



# Canadian College Sport Connections

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## CCAA NATIONALS

### Nipissing University welcomes the best in Women's Volleyball

The country's best female collegiate volleyball players will travel to North Bay, Ontario for the **2009 CCAA Women's National Volleyball Championship** hosted by Nipissing University from March 12-14th.



"Nipissing University and Lakers Athletics are delighted the CCAA/ACSC Women's National Volleyball Championships are being hosted by our school, showcasing some of Canada's top women's college volleyball players," says Vito Castiglione, Tournament Chair and Athletic Director of Nipissing University.

The **2009 CCAA Women's National Volleyball Championship** features the top eight women's volleyball teams in Canada, seeding in the following order.

1. UBC Okanagan
2. Red Deer College
3. Vancouver Island University
4. Cégep FX Garneau
5. Humber College
6. MacEwan College
7. Nipissing University
8. Mount Allison University

The CCAA All Canadian Awards Banquet will precede the competition, beginning at 6:30 p.m. on Wednesday, March 11th. The competition will begin on the following day, March 12th, and will run through Saturday, March 14th. The schedule is as follows:

#### Thursday March 12<sup>th</sup>

Game #1	1pm – UBCO vs. Mount Allison
Game #2	3pm – FX Garneau vs. Humber
Game #3	6pm – Vancouver Island vs. MacEwan
Game #4	8pm – Red Deer vs. Nipissing

#### Friday March 13<sup>th</sup>

Game #5	1pm – Losers of game 1 & 2
Game #6	3pm – Losers of games 3 & 4
Game #7	6pm – Winners of games 1 & 2 (semi-final)
Game #8	8pm – Winners of games 3 & 4 (semi-final)

#### Saturday March 14<sup>th</sup>

Game #9	10am – Loser of game 7 vs Winner of game 6
Game #10	Noon – Loser of game 8 vs Winner of game 5
Game #11	2:30 pm – Losers of games 5 & 6 (7 <sup>th</sup> /8 <sup>th</sup> place)
Game #12	5pm – Winners of game 9 & 10 (Bronze Medal)
Game #13	7pm – Winners of games 7 & 8 (Gold Medal)

The Closing Ceremony and Awards Presentation will take place immediately following the final match.

Nipissing is pleased to bring you the latest news, results and developments within the 2009 CCAA Women's National Volleyball Championship on their official website – <http://www.nipissingathletics.ca/wvbstats/index.html> Make sure to visit their website and add the link to your Favourites page!

## Keyano ready to host 2009 CCAA Men's Nationals

From March 12-14, 2009, Keyano College will play host to what promises to be an exciting competition. Canada's top eight male collegiate volleyball teams will travel to Fort McMurray(AB) for the 2009 Canadian Colleges Athletic Association (CCAA) Men's National Volleyball Championship.



"With only one week to go before the event – excitement for the Coldwell Banker Fort McMurray 2009 CCAA Men's Volleyball National Championship is palpable" says Wade Komel, Tournament Chair, Keyano Athletic Director and ACAC President. The organizing committee, volunteers and the entire Keyano community are excited to welcome the teams to Fort McMurray.

The **2009 CCAA Men's National Volleyball Championship** features the top eight men's volleyball teams in Canada:

- 1- Cégep de Limoilou
- 2- MacEwan College
- 3- Algonquin College
- 4- Camosun College
- 5- Keyano College
- 6- University of Fraser Valley
- 7- Seneca College
- 8- University of New Brunswick-Saint John

The 4-day event kicks off on Wednesday March 11th with the CCAA All Canadian Awards Banquet beginning at 6:30 p.m. The competition opens on Thursday, March 12th and runs through Saturday, March 14th. The schedule is as follows:

### **Thursday March 12th**

- |          |                           |
|----------|---------------------------|
| Game #1  | Noon – Algonquin vs. UCFV |
| Game # 2 | 2pm – MacEwan vs. Seneca  |
| Game # 3 | 6pm – Limoilou vs. UNBSJ  |
| Game # 4 | 8pm – Camosun vs. Keyano  |

### **Friday March 13th**

- |          |   |
|----------|---|
| Game # 5 | Noon – Losers of games 1 & 2              |
| Game # 6 | 2pm – Losers of games 3 & 4               |
| Game # 7 | 6pm – Winners of games 1 & 2 (semi-final) |
| Game # 8 | 8pm – Winners of games 3 & 4 (semi-final) |

### **Saturday March 14th**

- |           |   |
|-----------|---|
| Game # 9  | 10am – Loser of game 7 vs Winner of game 6                            |
| Game # 10 | Noon – Loser of game 8 vs Winner of game 5                            |
| Game # 11 | 2 pm – Losers of games 5 & 6 (7 <sup>th</sup> /8 <sup>th</sup> place) |
| Game # 12 | 5pm – Winners of game 9 & 10 (Bronze Medal)                           |
| Game # 13 | 7pm – Winners of games 7 & 8 (Gold Medal)                             |

Keyano College is pleased to bring you the latest news, results and developments within the 2009 CCAA Men's National Volleyball Championship on their official website – <http://www.keyano.ca/ccaa/schedule.asp>. Make sure to visit their website and add the link to your Favourites page!

## The madness is about to begin at the CN CCAA Men's National Basketball Championship

All roads lead to Prince George and the University of Northern British Columbia as UNBC plays host to the 2009 CN Canadian Colleges Athletic Association Men's National Basketball Championships from March 19-22.



As league play comes to a close across the CCAA, several teams have served notice that they plan to compete for gold in BC. In the Atlantic Conference, the Mount Saint Vincent University Mystics are one of only two undefeated teams in the country. "The Mystics have been ranked #1 all season long and would love to repeat Douglas College's exploits from last season and go wire-to-wire as #1. It will take an upset of gigantic proportions to derail their plans of representing the CCAA at Nationals", Jeff Harris, CCAA Men's National Basketball Convenor.

The VIU Mariners from the BC Conference are the other undefeated team who are favoured to capture the Provincial Championship trailed by the Langara Falcons and the UBC-O Heat who are in a tight race for second place. The UNBC Timberwolves sit in fourth place, but are guaranteed a spot at the dance as host of this year's event.

In Alberta, five teams have made appearances in the CCAA Top 15 this season with the Mount Royal Cougars leading the way in the ACAC's South Division with a 16-2 record. In the ACAC North, the Concordia Thunder are in first place while the MacEwan Griffins hold down second spot.

The Ontario playoffs will be very interesting to watch as six different teams have occupied the top spot in the Ontario rankings. The Humber Hawks have won 14 games in a row and lead the West Division while the Niagara Knights are hot on their heels in second place with a 13-3 record. In the East, the Algonquin Thunder occupy first place and will benefit from home court advantage in the playoffs. The Fleming Knights with a solid core of veterans will certainly be in the mix.

It's a tight race to the finish in Quebec as four teams still have a chance to capture the regular season title. The Dawson Blues are the hottest team right now, having won six games in row, but one loss by the Blues and there are three teams ready to take advantage. The Montmorency Nomades, the Sainte-Foy Dynamiques and the Champlain Cavaliers are all capable of representing Quebec at Nationals.

Gearing up for the National Championship, Len McNamara, Athletic Director at UNBC states, "We are extremely excited to have CN as our title sponsor and we can't thank them enough for their generous support. The Charles Jago Northern Sport Centre opened just over a year ago and this will be the first national championship hosted in this \$30 million facility. UNBC receives tremendous fan support from their students and the community of Prince George and we expect record crowds for this event."

## CCAA Women's Basketball National title up for grabs at Ste-Foy

Cégep de Sainte-Foy will be overrun by basketball fever March 19th through to the 21<sup>st</sup> as the finest CCAA Women's Basketball teams will be in the hunt for National supremacy. It seems fitting that last year's National Champions, the Sainte-Foy Dynamiques have home court advantage while defending their National title that was garnered last season in Truro, Nova Scotia.



When asked if there was a clear cut favourite, Mireille Béland, CCAA Women's Basketball Convenor had this to say, "Three teams from three different conferences took their turn at being the number one ranked team this season. All five conferences have a team that can potentially win the national title."

In the Alberta conference, the MacEwan Griffons sit atop the standings in the North and look strong going into provincial playoffs with a 20-2 record. Out of the South, Lethbridge is leading the pack with a 17-1 record and has outscored their opponents by an impressive 423 points over the course of the season.

The Atlantic Conference has had two teams dominate throughout the season combining for only 3 losses between the two. Mount Saint-Vincent is responsible for St. Thomas's only loss this season while MSVU's two losses have been at the hand of the Tommies. Each of the three games have been close so it's tough to say that one has the advantage going into the playoffs.

Camosun College leads the BC Conference but has very little room for error as Capilano and UNBC trail closely, both with records of 11-3. Each game has massive implications for all three of these teams as the season comes to a close due to the top two teams in the conference earning a 1<sup>st</sup> round bye.

In Ontario, both Seneca in the East and Sheridan in the West are undefeated with a record of 12-0. Sheridan ended Seneca's hopes for a third consecutive Provincial title in 07-08 and all signs lead to a rematch between the two who could possibly meet at Sheridan who will have home court advantage throughout the Ontario Provincials.

Four teams look like possible contenders in the Quebec conference with the host Ste-Foy and Dawson College ranked 5<sup>th</sup> and 6<sup>th</sup> in the Nation while Vanier and Edouard Montpetit round out the top 15. At this point in time it is tough to say who will join Ste-Foy at the National Championships.

The National Championship host Cégep de Sainte-Foy has been working tirelessly to put on the perfect Championship for the athletes. Marlène Lévesque and Geneviève Bastien are working closely with their host committee that is comprised of 30 employees and 50 student volunteers. The committee is busy preparing for the National Championship that will unite more than 125 athletes and coaches from the four corners of the country.

This season has been one of strong performances from many teams throughout the country. The CCAA Women's National Basketball Championships promises to be an exciting one with no clear cut favourite.

### **2009 CCAA National Championship Websites-Add the links to your Favorites' page!**

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

[www.keyano.ca/ccaa](http://www.keyano.ca/ccaa)

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

[www.nipissingathletics.ca/wvbnationals](http://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](http://www.unbc.ca/nationals)

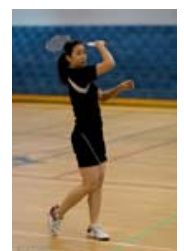
2009 CCAA Women's National Basketball Championship - Hosted by Cégep de Sainte-Foy in Québec (QC) from March 19-21

[www.basketball2009.ca](http://www.basketball2009.ca)

## **SPORTS NEWS**

### **2009 CCAA Women's Badminton Player of the Year**

**Ruilin Lynn Huang** is the winner of the **2009 CCAA Women's Badminton Player of the Year** award. First year player with the Douglas College Royals, Ruilin (Lynn), dominated her field in the British Columbia Colleges Athletic Association (BCCAA). *To view the complete release, please visit:*  
<http://www.ccaa.ca/new/sportstory.php?ID=82&Sport=Badminton>



## 2009 CCAA Men's Badminton Player of the Year

Veteran **Alvin Lau** is the winner of the **2009 CCAA Men's Badminton Player of the Year**.

From Douglas College, Alvin is no stranger to the CCAA National Badminton Championships. This year he will be vying for a fourth gold medal, competing in the men's doubles event. Previously, Alvin has won three, CCAA National Mixed Doubles titles in 2006, 2007, and 2008. To view the complete release, please visit: <http://www.ccaa.ca/new/sportstory.php?ID=81&Sport=Badminton>



## 2009 CCAA Badminton Coach of the Year

The Canadian Colleges Athletic Association (CCAA) is pleased to name **Chad Cargill** from Red Deer College as the winner of the **2009 CCAA Badminton Coach of the Year**.

As head coach of the Red Deer Kings/Queens, Chad was challenged this year with a much younger and inexperienced team compared to previous years. However, the team steadily improved throughout the season and with most players returning next year, the Red Deer squad is expected to make great strides and contend in the ACAC. To view the complete release, please visit: <http://www.ccaa.ca/new/sportstory.php?ID=80&Sport=Badminton>



## CCAA Basketball Athletes of the Month

The Canadian Colleges Athletic Association announced today the **CCAA Basketball Athletes of the Month** for February. 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 Basketball; 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 the **CCAA Basketball Athletes of the Month**, visit: <http://www.ccaa.ca/new/sportstory.php?ID=85&Sport=Basketball>

## Conference Update: BCCAA announces new partnership.



### Student Athletes Find Their Voice Through New Partnership

BC Athlete Voice and the BC Colleges' Athletic Association (BCCAA) are pleased to announce a new partnership that builds on both organizations commitment to Student Athletes in British Columbia. Student Athletes are an essential component of a successful sport system and healthy communities. This partnership will support the great work being undertaken by BCCAA Member Institutions and strengthen the opportunities for these athletes to be involved in learning and practicing leadership and advocacy.

"BCCAA Student Athletes are a fantastic resource to the educational institutes they represent and the communities that support them. BC Athlete Voice is excited to work with BCCAA and their members to continue investing in these Student Athletes as the future sport and community leaders of BC" commented BC Athlete Voice's Interim Executive Director, Joe Hitchcock.

"The BCCAA is very pleased to be teaming-up with BC Athlete Voice in an effort to provide new opportunities for our Student Athletes" added BCCAA President Clayton Munro. "This partnership quite naturally connects our Student Athletes with a tremendous menu of services and resources that will create greater avenues for their growth and development."

College athletics and involvement in sport provides a microcosm for physical, mental and social development that teaches lifelong values of teamwork, discipline, commitment, perseverance, fairness, and respect. Through this partnership BC Athlete Voice and the BCCAA will provide Student Athletes with access to leadership training and resources, opportunities to share their voice through advocacy channels and will connect them to services that support their personal and professional development.

"Working with BC Athlete Voice really allows our members to expand upon the Student Athlete

development and community engagement that already exists at their institutions, and within their respective communities. From this standpoint the opportunities are truly countless, and the potential is very exciting.” said Munro.

“The BCCAA and their members provide an outstanding platform for Student Athletes to train, compete and follow their sporting dreams without leaving BC” added Hitchcock. “Student Athletes often juggle multiple responsibilities while still being positive role models in their communities. This is a great opportunity for organizations to come together to harness and support the leadership potential of these talented athletes”.

The British Columbia Colleges’ Athletics Association (BCCAA) is the governing body for college/institute athletics in BC. College Athletics is an integral part of a balanced, holistic educational program of any institution. The British Columbia Colleges’ Athletics Association empowers member institutions in their quest to provide quality athletic opportunities to enhance the overall educational experience of their students. For more information regarding the British Columbia Colleges’ Athletics Association go to [www.bccaa.ca](http://www.bccaa.ca)

## MARKETING

### Information from the SIRC Sport Library about Dealing with Pressure

Championship season has begun! Not only are you feeling the pressure but so are your athletes. As the competition gets more intense and our lives get busier it is key to understand how to perform under pressure, beat stress, time manage and remain calm and non-confrontational. It is important to know how to help your athletes through this stressful time and managing stress can alleviate some of the pressure. The following resources are available to help you through championship season including advice from an Olympic sports psychologist on counseling athletes during competition and tips for alleviating stress.



### The Heat of the Moment: Situation Management Key to Your Success.

Solid guidelines on how to respond to emotional outbursts from coaches, managers, or players are provided. The key is to remain calm and non-confrontational.

**Source:** Miner, Jay (2007). *The Heat of the Moment: Situation Management Key to Your Success. Referee (Racine, Wis.)*, 32(1), 50-53. [SIRC ID# S-1045473]



### Swimming Fast...When the Pressure is on!

Tips are offered to competitive swimmers on how to perform well under pressure.

**Source:** Carr, Chris (2008). *SWIMMING FAST...WHEN THE PRESSURE IS ON! Splash (Colorado Springs, Colo.)*, 16(4), 11. [SIRC ID# S-1076095]

### Building Bounceability.

Suggestions are offered on how to beat stress, increase resilience to pressure, and bounce back by harnessing mental, spiritual, physical, and emotional energy.

**Source:** Abbey, Alyssa (2008). *Building Bounceability. Ultra-FIT (Penzance, England)*, 18(3), 16-17. [SIRC ID# S-1079779]

### Don't Stress Over Your Competition.

The article lists strategies that tennis players can use to manage the stress of competition. The list includes knowing the opponent's statistics and techniques, focusing on perfecting one's game, giving one's self pep talks during the game and having fun during the game. Realizing that a player cannot win every time will also take the stress off of competing with a strong opponent.

**Source:** Popovich, S. (2008, August). *Don't Stress Over Your Competition. Tennis Life*, p.30-1.

### Counseling Brazilian Athletes during the Olympic Games in Athens 2004: Important Issues and Intervention Techniques.

During the Athens Olympic Games in 2004, a sports psychologist was brought in by the Brazilian Olympic Committee (COB) to provide psychological counseling. The main purposes of this counseling were to develop mental and emotional control skills and to offer psychological support to both athletes and coaches. The Brazilian sport psychologists in the Olympic Village offered interventions to individuals and teams. The following issues were uncovered by psychological tests

and structured interviews: competitive anxiety, symptoms of psychosomatic stress, psychological pressure for winning, concentration difficulties, emotional instability, and difficulties in controlling pain. In order to prepare themselves for competition, some athletes developed their own psychological routines, aiming to maintain emotional control and a certain concentration level during the execution of technical-tactical gestures. A total of 50 sessions of psychological support and supervision took place throughout the entire event, among which relaxation, concentration techniques, anxiety and stress management, and psychological routines for competition were practiced. Future steps for the Olympic games in 2008 are a long-term preparation program, an interdisciplinary cooperation involving mental preparation (mainly for young athletes), and the development of a coach's education program. ABSTRACT FROM AUTHOR

**Source:** Samulski, D., & Lopes, M. (2008, September). COUNSELING BRAZILIAN ATHLETES DURING THE OLYMPIC GAMES IN ATHENS 2004: IMPORTANT ISSUES AND INTERVENTION TECHNIQUES. *International Journal of Sport & Exercise Psychology*, 6(3), 277-286.

### **Fear of Failure in the Context of Competitive Sport.**

The author discusses the psychology of fear of failure in athletes, and how strategies that sports psychologists can use to short-circuit the mental and emotional patterns that produce fear of failure.

**Source:** Fox, Allen (2008). FEAR OF FAILURE IN THE CONTEXT OF COMPETITIVE SPORT. *Soccer journal (Mission, Kan.)*, 53(7), 24;26;28. [SIRC ID# S-1083906]

### **Critical Thinking.**

The importance of instilling critical thinking skills in athletes is discussed for coaches. Resources dealing with critical thinking processes and strategies for coping with competitive anxiety that can be found in the Sport Information Resources Center (SIRC) database are highlighted.

**Source:** Critical thinking. (2008). *Coaches PLAN du coach (Ottawa, Ont.)*, 15(4), 44-45. [SIRC ID# S-1084818]

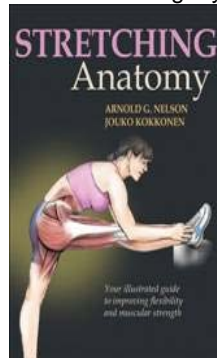
### **Time Management and the Full-Time Sportsperson: Increasing Individual Perceptions of Time Control.**

For the full-time athlete, effective time management can contribute to sporting success as well as helping them to avoid harmful effects to their psychological well-being. One important source of tension and potential stress lies in the difficulty sportspeople and their families have in recognizing and establishing the boundaries between work time and 'non-work' time. Utilizing a process model of time management, this paper maintains that the goal of any time management initiative should be to enhance the individual's perception of time control. Building on this insight and drawing on applied research in the fields of psychology and organization studies, strategies for effective time management are discussed. However, in contrast to many 'self-help' books in this area, this paper does not simply advocate one 'correct' way to manage time but contends that any potential strategy should be used in conjunction with the individual's preference for organization. ABSTRACT FROM AUTHOR

**Source:** Forsyth, D., & Catley, B. (2007, September). *Time Management and the Full-Time Sportsperson: Increasing Individual Perceptions of Time Control. International Journal of Sports Science & Coaching*, 2(3), 305-317.

## **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 CCAA



Order now and save 25% on *Stretching Anatomy*. Offer valid on web orders only. Click on the book to order. Enter code X607. Offer expires 03/20/09

*Stretching Anatomy* is like having an X-ray of each stretch, only better. Not only do you see full-color illustrations of the muscles in action, but you also find out how changes in position can alter the muscle emphasis and difficulty and how variations can improve safety and effectiveness.

Each exercise includes detailed instruction on how to stretch, when to stretch, primary and secondary muscle emphasis, and which muscles are activated for support. Stretching programs provide three levels of difficulty, including light stretching that can be used as a warm-up or to aid in recovery from soreness or injury. And summary movement tables show how to customize stretching programs to focus on key problem areas. To see more click the following link [Stretching Anatomy - Human Kinetics](#)



## CCAA Key Dates and Deadlines – MARCH

- March 5 – 7 CCAA National Badminton Championships, hosted by Humber College
- March 7 – 8 PCAA Basketball Championships
- March 8 Deadline for Academic All-Canadian award application to the National Office
- March 9 Wildcard and seeding conference call for Men's and Women's Basketball
- March 10 Deadline for PCAA Volleyball technical fees and Championship Participation fees to be sent to the National Office
- March 11 Deadline for Provincial Basketball host to courier Provincial Championship tapes to first round opponents
- March 11 Deadline for PCAA written confirmation to National Office that all participating Basketball athletes are eligible under PCAA Eligibility criteria
- March 12 - 14 CCAA Women's National Volleyball Championships, hosted by Nipissing University
- March 12 – 14 CCAA Men's National Volleyball Championships, hosted by Keyano College
- March 18 Deadlines for nominations for CCAA Coaching Excellence Awards
- March 19 – 21 CCAA Women's National Basketball Championships, hosted by Cégep Ste - Foy
- March 20 – 22 CCAA Men's National Basketball Championships, hosted by University of Northern British Columbia
- March 21 Deadline for PCAA Basketball Technical fees and Championship Participation fees to be sent to National Office
- March 21 Deadline for Championship Evaluation Forms for Badminton
- March 21 Deadline for nominations for CCAA Athlete of the Year, Male and Female
- March 23 Deadline for Championship Evaluation Forms for Volleyball
- March 30 Deadline for Championship Evaluation Forms for Basketball
- March 31 Program Committee Conference Call

**Canadian Colleges  
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(CCAA)**

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