks, 3 service aces and 10 digs per match guiding her team to 4-0 in league play.

Fifth year veteran, **Andrew Battison**, is looking to lead the University of King's College Blue Devils to a third straight ACAA title. Off to a 4-0 start to the season, Battison is playing some very solid volleyball. Assistant captain for the Blue Devils, Andrew is known as a versatile player with explosive net play, point scoring serves, superior ball control with instinctive leadership.



To view the complete release of November's **CCAA Volleyball Athletes of the Month**, visit: <http://www.ccaa.ca/new/sportstory.php?ID=61&Sport=Volleyball>

Coach Profile: Marc Rizzardo



Langara's long standing men's soccer coach Marc Rizzardo was recently named as Chief Therapist for the Canadian team at the Vancouver 2010 Olympic Winter Games. Marc has been the men's soccer coach for the past 21 years at the College and has amassed 6 BCCAA Provincial Championships as well as 4 CCAA National Championships. Marc's vast experience as a successful physiotherapist in Burnaby has allowed him many great opportunities in his career and his newly appointed position is just another feather in his cap.

Please see article below posted by SIRC on November 26th, 2008 for more details

Canadian Olympic Committee Names Vancouver Therapist to 2010 Olympic Health & Science Team

The Canadian Olympic Committee (COC) announced that it has selected Marc Rizzardo, a Vancouver physiotherapist, as Chief Therapist for the Canadian team at the Vancouver 2010 Olympic Winter Games.

Rizzardo has significant recent experience with Team Canada. He was Chief Therapist for the COC at the 2007 Pan American Games and a member of the Beijing 2008 Olympic Health & Science Team. Working alongside Chief Medical Officer Dr. Bob McCormack, Rizzardo will assist in managing and supervising all healthcare support services provided to Canadian athletes during the 2010 Olympic Winter Games.

"I know Marc well and he is an important addition to the Canadian Olympic Health and Science Team," said Dr. McCormack, also of Vancouver. "Being in a leadership position on the Mission Team can be very demanding, but Marc's extensive experience at multi-sport Games will be key in providing the best possible preparation and care for our athletes right here in our backyard in 2010."

The owner of the Metrotown Orthopedic and Sports Physiotherapy clinic in Burnaby, B.C., Rizzardo has more than 20 years of experience as a physiotherapist. Prior to joining Canada's Pan American Games team last year, Rizzardo served as a medical services team member for Canada at the 1997 World University Games in Sicily, Italy. He has also held the position of sport-specific therapist at the 2001 and 1999 World University Games – as well as at the 1984 Olympic Games in Los Angeles.

In addition to representing Canada at several multi-sport Games, Rizzardo has worked as a physiotherapist for a number of prominent sport organizations including the Canadian Soccer Association, Fencing Canada and the Minnesota Wild National Hockey League franchise. At the Olympic Games in Beijing, Rizzardo was Chief Head Physiotherapist for the women's football team.

He holds a postgraduate diploma in Sports Physiotherapy. He is currently a Director of SportMed BC and is an active soccer coach since 1986 – including 2008 assistant coach of the Vancouver Whitecaps women's soccer club.

The Vancouver 2010 Olympic Winter Games will run February 12 to 28.

The Canadian Olympic Committee is a national, private, not-for-profit organization committed to sport excellence. It is responsible for all aspects of Canada's involvement in the Olympic movement, including Canada's participation in the Olympic and Pan American Games and a wide variety of programs that promote the Olympic Movement in Canada through cultural and educational means. For more information, see the COC website: www.olympic.ca.

Conference Update: Québec Student Sport Federation

The New Team's Acceptance Committee of the FQSE has been quite busy this fall:



Two new women teams and one men team will be joining the AAA Collegiate Soccer League for the 2009-10 season. Cégep de Sainte-Foy has been added to the league both in Women and in Men while Collège Lionel-Groulx joined the female ranks. There will be 6 women teams and 7 men teams.

The Collège Préuniversitaire Nouvelles-Frontières will join the AAA Collegiate women Basketball League for the next season bringing the number of teams in the league to 12.

The AAA Collegiate Men Volleyball League will welcome the Cégep de Lévis-Lauzon, for a total of 10 teams in this League.

There will be 50 participating teams in the FQSE network of the CCAA in 2009-10.

Broadcasting

The Québec collegiate sport wins in popularity on the small screen (television). For a second consecutive year, 10 AAA football games (including the semi-finals et final) have been televised in high definition on Vox. Also, the AAA women et men provincial finals could have been watched on the same channel and we believe that it will be the same next spring. Special coverage of the joined AA collegiate championships (basketball, volleyball, badminton) will be seen on Réseau Info-Sports, the sports information channel of RDS. (*)

Rewards and appreciations

A special reward from the Board of the Fédération québécoise du sport étudiant has been given to M. Gaétan Bédard, Cégep de Shawinigan Sports Director.

The Collegiate Sector Commission is determined to mention the engagement and commitment of M. Robert Dussault who has been active in the network for more than 17 years, he was, among others, Executive Director of the ARSCIM during a decade, and then Collegiate program director of the FQSE.

De Facto

The colleges in Québec have all renewed their commitment and participation to promote the De Facto project towards the prevention of smoking among the youth. The De Facto logo will be displayed prominently in all sports areas and sports teams will proudly wear it.

Championships

The Canadian Women Basketball Championship will be held at the Cégep de Sainte-Foy, March 19 – 21, 2009, in Québec City. The organizing committee is working hard to offer the student-athletes a memorable event.

(*) translator's note: RDS is the equivalent of TSN

MARKETING

Reminder of ongoing MIP submissions

Please remember you can submit MIP purchases at anytime from May 1st to April 30th, 2009 being the final deadline to submit your MIP summary sheets or invoices. Qualifying purchases are:

- Ø All Spalding basketballs
- Ø All Baden Volleyballs
- Ø All Black Knight Badminton shuttles, racquets and badminton equipment
- Ø All Big Kahuna Sports Equipment and supplies
- Ø All Adidas ball purchased through Big Kahuna
- Ø All Sportag merchandise purchases.

Please fax us your invoices / receipts from purchases made with an MIP company... we will do the rest. At the end of the year you will receive your rebate check, and you will be entered in the MIP sweepstakes. If you have any questions about the MIP, qualifying purchases, how to submit, etc. please contact the national office sandra@caa.ca. I would like to thank our members for your continuing support of this program.

Josten's Ring's



The Canadian Colleges Athletic Association (CCAA) is proud of its new partnership with Jostens Canada as the Official Ring supplier to the CCAA Championship Award Banquets. Jostens Canada is supplying rings to the 2008-09 CCAA player of the year and Coach of the year recipients. If you are an institution who has had Player or Coach of the Year recipients in the past and would like to purchase a CCAA Player or Coach of the Year ring, or your team has recently would a CCAA Championship, please contact Bob Doherty at jostenbjd@sympatico.ca / Fax /-1-866-669-5054 / Telephone 905-305-1640.

Sportag



SPORTAG is CCAA's Newest MIP Partner

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. For further information on SPORTAG merchandise and products contact Gerry Casey at SPORTAG@ns.sympatico.ca or telephone 902-222-7322 or fax 1-877-443-0455

Code of Conduct/Sportsmanship/Respect in Sport

Whether you are an athlete, coach, director or spectator the behaviour that you display reflects positively (or negatively) on your

team and yourself. Setting guidelines for athletic departments concerning code of conduct, providing education on sportsmanship, and being aware of the causes of unethical behaviour are a few areas that can help prevent negative issues from arising. Respect is essential for everyone involved.

Below are a selection of documents relating to sportsmanship and respect from the SIRC Sport Library.



Teaching Respect.

Teaching athletes, parents and coaches about sportsmanship and respect is an ongoing process for athletic directors. This article provides tips for athletic directors that include guidelines for coaches, proactive teaching methods, coaching evaluation and the importance of making it an ongoing process.

Hoch, David (2006). Athletic management (Ithaca, N.Y.), 18(6), 47-51. [SIRC ID# S-1035427]

Promoting Sportsmanship in Youth Basketball Players: The Effect of Referees' Prosocial Behavior Techniques.

The attraction to professional sport and college scholarships becomes more and more prominent, competition and winning at all costs in youth games are beginning to replace the development of skills and values, building friendships, and respecting the sportsmanship aspects of the game. Leagues focusing on building values such as sportsmanship rather than simply on elite competition can help in this process. One underutilized resource in developing sportsmanship is the officials who oversee the game environment. This exploratory study examined the effects of referees' prosocial behavior techniques on promoting sportsmanship in youth basketball players. Participants included ten teams of third and fourth grade students and seven teams of seventh and eighth grade students involved in a youth basketball league located in an urban community center. Two different sets of referees oversaw the game environments. The control referees were either hired from the local referee association or from the local community center. The treatment referees were trained in techniques consistent with prosocial behavior and, more specifically, norm reactivation. Observers collected data on sportsmanship behavior exhibited during treatment and control situations. Data were analyzed using hierarchical linear modeling techniques and revealed that teams who participated in games in which treatment referees oversaw the environment demonstrated more positive sportsmanship behaviors than those teams being officiated by control referees ($t = 2.76, p = 0.01$). This study provides some very clear, yet simple, techniques for referees to implement that will aid in increasing positive sportsmanship behaviors of the participants. In addition, this study can benefit recreation program facilitators by providing opportunities for league development and improvement. Implementing some of these techniques into the training agenda, such as explaining infractions to players and how to correct them, staff could improve the sportsmanship of the league. This could benefit the various recreation programmers and facilities because children having a better experience in a league are more likely to return to the league in following years. Parks and recreation administrators can further benefit from this study because of their influence over a wide array of events. Even though this research has not yet been attempted with various other sporting events, it is possible that it would be equally as effective. [ABSTRACT FROM AUTHOR]

Arthur-Banning, Skye G., Paisley, Karen, and Wells, Mary Sara (2007). Journal of park and recreation administration (Champaign, Ill.), 25(1), 96-114. [SIRC ID# S-1059028]

Getting Tough

The new name of the game in sportsmanship is zero tolerance. And it's proving to be more effective than anything done in the past.

Scholand, G. (2006). Athletic management (Ithaca, N.Y.), 18(3), 28-30,31,33,35. [SIRC ID# S-1072956]

All on Board.

Ways in which athletic directors can promote good sportsmanship by ensuring that coaches, athletes, officials and staff set good examples is highlighted in this section.

Brown, Tim (2008). Athletic management (Ithaca, N.Y.), 20(2), 47-48,50-51. [SIRC ID# S-1075695]

Sportsmanship Tips.

Six tips are offered to coaches about how to encourage and reward positive attitudes in athletes are presented.

(2007). ASAA news (Edmonton), (), [3]. [SIRC ID# S-1072634]

Justifications for unethical behaviour in sport: the role of the coach.

In search for a competitive edge, some athletes engage in unethical behaviour. This research addresses the justifications varsity athletes offer for engaging in unethical behaviour. A central theme of the paper is the role of the coach, both as a source of motivation for engagement in various types

of unethical behaviour and as an advocate for ethical practices. Particular emphasis is placed upon understanding the experience of female athletes. Some occurred under certain circumstances. Clear gender differences were indicated in all aspects of the study, with females reporting lower levels of agreement with all justifications for unethical behaviour than males.

Dodge, A. and Robertson, B. (2004). *Canadian journal for women in coaching* (Ottawa), 4(4), 1-17. [SIRC ID# S-938175]

Examining the relationship between attitudes toward unsportsmanlike behavior and achievement goal orientations.

Duda et al. (1991) examined the relationship between attitudes toward unsportsmanlike behaviors and goal orientations, and concluded that athlete's with high levels of ego orientation were more likely to approve of cheating. However, flaws in the measurement tools utilized within this study have raised concerns over the validity of their findings and consequent conclusions. The aim of the current study was to reexamine the relationship between attitudes toward unsportsmanlike behavior and goal orientations utilizing modified and additional assessment tools. One hundred and five athletes (M age = 19.76; SD age = .84) volunteered to participate. The TEOSQ (Duda & Nicholls, 1992) and the PGOQ (Harwood et al., 2002, under review) were utilized to assess goal orientations and a modified version of the ATUPQ (Duda et al., 1991) was used to measure attitudes toward unsportsmanlike behavior. Stepwise regression analysis results indicated that high levels of task orientation (as measured by TEOSQ) significantly predicted disapproval of 6 out of the 12 unsportsmanlike behavior variables, whereas high levels of ego orientation (as measured by TEOSQ) only predicted approval of 1 variable. These findings are in contrast to those found by Duda et al. (1991). As measured by the PGOQ, Self-Directed Ego significantly predicted approval of three variables, Social Approval Ego predicted approval in four, and Social Approval Task predicted approval in two variables. Interestingly, athletes with high levels of Social Approval Task indicated that they approved of unsportsmanlike behavior if it meant they improved their performance. It appears that athletes with high levels of Social Approval Ego are most likely to approve of unsportsmanlike behavior. These results highlight the importance of considering social approval goals when examining the relationship between goal orientations and attitudes towards unsportsmanlike behaviors. ABSTRACT FROM AUTHOR

Wilson, K. (2007, July 2) *Journal of Sport & Exercise Psychology*, 29, S214-S215.

Leading the way on sportsmanship.

The article reports on Auburn University's revised sportsmanship effort as sponsored by Summer Ragsdale, chairman of Auburn's Student-Athlete Advisory Committee. The new guideline suggests that Auburn student athletes always be accountable for their actions, understanding, and have confidence in themselves and others.

Ragsdale, S. (2007, October 22). *NCAA News*, 44(22), 4-17.

Selected Risk Management Policies, Practices, and Procedures for Intramural Activities at NIRSA Institutions.

A survey of all National Intramural-Recreational Sports Association (NIRSA) campus recreation directors was conducted to determine the risk management policies, practices, and procedures relating to intramural activities and recreational sports at colleges and universities throughout North America. The survey instrument, in its final form, addressed practices, policies, and procedures of campus recreation directors through 44 questions relating to the following areas: (a) documentation, (b) medical factors, (c) rules and regulations, (d) physical supervision, (e) sportsmanship rating systems, (f) restrictive policies, (g) safety devices, (h) officials-tests-qualifications, and (i) background experiences and training of the respondents. Selected data are presented in terms of (a) the size of institutions (small, medium, and large), (b) location of the institution (rural, urban, and suburban), and (c) whether public or privately supported. ABSTRACT FROM AUTHOR

Stier, J., Schneider, R., Kampf, S., Haines, S., & Gaskins, B. (2008, April). *Recreational Sports Journal*, 32(1), 28-44.

OTHER NEWS

New CADP Rules Effective January 1, 2009

Summary of changes and important reminders

A new Canadian Anti-Doping Program (CADP) will come into effect January 1, 2009. As a result, you will be subject to a different set of anti-doping rules for the winter semester. (This is true even if your regular season ends in 2008, since you are bound by the CCAA Anti-Doping Policy for the entire academic year.)

This short document summarizes the CADP changes that will have an effect on CCAA student-athletes. It is an addition to the e-learning anti-doping course that you completed at the beginning of the academic year. You will also find important reminders about the CADP.

THE PROHIBITED LIST

You are responsible for everything that can be found in your sample. Please do the following to ensure that anything you consume is not on the Prohibited List:

Download the CCES Substance Classification Booklet.

www.cces.ca/pdfs/CCES-PUB-SubstanceClassificationBooklet-E.pdf

Email the CCES at substanceinquiries@cces.ca.

Call our toll-free InfoLine at 1-800-672-7775.

The Global drug information database (DID) at www.didglobal.com will be discontinued on January 1, 2009. The CCES is working with international partners to develop the successor to the DID, and should have an even better online substance inquiry tool in place in the first half of 2009. In the interim, please use one of the resources listed at the end of this document.

The 2009 Prohibited List takes into account the relative performance-enhancing impact of various substances, and treats steroids, hormones, some stimulants, and all prohibited methods more strictly, by enforcing a two-year mandatory suspension.

The rest of the listed substances are now called "specified substances." It is recognized that they are more generally available in over-the-counter medications, or that they are simply less likely to be used as doping agents. Sanctions for "specified substances" may be shorter, depending on the situation, ranging from a warning up to the full two-year suspension for a first offence.

A warning can have a significant impact on your athletic career. If you get a second violation, your sanction period will be significantly increased.

Remember that cannabinoids, including marijuana and hash, are prohibited in competition. It is important to know that even though cannabis is only prohibited in competition, it can stay in your body for more than 30 days.

THERAPEUTIC USE EXEMPTION (TUE)

Student-athlete must determine what category of athlete they are. Most CCAA student-athletes are called "**domestic athletes**". If you compete internationally, you may also be part of another group called "international athletes".. If you are not sure of your status, please contact the CCES to determine your requirements for TUEs.

If you are a **domestic athlete**:

- All TUEs **may** be granted retroactively, and would be requested by the CCES following doping control. Maintain a medical file in case you are asked to submit a TUE application.
- Declare all substances you have taken on your doping control form, paying particular attention to asthma medications.

If you are an **international athlete** :

- Contact the CCES. We will determine if we can process your TUE application using your International Federation rules.
- Most likely, you will need to submit TUE applications 21 days in advance of competition along with a complete medical file.
- Asthma medications **should** be declared on ADAMS.
- Declare all substances you have taken on your doping control form, paying particular attention to asthma medications.

With the new CADP, the process for getting a TUE for some medications has become more complicated. This is a direct result of the steps required to demonstrate legitimate medical use of a prohibited substance. You must maintain a complete medical file. Medical file requirements differ depending on your medical condition.

For asthma, go to: www.wada-ama.org/rtecontent/document/asthma_TUEC.pdf

For other substances, go to:
www.wada-ama.org/rtecontent/document/medicalinformationtue2007.pdf

THE SAMPLE COLLECTION PROCEDURES

Under the new CADP, the following changes to the urine sample collection procedures will start on January 1st, 2009:

You are considered to be a minor if you are under the age of majority within the province you are based. Therefore you qualify as a minor under the rules of the CADP and you **must** have a representative with you during a testing session. If you don't have a representative of your own, the doping control officer will appoint one.

Whether in-competition or out-of-competition, you will have to wash your hands or wear gloves, and then pass a sample under the observation of a chaperone.

More blood testing will complement the Canadian Anti-Doping Program by improving the detection of blood doping and other substances and methods such as growth hormone. CCAA student-athletes are not subject to blood testing at this point but you may be if you are part of another CCES group of athletes.

ATHLETE WHEREABOUTS

- Most CCAA student-athletes are considered **domestic athletes**. You don't have to submit whereabouts but are still subject to testing any time and any place.
- Remember that you may also be part of another CCES group simultaneously. If you are not sure of your status, please contact the CCES immediately using one of the links below to determine your requirements for whereabouts.

RESOURCES

Call the CCES toll-free infoline: 1-800-672-7775

Visit the CCES web site at www.cces.ca

Consult the Substance Classification Booklet, updated annually to reflect the WADA Prohibited List and new products: <http://cces.ca/pdfs/CCES-PUB-SubstanceClassification-E.pdf>

Email your substance inquiry to substanceinquiries@cces.ca

Email your TUE-related question to TUE-AUT@cces.ca *An Athlete's Guide to Doping Control* at www.cces.ca/pdfs/CCES-PUB-AthletesGuideDopingControl-E.pdf

If you need *more information* or have any questions regarding those changes, please contact the CCES at 1-800-672-7775 to reach the reception and you will be directed to an appropriate staff member to answer your question. You can also contact us by email at info@cces.ca.

Sincerely,

The CCES team

Funding approved for CCAA Student Athletes

With a plan designed to enhance the successful CCAA Female Coach Apprentice Program, the CCAA announced an additional funding source for professional development for those female student athletes who may be looking forward to an apprenticeship coaching year but who are still in the last year of their CCAA playing careers. Successful candidates to date are: Shannon Booth, Women's soccer from Kwantlen Polytechnic University, Jaclyn Nazareno, Women's basketball from University of Northern BC and Chantel Schutten, Women's volleyball from Redeemer University College.

Applications for grants of up to \$250.00 continue to be sought by the CCAA from current female student athletes who wish to engage in a coaching professional development opportunity during their final year of play. It is hoped that this professional development training will set them up well for application in the following year for one of the CCAA's female apprentice coach positions; although a future application for an apprentice position is not a requirement for this funding. Please contact sandra@ccaa.ca for further information.

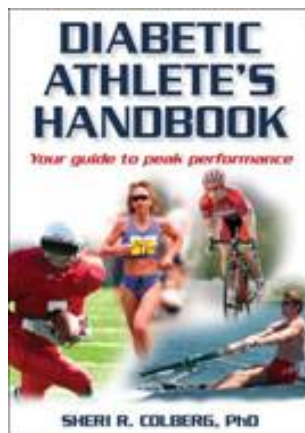
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Please contact
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for comments,
suggestions and/or
distribution requests.

colette@ccaa.ca
613.933.6080 ext.2211

BOOK OF THE MONTH



Order now and get your Members-only "Book of the Month" discount from Human Kinetics (25% Off!). Order now and save 25% on **Diabetic Athlete's Handbook**. Offer valid on web orders only. Click on the book to order. Enter code X554. Offer expires 12/31/08.

Don't let diabetes slow you down. Whether you're a recreational exerciser or a competitive athlete, the *Diabetic Athlete's Handbook* has the training and performance advice you need to remain active and at the top of your game.

Renowned researcher and diabetes expert Dr. Sheri Colberg has developed a practical guide specifically for athletes of all ages with type 1 and type 2 diabetes. The *Diabetic Athlete's Handbook* provides you with the most up-to-date information on insulin and other medications, glucose monitors, blood sugar management, nutrition and supplements, injury prevention and treatment, and mental strategies for maximizing performance and optimizing health.

To see more click the following link [Diabetic Athlete's Handbook - Human Kinetics](#)

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.

CCAA Key Dates and Deadlines – DECEMBER/JANUARY



- Dec. 15** Deadline for Female Apprentice Coach Program Progress Reports
- Jan. 6** Provincial convenors conference call in men's and women's Volleyball and Basketball
- 5** Men's and Women's Volleyball and Basketball rankings resume
- 13-15 CCAA Winter Board meeting in Ottawa, Canada.**
- 22** Second Badminton Ranking
- 27** Deadline for Athlete of the Month for Badminton



Best Wishes for 2009

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 Monday, December 22nd, 2008 to Monday, January 5th, 2009.