



Canadian College Sport Connections

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In this issue:

Sports News

- > 2005 Athletes of the Year Across All CCAA Sports
- > Canada Basketball moving to FIBA rules
- > CCAA Key Dates and Deadlines

Coaching

- > 2005 Coaching Excellence Award Across All CCAA Sports

Marketing

- > Set & Spike!

Other News

- > And the award goes to...
- > 2005 CCAA AGM
- > Don't forget your nominations!
- > CCAA proud member of CSTA
- > UofA's Sports Wall of Fame inductee
- > Allain draws international assignment

SPORTS NEWS

2004-05 Female Athlete of the Year Across All CCAA Sports

University College of the Fraser Valley's Women's Basketball captain **Jamie Born** has been named this year's **Female Athlete of the Year Across All CCAA Sports** by the Canadian Colleges Athletic Association (CCAA).



A fourth year veteran with the Cascades, the 6'1" student-athlete is synonymous with leadership, talent and dedication. Jamie Born has risen to the very top of her game, mastering all five positions on the court and being ranked in the top five female basketball players in the British Columbia Colleges Athletic Association (BCCAA). Despite averaging only 22 minutes of playing time a game, Jamie's motivation and hard work have taken her game to the next level. Ready to play every day, her athleticism and ball handling skills have made her a dominant presence at both ends of the floor. On the offensive, Jamie has shown the ability to score and rebound under the basket, averaging 14.56 PPG and 8.88 RPG and making it difficult for opponents to contain her. On the defensive, her size and wingspan wreak havoc on opposing offenses. A tenacious defender and intimidating presence, Jamie continuously shuts down the top scorers around the BCCAA league. An example for the team's younger players, Jamie's exceptional play helped the Cascades maintain a 74 consecutive game winning streak, which began in November 2001. With only 2 losses against BCCAA opposition in regular season and playoff games during her entire 4 year career at UCFV, Jamie has also been a key contributor to four consecutive BCCAA Championship teams.

Jamie's outstanding skills and achievements have earned her numerous athletic awards and acclamations for the 2004-05 season, including CCAA Women's Basketball Player of the Year, CCAA All Canadian, BCCAA Player of the Year (2nd consecutive year), CCAA Women's Basketball National Championship First Team All Star, BCCAA Provincial Championship First Team All Star (4th consecutive year) and MVP, and UCFV Scholar Athlete of the Year.

Jamie's leadership, commitment and hard work demonstrate itself both on and off the court. In her fourth year of the Bachelor of Kinesiology Program, Jamie is striving to pursue a career in Athletic Therapy. While she is not studying, Jamie has been actively involved in the life of UCFV, volunteering at campus activities such as homecoming weekend and student-orientation events. Outside of school, Jamie worked as a volunteer at the 2004 BC Summer Games and as an instructor at the 2004 UCFV Summer Basketball Camp in Chilliwack. As a highly recognizable student-athlete, Jamie supports and encourages supports the local high schools by attending their games and/or tournaments, all the while assisting the UCFV coaching staff in their recruitment efforts.

2004-05 Male Athlete of the Year Across All CCAA Sports

Red Deer College's **Joey Martins** has been named this year's male **Athlete of the Year Across All CCAA Sports** by the Canadian Colleges Athletic Association (CCAA). A transfer from Loyalist College, Joey Martins' stellar rookie season with the King's Men's Volleyball signals great things to come!! Demonstrating a combination of physical talent, mental skill, fierce determination and a tireless drive to succeed, Joey excels at his sport and separates himself from the competition. With a total of 38 aces

(average of 0.66 aces/set), he finds himself at the top of the Alberta Colleges Athletic Conference. Averaging 2.71 kills/set, 0.29 blocks/set and 1.33 digs/set, Joey has proved himself to be a true competitor at Red Deer and a big threat offensively. A solid volleyball player, he thrives on competition and provides valuable skill to the game. His outstanding performance and exceptional play helped the King's finish the season 25-1 and capture the ACAC Championship title. Joey then led the Red Deer King's to their 6th consecutive CCAA National Championship title. His passion for the game and play at Red Deer earned him an invitation to the Canadian National Team tryout camp this summer.

Joey's exceptional skills and achievements have earned him numerous athletic awards and acclamations for the 2004-05 season, including CCAA Men's Volleyball Player of the Year, CCAA All Canadian, CCAA Men's Volleyball National Championship Tournament MVP, CCAA Player of the Month, ACAC Provincial Championship First Team All Star, and Red Deer College Athlete of the Year.

An exemplary student-athlete both on and off the court, Joey's leadership, dedication and hard work are demonstrated through community and college activities. He assists with various clinics and club volleyball teams throughout the season, and serves as an official for both high school and junior high school games.



Canada Basketball to unify under FIBA rules

In an effort to further develop the Canadian game and grow in the areas of players, coaching and officiating, Canada Basketball will soon join 212 other countries under the International System of FIBA basketball rules. The timeline for change and Canada wide unification to FIBA basketball rules at all levels is September 1, 2006.

CCAA Key Dates and Deadlines – MAY/JUNE



<p>15 30-June 3 June 15</p>	<p>Application deadline for CCAA Athletic Director of the Year Award CCAA AGM (Halifax, NS) Application deadline for CCAA National Scholar Award</p>
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COACHING

Coaches Corner: Nevin Gleddie awarded the 2004-05 Coaching Excellence Award Across All CCAA Sports

The Canadian Colleges Athletic Association (CCAA) proudly named **Nevin Gleddie**, Head Coach of the University College of the Cariboo Men's Basketball Sun Demons, as the winner of the **2004-05 Coaching Excellence Award Across All CCAA Sports**. This award is bestowed to a CCAA coach from all CCAA Sports based on his/her contribution to the sport, as well as their positive leadership and commitment to educational goals.

The UCC basketball program has reached new heights of unparalleled achievements since Coach Gleddie first came on board. Under his guidance and leadership, the program has excelled, making the Sun Demons a dominant and competitive team both provincially and nationally. Finishing regular season play with 19 wins and 1 loss, the Sun Demons were ranked 1st overall in the CCAA all but 2 weeks of the 2004-05 season. In his ninth season with the University College of the Cariboo (UCC) Sun Demons, Nevin Gleddie led his team to their 7th CCAA Men's Basketball National Championship in 8 years, where they captured their first-ever Championship title. Nevin's Sun Demons have captured 7 medals at the BCCAA Provincial Championships (2 Bronze, 3 Silver and 2 Gold) and 3 medals at the CCAA National Championships (2 Bronze and 1 Gold).

"To win the respect of your players is the best award a coach can hope to achieve" (Nevin Gleddie), and that he has!! Teaching and coaching are one and alike for Nevin Gleddie, both on and off the court. Nevin's commitment to faith, his personal values and ethics are demonstrated in his firm morals, and in his

fair and caring approach to coaching. On the court, Nevin's knowledge, discipline and passion for the game instills mutual trust, respect and confidence, as well as motivates and inspires each player to perform his best at all times. Off the court, Nevin plays an integral role in the lives of his players, encouraging goal achievement as well as academic, personal and professional success. A personal mentor to his players, Nevin provides moral guidance, assists them in their career and skills development all the while teaching them the importance of values such as responsibility, discipline, respect and integrity.



As a celebration of his coaching achievements, Nevin was awarded the BCCAA Coach of the Year in 1997-98, 2001-02 and 2004-05. He was also named the CCAA Coach of the Year in 2004-05, and received the Kamloops Sports Council Coach of the Year. Nevin is also an NCCP Level 4 certified coach. Nevertheless, Nevin continuously strives to improve and further develop himself both personally and professionally through various provincial and national opportunities. Assistant coach with the Basketball BC Centre for Performance, Nevin also prides himself in the Assistant Coach Mentor Program, which he designed to foster and train assistant coaches; 12 successful assistant coaches. Nevin's community involvement also includes youth camps and clinics, and speaking at local athletic and tournament banquets.

Next season, UCC becomes BC's Thompson Rivers University (TRU), and as such, will compete in the Canadian Interuniversity Sport (CIS). Good luck Nevin and the CCAA wishes you the best and success in your upcoming season!

The CCAA would also like to congratulate the following nominees for their outstanding coaching skills and achievements: Geoff Mabey - Men's Volleyball, UNB-SJ (NB), Ed Welch - Women's Volleyball, St. Thomas University (NB), Rob McCann - Badminton, Cambrian College (ON), and Dale Beausoleil - Women's Volleyball, Cambrian College (ON).

MARKETING

The following article appeared in the Spring/Summer 2005 Edition of Mazda Canada's *InterSections* Magazine. *InterSections* is published by Mazda Canada for Mazda drivers. The current issue is being delivered to the homes of over 290,000 Canadian Mazda customers in English or French, based upon the language preference of the customer.

Set & Spike!

Seventeen-year-old Marisa Field of Kelowna, B.C., and nineteen-year-old Julie Rodrigue of Beauce, Quebec, have 78 kills between them. Don't worry - they're volleyball players, and a "kill" is just a "spike" that comes after a "dig" and a "set," then eludes a "stuff" to earn a point. Get it?

Volleyball is the second most popular participation sport in the world, trailing only soccer. Maybe it's all the curious (and slightly disturbing) names for the action in the game that attracts people. More than one billion people play volleyball throughout the world, nearly half of them women. Volleyball is among the top three spectator sports among women in the U.S. In Canada, it's a top-five sport for adult women to participate in and top-two for girls under 16.

Marisa and Julie understand the lure of the game - they've both been playing since they were 13. Marisa is in her first year of playing college volleyball with Okanagan University College's Lakers and Julie in her third year with the François-Xavier-Garneau Élans in Quebec City. Both were recognized for their outstanding play and contribution to their teams in December by being named Volleyball Athletes of the Month by the Canadian Colleges Athletic Association (CCAA), the sole coordinating body for college sport in Canada. "It felt pretty amazing to win," said Marisa. "I wasn't really expecting it, so it was a nice surprise, especially when you're a rookie." For Julie, "It was a great honour, but I couldn't have done it without my team. I share the award with them."

Mazda Canada sponsors the annual CCAA Women's and Men's National Volleyball Championships, where the top college teams in the country compete for the national title. "We are very pleased to be the title sponsor of events of this calibre," says Steve Manweiler of Mazda Canada. "These are among the best young student athletes in the country, and we're proud to be associated with their quest for gold at the championships."

According to Sandra Murray-MacDonell, CCAA executive director, "The energy, exhilaration and thrill around CCAA Volleyball Nationals is synonymous with the Mazda expression zoom-zoom. We have a very positive relationship with Mazda, and their involvement heightens the profile of the event, increasing our student-athletes' visibility and recognition."

Visibility acts as an important encouragement. One former CCAA volleyball player who gained international recognition is 30-year-old Rae Mitchell of Vancouver. She started playing when she was 15, quickly excelled at the sport and was chosen to represent her province at the Canada Games. "That gave me my first taste of high-performance sports, got me hooked," she says. "I knew I wanted to play college and university ball and every time I got the chance to go to the next level, I went for it." Rae went on to play for the College of New Caledonia in the CCAA, then the University of Winnipeg; and in 1997, she made the Canadian national team. "It was like a dream come true, playing for Canada, wearing red and white," she says. "They'd play the national anthem before every match, and I'd get goosebumps every time I heard it."

Volleyball is a game of constant motion that demands great technical ability from its athletes. Unlike basketball, where you can hold and dribble the ball, it's purely a rebound sport. According to Rae, to be a great volleyball player, you need "a combination of grace and power. It sounds paradoxical, but you've only got a split second with the ball so you have to handle it really well, but at the same time that second is also filled with a whole bunch of power and velocity. It's really like this perfect moment," she enthuses.

Rae played in the 2002 World Championships in Germany, where the Canadian indoor women's volleyball team posted their best result in years. "We had the game of our life against Cuba, the number one team in the world, and almost beat them," she says. Rae also played pro volleyball in Belgium and France, where she was one of the top three blockers and top five attackers in her league. Now she works as Volleyball B.C.'s youth program director and is an assistant coach with the Simon Fraser University women's volleyball team. "What stands out for me, especially now that I'm coaching, is the caliber of athlete it takes – in your head and in your heart and in your gut – to be at that high-performance level and to get better at that level."

Marisa's background in dance helps her with the balance, coordination and jumping ability needed to attain the level of grace and power that Rae describes – and her 6'2" height is useful too. Julie's height (5'11") also helps her with blocking and attacking at the net, but for her, "It's a technical sport – you need good concentration to win." More than anything, though, she likes to just "play with the other girls and have fun with them. When I play, I forget all my problems."

Since the "crazy defenders," Mark Heese and John Child, won bronze in beach volleyball at the 1996 Atlanta Olympics, Canada has not won an Olympic medal in either indoor or beach volleyball. But the quality of players now in the program makes the future look bright. Team Canada's Stacey Gordon was recently recognized as the best player in U.S. college volleyball in 2004, and Canada's Sarah Pavan was named NCAA Freshman of the Year, two great honours in the highly competitive American college sports system.

And there are plenty of players like Marisa and Julie eager and hopeful to someday represent their country in volleyball. "It's my dream to make the indoor national team, go around the world and wear the flag on my back at the Olympics," says Marisa. Julie is more interested in making the national team in beach volleyball. She prefers the relaxed atmosphere of playing outside in the summer sun and the challenge of having just one teammate rather than five on the court with her. "There's more pressure with just two players – I have to count on myself more to win," she says. "I like that."

None of these talented volleyball players will be retiring from the sport anytime soon. "I can see myself playing when I'm 50 and beyond," says Marisa. "I don't think I could ever be content with not playing anymore. It's such a big part of my life." Besides, there's nothing like a good kill...



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OTHER NEWS

And the award goes to...

The Canadian Colleges Athletic Association (CCAA) proudly announced the winner of the **2004-2005 CCAA Community Service Award**. A CCAA member-institution is selected from all CCAA Athletic Programs based on their outstanding contribution and development of a successful community relations programs.

The **University of New Brunswick Saint John (UNBSJ)** is this year's recipient for their various activities and/or programs designed to increase participation in sport and development through sport.



Recognizing the high level of obesity and physical inactivity with children and youth in the province, in October 2004, the Athletics, Recreation & Wellness (ARW) at UNBSJ developed and launched a new community outreach program called **Howl with the Wolves** which pairs UNBSJ varsity athletes with local children and youth. Aimed to encourage participation and development in sport, the outreach program reinforces the importance of a healthy lifestyle in today's society by promoting health and wellness and getting local children and youth active. As such, Seawolves athletes speak about the importance of physical activity, teamwork,

respect, dedication, self-confidence and other important life skills that can be developed through sports. In the inaugural year of *Howl with the Wolves*, the outreach program consisted of four jamborees/clinics being run by dedicated varsity coaches and student-athletes – soccer (October), basketball (November), volleyball (January) and badminton (March). Drawing in over 100 elementary students, each event was highly successful. UNBSJ's Athletic Director Monique Allain is very pleased with the outcome: "We have received great feedback from educators, coaches and consultants. It appears that this program was long overdue. We also feel that having our Seawolves athletes go into the community helps build bridges between UNB Saint John's athletics programs and the community at large."



In addition to *Howl with the Wolves*, over 100 local youth aged 8-17 gathered together at UNBSJ every Friday night from October to February to learn the game of volleyball. Established last year by Geoff Mabey, UNBSJ men's varsity volleyball coach, **Wolfpack Volleyball Club** promotes and cultivates an interest in the sport, all the while helping aspiring players develop their skills. UNBSJ Seawolves volleyball coaches and athletes, as well as members of the community at large, volunteer their time to teach the techniques and principles of volleyball. This year, the **Wolfpack Volleyball Club** hosted a Tier 2 tournament and sent a U-16 midget girls team to a tournament. A number of events are also being planned for the summer, which will target various age groups and skill levels.



Other community-related events also include: **WolfPack Adult Co-Ed League** – Organized and managed by UNBSJ women's varsity volleyball coach David Patterson, the league saw four teams compete from October to February; **Christmas Basketball Camp** – Offered in partnership with Basketball New Brunswick, guest coaches from Basketball Canada, UNBSJ and St. Thomas University, and 8 Seawolves athletes instructed 80 regional middle school youth participants; **Soccer Camps and Clinics** – Offered in partnership with Fundy Soccer to local youth of various age groups; **Canada Games** - In July 2005, over 400 New Brunswick Canada Games athletes, coaches, managers and mission staff will also gather at UNBSJ for the Canada Games Pep Rally.

The CCAA would also like to congratulate the following member-institutions for their outstanding contributions to their communities:

- **Mohawk College** (Hamilton, ON)
- **Red Deer College** (Red Deer, AB)
- **Collège Champlain St-Lawrence** (Ste-Foy, QC)
- **Durham College** (Oshawa, ON)
- **Mount Royal College** (Calgary, AB)
- **Thompson Rivers University** (Kamloops, BC).

Stay tuned for more details and information regarding each nomination in future issues of the Canadian College Sport Connections!!!

2005 CCAA Annual General Meeting

The CCAA is looking forward to hosting this year's Annual General Meeting from May 30 – June 3, 2005 at the Holiday Inn Select Halifax Centre in historic Halifax, Nova Scotia. The week will consist of 11 plenary meetings and 2 executive meetings. Delegates will also have the opportunity to visit many of the historic sights of Halifax and experience the maritime culture first hand.

The CCAA will also be hosting a workshop during its 2005 AGM entitled "Disclosure or Privacy". The workshop will be presented by Rachel Corbett, a member of the Centre for Sport and Law. Rachel helps sport organizations such as the CCAA manage risks by providing consulting services in planning, policy development and risk management. As a "change agent", Rachel works with national sport bodies on major governance, strategic planning and restructuring initiatives. She helps sport managers adapt to change and deal with the legal and quasi-legal issues and problems that they face on a daily basis.



An AGM Package detailing the week of meetings and activities was sent via email to each member-institution on Friday, April 29th. **Please forward the registration information and/or return required forms to the appropriate contacts by the noted deadlines.** If you have not received the mentioned AGM Package, please contact Sandra Murray MacDonnel via email (sandra@ccaa.ca).

Don't forget to submit your nominations!

- **Athletic Director of the Year** - The CCAA Athletic Director of the Year award recognizes administrative excellence within the campus or college community environment. This award is designed to recognize athletic directors who are making significant contributions to their institutions.

Eligibility and Criteria: Any CCAA member-institution that is nominated by institutional staff or administration, Provincial executive, Association members or affiliated institution Athletic Directors.

- Must be a CCAA member in good standing
- Have served as an Athletic Director for a minimum of three (3) years
- Demonstrates a commitment to higher education and student-athletes
- Promotes teamwork and excellence
- Demonstrates the ability to inspire individuals or groups to achieve high levels of accomplishments
- Demonstrates leadership and significant outreach for the betterment of youth and for the local community
- Shows leadership in the regional or national levels through serving on:
 - CCAA committees or executive
 - Provincial association executive or committees
 - Other community committees/or executive
- Can not be an Athletic Director at an institution that has been put on probation or cited for a code of ethic violations during the past three (3) academic years.

Nominations forms **MUST** be submitted **no later than May 15, 2005**. Nomination forms can be found on the CCAA's official website (<http://www.ccaa.ca/awards.htm>).

- **National Scholar Award** - The CCAA National Scholar Award is a new award, to be presented for the first time in July 2005.

To be eligible for this award, candidates must: **1)** Listed on their institution's CCAA Eligibility form for the current year, and **2)** Have achieved equivalent to 80% or honours standing, as defined by their institution during the last complete academic semester/term at the institution. Nomination forms can be found on the CCAA's official website (<http://www.ccaa.ca/awards.htm>).

Nominations forms **MUST** be submitted **no later than June 15, 2005**.

CCAA member of CSTA

The CCAA is now a proud member of the Canadian Sport Tourism Alliance (CSTA). Membership in the CSTA provides access to a number of benefits, sport tourism industry tools and best practices such as STEAM, Sport Tourism Planning Template and Business Plan Template, as well as access to training and education sessions and access to press releases and newsletters.

Irwin Strifler Elected to the UofA's Sports Wall of Fame

It is with pleasure that the ACAC recognizes the election of long time NAIT athletic director and ACAC Executive Director Irwin Strifler to the UofA Sports Wall of Fame. Irwin, who retired from the ACAC office in 2002, left his mark in numerous ways at both the UofA and even more so within the ACAC.

Irwin was a renowned builder of athletic programs wherever he went. He was the architect of one of Canada's most respected intercollegiate athletic programs at NAIT in Edmonton. Irwin was a Director of NAIT's Athletics and Intramural Program for 30 years (1968-1998). Under his leadership, NAIT teams and individual athletes won 157 gold medals, 12 CCAA national team titles, and 17 national individual gold medals. During his reign, NAIT received the CCAA Award of Excellence for a Quarter of a Century of Men's Ice Hockey Supremacy. Irwin was a founding member of the Canadian Colleges Athletic

Association (CCAA), serving as Vice-President for 2 years. He was a builder and senior executive member of the Alberta Colleges Athletic Conference (ACAC) for 20 years where he served 8 years as President, 4 years as Vice-President, and 8 years as Secretary.

Other than being a builder, Irwin was a star athlete in his own right. He starred with the U of A Golden Bears Football team as fullback, as well as back-up punter and quarterback from 1962-1965. He helped the Bears win the WIFL Championship in those three years and was a member of the Golden Bowl Champions in 1963. Off the gridiron, Irwin was also a member of the Golden Bears basketball team from 1962-1966. He was later drafted by the Calgary Stampeders football team in 1965.

Prior to playing for the Golden Bears, Irwin was an outstanding player on the Edmonton Wildcats junior football team (1959-1960). He was awarded a full football scholarship to Oklahoma State University, but opted to play for Cameron Jr. College from 1960-1961, where his team won the Little Rose Bowl in Pasadena in December, 1961.

Irwin has worn many hats over the years. He served many years as coach of football, basketball, and ice hockey teams at many different levels. Irwin's legacy continues to this day. He has been a coach, athlete, architect, builder, director and founding member throughout his career.

Congratulations Irwin. We're proud of you!

Written by Anthony Wong, ACAC Executive Assistant

Allain draws international assignment

The following article was published in Telegraph-Journal – World Traveler – Wednesday, April 13th 2005. Interview and written by Scott Briggs.

Monique Allain is hoping for an awesome Aussie expedition.

The athletic director at the University of New Brunswick at Saint John was recently named to Team Canada's mission staff for next year's Commonwealth Games in Melbourne, Australia. "I keep knocking on wood," said Allain, Canada's services team leader during last summer's Athens Olympics. "Sometimes it's just like a big dream."

Allain will also be working in team services in the Commonwealth Games, March 15-26. Her primary duties involve coordinating information with coaches and managers. That flow of information could concern anything from scheduling and meals to dealing with publicity. That's why communication skills are of utmost importance. "It's good to work under pressure," Allain said. "Our motto is to expect the unexpected." That's what happened when last year's rowing was delayed in Athens. Dealing with scheduling changes was just one of the ongoing obstacles in Greece. "It's important to remain calm," Allain said. "I think we were averaging three or four hours sleep a night in Athens, but you know that going in. You're on call 24/7."

Aside from the Olympics, Allain's pedigree includes Canada Games experience. She was the head coach for the women's basketball team in 1997 and served as an assistant for the 2001 squad. Two years ago, Allain was part of the mission staff in Bathurst and she'll serve in that capacity again this summer in Regina. With a background in sports psychology, Allain is also equipped to speak with athletes if one consults her. She was hired by UNBSJ last year, beginning her post on May 3.

"For me, it's professional development when I can work with coaches and athletes. It's great to be able to bring (the experiences) back to UNBSJ. It's just an exciting opportunity. It goes hand in hand with what I do every day."



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