

Saskatchewan High Schools Athletic Association

E-NEWSLETTER
May 2009



UPCOMING EVENTS FOR THE SHSAA — Further information go to www.shsaa.ca

REGIONAL AND PROVINCIAL CHAMPIONSHIPS

| | DATE | LOCATION(S) | CONTACT |
|----------------------|------------------------|-------------------------------------|-------------------------|
| REGIONAL BADMINTON | Saturday May 2nd, 2009 | Series A—Whitewood School | Curtis Lothian 735-2550 |
| | | Series B—Estevan Comp. | Dan Betnar 634-4761 |
| | | Series C—Warman High School | Deanna Koroluk 933-2377 |
| | | Series D—Biggar Central School 2000 | Vicki Moore 948-2117 |
| PROVINCIAL BADMINTON | Saturday May 9th, 2009 | Melville Comprehensive School | Rick Haacke 728-4181 |

WOMEN IN SPORT — Due to low registration numbers, the 2009 Women In Sport Conference has been cancelled.

DUE DATE — The Track and Field Eligibility (E-5) Form is due May 6th, 2009. The E-5 Form must be completed before the deadline date set for each activity. Schools not complying with this regulation and procedure will be assessed a \$50.00 late registration fee. If you have any questions please contact the SHSAA office.

DUE DATE — The AGM Resolution Deadline is Wednesday, May 13th.



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FEATURE ARTICLE – “A Coach’s Role in Developing ‘Champions for the Future’”

— By Rudy Aragon

Each generation of teachers and coaches has a great opportunity to positively affect the lives of student-athletes. Think about the teachers and coaches who inspired you to choose this most noble profession. Their inspiration came from those who preceded them, just as your student-athletes will someday be inspired by what you have instilled in them. In this day of specialization, maybe it’s time to start thinking about what your role might be in developing “champions for the future”.

During this most crucial developmental period, coaches are in a better position to influence student-athletes than most anyone. Since only a small percentage of high school athletes will compete at the collegiate level and even fewer professionally, coaches should help influence aspects of student-athletes’ personalities that will serve them throughout their lives. To be successful in today’s world, a young person must be armed with a myriad of skills, probably none more important than the ability to work cooperatively and communicate effectively.

In most practice sessions, coaches emphasize the need to work as a team and to function as a single unit. They strive to show their student-athletes that their greatest strength comes from a unified source and talk to them about caring for one another and doing whatever they can to help teammates reach their potential. Student-athletes must learn to put the team ahead of themselves and that they should never let one another down.

Coaches should encourage their athletes to become involved in other sports and activities in hopes of making those programs more successful, rather than focusing on one sport. The question we need to ask ourselves is “Am I all about we, or all about me?”. Future champions should have a solid understanding of this concept as they navigate through their personal and professional lives. The best way to teach them is to lead by example.



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