

Alberta Schools' Athletic Association

Percy Page Centre
11759 Groat Road
Edmonton, AB
T5M 3K6
Phone: (780) 427-8182
Fax: (780) 415-1833
Website: www.asaa.ca



John Paton, Executive Director
Steven Patrick, Assistant Director
Shannon den Besten, Assistant Director

Vacant Championships Badminton/ Cheerleading/ Curling

Three Championships are still without hosts for 2002/03. If you would like to host Badminton, Cheerleading, or Curling, please download the bid package (www.asaa.ca/pdfs/BidProv.pdf) and submit it to the ASAA.

Championships without hosts one month prior to the event will be cancelled.

Powerade/McDonald's Fundraising Event presented by Coca-Cola Bottling Company & McDonald's

Coke has recently signed a 3 year sponsorship agreement with the ASAA. Part of that agreement involves a partnership with McDonald's in providing an exciting new fundraising opportunity for member schools and affiliate junior highs. Details are available on the enclosed flyer or on the ASAA website.

Upcoming Deadlines

- September 12: *Golf Registration
September 15: Golf Eligibility Appeal
X-Country Eligibility Appeal
Football Eligibility Appeal
Volleyball Eligibility Appeal
October 5: *X-Country Registration
*School Registration
October 15: Volleyball Registration
Volleyball Declaration
Football Registration
Football Tier Declaration
Wrestling Eligibility Appeal
Cheerleading Eligibility Appeal
Curling Eligibility Appeal

* Denotes new deadline.

2002/2003 ASAA Executive Committee

President	Dan Sloan
Past President	Al Brenneis
Vice President	Jim McLellan
Director of Athletics	Darcy Younghans
Director of Athletics	Gerarda McIntosh

These are the elected members of the ASAA Executive. The Executive Committee works closely with the ASAA office regarding the day to day running of the association. Executive members attend a number of meetings throughout the school year, attend provincial championships, and deal with many concerns and issues brought to their attention by member schools via the ASAA office. If you have any questions, or would like more information on these positions, please contact the ASAA office.

Volleyball Update

At the request of ASAA Volleyball Commissioners, the ASAA Executive has determined that schools may utilize the Tachikara SV5W Gold RWB (Red/White/Black) in addition to the Tachikara SV5W Gold in ASAA competition, and the RWB will be used at ASAA Provincials.

On-Line Registration

A Help Booklet has been sent to all principals under separate cover and should be arriving the first week of September. The booklet details the process for the ASAA's mandatory On-Line Registration.

A reminder that Golf's registration deadline is September 12.

SEPTEMBER 2002

Why Sports?

by James Steacy, May 2002

Milk Scholarship Recipient, Winston Churchill High School

Participation in sports at all levels is important for reasons of physical and personal growth and wellness. High school students find sports provides an attractive outlet for all sorts of emotions. These students are experiencing a lot of new relationships and establishing where they fit in. Often a student will be placed in a class where they may know only one or two classmates - not a comfortable situation for a lot of people which is particularly true for someone who is a bit shy and has trouble meeting new people.

Enter SPORTS.

The opportunity for involvement in sports can have a wonderfully positive impact on a student's high school experience. For those fortunate enough to be a part of a team there is the sense of a common goal and achievement. It does wonders for self-esteem to be part of a winning team. It can also have positive ramifications for team members in the case of a loss. It allows people to share the responsibility for the overall performance of a team, good or bad. This is a positive lesson and helps to develop the desire for success in sports, in school and life in general.

Membership on a team is not necessarily limited to the players. Team managers can help with a variety of tasks that are necessary to the success of the team. This gives the students a sense of belonging to the team and allows for interaction between skilled players and people who may want to be players but who do not possess the necessary skills to be a player. Participation at team practices may offer these people the opportunity to improve their skills to the point where they become playing members of the team. Sometimes, these non-players have no real desire to be players but just want to experience belonging to a team.

High school sports - as a student athlete I was fortunate enough to play on a wide variety of teams, including basketball, volleyball, rugby, badminton, and track and field. The first three were teams where everyone has to work together in order to achieve the common goal. Badminton and track and field are more individual in nature but often have team results attached to the school's overall performance at a competition. Playing on teams has taught me the importance of recognizing team goals over individual goals. The success of the team depends on melding all team members, not just one individual. I enjoyed being part of these teams, my teammates, my coaches, the competition, the sense of pride when we did well and the "status" that being a member of a team gives. Being involved with these teams has opened many doors to me.

Having participated in individual sports has allowed me to develop specific skills in order to be successful, yet learn to recognize your capabilities in an area. Whether you accept them as limitations or challenges for improvement will have a major effect on future success in sports and other areas. Developing the ability to look inward in sports can also impact your approach to life in general. There is no failure but in ceasing to try...I have learned to set goals, be determined and find motivation.

My pursuit of excellence in track and field has helped me in my pursuit of excellence as a student. As part of my training for track and field I am part of a club team where I interact with students ranging from junior high to university age. I get to participate in track meets involving athletes ranging from beginners to world-class elite athletes. Being part of this type of an environment has helped me to develop a sense of compassion and empathy for athletes who may be struggling regardless of their level or expertise. It has also afforded me the opportunity to experience success at a high level and has given me the opportunity to share in the success of others, regardless of the level of competition.

Being involved in sports has helped me to develop a sense of priorities in my life. I am a better student because I realize that I need to learn to develop good time management skills if I am to accomplish everything I set out to do each day. I have learned to take the time to recognize that others have goals that are equally important to them as mine are to me which has taught me a sense of teamwork even though the setting is not that of a normal sports team.



My involvement in sports has taught me that there is no short-cut to success. Hard work, smart work and perseverance are all part of the equation. As an athlete I have come to understand that respect for myself and what I believe in will help me to understand and respect others, not just athletes but people in general. My involvement has taught me to share, to be tolerant of others and to respect diversity. I am actively involved at a school working with other students as a role model (DARE program, INTERACT program). My involvement in sports has definitely helped me out here. I am comfortable working in groups of all ages and would like to think that I present a positive role model to these groups.

I see involvement in sport as being a positive situation for society in general. You don't have to be a player to benefit from sport. Coaching, officiating and spectating offer positive creative outlets for people of all ages. Involvement in these areas can result in improved communications and understanding between participants of different ages, different ethnic backgrounds and so on. All of this will help to foster better personal relationships between all members of society. Spectators also feel a sense of ownership and pride in "their" team. Whether the team is a local amateur team or a professional team this helps develop a positive feeling within a community and gives people a sense of belonging to a group, something which is important to both physical and mental well-being.

I am blessed to be a student athlete!!

My Experience in Sport

by Ashley Mackenzie, May 2002

Milk Scholarship Recipient, Fort McMurray Composite High School

My most enjoyed times of high school have been those when I was involved in sports. As a member of the Cross-Country, Senior Basketball, Badminton, Track & Field teams, and Captain of the championship Senior Volleyball and Skip of the winning curling team at my school, I have truly been able to set an example to others in the areas of respect for peers, coaches, and officials, fun, and fair play. Through all of these experiences, I have come to recognize the extreme importance that sports can play in the shaping of one's character and self-concept. The playing field is a microcosm of society, and the values of athletics are to be held with utmost respect in life. Through my participation with sports and the interactions with various athletes and supporters, sports have taught me self-control, patience, respect for others, and respect for myself and my abilities. I feel that sports have made me into a strong person with drive and determination, yet I have a gentle heart and compassion for those around me. I have a goal of attending the University of Alberta in the program of Kinesiology, and am currently working towards achieving this. I feel that it is a program in which I will strengthen my love of sports, and allow me to apply all that I have experienced through the ASAA to my life.

In high school, it is often easy for students to become distracted with negative influences such as peer pressure, drugs, alcohol, and destructive behaviour. It has been proven, however, that involvement in sport can limit these negative influences, and create a more positive environment in one's life. Sports provide both a focus for athletes, and also a release from the stresses of everyday life and school. It is through this outlet that students are able to discover hidden talents and abilities. The guidance offered through the ASAA officials and coaches also provides a comfortable learning environment for students who feel supported. Once they feel at ease, they are able to stretch the boundaries of what they feel is possible, and reveal new possibilities for themselves. I found this to be my experience when I became involved with the various athletic programs offered at my school. Not only did I realize my own abilities, but I also came to appreciate the talents of others, and I saw how everything could work together within a team to create unity. When I had my first experience with Cross-country running, I was nervous as I started something new. Quickly, though, I fell into the comfortable team atmosphere, and I found that I enjoyed pushing my physical limits. This positive experience caused me to look into other sports with more interest. Now as I graduate, I look back on the past three years of high school and realize that my time spent there has been enriched because of my involvement as a multi-sport athlete. As I look on to future goals, I will keep in mind the lessons I have learned while competing in ASAA sponsored athletics, and I will continue to put them to use. Sports are not only for high school students, though. They create a community within society where people can find true enjoyment and satisfaction, and it is for this reason that the work of the ASAA will continue to mold young students into responsible athletes who can contribute to their communities using the abilities they have discovered through sport.



Upcoming Sanctioned Tournaments

Sanctioned - Alberta Host (listed by date)

Host School/College/Univ.	City/Town	Sport	Provinces/ States Invited	Date(s)
NAIT	Edmonton	Boys Volleyball	AB	September 13-14, 2002
NAIT	Edmonton	Girls Volleyball	AB	September 20-21, 2002
JR Robson	Vermilion	Girls Volleyball	SK	September 20-21, 2002
Wetaskiwin Composite	Wetaskiwin	Cross Country	BC, SK, ON / MT	September 28, 2002
Brooks Composite	Brooks	Boys and Girls Volleyball	SK	September 27-28, 2002
Jasper Place	Edmonton	Boys and Girls Volleyball	SK	September 27-28, 2002
Holy Trinity Academy	Okotoks	Boys Volleyball	SK	October 18-19, 2002

Sanctioned - Out of Province Host (listed by date)

Host School/College/Univ.	City/Town	Sport	AB Schools Invited	Date(s)
College of the Rockies	Cranbrook, BC	Girls Volleyball	Open	September 20-21, 2002
Handsworth Secondary	North Vancouver, BC	Girls Volleyball	Harry Ainlay, Edmonton Hunting Hills, Red Deer	September 27-28, 2002
Riverside Secondary	Port Coquitlam, BC	Girls Volleyball	Peace Wapiti, Grande Prairie	November 1-2, 2002
Walter Murray Collegiate	Saskatoon, SK	Boys and Girls Basketball	Medicine Hat High (B&G) Bishop Grandin, Calgary (Girls)	January 30-31, February 1, 2003



Enclosures:

2002/2003 Policy Handbook (2)
2002/2003 Accommodation Guide (2)
2002/2003 Wall Calendar (4)
Notice Sheet (2)
Powerade/McDonald's Fundraiser Information Sheet