



Canadian College Sport Connections

Official Newsletter of the Canadian Colleges Athletic Association

Issue #36

October 2009

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Feature Story

Hosting This Year's Golf Championships: The Ambassador Golf Club



(Hole #15)

The 2009 PING CCAA Golf Championship - three day tournament is set to begin October 13th at the beautiful Ambassador Golf Club in Windsor, designed by the award winning course designer Thomas McBroom in 2005.

The action will begin with the PING Skills Competition Tuesday morning before the practice round takes place to kick off the week. The Championship will feature over 100 of the top male and female collegiate golfers across Canada who will be taking on one of the Country's best new public golf courses.

Dave Findlay, CPGA Head Professional at Ambassador is extremely excited to host this event. "Ambassador Golf Club is proud to host the 2009 Ping CCAA Golf Open Championships. We are looking forward to seeing the best in Canadian College golf and showcasing this fantastic venue to all of Canada."

Course Profile:

The Ambassador Golf Club is the premier public golf course and facility in Essex County. The course was designed by world renowned golf course architect Thomas McBroom. McBroom has left an indelible imprint on the Canadian golf landscape by masterfully creating over 65 signature courses, with many of them ranked amongst the best in Canada.

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Ambassador Golf Club is a par 71 course that has already been acknowledged by leading golf writers from across the country. The golf course opened in August of 2005 and was immediately nominated as the "Best New Course" in Canada by Golf Digest and in Ontario by OG Magazine.

"Ambassador wins hands-down for best value"

"Ambassador sets a new standard for public golf"

"For under \$65 I challenge anyone to find a better course in Ontario"

OG Magazine

"This might be the best conditioned course in Southwestern Ontario...including the private clubs"

London Free

Press

In 2007, Ambassador was ranked as one of the "Top 25 Places That You Can Play" in Ontario by OG Magazine.

In 2008, Ambassador was the #1 "Best Bang For The Buck" in Ontario. This recognition was also given by OG Magazine.



(Hole # 7)

In 2009, Ambassador once again made the list of the "Top 25 Places That You Can Play" in Ontario and was also nominated for and made the elite list as one of the "Top 100" golf courses in Ontario.

Ambassador Golf Club is very proud to be hosting the 2009 CCAA National College Golf Championships.

In 2008 Ambassador hosted the Ontario Women's Mid-Amateur Championship and in 2010 the club is hosting the Senior Men's Amateur. 🍷

Sports News

Not the Usual Course of Play: Ray Chateau

JUST LIKE ANY GOOD TEACHER, RAY CHATEAU UNDERSTANDS that preparation is vital to conducting a good lesson. And so, shortly after answering an ad for a Professional Golf Management program coordinator at Humber College's business school nine years ago, Chateau went about assembling the pieces necessary to ensure that Humber's students would be given an optimum shot at provincial and national success. Athletics Director Doug Fox jumped on board. As a consequence, a school with the thinnest of portfolios in the sport of golf went on to win six national men's college titles in the next eight years (with the women's team winning gold the past two seasons-by wide margins).



"If you're going to promote excellence and a belief system of being the best—from an academic standpoint as we have, then everything in the program should reflect that pursuit," says Chateau, a 40-year-old Sault Ste. Marie native and married father of two. "It took us a couple years to build the program up, but Doug has been a phenomenal supporter. He made sure from day one that none of our players would incur any expenses, from travel to clothes to bags—something that most other schools have to worry about. "I consider our program on par with the University of Victoria and UBC as the best in Canada," adds Chateau, who has also guided Canada's national university team since 2004. "We don't have a 12-month season like they do, but we have more flexibility with our schedule. I took our team to play both the Scottish University Championships and the Old Course this past season." World travel helps, but other benefits have been reaped by staying close to home. "Colin Thompson, the head pro at St. George's and a PGM graduate, teaches retail," Chateau notes. "Former Canadian Tour commissioner and top-50 instructor Bob Beauchemin teaches a number of courses. Golf course architect Kevin Holmes teaches golf course design. Ian Scott, the GM at Mississauga G&CC, teaches training and development. There are benefits to being in the GTA!"



The PGM program itself is worthy of such talent, taking traditional business administration courses like accounting, human resource management and marketing and mixing them with courses on turf management, bar and restaurant operations, as well as sports psychology. Add two full-time paid field placements and the endorsement of the Canadian PGA, and the result is a diploma program in which Chateau has never seen a graduate fail to land a job in the industry. "It's kind of funny," he says, "but one of the things that makes the PGM program unique is that our grads have to deal with the reality of multiple job offers upon graduation." Credit Chateau's personal investment for much of that success. A winner of the Leadership in Faculty Teaching (UFT) award, which acknowledges the top 100 university and college professors in Ontario, Chateau takes particular pride in

watching his pupils grow into professionals. "I enjoy seeing how much they've matured by graduation. You want them to learn from a knowledge standpoint, but I take a lot of pride seeing how they develop as people." Nowhere is that maturation process more evident than in competition. "You'd be surprised at how much success in the business world is related to success on the golf course," he says. "For me, it boils down to the ability to establish goals and maintain the focus and commitment to meet those goals." 🍷

Aggregate Standings

Golf & Cross-Country Running

Aggregate standings have always been kept in the sports of soccer, volleyball, basketball and badminton. Points are awarded based on ones placing at National championship events. With the growth in participation in the sports of Cross Country Running and Golf within the CCAA aggregate standings have recently been calculated.

Points are awarded to colleges at Cross Country Running and Golf Championships based on the following system:

First	10 points
Second	7 points
Third	5 points
Fourth	3 points
Others	1 point

Then divided by 4 to reflect the potential points generated by a college in each of the separate categories men's team, women's team, men's individual, women's individual.

Be on the look-out for these Institutions as they embark on the 2009 PING CCAA Golf National Championships hosted by St. Clair College October 13-16, 2009 and 2009 CCAA Cross Country Running National Championships hosted by Augustana Faculty University of Alberta November 13-14, 2009

Top Ten Overall Golf

	Total Points
1. Humber College	56
2. Champlain St-Lawrence	37.75
3. Georgian College	26.5
4. Camosun College	23
5. Durham College	16.5
6. Niagara College	13.5
7. Red Deer College	7.25
8. St. Clair College	5.75
9. Vancouver Island University	4.5
10. University of the Fraser Valley	4.25

Top Ten Overall Cross Country Running

	Total Points
1. Lethbridge College	38.75
2. Augustana Faculty University of Alberta	27.25
3. Red Deer College	13.25
3. Grande Prairie Regional College	13.25
4. SAIT	11
5. Collège Ahuntsic	10.75
6. Fanshawe College	10.5
7. Fleming College	9.75
8. Mount Royal College	7.5
8. Humber College	7.5

Coaching News

From Player to Coach in One Year: Katie Clark

Kamloops, BC—You can excuse Katie Clark if she is still having trouble not getting into her strip for practices with the Thompson Rivers University Wolf Pack women's soccer team. After all, for the last five years, it's been routine.

But as the Wolf Pack prepare to gear up for their 2009 BC College Athletic Association regular season, Clark finds herself in a new role. After completing her five years of eligibility, the all time leading scorer in school history is now an assistant coach under new head man Tom McManus.

"I'm adjusting just fine," she says. "The first day of training we had the girls do some fitness testing. I sat there with a grin on my face because there was no part of me that missed that. I'm unlucky in the way that my last couple seasons I grew to have some serious health issues, however I am lucky in the way that I was able to let go of soccer as a competitor long before now."



Clark's turn to the coaching ranks came almost by accident. "I actually had no intention of coaching to be honest." Clark explains. "Over the last couple years Kelly Shantz and Glenn Archer had mentioned it to me here and there and I really didn't see myself wanting to do it. I honestly thought after my 5th year that I was walking away from soccer forever but near the end of the school year last year I got to thinking. I still have a couple years left of school, I'm going to be around anyways, and who better to be mentored by than Tom McManus. He had coached me in PCSL for a bit there. I, among others grew attached to him as a coach and person. I thought I would give coaching a go beside him and see what happens this year. Hopefully by the end of the year I will know if coaching is something I want to pursue or not."



McManus has given her an assignment which she should be more than capable of: working with the forwards. "I think I will learn lots from Tom. He is an offensive attacking style coach which will compliment what I know about the game."

Many of those who become Assistant Coaches a year removed from their playing days have problems getting respect. Has Clark thought about that? "I don't think it is difficult to separate myself as an authority figure rather than a teammate. I was their captain for the last couple of years so the authority was already there. If anything, it is an advantage I have because I am a female coach who they can relate to, and for some I may be more approachable in certain situations. There may be situations that I could better handle because of that. It is a young crew of mostly 1st and 2nd years, with a couple of vets who have already asked me how to go about certain situations as leaders so I don't doubt my role as an authority figure. That's not to say that I don't have areas to improve on, but the building blocks are there."

Clark got her first taste of game coaching on Saturday, September 5th when the Wolf Pack opened up their 2009 BCCAA season at home vs. the Langara Falcons. 📍

New at the CCAA

Stay Connected!

Along with the launch of the new CCAA website www.ccaa.ca comes an all new way to follow the CCAA. Online social networking sites such as Facebook, Twitter, and Youtube pages have been launched.



Facebook: Show your support and get up-to-date news by becoming a fan of the CCAA on Facebook by clicking the link below and clicking on the 'Become a Fan' button:
<http://www.facebook.com/home.php#/pages/Canadian-Colleges-Athletic-Association/58886710996?ref=nf>



Twitter: Follow us on Twitter to get up-to-date scores and info from CCAA National Championships as well as any new happenings in the CCAA.
<http://twitter.com/CCAAsportsACSC>



YouTube: Check out highlights from past championships, athlete interviews, and more. More videos will be added as they come in. We encourage you to send your favourite CCAA videos to ryan@cca.ca.
<http://www.youtube.com/user/CCAAsportsACSC>

Other News

SIRC Newsletter

Information from the SIRC Sport Library: Team Cohesion

With the start of the new school year comes the start of the new season. The team dynamics are likely to have changed with new players joining and others leaving. Now comes the time to get these athletes to work together as a cohesive team. This can often be difficult as all athletes have different personalities, goals, achievements and athletic ability, but team cohesion is critical as it can often impact performance. It is important to participate in team building exercises and to come up with expectations together not only for the team but also for players as individuals; this can include goals, commitment and procedures for dealing with problems within the team.



From creating a team culture to improving sport performances through team cohesiveness, here are some articles related to team cohesiveness from the SIRC Sport Library.

Please visit www.sirc.ca/cca during the month to read the following articles:

Creating a Team Culture of Player Development: Reflections, perspectives and experiences from a youth soccer coach.

This article suggests that team culture of player development promotes high standards of achievement season after season both on and off the field and provides tips for creating a culture of soccer, social and personal development.

Source: Saxena, Ashu (2006) *Soccer journal (Mission, Kan.)* 51(2) p.47-50 [SIRC ID # S-1031983]

Enhancing Performance through Team Cohesion.

The authors present a review of the literature on team cohesion in sport, and suggestions on how team cohesion can be improved. Topics covered include: the results of a meta-

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analysis study; leadership; team environment; team size; social loafing; roles; group norms.
Source: *Baulk, Tim. Wilson, Vietta (Sue) (2005) Coaches report (Ottawa) 12(2) p.8-9 [SIRC ID # S-1059337] / Baulk, Tim. Wilson, Vietta (Sue) (2005) EntrainInfo (Ottawa) 12(2) p.8-9 [SIRC ID # S-1059338]*

Team cohesion and success: is there really a demonstrable link?

An overview of research on the topic of group cohesion for team sports and if this improves the potential for winning.

Source: *Brandon, R. (2002) Peak performance (London) 172 p.5-6 [SIRC ID # S-851685]*

Attention to group factors: coach considerations to building an effective team.

Coaches often stress the importance of developing a cohesive team with a shared sense of purpose. Yet, the unique blend of personalities, experience, and athletic ability on most teams may make the development of a highly cohesive team difficult. The present article highlights the importance of attending to team factors for the development of cohesion, satisfaction, and team member commitment. Specifically, the influence of norms, roles, group goals, and social support are discussed. While many coaches and researchers understand the importance of these variables to team functioning, interventions designed to enhance their effectiveness are rare. Practical interventions are discussed for each factor with the coach and team serving as the agents of change.

Source: *Mack, D.E. Gammage, K.L. (1998) Avante (Gloucester, Ont.) 4(3) p.118-129 [SIRC ID # S-164454]*

Expert coaches' perceptions of team building.

To date, most team building programs in sport have assessed athletes' perceptions of improved team functioning. However, the coach plays an invaluable role in the development of the team. The purpose of this study was to assess the perceptions of expert coaches on the topic of team building and to create an understanding of team building strategies specific to elite sport. Focus group methodology was implemented with a group of Canadian intercollegiate coaches. Twenty-nine coaches participated in one of five focus group sessions. Six themes emerged from the analysis: (a) fundamental elements of team building, (b) team environment, (c) coach's role and characteristics, (d) team building activities, (e) lessons learned, and (f) relationship between team building/cohesion/performance. Results improved the understanding of group cohesion and team building, and specifically addressed the role of the coach in developing a cohesive team.

Source: *Bloom, G.A., Stevens, D.E., Wickwire, T.L. (2003) Journal of Applied Sport Psychology 15(2) p. 129-143 [SIRC ID # S-892295]*

Sport: improving sport performances through team cohesiveness.

Purpose of this article was to examine importance of team cohesion and relationships between team cohesion, and performances. Relationships between team cohesion and performances had received considerable attention from sport psychologists. Review was conducted on positive relationships between team cohesion and performances, especially in teams requiring combined efforts of team members to achieve. On the other hand, it was found performances of coaching teams, such as bowling and swimming (relays), did not depend on team cohesion to achieve successes. Tuckman's four-stage group developmental sequence - forming, storming, norming, and performing - was also discussed. Recommendations concerning team cohesiveness were presented.

Source: *NurFarah, G.A. Omar-Fauzee, M.S. (2003) Journal of the International Council for Health, Physical Education, Recreation, Sport, and Dance (Reston, Va.) 39 (1) p. 37-41 [SIRC ID # S-873231]*

The Relationships Among Coaches' and Athletes' Perceptions of Coaching Staff Cohesion, Team Cohesion, and Performance.

This study explored coaches' and athletes' perceptions of coaching staff cohesion (CSC) and their relationships with team cohesion and performance. Eighteen NCAA Division I, II, and III teams participated. Coaches completed the Coaching Staff Cohesion Scale (CSCS; Martin, 2002). Athletes completed a modified CSCS, the Group Environment Questionnaire (GEQ; Carron, 1985), and an item of perceived team performance. Significant differences were found between athletes' and coaches' perceptions of CSC ($t = 7.162, p < .001$). Athletes' perception of CSC was significantly correlated with three GEQ subscales: Individual Attraction to Group-Task ($r = .610, p < .01$), Group Integration-Task ($r = .498, p < .05$), and Group Integration-Social ($r = .492, p < .05$). Coaches' perceptions of CSC were significantly correlated with Individual Attraction to Group-Task ($r = .553, p < .05$). A significant relationship was also found with task cohesion (Individual Attraction to Group-

Task, $r = .612$, $p < .01$ and Group Integration-Task, $r = .739$, $p < .001$) and performance. [ABSTRACT FROM AUTHOR] TABLES: 1) Demographic characteristics of coaches; 2) Demographic characteristics of athletes; 3) Subscale means of the CSCS and APCSCS; 4) Correlations between coaching staff cohesion and the GEQ; 5) Correlation between team performance and the GEQ.

Source: Zakrajsek, Rebecca A. Abildso, Christiann G. Hurst, Jennifer R. Watson II, Jack C. (2007) *Athletic insight: the online journal of sport psychology* 9(3) p.1-8 [SIRC ID # S-1088046]

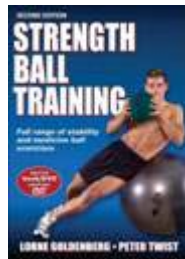
Organizational Citizenship Behavior in Sport: Relationships with Leadership, Team Cohesion, and Athlete Satisfaction.

The purpose of this study was to introduce the construct of organizational citizenship behavior (OCB; Organ, 1988) into the sport psychology literature and examine its utility in sport. Based upon OCB research in the organizational literature, the Multidimensional Model of Leadership (MML; Chelladurai, 1978), the conceptual framework of team cohesion (CFC; Carron & Hausenblas, 1998), and a model of athlete satisfaction (MAS; Chelladurai & Riemer, 1997) were selected as theoretically sound antecedents to be associated with OCB in sport. A total of 193 student-athletes from a large Division I university and a smaller Division III university representing a variety of sports participated in the study. Results of the study provide preliminary evidence for OCB as a unique and meaningful construct in sport and support many of the predictions hypothesized in the MML, CFC, and MAS. Results are discussed in the context of previous literature as well as theoretical, research, and practical implications. [ABSTRACT FROM AUTHOR] TABLES: 1) Descriptive statistics and Cronbach's Alpha for Organizational Citizenship Behavior Measure, Group Environment Questionnaire, Athlete Satisfaction Questionnaire, and Leadership Scale for Sport; 2) Correlation matrix for study variables. FIGURES: 1) The measurement model with standardized path coefficients; 2) Structural model 1 with standardized path coefficients.

Source: Aoyagi, Mark W. Cox, Richard H. McGuire, Richard T. (2008) *Journal of applied sport psychology (London)* 20(1) p.25-41 [SIRC ID # S-1071953]

CCAA 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 Canadian Colleges Athletic Association.



Order now and save 25% on **Strength Ball Training**. Offer valid on web orders only. Click on the book to order. Enter code X720. Offer expires 10/31/09.

Book Description:

Develop strength, power, coordination, balance, and core stability using the medicine ball and stability ball exercises included in *Strength Ball Training*. This book and DVD provides you with the tools for building an effective workout program at home or in the gym that targets your core and trains all of your muscles for a whole-body workout.

To see more click the following link [Strength Ball Training - Human Kinetics](#)

Summary of Deadlines - October

Date	Summary
Oct. 1 st	Deadline for Student-Athletes and Coaches Acknowledgement forms in fall sports (Golf, Cross Country Running and Soccer)
Oct. 1 st	Deadline for Golf Eligibility Forms to National Office
Oct. 7 th	Deadline for PCAA written confirmation to National Office that all participating Golf athletes are eligible under PCAA Eligibility Criteria
Oct. 12-16	2009 Ping CCAA Golf National Championship, St Clair College
Oct. 21 st	Deadline for Soccer All-Canadian, Player and Coach of the Year award information
Oct. 23 rd	Deadline for Cross Country Running Eligibility Forms to National Office
Oct. 23 rd	Deadline for Soccer Eligibility Forms to National Office
Oct. 23-25	PCAA Soccer Championships
Oct. 26 th	Final Ranking for Soccer
Oct. 28 th	Deadline for PCAA written confirmation to National Office that all participating soccer and Cross Country Running athletes are eligible under PCAA Eligibility Criteria
Oct. 30 th	Deadline for Athlete of the Month for Soccer
Oct. 30 th	Deadline for Championship Evaluation forms for Golf to be sent to National Convenor
Oct. 30 th	Deadline for 1 st submission of Marketing Incentive Program summary sheet and invoices