



SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



SEPTEMBER 2009 NEWSLETTER

SHSAA EXECUTIVE 2009 - 2010

PRESIDENT:
Angela Tillier, Regina Luther

EXECUTIVE COUNCIL:
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SHSAA MISSION STATEMENT

"To promote the positive development of the individual by providing competitive interscholastic athletic activities consistent with the goals of education."

Executive Director's Report

Welcome to the start of another year of high school sport. I am looking forward to my sophomore year and I know that with the commitment and dedication of those in the schools who devote so much of their time to the students of our province, the year cannot be anything but a success. Thank you to all who are involved in various capacities developing strong individuals and preparing our future citizens.

Once again the Association is entering a new school year with a number of changes. As a result of the June AGM, the membership adopted changes in policy, programs and personnel. A very successful annual meeting was held June 17 – 19, 2009 at Elk Ridge Resort. Once again, delegates and observers from every District, representing schools of every size and type of athletic program came together to make decisions for school sport based on what they believe is in the best interest of student athletes, school sport and education. Approximately 135 delegates, made up of teachers, coaches, school administration and school board trustees participated in the decision-making process. SHSAA President **Angela Tillier** from Regina Luther High School chaired the three-day meeting. Five positions on the SHSAA Executive Council were open to election this year. Returning to the Executive Council for another two-year term is: **Angela Tillier** as President; **Amanda Miazga**, St. Walburg School, as Women's representative; **Kelly Schneider**, Medstead School, as Section 4 representative; **Larry Pavloff**, Prairie Spirit School Division, as SSBA (Saskatchewan School Boards Association) representative and **Wendy Benson**, Saskatoon Aden Bowman Collegiate, Saskatoon representative. New to the Executive Council will be **Jody Kerr** from Weyburn Comprehensive, elected as the Section 2 representative. **Larry Bedel** continues to represent the LEADS association to the SHSAA Executive. Congratulations to the newly elected board members and thank you to those that let their name stand for election to the Executive Council. Thank you is not enough to the members of the Executive Council leaving their position. The province was very fortunate to have **Mark Edmonds**, Kipling School, serve on the Executive Council as the Section 1 representative. Mark has completed his four year commitment to the Association. **Kim Platt**, who has served the Association as Executive Assistant for the past 13 years, has accepted a new challenge in her career. The Association wishes Kim all the best.

Volunteerism must still be a topic of reminder for educators and others in your community. Whether it be coaching, officiating or supervising; it is the heart and soul of our province and this Association. This organization cannot survive without a dedication to the young people in our charge. Please consider this a priority in your school, especially in the area of officiating.



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As mentioned, the 2009 AGM was a great success. I would like to publicly thank District President Bill Yeaman and the North Central District for hosting our AGM in one of the most picturesque locations we have had the pleasure of meeting. The meeting was well planned and the many volunteers of the organizing committee are to be commended for their great hospitality. The AGM brought about some changes to the SHSAA and the programs we run. This will be the second year where school teams will be classified using the enrolment numbers of the previous year. This means that the September 2008 numbers will be used to classify teams. The initial conferences for this year have been on the web site since last spring and will be posted in this newsletter as well. Each school will still be required to submit their current school enrolment as of September 30th, 2009 to the web site by October 5th, 2009. This is necessary to finalize classifications for the current year and set the framework for the following competitive year. Schools that experience a 25% or more increase or decrease resulting in a classification change, will be moved immediately to their new classification. Adjustments to the conference make-up due to this clause will be posted on the web site in early October. A number of significant changes resulted from the meeting and are listed below, in the handbook and on the web site. The policy requiring a \$1000.00 withdrawal fee must not deter participation by teams in the classified activities. It is very important that all teams are encouraged to participate in order for there to be a meaningful and manageable event in every classification and every conference tournament. The membership approved this resolution to indicate the importance of planning a conference or regional tournament. The required communication between schools, host commissioners and the SHSAA office must be of the highest priority. Teams that do not attend without giving notice to a playoff tournament after indicating their intent are not exercising their responsibility to the Association.

All four staff members look forward to serving schools throughout the year. Please call on us if we can be of assistance.

Listed below, in point form, is a summation of change items from the annual meeting that will be in place for the 2009-2010 school year.

- The **joint sponsorship** policy will now be available for the sport of **curling**; however each of the two schools must each have a population of less than 20 of the particular gender.
- The E-5 form (Student Eligibility) must be completed on or before the deadline date set for each activity **or prior to the first contest** for that team, whichever comes first.
- A school may withdraw from provincial competitions by indicating 'No' on the E-5 form; giving written notice signed by the principal to the Executive Director at least six weeks prior to the provincial final in the activities of Golf, Cross Country, Football, Curling, Wrestling, Badminton and Track & Field; **giving written notice signed by the principal to the Executive Director by the second Wednesday of October for Soccer and Volleyball and by the first Wednesday of February for Basketball.**
- Teams that withdraw from SHSAA conference/regional championships **without contacting the SHSAA office or do not show up for their scheduled contests are suspended from provincial play downs the following year and are assessed a \$1,000.00 fine.** Offending schools would be suspended from all SHSAA activities that school year until payment is received at the SHSAA office.
- A new classification in Soccer will be available this year. **A 7 versus 7 category will be open to all schools with the SHSAA office determining the parameters of this category.** That includes but not limited to size of school allowed to participate regardless of selecting the option, the number of teams that will make the category a viable provincial championship, the status of the category as to whether the category will be offered provincial championship status, size of field, etc.
- Soccer official's pay scale has been changed to: **SSOA Member: \$24.00 for Linesman; Non-member \$16.50 for Linesman.**
- Wrestling official's pay scale has been changed to: **One day: \$90.00; Two days: 170.00.**



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- An **honarium for curling officials** of \$250.00 will be available to the provincial hosts.
- A **maximum entry fee** for a wrestling tournament shall be **\$15.00 per wrestler**.
- The E-5 deadline date for **wrestling** has been extended to the third **Wednesday in December**. **The eligibility form is still required to be submitted prior to any first competition of the team in the current school year.**
- **Jewellery** must be removed for any SHSAA sanctioned event for all activities **except cross-country, track, golf and curling**.
- Any **provincial football game hosted in non-school facilities** will be eligible for a grant up to **\$500.00 for facility rental only**.
- The cost for the required **medical personnel for football will be the responsibility of the SHSAA** for provincial football finals.
- **Conference medals** will be in place for volleyball and basketball.
- **Wrestling**
 - A **12th category has been added** and classes adjusted in the girls competition.
 - The Saskatchewan regional tournament will use a **cross-over draw** that will be in place for the medal-round.
- **Volleyball**
 - The **5-5-5 warm-up** will be available for the entire tournament.
 - **Regional pools will be designated as A – 1,3,6 and B – 2,4,5.**
 - **The provincial draw has been altered to reflect adequate rest for all teams.**
 - **The 5A provincial rotation has been altered.**
 - Teams will switch sides at **13 points in a best of three match.**
- **Track**
 - The flights for long, triple, shot, discus and javelin will be seeded.
 - **The minimum bar depth for pole vault will be 50 centimetres.**
 - Age cut-off dates in both **Cross-Country and Track will be: Junior and Senior - June 30th, Midget - December 31st.**
- **Soccer**
 - **Rosters will be unlimited.**
- **Golf**
 - **Distance measuring devices will not be allowed.**
- **Curling**
 - Accommodation for 100 people must be available within **100 km. radius.**
 - **Last rock advantage will be a choice of hammer or rock color.**
- **Cross Country**
 - The **course familiarization walk is 11:15 am** and the **Coaches meeting at 12:15 pm.**
 - A **maximum of 10 medals** will be awarded for the team competition.
- **Basketball**
 - Conferences with **eight or more will be divided into two conferences** advancing two teams to the regional tournament; those with **seven or fewer will compete in one conference** sending four teams to the regional tournament.
 - **Regional seeds will be posted on the web site.**
 - **The unofficial independent ranking will be posted twice a season.**
 - **The criteria for host sites will be published in the Handbook.**
- **Badminton**
 - **SHSAA will attempt to assign an official to each of the four Regional tournaments.**
 - **The rotations for the Regional tournaments have been altered.**

A complete listing of all approved and defeated resolutions is available on the SHSAA web site. Go to:
http://www.shsaa.ca/pdfs/2009/Resolutions_2009_final.pdf



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2009 SHSAA Merit Award

The following individuals received the SHSAA's highest honour, the 2009 Merit Award. Citations regarding their careers in school sport are included in the 2009 SHSAA Yearbook. Congratulations to:

DALE REGEL, Prince Albert St. Mary
TIM MILLER, Shaunavon

2009 SHSAA Service Award

The following individuals received SHSAA Service Awards following nomination by their District Association. Congratulations to:

Al and Sheila Gabert - Battle West
Brian Hilsen - Central Valley
Bill Summers - East Central
Rob Kurbis - Horizon Central
Jackie Packet - North Central
Rob Moore - North East
Carol Larre - North West

Dennis Scott - Qu'Appelle Valley
Glen Fekula - Regina
Bruce Bradshaw - Saskatoon
Bryan Adams - South Central
Cal Rosenthal - South East
John Cazakoff - South West
Kevin Gawletz - West Central

SHSAA Outstanding Coach & Official Awards

The recipients of the 2009 SHSAA Outstanding Coach & Official Awards were acknowledged at the President's Luncheon held at the AGM. The awards are presented at a District or school function. Congratulations to the following male and female coaches that have been identified by their peers as individuals who run outstanding high school athletic programs. This is the third year outstanding officials have been recognized formally. Each District nominated officials that provide quality officiating and uphold the values of interschool sport particularly in the area of sportsmanship through their efforts as officials:

2009 SHSAA Outstanding Coach & Official Awards						
DISTRICT	COACH	SCHOOL	COACH	SCHOOL	OFFICIAL	SCHOOL
BATTLE WEST	Rhonda Gartner	Unity	Brian Crawley	Medstead	Murray Wankel	Luseland
CENTRAL VALLEY	Cheryl Hardcastle	Langham	Richard Weber	Osler VCA	Rory Bergermann	Martensville
EAST CENTRAL	Ronda O'Dell	Canora	Lee Poncelet	Y'ton Regional	Gord Tamblin	Yorkton
HORIZON CENTRAL	Edie Conly	Lanigan	Ray Krienke	Kelvington	Darrel Johnson	Middle Lake
NORTH CENTRAL	Tannis Quaale	Birch Hills	Kelly Prins	PA St. Mary	Glen Gavel	Prince Albert
NORTH EAST	Sherri Gerwing	Carrot River	Cory Schmaltz	Carrot River	Rick Zens	Hudson Bay
NORTH WEST	Tina Brett	Maidstone	Greg Gross	Neilburg	Dave Speirs	Maidstone
QU'APPELLE	Denise Singleton	Kennedy-Langbank	Jared Bildfell	Lumsden	Marcy Whittle	Lipton
REGINA	Kelly Ehmann	LeBoldus	Jim Gallagher	LeBoldus	Marlene Hoffmann	Regina
SASKATOON	Wendy Benson	Aden Bowman	Dave Elder	Holy Cross	Janice Walker-Szaroz	Saskatoon
SOUTH CENTRAL	Sherry Saxton-Richards	Assiniboia	Brent Chadwick	Assiniboia	Wade Froehlich	Moose Jaw
SOUTH EAST	Joanne Lee	Midale	Eugene Brown	Arcola	Trent W. Johnson	Carlyle
SOUTH WEST	Gail Balfour	Frontier	Murray Legge	Frontier	Todd Anaka	Swift Current
			Brian Wooff	Swift Current		
WEST CENTRAL	Karielle Willner	Davidson	Lance Morrison	Loreburn	David Robertson	Rosetown

Web Site

The web site has proven faster and more efficient for providing schools with information regarding school sport and in particular, playoff plans. The web site also allows for updates to be put up immediately and will be your communication link with regard to the activities of the Association. A brief newsletter like this one will be produced each September and January. The SHSAA web site, www.shsaa.ca, will provide information quickly and be the most accurate source for up-to-date information, results and forms.



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Sanctioned Tournaments

Complete, up-to-date listings of Saskatchewan tournaments involving out-of-province teams or tournaments hosted by out-of-province schools that have been approved by the SHSAA are listed on the SHSAA Web Site. A reminder that the onus is on the teams attending the tournament to check that the tournament they attend is approved by the SHSAA. The onus is on the host school to apply for written sanction, if necessary. Tournaments conducted within the province, by a member school, with only participating teams from Saskatchewan schools do not require written sanction. The sanction is assumed when all participating schools are members of the Saskatchewan High Schools Athletic Association (SHSAA). As members of the Association all schools are expected to be aware of and follow the rules as set forward by the SHSAA.

Tournament Listings

You can now apply for sanction of your tournament on-line. The form is located on-line as a selection in your schools ExNet member services area (same place as your eligibility forms). In addition, a school may wish to list their tournament in this area even if it does not require written sanction. It is a good way to let people know about your tournament. Give it a try.

SHSAA Forms On-Line

All School Team Entry Forms (E3), Eligibility Forms (E5), School Enrolment Forms (E10) and the Officials Registry (E15) must be submitted on-line. Your cooperation is much appreciated and the office staff is available by telephone to assist at any time. **Remember all team fees are payable to the SHSAA office immediately following registration.** The bill shown in the yellow box on the web site screen for School Team Entry is your invoice. Invoices are not sent from the SHSAA office unless your school's payment is past due. Deadline for School Team Entry (E3 Forms) and School Enrolment (E10 Forms) is September 30th. **Remember that the E5 deadline for the fall activities (golf, cross country, soccer, football and volleyball) is September 9th and the team registration form must be completed before the E5 form is accessible.**

Each school Principal was issued a User I.D. and Password to access the SHSAA Forms (ExNet member's login) section. Click on SHSAA Forms and login to file your schools forms this season. The Principal is responsible for access to this area of the web site and the I.D. and Password will serve as the Principal's signature on forms.

Deadline Dates

Deadline dates for various forms are listed on-line, on the SHSAA calendar and in the SHSAA Handbook. Please avoid the late filing fee of \$50.00 per late form by filing your forms before the deadline date. The Association asks that all students that have tried out for an activity should be listed on the eligibility form. Also, remember there are a minimum number of athletes required for a complete eligibility form to be accepted. Deadline dates for eligibility forms are intended to have forms completed prior to the first interschool contest in the activity. The advantage of filing prior to the first contest enables the principal/coach/athletic director to be informed immediately if there is a transfer issue that requires attention or if the student is ineligible due to SHSAA policy. The classification of your teams is determined by the enrolment numbers submitted September 30th, 2008 on the enrolment declaration. Each school must still file an enrolment declaration on September 30th, 2009.

Coaches Symposium

The SHSAA Coaches Symposium kicked off the 2009 - 2010 school sport season. The Symposium was held in Saskatoon on the 17th & 18th of August. One hundred and seventeen delegates participated in this multi-sport conference. The Association would like to thank those coaches that took the time away from their summer holidays to attend. The Executive would also like to thank the presenters that shared their knowledge with our coaches. Thank you to the organizing committee and we look forward to next year's symposium program.



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School Sports Week

School Sports Week will take place again this fall. During the week of October 11th to the 17th, every school is encouraged to celebrate school sport by drawing attention to the interschool athletic program. More information will be sent out to the schools in September.

District President's and Fall Meetings

It is critical to have at least one representative per high school attend the fall meeting for their District Association. Plans for the year are finalized for every activity and crucial information about upcoming events and competitions is made available at this meeting. SHSAA handbooks, yearbooks and calendars will also be distributed at these meetings. Make certain your school is well represented so that the communication lines are open and no school is left out when it comes to interschool athletic competition and planning.

DISTRICT	PRESIDENT	SCHOOL	PHONE	MEETING LOCATION	DATE	TIME
BATTLE WEST	Greg Mamer	Wilkie	843-2288	NB John Paul	Thurs. Sept. 3 rd	1:00 pm
CENTRAL VALLEY	Derek Zacharias	Waldheim	945-2211	Warman	Thurs. Sept. 3 rd	1:00 pm
EAST CENTRAL	Brad Cameron	Sturgis	548-2103	Y'ton Regional	Wed. Sept. 2 nd	1:30 pm
HORIZON CENTRAL	Marvin Renneberg	Muenster	682-4538	Lanigan	Tues. Sept. 8 th	1:00 pm
NORTH CENTRAL	Chantelle LaMotte	PA Carlton	922-3115	PA Carlton	Thurs. Sept. 3 rd	4:30 pm
NORTH EAST	Scott Brinklow	Tisdale	873-2352	Tisdale	Tues. Sept. 1 st	5:00 pm
NORTH WEST	Darren Nordell	Edam	397-2944	Meadow Lake	Tues. Sept. 8 th	2:00 pm
QU'APPELLE	Don Morrison	Lumsden	731-2262	Wolseley	Thurs. Sept. 10 th	5:00 pm
REGINA	Chuck Toth	Sheldon-Williams	523-3550	Regina	Wed. Sept 23 rd	1:00 pm
SASKATOON	Kirby Frey	Bishop Mahoney	659-7500	Aden Bowman	Wed. Sept 23 rd	7:00 am
SOUTH CENTRAL	Troy Wist	Central Butte	796-2124	Gravelbourg	Thurs. Aug 27 th	2:30 pm
SOUTH EAST	Bill Crossman	Carnduff	482-3491	Arcola	Tues. Sept. 1 st	5:00 pm
SOUTH WEST	Chris Sharp	Maple Creek	662-2655	Gull Lake	Wed. Sept. 2 nd	2:30 pm
WEST CENTRAL	Miles Bennett	Rosetown	882-2655	Rosetown	Wed. Sept. 2 nd	1:00 pm

Bids to Host Provincial Championships in 2009-2010

The majority of bids to host provincial championships for the next two school years were resolved at the June 2009 AGM. The following is a list of open championships that have not been designated to a particular school. The SHSAA Executive will determine host locations for the following provincial championships at the September 2009 meeting based on bids received. The SHSAA office will accept bids for these events from interested schools until **September 11th, 2009**.

SCHOOL YEAR - MONTH	PROVINCIAL CHAMPIONSHIP	BIDS ACCEPTED FROM
2009/2010 – November 2009	5A Girls VB – North Regional	Any 5A school in: NW,NC,BW, SW
2009/2010 – November 2009	5A Girls VB – South Regional	Any 5A school: QV,EC,SE,SC



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Bids to Host Provincial Championships in 2010-2011

There were a number of host venues for the 2010-2011 provincial championships that were left unresolved at the June 2009 AGM. The following is a list of open championships that have not been designated to a particular school for the following year. The SHSAA Executive will determine host locations for the following provincial championships at the December 2009 meeting based on bids received. The SHSAA office will accept bids for these events from interested schools until **November 27th, 2009**. For those championships that are on a district rotation, districts are asked to determine these at their fall meetings and inform the SHSAA office with the host venues as soon as possible.

SCHOOL YEAR - MONTH	PROVINCIAL CHAMPIONSHIP	BIDS ACCEPTED FROM
2010/2011 – November 2010	2A Boys Volleyball	Any 2A school in the province
2010/2011 – March 2011	Regional Wrestling	Any school in the province

Hotel Room booking

The SHSAA has an agreement with two hotel management groups in the province. Each activity has information posted on the SHSAA web site that lists the hotels that have been blocked for provincial championships. These room blocks have established rates negotiated on behalf of the schools by the SHSAA. It is important that when schools are booking through these hotels, that the SHSAA is mentioned so as to access the room rate as well as track the number of rooms that are picked up by SHSAA member schools. These numbers are vital to the hoteliers of the province and the Association so that when negotiations with these hotels occur, the Association is able to achieve the best competitive rate for our teams.

For the hotels owned by Silver Birch Hotels, please book the rooms through the sales and catering office and indicate that the rooms are for the SHSAA.

- Saskatoon Inn – (306) 668-9633
- Saskatoon Radisson – (306) 667-2365
- Regina Inn – (306) 525-7574

For the hotels owned and operated by Westmount Hospitality (Comfort Inns of Saskatoon, Regina, Yorkton, Swift Current, Prince Albert Comfort Inn; Prince Albert Marlboro Inn; Regina Quality Hotel), please inform the front desk when booking that the rooms are for SHSAA events.

Proud Sponsors of High School Athletics in Saskatchewan





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Coaches Card

Every two years the SHSAA issues a new version of the Coaches Card. The newest version (2009-2011) is now available for the first year of a two-year program. It is for sale by the SHSAA office. The purpose of the SHSAA Coaches Card is to show appreciation to those who volunteer their time for the students of Saskatchewan schools. The card is intended for personal or family use but some sponsors may extend their discounts to teams. The principal/athletic director will designate those eligible in the school but we suggest that the following be considered:

- * SCHOOL ATHLETIC COACHES
- * SCHOOL ADMINISTRATORS
- * DIRECTORS / SUPERINTENDENTS OF EDUCATION
- * RETIRED COACHES
- * OTHERS ACTIVE IN THE INTERSCHOOL PROGRAM

Cards are available at a cost of **\$10.00 each** and are valid for TWO years (Aug. 31, 2011). Check the list of sponsors.

COACHES CARD SPONSORS:

SOURCE FOR SPORTS SPORTING GOODS STORES

10% discount off the last marked price. (Except on items reduced to clear by 30% or more already.) Available at the following outlets: Al Anderson's Source for Sports - Saskatoon; Prince Albert Source for Sports; Phoenix Source for Sports – North Battleford; Western Cycle Source for Sports – Regina; Supreme Source for Sports - Kindersley.

PIZZA HUT RESTAURANTS

15% discount on regular priced menu items only. Valid on dine in, take out or delivery. Tax and delivery charge extra. Not valid on alcohol products.

COMFORT - QUALITY INNS

Cardholders and Team Use: A special SHSAA Coaches Card rate of:

\$80.00 at Comfort Inn in Saskatoon.

\$79.00 at Comfort Inns located in Prince Albert.

\$92.00 at Comfort Inn located in Swift Current.

\$87.00 at Regina Comfort Inn.

\$89.00 at Regina Quality Hotel (Downtown Regina)

\$77.00 at Prince Albert Marlboro Inn (Downtown Prince Albert)

Also: *Special sport rates at all other properties across Canada.

SHSAA BOUTIQUE - Sport Logo

10% discount on merchandise for personal use. Discount available on fax orders only to Sport Logo in Lumsden (1-800-668-2571).

DAIRY QUEEN

FREE Bacon Cheddar GrillBurger with the purchase of a Bacon Cheddar GrillBurger Basket Deal. Valid at all Regina, Moose Jaw and Fort Qu'Appelle DQ Grill and Chill Restaurants. Not valid with other discounts, taxes are extra.

WESTERN PIZZA

10% OFF ORDERS excluding alcohol. Not valid with any other offers and must be mentioned at time of order. Valid in Regina, Regina Beach and Emerald Park.

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Free Admission: to all SHSAA provincial championships.

Information and application forms are also available on the web site.



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SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION
COACHES CARD APPLICATION
(Please print all information)

<i>Please forward an SHSAA COACHES CARD for EACH individual ON THE FOLLOWING LIST:</i>	
SEND TO: (School Name/Address)	AUTHORIZED BY:

Card #1	Card #6
NAME:	NAME:
ADDRESS:	ADDRESS:
TOWN/CITY:	TOWN/CITY:

Card #2	Card #7
NAME:	NAME:
ADDRESS:	ADDRESS:
TOWN/CITY:	TOWN/CITY:

Card #3	Card #8
NAME:	NAME:
ADDRESS:	ADDRESS:
TOWN/CITY:	TOWN/CITY:

Card #4	Card #9
NAME:	NAME:
ADDRESS:	ADDRESS:
TOWN/CITY:	TOWN/CITY:

Card #5	Card #10
NAME:	NAME:
ADDRESS:	ADDRESS:
TOWN/CITY:	TOWN/CITY:

PLEASE SEND _____ COACHES CARDS AT \$10.00 EACH. TOTAL = _____

Mail or fax application to:
SHSAA
1 – 575 Park Street
REGINA SK S4N 5B2
FAX: 306-721-2659



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“Seeing and Understanding the Big Picture”

By Dr. David Hoch
Coaches' Quarterly, Summer 2009

To be successful, most high school coaches are focused, single-minded and hard working. They have a passion for their sport and are driven to excel – and there is nothing wrong with this approach. Athletic directors, parents, and athletes value these qualities and obviously want the very best individuals to lead and direct their teams.

Good coaches provide sound instruction on the skills and strategies involved in their sport and are constantly looking for new ideas to enhance their background. While all of this is important and good, it is not enough. A coach on the high school level needs to also see and understand the big picture at his or her school and in the athletic program.

It is imperative that a coach accepts and appreciates several concepts that are integral and involved with high school athletes. The following are a few of the aspects that a coach on the secondary level should understand and incorporate.

Educational Value

While our athletes should definitely be mastering skills and strategies in their sport, they should also be developing a wide range of other traits and qualities that are enhanced or gained by participating. There is a fairly extensive list of valuable outcomes associated with athletics such as teamwork, goal-setting and developing perseverance.

As a matter of fact, a colleague stated it very well: “If there isn't educational value in our programs, we have no business providing sports in a high school setting.” And he's right. If our team only exists as a platform to win games and championships, there is no basis for our programs to be included in the offerings on the secondary level. We are, after all, in the business of education and that must include athletics.

The NFHS Coach Education Program has long used the concept of *teachable moments* and it should be commonly and frequently used by all coaches. Whether explaining the dangers of steroid use or the concept of respecting an opponent, there are unlimited topics that can be used on a daily basis. Try ending practice with one or two of these thoughts every day and your athletes will benefit and learn a great deal. But whatever we do with our teams, it better have educational value.

The Right Fit for Winning

Don't get the wrong impression, preparing and striving to win are vital parts of athletics. However, there are other important outcomes that are equally or perhaps more important. By participating in athletics, young people should enjoy the experience, improve and learn valuable life lessons. Without these components, winning records and championships aren't overly valuable.

The focus of athletics really has to be based upon what is best for kids. Certainly coaches should scout opponents, plan constructive practice sessions and prepare their athletes for the next contest. We want our athletes to give maximum effort to strive and win, but this may not always result in a victory. If they experience a winning season, this is simply an added side-benefit and not the sole purpose. If you are only focusing on winning, you're missing the big picture. There are other valuable outcomes of athletic participation.

Academics is Number One

Quite often, coaches proclaim that academics is the most important aspect for a student-athlete. It is more important than winning on the field. But do our actions always reflect this statement?



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If a young person is struggling with a class, do you allow him to go for extra help or tutoring, which may mean arriving late for a practice session? If you allow for this approach, you would certainly support this premise that academics is the most important goal. However, it doesn't always happen.

Team rules and procedures often stipulate that an athlete has to attend practice in order to play a game. The desire by athletes to play and a coach's goal of winning often prevail over improving the academic standing of some athletes.

Since coaches are educators, they truly have to buy into the concept that academics must always come first. A coach has to help young people by encouraging and providing opportunities to improve academic achievement.

Sharing Athletes

While most coaches provide off-season conditioning and skill improvement programs for their players, it is also important that they allow these athletes to do other things. Making demands that young people devote their time to only your sport is unacceptable. Granted, you want to encourage and motivate your athletes to improve, but exclusivity cannot be permitted.

In the off-season, and particularly during the summer, athletes should be able to explore other interests. This doesn't just mean in athletics, but young people also need time with their family, may have summer jobs and should be encouraged to take part in other educational opportunities. It is also important to remember that athletes don't belong to any coach.

When athletes have the opportunity to participate on other teams and to participate in additional activities, we are allowing them to explore, grow, and develop. That is, after all, what education is all about and coaches need to not only understand, but embrace this concept.

There are Other Teams

Naturally, you will put all of your energy and focus into the team that you are coaching. But you also have to understand and have an appreciation that yours is not the only team in the athletic program. There are others, and in most schools, there are many more.

Working hard and promoting your team is great as long as you recognize that there are other very deserving teams and coaches. The facilities, equipment and financial support are not only intended for your team, but for everyone in the athletic program. No coach or program should be considered more important than others – every team is important and should be valued.

When dealing with our athletes, we stress the approach that the team is more important than the individual, effort and hard work is the key, and cooperation is the glue that keeps things together. Along with team chemistry, teamwork is the cornerstone of athletic success. We constantly use these concepts with our athletes and this should be the same with colleagues.

Sharing athletes with other coaches is absolutely imperative in most high school programs throughout the country. This should be an easy concept for coaches to understand, since we are part of a larger team – the athletic program and school. The successful coach is one who helps and is supportive of other coaches within the program and school. Just like athletes, coaches who are selfish and self-centered don't understand the overall objectives and can be a real detriment to an athletic program.

A successful athletic program, therefore, needs coaches who not only excel in their individual sport, but also see and understand the big picture. After all, our program deserves the very best and this means a cooperative, energetic, supportive coaching staff that is working together for a common objective – the ultimate, positive environment for our student-athletes.



SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



2009 PROVINCIAL GOLF CHAMPIONSHIPS

- 1. ENTRIES:** Provincial entry forms will be mailed to the district commissioners. The qualifying scores submitted to the provincial commissioners and the SHSAA office must be **the scores that the qualifying golfers shot at their respective district competition**, not the golfers usual score or average score. Entries to the provincial tournament must be submitted **to the commissioner and the SHSAA office on or before September 21st.**
- 2. ELIGIBILITY:** Student athlete eligibility forms (**Form E-5**) for golf are due on, or before **September 9th.** Forms must be filled out and filed on-line via the SHSAA web site (www.shsaa.ca).
- 3. COMPETITIONS:** Details regarding starting time and other information will be sent to each district commissioner and posted on the SHSAA web site. Please refer to the activities section of the SHSAA handbook for more details regarding the golf championships.
- 4. TEAM:** Schools may enter a team of up to six athletes with a maximum of four of either gender. The total of the four best scores on each hole will determine team scoring. At least one score must be that of either gender.
- 5. PLAYOFFS:** In the event of ties for second place a playoff will not be held. Individuals or teams will be awarded silver medals and bronze medals are not awarded. In the event of ties for third place in the individual standings, no playoff will be held. All those individuals tied for third shall be presented with bronze medals.
- 6. INQUIRIES:** Should be made to the commissioner or to the SHSAA office @ 721-2151.

GRASS GOLF

PROVINCIAL SITE: Weyburn Golf Club
Weyburn, SK.
DATES: Friday & Saturday September 25 & 26
COMMISSIONER: Bob King
Weyburn Comprehensive
Weyburn SK. S4H 1P7
Phone: 842-7494 Fax: 842-5594

LOCATION: From Weyburn take Highway 39 S.E. until you reach Weyburn Inland Terminal and turn right. Follow the grid road until you reach the golf course which will be to the left.

ACCOMMODATIONS:
http://www.weyburnchamber.com/tourism_files/Accommodations.pdf

AGENDA: Thursday practice times are available and must be arranged with the pro shop (842-5881). Friday begins with registration and warm-up from 9:00am – 10:15am. Coaches will be assigned as 'competition facilitators', there will be a brief coaches' meeting at 9:45am. There will be a meeting for coaches and players at 10:15am followed by a brief opening ceremonies, and shotgun start at 11:00 am. Saturday shotgun start at 9:00am or when frost delay allows.

SAND GOLF

PROVINCIAL SITE: Waldheim Pineridge Golf Course
Waldheim, SK.
DATES: Friday & Saturday September 25 & 26
COMMISSIONER: Derek Zacharias
Waldheim School
Waldheim, SK. S0K 4R0
Phone: 945-2211 Fax: 945-5445

LOCATION: Waldheim is located 55km north of Saskatoon. The golf club is located within the Waldheim Regional Valley Park just 0.5 km east of town.

ACCOMMODATIONS: Visit the town website for local accommodations and golf information www.waldheim.ca. SHSAA Room blocks at

- Saskatoon Comfort Inn (306)934-1122. Refer to "SHSAA SAND GOLF"; Group # 100579 when booking. Release date: Sept. 10, 2009.
- Saskatoon Radisson 1-888-333-3333 or 1-3060-667-2389. Refer to "SK High School Athletics". Release Date: Tues. Sept. 8

AGENDA: Thursday practice times available through the commissioner. Players and coaches meeting will take place at 10:30 a.m. on Friday, shotgun start at 11:00 a.m. Saturday shot gun start at 10:00 a.m.



SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



2009 PROVINCIAL CROSS-COUNTRY CHAMPIONSHIP

PROVINCIAL SITE:
Wynyard Regional Park
Wynyard, Saskatchewan

COMMISSIONER:
Glenis Klebeck
Wynyard Composite School
Wynyard, SK. S0A 4T0

DATE:
Saturday, October 17

PHONE: 554-2539 FAX: 554-2608

1. ENTRIES:

Please note the following change in age classes as passed at the SHSAA AGM:

Senior - 16 and over as of June 30th, 2009
Junior - under 16 as of June 30th, 2009
Midget - under 15 as of December 31st, 2009

Entries are to be submitted electronically on the forms provided to the District Presidents from the SHSAA office. Entries to the provincial meet must be sent to the **Provincial Commissioner** (Glenis Klebeck – glenis.klebeck@hzsd.ca) and the **SHSAA office** on or before **OCTOBER 9th**. Please retain a copy that should accompany the team to the meet.

Please Note:

a) Substitutions for original entries may be made to SHSAA and Commissioner up to 4:00 p.m. on the Wednesday prior to the meet. A scratch meeting will be held one hour prior to the start of the meet on Saturday, for scratches ONLY.

b) The meet director may allow substitutions during the competition, ON MEDICAL GROUNDS ONLY.

2. ELIGIBILITY:

Student athlete eligibility forms (E - 5) for all students who participate in Cross-Country are due on, or before **September 9th**. Forms must be filled out and filed on-line via the SHSAA web site (www.shsaa.ca). Click on the Forms button and enter the SHSAA ExNet – Members Login. Your school Principal will have the school's USER I.D. and PASSWORD.

3. PROCEDURES:

Please refer to Cross Country in the Activities Section of the SHSAA handbook for competitive details including the starting procedure.

4. ACCOMMODATION:

The following link provides local information <http://www.townofwynyard.com/directory/accommodations>

Please make your reservations as early as possible.

5. LOCAL DETAILS:

All local details including a map of the course will be provided to each district commissioner, who will be responsible for informing district coaches.

6. COMPETITION:

Order of races:

Midget Girls	3000 m - 1:00 p.m.
Midget Boys	4000 m - 1:15 p.m.
Junior Girls	4000 m - 1:35 p.m.
Junior Boys	5000 m - 1:55 p.m.
Senior Girls	4000 m - 2:20 p.m.
Senior Boys	6000 m - 2:40 p.m.

NOTE: The midget girls' race will start at 1:00 p.m. All other times are approximations.

Athletes check in and scratches 10:00 – 11:00.
Course familiarization walk will be held at 11:15am.
Coaches Meeting 12:15 p.m.

School team champions will be declared in 4 classifications based on the combined male and female student population in grades 10–12 as follows:
4A: 500 plus male and female students gr. 10-12
3A: 200 to 499 male and female students gr. 10-12
2A: 100 to 199 male and female students gr. 10-12
1A: 1 to 99 male and female students gr. 10-12

District team champions will no longer be declared at the meet. The District team results will be posted on the SHSAA web site along with complete results after the meet.

Awards Presentation: will be held following the Senior Boys race in the Wynyard School Gymnasium. All teams are requested to be present for the presentations and in their district uniforms.

7. INQUIRIES:

Please contact the commissioner or the SHSAA office.



SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



2009 PROVINCIAL SOCCER CHAMPIONSHIPS 1A – 3A

SPORT SPECIFICS:

Please refer to the SHSAA handbook for details of hosting and playoff procedures. Follow all registration and competitive procedures as outlined in the **BYLAWS** section of the handbook.

ELIGIBILITY:

Student athlete eligibility form (**Form E-5**) for Soccer is due on, or before, **September 9th**. Forms must be filled out and filed on-line via the SHSAA web site (www.shsaa.ca).

REGIONAL CHAMPIONSHIPS – playoffs will take place on October 23th and 24th.

The tentative regions have been listed below. The lists are according to last year's entries in the playoffs and will be subject to change based on registration of teams this year. The district designated to host will need to declare a host school and notify the SHSAA office so that information can be updated to the website. After September 30th enrolment declarations are completed, schools that have a change of 25% or more in enrolment that causes the school to change classification from the previous year will be reclassified and placed in an appropriate region. The SHSAA office will seed all regional and provincial tournaments. It is imperative that all soccer teams complete and forward a seeding form to the SHSAA office by **October 16th**.

In the 7 v 7, 1A and 2A classifications, the regional and provincial tournament make-up will be determined once teams select the category they intend to play. This information will be available on Sept. 15, 2009.

In the 3A classification each of the four regions will advance two teams to the Provincial tournament except for the region containing the Provincial host team which will advance only one team other than the host. The Regina and Saskatoon regions will advance teams from their league playoffs. In the other two regions, the playoffs will consist of a seeded tournament of the teams listed.

PROVINCIAL CHAMPIONSHIPS – playoffs will take place on October 30th and 31st.

The provincial tournaments for all categories will consist of eight teams.

The draw template and schedule for each provincial championship is listed on the web site and are subject to change. Check the web site for updates.

Provincial tournament host:

1A Boys – Valley Christian Academy - Osler

Commissioner: Richard Weber 239-2196

2A Boys – Warman

Commissioner: Michael Collins 933-2377

3A Boys – Regina

Commissioner: Greg Johnson 523-3461

1A Girls – Muenster

Commissioner: Glenda Siemans 682-4538

2A Girls – Balgonie

Commissioner: David Drozda 771-2566

3A Girls – PA St. Mary

Commissioner: Jamie Zurakowski 953-7544

ACCOMMODATIONS: 1A and 2A Boys SHSAA room blocks at Saskatoon Comfort Inn (306)934-1122. Refer to "SHSAA BOYS SOCCER"; Group # 100580 when booking. Release date: Sept. 29, 2009

SEEDING PROVINCIAL PARTICIPANTS:

Seeding of the regional and provincial tournament is important to the success of the championship. All teams that have chosen to participate in provincial playoffs **MUST** submit the results of their season to the SHSAA office before **October 16th**. Include results of all matches played up to that date.

[http://www.shsaa.ca/pdfs/2009/seeding%20form conf 09.pdf](http://www.shsaa.ca/pdfs/2009/seeding%20form%20conf%2009.pdf)



SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



SOCCKER

Seven versus Seven

At the 2009 SHSAA AGM, the membership approved a fourth category of soccer, namely '**Seven versus Seven**'. In addition to approving this "Open" category, the membership approved a second related resolution directing the SHSAA Executive to determine all parameters for this new category.

Below are the parameters and playing regulations that the category will be subject to. A school may only choose one of the two categories that the school population would categorize the program. A school that is either 1A (1 – 85) or 2A (86 – 150; 151 – 250 must play 'Eleven versus Eleven') must choose either '**Seven versus Seven**' or '**Eleven versus Eleven**'. A school in the top half of 2A and all 3A schools must play '**Eleven versus Eleven**'.

1. CLASSIFICATION:

The SHSAA will sponsor championships for boys and girls in the following categories:

- Boys Soccer 1 to 150 male students
- Girls Soccer 1 to 150 female students

**** The SHSAA office will determine the viability of a provincial championship in 7 v 7 and 1A following the team registration and eligibility deadline on Sept. 9, 2009.**

2. RULES:

The SHSAA has adopted the FIFA (International) rules, with the following SHSAA amendments and points of emphasis:

- a) Rosters will be limited to 14 players per team.
- b) A match may not start if either team consists of less than 5 players.
- c) Unlimited substitution may be made during the game.
- d) Size of playing field (Length – 80 to 110 yards; Width – 40 to 65 yards)
- e) Playing field must be well marked, level and free of holes, rocks, and any other obstructions.
- f) Field markings will be in accordance with those laid out in the FIFA Laws of the Game.
- g) Goals should be of standard size (24' x 8').
- h) The game shall be composed of two 35 minute halves with a 10 minute break at half time.
- i) TIE MATCHES: In playoff games, knockout tournaments, etc. where there is a need to have a winner declared, should a match end in a draw at the end of regulation time:
 - 1) Overtime periods will be 2-5 minute halves. The following procedures would be used at the end of regulation time:
 - a) A coin is tossed and the team that wins the toss decides which goal it will attack in the first half of the match.
 - b) The other team takes the kick-off to start the match.
 - c) The team that wins the toss takes the kickoff to start the second half of the match.
 - d) In the second half of the match the teams change ends and attack the opposite goals.
- If still tied:
 - 2) Each team shall take five penalty kicks. The kicks shall be taken in alternate order by five different players of each team at the same goal. No player shall kick more than once until all eligible players have had a kick. The eligible players are those who were on the field of play at the end of regulation play. (See the appropriate ruling in the "Laws of the Game.")
- j) Shin guards are mandatory for all players involved in SHSAA soccer programs.

3. OFFICIALS:

The head referee and linesmen will be appointed for all Provincial playoff games by the SHSAA office in consultation with the district officials' commissioner. They will be paid at the published rates by the Provincial Office.

4. PLAYOFFS:

- a) Schools must select to play 7 vs. 7 or 11 vs. 11 by the E-5 deadline.
- b) Playoff format will be determined based on the number of entries. The host of the Regional tournaments will be assigned to a District that will in turn name the host school.
- c) The Regional tournaments will be seeded and the teams placed in a bracket draw with no consolation side. The winner of the Regional tournament will advance to the Provincial Championship.
- d) The host of the Provincial Championship will be named after Regional Qualifying. The Championship will be a seeded four team tournament with qualifying games on Friday and medal games to be played on Saturday.



SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



REGIONAL SOCCER 2009

1A BOYS	HOST	REGION A	HOST	REGION B	HOST	REGION C	HOST	REGION D
	SC	Kipling - QV	WC	LCBI -WC	HC	Cst. Robin Cameron - CV	NC	Waweyekisik - NW
		Lemberg - QV		Oskayak -ST		Stobart - CV		Se Se Wa Hum - NC
		Regina Christian - RG		Lake Lenore - HC		Rosthern JC - CV		Debden -NC
		West. Christian - RG		Lanigan - HC		Osler VCA - CV		Ch. Poundmaker - BW
		Caronport - SC		Muenster - HC		Middle Lake -HC		Cando - BW
2A BOYS	HOST	REGION A	HOST	REGION B	HOST	REGION C	HOST	REGION D
	QV	Weyburn – SE		Johnson – RG	NW	Martensville – CV		Douglas – ST
		Sacred Heart – EC		Luther – RG		Warman – CV		Bedford Road – ST
		Notre Dame – QV		Martin – RG		Meadow Lake – NW		Bethlehem – ST
		Humboldt – HC		Sheldon – RG		NB John Paul II – BW		E.D. Feehan – ST
3A BOYS	HOST	REGION A	HOST	REGION B	HOST	REGION C	HOST	REGION D
	NC	PA Carlton – NC		Balfour – RG		Bowman – ST	SE	Yorkton Regional – EC
		PA St. Mary – NC		Campbell – RG		Centennial – ST		Estevan – SE
		Swift Current – SW		LeBoldus – RG		Mahoney – ST		Balgonie – QV
				Miller – RG		Holy Cross – ST		
				O’Neill – RG		Graham – ST		
				Riffel – RG		Mount Royal – ST		
				Thom – RG		St. Joseph – ST		
				Knoll – RG		Walter Murray – ST		
						Evan Hardy – ST		
1A GIRLS	HOST	REGION A	HOST	REGION B	HOST	REGION C	HOST	REGION D
	RG	Outlook – WC	CV	Rosthern JC – CV	CV	Se Se Wa Hum – NC	HC	Lake Lenore – HC
		Caronport – SC		Osler VCA – CV		Cst. Robin Cameron - CV		Muenster – HC
		West. Christian – RG		Middle Lake – HC		Stobart – CV		Wynyard – HC
						Cando – BW		
2A GIRLS	HOST	REGION A	HOST	REGION B	HOST	REGION C	HOST	REGION D
		MJ Vanier – SC		Johnson – RG	BW	Holy Rosary – NW	HC	Sacred Heart – EC
		MJ Central – SC		Luther – RG		Meadow Lake - NW		Balgonie – QV
		MJ Peacock – SC		Martin – RG		Warman – CV		Notre Dame – QV
				O’Neill – RG		Martensville – CV		Humboldt – HC
				Miller – RG		Delisle - CV		
				Sheldon – RG		NB John Paul II - BW		
3A GIRLS	HOST	REGION A	HOST	REGION B	HOST	REGION C	HOST	REGION D
	BW	PA Carlton – NC		Campbell – RG		Bowman – ST	SE	Weyburn – SE
		PA St. Mary – NC		Balfour – RG		Bedford Road – ST		Estevan – SE
		Swift Current – SW		LeBoldus – RG		Holy Cross – ST		Yorkton Regional – EC
		NB Comp. - BW		Knoll – RG		Marion Graham – ST		
				Riffel – RG		Evan Hardy – ST		
				Thom – RG		Mahoney – ST		
						St. Joseph – ST		
						Walter Murray – ST		
						Centennial – ST		
						Bethlehem – ST		



SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



2009 PROVINCIAL FOOTBALL CHAMPIONSHIPS

ELIGIBILITY: Student athlete eligibility forms (E - 5) must be filed in the SHSAA office prior to **September 9th**. Forms must be filled out and filed on-line via the SHSAA web site (www.shsaa.ca).

OFFICIALS: Game officials for all post conference or post league games are assigned, and paid, by the SHSAA office. The assignments are done by the District Officials Commissioner and must be approved by the SHSAA office.

SPECIAL RULES: Please note the information in the SHSAA handbook; refer to your particular category of football in the Activities section. Note the overtime procedure for high school football.

GAME TIME: Playoff games are scheduled for 1:00 p.m. unless otherwise stated or the teams involved agree to a time change and receive approval from the SHSAA office.

GAME BALL: The official game ball for football will be the **Wilson F2000**.

TEAM COLORS: If the competing teams have similar colour uniforms, and this would cause a problem, it is the responsibility of the home team to change.

PROVINCIAL PLAYOFF DRAW: The draw template and schedules for each provincial championship is listed on the web site and are subject to change.

FOOTBALL CONFERENCES 2009

(After September 30th enrolment declarations are completed schools that have a change of 25% or more in enrolment that would cause the school to change categories from the previous year will be reclassified. In the six-man category the 50-50 split will be maintained if reclassification occurs.)

1A SIX-MAN	CONFERENCE 1	CONFERENCE 2	CONFERENCE 3	CONFERENCE 4
	Carrot River (NE)	Eston (WC)	Central Butte (SC)	Meath Park (NC)
	Ituna (HC)	Elrose (WC)	Raymore (HC)	Hafford (BW)
	Kelliher (QV)	Plenty (WC)	Hanley (CV)	Hague (CV)
	Lemberg (QV)	LCBI (WC)	Southey (QV)	
		Kerrobert (BW)	Loreburn (WC)	
2A SIX-MAN	CONFERENCE 1	CONFERENCE 2	CONFERENCE 3	CONFERENCE 4
	Hudson Bay (NE)	Outlook (WC)	Caronport (SC)	Big River (NC)
	Porcupine Plain (NE)	Biggar (WC)	Watrous (HC)	PACI (NC)
	Kelvington (HC)	Macklin (BW)	Clavet (CV)	Spiritwood (BW)
	Preeceville (EC)	Wilkie (BW)		Rosthern JC (CV)
	Kamsack (EC)			Aberdeen (CV)
			Wakaw (HC)	
9 MAN	CONFERENCE 1	CONFERENCE 2	CONFERENCE 3	CONFERENCE 4
	Humboldt (HC)	Gull Lake (SW)	Canora (EC)	Delisle (CV)
	Wynyard (HC)	Maple Creek (SW)	Esterhazy (EC)	Martensville (CV)
	Foam Lake (HC)	Shaunavon (SW)	Melville (EC)	Warman (CV)
	Melfort (NE)	Assiniboia (SC)	Sacred Heart (EC)	Unity (BW)
	Nipawin (NE)		Lumsden (QV)	Meadow Lake (NW)
	Tisdale (NE)		Fort Qu'Appelle (QV)	Rosetown (WC)
			Swan River	Kindersley (WC)
3A 12 MAN	SASKATOON	REGINA	MOOSE JAW	
	Tommy Douglas	Johnson	Moose Jaw Central	
	Bedford Road	Luther	Moose Jaw Peacock	
	Bishop Mahoney	Martin	Moose Jaw Vanier	
	Evan Hardy	Miller	Estevan	
	Marion Graham	O'Neill	Swift Current	
	Mount Royal	Notre Dame		
	North Battleford	Weyburn		
		Yorkton Regional		
4A 12 MAN	SASKATOON	REGINA		
	Aden Bowman	St. Joseph	Balfour	Sheldon Williams
	Bethlehem	Walter Murray	Campbell	Thom
	Centennial	PA Carlton	LeBoldus	Winston Knoll
	Holy Cross	PA St. Mary	Riffel	Balgonie



SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



2009 PROVINCIAL VOLLEYBALL CHAMPIONSHIPS

The information printed here will include all preliminary material that teams will need for the volleyball playoffs leading to the provincial championship. Schedules and information are found in the SHSAA handbook. The SHSAA office will seed each tournament. **Please notify the SHSAA office of the conference champions and runners-up immediately following the conference championship, as well as the top two finalists of each regional tournament.**

- **Seeding** conference, regional and provincial tournaments is important to the success of the events. All teams **MUST** submit the results of their season to the **SHSAA office before October 30th**. Include results of all matches played up to that date.
- All provincial 1A – 5A tournaments will follow the ten-team round robin – 2 pools – 2 courts found in the SHSAA handbook. Some modification of the draw times may be necessary to accommodate host plans. The SHSAA office must approve changes to the draw.
- **Accommodations** in some locations may be limited. If your championship is near a city with a Comfort Inn, blocks of rooms have been set aside for the playoff. You may also want to consider the Saskatoon Inn, Saskatoon Radisson, Regina Inn and Quality Hotels.
- **Results** for conference, regional and provincial events will be posted on the SHSAA web site (see SHSAA Results) as the events occur.

PLAYOFFS LEADING TO THE PROVINCIAL CHAMPIONSHIP:

CONFERENCE CHAMPIONSHIP

All teams registered for volleyball will be placed in one of four regions which are then subdivided into conference groups. Each conference playoff will determine conference representatives advancing to the regional competition. Regions with **ten or fewer teams** will advance directly to a regional playoff with no conference playoff conducted. Regions with **eleven or more teams** will be divided into three conference tournaments each advancing two teams to the regional tournament.

The conferences and regions have been listed below. The lists are according to last year's entries in the playoffs and will be subject to change based on registration of teams this year. The District designated to host will need to declare a host school and notify the SHSAA office so that information can be updated to the website. After September 30th enrolment declarations are completed schools that have a change of 25% or more in enrolment that would cause the school to change classification from the previous year will be reclassified and placed in an appropriate conference or region.

Conference playoffs may consist of the following draws: less than six teams the conference tournament will consist of a full round-robin tournament with no playoff round. The 6-team conference tournament will consist of two pools of 3, with the top two teams advancing to the playoff round. All of these conference tournaments will be played as one-day events. A seven or eight team conference tournament will consist of two pools, with the top 2 teams in each pool advancing to the playoff round. These conference tournaments will be played as 1.5 day events. Details for the various draws will be listed on the SHSAA web site.

In the 1A to 4A classifications, conference playoff for girls will be held on or before November 7th. Conference playoffs for boys will be held on or before November 14th. In the 5A classification no conference playoffs will be held and all teams will advance to either the city league playoff or the north/south regional tournament to determine the provincial representatives.



SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



REGIONAL CHAMPIONSHIP

The top two teams from each conference playoff will advance to the regional level of playoffs. Regional tournaments, in most instances, will be six-team tournaments played as two pools of 3 teams, with the top two teams from each pool advancing to a playoff round that will determine the two teams to advance to the provincial championship tournament. In some instances, when a conference playoff is not necessary, the regional may consist of seven or more teams and will be conducted as designed by the SHSAA office in order to determine two representatives to advance to the provincial championship tournament.

REGIONAL DATES: **5A Boys and Girls** - **November 13 & 14, 2009**
 1A, 2A, 3A, 4A Girls - **November 13 & 14, 2009**
 1A, 2A, 3A, 4A Boys - **November 20 & 21, 2009**

The following districts have been designated to host the regional tournament. There is no provision for a host team in any of the regional tournaments; therefore, the host locations will be determined once the conference championships have been completed. Each District is responsible to ensure a host for the regional event with a suitable venue and tournament committee. The District should designate a host school from the teams that advance to the regional from conference playoffs. In the event that a District designated to host a regional does not have any teams that qualify from the conference playoffs, the SHSAA office will select the regional site from the qualified teams.

Classification	Regional			
	SOUTH	WEST	NORTH	EAST
1A Boys	South Central	South West	West Central	Horizon Central
2A Boys	Qu' Appelle	South Central	Battle West	North Central
3A Boys	Regina	Battle West	North West	East Central
4A Boys	South East	Qu' Appelle	Central Valley	Horizon Central
5A Boys	Weyburn		Warman	
1A Girls	Qu' Appelle	South West	North West	North East
2A Girls	South East	West Central	North West	North East
3A Girls	Qu' Appelle	Central Valley	Battle West	Horizon Central
4A Girls	East Central	South West	Central Valley	North Central
5A Girls	OPEN		OPEN	

Bids to host the north and south Girls 5A regional tournaments must be submitted to the SHSAA office by September 11th, 2009.

PROVINCIAL CHAMPIONSHIPS

1A – 4A: The top two teams in each regional will qualify for the provincial championship. The provincial final tournament will include the eight regional qualifiers, the host team plus a third representative team from the regional championship that includes the 2008 Provincial Champion. In the event that the host school is in the same regional as the previous year's provincial champion only three teams may advance to the provincial and the 3rd rep will be awarded to another regional tournament.

5A: Saskatoon and Regina will advance two representatives each to the provincial championship through their respective leagues. The 5A north and south regional tournaments will each advance three teams to the provincial championship through a draw designed by the SHSAA office. If either of the north or south regional is hosting the provincial tournament, then that regional will only send two teams to provincials besides the host team.

Information on each provincial championship event is listed below.

PROVINCIAL DATES: **5A Boys and Girls** - **November 20 and 21, 2009**
 1A, 2A, 3A, 4A Girls - **November 20 and 21, 2009**
 1A, 2A, 3A, 4A Boys - **November 27 and 28, 2009**

REMEMBER SEND IN YOUR SEEDING FORM BY OCTOBER 30th

http://www.shsaa.ca/pdfs/2009/seeding%20form_conf_09.pdf



SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



2009 PROVINCIAL VOLLEYBALL CHAMPIONSHIPS

"5A" BOYS

Host School: Greenall High School - Balgonie
Commissioner: Rob Schimnosky
Phone: 771-2566
Fax: 771-4207
Team Entry: 10 Teams. **Three** representatives from the north and **Two** representatives from the south regional, **Two** teams from each of the Regina and Saskatoon conferences and the host school

"5A" GIRLS

Host School: Weyburn Comprehensive
Commissioner: Blake Johnson
Phone: 842-7494
Fax: 842-5594
Team Entry: 10 Teams. **Three** representatives from the north and **Two** representatives from the south regional, **Two** teams from each of the Regina and Saskatoon conferences and the host school.

"4A" BOYS

Host School: Moose Jaw Riverview/Cornerstone
Commissioner: Larry Segall/Roger Gregor
Phone: 691-1354/693-2937
Fax: 694-4686/694-1880
Team Entry: 10 Teams. The **host school**, the top **Two** teams from the four regional tournaments and a third team from the regional with the 2008 Gold Medalist (Kelvington).

"4A" GIRLS

Host School: Clavet Composite School
Commissioner: Brian Matisz
Phone: 933-1022
Fax: 933-1048
Team Entry: 10 Teams. The **host school**, the top **Two** teams from the four regional tournaments and a third team from the regional with the 2008 Gold Medalist (Lumsden).
SHSAA Room Block: Saskatoon Comfort Inn (306) 934-1122. Refer to "SHSAA GIRLS VOLLEYBALL"; Group # 100582 when booking. Release date: Oct. 20, 2009

"3A" BOYS

Host School: Rossignol High School (Ile-a-la-Crosse)
Commissioner: Elaine Favel
Phone: 833-2388
Fax: 833-2616
Team Entry: 10 Teams. The **host school**, the top **Two** teams from the four regional tournaments and a third team from the regional with the 2008 Silver Medalist (Kinistino) as the Gold Medalist (Waldheim) is in the host regional.

"3A" GIRLS

Host School: West. Christian High School (Regina)
Commissioner: Mark Husband
Phone: 545-1515
Fax: 352-2198
Team Entry: 10 Teams. The **host school**, the top **Two** teams from the four regional tournaments and a third team from the regional with the 2008 Gold Medalist (Kelvington).

"2A" BOYS

Host School: Paradise Hill School
Commissioner: Wayne Wisser
Phone: 344-2055
Fax: 344-2100
Team Entry: 10 Teams. The **host school**, the top **Two** teams from the four regional tournaments and a third team from the regional with the 2008 Gold Medalist (Fox Valley).

"2A" GIRLS

Host School: Davidson High School
Commissioner: Jason Low
Phone: 567-3216
Fax: 567-5481
Team Entry: 10 Teams. The **host school**, the top **Two** teams from the four regional tournaments and a third team from the regional with the 2008 Gold Medalist (Wakaw).
SHSAA Room Block: See 4A Girls information

"1A" BOYS

Host School: Ogema School
Commissioner: Peter Schaefer
Phone: 459-2500
Fax: 459-2241
Team Entry: 10 Teams. The **host school**, the top **Two** teams from the four regional tournaments and a third team from the regional with the 2008 Bronze Medalist (Annaheim) as the Gold Medalist (Rouleau) is in the host regional and the Silver Medallist (Goodsoil) is now 2A.

"1A" GIRLS

Host School: Colonsay School
Commissioner: Andrew Merryweather
Phone: 255-2050
Fax: 255-2021
Team Entry: 10 Teams. The **host school**, the top **Two** teams from the four regional tournaments and a third team from the regional with the 2008 Gold Medalist (Holdfast).
SHSAA Room Block: See 4A Girls information



SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



VOLLEYBALL CONFERENCES – BOYS

1A BOYS		SOUTH REGION-SC			WEST REGION-SW			NORTH REGION-WC			EAST REGION-HC			
HOST SC	CONFERENCE 1	Avonlea - SC	HOST SW	CONFERENCE 1	Burstall - SW	HOST WC	CONFERENCE 1	Marengo - WC	HOST HC	CONFERENCE 1	Viscount - HC			
		Bengough - SC			Abbey - SW			Beechy - WC			Bruno - HC			
		Mossbank - SC			Cabri - SW			Dinsmore - WC			Englefeld - HC			
		Ogema - SE			Consul - SW			Loreburn - WC			Muenster - HC			
		Gladmar - SE			Eastend - SW			Kenaston - WC			Invermay - EC			
	CONFERENCE 2	Rouleau - SC	HOST SW	CONFERENCE 2	Glentworth - SC	HOST CV	CONFERENCE 2	Colonsay - CV	HOST HC	CONFERENCE 2	Annaheim - HC			
		Milestone - QV			Kincaid - SC			Perdue - CV			Middle Lake - HC			
		Lipton - QV			Lafleche - SC			Borden - CV			St. Brieux - HC			
		Montmartre - QV			Ponteix - SW			Hafford - BW			Almighty Voice - HC			
					Vanguard - SW			Ecole Valois - NC			St. Isidore - HC			
	CONFERENCE 3	Fillmore - SE	HOST SC	CONFERENCE 3	Chaplin - SC	HOST NC	CONFERENCE 3	Birch Ridge - NW	HOST NE	CONFERENCE 3	Gronlid - NE			
		Manor - SE			Mortlach - SC			Patuanak - NW			Star City - NE			
		Bellegarde - SE			Eyebrow - SC			Hillmond - NW			Zenon Park - NE			
		Kakisiwew - QV			Craik - SC			Glaslyn - NW			Ecole Notre Dame - NE			
		Kahkewistahaw - QV			College Mathieu - SC			Canwood - NC			Arborfield - NE			
2A BOYS		SOUTH REGION-QV			WEST REGION-SC			NORTH REGION-BW			EAST REGION-NC			
HOST EC	CONFERENCE 1	Young - HC	HOST	CONFERENCE 1	Frontier - SW	HOST NW	CONFERENCE 1	Buffalo River - NW	HOST	CONFERENCE 1	Reindeer Lake - NC			
		Imperial - HC			Fox Valley - SW			Waweyekisik - NW			Keethanow - NC			
		Cupar - QV			Rockglen - SC			Canoe Lake - NW			Sen. Allan Bird - NC			
		Churchbridge - EC			Gravelbourg - SC			Minahik - NW			Sturgeon Lake - NC			
		Keeseekoose - EC			Davidson - WC			Goodsoil - NW			St. Louis - NC			
	CONFERENCE 2	Whitewood - QV			Allan - CV	HOST NW	CONFERENCE 2	Hepburn - CV			CONFERENCE 2	Pierceland - NW	CONFERENCE 2	Wakaw - HC
		Wawota - SE			S'toon Christian - ST			Ernie Studer - NW				Cudworth - HC		
		Whitebear - SE						Paradise Hill - NW				Choiceland - NE		
		Arcola - SE						St. Walburg - NW						
CONFERENCE 3	Stoughton - SE		HOST BW	CONFERENCE 3	Edam - NW	CONFERENCE 3	Edam - NW	CONFERENCE 3						
	Lampman - SE				Leoville - BW									
	Midale - SE				Medstead - BW									
	Radville - SE				Maymont - BW									

Please remember the conferences and regions listed above are *tentative*.
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SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



VOLLEYBALL CONFERENCES – GIRLS

1A GIRLS	HOST RG	SOUTH REGION-QV	HOST SW	WEST REGION-SW	HOST WC	NORTH REGION-NW	HOST NE	EAST REGION-NE
		CONFERENCE 1		CONFERENCE 1		CONFERENCE 1		CONFERENCE 1
		Holdfast - HC		Abbey - SW		Luseland - BW		Reindeer Lake - NC
		Cupar - QV		Cabri - SW		Major - BW		Little Red River - NC
		Lipton - QV		Burstall - SW		Medstead - BW		Gronlid - NE
		Nakoda Oyade - QV		Fox Valley - SW		Hafford - BW		Arborfield - NE
		Harvest City - RG		Eastend - SW		Plenty - WC		Zenon Park - NE
	Avonlea - SC	Consul - SW	Landis - WC	Star City - NE				
	HOST SC	CONFERENCE 2	CONFERENCE 2	CONFERENCE 2	CONFERENCE 2	CONFERENCE 2	CONFERENCE 2	CONFERENCE 2
		Mossbank - SC	Vanguard - SW	Patuanak - NW	Invermay - EC			
		College Mathieu - SC	Hodgeville - SW	Minahik - NW	Rose Valley - HC			
		Lafleche - SC	Morse - SW	Goodsoil - NW	Watson - HC			
		Glentworth - SC	Chaplin - SC	Pierceland - NW	Viscount - HC			
		Kincaid - SC	Eyebrow - SC	Glaslyn - NW	Imperial - HC			
		Mankota - SC	Craik - SC	Pelican Lake - BW	Kelliher - QV			
	Val Marie - SW							
	HOST SE	CONFERENCE 3	CONFERENCE 3	CONFERENCE 3	CONFERENCE 3	CONFERENCE 3	CONFERENCE 3	CONFERENCE 3
		Maryfield - SE	Eatonia - WC	Colonsay - CV	St. Isidore - HC			
		Bellegarde - SE	Elrose - WC	Perdue - CV	Almighty Voice - HC			
		Fillmore - SE	Kyle - WC	Blaine Lake - CV	Cudworth - HC			
		Midale - SE	Beechy - WC	Borden - CV	Annaheim - HC			
		Gladmar - SE	Loreburn - WC	Canwood - NC	Englefeld - HC			
		Ogema - SE	Kenaston - WC	CCA - ST	Muenster - HC			
	Bengough - SC							
2A GIRLS	HOST SE	SOUTH REGION-SE	HOST SC	WEST REGION-WC	HOST BW	NORTH REGION-NW	HOST HC	EAST REGION-NE
		CONFERENCE 1		CONFERENCE 1		CONFERENCE 1		CONFERENCE 1
		Arcola - SE		Eston - WC		Maymont - BW		Rosthern - CV
		Stoughton - SE		Lucky Lake - WC		Cutknife - BW		Wakaw - HC
		Lampman - SE		Davidson - WC		Leoville - BW		St. Brieux - HC
		Radville - SE		Central Butte - SC		Debden - NC		Middle Lake - HC
	Whitebear - SE	Herbert - SW	Big River - NC	Bruno - HC				
	HOST QV	CONFERENCE 2	CONFERENCE 2	CONFERENCE 2	CONFERENCE 2	CONFERENCE 2	CONFERENCE 2	CONFERENCE 2
		Broadview - QV	Gull Lake - SW	Neilburg - NW	Naicam - NE			
		Wolseley - QV	Ponteix - SW	Edam - NW	Quill Lake - HC			
		Montmartre - QV	Frontier - SW	Thunderchild - NW	Preeceville - EC			
		Milestone - QV	Rockglen - SC	Hillmond - NW	Sturgis - EC			
			Coronach - SC		Norquay - EC			
	HOST EC	CONFERENCE 3	CONFERENCE 3	CONFERENCE 3	CONFERENCE 3	CONFERENCE 3	CONFERENCE 3	CONFERENCE 3
		Kawacatoose - HC	S'toon Christian - ST	Paradise Hill - NW	Keethanow - NC			
		Ituna - HC	Hepburn - CV	St. Walburg - NW	Sturgeon Lake - NC			
		Southey - QV	Allan - CV	Makwa - NW	Choceland - NE			
		Kahkewistahaw - QV	Kerrobert - BW	Ernie Studer - NW	Charlebois - NE			
		Churchbridge - EC		Chief Napew - NW	Stobart - CV			

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SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



VOLLEYBALL CONFERENCES – GIRLS

3A GIRLS	HOST RG	SOUTH REGION-QV	HOST	WEST REGION-CV	HOST	NORTH REGION-BW	HOST CV	EAST REGION-HC	
		CONFERENCE 1						CONFERENCE 1	
		Gravelbourg - SC		Leader - SW		Twin Lakes - NW		Aberdeen - CV	
		Cornerstone - SC		Hanley - CV		Rossignol - NW		Kinistino - NC	
		Strasbourg - HC		Asquith - CV		Valley View - NW		Birch Hills - NC	
	West. Christian - RG	Langham - CV	Turtleford - NW	Meath Park - NC					
	HOST QV	CONFERENCE 2				HOST NE	CONFERENCE 2		
		Vibank - QV	Rosthern JC - CV	Lashburn - NW	Sandy Bay - NC				
		Lemberg - QV	Hague - CV	Macklin - BW	Carrot River - NE				
		Grenfell - QV	Wilkie - BW	Spiritwood - BW	Porcupine Plain - NE				
		Langenburg - EC			Hudson Bay - NE				
	HOST SE	CONFERENCE 3				HOST HC	CONFERENCE 3		
		Rocanville - SE			Kelvington - HC				
		Redvers - SE			Foam Lake - HC				
		Oxbow - SE			Raymore - HC				
Whitewood - QV									
4A GIRLS	HOST EC	SOUTH REGION-EC	HOST QV	WEST REGION-SW	HOST NC	NORTH REGION-CV	HOST HC	EAST REGION-NC	
		CONFERENCE 1		CONFERENCE 1		CONFERENCE 1		CONFERENCE 1	
		Carnduff - SE		Assiniboia - SC		La Loche - NW		Humboldt - HC	
		Moosomin - SE		Riverview - SC		Unity - BW		Lanigan - HC	
		Kipling - QV		Vanier - SC		Shellbrook - NC		Wynyard - HC	
	Esterhazy - EC	Notre Dame - QV	Leask - CV	Wadena - HC					
	HOST EC	CONFERENCE 2	HOST SW	CONFERENCE 2	HOST CV	CONFERENCE 2	HOST NC	CONFERENCE 2	
		Canora - EC		Shaunavon - SW		Biggar - WC		PACI - NC	
		Melville - EC		Maple Creek - SW		Delisle - CV		Rivier - NC	
		Kamsack - EC		Kindersley - WC		Dalmeny - CV		Churchill - NC	
		Balcarres - QV		Rosetown - WC					
	HOST QV	CONFERENCE 3	HOST WC	CONFERENCE 3	HOST CV	CONFERENCE 3	HOST NE	CONFERENCE 3	
		Indian Head - QV		Outlook - WC		Martensville - CV		Creighton - NE	
		Fort Qu'Appelle - QV		LCBI - WC		Warman - CV		Nipawin - NE	
		Lumsden - QV		Watrous - HC		Clavet - CV		Melfort - NE	
Regina Christian - RG		Caronport - SC		Douglas - ST		Tisdale - NE			
5A GIRLS		SASKATOON		REGINA	HOST TBA	NORTH REGIONAL	HOST TBA	SOUTH REGIONAL	
		Aden Bowman		Balfour		Meadow Lake		Weyburn	
		Bedford Road		Campbell		NB Comprehensive		Estevan	
		Bethlehem		LeBoldus		NB John Paul II		MJ Peacock	
		Bishop Mahoney		Luther		PA Carlton		MJ Central	
		Centennial		Miller		PA St. Mary		Balgonie	
		ED Feehan		O'Neill		Swift Current		Yorkton Regional	
		Evan Hardy		Riffel				Yorkton Sacred Heart	
		Holy Cross		Sheldon					
		Marion Graham		Thom					
		Mount Royal		Winston Knoll					
		St. Joseph							
		Walter Murray							

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