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Feature Story

Welcome Back Athletes!

Another season is right around the corner. Students have returned back to school after a peaceful summer and are ready to start competing right away.

The 2010 Championship season kicks off right away as fall hosts prepare to welcome the best of the best at their institutions.

GOLF

This year the 2010 PING CCAA National Golf Championships head out West to Thompson Rivers University, October 11-15th 2010. Thompson Rivers Athletic Director, Ken Olynyk, has rounded up an organizing committee to get the championship preparations underway. This year teams will play off for the CCAA gold at The Dunes Golf Course in Kamloops, British Columbia. Located in picturesque Kamloops, BC, The Dunes Golf Course is "nature's golf course". Measuring 1731 yards in length, this course is guaranteed to challenge even Canada's top golfers.

[Click here to check out this year's Championship site](#)

[Check out the Dunes Golf Course](#)

SOCCER

This year NAIT will be host to both the Men's and Women's CCAA National Soccer Championships, in Edmonton, Alberta. The combined tournament kicks off November 10th - 13th, 2010. NAIT is no stranger to hosting as they hosted a successful CCAA Badminton National Championship last year. Linda Henderson and Gregg Meropoulos have gathered a great team to ensure that the tournament runs smoothly and without any glitches.

The tournament will play out all its games at Spruce Grove Outdoor Sport and recreational facilities.

[Click here to check out this year's Championship Site](#)

CROSS COUNTRY

Cross Country is also right around the corner. This year St. Thomas University, in beautiful Fredericton, New Brunswick, will be host to the 2010 Cross Country Running Championships, November 12th - 13th, 2010.

This year runners will be challenged by a course that combines a hilly terrain mixed with crushed rock trails, and natural forest trails. Although runners will be challenged they will also enjoy a scenic run through Odell Park.

[Click here to check out this year's Championship Site](#)



Sports News

Men's basketball recruit a BMXer, prepares for South Africa world champs



A Kelowna rider will take his skills to a dirt track in South Africa this summer for the world championships of BMX.

Connor McCormack's placing in last year's world championships qualified him for this year's competition. The 17-year-old is balancing an international BMX career with a recent selection for the rookie men's basketball squad of the UBC Okanagan Heat.

"I'm tired a lot but it's worth it," said McCormack, pointing out some of his gym training covers the bases for both sports. For BMX, he practices at the Rutland track. The Kelowna circuit is the only one easily accessible, but a far cry from the Supercross tracks McCormack will face during the South African competition.

"The gate is eight meters high as opposed to two and a half meters."

With a larger drop at the beginning of the course, riders are moving faster on a Supercross track. With more speed come bigger jumps and wider corners. McCormack said BMX tracks are made for everyone, from five-year-old kids to anybody else who wants to ride.

However, "a Supercross track is made for elites only," he said, with most of the jumps across gaps and everything a lot bigger.

A solid showing at the world championships will help McCormack along his way to another goal making the Canadian Olympic team.

McCormack's coach Adam Muys works with him on the track, throwing in the benefit of 20 years of riding experience. Muys said McCormack is a very good technical rider and solid over the jumps. "He uses his tall frame to full ability a lot and he's able to get through deep sections really well."

Muys said McCormack will ride in the first year of the junior mens age bracket, competing against other 17- and 18-year-olds. He said McCormack has a shot at doing quite well in the competition, with two previous years of high-level performance. McCormack placed third in world competition in Adelaide, Australia last year and is one of the top first year junior riders.

"It is a bit harder because you've got the year above you. He does have a good chance at doing well and making the final, but this is really a prep year for next year."

Muys agreed the Supercross tracks require practise. McCormack has ridden the big courses during previous runs in Chula Vista, California and in Copenhagen. Muys noted riding on the bigger hill is something to learn in itself, and access to such courses is limited in British Columbia. A prospective Supercross track in Abbotsford has yet to secure necessary funding.

Prior to the world championships, McCormack will stop at an international training centre in Switzerland, where he will have four days to train at a Supercross course.

"There's quite a bit of extra speed coming off that ramp," noted Muys. The first jump on the track is usually close to 38 feet, a wide distance but easily traversable with the extra speed.

"There's a little bit of a fear factor there."

Muys said riders become more comfortable jumping the wide gaps with practise. The 2010 UCI BMX World Championships will take place July 29 to Aug. 1 in Pietermaritzburg, South Africa.

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http://www.bclocalnews.com/okanagan_similkameen/kelownacapitalnews/sports/97199684.html

Coaching News

Fanshawe Coach Named Part of National Apprenticeship Program

The Canadian College Athletic Association (CCAA) has announced the successful candidates for the 2010 Female Apprentice Coach Program. This season the CCAA will be offering this unique opportunity to 20 Apprentice Coaches.

Included in this group is Charlene Camillo, Fanshawe College Women's Basketball Associate Coach.

Camillo is a graduate of the University of Western Ontario (UWO) where she completed a Bachelor of Arts Degree in Kinesiology and First Nations Studies in 2008 and a Bachelor of Education Degree in 2009.

She started her coaching career in high school when she returned to her elementary school to volunteer as an Assistant Coach of the Grade 7 and Grade 8 Girls Basketball Team.



During her studies at UWO Camillo was a member of the Women's Varsity Basketball team and maintained her coaching career throughout as a coach of a number of Secondary and Elementary schools. The past two summers she returned to home, First National of Moose Factory, Ontario to be a guest instructor at the Cree Hoops Basketball Camp.

Camillo will work under the tutelage of Matt White, Fanshawe Women's Basketball Head Coach. White has been voted the Ontario College Athletic Association (OCAA)'s coach of the year for the past two consecutive years.

"To be successful in any field, aspiring leaders require strong role models and proper guidance," White said. "My primary intent is to challenge Charlene to think about the game and about coaching in new and different ways. With the assistance of the Female Apprentice Coach program, my hope is that together we can retain an aspiring leader to the sport of women's basketball. I know that the dividends will be paid long into the future."

"I am honoured and excited about this opportunity," Camillo said. "I am looking forward to coaching again with Matt (White). He has great knowledge of the game which I will continue to learn from this year and I am also looking forward to working with new coach Larry (Little)."

This apprentice coaching experience will contribute to her overall career path by improving her teaching and communication skills and utilizing her leadership abilities.

"We are excited to have a young up-and-coming coach such as Charlene with us here at Fanshawe College," Women's Athletic Officer Jackie Corby. "With her experience on the court and under the guidance of Matt (White) she certainly has a bright future ahead in the coaching ranks."

"This is the third time Fanshawe College Athletics has been awarded this grant," Mike Lindsay, Fanshawe College Manager of Athletics said.

"Charlene (Camillo) is a perfect example of an aspiring coach who is committed to a coaching career and Matt White is an exceptional coach to mentor her with that goal."

For more Information or to Arrange Interviews, please contact:

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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/CCAAAsportsACSC>



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@ccaa.ca.
<http://www.youtube.com/user/CCAAAsportsACSC>

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/ccaa 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 May 2008, Vol. 77 Issue 10, p83

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.

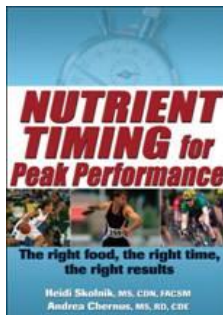
Lightning Safety Cards

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 (your associations name)

Order now and save 25% on Nutrient Timing for Peak Performance. Offer valid on web orders only. Click on the book to order. Enter code X774. Offer expires 9/30/10.

Gain the ultimate advantage! *Nutrient Timing for Peak Performance* is your guide to consuming the right foods at the right time for optimal results in training or competition.

Whether you are a dedicated triathlete, high school pitcher, college swimmer, competitive powerlifter, or professional soccer player, *Nutrient Timing for Peak Performance* is your guide to peak athletic training and performance. To see more click the following link [Nutrient Timing for Peak Performance - Human Kinetics](#)

Big Kahuna The Official Retailer of the CCAA

