



# Canadian College Sport Connections

Official Newsletter of the Canadian Colleges Athletic Association

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## CCAA NATIONALS

### Champions have been crowned at CCAA Badminton Championships

The 2009 CCAA Badminton National Championships did not disappoint as the action was top notch. With the tournament coming to a close at Humber College on Saturday, March 7<sup>th</sup>, the medals were presented to the national champions in front of a crowd of over 400 badminton crazed fans.

The British Columbia Colleges' Athletic Association (BCCAA) won three of the five disciplines to capture their fourth straight Canadian Colleges Athletic Association (CCAA) Championship title at the **2009 CCAA National Badminton Championships**.



The BCCAA squad won gold medals in the Women's Singles, Men's Doubles and Women's Doubles events while the Alberta Colleges Athletic Conference (ACAC) secured the gold medal in the Men's Singles and Mixed Doubles events.

Winning 24 of their 25 matches, the Team Supremacy award went to the BCCAA who have been a force at the national championships for the past four years. The Eileen Harle Fairplay Plaque, awarded to a player who best observes the principles of

fair play, shows respect, and demonstrates positive attitudes towards other players and officials, was awarded to Ryan MacIntosh of the University of King's College in the ACAA.

#### Final Results:

##### Men's Singles:

Gold: Dan Kai/ACAC  
Silver: Shawn Zhang/BCCAA  
Bronze: Raymond Wong/OCAA

##### Women's Singles:

Gold: Lynn Huang/BCCAA  
Silver: Ogul Kaltakci/ACAC Wildcard  
Bronze: Yang Sun/ACAC

##### Men's Doubles:

Gold: Alvin Lau & Chin Lin Li (BCCAA)  
Silver: John Vandervet & Alan Chow (ACAC)  
Bronze: Alang Luangrath & Charlie Lay (OCAA)

##### Women's Doubles:

Gold: Stephanie Ko & Melody Liang (BCCAA)  
Silver: Reshma Bhambhani & Grace Box (ACAC)  
Bronze: Samantha Sheppard & Heather Schultz (OCAA)

##### Mixed Doubles:

Gold: Joey Vandervet & Sinead Cheah (ACAC)  
Silver: Andy Cheung & Amy Leung (BCCAA)  
Bronze: Mike Del Fante & Kayla Odorizzi (OCAA)

## UBC Okanagan Heat defeats MacEwan College Griffins in women's volleyball gold medal match.

North Bay, ON – With a full capacity crowd on hand, Saturday's gold medal game between the University of British Columbia Heat and MacEwan College Griffins was a best in the west showdown at the CCAA Women's Volleyball Championship held on March 12-14, 2009.



The Heat defeated the Griffins in a thrilling five set match for the championship banner and gold medal. The Heat went into the contest with a frightening offensive weapon in CCAA All Canadian, Sheila McNee. No team had an answer for McNee throughout the tournament, but MacEwan was up for the task using a balanced attack and sensational defence to make it to the finals.

MacEwan won a thrilling first set by a score of 26-24. McNee got a game high 23 kills but the Griffins defence neutralized her for the most part. Leanna Gildersleeve led her team's attack with 17 kills. Highly energized Heat Libero, Erin Kolmatycki was a key cog for her team as she covered the entire court with 17 digs and seemed to be involved in every play. Griffin's Libero, Erica Latta led her team with 22 digs to match Kolmatycki's near flawless defensive efforts. The Griffin's went up two to one after three sets and looked to have all the momentum, leading 8-7 in the fourth. The Heat responded by going on an 11-3 run and ended up winning the fourth set by a 25-16 score.

The fifth and final set was a nail-biter as the lead changed five times before the Heat broke the deadlock and won the set 15-11 and the championship banner along with the gold medal. Player of the game honours went to the Heat's Kailey Buller and the Griffins' Gildersleeve.

### Final results:

Gold – University of British Columbia Okanagan Heat (Kelowna, BC)  
Silver – MacEwan College Griffins (Edmonton, AB)  
Bronze – Collège François-Xavier-Garneau - Les Élans (Quebec City, Que)  
4th Place – Red Deer College Queens (Red Deer, AB)  
5th Place – Humber College Hawks (Etobicoke, ON)  
6th Place – Vancouver Island University Mariners (Nanaimo, BC)  
7th Place – Nipissing University Lakers (North Bay, ON)  
8th Place – Mount Allison Mounties (Sackville, NB)

### 2nd All-Star Team:

Britt Grydeland - Vancouver Island University  
Landis Doyle - Humber College  
Caitlin Nyhus - University of British Columbia Okanagan  
Eve Trépanier - Collège François-Xavier-Garneau  
Jessica Clutton - Red Deer College  
Erin Kolmatycki- University of British Columbia Okanagan

### 1st All-Star Team:

Catherine Laurin - Collège François-Xavier-Garneau  
Katie Graves - Red Deer College  
Erica Latta - MacEwan College  
Alex Basso - University of British Columbia Okanagan  
Kaylene Ehret - MacEwan College  
Kirsten Wishloff - MacEwan College

### Tournament Most Valuable Player:

Sheila McNee, University of British Columbia Okanagan

### Fair Play Award:

Mount Allison University Mounties (ACAA)

**MacEwan College Griffins win CCAA Men's 2009 Volleyball Championship**

Before 1200 spectators, the MacEwan College Griffins won the Coldwell Banker Fort McMurray 2009 CCAA Men's Volleyball National Championship, held on March 12-14.



The Griffins faced the undefeated and number one seeded Limoilou Titans, playing before a full house of volleyball aficionados on Saturday, March 14, winning Gold. "It's a dream come true," said Jon Heinen, Griffins Coach. "This is not a small tournament. While our season has been up and down, the guys played their best match against Limoilou, which is exactly what was needed," he enthused. The Bronze went to the Camosun College Chargers from British Columbia defeating the Algonquin Thunder.

Upon his arrival in Fort McMurray, Heinen had promised that the team would represent Alberta well, and he delivered on the promise. "We are well-prepared. The Syncrude Sport & Wellness Centre is a wonderful facility that has used the space well. We expect a good competition," he had said in a prior interview. A good competition was indeed the case. MacEwan who was seeded number two, won the first set 25-17, with the second one going to Limoilou, but the last two sets would go to MacEwan again for the victory.

Christopher Womack, MacEwan Griffins captain won the Player of the Tournament award. MacEwan also won the Fair Play Award for best sportsmanship throughout the event.

Wade Kolmel, Huskies Athletic Director and Co-Chair for the host committee said the final match was hard-fought and surprising. "It was great to see the Griffins win. It was Limoilou's first defeat of the season, and the match was both surprising and emotional," Kolmel said. Michelle Dolmont, who co-chairs the tournament, said the final match was more amazing and exciting than she could have imagined. "The fan support from our community was unbelievable. To have sold out games for the bronze and gold just shows the Big Spirit our community truly does have," she said.

#### **Final results:**

Gold – MacEwan College Griffins (Edmonton, AB)  
Silver – Cégep Limoilou Titans (Québec, QC)  
Bronze – Camosun College Chargers (Victoria, BC)  
4th Place – Algonquin College Thunder (Ottawa, ON)  
5th Place (Tie) - Keyano College (AB) and Fraser Valley (BC)  
7th Place - Seneca College Sting (North York, ON)  
8th Place- University of New Brunswick-Saint John Seawolves (Saint John, NB)

#### **2nd All-Star Team:**

Alwyn Piche (Keyano)  
Justin Boudreault (Limoilou)  
Tommy Belisle (Limoilou)  
Costa Solanakis (Algonquin)  
Derek Fletcher (Fraser Valley)  
Dan Goodburn (Camosun)

#### **1st All-Star Team:**

Mark Breakwell (MacEwan)  
William Pasieka (MacEwan)  
Ryan Debruyn (Algonquin)  
Frederic Mondou (Limoilou)  
Pierre-Alexis Lapointe(Limoilou)  
Aleks Saddlemeier (Camosun)

#### **Tournament Most Valuable Players:**

Chris Womack (MacEwan College)

**Fair Play Award:** MacEwan College

## Sainte-Foy keeps the gold at home in the 2009 CCAA Women's Basketball Championship



The Cégep de Sainte-Foy Dynamiques won the gold medal for a second year in a row in front of an overheated home crowd in Québec city on March 20th. The host team for the 2009 CCAA Women's Basketball Championship overtook the Sheridan Bruins with a final score of 70 to 62. Donisha Young and Hali Burns scored 21 and 13 points for the Bruins while Marie-Pascale Nadeau and Catherine Groleau led the Dynamiques to the gold medal with 17 and 15 points each. The Lethbridge College Kodiaks (Alberta) won the bronze medal in a tight match against the Dawson College Blues. Nadine Adams and Bonnie Smith led their team to the victory with 16 and 14 points each. Carolann Cloutier and Sabrina Stambouli both scored 14 points for Dawson.



### Final results:

Gold: Collège de Sainte-Foy  
Silver: Sheridan College  
Bronze: Lethbridge College  
4th place: Dawson College  
5/6 place: MacEwan College  
5/6 place: Seneca College  
7th place: Camosun College  
8th place: Saint Thomas University

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

### Second All Stars Team

Camosun College - Carmen Laphorne  
Seneca College - Ashley Docking  
MacEwan College - Jill Verhesen  
Lethbridge College - Anne Mercer  
Sheridan Institute of Technology - Donisha Young

### First All Star Team

Dawson College - Sabrina Stambouli  
Lethbridge College - Kayla Lambert  
Cégep de Sainte-Foy - Catherine Groleau  
Sheridan Institute of Technology - Hali Burns  
Cégep de Sainte-Foy - Françoise Charest

### Tournament Most Valuable Player:

Cégep de Sainte-Foy - Marie-Pascale Nadeau

### Fair Play Award: MacEwan College

## Cougars win gold at CN 2009 CCAA Men's Basketball National Championship for second consecutive year!

The CN 2009 CCAA Men's Basketball Championship was held in Prince George, British Columbia from March 20-22. Eight representative teams from British Columbia, Alberta, Ontario, Quebec, Atlantic Canada, two wild card teams and the host the UNBC



Timberwolves competed for the gold medal. Three days of competition resulted in a victory for ACAC champions, the Mount Royal Cougars, with a 79-67 score against Champlain College (St. Lambert). The Algonquin Thunder team from the OCAA took home the bronze medal after battling it out with the University of Northern British Columbia (BCCAA).



**Final results:**

Gold: Mount Royal Cougars  
Silver: Champlain St. Lambert Cavaliers  
Bronze: Algonquin College Thunder  
4<sup>th</sup> place: University of Northern British Columbia  
5<sup>th</sup> place: Mount St. Vincent  
6<sup>th</sup> place: Humber College  
7<sup>th</sup> place: Cégep Momorency  
8<sup>th</sup> place: University of British Columbia – Okanagan

**First Team All-stars**

Charly Spurr - Algonquin College Thunder  
Niko Cochran - Champlain St. Lambert College Cavaliers  
Adam Chmielewski - Champlain St Lambert College Cavaliers  
Craig Jantzen - Mt. Royal College Cougars  
Inderbir Gill - University of Northern BC Timberwolves

**Second Team All-stars**

Ibrahaim Toulany - Mt. St. Vincent University Mystic  
Daviau Rodney - Humber College Hawks  
Jordan Rose - Algonquin College Thunder  
Cam Dodd - Mt. Royal College Cougars  
Dennis Stark - University of Northern BC Timberwolves

**CCAA Most Valuable Player Award**

Jordan Hone - Mt. Royal College Cougars

**CCAA Fair Play Award**

Francis Rowe - University of Northern BC

## COACHING NEWS

**2008/09 Female Apprentices at National Championships**

A success! Two words to describe both the program and participants in the Female Apprentice Coach program. The Female Apprentice Coach program is aimed at targeting the rich source of potential female coaches in the ranks of graduating student-athletes and creating a new coaching position, the apprentice coach, to begin the coaching careers of the successful applicants. The CCAA is working towards the goal of having at least one female coach on each CCAA woman's sport program's coaching staff. Incentives are offered to institutions that offer apprentice coach positions on their coaching staff within the CCAA sports of soccer, volleyball, basketball, badminton golf and cross country running. The grant is identified for use as a) professional development opportunities in NCCP-related courses and (b) operational costs associated with the apprentice coach. Thanks to increased support from Sports Canada, this program was able to offer more grants to 18 first time applicant institutions and this year there was a total of 23 Female Apprentices. Congratulations to the following schools on making it through to the CCAA's National Championships and providing their apprentice coaches with an opportunity to attend, observe, assist, and coach at a national competition. While being provided an understanding of the coaching demands of the national arena in her sport, this experience will no doubt provide the apprentice with the skills to move to the next level.

Camosun College – Apprentice Coach Courtenay Parks, Women's Basketball  
Douglas College – Apprentice Coach Sian Deng, Badminton  
Vancouver Island University – Apprentice Coach Danielle Gaudet, Women's Volleyball  
St. Lawrence College (Kingston) – Apprentice Coach Ingrid Golemiecstover, Cross-Country  
St. Thomas University – Apprentice Coach Bridgette Greer, Women's Basketball  
Holland College – Apprentice Coach Amy Connolly, Women's Soccer

## LEGENDARY LANGARA COACH RECEIVES TOP HONOUR FROM BASKETBALL BC

VANCOUVER – The Langara Falcons are excited to learn that their former Men's Basketball bench boss, Duncan McCallum, will be inducted into the Basketball BC Hall of Fame for his contributions and accomplishments as coach of Langara College (formerly known as Vancouver Community College). McCallum's induction into such prestigious company is scheduled to take place at the Basketball BC Hall of Fame and Awards Dinner set to take place on April 25, 2009 and the Delta Burnaby Hotel. McCallum, affectionately known as Dunc, served as Head Coach of the Men's Basketball team at VCC/Langara from 1970-1991, and also served as the Athletic Director until 1994. During that time he established one of the finest men's basketball programs in the nation, winning ten (10) BC Provincial College Championships, five (5) National College Championship Silver Medals, and amassing nearly 500 wins in his college career (499 wins / 224 losses). Over the years he coached and developed many of today's finest community leaders and coaches, and upon his retirement left an everlasting legacy for Langara College and the entire basketball community in British Columbia.



In 1999 the British Columbia Colleges' Athletic Association (BCCAA) named a perpetual award after the legendary coach for his many years of dedication to college basketball in Canada. This award is known today as the CCAA Duncan McCallum Men's Basketball Fairplay Award. In 2003, McCallum was also presented with Langara's Order of the Falcon Award.

### Conference Update: Atlantic Colleges Athletic Association

The Nova Scotia College Conference came into existence during Centennial Year in May 1967. The charter colleges were: Nova Scotia Technical College, Halifax; University of Kings College, Halifax; Nova Scotia Teachers College, Truro; Xavier College, Sydney; Universite Ste. Anne, Church Point, and Nova Scotia Agricultural College, Truro. In its origin, the Conference was known as the Nova Scotia Small College Conference. The major sports were soccer, hockey and basketball.



Over the years the Conference has seen major changes with members, the association name, sport participation and personnel. The present name "Atlantic Colleges Athletic Association" reflects our regional composition with four member institutions located in New Brunswick, four in Nova Scotia and one in Prince Edward Island.

#### Sports offered:

##### ACAA:

- soccer (men's/women's)
- volleyball (men's/women's)
- badminton (men's/women's)
- basketball (men's/women's)
- golf (men's/women's)
- rugby (men's/women's)
- cross country (men's/women's)

##### CCAA:

- soccer (men's/women's)
- volleyball (men's/women's)
- badminton (men's/women's)
- basketball (men's/women's)
- golf (men's/women's)
- cross country (men's/women's)

The ACAA presence in CCAA activity has been strong since the inception of the CCAA. Currently the Vice-President Governance (Judy Smith – NSAC) and the Vice-President Finance (June Lumsden – MSVU) are from the Atlantic Conference.

ACAA members have been enthusiastic hosts for CCAA Championships over the years, welcoming teams from across the country and taking extra efforts to give student-athletes and coaches a true Atlantic coast experience.

In 2006-07 the ACAA adopted a 3 year strategic plan which resulted in the organization contracting for support services formerly done on a volunteer basis. During 07-08 this role expanded and today a

part-time Executive Director is in place. Over the past two years an examination of policies and procedures has been undertaken with a view to consolidate operational procedures and to streamline the delivery of programs to member institutions. As is the case across the country the ACAA continues to review formats and practices particularly in light of current economic stresses.

### **Highlights of 08-09**

ACAA members held very successful invitational tournaments for women's hockey. As interest increases there may be an ACAA Championship in the future for this fast growing sport.

Clarification of eligibility regulations, particularly those associated with academic progress continue to be a challenge. Wording of regulations and intent do not always come together smoothly. We look forward to clarity in both.

The ACAA will launch a new website for the 09-10 academic year.

A more user- friendly and dynamic version will give the ACAA a "new look" as we continue in our efforts to engage our public in ACAA programs.

For the first time in ACAA history our candidate was selected as the CCAA Men's Basketball Player of the Year. In his fourth year of studies, Mount Saint Vincent University's, Jason Carlson, was chosen for this prestigious award. From his post position, Jason averaged 23 MPG, 13.7 PPG, 9.8 RPG, guiding the Mystics to a near perfect season and a number one National Ranking. One of the tri-captains for the Mystics, Jason provided excellent leadership both on and off the court and was a mark of consistency throughout the season. Jason contributes to his sport as a coach as well as donating his time at several basketball camps and organizing the Spring and Summer league at Mount Saint Vincent University.

The ACAA also received CCAA Fair Play Awards this past year. Mount Allison University Women's Volleyball team and Ryan MacIntosh of the University of King's College badminton were acknowledged at the National Championships.

Jack Drover Athletic Director of Mount Allison University will retire at the end of this year. Jack has administratively served on "too-numerous-to-mention" committees and associations over the years. From community hockey, soccer, sports committees, the ACAA and other organizations, his service to community and the University over the past 35 years has lead to a diverse and successful career at Mount Allison.

Jack came to the University in 1974 and his coaching career at Mount Allison includes 15 years as coach of the men's Soccer Mounties, 25 years as coach of the men's hockey team, and seven years as coach of the women's Hockey Mounties. He has been Mount Allison's Director of Athletics since 1991 and an active supporter of the ACAA and the CCAA. His input has been extremely valuable and he shall be missed. Thank you Jack and best wishes on your retirement!

Article submitted by Ron O'Flaherty, Chair of the ACAA

## **SPORTS NEWS**

### **Douglas College Badminton players win Premier's Sports Awards**

On the 1-year anniversary prior to the start of the 2010 Vancouver Olympics, British Columbia Premier Gordon Campbell presented 102 B.C. athletes with the prestigious Premier's Award to recognize their contribution to sport through their provincial, national and international achievements. "These athletes all have something in common: the ability to inspire and to be shining examples of determination, passion and a commitment to excellence" mentioned Premier Campbell in his address to the athletes, coaches, parents and media assembled at the Sheraton Vancouver Wall Centre for the awards ceremony.



Douglas Royal athletes Stephanie Ko & Alvin Lau were named College Athletes recipients as well as Melody Liang who was a recipient from BC Badminton.

## OTHER NEWS

### Increased Risk of Suspension and Public Disclosure for Marijuana Violations

(Ottawa, Ontario – March 12, 2009) – The Canadian Centre for Ethics in Sport (CCES) would like to warn Canadian athletes that a doping violation for marijuana or other specified substances is much more likely to result in a suspension and public disclosure of the athlete's identity under the 2009 Canadian Anti-Doping Program (CADP). For the complete story, please visit: <http://www.cces.ca/pdfs/CCES-MR-SpecifiedSubstances-E.pdf>

### Who will host in 2009-2010?

Bids have been accepted and the following schools will host the National Championships in 2009-2010.

- o St. Clair College – Golf (Oct.13-16 2009, Windsor, ON)
- o Humber College – Women's soccer (Nov. 4-7 2009, Etobicoke, ON)
- o Seneca College – Men's soccer (Nov. 4-7 2009, North York, ON)
- o Augustana Faculty U.of A. - Cross Country Running (Nov. 13-14 2009, Camrose, AB)
- o MacEwan College – Men's volleyball (March 11-13 2010, Edmonton, AB.)
- o Cégep de l'Outaouais – Women's volleyball (March 12-14 2010, Gatineau, QB)
- o SAIT – Men's basketball (March 18-20 2010, Calgary AB)
- o University of British Columbia - Okanagan– Women's basketball (March 18-20 2010, Kelowna, BC)
- o NAIT – Badminton (March 4-6 2010, Edmonton AB)



**Fall bids to host a CCAA National Championship are due by May 1<sup>st</sup>, 2009.**  
**Soccer - 2010 ACAC**  
**Courses de fond - 2010 Open**  
**Golf - 2010 Open**

### Canadian University / College Golf Championships

The RCGA will be holding the 2009 Canadian University/College Golf Championships at the King's Forest Golf Course in Hamilton, Ontario, May 25-29, 2009.

#### Entry Deadline: April 29, 2008

Please complete the application form and return it to the RCGA along with \$625 application fee to the following address:

RCGA Amateur Championships Division

1333 Dorval Drive, Suite 1

Oakville, ON L6M 4X7

Phone: 1-800-263-0009 x 250

Email: [aturcotte@rcga.org](mailto:aturcotte@rcga.org)

[www.rcga.org](http://www.rcga.org)



## MARKETING

### Time to submit your MIP invoices!!

If you have purchased items from one of our Marketing Incentive Program (MIP) partners, we need to know!! This information can be submitted in one of two ways: 1) Complete the MIP Summary Sheet attached and send it with your invoices from the purchases made with an MIP partner, or 2) Simply fax us your invoices and we will do the rest. **The deadline to submit this information is April 30, 2009.** If you have any questions and/or concerns, please contact Ryan Kuhn by email ([ryan@ccaa.ca](mailto:ryan@ccaa.ca)) or via telephone at 613.933.6080 ext. 2193.

*Qualifying Purchases:*

- All **Spalding** Basketballs
- All **Baden** Volleyballs
- All **Black Knight** Badminton shuttles, racquets and equipment
- All **Big Kahuna Sport Co.** equipment and supplies
- All **Sportag** promotional items
- **ONLY Adidas** Soccer balls purchased at Big Kahuna Sport Co.

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**Information from the SIRC Sport Library about Offseason Training**



The offseason is here! In order to stay in shape while maintaining your strength, co-ordination and athletic skills, it is important to keep your body moving. Exercise equipment, aerobic exercises, gym workouts or just playing a different sport can all be helpful to get you ready for your next season and stay healthy during the offseason. Keeping active during the summer is very important, however it is also recommended to squeeze in a few days of rest and relaxation in order to give your body the time it needs to replenish.

From cross training to sport specific exercises, here are some articles related to offseason training from the SIRC Sport Library.

Please visit [www.sirc.ca/ccaa](http://www.sirc.ca/ccaa) during the month of April to read the following articles:

As teams increase their practice time during the offseason, athletic administrators grapple with how to balance funds, facilities, and personnel with the wishes of their coaches and student-athletes.  
Source: Read, D., Athletic management (Ithaca, N.Y.), 13 (2), p.13-17 ID=S-675859



**Strength and coordination training: build your body this winter - without expensive exercise equipment.**

This article presents a workout that can be used over the off-season months to improve strength and coordination.

Source: Anderson, O., Peak performance (London), iss. 157, 2001, p.1-6 ID= S-797646

**Off-Season Basketball Training.**

The article focuses on off-season basketball training. The off-season is deemed as a time when the players can dramatically distance themselves or gain ground on the competition by further developing their fundamental skills, strength, and competitiveness or seizing the opportunity to rest or just play pick-up games. A simple but effective training program can be built around several factors, including desire, identifying strength and weaknesses, developing a practice plan and commitment and hard work.

Source: Marumoto, Tom (2008). *Coach & Athletic Director*. 77(9), p52-53.

**Off-Season Conditioning for Soccer.**

The article focuses on the author's views regarding the benefits of off-season conditioning for soccer players in the U.S. The author states that the long break that comes between the spring and fall seasons is the period to train consistently in order to become smarter than other players. He adds that players should aim to increase their soccer-specific conditioning level as well as heighten their skills. The author mentions some guidelines for off-season training.

Source: Bradley, Bob (2007). *Soccer Journal*, 52(7), p11-12.

**Planning for off-season training and rest**

Describes how ultrarunners need rest and variety in off-season training. Includes how to establish off-season goals and how to schedule and off-season. Provides a sample running and cross-training off-season schedule

Source: McDonald, S. (2003) *Ultrarunning Dec 2003: Vol. 23 Issue 7*. p. 4-5. ID=s-922371

### **Staying in shape during the off-season.**

The off season is the perfect time to reassess one's training plan, take a break, enjoy other sports, plan more gym workouts, target weak skill and muscle areas, and register for next year's events, as well as picking up off-season kit, like a turbo trainer, overshoes, and warm clothing for every part. The training plan for weeks 31 to 36 is included. Source: Lidbury, Emma-Kate. Ultra-FIT (Penzance, England), 18(8), p.80-84. ID= S-1080793

### **Power trip: the key to any athlete's success is in the off-season, when strength conditioning takes place.**

Here are some tips for making the most of your team's off-season.

Includes exercises for flexibility and warm-up, power, plyometric training, core stability, agility, aerobic conditioning.4(2), p.5-6 ID= S-814972

### **Winter work brings summer rewards.**

How coach and athlete can use this year's performances to plan some effective winter training.

Source: Lowes, D. (2002). The Coach (Peterborough, England), (12), p.7-15 ID= S-849688

### **Conditioning interview: off-season considerations for training professional volleyball players.**

Tyra Harper, outside hitter for Minnesota Chill, describes her training philosophy, and her volleyball career through high school, college and the professional level.

Source: Harper, T. (2003). Performance conditioning volleyball (Lincoln, Neb.), 10(3), p.5-7;12 ID= S-893907

### **Are we Ready for Summer?**

The summer months are a perfect time to do the things you can't fit in during the year - including taking a break from it all.

Source: Hoch, D. (2006). Athletic management (Ithaca, N.Y.), 18(4), p.24. ID= S-1072947

### **Off-Season Conditioning.**

Do we really need to do aerobic exercise? The answer is simple, yes. A look at some off-season exercises that could strengthen athlete performance.

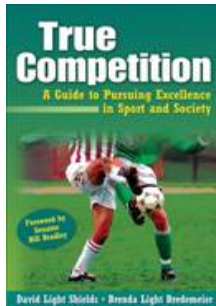
Source: McCullough, T. (2005). Texas coach (Austin, Tex.), 49(8), p.28-29. ID= S-1076948

## **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.

Source: McCullough, T. (2005). Texas coach (Austin, Tex.), 49(8), p.28-29. ID= S-1076948

Order now and save 25% on True Competition. Offer valid on web orders only. Click on the book to order. Enter code X622. Offer expires 04/30/08.



**True Competition: A Guide to Pursuing Excellence in Sport and Society** offers a blueprint for maximizing the potential of competition to foster excellence and enjoyment. It provides a novel perspective on competition that challenges traditional beliefs through a research-backed defense that—up until now—has been lacking. With this text, readers will learn the differences between positive and negative competition, and they will discover how to implement change in their organizations, teams, and individual practices.

[True Competition - Human Kinetics](#)

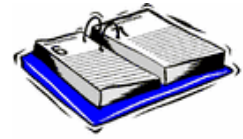
**Canadian Colleges  
Athletic Association  
(CCAA)**

**St. Lawrence College  
2 Belmont St.  
Cornwall, Ontario  
K6H 4Z1**

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

[colette@ccaa.ca](mailto:colette@ccaa.ca)  
613.933.6080 ext.2211

## **CCAA Key Dates and Deadlines – APRIL / MAY**



April 15	Application deadline for CCAA Community Service Award
April 30	Deadline for final submission for the Marketing Incentive Program summary sheet and invoices.
May 1	CCAA Executive, Provincial Representatives, Sport Convenors, Host reports, Host Update Reports and National Office Staff reports due for Annual General meeting.
May 1	Deadline for Level 1 sports Host bids for Golf, Cross-Country Running and Soccer for National Championships held in 2010
May 1	PCAA's submission of institution's application for new membership in the CCAA.
May 15	Application deadline for CCAA Athletic Director of the Year Award
May 25	Deadline for CCAA Directory updates by members.