



Canadian College Sport Connections

Official Newsletter of the Canadian Colleges Athletic Association

Issue #41

April 2010

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Feature Story

CCAA Championships Wrap Up!

After successful 2009-10 seasons, the CCAA championships have wrapped up until next year. The CCAA would like to acknowledge and thank all of those that helped in the planning and organization of these National Events. Hosting a National Championship takes a lot of help and support as well as dedication and time, and for this we thank you!



The championships were an exciting time that made lasting impressions on all; they may be done this year but here are some highlights

- Golf hosted by St. Clair College in Windsor, Ontario had the largest participation rates golf to date with 17 institutions represented and in total 122 participants.
- Kwantlen Polytechnic University a first time attendee at CCAA National Championship brings home a bronze medal in Women's Soccer
- Humber College had teams represented at seven out of the nine annual CCAA National Championships
- Sainte Foy continues its dominance in women's basketball winning their third Championship in a row.
- The top seed in men's and women's volleyball and in Men's basketball hold true to win Gold: UBC - Okanagan in Women's Volleyball, Limoilou in Men's Volleyball, and UNBC in Men's basketball.
- Two Wildcard team Medal at CCAA Basketball Championships – UBC-Okanagan (bronze), Men's Basketball and Ste-Foy (gold), Women's Basketball

2010-11 Championship Hosts

Event	Date	Institution
Golf	October 11-15, 2010	Thompson Rivers University (BCCAA)
Cross Country	November 12-13, 2010	St. Thomas University (ACAA)
Soccer (Men)	November 10-13, 2010	NAIT (ACAC)
Soccer (Women)	November 10-13, 2010	NAIT (ACAC)
Badminton	March 3-5, 2011	Mount Allison University (ACAA)
Volleyball (Men)	March 10-12, 2011	Cégep de Sherbrooke (FQSE)
Volleyball (Women)	March 10-12, 2010	UNB-Saint John (ACAA)
Basketball (Men)	March 17-19, 2010	Durham College (OCAA)
Basketball (Women)	March 17-19, 2010	Niagara College (OCAA)

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The CCAA would like to recognize and thank the following institutions that played host to these wonderful and memorable championships;

- St. Clair College – Golf
- Augustana Faculty University of Alberta – Cross Country
- Humber College – Women's Soccer
- Seneca College – Men's Soccer
- NAIT – Badminton
- Grant MacEwan University – Men's Volleyball
- Cégep de l'Outaouais – Women's Volleyball
- SAIT Polytechnic – Men's Basketball
- UBC-Okanagan – Women's Basketball

The CCAA would also like to congratulate all Institutions and athletes that made it to the National Championships as well to those that came out as the Champions!

Golf

Men's Individual – Top 5

1. Chris Hargest, Niagara College (OCAA) 213 (73-70-70)
2. Ryan Willoughby, Humber College (OCAA) 214 (73-70-71)
3. Phil Kondrak, Mount Royal University (ACAC) 215 (76-68-71)
4. Ryan Curran, Niagara College (OCAA) 219 (75-73-71)
5. Jordan Krulicki, UBC Okanagan (BCCAA) 219 (75-74-70)



Women's Individual – Top 5

1. Anne-Catherine Tanguay, Cégep Champlain St. Lawrence (FQSE) 219 (74-72-73)
2. Elyse Archambault, Cégep Champlain St. Lawrence (FQSE) 228 (79-77-72)
3. Danielle Greene, Humber College (OCAA) 228 (79-76-73)
4. Jen Woods, UBC Okanagan (BCCAA) 235 (80-74-81)
5. Jessica Norris, Holland College (ACAA) 243 (83-84-76)

Men's Team – Top 3

Gold - Humber College (OCAA) 885

Silver - Cégep Champlain St. Lawrence (FQSE) 891

Bronze - Mount Royal University (ACAC) 897

Women's Team – Top 3

Gold - Cégep Champlain St. Lawrence (FQSE) 447

Silver - UBC Okanagan (BCCAA) 480

Bronze - Humber College (OCAA) 484

Cross Country

Women's (5KM)

1. Liliane Sparkes, Fanshawe College (OCAA)

TIME; 19:11

2. Jodi Sanguin, Red Deer College (ACAC) **TIME;**

19:23

3. Purity Kandie, Lethbridge College (ACAC) **TIME;**

19:40

4. Joanie Roy, College Francois-Xavier-Garneau

(FQSE) **TIME 19 :43**

5. Rebecca Pieteron, Fanshawe College (OCAA) **TIME 19:43**



Men's (8KM)

1. Willy Kimosop, Lethbridge College (ACAC) **TIME; 25:53**

2. Ed Kangogo, Lethbridge College (ACAC) **TIME; 26:15**

3. Olivier Collin, College Ahunatic (FQSE) **TIME; 26:33**

4. Jason Smith, Conestoga College (OCAA) **TIME; 26:50**

5. Jean-Samuel Lapointe, Cegep Sainte-Foy (FQSE) **TIME; 27:04**

College Teams (Top 3)

Women's

1. Fanshawe College (OCAA) **TOTAL TIME: 1:21:12**

2. Lethbridge College (ACAC) **TOTAL TIME: 1:22:42**

3. Humber College (OCAA) **TOTAL TIME: 1:26:55**

Men's

1. Lethbridge College (ACAC) **TOTAL TIME: 1:47:33**

2. Collège de Sainte-Foy (FQSE) **TOTAL TIME: 1:51:54**

3. Fanshawe College (OCAA) **TOTAL TIME: 1:52:52**

Conference Competition

Women's

1. Alberta Colleges Athletic Conference (ACAC) **31 Points**

2. Ontario Colleges Athletic Association (OCAA) **39 Points**

3. Fédération Québécoise du Sport Étudiant (FQSE) **53 Points**

Men's

1. Alberta Colleges Athletic Conference (ACAC) **33 Points**

2. Ontario Colleges Athletic Association (OCAA) **42 Points**

3. Fédération Québécoise du Sport Étudiant (FQSE) **48 Points**

Soccer

Women's Champions:

1. Concordia University College of Alberta
2. Fanshawe College
3. Kwantlen Polytechnic

Men's Champions :

1. Seneca College
2. Collège Francois-Xavier Garneau
3. Douglas College



Badminton

Men's Singles

1. Shawn Zhang (BCCAA)
2. Timothy Chiu (OCAA)
3. David Yuan (BCCAA)

Women's Singles

1. Lynn Huang (BCCAA)
2. Sun Yang (ACAC)
3. Laura Fong (ACAC)

Men's Doubles

1. Jacky Ruan & Peter Huang (BCCAA)
2. Alvin Lau & Darren Huang (BCCAA)
3. Vuong Tran & Sam Lamoure (OCAA)

Women's Doubles

1. Melody Liang & Stephanie Ko (BCCAA)
2. Jody Carruthers & Kayla Odorizzi (OCAA)
3. Michelle Simard & Ashley Jang (BCCAA)

Mixed Doubles

1. Raymond Wong & Renee Yip (OCAA)
2. Jake Perry & Grace Box (ACAC)
3. Joey Vandervet & Sinead Cheah (ACAC)



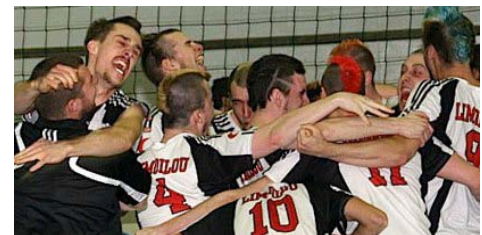
Women's Volleyball

1. UBC-Okanagan
2. Collège FX Garneau
3. Red Deer College



Men's Volleyball

1. Cégep Limoilou
2. SAIT Polytechnic
3. UBC-Okanagan



Women's Basketball

1. Cégep Sainte-Foy
2. Mount Saint Vincent University
3. Dawson College

Men's Basketball

1. University of Northern British Columbia
2. SAIT Polytechnic
3. Humber College 🇨🇦



Coaching News

The Female Apprentice Coach Program News

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. The CCAA is working towards the goal of having at least one female member on the coaching staff of each woman's sports program. Incentives are offered to institutions that offer apprentice coach positions within the CCAA sports of soccer, volleyball, basketball, badminton, golf and cross country running. The grant is identified for professional development opportunities in either NCCP or related coach education, and for operational costs associated with the apprentice coach.

Throughout the spring semester and championship season, there have been 3 female apprentice coaches that were fortunate to participate in a National Championship; Natasha Eadie from Dawson College, Cindy Wong from Capilano University and Kim Wheipton from UBC-Okanagan. Read their bios below!

Dawson College – Women's Basketball Program



Apprentice Coach Natasha Eadie was a former member of the Dawson Blues Women's Basketball team, playing 3 years, then moving on to play at the University of PEI and Cape Breton University. During Natasha's career as an athlete she has shown an abundance of enthusiasm towards coaching. Over the years she has coached a variety of age groups and levels and is eager and ready to coach college players. Natasha will be completing her Level 2 coaching certificate during her apprentice year. Natasha's dream is to one day become a head coach for a College or University and the Female Apprentice Coach Program will afford Natasha an opportunity to develop her skills and further her coaching education.

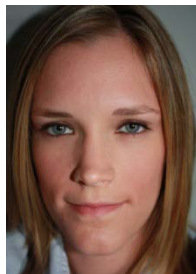
"This program gave me the opportunity to grow not just as a coach, but as a person. I really enjoyed working with Trevor, Amanda and the Team. I would recommend this program to anybody aspiring to become a coach one day" Natasha Eadie, Dawson College Female Apprentice coach.

Capilano University – Badminton Program


Apprentice Coach Cindy Wong is a former player of the Capilano Blues Badminton squad. With an injury in 2007 Coaching has become a passion of Cindy's assisting at the club level and teaching elementary school clinics for Badminton. Cindy's career goal is to become a college coach that inspires people to see a path of healthy living through the sport of badminton. The opportunity to participate in the Female Apprentice Coach Program is a perfect catalyst to direct Cindy into the profession of coaching.



University of British Columbia - Okanagan's – Women's Basketball Program



Apprentice Coach Kim Whelpton is a graduate of the University of British Columbia –Okanagan's women's varsity basketball team. Kim's leadership abilities are reflected by being the former team Captain 3 out of the 5 years she played for UBC Okanagan Heat. Kim has had some coaching experience in summer camp programs and as a volunteer coach to a variety of youth programs. The CCAA Female Apprentice Coach Program will greatly aid Kim in attaining her short and long-term career goals. She recognizes the importance of educating oneself and plans to complete her Level 2 and begin her Level 3 certification. Additionally, her hope is that the CCAA Female Coach Apprentice Program will guide her towards her long-term goals of eventually becoming a head coach for a post-secondary institution in Canada.

Make sure to check out the new Coaches Discussion Board on the CCAA website. This is a place where coaches as well as female apprentice coaches can share and discuss their coaching experience and insight. To obtain login information, contact Sandra Murray-MacDonell at sandra@ccaa.ca 

Sports News

CIS-CCAA Joint Steering Committee Progress Report

The CIS-CCAA Joint Steering Committee is pleased to provide the following Progress Report. Please take an opportunity to share this update within your institution, inclusive of your Institution's administration and President.

On February 24, representative Athletic Director's from each CIS Regional Association and CCAA Conference, the joint Steering Committee and delegated board and staff leadership of CIS and CCAA met in Ottawa. The full day session was part of the feasibility study to consider CIS-CCAA partnering opportunities that is being led by LBB Consultants. The purpose of the day was to reflect on the preliminary findings of the consultants work following 40-plus key informant interviews, extensive organizational documentary reviews, and the recently completed members' survey (completed by 94% of CIS institutions and 74% of CCAA institutions).



During the full day session participants reviewed the underlying drivers of the initiative, an initiative to consider what ways, if any, that CCAA and CIS might work together and partner for the betterment of both associations and our respective student-athletes. It was noted that both organizations have been discussing the concept for almost ten years, with numerous ad-hoc initiatives having taken place, but no long term plan or consideration given to other potentially mutually beneficial collaborative options.

It is evident, through the findings of the work by the consultants thus far and the dialogue between Athletic Directors, that both organizations face many of the same challenges. The notion of exploring the options that exist for both organizations to collaborate to overcome these challenges and to possibly create new opportunities for student-athletes is a concept worth exploring in a meaningful way.

The next steps will focus on finalizing the feasibility study and, in case partnering options are determined to be valuable and feasible, proposing an implementation strategy for further consideration by both organizations.

The Joint Steering Committee wishes to underscore that the consultants were not retained to endorse or promote any form of strategic alignments but to provide an independent opinion that will assist both the CIS and CCAA in considering the options that might exist. The consultants' recommendation may range from simply continuing with ad hoc project based collaborations, as has been done for the past number of years, through to integration of the two organizations, or stages of progress along this continuum. Whichever options are suggested, the respective memberships of both organizations will continue to have ample opportunity to reflect on the final report and recommendations prior to moving forward with any initiatives beyond the current activities that both organizations already partner in.

The Joint Steering Committee and LBB Consultants thank you for valuable feedback and continued interest and involvement in this project. 🍷

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 Stretching

Stretching has long been a topic of deliberation among athletes and coaches. The two main areas of discussion are when to stretch and what kind of stretching is best (static versus dynamic). The one thing that can't be debated is the value of flexibility gained through stretching. It is believed that this increased flexibility can have a positive effect on injury prevention, muscle soreness, muscular strength and performance.



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

Stretching--A Research Retrospective

The article discusses the importance of stretching in fitness. Flexibility is considered to be the intrinsic property of muscles and joints to go through a full or optimal range of motion. S.B. Thacker and his colleagues said that pre-exercise stretching does not prevent injury among athletes. The author says that while benefits of flexibility have not proved to be accurate when challenged by scientific investigation, he does not minimize its importance but instead he wants to create a guide for its incorporation into program designs.

Source: Kravitz, Len. *IDEA Fitness Journal*. Nov/Dec 2009, Vol. 6 Issue 10. p35-43.

When Should Your Athletes Stretch?

The article presents a discussion about the use of stretching in sports. It mentions that there are several myths regarding the conduct of stretching including the belief that static stretching decreases the risk of musculoskeletal injury, and the belief that maximal muscular performance is reduced after a static stretching. The coaches are advised to focus on the appropriate warm-up for practice or competition.

Source: Kudson, Duane. *Texas Coach*. Nov2009, Vol. 54 Issue 4, p24-25.

Do It Yourself Injury Prevention

The article discusses the strategies that can be used to prevent movement systems impairments among the athletes during their training. The strategies include conducting functional movement screening, stopping the over activity of the muscles to gain an increase in force production and strength, and using static stretching on the shortened muscle group. Furthermore, it notes that the stability and strength must be integrated into compound movements through squatting to stabilize joint complexes

Source: Sigismondo, Joseph. *Triathlon Life*. Winter2010, Vol. 13 Issue 1, p60-61

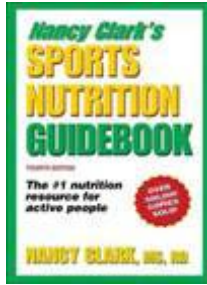
Warming up, cooling down and stretching: preparing for a workout and recovering afterward deserve a lot more attention than many believe.

Explains the physiology behind warming up, warming down and stretching prior to and following exercise.

Source: Molkin, M. *Fitness Management*. 20(2) Jan 2004

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 Nancy Clark's Sports Nutrition Guide Book. Offer valid on web orders only. Click on the book to order. Enter code X769. Offer expires 4/30/10.

Boost your energy, manage stress, build muscle, lose fat, and improve your performance with the all-time best-selling sports nutrition guide! *Nancy Clark's Sports Nutrition Guidebook* will help you make the right food choices in grocery stores, restaurants, drive-throughs, and your own kitchen. To see more click the following link [Nancy Clark's Sports Nutrition Guide Book - Human Kinetics](#)

Summary of Deadlines – April 2010

Date	Summary
April 1	Deadline for Female Apprentice Coach Program Final Report
April 6-8	CCAA Executive Meeting, location to be determined
April 15	Application deadline for CCAA Community Service Award
April 30	Deadline for final submission for the Marketing Incentive Program summary sheet and invoices