



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

ASAA NEWS

ASAA Schools Celebrate School Sports Week

The second annual School Sports Week was celebrated across Canada in 2004 during the week of October 18-23. The

Alberta Schools' Athletic Association (ASAA) is proud to be a part of this Canadian School Sport Federation initiative, and is pleased that schools throughout

Alberta found fun ways to get involved in the celebration.

The ASAA believes strongly in providing youth with opportunities to play sports in an educational setting. Participation in school sports, either through intramurals or interschool

athletics, is one way for youth to meet the challenge of incorporating physical activity into their lives.

Celebrating school sports is a great way to get the entire school involved in thanking and showing appreciation for everyone involved in athletics. And this doesn't just mean the athletes.

The teachers and coaches who devote their time to school athletics make up a large portion of these people. So do the officials, parents, team managers, scorekeepers and fans. We

encouraged schools to celebrate everyone involved in high school athletics and we were not disappointed.

Schools sent in pictures and summaries describing the activities during the week and by all accounts--schools had a great time. Some of the popular activities included lunch hour intramural contests between teachers and students; pizza parties and barbeques



to recognize athletes, officials and coaches;

school colours day; volleyball and basketball clinics; dodgeball games and relay races; pep rallies; sports trivia contests and more! The ASAA would like to thank all schools that submitted entries for the School

Sports Week draw and would like to congratulate the following winning schools: St. Michael's School, Pincher Creek; Bassano School; New Norway School; Dr. Folkins Community School; St. Anthony's School, Drumheller; Redwater School; Fr. P. Mercredi High; and Glendon School. Each school will receive an adidas sports bag filled with great prizes. We look forward to ongoing

enthusiasm for School Sports Week and are working to make it an even bigger celebration in 2005.



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November 2004

Sportsmanship, ethics and integrity

So appropriate are these words as we come off an outstanding weekend of ASAA provincial volleyball and football.

The ASAA has taken significant steps to promote good sportsmanship in all activities coordinated by the association, and after a number of years focusing on and promoting positive acts in the high school competitive arena, we are reaping the benefits. Instances of good sportsmanship are becoming regular occurrences (as they should be in school sports) and can be used as teachable moments

I personally had the pleasure of attending four of the provincial championships that were held this weekend. I had the chance to speak with officials, organizing committee members, coaches and athletes about the experience of attending ASAA provincials, and I was so impressed

with the consistent message I heard. That message was that athletes and coaches showed good sportsmanship, courtesy and respect towards officials and other teams, and that they showered the host committees with praise.

As many hosts have told us, the only unfortunate thing is that we can only choose one team sportsmanship winner at each provincial championship event. This makes me really proud of the students we are fortunate to work with and the coaches that do such a great job of guiding them to this type of behaviour. Let's continue to promote the values of school sports and the many lessons that are learned in the gym, or on the playing field, course, track or ice.

Best wishes to all member schools for a restful holiday season.

John Paton

Upcoming deadlines

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| *December 1 | Basketball pre-season submissions due |
| *December 1 | Eligibility appeal deadline for basketball, badminton and track and field |
| *December 15 | Basketball opting up deadline |
| *January 22 | Curling, cheerleading and wrestling registration deadline |
| *February 1 | Basketball registration deadline |
| *March 11 | Notices of Motion for the AGM deadline |



Enter your basketball scores online with ExNet

The ExNet online basketball ranking system that was put in place last year as a trial is now mandatory. All schools that want to be ranked must enter their game scores into the system, and the ranking committee will view the game results online. The game results can no longer be faxed or emailed to the rankers. The ranking committee and the ranking timeline can be found online at www.asaa.ca/ASAA/sports/basketball.

For those of you who are not familiar with the ExNet ranking system and as a reminder to those who have used it before, following are brief instructions on how to enter your scores in the system.

1. Using your ExNet ranking system user ID and password (different from your online registration password), log on to the ExNet Basketball Ranking System by clicking on the Enter Basketball Results link on the ASAA website's home page.
2. From the Rankings Main Menu page, click on Enter/View Game Result.
3. On the next screen, click on Insert New Game.
4. On the Game Results screen, enter the game details as follows:
 - a. Activity - select your classification (e.g. Basketball 1A Boys)
 - b. Date - enter the date of the game exactly as indicated in the example (e.g. 21-Jan-2004)
 - c. Game Type - select from the drop down list (e.g. tournament)
5. Next, enter the team details. Your team will appear in the first box. Enter your team's score and indicate whether you were the home team or the away team. On the bottom part of the screen, enter your opponent's information by selecting the team from the drop down list if your opponent was an ASAA member school's senior team. If you played in a tournament against a non-ASAA member school or against a junior varsity team from an ASAA member school, you must type the name of the school in the free type box and choose the appropriate classification where possible. In the case of ASAA member school junior varsity teams, please indicate clearly that it was the JV team you played. Type in your opponent's score.
6. Under game notes you can type any information that you feel the ranking committee should know. **Please note: only one team can enter a game result; however, both teams can edit the notes section so it is important for each team to indicate the school they are writing from when they enter a note.**
7. Click on the update game result bar. You must do this to save the information. A green success bar will appear if you have saved the information successfully.

One common request we received during last year's trial of ExNet was the ability for schools to see scores for all teams. As a result of this feedback, BCG has created a link for schools to see results of all games in the system. From the Rankings Main Menu page, click on Enter/View Game Result. At the top of the next screen is a drop down menu from which you must choose a classification (e.g., 4A girls). Once you have selected the classified activity, click on the view results button. You will then see a screen that chronologically lists all scores for games played at that level.

As the year progresses and schools become more familiar with and comfortable using the ExNet ranking system, we encourage feedback about the system and any suggestions you may have for how we can improve it for next year. Good luck this season and please contact the office if you need any help with ExNet or have forgotten your password.

McDonald's/ASAA provincial championships off to a great start

Only three months into the school year and yet so much has happened in the world of high school athletics. Four provincial championships have taken place; all being run with the organization and professionalism that host schools have come to be known for. The volunteer committees that form to create such memorable experiences for Alberta's high school athletes do a superb job on behalf of the Alberta Schools' Athletic Association.

Golf heads north for 2004

The 2004 golf provincials were unique in that two ASAA schools from two separate zones joined forces to organize and host the two-day event. Edwin Parr in Athabasca and J.A. Williams in Lac La Biche worked together to host 164 athletes on two beautiful golf courses in northern Alberta.

The temperatures started out cool on both days, but the sun came out each afternoon, treating the golfers to exceptional conditions for their provincial tournament. On the girls side, Seo-Lim Nam from Louis St. Laurent captured her third straight individual title, shooting a remarkable 147 over two days. Mitch Fox from Foothills came back from a deficit on day one to become the boys individual champion, scoring 146 over two rounds. All individual golfers and teams showed exceptional skill and demonstrated why they were among the top golfers in the province for the 2004-2005 school year.

Congratulations to all athletes and coaches for making it to the provincial championships.



Let it snow, let it snow

Some things just go together naturally. Hot chocolate and marshmallows. Peanut butter and jelly. Hockey and Saturday night (well, maybe not anymore). But cross country running and snow? Now there are two things most people would prefer to keep separate. But on October 16 in Wetaskiwin, 560 athletes braved the snowy, cold conditions to run in the 2004 cross country provincial championship.

These athletes would not have had the opportunity to run the course if it weren't for the exceptional effort of the volunteers in Wetaskiwin

who were up early to clear the snow off the course. Led by Pete Wright and Chuck Hebert, the crew of volunteers shifted into high gear, clearing over a foot of snow from three kilometres of trail ranging from two to 40 metres wide. With shovels, a couple of small front end loaders and a large tractor with shovel attached, they set to work, and the event started only 30 minutes

late.

This mammoth effort shows once again how host schools do whatever it takes to make the provincial championship event an awesome experience. Congratulations to all the athletes who ran the course in less than ideal conditions and to all the volunteers who made this event possible.





Football firsts...and thirds

The football provincials in 2004 showcased a couple of firsts—Calgary hosted its first ever tier I provincial final, playing the team from Grande Prairie—a team participating in the tier I final for



the first time. However, second was the word of the day as the St. Francis Browns rumbled to their second straight tier I championship, playing before a home-town crowd of 300 fans at McMahon Stadium. Congratulations to both teams for their outstanding seasons and for defeating such quality teams en route to the final game.

Archbishop Jordan made its second straight appearance in the tier II provincial finals. Coming into the final as the defending champions, the team from ABJ faced a strong team from Foothills Composite in Okotoks. The home-town crowd in Okotoks cheered their team to victory, as Foothills defeated Archbishop Jordan.

Foote Field in Edmonton was the site of the tier III and tier IV championships. On a beautiful Saturday afternoon, hundreds of raucous fans were treated to two exceptional football games featuring talent and heart on both sides of the

field. In the first game, Ardrossan beat the team from Willow Creek and in the second game, Cochrane defeated Beaumont, giving them their third straight championship and prolonging their undefeated streak that began back in November, 2001.

Volleyball heats up the province



Volleyball was served up in all parts of the province from November 25-27 as 96 teams participated in the 2004 provincial volleyball championships. The competition was fierce, but good sportsmanship prevailed above all

else. Some teams were at provincials for the first time in years, while many others were making what seems a yearly voyage.

At the 1A level, the girls from Standard defeated the host team from St. Thomas Aquinas in a very close three-game final match. On the boys side, the team from St. Thomas More edged the team from Coronation to claim the gold medal.

In 2A competition, the girls from Vauxhall defeated the defending champions from Strathcona-Tweedsmuir in a match that went to three games, with Vauxhall winning in a close 18-16 game



Milk scholarship winners never stop succeeding

The ASAA is proud to recognize Char Dennis of Bow Valley High in Cochrane and A. J. Mahoney of Notre Dame High in Red Deer as the winners of the 2004 Alberta Milk Never Stop Scholarships. These two \$1000 scholarships, to be applied to post-secondary education in Canada, are awarded annually to a female and male student athlete based on six important criteria, including the following: active involvement in athletic activities; consistent involvement in activities outside of athletics; consistent demonstration of fair play and sportsmanship; active participation in a balanced life; an essay that explores the value of recreational or elite sport to teenagers; and a resume detailing athletic experience, personal development, and examples of sportsmanship and fair play.

This year's adjudicating committee comprised Joanne Barwise, School Milk Coordinator and Marketing Assistant at Alberta Milk; Dwayne Sheehan, the ASAA Vice-President; and Kelle Hansen, the ASAA Girls Athletic Director. The committee reviewed applications from outstanding high school athletes across the province, but selected A. J. Mahoney and Char Dennis, whose applications were a cut above the competition. Both Char and A. J. stood out among the applicants because they worked hard to make their school's academic honour role; contributed significant time and effort to athletics in their school and community; participated in a variety of extra-curricular activities; and demonstrated an appreciation of fair play and sportsmanship.

The ASAA is always pleased to learn of students like A. J. and Char who embody our belief that involvement in school sport is an integral part of the education process. Char and A. J. have not only demonstrated the value of combining education and sport, but have also proven the character development that accompanies their effort in both. Congratulations to both winners and good luck in your future endeavours!

Having good health and wellbeing is what allows a teen to be happy. Sports allow a teenager to be healthy holistically. Physically, sports stretch us to our limits by working our bodies past the comfort zone, emotionally it provides an opportunity to develop relationships, and intellectually it allows us to think and make decisions in pressure situations. Sports also influence athletes mentally by forcing us to focus on a certain task, and even spiritually for some by giving us the opportunity to look somewhere for guidance because of the desire to do well. Sports make me feel holistically healthy because of all the aspects that go along with them. I am a more fit, intelligent, and happy person because of the way sports have expanded my mind.

From "The Value of Recreational or Elite Sport to Teenagers" by Char Dennis

On the road through life, both team and individual sports allow young men and women a chance to grow in their physical, mental, and emotional capacities. Sports can be a part of our lives for many years to come, and encourage a healthy lifestyle that involves lasting friendships, learning sportsmanship, and loving the game. As an athlete I have found that recreational and elite sport are an essential part of my daily activities and have helped me to be a better person. I hope that any and all teenagers can have the same great experiences I have had, and learn to never stop reaching for your athletic dreams.

From "Sports: The Chance to Grow" by A. J. Mahoney



three. The boys from Calgary Christian captured gold, winning in the final match in two games over John Paul II.

Beaverlodge took home the gold from the 3A girls championship, while George McDougall beat the host team from Camrose to capture the gold on the boys side.



At the 4A level, the three-time defending champion girls team from Lindsay Thurber in Red Deer lost a close final to the girls from Catholic Central in Lethbridge. On the boys side, Grande Prairie Composite became three-time champions, beating the boys from Lindsay Thurber in an exciting, well-played final match.

Excellence in sportsmanship

The host committees at all of these championship events were pleased not only by the level of competition they witnessed, but also the outstanding sportsmanship displayed by all teams throughout the weekend. Determining the most sportsmanlike teams was very a very difficult task for the hosts, but the teams finally chosen to receive this honour certainly deserve it. Presentations of the Most Sportsmanlike Team awards will be

made at each of the winning schools in the coming weeks. Many of these presentations are a surprise, so the winning schools won't be posted



online at www.asaa.ca until after December 15.



Policy handbook corrections

Page 12: Tim Schultz has a new email address - tschultz@nrgd.ab.ca

Page 99: The provincial pools for 4A girls and boys volleyball are incorrect and were changed in time for this year's provincial championships. We apologize for any confusion this may have caused.

School directories are now available

The 2004-2005 school directories will be in the schools in the near future. Please check to ensure the information for your school is correct. The contact information is taken directly from ExNet, so if you find an error, please go online to the school information section and edit the incorrect information.

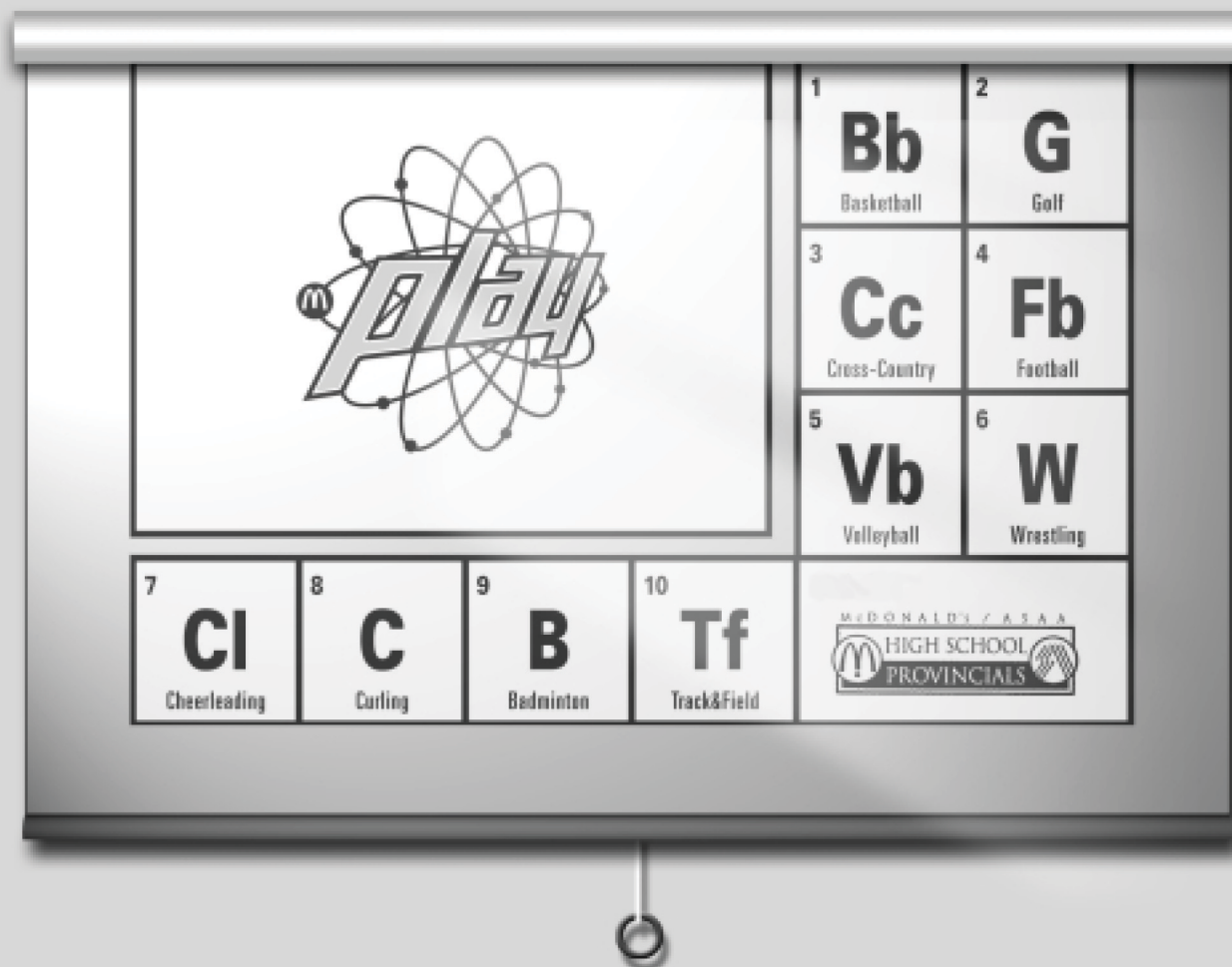
ASAA Executive and Staff

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Lessons aren't always taught in a classroom.



2004/05

McDonald's / A.S.A.A.

