



Canadian College Sport Connections

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Feature Story

The Road to Victory

Alvin Lau came to Douglas College in January 2006 after completing a Business degree at SFU. He came to follow his passion. "Despite everything I had experienced in the sport of badminton I still wanted to play for my school. There is something special about representing your institution."

And now 5 years later, badminton experiences are not something that Alvin is missing. In 2010 he will be attending his 5th CCAA National Championships and chasing his 5th gold medal. He won the mixed doubles from 2006 – 2008 and then in 2009 won gold in men's doubles.

This year he will be chasing the same title with Darren Hong, a new doubles partner. The quest for the 5th title took an interesting turn when Alvin, who is part of the # 1 ranked Canadian doubles team with club partner John Vandervet was asked to travel to Peru to represent Canada in the Thomas Cup. This was to Alvin's second participation in this prestigious tournament that includes national teams from Peru, Brazil, Costa Rica, Mexico and Guatemala.

The tournament was to take place from February 16th – 21st and Alvin would miss the BCCAA championships making him ineligible for the CCAA championships. After discussions with Badminton Canada, Alvin decided to travel to Peru and participate in the preliminary and ¼ final matches and then depart Peru on Friday the 19th to arrive in Vancouver on the 20th at 12 noon.

He then took the 3pm ferry to Nanaimo and joined his team for dinner on Saturday night. He then collected his 5th BCCAA championships, in a hard fought 3 set match with Capilano University, as Douglas College won gold in 4 of the 5 events on Sunday.

"It was a long day of travelling but I wouldn't have missed this for the world. Everything that Douglas College, my team-mates and my coach (Al Mawani) have contributed to my development; I wanted to be here with them." mentioned Lau after the victory.

Next up for Alvin is Edmonton and the CCAA championships where he hopes to lead Douglas College and BC to the team championships as well win a 5th CCAA gold medal. He will then continue to work, coach and show the next generation of players his passion for the game. 🏸



Alvin Lau career highlights

- 2003 Canada Winter games – Gold medal
- 2006 – 2009 BCCAA & CCAA champion
- 2007 Canada Winter Games – Gold medal and flag bearer
- 2007 Open Mixed Doubles Champion
- 2008 Thomas Cup - Peru
- 2008 CCAA Male Player of the Year across all-sports
- 2009 US Open Mixed Doubles Runner-Up
- 2009 Atwater Open men's Doubles Runner-Up
- 2009 CCAA Male Badminton Player of the Year
- 2010 Seattle Open Men's Doubles champions
- 2010 Canadian Open Mixed Doubles Runner-Up
- 2010 Canadian Open men's Doubles Champions
- 2010 Thomas Cup - Peru

Story Submitted by:
Dean Howie
Athletic Director, Douglas College

Sports News

CCAA Golf Making a Statement



A delegation of five coaches and 11 student-athletes [including three (3) CCAA golfers and two (2) CCAA golf coaches] will represent Canada at the 13th FISU world university golf championships in Antequera, Spain, from June 7 to 11, 2010.

Official championships website: www.wucgolf2010.com

Humber College's Ray Chateau will act as head coach and team leader of the Canadian contingent for the third consecutive FISU championships, having held the same positions in 2008 in South Africa and 2006 in Italy. At the helm of the Humber golf program since 2001, Chateau was also head coach and team leader of Canada's entry at the 2007 Summer Universiade (world university games) in Thailand, and coach of Canada's men's team at the 2004 FISU championships, also in Thailand.

Assisting Chateau in Spain will be University of Waterloo's Carla Munch and Dave Hollinger, University of Victoria's Dennis Fedoruk, as well as Durham College's Michael Duggan. Munch and Duggan were part of the Canadian coaching staff two years ago in South Africa.

The five women who have been selected to compete for Canada next June are Victoria's Anne Balsler of Digby, N.S., Humber's Danielle Greene of Gananoque, Ont., McGill's Mélissa Coré of Beaconsfield, Que., UBC's Jocelyn Alford of Calgary, and Waterloo's Tiffany Terrier of Kingston, Jamaica.

Balsler is the lone returnee from the 2008 FISU championships, where she was the second best Canadian woman with a 31st-place finish, and also represented Canada at the 2007 Universiade,

where she placed 42nd. She tied for sixth place at the 2009 RCGA Canadian university college championships in Hamilton. Greene, who tied for third in Hamilton last May, is a veteran of the 2006 FISU tournament, where she was the top Canadian female with a 35th position as a representative of the University of Toronto.

Coré competed alongside Balser at the 2007 Universiade in Bangkok, where she had the best Canadian result in the women's competition finishing in 34th position. She was eighth at the 2009 RCGA university college nationals. On the men's side, Canada will be represented by Laval's Mathieu Gingras of Moncton, N.B., Humber teammates Ryan Willoughby of Chelmsford, Ont., and Mike Zizek of Mississauga, Ont., Victoria's Mitch Evanecz of Red Deer, Alta., Waterloo's Garrett Rank of Elmira, Ont., and Montreal's Philippe André Bannon of Montreal.

Gingras tied for second among Canadian men and for 25th overall at the 2008 FISU tourney. He tied for second place at the 2009 RCGA championships.

Willoughby tied for 46th in Italy in 2006 helping Canada to a fourth-place finish in the men's standings, the country's best FISU result to date.

Zizek, who tied for 10th at last May's RCGA university college nationals, is the lone male returnee from the 2007 Universiade, where he was the best Canadian finisher with a 15th place in the men's event.

"I look forward to representing Canada with an outstanding coaching staff and the best team we have ever fielded for these championships," said Chateau. "With Mitch Evanecz, Mike Zizek and Mathieu Gingras, we have a very experienced men's team that should compete for a medal in Spain. Our women's team has three returning members in Mélissa Coré, Anne Balser and Danielle Greene, giving Canada the opportunity at a best-ever finish."

Canada has competed at the FISU world university golf championships since 2002.

After they obtained their best result in 2006, the Canadian men finished seventh out of 14 countries two years ago. The women's team, which took 12th place in a 13-country field in 2008, had its best finish in 2004 with an eighth position. The United States and Japan are defending FISU men's and women's champions, respectively. 🇺🇸

CANADIAN ROSTER

Women

Name	School	Hometown
<i>Danielle Greene</i>	<i>Humber</i>	<i>Gananoque, Ont.</i>
Jocelyn Alford	UBC	Calgary, Alta.
Anne Balser	Victoria	Digby, N.É.
Mélissa Coré	McGill	Beaconsfield, Que.
Tiffany Terrier	Waterloo	Kingston, Jamaica

Men

Name	School	Hometown
Philippe André Bannon	Montreal	Montreal, Que.
<i>Ryan Willoughby</i>	<i>Humber</i>	<i>Chelmsford, Ont.</i>
<i>Mike Zizek</i>	<i>Humber</i>	<i>Mississauga, Ont.</i>
Mitch Evanecz	Victoria	Red Deer, Alta.
Mathieu Gingras	Laval	Moncton, N.B.
Garrett Rank	Waterloo	Elmira, Ont.

Staff

Name	School	Position
<i>Ray Chateau</i>	<i>Humber</i>	<i>Head coach / team leader</i>
<i>Michael Duggan</i>	<i>Durham</i>	<i>Assistant coach</i>
Dennis Fedoruk	Victoria	Assistant coach
Dave Hollinger	Waterloo	Assistant coach
Carla Munch	Waterloo	Assistant coach

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Sports News

NAIT Ooks Men's Basketball Story

If nothing else, the NAIT Ooks are up for a challenge. Since before the season started last fall, head coach Don Phillips of the Edmonton-based men's basketball team has pounded one message into the hearts and minds of his players: the only acceptable result is victory.

"We have the physical talent required to win," he recently told a reporter. "The only question is whether we have the discipline and focus that will be necessary to win the national title, or even to win the title in our own conference."

As the Ooks prepare for Alberta Colleges Athletic Conference playoffs beginning in only two weeks, there are signs at last that the message has been absorbed by the entire team.

"A lot of learning was done when we were ranked number one among college teams in Canada," said Phillips, a Texan who played Division 1 NCAA hoops in his home country before moving to Canada for action in the CIS.



NAIT's stay in the exalted position was cut short at least partly because of the annual Christmas-New Year's sports recess. "As a team we were not ready to win when we returned," he said. "The loss we took (from the Concordia Thunder) when we first returned was extremely costly."

Soon afterwards, the Ooks returned to top form, but they have not been able to climb beyond fourth place in CCAA standings, behind the Vancouver Island Mariners of Nanaimo, B.C., the UNBC Timberwolves of Prince George, B.C., and the Humber Hawks of Etobicoke, Ont.

It may be reasonable to suggest that NAIT deserves a better fate, if only because four other teams -- Mount Royal University Cougars, MacEwan Griffins and SAIT Trojans, who will host the CCAA national final March 18-20 -- are prominent among the nation's top 15 college units.

"Rankings aren't for us to decide," says Phillips. "Our first job is to make sure student-athletes get every opportunity for a good education".

"Our second job is to win basketball games, and we're doing our best to be good at both challenges." A challenge of a different sort developed when second-year forward Jesse Denscombe of Calgary was diagnosed with thyroid cancer, underwent surgery and was sidelined for the remainder of the season.

"We miss his skill, his strength and his effort," Phillips said. "You don't replace six-foot-eight players easily. But we're all grateful that Jesse has remained part of the program. His spirit as he sits on the bench during our games is contagious".

Phillips coached the Paul Kane Blues of St. Albert, an Edmonton suburb, to the Alberta provincial 4A high school title three years ago and spent some time as an assistant coach with the University of Alberta Golden Bears before stepping into the NAIT position.

Last summer, he did some hard recruiting that became worthwhile when high-scoring Shane Reece, Shane Cox, Chris Neptune and Rodel Grenaway were welcomed from the Toronto area along with classy guard Gerard Mozwa.

They needed only a short while to fit in with holdovers Klaus Figueiredo, Evan Eger, Cyril Ashworth and Ryan Sherman. Nick Zutz, a sturdy power forward who played with Figueiredo, Eger and other

current ACAC stars under Phillips at Paul Kane, came aboard after Christmas.

Individual statistics are only part of the story -- "this is a team game, make no mistake about that," says Phillips -- but a truly impressive part.

- Cox third in scoring average;
- Neptune and Reece among the top five in shooting percentage;
- Mozwa, Cox and Grenaway first, second and fourth in steals;
- Neptune and Reece third and fourth in rebounds;
- Reece first and Daniel Perepeluk fourth in blocks;
- Mozwa first and Grenaway first and third in assists per game.
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"We can be better," Phillips insists and the players nod in agreement.

In Alberta this year, both provincial and national college playoffs should be a great big pile of fun. 🇨🇦

Story Submitted by:
Linda Henderson
NAIT

Championship News

CCAA Moves into Championship Season



The Canadian Colleges Athletic Association (CCAA) readies itself for another intense National Championship Season. In the next 4 weeks, 5 various CCAA member institutions will be host to different National events.

🇨🇦 **March 4 -6**, 2010 CCAA Badminton National Championships, hosted by NAIT

www.naitathletics.ca/ccaabadminton

🇨🇦 **March 11 -13**, 2010 CCAA Men's Volleyball National Championships, hosted by MacEwan College

<http://www.macewan.ca/nationals>

🇨🇦 **March 12-14**, 2010 CCAA Women's Volleyball National Championships, hosted by Cégep de l'Outaouais

www.canadienvolleyball2010.ca

🇨🇦 **March 18-20**, 2010 Women's Basketball National Championships, hosted by UBC-Okanagan

www.goheat.ca/nats

🇨🇦 **March 18-20**, 2010 Men's Basketball National Championships, hosted by SAIT

www.sait.ca/trojans

The CCAA is proud of all its participating athletes, coaches and staff. We wish all participants the best of luck and a wonderful Championship!

For more information and complete coverage of the Nationals, visit www.ccaa.ca 🇨🇦

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>



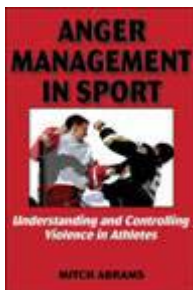
YouTube: Check out highlights from past championships, athlete interviews, and more. More videos will be added as they come in. We encourage you to send your favourite CCAA videos to ryan@cca.ca.

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

Other News

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 Anger Management in Sport. Offer valid on web orders only. Click on the book to order. Enter code X781. Offer expires 3/31/10.

Anger management is becoming an increasingly significant area of study in sport. This issue affects all people involved in the sporting environment, yet few sport professionals, coaches, or administrators fully understand anger in sport and how to work with athletes to overcome the problem. *Anger Management in Sport: Understanding and Controlling Violence in Athletes* addresses this important topic and provides strategies and interventions for overcoming excessive anger and aggression in athletes. The provocative book challenges long-held assumptions and points the way to further research and discussion. To see more click the following link [Anger Management in Sport - Human Kinetics](#)

Summary of Deadlines – March 2010

Date	Summary
Mar. 1	Wildcard and seeding conference call for Men's and Women's Volleyball
Mar. 2	Deadline for PCAA Badminton Championship Participation fees to be sent to National Office
Mar. 2	Deadline for Basketball wild card applications via email to the National Office
Mar. 2	Final rankings for Basketball
Mar. 3	Deadline for Provincial Volleyball Hosts to courier Provincial championship tapes to first round opponents
Mar. 3	Deadline for PCAA written confirmation to the National Office that all participating Volleyball athletes are eligible under PCAA Eligibility Criteria
Mar. 4	Deadline for Basketball All-Canadian, Player and Coach of the Year award information
Mar. 4-6	CCAA Badminton Championships, hosted by NAIT
Mar. 5-7	PCAA Basketball Championships
Mar. 8	Deadline for Academic All-Canadian award application to the National Office
Mar. 8	Wildcard and seeding conference for Men's and Women's Basketball
Mar. 9	Deadline for OCAA Volleyball Championship Participation fees to be sent to the National Office
Mar. 10	Deadline for Provincial Basketball hosts to courier Provincial championship tapes to first round opponents
Mar. 10	Deadline for PCAA written confirmation to the National Office that all participating Basketball athletes are eligible under PCAA Eligibility Criteria
Mar. 11-13	CCAA Men's Volleyball National Championships, hosted by MacEwan College
Mar. 12-14	CCAA Women's Volleyball Championships, hosted by Cégep de l'Outaouais
Mar. 16	Deadline for PCAA Basketball Championship Participation fees to be to National Office
Mar. 18	Deadline for nominations for CCAA Coaching Excellence Awards
Mar. 18-20	CCAA Women's Basketball National Championships, hosted by UBC-Okanagan
Mar. 18-20	CCAA Men's Basketball National Championships, hosted by SAIT
Mar. 19	Deadline for Championship Evaluation Forms for Badminton
Mar. 24	Deadline for nominations for CCAA Athlete of the Year Male & Female
Mar. 26	Deadline for Championship Evaluation Forms for Volleyball
Mar. 26	Deadline for Championship Evaluation Forms for Basketball
Mar. 31	Program Committee Conference Call