

Alberta Schools' Athletic Association

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2001/2002 ASAA Executive Committee

President	Al Brenneis
Past President	Wayne Erickson
Vice President	Dan Sloan
Director of Athletics	Jackie Ristesund
Director of Athletics	Darcy Youngmans

These are the elected members of the ASAA who meet throughout the year, attend provincials as representatives of the ASAA, and deal with any concerns or issues where schools have requested further guidance or investigation. If you have any questions, or would like more information on these positions, please contact the ASAA office, or visit our website: www.asaa.ab.ca.

Milk Producers Scholarship Winners

The ASAA would like to congratulate **Neil Pandya** from Salisbuty Composite High School, Sherwood Park and **Devon Plesuk** from Ernest Manning High School, Calgary. Both students are recipients of a \$1000 Milk Producers Scholarship. You can read the essays they submitted with their application on page 2 & 3.

School Registrations

Registration forms have been provided to your Zone Secretary. Please ensure two completed copies are returned to your Zone Secretary along with the appropriate registration fees by October 15. Late registrations will not be included in the 2001/2002 School Directory.

2001/2002 Policy Handbook & Calendars

Enclosed are your copies of the 2001/2002 Policy Handbook and Wall Calendar.

The handbook is a useful resource material to be used throughout the school year for the 10 ASAA sports: badminton, basketball, cheerleading, cross country running, curling, football, golf, track & field, volleyball and wrestling. You can use the handbook to find out seasons of play, athlete eligibility, transfer policies, sport registrations, etc.

The policy outlined in the handbook has been developed and modified by the Board of Directors of the ASAA. Any new policy and/or changes that have occurred will appear shaded in the handbook.

If there are any questions regarding the policy outlined in the book, please contact the ASAA office.

SEPTEMBER 2001

The Value of Sport

by Neil Pandya, May 2001

Milk Scholarship Recipient, Salsbury Composite High School

Sport: a recreational or competitive activity that involves a degree of physical strength or skill, according to *Britannica Online*. However, I do not accept this as the complete meaning of sport. Although sports are physical in nature, I would personally expand this definition to further include the mental and social aspects of sport. These three aspects combined, social, physical and mental are what make sports valuable and important to high school students in Alberta and society in general. Personally, my experiences as a wrestler over the past six years, have moulded me into the person that I am today by developing and expanding my horizons in each of these three areas.

As a physical activity, sports are a basis for fitness and strength. One of the best things that a person can do for himself is to take up a sport, regardless of whether on a competitive or recreational basis. A widespread problem, especially for North Americans, is that of a sedentary life-style. We eat greasy fast food too frequently, exercise too seldom and then wonder why health problems, such as heart disease, are rampant. For instance, scientific studies have shown that exercise reduces the amount of "bad" cholesterol, reducing the risk of heart disease. Simply partaking in a sport allows those who are concerned for their health to exercise, while enjoying themselves at the same time. For me, wrestling has enormously improved my physical conditioning by increasing my endurance, building muscular strength and quickening my reflexes. Especially since my school, Sal, has an outstanding reputation for wrestling, we practice often and practice hard. Physical conditioning is half the requirement to succeed in athletics, and is equally important in maintaining a healthy life-style.

The other half of success lies in the mental aspect of sport. At Sal, practicing can be an onerous task. So, why continue to wrestle? Because of the sport's mental challenge. Wrestling has taught me perseverance, stick-to-it-iveness. Once I began, I decided that I wanted to be more than just a wrestler; I wanted to be a *good* wrestler. This is my drive to attend the gruelling practices. But what's more, once I had committed myself, my enjoyment of the sport increased. Although I had been having fun before (I wouldn't have continued if I wasn't), I began to appreciate the sport even more because I was working even harder for it. In this way, I also learned the value of commitment and dedication. Wrestling, like any other sport, requires mental focus. This focus is needed to succeed; one has to want to play before one can play. And once learned, this focus can be reapplied to other tasks in life. Hence, sport also develops the mind, teaching focus, perseverance, and the value of hard work, and these valuable lessons can later be applied to other life situations.

Finally, one of the most important aspects of sport is its role in developing social skills. This aspect is often overlooked, because it is usually not a direct requirement for success in sport. However, social skills are an inevitable by-product of participating in sports. First, sports teach sportsmanship and fair play. Although some athletes can be arrogant and covert winning, the majority that I have met are friendly and personable. I believe this to be a direct result of sport. By participating, one is exposed to a social environment, constantly meeting other athletes, coaches, officials and so on. Hence, athletes must also learn to socialize, to get along with other people. Again, this will have a greater value later in life, because many careers depend upon how we deal with people. Furthermore, through sports, one meets a variety of people; I have made new friends from across the province and across the nation.

The purpose of high school is to prepare young Albertans for life. Sports, however, also do the same, developing young men and women in each of the aforementioned domains. Sports, therefore, should be particularly emphasized in high school because of all the crucial life skills they teach. During their high school years, students are impressionable, their personalities, preferences and habits still moldable. If they develop good habits, then they will carry these with them into adulthood. Thus, if students do not begin playing sports when young, they are unlikely to do so later on in life. The value of sport is immeasurable, and these benefits should be emphasized to promote personal growth and development. However, the bottom line remains the same for all sports: Have Fun!



The Value of High School Sports

by Devon Plesuk, May 2001

Milk Scholarship Recipient, Ernest Manning High School

What value do school sports have for students? Shouldn't they be spending their time studying? For myself and countless other students involved with the ASAA, sports play an integral role in our lives, and instead of taking away from our studying, leave us more focused. School sports have provided me with the memories and learning experiences that have made high school so unforgettable.

When I arrived at Ernest Manning High School in September 1998, I was shy, but definitely keen to make my mark. With volleyball tryouts starting on the first day of school, I was immediately part of Manning. Being involved is what makes high school fun - home games, tournaments, pep rallies, etc. Probably the thing I will miss most about high school is all the athletes getting ready for practices after school, and hanging out in the hall after practice. It's hard to explain, but there is just this feeling of belonging, like each of us was part of something special. Through sports, I have had the distinct pleasure of getting to know some spectacularly vibrant and caring people from all grades and peer groups, many of whom I might now have otherwise met if it weren't for being on their teams, or those gatherings in the hall.

The men and women who coached me in my various sports have been monumental influences in my life. In many of them, I have found a role model. I see their dedication, skill and camaraderie with those they coach, and it makes me want to be like them. I hope to get into the health and wellness field in the future, because I want to be associated with the types of people I met through high school athletics.

Through personal and team successes, I have had the opportunity to attend provincial championships in volleyball, basketball, cross country and track. Provincials have been amazing experiences for me, exposing me to some of the best talent in the province and allowing me to meet many inspirational coaches and athletes.

Sports have given me a fit and healthy body, the opportunity for successes and new friends, but what is the connection with school? Although I am usually a motivated student, there are days when I just don't want to go to school. Sports MAKE me come to school. Everyone knows that if they miss school, they miss practice, if they miss practice they miss the game, and missing a game is not worth a day off of school. Sports have become an outlet and a stress relief for me, and have taught me to manage my time. I am busy, my school days often beginning at 7:00 a.m. and ending at 7:00 p.m. I am forced to be efficient and diligent with my school work. It is no secret that busy, involved people are usually the ones to do better in school.

Now that I am leaving high school, what will I take with me from athletics? Obviously I will take the memories, skills, and experiences, but more concrete, is that I plan to continue with sport. Next year, I will either attend West Virginia University on a full cross country/track scholarship, or run at the University of Victoria. I am going to study exercise physiology and want to volunteer as a coach. Sports will always be a part of my life. I see little kids playing soccer and see myself as a child, when my love of sports first began. I see an elderly woman running by the river, and I see myself in the future. That woman is who I want to be. People always ask me, "Devon, are you going to win the Olympics?" I am smart enough to know it is not that easy, but I always answer, "No, I'm not going to be in the Olympics." I have figured out that there is so much more to sports than being the best, and that sometimes that focus can take away from the pure magic of competition. I without question compete to succeed, but my goal is not a world record or a Nike contract - I want to be that old woman, just jogging along.

So, what value do school sports have for students and society? Well, I would have to say the most definitive answer would be the young people it shapes. I feel so blessed for the experiences I have had, the people I have met, the opportunities I have had, the skills I have acquired, and the future that lies before me.

airBC  **Canadian Regional**

Sanctions- Approved to Date

Alberta Host School	Date	Activity	Province/State Invited
Grant McEwan College	September 14-15	Volleyball (girls)	SK/BC
NAIT	September 21-22	Volleyball (girls)	AB
JR Robson	September 21-22	Volleyball (girls)	AB
William Aberhart	September 28-29	Volleyball (boys)	SK/MB
Wetaskiwin	September 29	Cross Country	BC/SK/ON
Harry Ainlay	October 4-6	Volleyball (girls&boys)	BC/SK/MB
Hunting Hills	October 12-13	Volleyball (girls&boys)	Norway
Spruce Grove	October 12-13	Volleyball (girls)	BC/SK/MB
Morinville	October 18-20	Volleyball (girls&boys)	BC/SK/MB/ON
Salsbury Composite	October 25-27	Volleyball (girls&boys)	BC
Jasper Place	December 13	Basketball (girls&boys)	BC/ON
Notre Dame	January 11-12	Basketball (boys)	BC/SK

Out of Province Sanctions- Approved to Date

School	Date	Activity	School Invited
Carlton Composite, SK	September 21-22	Volleyball (girls)	Spruce Grove Composite
MBCI, MB	October 26-27	Volleyball (boys)	Dr. E.P. Scarlett
Selkirk Secondary, BC	November 2-3	Volleyball (girls&boys)	Eastglen, M.E. Lazerte, William Aberhart
Walter Murray, SK	January 31- February 2	Basketball (girls&boys)	LLoydminster

