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## Feature Story

### TRU Hosts the 2010 PING CCAA National Golf Championships

This year the 2010 PING CCAA National Golf Championships head out west to Thompson Rivers University, October 11-15<sup>th</sup> 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, The Dunes Golf Course in "nature's golf course". Measuring 1731 yards in length, this course is guaranteed to challenge even Canada's top golfers.



"TRU in conjunction with the support of the Dunes at Kamloops is extremely excited about hosting the nation in this year's PING CCAA national golf championships. Without the tremendous support of PING and the Dunes we would not be able to host a first rate event such as this" comments tournament chair Ken Olynyk.

"The golf course is in absolute fantastic condition, perhaps the best condition in the past 2 or 3 years. It is playing very fair yet extremely challenging. We have confirmed a full field for the event with representation from all CCAA associations which is a testament to the support golf receives across our country as well as the fine work the committee at Kamloops as well as past committees have done in hosting. We are excited and look forward to a great championship; we know the weather will cooperate."

Ken and his committee at Thompson Rivers University and The Dunes at Kamloops are excited to host the country at their school and course. With the final rounds winding down, the competition is approaching sooner than later.

"As CCAA golf convenor, I am very excited about the growth of varsity golf across the country and heading to Kamloops will undoubtedly be an opportunity to showcase the great players we have in our member schools" comments CCAA golf convenor, Albert Roche.

"Thompson Rivers University and the Dunes at Kamloops will partner to deliver a top-notch week of collegiate golf competition."

Canada's top collegiate golfers will travel to Kamloops, B.C. to participate in the annual tournament, which is hosted by the British Columbia Colleges' Athletic Association. The following CCAA member-institutions have confirmed their attendance:

#### British Columbia Colleges' Athletic Association (BCCAA)

Thompson Rivers University (5 men)  
 Capilano University (5 men)  
 University of Fraser Valley (5 men)  
 Camosun College (5 men)  
 Douglas College (5 men, 1 woman)  
 UBC-Oranagan (5 men, 3 women)  
 Vancouver Island University (5 men)

### Ontario Colleges Athletic Association (OCAA)

Durham College (5 men)  
Humber College (5 men, 2 women)  
Collège Boréal (5 men)  
Georgian College (5 men, 2 women)  
Niagara College (5 men)  
Cambrian College (5 men)

### Quebec Student Sport Federation (FQSE)

Collège Champlain St-Lawrence (5 men)

### Alberta Colleges Athletic Conference (ACAC)

MacEwan University (5 men, 4 women)  
Mount Royal College (5 men, 4 women)  
Lethbridge College (5 men)

### Atlantic Colleges Athletic Association (ACAA)

Holland College (5 men, 3 women)

The CCAA and the Host Organizing Committee is grateful to PING Canada for its generous support and efforts in making these Championships possible, as well as Sport Canada.

Thompson Rivers University is delighted to bring you the latest news, results and developments with the 2010 PING CCAA Golf National Championships on their official website [2010 PING CCAA Golf Championships](#)

Make sure to visit their website and add the link to your Favourites page!

## Sports News

### Welcome to the real world Dion Darling



minutes in the penalty box.

After 16 years of professional hockey Darling is returning to the books and the rink as he has enrolled at Edmonton's Northern Alberta Institute of Technology while also suiting up for the NAIT Ooks in Alberta Colleges Athletic Conference men's hockey.

"It's a big adjustment in life. The transition from hockey to the real world is difficult," said Darling, 35, a native of Stony Plain, Alberta. "It is especially difficult if you don't have the education to fall back on."

Darling, enrolled in the power engineering course, left home at an early age, 17, to suit up for the Spokane Chiefs in the Western Hockey League. During his two seasons in Washington he played 113 games while scoring 2 goals and adding 14 assists. Standing 6-foot-3 and tipping the scales at more than 200 pounds he also recorded 358

In the role of enforcer he was tabbed 125 overall in the fifth round of the 1993 NHL Entry Draft by the Montreal Canadiens. "I made it to the main camp and that was it," recalled Darling. "They really didn't tell me that much and just said you are going down to develop your skills...nothing specific. From what I remember it was not that formal."

After a quick cup of coffee, 23 games, with the Moose Jaw Warriors of the "W", Darling earned a spot with the Wheeling Thunderbirds of the East Coast Hockey League, now known simply as the ECHL, for the remaining portion of the 1993-1994 season.

The next season he found a home for the next four years playing for the Fredericton Canadiens of the

American Hockey League. "The first year (1994-1995 Fredericton) was quite an eye opener," admits Darling. "I didn't think I was strong enough, fast enough. It was a new thing and I underestimated a few things. It really opened my eyes to train harder and play harder." Part of that regime was taking fitness lessons from former world ranked kick boxer Darryl Dukes of Edmonton.

For the 1998-2001 seasons Darling played for three teams the Fort Wayne Komets, 1998-1999, 71 games, four goals, 18 assists, 267 penalty minutes; Long Beach Ice Dogs, 1999-2000, 43 games, three assists, 108 penalty minutes and the Manitoba Moose, 2000-2001, 72 games, seven assists and 188 penalty minutes.

It is while with the Ice Dogs that Darling had his last chance of making it to the show with a tryout provided by the Los Angeles Kings of the National Hockey League. "It was awesome. I thought that I was going to stick for part of the year as I had a great camp. I even played in five preseason games."

Looking for new scenery the globetrotting Darling had his passport stamped to play in Russia for Omsk Avangard, a Siberian based team playing in the Chermyshev Division of the Kontinental Hockey League. Before you could say "Vladislav Tretiak to Valery Kharlamov"...Darling departed after 14 games. "Basically there were too many imports and I was sent home," remembers Darling. "The people there were great and helpful but the language barrier was tough. Hockey wise it was like a person in the military as you practiced twice a day and then back to the gym before or after practices."

Returning back to Canada, Darling had plans to return to the North American minor leagues but instead spent the winter ice fishing. "Five days after I got home my appendix ruptured," said Darling. "I was in hospital a long time and could do nothing for a while so I went ice fishing and did other things."

This led to a more laid back style of professional hockey with Darling calling England home for the next six years (2002-2008) playing for the Sheffield Steelers, 2002-2005, 142 games, 23 goals, 44 assists, 311 penalty minutes; Nottingham Panthers, 2005-2006, 26 games, three goals, eight assists, 40 penalty minutes and Cardiff Devils, 2006-2008, 65 games, six goals, 21 assists and 120 penalty minutes.

"Playing in England was pretty good, The fans are so loyal and there is a different atmosphere as you mainly play on weekends with a few games during the week."

Returning to Canada in 2008 Darling was part of the Allan Cup champion Bentley Generals. The Allan Cup is symbolic of senior men's hockey in Canada.

Last year Darling played a bit of "rec hockey".

Of his return to competitive hockey, he now balances a new lifestyle: "It's an eye opener...it is different," said Darling. "It's hard to be honest as I haven't gone to school in so many many years."

Realizing that he may be twice the age of some of the players he will be playing with and or against, Darling downplays his reputation of a enforcer on the ice. "It all depends as there are so many determining factors out on the ice. Do I go looking for fights? Not necessarily. I am here to help (NAIT Oaks) anyway I can to a championship."

Finishing off the interview Darling once again returns to his new life challenge. "It's a huge adjustment but just another challenge."

Story Submitted by:  
Curtis J. Phillips  
ACAC Writer

## TRU's Wolfpack Gives Back!

Members of the Thompson Rivers University women's soccer team made their home opener in the BC College Athletic Association a little more special. When they took to the field at hillside stadium on Saturday September 18 against Vancouver Island University, the entire team and coaching staff were sporting pink t-shirts. It was the latest instalment of the teams desire to help the CIBC Run for the Cure.

Following up on a benefit youth soccer clinic in April where they raised over 500 dollars, the team wore special 'run for the cure' t-shirts.



Fans in attendance were encouraged to buy the t-shirts. A portion of which goes to the cause. Athletic Director Ken Olynyk sweetened the deal to allow those purchasing the shirts the chance to attend the WolfPack women's basketball home opener on October 30th and the women's volleyball home opener on November 12th for free. Proceeds from the gate and related activities will go to the Run for the Cure initiative.

'All our female athletes in every sport are making a concerted effort to be a part of the fight against breast cancer,' said Sports Information Officer Larry Read. TRU badminton athletes will participate in the run on October 3rd.

TRU won the Canadian College Athletic Association award for community involvement in 2008.

Story Submitted by:  
Larry Read  
Sports Information Officer  
Thompson Rivers University

## Sports News

### Red Deer Veterans Head Overseas

There is little time, if any, for former Red Deer Kings' volleyball stars Nicholas Cundy, Ga vin Schmitt and Dallas Soonias to take in the sights and sounds of Trieste, a picturesque city and seaport situated in the northeastern part of Italy.

In about 48-hours time the three athletes will be taking to the volleyball courts as members of Team Canada at the 2010 FIVB Men's World Volleyball Championships.

It is a long way from Red Deer to Italy but not the first time the Alberta Colleges Athletic Conference team has seen Kings' alumni grace the international volleyball stage.

Brock Davidiuk and Mark Dodds are currently part of the national men's program but not making the

trip to Italy. Former national team captain Murray Grapentine retired three years ago and Joey Martens also wore Canadian colours.



That's...count em'...seven Red Deer Kings players advancing to the national men's volleyball team. Seven!

Also add to the list Brad Bell, Tim Gourlay, Mitch Irvine, Matt Johnson, Mike McPherson, Aaron Schula and Chaim

Schalk as former Kings who have been part of national volleyball teams be it junior, senior or out getting some sun on the beach.

The numbers also show us that the Kings have captured 10 Canadian Colleges Athletic Association titles since 1994-1995, their last in 2007. Add to that 14 ACAC crowns since the 1980-81 campaign.

Now that we have your attention, let's take a quick trip over to Italy to discover a bit more about Cundy, Schmitt and Soonias.

We talked to Red Deer College Athletic Director Keith Hansen, not in Italy, although that is where his heart is with the players, but from his office in Red Deer.

"He (Cundy) was very powerful, great jump and an outstanding athlete," recalls Hansen, who was also the Kings men's volleyball coach for 12 years winning nine CCAA titles along the way. "He (Cundy) went on to be CIS Player of the Year (University of Alberta Golden Bears)." During his years with the Kings (2001-2003), Cundy led the ACAC in total kills for the 2001-2002 season with 262. The following year he was No. 1 in aces with 28.

Considering the Red Deer men's volleyball program has produced 22 CCAA All Canadians, Hansen, selects one player when it comes to looking up, literally, to overall skill development. "I have never coached a player who has improved that much in one year," reminisces Hansen, in regards to the 6-foot-10 Schmitt, the tallest volleyball player ever to wear a Red Deer uniform. "He completely dominated the league by the end."

During his one year with the Kings (2006-2007), Schmitt recorded an amazing 3.98 blocks per game with a total of 326!

Of Soonias (2002-2004), Hansen stated: "Great jump ... touches three metre 58 centimetres and very smooth. He also stepped it up in big games." Soonias was second in the ACAC for kills per (2003-2004) with 3.47 average behind 163 kills.

In regards to his own coaching philosophy Hansen said, "As a coach, I always tried to give my best, treat the athletes with respect and Teach."

Of the three players now representing our country in Italy, Hansen concluded: "First they are all great people, second they never stopped getting better. Even though they were the best in Canada for their age they tried to get better. I would suggest they were in the top six players ever to play in the CCAA and were the top three in the last decade.

"I am very happy that they are representing Canada on the world stage. It should be mentioned that they are all making a good living playing pro." The 27 year-old Cundy plays for Sport Lisboa E Benfica, Schmitt, 24, for Samsung Bluefets where he was named MVP of the Korean pro circuit and Soonias, 26, for Almeria.

Story Submitted by:  
Curtis J. Phillips  
ACAC Writer

## 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?pref=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 Time Management

The school year is in full swing, and it's that time of year where the balancing act of being a student and an athlete collide. It can be challenging for those who tend to be serious students and whose sport requires a considerable time commitment. Wanting to excel in both sport and studies is a great goal but it is crucial that effective time management is used. This can contribute to sporting success as well as helping to avoid harmful effects to a student-athletes well-being. Time is arguably our most valuable resource, being directly related to all forms of human activity. But it is not the only factor that needs special attention. Ensure your athletes plan ahead, are disciplined, set goals not only academically or in sport but personal goals as well. Last but not least, help them use resources such as coaches, professors, family and friends.



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

#### Time Management in the Context of Elite Sport Training.

This article reports on time management in an elite sports context. It aims at characterizing how coaches experience dealing with athletes' time management in a sport and academic institute and their constraints. Ten male coaches participated in this study. Each coach was asked to describe his time management activity during the season. Inductive and deductive analysis revealed two main results. The first showed the coaches dealt with a stringent set of constraints concerned with: (a) season organization, (b) training period and task sequencing, (c) the institute's set times, and (d) the uncertainty linked to the evolution of training. The second emphasized that the coaches used three complex operating modes: (a) the use of organizational routines based on reference to past experience, (b) season shared time management, and (c) time management based on flexible plans. The results are discussed in relation to research that has considered planning and time management. ABSTRACT FROM AUTHOR

**Source:** Macquet, Anne-Claire, *Sport Psychologist Jun2010, Vol. 24 Issue 2, p194 17p.*

### BALANCING ATHLETICS AND ACADEMICS.

The article presents opinion of various swimmers on the task of creating balance between swimming and studies. It is difficult for swimmers to excel in both their studies and their sports. It is challenging for those who tend to be serious students and whose sport requires a considerable time commitment. According to Samantha Arsenault, it is possible to excel in both athletics and academics if one is determined and focused. According to Brad Shively, it is best not to overdo extracurricular activities in addition to swimming if one is not clear about his routine and his limits.

**Source:** Hass, Linda, *Swimming World* Apr2006, Vol. 47 Issue 4, p16 2p.

### Time Management and the Full-Time Sportsman: Increasing Individual Perceptions of Time Control.

For the full-time athlete, effective time management can contribute to sporting success as well as helping them to avoid harmful effects to their psychological well-being. One important source of tension and potential stress lies in the difficulty sportspeople and their families have in recognising and establishing the boundaries between work time and 'non-work' time. Utilising a process model of time management, this paper maintains that the goal of any time management initiative should be to enhance the individual's perception of time control. Building on this insight and drawing on applied research in the fields of psychology and organisation studies, strategies for effective time management are discussed. However, in contrast to many 'self-help' books in this area, this paper does not simply advocate one 'correct' way to manage time but contends that any potential strategy should be used in conjunction with the individual's preference for organisation. ABSTRACT FROM AUTHOR

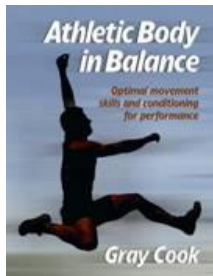
**Source:** Forsyth, Darryl K., Catley, Bevan, *International Journal of Sports Science & Coaching* Sep2007, Vol. 2 Issue 3, p305 13p.

### Time management for young athletes.

**Source:** Tate, L.M., *Coaching Youth Sports* May/June 2001

## 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 Athletic Body in Balance. Offer valid on web orders only. Click on the book to order. Enter code X768. Offer expires 10/31/10.

Great athletes make difficult moves look effortless with a combination of skill, strength, and balance. Traditional conditioning builds a fitness base, but modern sports training takes into account athletic movement patterns. *Athletic Body in Balance* is the first guide of its kind to show you how to train for smooth, fluid movement and prevent muscle imbalances, mobility restrictions, stability problems, and injuries. To see more click the following link [Athletic Body in Balance - Human Kinetics](#)

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

