



Canadian College Sport Connections

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Feature Story

Keyano College Soccer Coach Goes Shoeless: Mark Oxer

A coach went shoeless and a co-captain got down on one knee to propose – to say the Huskies season-opener last month was exciting would be putting it mildly.

Mark Oxer, Women's Soccer Coach and Huskies Athletics Coordinator at Keyano's Syncrude Sport & Wellness Centre began his shoeless campaign last month in order to raise awareness for the less fortunate. He has a goal to collect 19,000 pairs of new or gently used footwear for the less fortunate, in partnership with Athletes in Action, an international sport ministry.

On September 12, Oxer put his plan to action, and coached the entire season opener against King's University in his bare feet. Even King's coaches were seen bare feet, in support of Oxer.

"It was such a nice day, so I didn't notice that I was barefoot too much. I noticed more when I was walking back to the team room after the game, and had to walk across gravel. At that point I missed my shoes," said Oxer.

As fans came and dropped off shoes, including 50 pairs from Nice 'N Necessary, a local online baby products company, Oxer said he was touched by the community's generosity and the support from Keyano College.

An estimated one thousand pairs have been collected so far, and Oxer says he will continue to raise awareness for the initiative until the "goal is reached, even if this means partnering with other coaches or organizations to do so."

Oxer is now looking for help to send the shoes to Athletes in Action, in Langley, British Columbia.

"If there is anyone out there who can help with shipping, that would be a great way to help support the project," said Oxer.

For more information on how to help Mark reach his goal of 19,000 pairs of shoes, contact him by email: mark.oxer@keyano.ca or by phone at (780) 792-2699. ➔

Story submitted by:
Kiran Malik-Khan
Communications Coordinator
Keyano College



Sports News

UBC Okanagan Men's Basketball Adds Olympian to Coaching Staff

The UBC Okanagan Men's Basketball team are please to add unfathomable experience to their coaching staff by announcing that former Canadian National team, and 2000 Olympic team member Peter Guarasci is coming to UBC Okanagan. After playing 11 seasons of professional basketball in Italy, and another in Germany, Peter has decided to call the Okanagan his home. And when his friend Darren Semeniuk, coach of the UBC O men's team, invited him to be an assistant coach, it was an offer too tempting to refuse.



Peter, or "Il Guerriero Magico" (The Magical Warrior), as he was known in the Italian leagues, was a perennial fan favourite. Standing 6 foot 9 with a big, friendly smile, he won't be difficult to spot around the UBC O campus. He played his first two years college hoops at Fairfield University in Connecticut, before transferring to Simon Fraser University, where he was the 1996 NAIA conference Player of the Year.

Pete was a stand-out player in the Italian leagues, playing against NBA players like current Raptors' star Andrea Bargnani and former star Jorge Garbajosa as well as the Spurs' Manu Ginobili. He also played alongside Steve Nash as Team Canada made a strong run in the Sydney Olympics, even beating the host team, before a disappointing loss to France which just barely kept them out of the medal round. Peter played for the national team from 1996 to 2004 and has also been served as coach for the Canadian men's junior team for the past two seasons.

Serving as an Assistant coach seems to serve well for Pete, as he expresses his interest in helping players with the defensive aspect of their games. His early impressions of the Heat men's team have been very good.

"The players are very coachable. They're all hard-working, and eager to take advice. The team has a great attitude and it should be a very good season."

And the players are already expressing their gratitude for having somebody like Pete around. "I've had more than one player come up to me and make a point of remarking that Pete has been able to take the player aside and in a few brief words he is able to impart more coaching nuggets on things like defensive technique and footwork than that player has ever experienced in their basketball career. And he was doing this in the first week, I can't wait what he comes up with in January after learning our players and league." Added an excited assistant coach Cary Mellon.

"Il Guerriero Magico" would like to encourage the entire student body, an anyone else interested, to get out there and support your defending champion Men's team as they look to make another strong run at this year's title. 🍀

Story submitted by:
Cary Mellon
Sport Information Director
UBC Okanagan

Coaching News

Apprentice Coach Goes to Golf Nationals: Kim Valleau – Mount Royal Golf

The success of the CCAA Female Apprentice Coaches Program has continued to build since it was first implemented in 2005-2006. Kim Valleau of Mount Royal University is a great example of how this program has provided the opportunity for female athletes to take on a new challenge – apprentice coach.

The CCAA Female Apprentice Coach Program is designed to identify and nurture female graduating student-athletes who demonstrate the desired skills for coaching by providing them with the opportunity to share the coaching experience in CCAA National Championship sports. Aimed at increasing the number of female coaches within the collegiate sport system, the three goals of this program are:

- To increase opportunity for young women to have access to the coaching experience;
- To support identified female graduated student-athlete coaches in their pursuit of professional development opportunities;
- To provide qualified CCAA coaches in National Championship sports with advanced training opportunities and mentoring experience; and

Valleau made her first trip to a national championship at this year's 2009 PING CCAA National Golf Championship. She has assisted with the golf team at Mount Royal being mentored by 2nd year golf coach, Brock Balog.

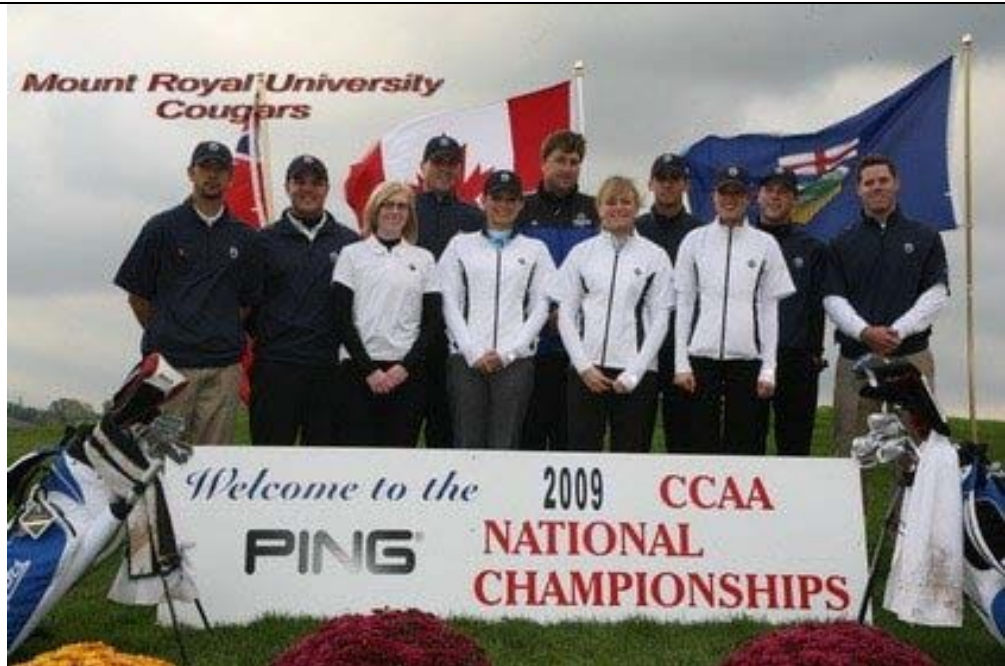
Here is what Kim had to say about her experience at her first national championship:

First of all I would like to thank the selection committee for selecting me to be one of the recipients for the CCAA Female Apprentice Coaches program.

“The opportunities and experiences I can gain through the CCAA Female Apprentice Coaches program are amazing. The CCAA has done an excellent job in setting up this program. The program allows me to learn and work with my mentor who is one of the best in the business. The financial aid provided from the CCAA also assists me in furthering my education and helps me to accomplish my goals.”

This fall I was privileged to be involved in the Ping CCAA Golf Championships held in Windsor, ON. I was the coach for our women's golf team. It was extremely exciting and rewarding to see our female athletes improve and gain confidence each day throughout the tournament. I was equally proud of how our men's team played and conducted themselves on the golf course. I believe I gained a lot of experience at the Ping CCAA Golf Championships because it gave me the opportunity to get to know each of our athletes better and allowed me to see how important different learning styles are. Coaching at the Ping CCAA Golf Championships also helped me to see how vital team dynamics are, even though golf is an individual game. As a result of attending this championship, I am much more confident with my coaching ability and hope to span into different coaching/teaching areas like junior golf programs.





Kind regards,

Kim Valleau
Assistant Golf Coach
Mount Royal University

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>



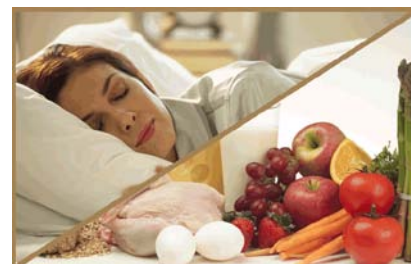
YouTube: Check out highlights from past championships, athlete interviews, and more. More videos will be added as they come in. We encourage you to send your favourite CCAA videos to ryan@cca.ca.

<http://www.youtube.com/user/CCAAsportsACSC>

Other News

Information from the SIRC Sport Library about Nutrition and Sleep

An effective training schedule for your athletes should incorporate aspects of nutrition and sleep. These two components are often forgotten but are just as important to the performance of an athlete as their workouts. Ensuring your athlete is eating the right food at the right time and getting enough sleep can provide an athletic edge. Sleep provides an athlete time to relax and recover whereas food is what is needed to fuel the engine.



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

Nutrition for Athletic Performance.

The article outlines the "Joint Position Stand on Nutrition for Athletic Performance" released by the American Dietetic Association, American College of Sports Medicine and Dietitians of Canada in 2009. The associations advise against daily monitoring of weight. They also recommend 0.5 to 0.8 grams of protein per pound body weight for endurance and strength-trained athletes. They stress the need for power sports athletes to also consider carbohydrates.

Source: Clark, Nancy, *American Fitness Sep/Oct2009, Vol. 27 Issue 5, p66*

Eating on the Road: Practical Nutrition Strategies for the Traveling Athlete.

This article discusses nutrition strategies athletic trainers and coaches can utilize when working with athletes required to travel to and from sporting events. The author suggests travel can make it difficult for athletes to maintain good nutrition and that this can have a negative impact on their performance. Tips are offered on hydration, snacks, timing of meals and choosing healthy restaurant meals.

Source: Wagner, Dale R., *Athletic Therapy Today Sep2009, Vol. 14 Issue 5*

Sleep: The Forgotten Recovery Method.

One of the best ways for an athlete to recover is to get a good night's sleep. There are 5 different stages of sleep, each having a potential effect on recovery.

Source: Smith, Roger S. (2007). *Performance conditioning volleyball (Lincoln, Neb.)* 13(5), [SIRC ID#S-1076973]

Increasing your sleep savvy.

Suggestions are presented on how to improve your sleep. The downsides to sleep deprivation and the factors that affect sleep are explained. Strategies for better sleep are highlighted.

Source: *IDEA fitness journal (San Diego, Calif.) Feb 2005 2(2)* [SIRC ID# S-1063574]

CCAA Book of the Month

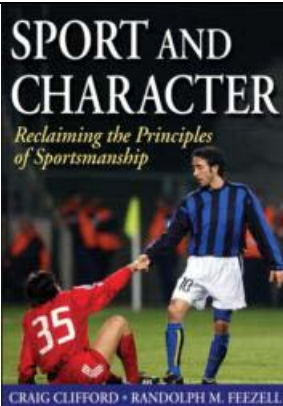
Dear Members,

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 (your associations name)

Order now and save 25% on **Sport and Character: Reclaiming the Principles of Sportsmanship**. Offer valid on web orders only. Click on the book to order. Enter code X730. Offer expires 11/30/09.

In an era when our nightly news is filled with reports of athletes run amok on the field, on the court,



and on the street, and when cheating by players and coaches has become a part of the daily discourse, sportsmanship has never been a more timely topic.

According to a national survey of high school athletes conducted by the Josephson Institute,

- 40% of boys surveyed and 25% of girls surveyed see nothing wrong with using a stolen playbook sent by an anonymous supporter before a big game;
- 54% of male football players, 49% of male basketball players, and 18% of females in all sports approve of trash talking; and
- 34% of boys surveyed and 12% of girls surveyed approve of a coach trying to pump up the team by swearing at officials to get ejected from the game.

These statistics illustrate the importance of clarifying the boundaries of healthy competition and modeling the principles of fair play. *Sport and Character: Reclaiming the Principles of Sportsmanship* can help those involved in sport tackle the important lessons of sportsmanship by encouraging them to practice and teach respect for opponents, coaches, officials, teammates, and the game.

To see more click the following link [Sport and Character: Reclaiming the Principles of Sportsmanship - Human Kinetics.](#)

Summary of Deadlines - November

Date	Summary
Nov. 1	Deadline for Student-Athletes and Coaches Acknowledgement forms in winter sports (Badminton, Volleyball and Basketball)
Nov. 2	Provincial Statisticians/Convenors begin to email on a weekly basis (Mondays) conference basketball and volleyball rankings to National Convenors
Nov. 3	Men's and Women's Volleyball, and Basketball rankings begin
Nov. 3	Deadline for PCAA Soccer Championships Participation fees to be sent to the National Office
Nov. 4-7	Big Kahuna/adidas CCAA Women's Soccer National Championships, hosted by Humber College.
Nov. 4-7	Big Kahuna/adidas CCAA Men's Soccer National Championships, hosted by Seneca College.
Nov. 13-14	CCAA Cross Country Running Open Championships, hosted by Augustana Faculty University of Alberta.
Nov. 17	First Badminton ranking.
Nov. 20	Deadline for Championship Evaluation forms for Soccer to be sent to National Convenor
Nov. 20	Deadline for Fall workbook submissions from conferences.
Nov. 27	Deadline for Championship Evaluation forms for Cross Country Running to be sent to National Convenor.
Nov. 27	Deadline for Athlete of the Month for Volleyball