



News and information for
members of the Alberta Schools'
Athletic Association

ASAA NEWS

ASAA Volunteer Recognized by ASRPWF

Myron Bury, the ASAA's North Central Zone Secretary, has been chosen as one of four recipients of the ASRPWF's 2005 Volunteer Recognition Award. Nominated by the ASAA, Myron is recognized for his commitment and dedication to the development of sport.

Myron has dedicated his volunteer time to the ASAA for over 37 years. He served as the vice-president for the North Central Zone from 1969-1970; president from 1970-1971; and secretary from 1972 until now. It's not an exaggeration to say the zone will have big shoes to fill if Myron ever decides to retire!

Being a volunteer for so many years has endeared Myron to those he represents and makes him an



indispensable part of the North Central Zone. As Myron's friend and ASAA past president puts it, "for 100 per cent of the zone school representatives, Myron is the zone:

they have known no other Secretary Treasurer."

Myron has coordinated meetings and provincial championships. He has been a fundraiser and community lottery board member. He has worked tirelessly on ASAA committees—all without the expectation of a reward.

The great thing about Myron is that he genuinely cares for the student athletes in his zones. He works closely with the schools to ensure that they register their athletes on time, that they have the rulebooks they need and that they receive the zone banners and trophies they deserve. The North Central Zone is lucky to have him.

While preparing the nomination for Myron, we learned that Myron's work for the ASAA and the North Central Zone is just typical of how he has lived and worked in general. We learned that his commitment to youth in sports began a long time ago, back when he could be found coaching community baseball teams and high school basketball teams. Myron has dedicated himself to the town of Redwater and its youth. Myron was the advisor to the Redwater School student council and worked with students to prepare activities that served the greater good. He served as



a mentor and a role model, empowering the students lucky enough to work with him to be true, selfless leaders.

Myron also worked to help the students by raising money for much needed

projects. He is said to have a gift for "begging and cajoling to get money, volunteer workers and company donations" for projects that ranged from building a new sports field to opening a weight-lifting room to erecting a playground. The community of Redwater has reaped the benefit of having such an active resident. Myron sits on the Police Commission for

Redwater, volunteers for the Community Services Board and works with the Agriculture Society in



Redwater all for the purpose of enabling the residents of Redwater to have a safe town with many amenities and activities to enjoy.

It is hard to think of someone more deserving of a Volunteer Recognition Award than Myron Bury, and the ASAA is richer for having experienced Myron's gifts as a volunteer.

Myron will be honoured at the 2005 Alberta Sports Award Banquet in Banff on April 1.

In this issue

| | |
|--|---|
| Celebrating your school's sport history | 2 |
| Upcoming deadlines | 2 |
| Character development in athletes | 3 |
| Year of Sport and Physical Education | 4 |
| March Madness - ASAA Style | 6 |
| Encouraging inactive girls to get active | 7 |



Celebrating your school's sporting history

In recent weeks I have had the great pleasure of speaking to many of the members of the two teams that played in the very first ASAA championship in 1956: Victoria Composite High School, Edmonton and Crescent Heights High School in Calgary. As this year's 4A tournament will be our 50th, we have invited the surviving members of both teams to the 4A provincials to be recognized as being part of that historic first ASAA tournament. It has been a wonderful experience speaking to these gentlemen and finding out that the passage of time has only enhanced their positive memories of their high school sporting experience. They are appreciative that we have taken the time to consider them.

John Paton, Executive Director

This makes me wonder what might be happening (or not) in our schools with regard to celebrating your past sporting history. If you have not thought of creating an archive of your school sporting memorabilia, I'd like to suggest you do so. This may be simply in file format, or better still, a sports wall of fame – either physical or electronic. By finding some school alumni who were involved in sports, it is possible that the work of creating such an archive, or wall of fame, or celebratory dinners can be completed with little work on your part other than facilitating.

Take the time to keep and celebrate your history – in the years to come many, including you will be glad you did.

Upcoming deadlines

| | |
|----------|--|
| March 16 | Provincial bid applications |
| April 1 | Nominations for Routledge Award, Media Recognition Award, Most Sportsmanlike Coach Award |
| April 15 | Badminton registration |
| May 1 | Coca-Cola Unsung Hero Scholarship Applications |
| May 15 | Track and field registration |
| June 1 | Alberta Milk Scholarship Applications |



Character Development in Athletes...A Parent's Perspective

Integrity, fair play, sportsmanship, dedication, commitment and enthusiasm are some of the words that come to mind when I think of the benefits available to student athletes.

Being a parent to five children that have competed in athletics at high school and college level and being a high school girl's coach, I have seen the need to show in myself and challenge my children and team members to pursue these values when they play. I feel that if these ideals are present in an athlete on the court under varying situations whether it be winning easily, losing terribly, or in close intense games, these values

have become part of that person's nature.

As these student athletes pursue their goals after finishing high school they will be better equipped to make conscientious decisions about their own futures and if and how it will affect anyone around them. They will also have the characteristics needed to become good citizens in their communities and possibly valued future leaders.

It may seem idealistic for our youth to obtain these attributes but it is definitely not impossible. As parents, allowing our children to play in sports

we must be their first role models to these values and as coaches, each decision we make must reflect them also. What a wonderful opportunity our children have through sports to not only be able to take home the gold medal or championship banner but to take to heart these values that will last them a lifetime.



Lorinda Dykshoorn, Foremost

Character Development in Athletes...An Athlete's Perspective

My participation in athletics has helped define my character and has taught me the importance of hard work, citizenship, dedication, and mental toughness. As an athlete, I worked hard both during practice and competition in order to get top results. Hard work is the essence to success in life and athletics has instilled in me a great work ethic in my athletic, scholastic, volunteer and every day endeavors. Athletics has taught me the value of dedication and has instilled in me a 'never give up' attitude. It has helped me focus and

"Athletics has taught me the value of dedication and has instilled in me a 'never give up' attitude."

Wilma Shim

this mental ability is important as there are many situations where mental preparation, concentration and toughness are keys to achieving one's goals in life.

I have also learned the importance of sportsmanship and citizenship. These ideals of fair play that have been

experienced during athletics has instilled in me characteristics that are true to the human spirit. With every victory and defeat, I have learned that life is full of successes and failures. In life, there will always be a winner and

a loser, one should not gage their happiness on the result rather look at the process and the hard work of getting to that certain point. During my experiences with sport, I have been rewarded with the Queen Elizabeth II Golden Jubilee Citizenship Medal, an award that recognizes the top five students in Alberta who demonstrate great citizenship values in all of their endeavours.



Wilma Shim - 2003
Alberta Milk Scholarship Winner
Archbishop MacDonald High
School, Edmonton

Alberta Coach Education Vouchers

The Alberta Sport, Recreation, Parks and Wildlife Foundation has once again partnered with the ASAA to offer teacher coaches the opportunity to access an Alberta Coach Education Voucher (ACEV) to be used towards an NCCP theory course - level two or three - or for a competency based education training (CBET) equivalent.

NCCP courses can be taken in the traditional setting or through home study. Home study may be the perfect option for teacher coaches wanting to use an ACEV but who do not have easy access to a course.

Visit the ASAA website for more information on the ACEV program or about the home study option. Look for an ACEV application form in this mailing and fax the completed application forms to your zone secretary.

The deadline for submitting the applications has been extended to May 1, 2005.

In November, 2003, the United Nations passed a resolution to declare 2005 as the International Year of Sport and Physical Education.

The Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD) is working to keep schools and educational partners informed and involved so Canada will be

recognised as a strong participant in the Year of Sport and Physical Education celebration.



CAHPERD is building awareness about the how quality physical education programs contribute to the healthy development of children and youth through its Keep the Physical in Education campaign, a program that will be unleashed throughout 2005.

To learn more about the Keep the Physical in Education and ideas about how you can get involved, visit the Year of Sport and Physical Education website at www.yearofsportandpe.ca

Students benefit from being active in school sports

The Washinton Interschool Activities Association presented workshops last fall on ways to promote school sports programs. Here are some of the benefits to students they included in their presentations.

Students who engage in school sports and activities are

- less likely to smoke
- less likely to use drugs
- less likely to have discipline issues
- less likely to become teen parents
- more likely to be healthier
- more likely to stay in school and graduate
- more like to have good grades
- more likely to succeed in college
- more likely to have successful careers

In addition, students learn the following life lessons through participation in school sports and activities:

- citizenship
- sportsmanship
- cooperation
- sacrifice
- teamwork
- leadership
- motivation
- goal setting

These benefits are very similar to those reported in the results of the ASAA's 1997 survey. Though the benefits may not apply to every student athlete, it's encouraging to see these benefits continue to be seen in many of the students involved.



March Madness - ASAA Style

February and March are two of the ASAA's busiest months when it comes to provincial championships. Provincial wrestling, curling and cheerleading provincials were held last weekend and were once again very successful and memorable for all.

The province's top curling teams rocked into Camrose on Friday to kick off the weekend events planned by the committee from Bawlf School. After a competitive round robin and a few tiebreakers, the playoffs were set. At the end of it all, the top nine teams were determined and only one team from last year was able to repeat. It's great to see such a variety of schools experience the thrill of being in the top three at provincials. Visit the ASAA website for all the results and congratulations to all teams who participated.

Wrestling provincials also started on Friday at Highwood High in High River. Highwood High hosted athletes that finished in the top five from the rural wrestling provincials held in mid-February and those wrestlers that

made it out of the tough zone competitions held in Edmonton and Calgary. Hundreds of fans packed the gym and were treated to hours of top-notch wrestling.

The event was an overwhelming success and the ASAA thanks Bill Young of Highwood High for offering to host the championship on short notice.

Strathmore was the place to be on Saturday to enjoy the energy and spirit of cheerleading provincials. Strathmore welcomed a packed house ready to take part in the action as 19 teams wowed the crowd with their routines. A growing ASAA sport, cheerleading showcases the strength, stamina, athleticism and enthusiasm of very talented young men and women. You can't help but feel the energy in the gym as you witness some awe-inspiring stunts and outstanding displays of sportsmanship. The championship had a great mix of veteran teams and first-time

participants all eager to do their best. It was a very entertaining afternoon and all teams deserve congratulations for their performance.

***"The glory of success
is not in never falling
but in rising every
time we fall."***

Anonymous

For some, March means basketball championships and with good reason. From March 17-19, the province's top teams in four

classifications will compete for the title of provincial champion. Ranking the teams proved challenging as the calibre of basketball is outstanding throughout the province—each tournament should be very competitive. The championships are spread throughout the province from Ridgevalley in the north to Stirling in the south and Wetaskiwin, Three Hills and Calgary in between. So pick a venue and head out to watch Alberta's high school basketball players sweat it out for the championship banners.

Did you know.....

In March 1956, the first annual Alberta High School Basketball Invitational Tournament was held in Calgary. The final game between Victoria Composite High School in Edmonton and Crescent Heights High School in Calgary marked the first time a provincial champion was crowned in Alberta. The Alberta Schools' Athletic

Association was born out of this event. To celebrate the 50th anniversary of this milestone game, the ASAA with assistance from the Calgary Senior High Schools Athletic Association, has arranged to honour members of the Victoria and Crescent Heights teams by inviting them to attend the opening ceremonies and

banquet prior to this year's 4A Hoop Classic in Calgary.

The ASAA is delighted that a number of these gentlemen can attend and looks forward to recognizing them on March 17.



March 2005

Interscholastic Basketball Winners



Members of the Victoria Composite basketball team—and the Edmonton school's pretty cheer leading section—pose above after winning the Alberta interscholastic basketball championship Saturday night. Vic came out on top of the two-day tournament by defeating Cal-

gary's Crescent Heights team in a sudden-death final at Crescent gymnasium. Captain Don Munro is in the centre holding the T. Eaton Trophy along with Calgary's mayor, Don Mackay. Coach Don Macintosh is second from the left, middle row.

Victoria
Composite
High School

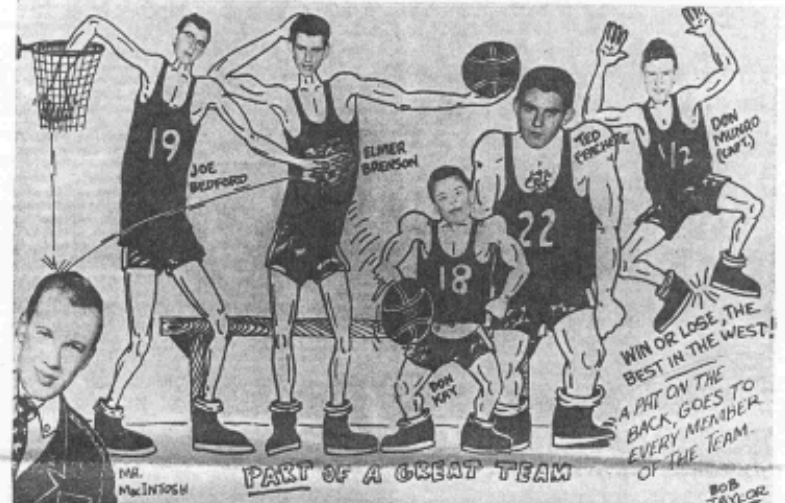
Vic Argosy

Edmonton
Alberta
Canada

VOL. 24

MARCH, 1956

No. 4



Vic Provincial Hoop Champions

Victoria Composite High School 1956 Provincial Basketball Champions



Front row: Joe Bedford, Dave McLean, Don Munro, Pete Hasey, Ted Frechette

Back row: Mr. D. Macintosh, Elmer Brendzan, Dave Hicks, Bod Lindberg, Roman Swynchuk, Don Kay, Gary Day, Len Dudka

Missing: Ralph Johnson (manager)



Wondering how you can encourage inactive girls to participate in physical activity? Here are 10 easy suggestions!

1. Emphasize fun and social aspects

Physical activity should be a fun experience. Emphasize participation over skill; celebrate personal bests and accomplishments.

2. Introduce a variety of physical activities

Promote the diversity of opportunities available in the school and community. Make girls and young women aware of what's available to them.

3. Allow input into program design

Value the interests and ideas of girls and young women. Ask what sports and physical activities they are interested in and allow them to help plan activities.

4. Provide female-only activities

Many females feel uncomfortable or are restricted from participating in front of males. Provide girls and young women with opportunities to participate in physical activity in their own way.

5. Create a positive environment

Creating a positive environment means making sure girls and young women feel safe and supported. Be considerate of language, visual images and the behaviour of others.

6. Target similar age groupings

Targeting a narrow age group will make programming to specific interests easier. Create mentor and leadership opportunities for girls.

7. Teach the basics

Helping girls develop their skills will increase their confidence and interest in pursuing life-long physical activity.

8. Be a positive role model

Be a role model. Try new activities, demonstrate healthy, active living and respect participants' needs, interests and experiences.

9. Food

Incorporate food whenever you can. Pizza parties are instant successes. Talk about the links between food and healthy development, or plan a session on healthy eating.

10. Give a choice of clothing and music

Allowing girls and young women to wear their choice of safe clothing will increase their participation. Music adds to the creation of a welcoming environment.

** Adapted from *On the Move*, a handbook for increasing participation of girls and young women in recreational sport and physical activity. For more information, visit the Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS) website at www.caaws.ca

Policy handbook corrections

page 10 - Commissioner Contact Information

The ASAA Curling Commissioner was married over the summer. Her new name is Lori Armitstead and her email has changed to armitsteadl@spschools.org.

page 74 - Provincial Basketball Draw

The ASAA Board of Governors voted to modify the draw in the handbook so that game 16 determines the 3rd and 4th place finishers and game 17 determines the consolation winner. New trophies have been created for the 4th place finishers and keeper plaques will also be awarded.

ASAA Executive and Staff

President: Ishbel Mucklow

Vice-president: Dwayne Sheehan

Past-president: Jim McLellan

Athletic Directors:

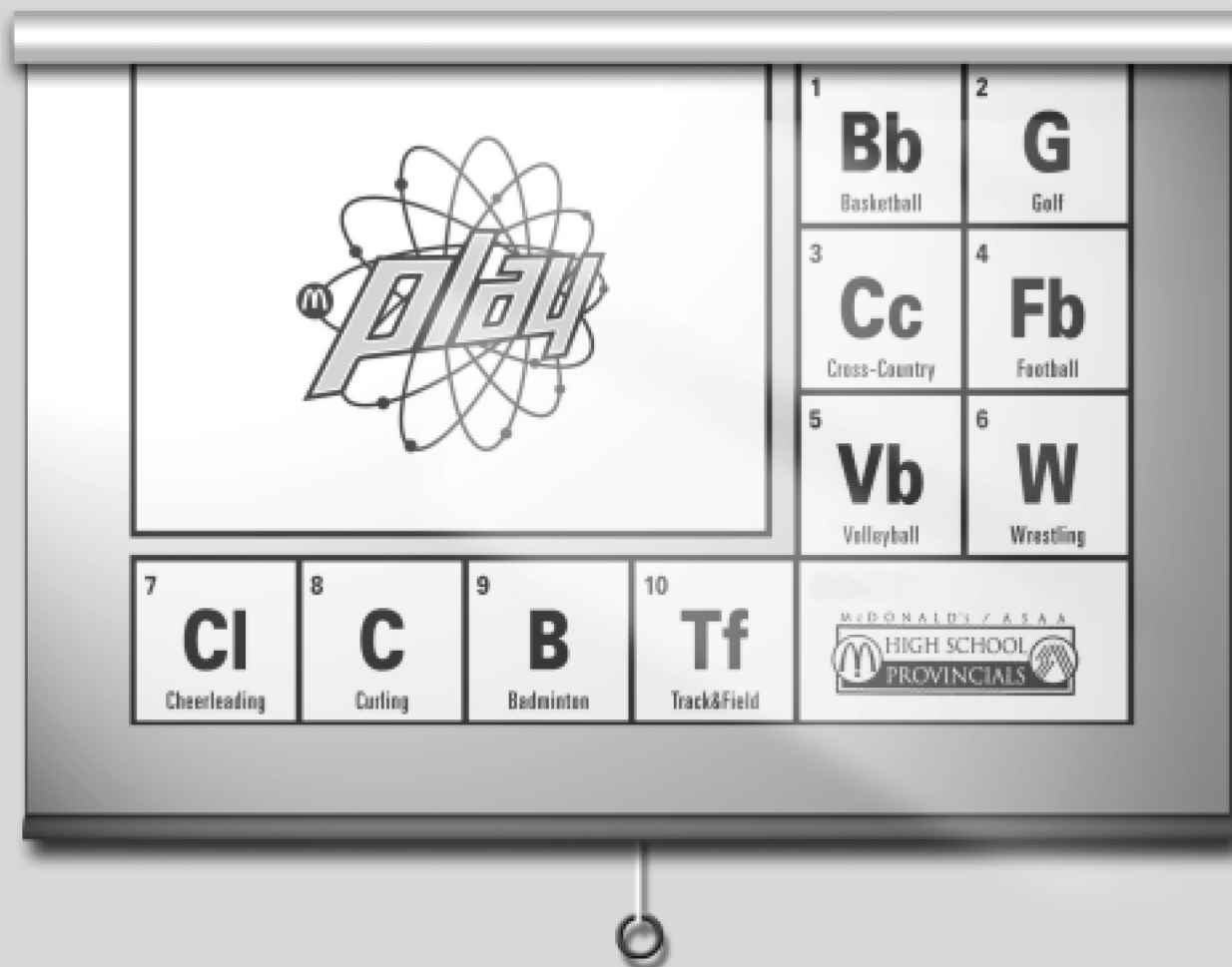
Boys - Ian MacGillivray

Girls - Kelle Hansen

Executive Director: John Paton

Communications & Sports Director:
Lynda Bourak

Sports Coordinator: Jennifer McNeil



Lessons aren't always taught in a classroom.



2004/05

McDONALD'S / A.S.A.A.

