



Canadian College Sport Connections

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In this issue:

CCAA Nationals
Humber geared up to host CCAA 2009 Badminton Championship.

Championship websites ready to be added to your favourites.

Sports News
CCAA Badminton Athletes of the Month

Conference Update
ACAC

Marketing
New CCAA Promotions and Marketing Coordinator

Sportag

Sirc

Other News
The 2009 Canadian University & College Squash Championships

CCAA welcomes St. Lawrence College Co-op student

Book of the Month

Scoreboard

Important Dates

CCAA NATIONALS

Humber geared up to host CCAA 2009 Badminton Championship

The Humber Institute of Technology & Advanced Learning Athletic Department is proud to announce that it will be hosting the 2009 CCAA Men's & Women's Badminton National Championships on March 5 – 7, 2009.

This three day event will engage the best collegiate men's and women's badminton players from across the country. The event is set to begin on Thursday, March 5, 2009 and will continue through to Saturday, March 7, 2009, with the gold medal games starting at 2:00 pm. The venue is the Humber Athletic Centre in Etobicoke, which has been host to three CCAA National Championship events over the past 8 years.



"Our organizing committee has a great deal of experience in hosting national events, and we are excited with the challenge of raising the bar yet again," noted Doug Fox, Tournament Chair. "Badminton is new to us, but we are certain that our celebrated hospitality will make all feel welcome, and that our facilities will be exceptional."

Represented associations will include the BCCAA – British Columbia, ACAC – Alberta, ACAA – Atlantic, and the host OCAA – Ontario. The OCAA will have two teams competing. The OCAA team will be comprised of gold medal winning players from provincial play. The OCAA Host team will include players from Humber that have successfully advanced through regional play, and selected silver medalists.

Tournament Schedule:

Thursday, March 5/09

- | | | |
|--------------------------|-------------------|---------|
| <input type="checkbox"/> | 1:00 pm - 3:00 pm | Round 1 |
| <input type="checkbox"/> | 3:00 pm - 5:00 pm | Round 2 |
| <input type="checkbox"/> | 5:00 pm - 7:00 pm | Round 3 |

Friday, March 6/09

- | | | |
|--------------------------|--------------------|-------------------|
| <input type="checkbox"/> | 11:00 am - 1:00 pm | Round 4 |
| <input type="checkbox"/> | 1:00 pm - 3:00 pm | Round 5 |
| <input type="checkbox"/> | 7:00 pm – 9:00 pm | Medal Semi Finals |

Saturday, March 7/09

- | | | |
|--------------------------|--------------------|--------------------------------------|
| <input type="checkbox"/> | 11:00 am – 2:00 pm | Bronze Medal & Fifth & Sixth matches |
| <input type="checkbox"/> | 2:00 pm – 5:00 pm | Gold Medal Matches |

For more information visit Humber's Championship website at:

www.humberathletics.ca/ccaabadminton

2009 CCAA National Championship Websites

Make sure to visit the official websites of the 2009 CCAA National Championships! With the Canadian Colleges Athletic Association (CCAA) National Championships quickly approaching, Host Organizing Committees are working hard to ensure all the final preparations and arrangements are being made. In the midst of doing so, each Host has developed an official website to bring you the latest news, results and developments within their Championship.

Add the links to your Favourites page!

2009 CCAA National Badminton Championships - Hosted by Humbe College in Etobicokee (ON) from March 5 – 7

www.humberathletics.ca/ccaabadminton

2009 CCAA Men's National Volleyball Championship - Hosted by Keyano College in Fort McMurray (AB) from March 12-14

www.keyano.ca/cca

2009 CCAA Women's National Volleyball Championship - Hosted by Nipissing University in North Bay (ON) from March 12-14

www.nipissingathletics.ca/wvbnationals

2009 CCAA Men's National Basketball Championship - Hosted by University of Northern British Columbia in Prince George (BC) from March 20-22

www.unbc.ca/nationals

2009 CCAA Women's National Basketball Championship - Hosted by Cégep de Sainte-Foy in Québec (QC) from March 19-21

www.basketball2009.ca

SPORTS NEWS

CCAA Badminton Athletes of the Month

The Canadian Colleges Athletic Association 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). *To view the complete release of January's CCAA Badminton Athletes of the Month, visit:*

<http://www.ccaa.ca/new/sportstory.php?ID=67&Sport=Badminton>

Conference Update: ACAC Member colleges employ innovative tactics to deliver top results.

As soon as Linda Henderson was imported from British Columbia to become athletics and recreation director last spring, she received approval of a plan to hire full-time coaches in the ACAC's three major sports: men and women's basketball, hockey and volleyball. NAIT, in Edmonton, which has more than 65,000 students in full- or part-time programs and plans major expansion in the near future, is the first Canadian college to take such an ambitious step. "This is a major development for us," she said. "At NAIT, we believe the appointment of full-time coaches in major sports is an inevitable step for schools that want to compete at the top level of college athletics." NAIT knows how to deliver!! Since becoming part of the ACAC 30 years ago, NAIT has earned 15 gold medals, 14 silver medals and five bronzes at national championships. The list of titles also includes more than 150 team and individual medals.

Prominent among NAIT alumni is Canadian curling superstar Kevin Martin. Also remembered fondly is Perry Pearn, who coached NAIT Men's Hockey to seven CCAA Championships when a national college final was a big part of the sports schedule. He has worked for many years as an assistant in the NHL and now stands beside New York Rangers head coach Tom Renney.

In Calgary, the Mount Royal College Cougars have been recruiting out of province and overseas to fill their rosters. This season, the Cougars feature 47 student-athletes who grew up outside of Alberta, including athletes from BC, Ontario, Quebec, California, Germany and the United Kingdom, just to name a few.

Cougar's men's basketball coach, Marc Dobell, says it's important to recruit out of town athletes to complement his roster. "In order for our program to be competitive on an annual basis we need to find quality student-athletes who fit the mould of what we are looking for," said Dobell. "This type of

SA is not easy to find and many times we find ourselves recruiting out of province or even out of country to find the right fit for both the SA and our program. Calgary is a great place to live and re-locate, Mount Royal has a great academic reputation, and our athletic programs are annually competitive on a national scale- all ingredients which greatly aid in this diverse recruitment process.”

New additions to this year’s teams include, Fenna Piersma, a middle starring on the women’s volleyball team, who currently leads the ACAC South Division in blocks and Sam Mainville, an outside hitter on the men’s volleyball team from Quebec, who ranks seventh in the south division in kills.

Mount Royal continues to look for new student-athletes from both in and around town, as well as anywhere under the sun in their continued quest for success. Lethbridge College has also been recruiting out of country. Their Cross Country & Track Club’s Kodiak-Kenyan connection began in 2000 when an email was received from the very first recruit, Thomas Mutai. The "Kodiak Kenyans" are only a small contingent but visibly great ambassadors for this southern Alberta community. Head Coach, Bertil Johansson, says “Seeing these international students setting goals, pursuing education, establishing relationships, obtaining work permits and jobs, building homes and enjoying a safe haven well beyond what many African youth could only dream about, is truly rewarding personally.” And with Bertil’s coaching, they have been delivering results for Lethbridge College.

In the nine years since Thomas, now married with a child and living in Lethbridge, arrived, a number of Kenyan students have obtained college educations while simultaneously earning provincial and national track and cross country medals.

Kenyan-Kodiak successes include the first CCAA female cross country champion in 2002 and individual CCAA gold medal performances in 2003, 2005 and 2007.

This year, Gladys Kochei struggled to recover from stress fractures all summer and after extensive rehab won both the ACAC and CCAA races in record times! Willy Kimosop who finished 40th at the 2007 CCAA Championship due to a respiratory illness, was undefeated in all Canadian college cross country races this season.

The Kenyan connection will continue as Olympic running legends such as Kip Keino, who started the Kenyan movement and Henry Rono continue to draw attention to the Kodiak program sending athletes for "running and education." With the Kenyan roots of U.S. President-elect Barrack Obama the "Kenyan influence" is going to continue for years to come including here at Lethbridge College!

*Information submitted by: Laurie de Grace, Marketing & Communications Coordinator
Alberta Colleges Athletic Conference (ACAC)*

MARKETING

New CCAA Promotions and Marketing Coordinator

The Canadian Colleges Athletic Association (CCAA) is pleased to announce the hiring of Ryan Kuhn for its new position, Promotions and Marketing Coordinator. Ryan will be playing an important role in assisting the CCAA in promoting and marketing ourselves both internally and externally to key stakeholders and corporate partners. Enhancing the CCAA’s image and profile and developing innovative partnerships with various publics were identified as core strategies by the extensive strategic planning process that the CCAA recently underwent.



"I look forward to working with Ryan and welcome him to the Canadian Colleges Athletic Association’s team. I am confident with his experience in the field of marketing and promotions, his academic background and his professional approach to tasks, that he will assist the association in moving the CCAA branding agenda forward", Sandra Murray-MacDonell, CCAA Executive Director.

"Sports have always been a passion for me so it thrills me to have the opportunity to work for such a well respected national sports association. I look forward to being a contributing member to this winning team", Ryan Kuhn, CCAA Promotions and Marketing Coordinator.

Ryan is a graduate in the Business Administration - Marketing Program from, CCAA member institution, St. Lawrence College - Kingston. His professional experience includes advertising and marketing with the Radio Group out of Kingston and MIA Sports (Made in America Sports) out of Montreal. He is an avid sports fan and an active athlete and coach in hockey. Ryan has relocated to Cornwall, Ontario to join the National Office. Please contact Ryan by email at ryan@ccaa.ca or by telephone #613-933-6080 ext. 2193.

Sportag

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

Information from the SIRC Sport Library about Badminton



Now that badminton season is in full swing, you want to make sure your athletes are ready for competition. There are many things to consider as you prepare for competition. What are the main badminton injuries? What can be done to prevent injury? What training techniques are being used around the world? And would they help your athletes?

From injury to coaching, here are some articles about badminton from the SIRC Sport Library. Please visit <http://www.sirc.ca/ccaa> during the month of February to read the following articles.

Injury

Decreased Shoulder Function and Pain Common in Recreational Badminton Players. The aim of this study was to describe the prevalence and consequences of painful conditions in the shoulder region in recreational badminton players. A questionnaire study was performed on 99 players, of whom 57 were also assessed with Constant score. Previous or present pain in the dominant shoulder was reported by 52% of the players. Sixteen percent of the players had on-going shoulder pain associated with badminton play. A majority of these players reported that their training habits were affected by the pain. Total Constant score was lower in the painful shoulders. Furthermore, range of active pain-free shoulder abduction was decreased. However, isometric shoulder strength test showed no differences when compared with pain-free shoulders. Even though the pain caused functional problems, the players were still playing with on-going symptoms. The diagnoses were mostly unknown, although history and clinical tests indicate problems resembling subacromial impingement.



ABSTRACT FROM AUTHOR

Source: *Fahlström, M., & Söderman, K. (2007, June). Decreased shoulder function and pain common in recreational badminton players. Scandinavian Journal of Medicine & Science in Sports, 17(3), 246-251.*

Epidemiology of Injuries in Hong Kong Elite Badminton Athletes.

This study retrospectively reviewed the injury epidemiology on 44 Hong Kong elite badminton players in 2003. Team training records were reviewed to retrieve the training and competition hours, while the medical records from the physiotherapy department were reviewed to obtain information regarding injuries. A total of 253 injuries (128 recurrent and 125 new injuries) were recorded, which accounted for an overall incidence rate of 5.04 per 1,000 player hours. Elite senior athletes had a higher incidence rate of recurrent injuries, while elite junior and potential athletes had a higher incidence rate of new injuries. A total of 1,219 visits (4.82 per athlete) to the physiotherapy department were recorded, which cost HK\$487,600 (HK\$1,928 per injury). Most new injuries were strain (80 injuries), and the most frequently injured body sites were the back (17 injuries), the shoulder (15 injuries), the thigh (15 injuries), and the knee (15 injuries). One-sided exact test showed that a previous injury experience significantly associated with the occurrence of new injury.

Source: Yung, P., Chan, R., Wong, F., Cheuk, P., & Fong, D. (2007, April). *Epidemiology of Injuries in Hong Kong Elite Badminton Athletes. Research in Sports Medicine, 15(2), 133-146.*

Training/Technique

Transfer or Specificity? An Applied Investigation into the Relationship Between Fundamental Overarm Throwing and Related Sport Skills.

Background: Optimum sequencing of skills so that learners can benefit from the transfer of previous learning is an important issue in teaching and learning of motor skills. There is a lack of empirical evidence on the specificity and transfer of learning and its application to teaching/coaching situations. Purpose: To investigate the concepts of transfer and specificity in a practical physical education setting. The study examined the effects of two teaching intervention programmes on the performance and learning of the fundamental overarm throw, badminton overhead clear and javelin throw in a practical physical education setting. Participants and setting: Forty-six participants (27 males, 19 females; mean age 15.8 ± 0.60 years) from three secondary schools were assigned to one of three practice groups, i.e. the fundamental group, which practised the fundamental overarm throw; the badminton group, which practised the badminton overhead clear; and the control group, which did not practise but took part in normal physical education (PE) lessons. Intervention: The intervention programme consisted of six PE classes, and the skills taught were based on the practice groups. The control group carried on PE classes as normal, but no skills involving the overarm throwing action were taught. Research design: This study employed a repeated measures design involving three practice groups and three repeated measures (pre, post, retention). Performance scores for fundamental overarm throw, badminton overhead clear and javelin throw were measured. Data collection: Pre, post and retention tests were carried out on the fundamental overarm throw, badminton overhead clear and the javelin throw. All testing and teaching intervention classes were carried out in the participants' schools at scheduled physical education class time. Data analysis: Video tapes of all skill trials were analysed using qualitative analysis procedures. Data were statistically analysed to determine...

ABSTRACT FROM AUTHOR

Source: O'keeffe, S., Harrison, A., & Smyth, P. (2007, June). *Transfer or specificity? An applied investigation into the relationship between fundamental overarm throwing and related sport skills. Physical Education & Sport Pedagogy, 12(2), 89-102.*

A Study of Antagonist/Agonist Isokinetic Work ratios of Shoulder Rotators in Men Who Play Badminton.

Normative descriptive study. Exploring the isokinetic work ratios of eccentric antagonist/concentric agonist shoulder rotators in the late cocking and deceleration phases of a forehand overhead smash in badminton players. Comparing the work ratios between dominant and nondominant shoulders. The strength of shoulder muscles for badminton players has been studied but there is little information on the work output of these muscles for a specific range of movement. Twenty-five skilled men who play badminton at club level with a mean age of 29.4 years (SD = 6.1) were measured for concentric and eccentric isokinetic work (joules) of shoulder internal (IR) and external (ER) rotators on both upper extremities at 120 degrees/s. Bilateral isokinetic work ratios for eccentric IR/concentric ER between 60 degrees and 90 degrees of shoulder external rotation were calculated to denote strength profile in the late cocking phase of the badminton smash. Work ratios for eccentric ER/concentric IR between 10 degrees external rotation and 30 degrees internal rotation were calculated to denote strength profile in the deceleration phase of the badminton smash. The respective work ratios were compared between both shoulders. The eccentric IR/concentric ER work ratios in late cocking were 1.9:1 and 1.3:1 ($P = 0.001$) for the dominant and nondominant shoulders, respectively. The eccentric ER/concentric IR work ratios in the deceleration phase were 1.1:1 and 1.3:1 ($P = 0.003$) for the dominant and nondominant shoulders, respectively. The work ratios of eccentric antagonist/concentric agonist are different between dominant and nondominant shoulders of skilled badminton players. Rehabilitation for injuries of these athletes should aim at developing the optimal antagonist/agonist work ratios to return them to this sport.

Source: Ng, G.Y.F. and Lam, P.C.W. (2002). A study of antagonist/agonist isokinetic work ratios of shoulder rotators in men who play badminton. *JOSPT: The journal of orthopaedic & sports physical therapy* (Lawrence, Kan.), 32(8), 399-404. [SIRC ID# S-841655]

Stroke Directions of Domestic and Foreign Top Athletes in Men's Single Badminton.

The purpose of the study was to analyze and compare the stroke directions of one Korean athlete compared to a foreign top player in international competition (three games each). Major results were as follows: (1) In response to short service shots the Korean player showed more stroke frequency into back area than into the front area, while the foreign athlete showed a higher stroke percentage into the front area than the back area in hitting the shuttlecock (2) In response to a long service shot the Korean player used the most drop shots and showed a high rate of smash strokes but the rate of clearing into the back area was relatively low. (3) In response to drop shots the Korean athlete showed a similar stroke frequency into front and back area, while the foreign player showed a greater stroke frequency into the front area than into the back area. (4) The Korean athlete showed similar percentage of smash, drop, and clear strokes for clears by the other player, while the foreign player's percentage of clears was quite low. (5) Results showed that each athlete in response to smash shots mostly received short into the front area of the other athlete. The Korean athlete showed a high rate of stroke frequency into the middle area, while the foreign player received safely into, front area. (6) In response to hairpin shots both athletes showed almost similar stroke directions, however, the Korean athlete showed more strokes into the back area of the other player and the percentage of strokes into front area was somewhat low. (7) In response to under clears the Korean athlete used an almost similar rate of smash, drop, and clear strokes, while the foreign athlete used smashes the most and more clear shots than drop shots. In conclusion, foreign the athlete's tactics consisted of taking the initiative in offense by placing the shuttlecock as far from the point of strike by the opponent as possible, thereby, making the opponent run. Consequently, the Korean player will have to utilize net play at the high point of the net and from a position of stability to make the other player come in to the net. This study suggests that Korean athletes need to systematically develop physical strength, technique, and psychological skills.

Source: Sung, H.K. and Kim, Y.J. (2001). Stroke directions of domestic and foreign top athletes in men's single badminton. *IJASS: International journal of applied sport sciences* (Seoul, Korea), 13(2), 81-94. [SIRC ID# S-870024]

Fitness and Skill Related Performance Characteristics of Botswana Junior National Badminton Players.

To evaluate physical performance qualities associated with successful badminton play, some fundamental skill-related characteristics of Botswana junior national badminton players (CA = 15-18 years of age) were measured. The players (M = 7, F = 7) represented Botswana in the 3rd All-African Junior Badminton Championships, held in Gaborone, Botswana. Standard protocols were used to measure player physical performance characteristics. Measurements taken included height, weight, lateral jump, bent-knee sit-ups, pushups, and grip strength. Other variables measured were leg and back strength, vertical jump, standing long jump, preferred leg hop, sitand-reach, and trunk extension. Data were analyzed descriptively, and compared with similar findings reported for elite junior athletes from other countries. Results are discussed in light of need for badminton training programmes to be developed and implemented based on sound principles.

Heart Rate Responses During Badminton Single Matches.

The purpose of this study was to investigate the actual exercise intensities during badminton single matches monitored by heart rate (HR) responses. Twelve badminton players from the Korean National Men's Team (NM : n = 4), Korean National Junior Men's Team (NJM : n = 4), and Korean National Women's Team (NW: n = 4) played a total of 47 single matches (117 sets) at the national and international levels. Heart rate of each player during the matches were monitored and recorded in every 5 seconds by the polar sport tester. The HR sensor was fixed on chest level and data receiver was fastened on player's wrist. The data recorded were transferred to personal computer through interface and analyzed by sets, in relation to the video tape recording. Heart rate responses during badminton single matches by groups (man vs. woman, and game level) as well as by sets were, The average duration of the overall single matches was 939 +/- 307.93 sec, and NM, NJM, and

NW spent 1,114, 984, and 716 sec. respectively. The duration was statistically different between men and women ($p < 0.05$). The numbers of peak heart rate (HR_{peak}) (defined when HR > 170 beats/min) during the matches were higher for NM than NJM ($p < 0.05$), while they were neither different between men and women nor among sets ($p > 0.05$). The overall lengths of high exercise intensity in a single occasion during the matches (HR > 170 beats/min) lasted for 48.4 +/- 59.6 sec, and the average length of high intensity for NJM (21 sec.) was significantly shorter than NW (66 sec.) and NM (51 sec.) ($p < 0.05$). However, no differences were noticed among sets. The overall ratio of a summation of high exercise intensity duration to the match duration was 26.29 +/- 29.13 %. When the ratios were compared by groups, it was lower for NJM (12.31 %) than NW (35.21 %) and NM (27.93 %) ($p < 0.05$). But, no differences were noticed when analyzed by sets ($p > 0.05$). In conclusion, to fulfill the high exercise intensity and to improve performance of the players, an appropriate fitness and skill levels have to be maintained. It is recommended that the exercise intensity during training sessions be higher than the one elicited in actual matches. **Source:** Ki, Y.C., Sung, H.K., and Gu, H.M. (2002). *Heart rate responses during badminton single matches. IJASS: International journal of applied sport sciences (Seoul, Korea), 14(1), 88-101. [SIRC ID# S-870072]*

Coaching

Turning Dream into Reality

This article focuses on badminton coaching. Specific areas covered include determining characteristics related to athlete's performance and athlete's training as well as problems and countermeasures during competition.

Source: Sung, H.K. (2001). *Turning dream into reality. IJASS: International journal of applied sport sciences (Seoul, Korea), 13(1), 131-143. [SIRC ID# S-869989]*

OTHER NEWS

CCAA welcomes St. Lawrence College student placement

The Canadian Colleges Athletic Association (CCAA) welcomes Elysa Brunet, a student from St. Lawrence's College's Business Administration - Management 3 Year diploma program. Elysa is working with us two days a week (Tuesdays and Fridays) from February 3 until April 3, 2009. She is currently the President of the Student Union at St Lawrence College Cornwall and in her final year of study. She is an avid sports fan and participant and has aspirations of working in the field of sports management upon her graduation. Elysa is fully bilingual and will be assisting the CCAA office on a number of projects during national championship time. In particular Elysa will be assisting with the archiving of past Championship information, female apprenticeship program research and regular office administration duties during our busiest time. Elysa can be reached at 613-933-6080 ext. 2211 and her email address will be elysa@ccaa.ca.

The 2009 Canadian University & College Squash

Championships will be hosted by the University of Toronto from March 6-8, 2009.

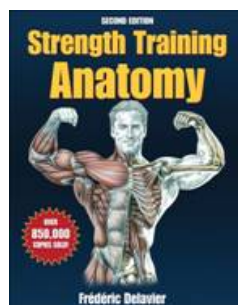
Cost: \$53.00 (incl.GST) - includes 3 matches, light refreshments, Saturday lunch, and tournament apparel).

Entry deadline: Tuesday, March 3, 2009 (9 am EST)

For more information or to register, please visit: www.squash.ca



BOOK OF THE MONTH



Order now and get your Members-only "Book of the Month" discount from Human Kinetics (25% Off!). Another great membership benefit brought to you by the CCAA. Order now and save 25% on **Strength Training Anatomy**. Offer valid on web orders only. Click on the book to order. Enter code X581. Offer expires 02/31/09.

Discover for yourself the magic of *Strength Training Anatomy*, one of the best-selling strength training books ever published! Get an intricate look at strength training from the inside out. *Strength Training Anatomy*, with over 850,000 copies already sold, brings anatomy to life with more than 400 full-color illustrations. This detailed artwork

showcases the muscles used during each exercise and delineates how these muscles interact with surrounding joints and skeletal structures. Like having an X-ray for each exercise, the information gives you a multilateral view of strength training not seen in any other resource.. To see more click the following link [Strength Training Anatomy - 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.

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.



CCAA Key Dates and Deadlines – FEBRUARY

- February 9 Preliminary Seeding calls for Basketball
- February 10 Deadline for Badminton Wild Card applications via email to the National Office
- February 15 Deadline for all Badminton, Volleyball, and Basketball eligibility forms to National Office
- February 17 Final rankings for Badminton
- February 19 Deadline for Volleyball wild card applications via email to the National Office
- February 21 Deadline for Badminton All Canadian, Player and Coach of the Year award information
- February 22 Deadline for Volleyball All-Canadian, Player and Coach of the Year award information
- February 23 Deadline for alterations or additions to Badminton, Volleyball, and Basketball eligibility Forms.
- February 23 Deadline for PCAA written confirmation to National Office that all participating Badminton athletes are eligible under PCAA Eligibility criteria
- February 23 Wildcard conference call for Badminton
- February 24 Deadline for Athlete of the Month for Basketball
- February 24 Final Rankings for Volleyball
- February 26 Deadline for Basketball wild card applications via email to the National Office

**Canadian Colleges
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