



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

September 2004

ASAA NEWS

There is no finish line*

Dwayne Sheehan, ASAA Vice President

I recently had the good fortune to be part of the selection committee for the Alberta Milk Never Stop Scholarship. Alberta's finest high school student athletes submitted applications for this annual recognition. The award is for the top male and female student who achieves a balance in life, participates in school life and has the promise to do great things later in life. It's for students who will never stop learning, never stop participating, and never stop being an active participant in life. The Alberta Schools' Athletic Association in partnership with Alberta Milk sponsor and select the winners.

After reading the applications and accompanying essays, I wanted to share some of the thoughts from the next generation of athletic and community leaders. Permission to re-print these quotes has been received by the ASAA and was granted by each of the applicants as part of the application process.

It's hard for me to imagine a place with no sports or the characteristics of fair play, integrity and sportsmanship. Sports have played a major part in my life. Through my sports career I've learned characteristics such as teamwork and balance... The qualities of sports and the desire to continue my athletic participation will never stop. The desire to compete, learn, stay active and have fun has been instilled in me and will stay with me in situations that I encounter in the future. The desire to give back to the community, by helping the youth, is a side effect of high school sports that benefits myself as well as my community.

Sarah Lowry, St. Michael's School, Pincher Creek

This year I have learned that I am stronger and more capable than I had ever known. Sports have given me a sense of self-confidence that I will carry with me for the rest of my life. As a graduating athlete I look back on all my years of hard work,



dedication and practice. At the time I thought I was working towards winning a game or a tournament; I now realize I was learning the skills that will serve me my entire life. Thanks to what I have learned in sports I know that I am confident and prepared for wherever my life will lead.

Melissa Jennings, Notre Dame High, Bonnyville

As captain of many sports teams, my role has been to enhance the performance of my teammates on and off the court through positive

encouragement and setting an example of hard work, dedication, and sportsmanship. It further develops a fierce pride in school, in team, in community and in self, which enhances life experience. The combination of athletic and academic endeavours has significantly enhanced my high school career and has allowed me to challenge myself both physically and intellectually in order to realize my full potential.
Cameron Mang, Salisbury Composite High School, Sherwood Park

In this issue

Welcome back	2
Upcoming deadlines	2
Online registration FAQ's	3
ASAA website 2004/05	5
ASAA sponsors	6
Policy handbook corrections	7

continued on page 4

Sportsmanship... for coaches

- ◆ upholding the rules of the sport, spirit of the rules and encouraging student-athletes to do the same
- ◆ maintaining self-control at all times, accepting the decision of the officials
- ◆ treating all participants fairly and equitably, ensuring meaningful participation in all competitions
- ◆ giving positive encouragement of player performance and bench integrity and fairness
- ◆ making personal commitment to teach and display honesty, integrity and fairness
- ◆ teaching respect for rules, officials and opponents
- ◆ rewarding sportsmanlike behaviour and enforcing penalties for unsportsmanlike behaviour
- ◆ displaying modesty in victory and graciousness in defeat
- ◆ being generous with praise, not ridiculing mistakes
- ◆ teaching that to win is always desirable but to win at all costs defeats the purpose of the game

Welcome back

I would like to welcome you all back to the 2004/2005 school year and all the excitement it holds for those involved in high school athletics.

This year is sure to be filled with many unforgettable moments as student athletes begin another chapter in their quest to live well, learn much and laugh often through their participation in high school sports.

We are fortunate to be involved with students who take an interest in high school athletics because we know their experiences will benefit them for years to come. The encouragement and support we provide to all athletes, both seasoned veterans and nervous newcomers alike, lets them know that they have a network of people in their corner. What an awesome position for us to be in.

Let's embark on this year with the same enthusiasm our student athletes bring with them to the first tryouts and practices each season. We have a lot to look forward to. Our provincial hosts are excited and ready to put on top-notch events that will create lasting memories for all involved; the ASAA staff and executive are working hard to find ways to improve and increase services to the schools; and students athletes are ready to show off the talent and sportsmanship they are known for.

Enjoy the year, remembering that all the time and energy spent working with student athletes really does make a difference.



John Paton
Executive Director

Upcoming deadlines

- | | |
|---------------|--|
| *September 12 | Golf registration deadline |
| *September 15 | Eligibility appeal deadline for golf, cross country, football and volleyball |
| *October 5 | Cross country registration deadline |
| *October 10 | School registration deadline |
| *October 15 | Football and volleyball registration and declaration deadline |



Sportsmanship... for players

- ◆ playing within the rules and the spirit of the rules at all times
- ◆ treating teammates, coaches, opponents, spectators and event organizers with respect
- ◆ accepting both victory and defeat with pride
- ◆ realizing that it is a privilege to represent your school. Be a good ambassador at all times
- ◆ controlling your temper - fighting, mouthing off and trash talk are not acceptable behaviours
- ◆ realizing that there is no room in high school sports for alcohol or drugs of any kind
- ◆ recognizing and applauding the efforts of your own team and opponents
- ◆ respecting the integrity and judgement of game officials gracefully and without question
- ◆ displaying positive public actions at all times
- ◆ remembering that winning isn't everything

Online registration FAQ's

Where do I find my school login and password?

For security reasons, these have been sent directly to the principal of each school. These were first mailed out in January of 2002 for use with the basketball registration pilot project, and were mailed again in August 2002. If this information has been misplaced, please have your principal or athletic director contact the ASAA to receive the information once again.

Which students do I include in my school enrollment figure?

Only include those students in grades 10-12 who registered for grade 10 within the past three years and are under 19 as of September 1 (a student who becomes 19 on September 1 shall remain eligible for the entire school year). Also, students must be registered in a minimum of 800 instructional minutes per week (for which Alberta Learning credits are granted) during the time of activity.

As a 1A school (or Tier IV school in football), I can use grade 9 students for certain team sports. Do I need to include grade 9 students in my school count?
No. Only include eligible students from grades 10-12 in your school population count as of September 30.

The paper registration process did not ask for the Alberta Student Number (ASN). Why is this needed now?

The ASN is a unique identifier for all students. By having this number as part of the registration requirements, ExNet can notify the school and the ASAA if duplicate student information is being entered. This prevents two schools from entering the same student into ExNet and helps ensure that the transfer policy can be enforced as intended.

I have a long list of students to enter. Can I leave the information I have entered and come back later to finish?

No. For security reasons, ExNet is designed to timeout if left for a period of inactivity. Be sure to always complete the student you are working on and click the *Save Student Information* button before leaving. You should see a green *success* bar indicating the student(s) information has been saved.

How can I edit student information once it has been saved?

In order to maintain the integrity of the eligibility policy, schools are unable to edit student data once it has been saved. If an error has been made, simply email, fax, or phone the ASAA office and the error will be corrected. Verification may be required in instances where the error occurs in the birthdate or the grade just to ensure the eligibility policy is being upheld.

Who do I contact for help?

Any problems or questions regarding online registration can be directed to the ASAA directly at info@asaa.ca or 780-427-8182. If you have questions regarding the eligibility of players or need approval to combine schools for a joint school team, please contact your zone secretary.



Developing relationships and interaction with people is critical and an important quality in life. In team sports, a bond is created when so many hours go into working hard with your peers and coaches. A person learns to accept others because of the rules and guidelines that come along with a team. A teenager learns to interact with others and that is definitely something that is important later on in life when athletes go on to pursue their careers. Teenagers often grow closer to their families if involved in sports. If a student is joined with family on tournaments and games, more time is spent together allowing those relationships to develop. Interconnectedness with family is definitely not something that comes to mind when thinking about the benefits of sports, but it is surely something that can occur. I have grown closer to my family and made friends over the years as a result of my participation in sports.
Charlotte Dennis, Bow Valley High School, Cochrane

From a young age, my grandfather always taught me the value of sportsmanship. An athlete himself, he had accomplishments that I looked up to. He was

my role model.

People to this day tell me how they respected this man, in and out of sports. He brought a gentlemanly approach to sports. This

shows how good sportsmanship goes further than just the game at hand. It can effect your everyday life in the way people perceive you, and can



influence the way you act outside of sports. You also never know who is watching like young children such as a brother or sister. These young kids, though we may not know it, really look up to people my age as their role models. Good sportsmanship goes a lot further then you might think, it affects the way others perceive you on and off the field.
Rick Enns,
St. Francis High School, Calgary

I believe that involvement in athletics contributes to reaching a persons full potential, both faster and more completely. For adolescents, this is important because we are in the period where our lives are formed by the choices we make now. If involved in athletics, the likelihood of using drugs or alcohol is greatly decreased, and a greater effort is more likely put forth in academic work. Without sports, I doubt that I would be as confident or motivated in school.
Brandyn Coates, William E. Hay High School, Stettler

the exhilaration of making the winning basket and the sense of accomplishment of hitting your first home run. It explains the heart-

thumping, adrenaline rushing moments, the determination and the desire of every athlete. It describes the moments when the world stops and the times when the world comes crashing down. But not all of sports are about winning and losing. Sport is an opportunity. It is a



chance for teammates to become friends and allies. Through them you learn the value of working together, being dependable and being able to rely on others.

Danielle Kooy, Noble Central High, Nobleford

These comments by Alberta high school students are merely a sample of the dozens of applications received from across the province. They not only represent the nominees for this award but also, in many cases, the thoughts and feelings of the thousands of student athletes who did not apply for this scholarship.

High school athletics is alive and flourishing in Alberta. It is an integral part of any balanced physical education experience and will continue to influence young people in a positive way. The Alberta Learning Daily Physical Activity Initiative will only help to strengthen the current extra curricular opportunities for student athletes.

*Title provided by Andrea McCune, Winston Churchill High, Lethbridge

Sports. Never could one word mean so much. It describes the joys of winning and the emotions of losing. It represents

Sportsmanship... for fans

- ◆ demonstrating courtesy and good sportsmanship for their team, not against the opposing team
- ◆ showing proper acceptance of officials' judgement
- ◆ respecting the integrity and judgement of game officials
- ◆ refraining from booing or other verbal vulgarities
- ◆ recognizing and appreciating skilled performance by all competitors
- ◆ using only cheers that support and uplift teams
- ◆ refraining from the use of any controlled substance before or during the game
- ◆ exercising self-control at all times, respecting the rules and regulations of the facility
- ◆ realizing that a ticket to a game is a privilege to observe a contest and support high school sports activities, not a license to verbally assault players, coaches, officials or other fans



SPORTSMANSHIP • ETHICS • INTEGRITY

ASAA website 2004/05

The ASAA website will continue to be the place to go for up-to-date news and information about the ASAA, its partner organizations and provincial championships. We have added a couple of new things this year in an effort make things easier for our schools, our provincial hosts and our zone secretaries.

The popular tournament listings page has now been split into two separate pages: tournament listings and tournaments wanted. The tournament listings page is now divided into zones and a new column has been added for hotel listings. Hotels that advertise in our accommodation guide can be accessed wherever possible through the hotel buttons. Please support these hotels as they are supporters of the ASAA and high school athletics.

Sportsmanship criteria that are used at provincial championships can now be found by clicking on the ASAA sportsmanship link on the menu of the homepage. This criteria can be printed and used for any of your tournaments or intramural activities.

In an effort to reduce the frustration some people experience trying to use the online registration system, an ExNet help guide can be accessed from the ExNet Main Menu. Please print this and refer to it if you have any problems. If at any time you need further help, please don't hesitate to call the ASAA office at 780-427-8182.

In the near future, zone secretaries and provincial hosts will have access to a password protected area where they can access forms and information specifically related to them. We hope to make use of the website in this way so we can reduce the amount of paper we send out.

To that end, we'd like to also remind everyone that all ASAA publications can be found online in PDF format. The policy handbook is set up in an easy to follow format with links to each section within. If you get questions from people about ASAA policy, please refer them to the online handbook.

Finally, if at any time you have questions or comments about the ASAA website, please be sure to forward them to lynda@asaa.ca and they will be addressed as soon as possible.

ASAA sponsors

The ASAA is grateful for the financial and in-kind assistance we receive from our sponsors, our funding ministry and our major funding agency, the Alberta Sport, Recreation, Parks and Wildlife Foundation (ASRPWF). Following is a list of our sponsors and their contact information. A thank you from the ASAA members schools is always appreciated.

ASAA Major Funding Ministry & Agency

Mr. Honourable Gene Zwozdesky
Minister of Alberta Community
Development
103 Legislature Building
10800 – 97 Avenue NW
Edmonton AB T5K 2B6

Ms. Korrine Krokosh
Sport Consultant
ASRPW Foundation
905 Standard Life Centre
10405 Jasper Avenue
Edmonton AB T5J 4R7

ASAA Sponsorship Support

McDonald's Restaurants
Attn: Ms. Cori Knechtel
Cossette Communications
c/o 202, 10446 - 122 Street
Edmonton AB T5N 1M3

Support to the ASAA & You

McDonald's pays for provincial banners, championship t-shirts, posters, track and field and cross-country numbers, plus cash and other support. Overall net sponsor support in 2003/2004 will be over \$50,000 and the in-kind support significantly increases this figure.

Cossette Communications is the advertising agency that coordinates the McDonald's sponsorship of ASAA. Please thank McDonald's via Cossette Communications

Mr. Peter Ludwig
Coca-Cola Bottling Company
9621 – 27 Avenue
Edmonton AB T6N 1E7

Coca-Cola provides cash sponsorship support and over 400 cases of product to the ASAA and the provincial championship hosts. Coke also provides \$4000 in scholarship money for the Unsung Hero Award.

Mr. Tim Hubic
BCG Canada
31 Mollard Crescent
Regina SK S4T 6J1

BCG Canada created the ASAA online registration system and developed the ASAA website. The ASAA will be working with BCG over the next couple of years to refine these projects and to enhance the technology available to ASAA members.

Mr. Harvey Carr
Driving Force
16105 Stony Plain Rd
Edmonton AB T5P 4A1

Driving Force co-sponsors the lease of the ASAA vehicle, which provides significant cost savings to the ASAA that are passed on to you through travel support.

Mr. Bryan Thomas
Elite Sportswear
14605 - 118 Ave
Edmonton AB T5L 2M7

Cash sponsorship toward the production of the ASAA wall calendar that all schools receive and general sponsorship of the activities of the association.

Mr. Duanne Furuness
United Cycle
10323 – 78 Ave
Edmonton AB T6E 1N8

United Cycle works with Spalding, Tachikara and Wilson to provide product sponsorship to the ASAA, which is passed directly to provincial hosts.



Former ASAA provincial champion proves she can run with the best

"I accomplished my major goal and that was to get to the finals," said Angela Whyte of her sixth place finish in the 100 m hurdles at the 2004 Olympics in Athens. Whyte, 24, graduated from Ross Sheppard High School in Edmonton. As a high school athlete, Whyte was the intermediate

"I just wanted to come here and prove that I belong with the big girls..."

girls provincial champion in the 100m dash and the 100m hurdles in 1995/96. In 1996/97 and 1997/98, Whyte focused solely on the 100m hurdles and was the senior girls provincial champion in both years. Whyte is now a sports psychology graduate student at the University of Idaho. Her career includes a number of first place finishes, most recently a gold-medal win at the Texas Relays in Austin this year where she turned in a personal best of 12.79. Although she was the slowest qualifier out of the preliminaries at the Olympics, Whyte improved her personal best with a

12.69 in the semifinals. "I just wanted to come here and prove that I belong with the big girls, that I could handle the speed," said Whyte, who plans to compete in the 2008 Olympics in Beijing.

Other Alberta athletes in Athens:

Earle Connor	Keith Morgan
Tim Berrett	Alison Sydor
Kris Vriend	Andrew Hoskins
Denyse Julien	Jonathan Mandick
Helen Nichol	Pauline Van Roessel
Jody Patrick	Susan Natrass
Charmaine Reid	Sheena Lawrick
Mike Johnson	Morgan Knabe
Ryan Radmanovich	Lauren VanOosten
Kamini Jain	Erin Gammel
David Ford	Erin Chan
Lori-Ann Muenzer	Shayna Nackoney
Bruce Penner	Cora Campbell
Catherine Dunnette	Jana Salat
Sherraine McKay	Joanne Kelly
Kelley Hannett	Kendra O'Hama
Kevin Kaminski	Lori Radke
Kyle Shewfelt	Danielle Peers
Grant Golding	Karla Tritten
Adam Wong	Ross Norton
Nathan Gafuik	Allan Chartrand
Kylie Stone	Christine Nordhagen

Updates and corrections to the policy handbook

Page 12 - Marg Derbyshire's email has been changed to mderb@shaw.ca

Page 14 - Golf will take place in Athabasca/Lac La Biche, not Lac Lac Biche

Page 50 The date in the brackets of the second note under Late Registration Policy should be October 10 not October 5.

We apologize for these errors.

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