

# Alberta Schools' Athletic Association



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## CONGRATULATIONS

### SCHOLARSHIPS, ZONE AWARD OF MERIT & LORNE WOOD AWARD

It has been a busy season for ASAA. June 30th marked the deadline for our 2 scholarships: Milk Every Moment Scholarship and the Pay It Forward Scholarship. Both

Scholarships were sent to their selection committees. This year the winners of the Milk Every Moment Scholarship are Bailey McKeever from Mayerthorpe High and Zachary Epp from Lacombe Composite. Congratulations to both!

The winners were also selected for the Pay It Forward Scholarship: Savannah McKay (Beaverlodge Regional), Danielle Kath (Strathcona Christian Academy), Rebecca Lowry (St. Michael's), Sarah

Melenka (St. Mary's), Alexandra Epp (George McDougall), Joshua Thiessen (Living Waters Christian Academy), Jacquelyn Cormier (St.

Martin de Porres) and Austin Norlin (Heritage Christian Academy) All 8 of these applications were sent to Xerox to pick an over all winner, and congratulations to Alexandra Epp for receiving an extra \$1000 from Xerox.

At the beginning of December we also had our Annual Planning Meeting 1

## SANCTIONING

Do you know when a sanction form is required?

- if you are hosting a tournament with out of province teams coming
- if you are going to a tournament outside of Alberta (the province/state you are going to will fill out their sanction form)
- if you are a post secondary institution hosting a tournament for high school athletes

The sanction forms for Alberta hosts is located on the ASAA website under the resources tab. These sanction forms need to be filled out and sent to Elyshia at [elyshia@asaa.ca](mailto:elyshia@asaa.ca) a minimum of 30 days prior to your tournament starting.

All sanctioned tournaments that have ASAA approval will be posted on the ASAA website under the Championship tab.

Starting September 2017, there will be a late sanctioning fee of \$200. If your tournament requires sanctioning with less than 30 days of the tournament start date, the late fee will be charged to you.

If you have any questions, don't hesitate to contact the office.



Ryan Duffett presents Ken Kure the Central Zone Award of Merit Awards Banquet.

At this banquet , we celebrate our Zone Award of Merit Winners and our Lorne Wood Award Winner. Zone Award of Merit Winners are selected by each zone. This year we would like to recognize the following people:

Central ZAM: Ken Kure, retired teacher from Spruce View High School

South ZAM: Scott Howes, Athletic Director and Vice Principal of Medicine Hat High

Edmonton ZAM: Matt Burrows, Athletic Director of Jasper Place High School

North Central ZAM: Cliff Rowein, Basketball Coach at Morinville Community School

North East ZAM: Andrew Przybylski, Athletic Director at J.A. Williams High

North West ZAM: Duncan Fraser, former ASAA Curling Commissioner

CSHSAA ZAM: Joseph Petrone, Athletic Director at Bishop O'Byrne High School

CISAA ZAM: Sabine Crandall, Athletic Director at Calgary French & International School

South Central ZAM: Sam Aiello, Teacher and Coach at Holy Trinity Academy in Okotoks.

The Lorne Wood Award is named after one of the founders of ASAA. This award honours administrators who have provided outstanding support to their school athletics program. This years winner is Boris Grisonich, Principal at Medicine Hat High.

Nominations for the Lorne Wood Award are due June 30th, annually. Nomination information is available on the ASAA Website.

**HAPPY HOLIDAYS FROM ALL  
OF US AT ASAA!**

**THE ASAA OFFICE WILL  
REOPEN JANUARY 3, 2017**

# NOTICES OF MOTION

At the APM in Red Deer, the board voted on Fall Notices of Motion brought forth by Commissioners who have sports toward the end of the school year. The results are as follows:

**NOM #1: CARRIED with Amendments**

**NOM #2: CARRIED**

**NOM #3: WITHDRAWN**

**NOM #4: CARRIED**

**NOM #5: CARRIED**

**NOM #6: CARRIED**

**NOM #7: DEFEATED**

**NOM #8: CARRIED**

**NOM #9: DEFEATED**

For a complete breakdown of the Fall 2016 Notices of Motion, please visit the ASAA website.



# SPECIAL OLYMPICS UNIFIED SPORTS

## Unified Bocce Highlights

The Unified Sports season started out strong with 77 participants from 7 different schools participating in Unified Bocce. Two tournaments were held (one in Edmonton and one in Calgary) and both had great energy and team spirit.

Teams of four rolled, tossed, and spocked their way through pool play to championship games. In the end, a team from Bert Church High School in Airdrie and a joint team from L.Y. Cairns and Old Strathcona placed first at the respective Calgary and Edmonton tournaments.

Refs from each court were tasked with choosing a “Most Sportsmanlike” team after each game, and picking only one team proved to be challenging. Several times refs refused to choose only one team because “they were all just too awesome!” However, one team from each tournament eventually emerged from an outstanding pool of students, all with amazing attitudes and positive sportsmanship. Another one of the teams from Bert Church took home the title of Most Sportsmanlike for the Calgary tournament, and a team from Sturgeon Composite took home the same title at the Edmonton tournament. Check out the tournament pictures for Edmonton [here](#) and Calgary [here](#).

I would like to end off by saying thank-you to the students from Mount Royal University, and the Bocce coaches from Special Olympics Edmonton and Special Olympics Calgary who volunteered their time at the tournaments. Events like this wouldn't be possible without you!

We're looking forward to another great season of Bocce next year!



## Upcoming Unified Events

In addition to Unified Basketball and Track which was announced in September, we are also adding a Unified Baggo season. Unified Baggo is a last-minute addition this year and will run from the first day of classes in January to March 19th (the day before the Unified Basketball season starts). More information on Unified Baggo will be sent out to Athletic Directors.

Unified Basketball will run from March 20th to May 31st. This year we are trialling a 3vs3, half court format where there are always two athletes and one partner from each team on the court at all times. There is no maximum number of students per team, or maximum number of teams that a school can create. More information will be sent out in January.

The final Unified event for this school year will be a 4x100m relay at the Track & Field Provincial Championships. Two athletes and two partners are needed per team for this event. Please note that any student who is eligible to be an athlete in the Unified relay is also eligible to participate in the T20 classification of Para Athletics.

Information for Unified and Para sports are emailed to all Athletic Directors. If you would like to be added to the email list for Unified and Para, please contact shanna@asaa.ca



# SCHOOLCOACH.CA

School Sport Canada in partnership with ASAA and Athletics Canada will be launching a brand new course in early 2017 focused on coaching athletics. This course will be FREE and it will contain a module focused on coaching each of the main technical skills in Track, Throwing and Jumping. More information on this course will be available on the ASAA website in the New Year!



# PROVINCIAL CHAMPIONSHIPS

## ALBERTA BOWL 2016

Congratulations to all teams that participated in the 2016 Alberta Bowl on November 25 & 26! The competition across the province this year was remarkable throughout the season and advancing to the finals is a true testament to your team's skills, hard work and dedication. Congratulations to everyone involved, notably the winners of each event:

### Friday, November 25, 2016

**6 Man:** St Joseph's Crusaders 74 vs Rimbey Spartans 12

**Tier II:** Foothills Falcons 37 vs St. Joseph's Celtics 4

### Saturday, November 26, 2016

**Tier IV:** Bow Valley Bobcats 22 vs Stettler Wildcats 13

**Tier III:** Cochrane Cobras 29 vs Holy Rosary Raiders 20

**Tier I:** St. Francis Browns 16 vs Bev Facey Falcons 11

The ASAA would like to extend a heartfelt thank you to the CSHSAA for the countless hours that they have put into running a successful event. This championship would not have been possible without the efforts of everyone who was involved in the planning and implementation of the event and it was truly a first class championship!

## VOLLEYBALL

Thank you to all of our hosts for hosting the 2016 Volleyball Provincial Championships: Senator Gershaw, Bow Island (1A Boys & Girls), Vegreville Composite (2A Girls), Oilfields School (2A Boys), Camrose Composite (3A Boys &

Girls) and Lindsay Thurber, Red Deer (4A Boys & Girls). All of you had successful events!

Congratulations to this years Provincial Volleyball Champions:

**1A Boys:** Ecole Mallaig

**1A Girls:** Provost Public

**2A Boys:** Central Alberta Christian, Lacombe

**2A Girls:** Spirit River Regional

**3A Boys:** Strathcona Christian Academy, Sherwood Park

**3A Girls:** St. Joseph. Grande Prairie

**4A Boys:** Dr. E.P. Scarlett, Calgary

**4A Girls:** Jasper Place, Edmonton

## CROSS COUNTRY

This year the Cross Country Provincials were hosted by CSHSAA in Cochrane. It was a well organized event. While the weather was not so friendly in the Northern half of the province during the championship weekend, the weather stayed beautiful in Cochrane.

Congratulations to our Individual Champions: Olivia Cooper, Strathcona High (Jr Girls), Emma Skaug, William Aberhart (Int.

Girls), Savana Jordan, William Aberhart (Sr Girls), Solen Wood, Chinook High (Jr Boys), Maximus Thiessen, Dr. E.P. Scarlett (Int Boys) and Brandon Vail, Harry Ainlay (Sr. Boys).

We would also like to send out a special congratulations to all the students who competed in the first ever Para Cross Country event at Provincial Championships!

## GOLF

We started off the Provincial Championship season in sunny Medicine Hat with Golf Provincials. The event was a success and the weather was beautiful. On the first day of competition there were 3 hole in ones!

Congratulations to the Individual Champions:

Gold: Sharmaine Rapisura (Bishop McNally) & Max Murchison (Cochrane High)

Silver: Taylor Stone (St. Francis, Calgary) & Max Sekulic (Spirit River Regional)

Bronze: Cassidy Laidlaw (St. Francis, Calgary) & Matt Campbell (West Island College)

We are looking forward to the second half of Provincials in the New Year!



# WE CAN DO BETTER...

## Part 1 of a 2 part article on concussions

**By: John Paton, President of School Sport Canada & Executive Director of the Alberta Schools' Athletic Association**

On December 6, 2016, I had the privilege of attending a one-day concussion conference titled "We Can Do Better" at the Governor General's residence at Rideau Hall, Ottawa, along with about 80 others from across Canada who share similar concerns about sport safety in Canada and who represent the sport sector in Canada.

Hosted by Governor General, His Excellency David Johnstone, the day was started with a welcome from Federal Minister of Sport and Persons with a Disability, Hon. Carla Qualtrough, who noted that our collective efforts should be targeted at all levels of sport, including but not limited to school and community sport.

The first set of panelists in this relatively small gathering included professional athletes Matt Dunnigan (CFL), Eric Lindros (NHL), and Étienne Boulay (CFL). Each of these athletes talked about how incurring multiple concussions impacted their careers. Étienne noted now he would sometimes under-perform in baseline tests so that when retested, if he had incurred a concussion, his condition would not be as noticeable as if he had tried 100% in pre-season testing; he did not want the guy behind him to take his spot on the team, so he did what he felt he needed to do; he noted how he would lie about his condition. Matt Dunnigan talked about the number of concussions he had in his career several in the game that would end his career. He noted how difficult is it to speak clearly and concisely without impediment when he is broadcasting, and he shed a tear as he recalled the challenges he has faced as a result of the multiple concussions he incurred and how he took his son out of football in Grade 9 due to concussions he had incurred. Long story short, is that Dunnigan's 6'7" son eventually decided to be a walk on in his 5th year of university in

Louisiana after being cleared by a doctor, and made the team; he even made it to a bowl game, no doubt making his dad proud. One of the things that struck me was when Matt Dunnigan said we need to start a "Raise your hand" movement as he raised his hand in the air. His intention was to teach children and youth to raise their hand to let the coach know that they have

sustained a concussion. The "raise your hand mantra" gathered some momentum during the day. Eric Lindros also said he failed his baseline medical on purpose and implored those present to train

"RAISE YOUR HAND"

teachers to understand concussions so they could apply this knowledge in school.... "even if it means an extra three days at teachers college", he said. He noted how there are so many silos of research and practice regarding concussions and it would make a lot of sense to have just one set of concussion protocols across the country.





# CALENDAR

## JANUARY

- 3- ASAA Office Reopens
- 15 - Basketball Opt-Up Deadline
- 22- Cheerleading Registration Deadline
- 22- Curling Registration Deadline
- 22- Wrestling Registration Deadline

## FEBRUARY

- 8- Deadline to add additional students to Basketball Roster
- 8- Deadline to add additional students to Cheerleading Roster
- 8- Deadline to add additional students to Curling Roster
- 8- Deadline to add additional students to Wrestling Rosters

Lindros noted that we need to breed honesty in reporting of concussions and in self-reporting of concussions; the insinuation being that accurate concussion reporting is sometimes not present if it means an athlete may lose their contract or their spot on a team. Amongst other things, he said it is critical to include parents in the concussion education process.

In our discussion groups we were asked what can be done to encourage athletes to report impact to the head. Certainly it was noted that coaches play a significant role in encouraging such honesty and promoting a "Raise your hand" philosophy would certainly be a step in the right direction. But the real question is, do all coaches share that philosophy. Would all coaches put the athlete ahead of the team? Would each athlete value himself or herself more than the team and say "the health of my brain is more important than today's win?" Not wanting to let one's peers down is tough for young athletes and "raising their hand" is a tough choice to make. However, what I took away from the day was that as tough as that choice may be, and as much as a young athlete, or even a more mature athlete for that matter, may feel reticent to "raise their hand", it is incumbent on all coaches to tell their athletes that nothing is more important than the health and well being of

So this opens up the discussion of who needs to be aware of concussion symptoms, and the answer is "anyone who has a responsibility for our youth", be it a coach, a parent, a teacher, an athletic trainer or whoever.

Rowan Stringer was a high school student in Ontario who died in 2013 after a second serious concussion in a very short period of time in rugby; one in club rugby and one in school rugby. Her father spoke with great

emotion of the importance of even engaging youth in recognizing and/or supporting teammates who have been concussed. He relayed a story of a youth volleyball team who refused to take the court when the coach would not sit out a player who had "raised his hand" as Matt Dunnigan would say, due to a hit to the head. To me, this accentuates that we underestimate the power of youth. Another speaker used Mothers Against Drunk Drivers (MADD) to emphasise the point that a similar thing can happen in sports. That is, as a person should not let a friend drive drunk, a sports teammate should not let another teammate play after a suspected concussion... or at least support that teammate in telling the coach the truth about how they are feeling after an impact to the head. But just as important is that the player who is taken out of the game because of the concussion needs to understand that he/she is valued and that is why they have been taken out of the game. They need to understand that they are not letting the team down by leaving because of a concussion or suspected concussion, but in fact WOULD be letting the team down if they played concussed and the injury became worse.

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**"...WE EDUCATORS AND COACHES MAY THINK THAT A STUDENT OR ATHLETE MAY BE ABLE TO SELF-REPORT A HEAD INJURY, IT IS POSSIBLE THAT THE HEAD INJURY ITSELF MAY TAKE AWAY THE ABILITY OF THE ATHLETE TO NOTICE THEY HAVE HAD A CONCUSSION..."**

the individual and the most courageous decision an athlete can make is to identify when they thing they have "had their bell rung and therefore effectively ask to be taken out of the game." What I had not thought of was that as much as we educators and coaches may think that a student or athlete may be able to self-report a head injury, it is possible that the head injury itself may take away the ability of the athlete to notice they have had a concussion or to realize the seriousness of the hit to the head they have sustained as one of the speakers noted.

Goaltender for Canada in the 1972 series, 6 time Stanley cup winner, lawyer, author and politician Ken Dryden gave an excellent keynote in which he outlined a list of things that he felt needed to be done to address concussions in this country. He said he believes that the greatest risk to sport today is head injuries. Dryden spoke eloquently about the love Canadians have for sport “we love our games”, but followed that up with a comment that “the fantastic can’t be lost and the awful can’t continue.” In other words, he supports how wonderful sport is, but recognizes that sport is at a point in its evolution where serious attention needs to be given to concussions at all levels and in an ongoing basis. He was certainly right when he noted that we put more of ourselves into sports than ever before. Training methods and scientific knowledge surrounding sports is miles ahead of where it was just a couple of decades ago. Dryden notes that athletes are faster and stronger, and play is more dangerous than ever before. He also said that while scientific research is both necessary and important, that in order to effect positive change regarding concussions, we need to get to the decision makers... and who are the decision makers when it comes to school sport? To me, it is a long list of both individuals and organizations – people like Superintendents, principals, athletic directors, coaches, parents, athletes, politicians and others; groups like: education ministries, sport ministries, national sports organizations, provincial and local sports organizations. As Dryden said “Who are the decision makers, and what is stopping you?” What I believe is also critical in this discussion is the need not to be a fearmonger

or a doomsday philosopher. Shame on those who would use the risk of injury in sport as a reason to prevent youth from participating in that sport. But such may be the approach of those who would bubble wrap their children for all time. Those who would not let their children climb a tree for fear of them falling and getting hurt..... Stay tuned for Part 2 in the February Edition of the ASAA Newsletter.

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**BUT JUST AS IMPORTANT IS THAT THE PLAYER WHO IS TAKEN OUT OF THE GAME BECAUSE OF THE CONCUSSION NEEDS TO UNDERSTAND THAT HE/SHE IS VALUED AND THAT IS WHY THEY HAVE BEEN TAKEN OUT OF THE GAME. THEY NEED TO UNDERSTAND THAT THEY ARE NOT LETTING THE TEAM DOWN BY LEAVING BECAUSE OF A CONCUSSION OR SUSPECTED CONCUSSION, BUT IN FACT WOULD BE LETTING THE TEAM DOWN IF THEY PLAYED CONCUSSED AND THE INJURY BECAME WORSE.**