

2021/22

ASAA PROGRAM



1A Girls **VOLLEYBALL**

Nov 25–27, 2021

Central Alberta Christian High School, Lacombe



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FROM THE EXECUTIVE DIRECTOR:

Well, it has been two years since an ASAA Championship in Volleyball was held and it is very exciting for me to be welcoming students and coaches back to school sport on behalf of the ASAA.

I have never taken school athletics for granted – it has been a passion for me since I was a high school student, then later a high school coach and for many years now, a high school athletics administrator. What I did learn over the past 20 months since the pandemic started was that the passion students, coaches and parents/guardians have for school sport is alive and well.

Whilst we lost many school athletic opportunities during the pandemic, the reports I have received in the fall of 2021 point to an increased interest in school athletics from both an athlete and a spectator perspective.

Studies have shown that the levels of anxiety and depression in student athletes increased significantly as a result of losing school sport, and I trust we will see much more positive mental health in our student athletes resulting from a return to school sport. While we must remain vigilant in the ways we reduce the potential for communicable disease spread in school

sports, we must be grateful for the opportunities that now present themselves for students to participate in as safe a setting as is possible given the modifications being applied at this event.

I wish to thank the championship hosts Travis Eggink, Miriam Doef, and Veronica Den Oudsten and all the students and volunteers at Central Alberta Christian High School for their positive approach to this 1A Girls Volleyball ASAA Championship and for doing all they can to ensure a safe and enjoyable event for all student athletes, coaches and spectators attending. We cannot run our championships without these outstanding volunteers.

I wish you all well,



JOHN PATON
EXECUTIVE DIRECTOR
ASAA

Blaine Calkins MP
Red Deer—Lacombe

www.blainecalkinsmp.ca
@BlaineCalkinsMP
@blainecalkinsmp

November 8, 2021
Blackfalds, Alberta

Central Alberta Christian High School
22 Eagle Road
Lacombe, Alberta
T4L 1G7



HOUSE OF COMMONS
CHAMBRE DES COMMUNES
CANADA

Greetings Coaches, Athletes, Staff and Administration:

It gives me great pleasure to welcome you to the Division 1A Volleyball Provincial Championships hosted right here at Central Alberta Christian High School.

I am so grateful that our athletes and our school communities have an opportunity to come together to support and celebrate sports excellence. You are all to be commended for your achievements on the court and in the hallways of your respective schools that have brought you here today.

I am hopeful that this is a great experience for the athletes, coaches, volunteers, and parents that have come out for this fantastic event.

Enjoy your time in Lacombe and thank you to all the volunteers for their efforts this weekend.

In life as in volleyball, "serve hard, and if it's on the floor, pick it up."

Regards,

Blaine Calkins, MP
Red Deer – Lacombe

Ottawa Constituency

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LEGISLATIVE ASSEMBLY
ALBERTA

Hon. Ron Orr, MLA
Lacombe-Ponoka Constituency
Minister of Culture

October 29, 2021

It is my pleasure to welcome all the participants, coaches, family and fans to Lacombe for both boys and girls 1A Volleyball Provincials on November 23, 2021. What a thrill for Lacombe Central Alberta Christian High School to be hosting this great event. Thank you for all those who have given of their time and effort to make this a successful tournament.

I would like to congratulate all the teams from across Alberta who have reached this level of achievement. Your hard work and dedication has paid off as you compete with the very best from across the province.

As a competitor, your dedication to excellence has made you a strong role model. The many hours of training and hard work is to be admired.

I am sorry I couldn't personally attend the Opening Ceremonies today, but the Legislature is sitting and I must be in the House. As the MLA for the Lacombe-Ponoka Constituency, I know you will enjoy your time in our City and trust you will be able to take in the many amenities Lacombe has to offer.

Once again, I wish you a very successful tournament – you have already shown that you are all “winners” at the game of Volleyball. Let the games begin!

Yours truly,

A handwritten signature in black ink, appearing to read 'Ron Orr'.

Ron Orr, MLA
Lacombe-Ponoka



Mayor Grant Creasey

City of Lacombe
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Lacombe, Alberta
T4L 1E9

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www.lacombe.ca

OFFICE OF THE MAYOR

November 24-27, 2021

Central Alberta Christian High School
22 Eagle Rd.
Lacombe, AB
T4L 1G7

RE: ASAA 1A Girls Volleyball Provincials

Dear Athletes,

On behalf of Lacombe City Council, I would like to congratulate you all on making it to the ASAA 1A Girls Volleyball Provincials! We are thrilled to have the event hosted right here in beautiful Lacombe.

I know you all have worked very hard to be here this weekend, and I am sure you will have ample opportunity to perform at the highest level in front of your family and peers.

In addition to the excitement of competition, I hope you and your team can enjoy everything our community has to offer. Lacombe has always been a premier sports destination – and we are proud to have you here this weekend.

I want to thank your host for the weekend, Central Alberta Christian High School (CACHS), for their hospitality and commitment to student-athletes. They have put in all the extra effort necessary to host a memorable tournament. I hope you are all able to remember your time at Provincials fondly.

Lacombe City Council extends our well-wishes to each one of you. May this weekend be a celebration of sportsmanship, competition and excellence.

I wish you good luck on the court and a great time in Lacombe this weekend.



Mayor Grant Creasey



Central Alberta Christian High School welcomes ALL participants and fans to the 2021 ASAA 1A Girls Volleyball Provincials.

We are excited to be able to host this amazing event! This year, more than ever teams are happy to be on the court competing again. The work that it has taken each team to get here speaks volumes about their commitment to excellence and teamwork. We appreciate the opportunity within our teams to teach young athletes about more than just the athletic and competitive game of volleyball. We have amazing on and off court opportunities to teach about sportsmanship dealing with adversity, and discovering what each and every member of the team can bring to make their team the best they can be.

We look forward to a weekend of competition, fellowship and celebration!

A BIG THANKS to all the donors, sponsors, and volunteers for this event. We are appreciative of all the support we've received.

If you have questions, please talk to any of our volunteers - you will find them wearing green CACHS t-shirts. Whether you win or lose your games, we hope you enjoy this celebration of a successful season. GOOD LUCK to all the teams!!

Miriam Doef
Chair

Veronica Den Oudsten
Co-chair

Travis Eggink
Co-chair/Principal

For all the scores and more scan the QR code to be brought right to the ASAA provincials site.

Be sure to follow:
girls1a_vbprovincials
on Instagram for pics and more.



The Case for Sportsmanship**

“The ideals of good sportsmanship, ethical behaviour and integrity should permeate all interscholastic athletics in our community. In perception and practice, good sportsmanship shall be defined as those qualities of behaviour which are characterized by generosity and genuine concern for others. Our athletic fields should be the laboratory to produce good citizens reflecting fair play in every area of life.”

Expectations of parents, guests and other fans	Suggested positive behavioural guides	Unacceptable behaviour
<ul style="list-style-type: none"> • Game attendance is a privilege not a license to verbally assault others or to be obnoxious • Respect decisions made by contest officials • Be an exemplary role model by positively supporting teams in every manner possible, including content of cheers and signs • Become aware of the purpose of the league and rules to keep winning in its proper place • Respect fans, coaches and participants • Be a fan...no a fanatic! • Recognize outstanding performances on either side of the playing field 	<ul style="list-style-type: none"> • Applaud during introduction of players, coaches and officials • Accept all decisions by officials • Shake hands with opponents at the end of the game, regardless of the outcome • Treat competition as a game, not a war • Search out opposing participants to recognize them for outstanding performance or coaching • Applaud at the end of the contest for performances of all participants • Demonstrate concern for injured players, regardless of team • Encourage displays of sportsmanlike conduct 	<ul style="list-style-type: none"> • Yelling or negative chanting or gestures towards opponent • Booing or heckling an official's decision • Criticizing officials in any way; displays of temper with an official's call • Taunting or trash talking • Refusing to shake hands or to give recognition for good performances • Blaming loss of game on officials, coaches or participants • Laughing or name calling to distract opponent • Using profanity or displays of anger that draw attention away from the game

** taken from the the MIAA

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Spectator Admission Fees

Each fan will be charged \$5/day or \$10/tournament for admission to this year's 1A ASAA Girls Volleyball Provincials. Children under 6 are free. In lieu of the admission fee, a non-perishable food donation may be brought. Food donations will be distributed to the Lacombe Community Foodbank and Clothing Centre. A limited number of Tournament Programs will be available for \$5.00.

Parking

Stalls for Custodial and emergency vehicles must be left open at all times. CACHS and LCHS are located in residential areas. Please be polite to house owners if you park near their property. At **CACHS**, buses can drop the students off by using the loop around the school. Enter the loop along the east side of the school, let the students off in the west parking lot and exit out the north exit. Additional parking is available on the west side of the school by passing through the regular parking lot south of the school

SPECTATOR CODE OF CONDUCT

Attendance at this event entitles you to enjoy an exhibition of skills developed by athletes in an educational setting.

Please be respectful and encouraging in your approach to ALL athletes, officials, coaches and fellow spectators.



BE LOUD BE PROUD BE POSITIVE

Spectator Code of Conduct

- Spectators demonstrate courtesy and good sportsmanship with positive cheers of encouragement for their team, not against the opposing team.
- Spectators show proper acceptance of referees and other officials' judgement.
- Spectators are respectful and encouraging to ALL athletes, officials, coaches and fellow spectators.

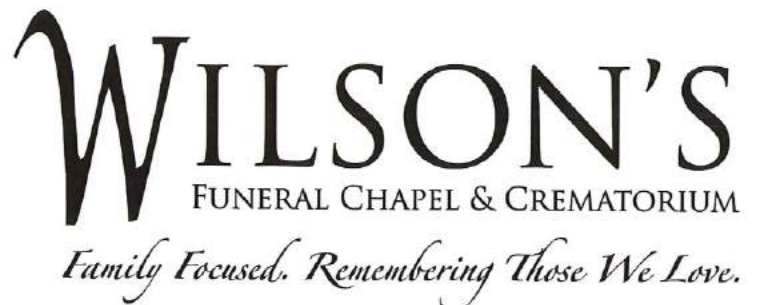
PLEASE NOTE THAT NOISEMAKERS ARE NOT PERMITTED DURING ASAA PROVINCIAL CHAMPIONSHIP TOURNAMENTS. PROHIBITED NOISEMAKERS MAY INCLUDE BUT ARE NOT LIMITED TO: AIR HORNS, COW BELLS, PLASTIC TUBE HORNS, GARBAGE CAN LIDS, ETC.

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2021 - 1A GIRLS PROVINCIAL CHAMPIONSHIP TOURNAMENT DRAW

Pool A	
1	Bawlf
2	St. Thomas More
3	Warburg
4	Rosemary
5	Consort

Pool B	
6	Morrin
7	Picture Butte
8	PICS
9	École des Beaux-Lacs
10	CACHS

THURSDAY	Gym: LCHS		
9:00 a.m.	Team 5	vs	Team 1
11:00 a.m.	Team 2	vs	Team 3
1:00 p.m.	Team 4	vs	Team 5
3:00 p.m.	Team 1	vs	Team 2
5:00 p.m.	Team 3	vs	Team 4

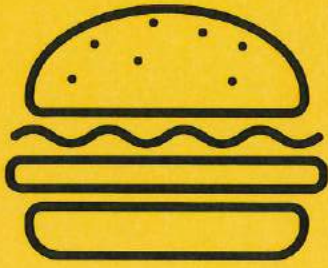
Thursday	Gym: CACHS		
9:00 a.m.	Team 8	vs	Team 9
11:00 a.m.	Team 10	vs	Team 6
1:00 p.m.	Team 7	vs	Team 8
3:00 p.m.	Team 9	vs	Team 10
5:00 p.m.	Team 6	vs	Team 7

FRIDAY	Gym: LCHS		
9:00 a.m.	Team 1	vs	Team 3
11:00 a.m.	Team 2	vs	Team 4
1:00 p.m.	Team 3	vs	Team 5
3:00 p.m.	Team 4	vs	Team 1
5:00 p.m.	Team 5	vs	Team 2

FRIDAY	Gym: CACHS		
9:00 a.m.	Team 8	vs	Team 6
11:00 a.m.	Team 7	vs	Team 9
1:00 p.m.	Team 8	vs	Team 10
3:00 p.m.	Team 9	vs	Team 6
5:00 p.m.	Team 10	vs	Team 7

SATURDAY	Gym: CACHS		
9:00 a.m.	A2	vs	B3
11:00 a.m.	A3	vs	B2
1:00 p.m.	Winner 9:30	vs	B1
3:00 p.m.	Winner 10:45	vs	A1
5:00 p.m.	Bronze Medal		
7:00 p.m.	Gold Medal		

SATURDAY	Gym: CACHS		
8:30 a.m.	Tiebreaker game if needed		
10:30 a.m.	A2	vs	B3
12:30 p.m.	A3	vs	B2
2:30 p.m.	Winner 10:30	vs	B1
4:30 p.m.	Winner 12:30	vs	A1
6:30 p.m.	Bronze Medal		
8:30 p.m.	Gold Medal		



HUNGRY? WHERE TO EAT IN LACOMBE

...and fun places to shop and things to do, recommended by the locals

1

LOCAL EATS

Lacombe boasts some pretty great local eateries, offering a wide variety of menu options

2

PIZZA

Lacombe has a high pizza-to-population ratio. We're sure you'll be able to find a pizza place to your liking.

3

FAMILIAR EATS

Yup, we probably have your favourite chain restaurant, too.

4

COFFEE & GOODIES

Latte? Americano? Almond or whole milk? Would you like a doughnut with that?

BUT WHERE ARE THESE RESTAURANTS?

ALL THE RESTAURANTS LISTED
ARE FOUND ON GOOGLE MAPS.
HOURS & SERVICES VARY.

USE THE QR CODE FOR
ADDITIONAL FUN LOCAL SHOPPING & EVENTS

1

Local Eats

Tollers Bistro - known for their doughnuts, but also has a great breakfast, lunch and dinner menu

Cilantro & Chive - award-winning restaurant serving locally sourced food

Moe's Pizza - artisan pizzas from the owners of Cilantro & Chive

Eastside Eatery - The Gobbler is the best turkey sandwich you'll eat;
also, other sandwiches and soups and treats

Milly Oak Cafe & Catering - fantastic lunch and all-day breakfast menu

Anna Maria's - simple and tasty soups and salads; browse the library and art gallery

Kavaccino's - tasty soups, salads and mains, cofree

Out & About - simple, delicious menu; take out only

Leto's Steakhouse & Bar - enjoy a refreshing drink, a quick bite or enjoy a great meal.

Sweet Capone's - Italian cannoli & other tasty treats

Totally Gluten-Free Bakery - as advertised, a bakery that caters to the gluten-free eaters among us

The Broom Tree Cafe - Breakfast & Lunch, all proceeds go to The Broom Tree Foundation

Blindman Brewing - award-winning local brewery; limited food options,
but good for a quick stop; also serves non-alcoholic beverages

Funky Monkey - a mix of Canadian and Asian cuisine

Lacombe Steakhouse & Bar - for your meat & potatoes fans, and more on the side

2

Pizza

Moe's Pizza

Boston Pizza

Domino's

Papa John's

Panago

Pizza Hut

Tasty Bites

Buster's Pizza & Donair

3

Familiar Eats

Boston Pizza

Pho & Rice

Taco Time

Extreme Pita

Subway (10% discount for teams who show
their lanyard or jersey)

McDonald's

A&W

Dairy Queen

Booster Juice

Tim Horton's

Burger Baron

Triple O's

4

Coffee & Goodies

Tollers Bistro

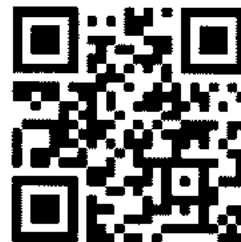
Milly Oak Cafe & Catering

Sweet Capone's

Anna Maria's

The Broom Tree Cafe

Kavaccino's



Fun Things:

Local Events

Thursday, November 25:

Light Up the Night Festival

Moonlight Madness - sales at local shops throughout town,
and most are open later than usual

6pm - Santa Claus Parade through Downtown Lacombe

7:30pm - Fire Dancers at the Lacombe Memorial Centre

Thursday - Saturday, November 25-27:

Christmas Faire, at the Lacombe Memorial Centre

Under \$100 Art Market at the Lacombe Memorial Centre

Saturday, November 27:

The Polar Express, 3D -free movie at Lacombe City Cinema

A Few Places to Shop & Play on Mainstreet & Nearby Streets

Dutchess Flower Company

Timeworn Charm

Cali Trading Company

Headhunters Salon & Spa

Red Hot Threads

Reds Source for Sports

Elite Bridal & Boutique

Oodles of Chocolate

Gift Smack Gift Company

Healthfitters

Hannas Seeds & Gift Shop

The Hatchet (axe-throwing & games)

Up for a short drive? 20 minutes away in Bentley, AB

The Drop Coffee Shop - amazing chai lattes!

Queen Bea Marketplace

Merry's Mercantile

Simply Country

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Bawlf Wildcats



Student Name	Grade	Jersey	Position	Height
Shaye Flemming	11	1	Left Side	5'4"
Bryn Weinkauf	11	2	Left Side	5'6"
Edyn Van Brabant	11	3	Middle	5'11"
Madison Dyck	10	4	Setter	5'9"
Makena Huseby	11	5	Right Side	5'6"
Rya Miller	10	6	Left Side	5'3"
Emily Grouette	12	8	Middle	5'7"
Grayce Flemming	12	10	Right Side	5'9"
Taryn Watson	11	11	Middle	6'
Amy Borman	10	12	Middle	5'10"
Grace Harmider	10	13	Middle	5'9"
Jaidan Burnstad	10	14	Left Side	5'7"
Claire MacDonald	11	15	Left Side	5'6"
Magdeleine Goethals	11	-	Belgium Cheerleader	5'5"

COACH: Emma Gjesdal

ASSISTANT COACH: Brad Munro

COLORS: Black/Gold



This a young, but extremely talented team. We have competed and finished first place at four of the five tournaments we attended. All of these tournaments had great competition and an interesting note is that we were the only 1A school at the Camrose Composite Tournament, and still we were able to compete and win. One of our best weekends was the tournament we got second in. We went to Morinville to compete in the Western Canadian Volleyball Championships and even though we lost, it was an awesome weekend that definitely pushed our athletes physically and taught us that through losses we can grow and learn. These girls are not only very good volleyball players, but they are also hilarious, beautiful, and kind. It almost seems unfair how wonderful they all are. We look forward to another great weekend of volleyball!

St. Thomas More Kodiaks



Student Name	Grade	Jersey	Position	Height
Sydney Mc Cormick	12	6	Power	5'6
Haily Lund	12	3	Middle	6'0
Tori Fraser	11	15	Libero	5'2
Cadence Kramer	11	4	Setter	5'3
Camryn Bjornson	11	2	Power	5'3
Avery Gnam	11	1	Off-Side	5'9
Zoey Arkininstall	10	9	Power	5'6
Josie Lund	10	8	Middle	5'10
Danica Mitchell- Fox	10	13	Power	5'3
Paulina Heck	11	10	Setter	5'3
Joyce Dais	11	14	Libero	5'2
Kasey Vasseur	10	7	Off- Side	5'5
Kiera Johnson	10	12	Middle	5'7
Kaitlyn Payeur	10	5	Off-Side	5'3
Karlene Olason	10	11	Power	5'5

COACH: Tina Mc Cormick

ASSISTANT COACH: Kendra Renneberg TRAINER: Eileen Lund

COLORS: Green/Gold



STM attended 3 tournaments this year and played well at all, placing top 3 at all of them and winning gold at the Peace Classic for the first time. We joined league as well this year so had lots of game play for all 15 players. We also hosted a couple "one day game days" for extra court time.

Warburg Panthers



Student Name	Grade	Jersey	Position	Height
COURTNEY CYGAN	12	1	POWER	5'7"
RYLEE RICHEL	12	2	POWER	5'6"
LILY BEAUCHESNE	11	3	POWER	5'7"
ALYSSA BABCOOK	11	4	SETTER	5'5"
COURTNEY MILLER	11	5	MIDDLE	5'4"
JENNA LAWRENCE	10	6	RIGHT SIDE	5'4"
KYLA CYGAN	11	8	RIGHT SIDE	5'6"
ELICIA BABCOOK	11	9	MIDDLE	5'7"
TAYLOR BENTLEY	11	10	MIDDLE	5'7"
HAYLEY JOHNSON	10	11	POWER	5'1"
MAKAYLA KLATT	12	15	LIBERO	5'5"

COACH: CAELIN FOULSTON

ASSISTANT COACHES: TANYA BABCOOK & AMANDA RICHEL

COLORS: Black/Red/White



The Warburg Panthers had an outstanding 2021 Volleyball season. We participated in 4 tournaments prior to zones, ranging from 1A to 3A tournaments- we took home 2 silver metals, 1 bronze metal and an excellent learning experience when we played larger 3A teams. We also ranked first in League out of 7 teams.

Rosemary Rockets

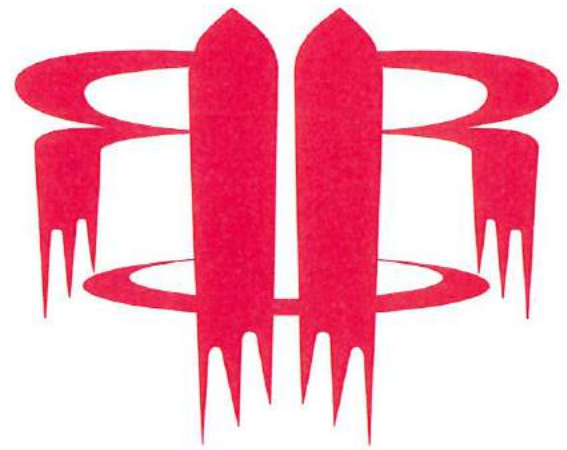


Student Name	Grade	Jersey	Position	Height
Robin Klassen	10	1	Middle	6 ft
Kylee Voth	12	2	Tech	5ft 7in
Abbie Wiebe	11	3	Tech	5ft 5in
Laura Simo	12	5	Power	5ft 8in
Grace Dressel	12	6	Power	5ft 5in
Mia Klassen	12	7	Middle	5ft 10in
Kylea Janzen	10	8	Middle	5ft 10in
Taylor Klassen	10	9	Power	5ft 6in
Rebecca Wiebe	11	10	Libero	5ft 6in
Emily Thiessen	10	12	Middle	5ft 6in
Deneile Dyck	10	15	Power	5ft 7in
Ella Dressel	10	17	Setter	5ft 5in
Elleah Juneau	10	18	Setter	5ft 10in
Megan Preston	10	19	Tech	5ft 5in

COACH: Jon Nielson

ASSISTANT COACHES: Mackenzie Nielson & Maddy Douglas

COLORS: Red/Black



The Rosemary Rockets season has been quite a roller coaster ride. We had our first four tournaments get cancelled which made it very difficult to gel as a team. In our first tournament in Bassano, on November 23rd, we managed to finish in second place. We then went to Bow Island and struggled finding our game, then in league finals the girls get knocked out in the semi finals. We qualified for zones at a very competitive regionals in third place, and then at zones, this past weekend, we finally started seeing the girls play their game which got them into the finals. The girls really appreciate the opportunity to have been able to play this year and look forward to finishing strong. A special thanks to our parents who have been amazing support all season long.

Consort Stingers



Student Name	Grade	Jersey	Position	Height
Andria Nelson	11	2	Middle	5'9
Savannah Gallaway	11	4	Outside	5'4
Taniell Ulseth	10	5	Setter	5'5
Haley Beier	12	6	Outside	5'9
Jacey Hagan	11	7	Middle	5'9
Jacy Wittmack	10	8	Middle/ Outside	5'8
Kassie Kroeger	11	9	Outside	5'6
Natalie Wittmack	11	10	Setter/ Outside	5'4
Raya Roesler	11	13	Middle	5'11
Shayanne Gallaway	11	14	Outside	5'7
Vanessa Hadwin	11	15	Outside	5'7

COACH: Todd Nelson

ASSISTANT COACHE: Julie Nelson

COLORS: Black/Gold



The Consort Stingers went undefeated in league play and won the Highway 12 League Championship. Along the road they won gold at the EHWS Tournament, PPS Invitational as well as the Stinger Invitational. Silver Medalists at the Turkey Burner Tournament and lost out in the semi finals at the Augustana (Earle Berry) Tournament and the OLMP Showdown. The Stingers won their conference and advanced to zone playdowns where they took home the bronze.

Morrin Mustangs



Student Name	Grade	Jersey	Position	Height
Angelina Stanger	11	2	Setter	5' 8"
Nicole Wolf	12	3	Setter	5' 5"
Malenna Olsen	9	4	Setter	5' 2"
Mattie Jensen	11	5	Middle	5' 7"
Taylor Macfarlane	10	6	Power/ Libero	5' 7"
Ashley McNaughton	12	7	Power/ Middle	5' 4"
Cadynce Richmond	10	8	Power/ Middle	5' 8"
Maddison Wiart	9	9	Power/ Setter	5' 3"
McKenzee Olsen	12	10	Power/ Libero	5' 3"
Meghan McNaughton	12	11	Power	5' 6"
Alyssa Wilkins	11	12	Middle	5' 11"

COACH: Amanda Batty

STAFF SUPERVISORS: Shannon Wilkins, Tracy Stanger, Tracy Wolf

COLORS: Blue/Yellow

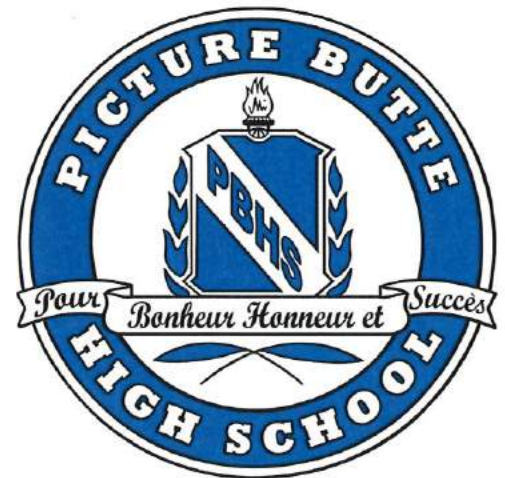


The Morrin Mustangs have had a fantastic season this year. They won tournaments at Olds Koinonia (final against PCA) and Trochu (final against DVSS) and placed second to Olds Public in a 2nd Olds tournament. They have spent most of their season playing much larger schools but always manage to stay competitive. Despite quite a few injuries they managed to finish 2nd at Regionals. At Zones they finished 2nd in their pool and went on to have a record of 12-3, beating Rosemary in two straight to win the gold. They are very excited to attend Provincials.

Picture Butte Queens



Student Name	Grade	Jersey	Position	Height
Abigail Leusink	11	5	Setter / Right Side	5'4
Amber Helle	12	6	Left Side	5'5
Kirsten Fremstad	11	7	Setter / Right Side	5'6
Jessa Van Nistelrooy	11	8 / 21	Libero	5'4
Hailey Spanke	12	9	Middle	5'9
Brynlee Van Hal	11	10	Middle	5'11
Micah Molenaar	11	11	Left Side	6'0
Tessa McLeod	11	12 / 22	Left Side	5'6
Kally Groenenboom	11	13	Middle	6'1
Leila Batista	11	16	Left Side	5'9
Chloe Goodwin	11	18	Right Side / Left Side	5'8



COACH: Joanna Johnson

ASSISTANT COACHES: Nancie Molenaar & Amanda Johnson

MANAGER: Taylor Hanna

COLORS: Royal Blue/White

PICS Penguins



Student Name	Grade	Jersey	Position	Height
Julia Devries	12	3	Power	
April Kippers	10	4	Middle	
Lucy Kippers	12	6	Middle	
Jenna Dehaan	11	7	Setter	
Janessa Dehaas	11	8	Offside	
Elianna Van Orizande	10	9	Power	
Lily Bansema	12	10	Middle	
Leila Dehaas	11	12	Power	
Kyra Jagersma	11	13	Middle	
Madison Frost	12	14	Power	
Esther Stel	12	16	Libero	

COACH: Drew Frost

ASSISTANT COACH: Hannah Doorten

COLORS: Blue/Black



The PICS Penguins are a unique group of young women. From a school with only 91 high schoolers, you'd think it'd be slim pickings for talent, but these girls have shown otherwise. Placing 3rd in their league finals against schools ten times their size was just one of their great achievements. "Best team we've ever coached, would coach again." - PICS Coaches, Coaches Weekly. These girls are excited to play some good, competitive volleyball this weekend, and are looking forward to seeing you on the court.

École des Beaux-Lacs Attaque



Student Name	Grade	Jersey	Position	Height
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Danielle Antoniuk	9	3	Power/ Libero	5'2"
Alyssa Bernier	12	4	Setter	5'1"
Isabella Antoniuk	9	5	Power/ Right Side	5'1"
Olivia Ladond	11	6	Right Side	5'2"
Savanah St.Arnault	11	7	Middle	5'5"
Janique Dumont	10	8	Middle	5'5"
Dorielle Amyotte	12	14	Power	5'4"
Aryka Bouvier	12	2	Power	5'8"
Brielle Bernier	9	18	Libero/ Right Side	5'2"

COACH: Jean-Francois Bernier

ASSISTANT COACH: Nicol Bernier TEACHER: Juanita Roy

COLORS: Black/Blue/White



The ATTAQUE from École des Beaux-Lacs is just thrilled to be representing the NE Zone at this year's provincials. When we hosted our team Tryouts this year we had girls show up, so needless to say they all made the team. From this humble beginning, we knew we had some work to do. Our girls came together from the first practice and established a team identity that grew with each competition. Coming up short in our first tournament gave us a taste of what silver felt like, and helped pave the road to improvement. However, participating in 4 other tournaments, we did not reach the podium again until our last tournament in Boyle where we once again came in as runner-ups. It took an AMAZING performance at the Zone tournament to allow our team to climb one more step and reach the top of the podium for the first time. We are looking forward to meeting all the other zone representatives in Lacombe and wish all the participants the best of luck!

CACHS Knights



Student Name	Grade	Jersey	Position	Height
Brooklyn Wildeboer	12	1	Libero	5'6 1/2
Torey Tenbrinke	12	2	Power	5'7
Julie Doef	10	3	Setter	5'5
Ava Ingwersen	10	4	Power	5'7
Adyson Wildeboer	10	5	Middle	5'8
Mikenna Wildeboer	10	6	Middle	5'10 1/2
Amy Doef	11	7	Power	5'7 1/2
Ashley Van Gelderen	12	8	Middle	5'8
Chelsea Vreugdenhil	12	9	Right side	5'9 1/2
Kass Tenbrinke	12	10	Setter	5'6
Elena Siebenga	12	11	Middle	6'0
Adrianna Slomp	10	12	Right side	5'6
Dakota Anderson	10	13	Power	5'6

COACH: Tashelle Looov

ASSISTANT COACHES: Shalyn Lindballe & Kayla Ingwersen

COLORS: Green/Black



The CACHS KNIGHTS are so blessed to be competing in the 1A provincials this season! Some highlights of our season include winning gold in our league, second in zones, and gold in three other 3A tournaments. We would like to thank Nori for being there to support us, along with our wonderful family and fans. We look forward to an awesome, competitive provincial tournament. Good luck to all competitors :)

APPAREL ORDERS:

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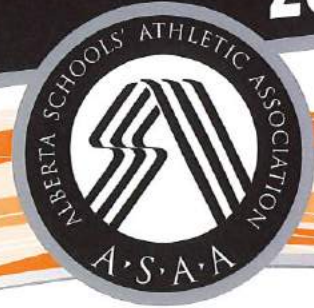
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