

# Alberta Schools' Athletic Association

Spring 2017



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## SPECIAL OLYMPICS UNIFIED BASKETBALL TIPS OFF IN MARCH

### CONTRIBUTED BY SHANNA KURYLO

The Unified Basketball season is set to start on March 20th, after the completion of the ASAA Basketball Provincial Championships. Following the pilot 2015/16 season, we've updated the tournament rules to make it easier for schools to get involved. All rules and tournament information can be found [here](#) on the ASAA website.



## ASAA AWARDS

Each year in May the ASAA gives out two awards: the Most Sportsmanlike Coach and the Media Recognition Award.

The Most Sportsmanlike Coach recognizes a coach who has consistently shown good sportsmanship and has brought credit to themselves and the school.

The Media Recognition Award is designed to recognize individuals in the media who have made a consistent effort to highlight school athletics in their reporting.

Nominations are due April 1, 2017. Nominations for Most Sportsmanlike Coach can be sent to **Heather Bartling** and the Media Recognition Award Nominations can be sent to the ASAA.

Additional Award information can be found in the **Recognition section of the ASAA**.

If you're interested in playing a few games before the tournaments or unable to attend a tournament but still want to get your school involved, e-mail Shanna to be connected to other Unified teams in your area.

## UNIFIED BEAN BAG TOSS TOURNAMENTS

Bert Church High School hosted the first Unified Bean Bag Toss Tournament! For coverage of this event, check out the **Global TV Calgary news story!**

We'd like to send out a special thanks to Ian Ferguson who organized the event, as well as to the students of Bert Church High School who officiated, refereed, built & painted custom boards, and made lunch for all of the participants.

The next Unified Bean Bag Toss tournament takes place at Bonnyville Centralized High School on April 4th



**We Can Do Better - An Article on Concussions Part 2 is available on Page 5 of this newsletter.**

# CHAMPIONSHIP BIDS

Have you ever thought about hosting an ASAA Provincial Championship? ASAA is looking for hosts for various championships throughout the next year and a half. Hosting opportunities include:

Curling - March 2-3, 2018

Cheerleading - April 6-7, 2018

Team Handball - Tier I & II - April 27-28, 2018

Rugby - Tier I, II & III - June 8-9, 2018

Volleyball -1A, 3A, 4A - November 22-24, 2018

Bid applications are available on the [ASAA website](#). Submit a bid and it will be heard by the Board at the APM or AGM or by the Executive Committee.

This is a great chance to showcase your school and community and show the province what your school has to offer!

## VACANT EXECUTIVE & COMMISSIONER POSITIONS

At the ASAA AGM May 11-12, 2017, a number of Executive Committee and Board of Governor positions will be up for election. Please contact Executive Director, [John Paton](#) to obtain details about each position beyond what is listed below.

**Executive Committee:** The Executive Committee meets seven to eight times per year to work with staff and oversee the affairs of the association which includes but is not limited to: budgetary matters, championship hosting issues, policy development, marketing, new initiatives, disciplinary and appeal matters, and much more. These two positions are available:

**Member at Large** (one position available): The Executive Member at Large shall have experience in the ASAA as a member of the Board of Governors in order to provide input and advice from a historical perspective. This term is four years and the nominee should be a past Executive Committee member and preferably a past-president.

**Director of Athletics** (one position available annually): This individual will be an Alberta Certified teacher and will act as the school Athletic Administrator voice. This is a three year term.

**Board of Governors:** Five Sport Commissioner positions are up for election this year. The Commissioner is a technical/resource person for ASAA

and for its member schools. ASAA looks to the Commissioner to provide the Executive, Staff, and member schools with advice and information regarding their sport in addition to providing recommendations on policy changes, equipment, hosting, new initiatives, etc. Commissioners are involved with the provincial host meeting for their sport; they attend the respective provincial championship and attend two ASAA Board Meetings annually (May/December). This term is four years. Commissioner Positions that will be open in May, 2017 are:

- Badminton
- Rugby (Girls)
- Team Handball
- Volleyball (Girls)
- Wrestling

If you would like to apply for any of the open positions, please contact [Elyshia](#) in the ASAA office for the application form

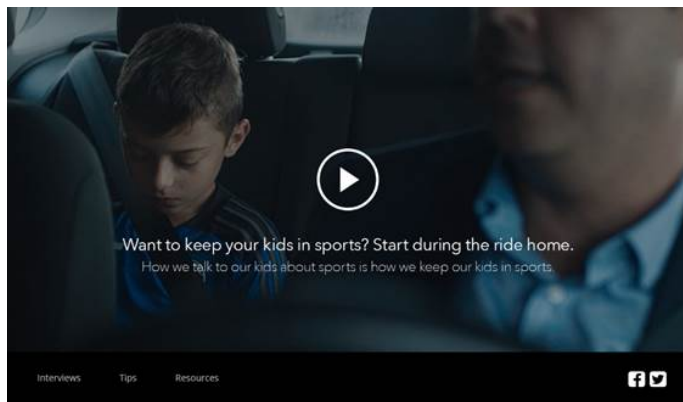
## SCHOOLCOACH.CA

CONTRIBUTED BY DEANNA METRO

School Sport Canada (SSC) will be launching a brand new online course in the spring of 2017 at [www.schoolcoach.ca](http://www.schoolcoach.ca). In partnership with Athletics Canada, there is an upcoming **FREE** course on **Coaching Athletics**. There will be a module focused on coaching each of the main technical skills in Track, Throwing & Jumping. More information will be available on the ASAA website in the weeks to come.

Parents: Want to keep your kids in sports? Start during the ride home. 70% of kids drop out of sports before high school. How we talk to our kids about sports is how we keep our kids in sports.

Click [HERE](#) to view the video.





# CONGRATULATIONS VOLLEYBALL SPORTSMANSHIP WINNERS

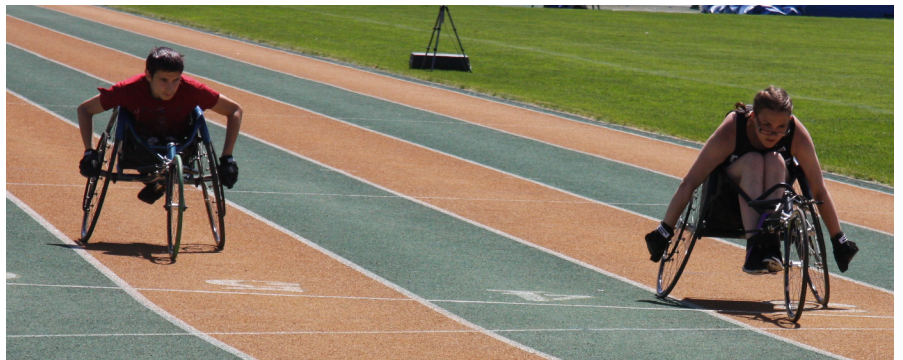
Lethbridge Collegiate Institute (left) and Provost Public (right) for being two of the teams from Volleyball Provincials selected as Sportsmanship winners!



## PARA & UNIFIED EVENTS ON TRACK FOR PROVINCIALS

CONTRIBUTED BY SHANNA KURYLO

Para and Unified events will both be held at the ASAA Track & Field Provincial Championships again this year on June 2-3 at Foote Field in Edmonton. Students competing in Para and/or Unified events **do not** need to qualify at zones, but are encouraged to attend a meet prior to the Provincial Championship to gain experience before competing. Students who compete in the T20 classification of Para events are also eligible to compete as athletes in the Unified Relay.



Para events are 100m, 200m, and Shot Put. More information can be found on pages 122-123 of the [2016/17 ASAA Handbook](#).

The Unified 4x100m relay is a non-scoring event with teams of two athletes and two partners. Athletes and partners can run in any order, but it is preferred that athletes run the last leg of the race.

For more information on Para or Unified events, contact [Shanna](#) at the ASAA office.

## SCHOLARSHIPS

Are you a grade 12 student who is getting ready to graduate and attend post secondary? ASAA offers two scholarships: **Pay It Forward** and the **Alberta Milk Scholarship**.

Applications are due **June 30th, 2017**. Click [here](#) to find the applications on the ASAA website.

# SPORTSMANSHIP

CONTRIBUTED BY HEATHER BARTLING

## SPORTSMANSHIP ATHLETE OF THE MONTH

It is with great pleasure that I get to take a moment to write about a new level of recognition that the ASAA is going to award in the area of sportsmanship. This award gives coaches, athletic directors, spectators and officials the chance to nominate athletes anytime during the school year who are displaying a level of sportsmanship that goes above and beyond. Please take some time and nominate a deserving athlete today! More information and the nomination form can be found [here](#). Stay tuned for the next newsletter and the ASAA website where the first ever recipient(s) of this award will be recognized.

## VOLLEYBALL SPORTSMANSHIP WINNERS

The 2016/2017 school year has already been an exciting year for Sportsmanship. As Sportsmanship Commissioner, I have had the great pleasure of calling the schools that were chosen for the 2016 Volleyball Provincial Sportsmanship banners. Each and every school showed incredible sportsmanship at their respective provincial championship and when informed, all of the schools were honoured and ecstatic to have won such a great level of recognition. It was such an honour to be able to personally congratulate each school and I would like to take this moment to recognize them for their accomplishment:

1A Girls - Provost Public

1A Boys - Living Waters Christian

2A Girls - Rimbey Jr/Sr High

2A Boys - St. Michael's, Pincher Creek

3A Girls - Innisfail High

3A Boys - Lethbridge Collegiate

4A Girls - Memorial Composite

4A Boys - Catholic Central



# CIAAA/AIAAA NEWS

CONTRIBUTED BY TYLER CALLAGHAN

## 2017 AIAAA LEADERSHIP TRAINING INSTITUTE

The AIAAA will be hosting a Leadership Training Institute from June 16-18, 2017. The institute will feature six CIAAA courses (501c, 502c, 719c, 720c, 721c & 790c) and two NIAAA courses for the first time in Canada. This is a unique opportunity to complete up to four LTP courses over one weekend. Delegates can take as many or few courses as they wish at this "a-la-carte" format event.

All of the courses being offered are part of Grace College's MSc in Athletic Administration. There will be an optional off-site social offered on the Saturday evening.

- ▶ Dates: June 16-18, 2017
- ▶ Location: Coast Canmore Hotel, Canmore, AB
- ▶ Cost: \$99/course (Members) \$149/course (Non-Members)

Access a detailed brochure [here](#). You can book your room at the Coast Canmore Hotel for \$159/night at this [link](#).

## 2017 NATIONAL AD & COACHING CONFERENCE (TORONTO, ONTARIO)

The CIAAA will host their 2nd National Athletic Directors & School Coaching Conference from April 20-22, 2017, at the Sheraton Centre Toronto Hotel in downtown Toronto, Ontario.

The conference will feature 10 Leadership Training Program courses (including 2 new courses offered for the first time in Canada), 10 Athletic Director workshops, 10 coaching workshops, a keynote address, conference luncheon, vendor trade show and several social functions.

Click [HERE](#) to access a detailed information package.

You can reserve your hotel room at the Sheraton Centre [here](#).

Register for both events at [www.ciaaa.ca](http://www.ciaaa.ca)





# WE CAN DO BETTER

## PART 2 OF AN ARTICLE ON CONCUSSIONS

BY: JOHN PATON, PRESIDENT OF SCHOOL SPORT CANADA & EXECUTIVE DIRECTOR OF THE ALBERTA SCHOOLS' ATHLETIC ASSOCIATION

Read the article "We Can Do Better" in its entirety [here](#).

The second group of athletes who made presentations included two time Olympic Gold medal trampolinist from London 2012 and Rio 2016, Rosie MacLennan. Rosie noted she'd had several concussions and was in doubt to compete in Rio due to a concussion sustained in training; it was only weeks before the games that she was able to bounce on the trampoline. She noted how sustaining concussions had made the time between London and Rio "the hardest years" of her athletic career, including the depression and anxiety that can impact athletes in a similar situation. She felt that the country expected her to win and she battled through her injury and associated light sensitivity and spatial awareness. An amazing story of resilience, but one where she warned that while your experience in sport is short lived, "your brain is forever."

Other panelists, Olympic Bronze medalist cyclist Tara Whitten and Olympic Silver and Bronze medalist speedskater Kristina Groves described their personal experiences with concussions; highlighting the challenges those injuries caused them during the height of their competitive careers. Tara recalled going to Rio in March, 2016 to scout out the course and while riding it, ran into the back of a bus and fractured the base of her skull. In an amazing comeback, she ended up making the team for Rio, taking 7th place in the Time Trial. To add to this, she completed her PhD in neuroscience in June of 2016. Kristina Groves talked about not having had experienced a concussion before, but in November 2010, history tells us that she had a fall during a World Cup race in Berlin. As reported by the Globe & Mail on January 24, 2011 in an article titled "Concussion ends Kristina Groves's skating season":

*"She said she didn't hit her head very hard but suffered a bad case of whiplash, which she believes contributed to the concussion. She's even had trouble determining which symptoms were from the concussion and which were caused by whiplash."*

Both stories highlight that no matter the safeguards that are put in place to prevent concussions, they will always be a part of sports. While Rosie's, Tara's, and Kristina's are all serious cases of concussions, it is often the less serious cases, where athletes do not have world class medical specialists at their fingertips like these athletes had access to, that can lead to more serious consequences of untreated, or even worse, if the athlete returns to physical activity and competition too soon.

So where does the Alberta Schools' Athletic Association and School Sport Canada sit regarding the issue of concussions in school sport? I am pleased to say that positive strides have been taken in the past five to six years in relation to the concussion education piece. While Alberta was the first province to mandate concussion education for coaches in school sport for the 2012/13 school year, it was quickly followed by Saskatchewan and then Newfoundland & Labrador. All three provinces have been utilizing a free course called "Concussions in Sport: what you need to know"; (con't next page)

## IMPACT LEADERSHIP WORKSHOP

In preparation for the fall sports season, high school sports leaders and advisors are invited to a workshop that will address the topics of leadership, teamwork, sportsmanship, respect and positive values. The dates for this upcoming workshop are May 1-2, 2017 and will be held in Olds, AB. More information, including registration, will be sent out within the next few weeks and posted on the ASAA website!



(con't) a course aimed at school coaches which is hosted on [www.schoolcoach.ca](http://www.schoolcoach.ca) and was created and generously shared with us by the National Federation of High Schools in the United States.

Fast forward to the 2016/17 school year and Alberta expanded its mandating of coach concussion education to include every coach on every team in every sport that the ASAA offers. Ontario has taken a different direction as required by what is known as Rowan's Law, which resulted from Rowan Stringer's death while concussed playing high school rugby as noted earlier. Rowan's second concussion tragically proved fatal and the investigation found that she should not have played another rugby game so soon after her first concussion. The Ontario Government mandates have seen OPHEA take the lead role in facilitating the provision of concussion education in the school setting. In other provinces/territories, there are a variety of initiatives occurring but nothing seems to have been mandated in the school sport setting on a provincial/territorial wide basis for those associations not mentioned above. One of the challenges in mandating anything in school sport is that throughout the country, school sport coaches are volunteers in almost all cases, with the exception of Quebec and Independent Schools, where coaches often receive a stipend for coaching a school sports team. Further, each of the 12 School Sport Canada Provincial/Territorial members is an independent body and as School Sport Canada does not govern those associations, it is up to each of them to work through their regulatory processes as



outlined in their respective Constitutions to enact policy change; this does not happen overnight. However, I believe that the seriousness of the concussions issue will, and should, result in a mandate for all coaches at the school and community level to be

required to take a concussion course in order to be involved in the activity. Let's see where collaborative efforts and time take us in that regard. I also believe that in addition to school sport associations in Canada taking a lead role . . .

**"CONCUSSIONS CAN OCCUR IN A CLASSROOM, IN THE HALLWAY, THE PLAYGROUND, AND WHILE STUDENTS ARE PLAYING AROUND WAITING FOR THE SCHOOL BUS - BUT HOW PREPARED ARE OUR TEACHERS TO HANDLE A CONCUSSION?"**

associations which reach over 750,000 student athletes primarily at the high school level, we also need to see similar leadership at the post-secondary level. Whilst OPHEA, the national leader in professional development for physical education and health educators has been tasked by the Ontario government to provide concussion education for all teachers and coaches in schools, we do not see similar leadership from teacher education institutions across the country. I fully support Eric Lindros's comment about even taking extra time at the teacher education level to ensure that concussion education for all teachers occurs and for their to be a consistency of messaging, which is not the case today. I believe that every teacher at every level must be educated in the area of concussions and whilst Professional Development in schools can help achieve this goal, there also needs to be a deliberate effort to make concussion education part of the teacher training process.

Concussions can occur in a classroom, in the hallway, the playground and while students are playing around waiting for the school bus - but how prepared are our teachers to handle a concussion? What communication is happening "between the right hand and the left hand" when it comes to one person or group sharing that a student had, or may have had a concussion, with the next person or group to interact with that student. This would also be like a community coach communicating to a school coach, or vice versa, that his/her student in the same sport incurred a concussion - in this way, appropriate safeguards can be in place to ensure the student's safety.

(con't next page)

(con't) But what does concussion education mean? I won't profess to be an expert, far from it, but as an educator and former coach, and having overseen a provincial school sport association for over 20 years, I have seen a few things that make me wonder where the coach education and accountability lies. In brief, and from a purely



**RAISE  
YOUR  
HAND**

educational perspective, we need to ensure that all teachers and coaches in school as well as school sport settings know the basic signs and symptoms of a concussion. They are not experts, nor will they become so, but they do need to know the importance of recognition and steps to seek the appropriate help. They need to be aware of protocols that address both "return to learn" and "return to play" and these protocols need to be consistent from coast to coast to coast. While various "return to play" protocols have been around for some

years, it is only recently that "return to learn" protocols are being more formally addressed. One of the most exciting things to come forward in recent times is an update in the online *Making Headway* concussion education courses currently being offered for free by the Coaching Association of Canada (CAC). The update, coming this spring, will include "return to learn" protocols for the first time since introducing these courses over five years ago; a timely and insightful modification to an already valuable course. My hope is that School Sport Canada discussions with CAC will result in a *Making Headway* course specifically titled for schools and that each provincial and territorial school sport association will make this course the "go to" course for their coaches. We owe our student athletes nothing less.

So, if you have been able to find your way through to the end of this long article, it is my sincere hope that it has made you think about whether or not you and those in your school and community are doing everything they can to ensure the safest possible environment for student athletes, not to mention all other students in schools; and that not only do you educate your teachers and coaches about recognizing the signs and symptoms of concussions, you also educate them on "return to learn" and "return to play" protocols.

Let's teach all of our youth to, as Matt Dunnigan implores and as our Governor General promoted in his closing comments, "Raise Your Hand" to either protect yourself, or a teammate.

## CALENDAR

### MARCH 22, 2017

Team Handball Registration  
Deadline, also opting up  
deadline

### APRIL 1, 2017

Nomination Deadline for Media  
Recognition Award and Most  
Sportsmanlike Coach Award

### APRIL 15, 2017

Badminton Registration  
Deadline

Last day to add student athletes  
to Team Handball Rosters

### MAY 1, 2017

Rugby Registration Deadline,  
also opting up deadline

### MAY 15, 2017

Track & Field Registration  
Deadline

Last day to add student athletes  
to Rugby Rosters

## ASAA ANNUAL GENERAL MEETING

This year, the AGM will be held in Leduc from May 11-12. If you have an interest in being apart of this meeting please connect with your Zone Executive. This is the meeting with Notices of Motion will be discussed.

On the evening of the 11th we will celebrate our newest inductees into the Alberta High School Sports Hall of Fame and recognize the winner of the Robert H. Routledge award. We will also recognize the winner of the Media Recognition Award and honour the Most Sportsmanlike Coach of the 2016/17 school year. This is also the time that we say goodbye to Executive and Commissioners whose terms are complete.

For the most up to date information, [click here!](#)



# CHAMPIONSHIP RESULTS

## BASKETBALL

### Boys

1A- Hay Lakes\*

2A- Edmonton Christian

3A- St. Peter the Apostle, Spruce Grove

4A- Bishop McNally, Calgary\*

### Girls

1A- Parkland Immanuel Christian, Edmonton\*

2A- Immanuel Christian High, Lethbridge

3A- Monsignor McCoy, Medicine Hat \*

4A- Jasper Place, Edmonton\*

**Full Results [here](#)**

## RURAL WRESTLING

### Boys

1A/2A- Sexsmith Secondary School\*

3A- Bow Valley, Cochrane\*

4A- Medicine Hat High School

### Girls

1A/2A - Sexsmith Secondary School\*

3A- Olds High School

4A- Notre Dame, Red Deer

**Full results [here](#)**

## PROVINCIAL WRESTLING

### Boys

1A/2A- St. Timothy, Cochrane

3A- Bow Valley, Cochrane\* & Wetaskiwin Composite

4A- Bishop Grandin, Calgary

### Girls

1A/2A- Sexsmith Secondary School\*

3A- Lethbridge Collegiate\*

4A- Sir Winston Churchill, Lethbridge

**Full results [here](#)**

**All teams marked with an asterix (\*) have never won a championship banner in Basketball, Rural Wrestling or Provincial Wrestling. Congratulations to those teams!**



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