



# Canadian College Sport Connections

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## Feature Story

### 2009-10 SIRC-CCAA Academic All Canadian

The SIRC-CCAA Academic All Canadian Award is the CCAA's most prestigious student-athlete award, epitomizing our mandate of recognizing excellence in academics and athletics. To achieve this award, a student-athlete must be named to his/her respective PCAA All-Star teams (1st and 2nd) in a CCAA Sport, and must achieve honours standing at their Institution.



Brief background information regarding the award follows:

#### 10.1 Academic Awards

*Are certificates signed by the CCAA President to recognize CCAA student-athletes who have achieved honours standing combined with excellence in CCAA athletics .*

##### 10.1.1 Academic All Canadian Award

##### 10.1.1.1. The Selection shall be based on the following criteria:

*10.1.1.1.1. Candidates must be named to their respective PCAA All Star Teams (1st and 2nd) in Soccer, Volleyball and basketball. In Badminton, only PCAA gold and silver medals shall be eligible. Only the top 7 women and the top 7 men in Cross Country Running and the top 3 women and the top 5 men in Golf from each PCAA shall be eligible and only if they place in the top third of their PCAA Championship.*

##### 10.1.1.1.2 Achieved honours standing during the last complete academic semester/term at that institution.

##### 10.1.1.2 Nomination:

*10.1.1.2.1 Athletic Directors to submit Academic All-Canadian student athlete profiles for all qualifying athletes with proof of academic honours and PCAA all-Star Status to the National Office.*

*10.1.1.2.2 All award nomination forms along with supplemental information MUST BE TYPED. Electronic nomination forms will be provided to the membership by the National Office.*

##### 10.1.1.2.3 Athletic Directors to forward documentation to the National Office no later than March 7



"To achieve excellence in both sport and academics requires tremendous skill, dedication and perseverance. SIRC is honoured to recognize those outstanding collegiate student-athletes who are also passionate about excelling in their education," expressed Debra Gassewitz, President and CEO, SIRC.

"Both SIRC and the CCAA share a commitment to academic quality and to the conduct of athletics so as to support the education purpose," expressed Sandra

Murray-MacDonell, CCAA Executive Director. "We are very proud to recognize and celebrate those student-athletes who've achieved academic and athletic excellence."

The SIRC-CCAA Academic All Canadian Recognition Award is also presented each year to the

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institution with the most student-athlete award recipients. This year, SIRC and the CCAA are pleased to present the award to Mount Saint Vincent University and Red Deer College who each have a total of six (6) recipient's best combining academic and athletic excellence.

[Click here to view the list of Award Recipients!](#) 📄

## Sports News

### **NAIT's Director of Athletics and Recreation nominated for Women of Distinction Award**



Linda Henderson, NAIT's Director of Athletics and Recreation, has been nominated for a YWCA Women of Distinction Award.

This is the second time she's been nominated in this prestigious competition. In 1994, while working in B.C., she was nominated for the same award there. To receive another nomination is very humbling, says Henderson. "I'm honoured and very excited."

She was nominated by a colleague at NAIT in the category of Athletics, Recreation and Fitness. Her nomination papers noted Linda is a strong leader and visionary in post-secondary athletics – a field that is typically dominated by men. For 15 years she was the head coach of the men's volleyball program at Camosun College. She developed a stellar reputation while in this role because she led numerous collegiate and Team B.C. volleyball squads to provincial and national championships and international competitions.

Some of the awards she has won include: Coach of the Year for All Sports with the CCAA in 2004; Coach of the Year in 2003 & 2004 as recognized by Volleyball BC; Sportsperson of the Year in 2000 as recognized by the City of Victoria; Men's Team B.C. Beach Doubles Championship at the Canada Games in 2001; and national title for Team Alberta Men's 19U team at the National Team Challenge Cup in 2008.

As the Director of Athletics and Recreation at NAIT since 2008, Henderson has guided successful fundraisers for the Kids with Cancer Society through the hockey program; won separate bids to host national collegiate championships at NAIT (badminton in March 2010 and men and women's soccer this upcoming November); and kept hundreds of children and youth active in sports summer camps. She was also responsible for leading the charge for a large pep rally for NAIT alum, Kevin Martin, before his gold-medal winning game at the 2010 Vancouver Winter Olympic Games. And she was the catalyst for creating six full-time coaching positions at NAIT – a first in Canadian collegiate sports – which has created tremendous results at the institute. Women's hockey had its highest placing ever this last year; women's volleyball vaulted from 11th last year to 5th this year; the badminton program at NAIT continues to be one of the best in the country with two national medals this past season; and men's basketball finished with an ACAC gold medal and a trip to the National Championships for the first time since 2003.

Henderson is also well-known for the fact she knows all 200 NAIT athletes by their first names. And she encourages all of them to not only excel at sports but to also excel academically. Her nomination papers say: "Linda's leadership and dedication to athletics has motivated and inspired hundreds of student-athletes."

On May 12, Linda will get to meet her fellow nominees and category sponsors at a special event. And on June 3rd is the awards ceremony where winners in each category will receive their awards 📄

## Coaching News

### Coaching Association of Canada - Women in Coaching National Workshop

The Women in Coaching program is a national campaign aimed to increase the number of coaching opportunities for women, at all levels of sport. Since 1987, over 500 women coaches have received some \$3,000,000, in the form of professional development grants, apprenticeship grants, and National Coaching Institute scholarships.



This year, Sandra Lamb, Head coach women's volleyball at Mount Royal University was nominated by the CCAA to participate at a the Women in Coaching National Workshop organized by the Coaching Association of Canada. Sandra was selected based on her CCAA head coaching experience, her NCCP qualifications, her involvement as a Mentor coach in the CCAA Female Apprentice Coach Program, Coach of the year recipient and multi-time medalist at National Championships.

#### Workshop Overview

The workshop facilitates a stronger network of women coaches in national team positions and provides professional development that creates support mechanisms to sustain them in their positions.

The agenda included a session geared towards expanding the network through the sharing of best practices and strengthening the collective voice of women coaches.

"It was truly an amazing experience being surrounded by such inspirational, successful women and mentors. I cannot express all that I have taken away from the workshop but sincerely appreciate the nomination and opportunity to be with such great ambassadors of sport. This workshop was powerful, motivating and humbling.

The whole weekend was very productive, well organized and really made people take a look at themselves and their place in sport. This weekend was unforgettable" - Sandra Lamb, Head Coach Women's Volleyball, Mount Royal University. 🍷

## Coaching News

### Dahl accepts head coach position at Camosun

Camosun College is pleased to announce that Chris Dahl has accepted the position of head coach of the Chargers women's volleyball program.

Dahl is currently the Volleyball BC Regional Coach for Vancouver Island, Northern BC and the Team BC NTCC 18U women's assistant coach. He joins Camosun after spending two seasons as assistant coach of the VIU Mariners men's volleyball team where he helped the program to finish with a BCCAA silver medal in 2008 and a bronze in 2009. His experience with the British Columbia Colleges' Athletic Association includes one year as assistant coach for Camosun's men's volleyball team (2006-07) and one year as head coach of the College of New Caledonia Kodiaks in 2005-06.



"I'm excited and ready for the challenge," said the Prince George native who has his sights set on making the Chargers a winning program. "Camosun is in a great position to offer a high quality program for the elite volleyball student athlete. My goal is to start building a program that can challenge for a podium finish within the BCCAA and ultimately a berth at the National Championships. The intention is to showcase student-athletes and all that is possible ... we want to excel in what we do both on the court and in all aspects of life."

A fully certified Level 3 NCCP coach and NCCP Level 1 and 2 Technical Course Conductor, Dahl has been involved in coaching volleyball for 16 years and has worked with a variety of athletes from youth to post-secondary and has coached at the high school, club, provincial team and post-secondary levels.

"We believe Chris will be a great addition to the program for us," commented Camosun Recreation and Athletics Coordinator Graham Matthews. "He has a solid background in coaching and the desire to change the future of our women's volleyball program."

Although the appeal of working in Victoria where he and his wife Amanda have decided to settle with their young daughter Ava was one of the reasons Dahl was attracted to the position, it was the prospect of working with high performance athletes in a high performance environment that really drew Chris' interest.

"The quality of competition in the CCAA and BCCAA conference at the top levels was a major factor in my decision to apply," commented Dahl. "The fact that the past three national champions have come from the BCCAA speaks volumes for the league and sets the bar very high right off the bat. This is where I want to be – working with high performance athletes that seek and embrace challenges. It's what every coach desires."

Dahl added, "I'm also impressed with Camosun's innovative academic programming, their reputation for teaching excellence and specific to the student-athlete, the relationship between Chargers Athletics and the Pacific Institute for Sport Excellence. The programs and resources available to the Chargers are first-rate."

Chris' first task as head coach will be recruiting quality athletes to the program and not surprisingly, interest has already begun.

"My immediate goal as a coach is to ensure that each and every student-athlete in the Camosun women's volleyball program is provided with an excellent post-secondary athletic experience," stated Dahl. "As for long term, if we can accomplish the initial goal, I see no reason why we shouldn't continue to compete and develop athletes at the highest possible level." 🍷

## New at the CCAA

### Stay Connected!

Along with the launch of the new CCAA website [www.ccaa.ca](http://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](mailto:ryan@cca.ca).

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

## Other News

### Information from the SIRC Sport Library about Summer Safety

As we welcome in the wonderful months of summer, it is easy to forget the potentially dangerous situations that the unpredictable weather during this time can create. With everything from extreme heat to lightning, exercising outside can lead to serious injury and even death. Taking the correct safety precautions including observing the 30-30 Rule, keeping hydrated and exercising at the right time of day, will allow you to stay active and safe all summer long!



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

#### Avoiding Heat Illness.

The article provides an overview of heat illnesses. Information is presented on the risks, symptoms and prevention of heat cramps, heat syncope, heat exhaustion and heat stroke. Dehydration plays a major role in the progression of heat illness, especially when one is subjected to high temperatures for extended periods of time without the replenishment of fluids.

**Source:** Spann, Tamara. *Hughston Health Alert Summer2007*, Vol. 19 Issue 3, p5

#### Beat The Heat!

The article offers information on several heat disorders or heat-related injuries among athletes during the summer. It is reported that each year, roughly 400 Americans die from heat disorders, and the risk is said to be greater during physical exertion. The three types of heat disorders, such as heat cramps, heat exhaustion and heat stroke, and their characteristics are discussed. Guidelines are also offered for athletes when exercising in heat and humidity.

**Source:** Brzycki, Matt. *Coach & Athletic Director May2008*, Vol. 77 Issue 10, p83

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### Is lightning a threat to outdoor sports?

The article focuses on a study that concerns about death and accidents in outdoor sports caused by lightning in the U.S. It claims that lightning accounts for over 70% of the victims killed and for over 62% of injuries in outdoor recreation. It also presents a graph depicting lightning-related deaths and injuries from outdoor activities in the country from 1986 to 2005. It notes that people could react appropriately to the issue by paying attention to weather conditions and forecasts.

**Source:** Gasswitz, Debra, Chan, Lillian. *Wellness Options* 2008, Issue 37, p18 4p.

### Lightning Safety Cards

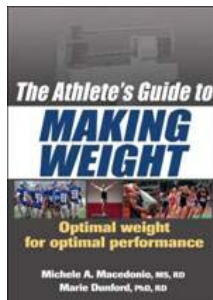
Be sure your organization has a lightning safety policy and that everyone knows the 30-30 rule.

To help you recall this important rule of thumb, Environment Canada and SIRC are providing wallet-sized business cards with the 30-30 rule on them along with some lightning safety tips. Print out and distribute these wallet sized lightning safety cards.

## 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 the CCAA.

Order now and save 25% on Athlete's Guide to Making Weight. Offer valid on web orders only. Click on the book to order. Enter code X771. Offer expires 6/30/10.

Moving up or down a weight class? Switching positions within your sport? Competing in a new league or level? Are you big enough, quick enough, and strong enough? Elite athletes understand the impact that body weight and composition have on performance. Gain too much, and lose that all-important first step. Drop too much, and risk being overpowered by the opponent. In *The Athlete's Guide to Making Weight*, renowned sport dietitians Michele Macedonio and Marie Dunford have analyzed today's top athletes, competitive trends, and positional demands across 21 sports to help you determine—and achieve—your optimal competitive weight. To see more click the following link [Athlete's Guide to Making Weight - Human Kinetics](#)

## Summary of Deadlines – June 2010

Date	Summary
June 6-10	CCAA Annual General Meeting hosted by ACAA in Charlottetown, PEI
June 15*	Deadline for CCAA National Scholar Awards
June 15	Deadline for submission of Advertisements for CCAA Directory
June 15	Female Coach mentor Program Application Deadline
June 19	Application deadline for CCAA Award for Innovation in College Athletics

*\*The National Scholar Award is designed to recognize the outstanding academic accomplishments of CCAA student-athletes. To achieve this honour, a student-athlete must achieve honours standing at their institution in their current academic year and be listed on their institution's CCAA Eligibility form for the current year. Last year, from 106 CCAA member-institutions, 586 students were awarded the prestigious honour in their pursuit of academic and athletic excellence.*

Award forms can be found on the CCAA Website – under “Awards” <http://www.ccaa.ca/web/index.php/en/awards>

**Big Kahuna The Official Retailer of the CCAA**

