



# SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



## JANUARY 2011 NEWSLETTER

### SHSAA EXECUTIVE 2010-2011

PRESIDENT:  
**Angela Tillier**

EXECUTIVE COUNCIL:  
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**Jody Kerr, Weyburn**  
**Brian Grest, Humboldt**  
**Kelly Schneider, Medstead**  
**Jesse Reis, Saskatoon**  
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**Amanda Miazga, St. Walburg**  
**Miles Bennett, Rosetown**  
**Larry Pavloff, Martensville**  
**Larry Bedel, Horizon SD**

EXECUTIVE DIRECTOR:  
**Kevin Vollet**

ASSISTANT  
EXECUTIVE DIRECTOR:  
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EXECUTIVE ASSISTANT:  
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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

On behalf of the Executive Council and the SHSAA office, the Association hopes that you had the opportunity to spend some quality time with family and loved ones over the holiday break. The SHSAA wishes all a joyous and prosperous New Year and hope that the second half of this school year is just as rewarding as the first half.

On behalf of my staff and the Executive Council, may I take this opportunity to thank each and every one of the schools including the administration, coaches, staff advisors and parent volunteers for providing the opportunities of school sport in your building. A big thank you must also go to the schools that hosted a conference, regional or provincial event for the Association. To the officials that worked for the Association to provide the opportunity for the student-athletes – THANK YOU. Preparation for the winter and spring championships is now underway and included in this newsletter is the necessary information needed for these upcoming activities. This information will also be posted on the web site with all updates posted periodically. This is where the most current updates will be posted. Please remind all individuals in your school involved with the winter and spring activities to visit the SHSAA web site on a consistent basis so as to be informed of the current updates. The office will also inform all District Presidents and Athletic Commissioners via email the day of the update so that these individuals will be able to serve in the capacity of reminding their own schools facilitating the communication process.

The classification system for the 2011-2012 school year will be based on the Gr. 9-11 enrolment of the current school year as was approved at the 2010 AGM. As such, there have been two championships for the fall of the 2011-2012 that have become open. The two championships that are now open will require written bids to be submitted to the SHSAA Executive Council are 3A Boys Soccer and 3A Boys Volleyball. These written bids will be due on or before April 1<sup>st</sup>, 2011. Please refer to the SHSAA Handbook (pg. 68) for the criteria required in a written bid. The Executive will select the host site of these championships at their April meeting.

The Asics V5T-WL volleyball is no longer in production. The Executive Council has approved the Mikasa VIP 300 as the official volleyball of the SHSAA. This ball will be available through Just Volleyball (949-6940).

The message board has not evolved into what its intent was designed. A number of posts from members have reminded schools to post their tournament results. The SHSAA would like to echo this request again for this to be a useful tool when it comes time for the seeding forms to be submitted. If schools can't find the time to post their results to the message board, send these scores to the office and we will post for you – whatever it takes to provide coaches with sufficient information.

It is time for the basketball ranking committees to be formed. If you would like to be a part of the basketball ranking committee, please email me ([k.vollet@shsaa.ca](mailto:k.vollet@shsaa.ca)). The deadline for application for these committees will be Jan. 10, 2011. The survey will be sent to each team shortly and will have a deadline of Jan. 14, 2011. The first posting will be Jan. 17, 2011. The second posting of the top ten teams in the 1A – 4A categories will be Feb. 18, 2011.



# SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



## SHSAA PROVINCIAL CURLING CHAMPIONSHIPS

**MARCH 4 – 5, 2011**

The provincial championship will be held March 4 – 5, 2011 and will consist of 8 teams in a triple knock-out format leading to four qualifiers taking part in a championship round to determine the medallists. The eight teams participating at the provincial championships will include the host school and seven other teams that have qualified through the regional championships.

Regional championships will be held February 18 – 19, 2011. The Regional championships will consist of a six or eight team double knock-out format leading to an 'A' event and 'B' event qualifier to the provincial championship. The only region that may require an A-B playoff to complete the double knock-out competition is the region with the provincial host, if the provincial host has not won either the 'A' or 'B' event. In the regions without an A-B playoff the 'A' event winner will be considered the regional champion.

A random draw, held in the SHSAA office, will determine the placing of teams in the draw for both the regional and provincial competitions. Teams from the same district/regional will be placed in opposite halves of the draw.

Districts should declare their representatives to the Regional Championships and contact the regional commissioners by Monday February 14, 2011. Regional commissioners are asked to contact both the SHSAA office and provincial commissioner by Monday February 21, 2011 with the names of the schools which have advanced to the provincial championship.

### REGIONAL CHAMPIONSHIPS: February 18 – 19, 2011

REGION A (REGINA)	BOYS	GIRLS	MIXED
<b>Location:</b>	Caledonian Curling Club 2225 Sandra Schmirler Way		
<b>Contact:</b>	Chuck Toth		
<b>Phone:</b>	523-3461		
<b>Fax:</b>	523-3462		
<b>Format:</b>	8 team double knock-out to qualify one team to provincials along with the provincial host (see above notes)		
<b>First Round Games:</b>	Game #1 – RG 1 vs. WC 2 Game #2 – SW 1 vs. SC 2 Game #3 – SC 1 vs. SW 2 Game #4 – WC 1 vs. RG 2		
<b>Participating Districts and Contacts:</b>	<b>South West</b> Deb Reamer Consul: 299-2061	<b>South Central</b> Roger Morgan Kincaid: 264-7499	<b>West Central</b> Miles Bennett Rosetown: 882-2655

REGION B (EAST CENTRAL)	BOYS	GIRLS	MIXED
<b>Location:</b>	Churchbridge	Sturgis	Norquay
<b>Contact:</b>	Shauna Wirl	Craig Folk	Jeannette Ebert
<b>Phone:</b>	896-2712	548-4389	594-2286
<b>Fax:</b>	896-2600	548-4399	594-2360
<b>Format:</b>	8 team double knock-out leading to an 'A' event and 'B' event qualifier to provincials		
<b>First Round Games:</b>	Game #1 – EC 1 vs. SE 2 Game #2 – QV 1 vs. HC 2 Game #3 – HC 1 vs. EC 2 Game #4 – SE 1 vs. QV 2		
<b>Participating Districts and Contacts:</b>	<b>South East</b> Fred Jerred Wapella: 532-4274	<b>Qu'Appelle Valley</b> Shawn McCall Regina: 527-8922	<b>Horizon Central</b> Brian Grest Humboldt: 682-2192





# SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



REGION C (NORTH EAST)	BOYS	GIRLS	MIXED
<b>Location:</b>	Tisdale		
<b>Contact:</b>	Sharolyn Simoneau		
<b>Phone:</b>	873-2352		
<b>Fax:</b>	873-2941		
<b>Format:</b>	6 team double knock-out leading to an 'A' event and 'B' event qualifier to provincials		
<b>First Round Games:</b>	BYE #1 – NC 1 Game #1 – NE 2 vs. ST 2 Game #2 – ST 1 vs. NC 2 BYE #2 – NE 1		
<b>Participating Districts and Contacts:</b>	<b>North Central</b> Chantelle Lamotte PA Carlton: 922-3115	<b>Saskatoon</b> Jeff Colquhoun Saskatoon: 683-8249	

REGION D (NORTH WEST)	BOYS	GIRLS	MIXED
<b>Location:</b>	Neilburg	Lashburn	Maidstone
<b>Contact:</b>	Tyson Volk	Rob Rinas	Penny Wall
<b>Phone:</b>	823-4313	285-3505	893-2351
<b>Fax:</b>	823-4403	285-3884	893-2778
<b>Format:</b>	6 team double knock-out leading to an 'A' event and 'B' event qualifier to provincials		
<b>First Round Games:</b>	BYE #1 – NW 1 Game #1 – CV 2 vs. BW 2 Game #2 – BW 1 vs. NW 2 BYE #2 – CV 1		
<b>Participating Districts and Contacts:</b>	<b>Central Valley</b> Grant Elke Osler: 239-2077	<b>Battle West</b> Brad Nemish Spiritwood: 883-2282	

## PROVINCIAL CHAMPIONSHIPS: March 4 – 5, 2011

	BOYS	GIRLS	MIXED
<b>Location:</b>	Caledonian Curling Club 2225 Sandra Schmirler Way REGINA SK		
<b>Contact:</b>	Chuck Toth		
<b>Email:</b>	<a href="mailto:chuck.toth@rbe.sk.ca">chuck.toth@rbe.sk.ca</a>		
<b>Phone:</b>	523-3461		
<b>Fax:</b>	523-3462		
<b>Format:</b>	8 team triple knock-out with playoff round		
<b>Participants:</b>	Provincial host (Regina), 1 representative from Region A in addition to the provincial host, two representatives from Region B, two representatives from Region C, and two representatives from Region D		
<b>First Round Games:</b>	Game #1 – Region C #1 vs. Region A #2 Game #2 – Region D #1 vs. Region B #2 Game #3 – Region B #1 vs. Region D #2 Game #4 – Region A #1 vs. Region C #2 #1 = A qualifier, #2 = B qualifier		
<b>Schedule of Events:</b>	<b>Practice time:</b> Thursday March 3, 6:00 – 8:00pm <b>Coaches and Athletes meeting:</b> Thursday March 3, 8:00pm <b>Opening Ceremonies:</b> Friday March 4, 1:00pm		





# SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



## SHSAA BASKETBALL PLAYOFFS

### CONFERENCE

#### 1A – 4A Classifications:

- All registered basketball teams have been placed in a geographical conference.
  - if your school is not listed and your school plans on having a team, you must contact the SHSAA office
  - if your school is listed and your school will not be forming a team or you do not wish to enter the provincial playoff, you must contact the SHSAA office by February 2, 2011
- The teams designated to each particular conference are available on the SHSAA website.
- The SHSAA office will seed each conference tournament.
- Draws for the conference tournaments will be found in the RESULTS section [http://www.shsaa.ca/pages/ets/pub\\_standings.php3?p\\_district\\_id=14](http://www.shsaa.ca/pages/ets/pub_standings.php3?p_district_id=14) on the SHSAA website on or before March 7, 2011
- Each coach is to fill out and submit a seeding form including their opinion on the seeding of their conference and the province. Seeding forms are due on or before March 4, 2011.
- Districts are to notify the SHSAA office of host sites for the conference tournaments they have been assigned. Please check the website periodically to see updates to conferences, including host sites.

#### Conference Tournaments:

- All conference tournaments will be played the weekend of March 11 – 12, 2011
- As per the resolution passed at the 2008 AGM there will not be a consolation side included in the tournaments. In conferences of four, five or six teams that are designated to advance more than two teams there will be a qualifier bracket to advance the extra teams to regional play.
- The draw templates for conference tournaments are included in the SHSAA website basketball information.

### REGIONAL

#### 1A – 4A Classifications:

- Teams will advance from conference play to regional play. The 16 teams that advance to regional play will be seeded 1 to 16 and will be placed in one of four regional tournaments in their classification.
- Each regional tournament will include a championship and consolation side with the winner of the championship side advancing to HOOPLA.
- Regional tournament hosts will be named on March 14, 2011.
- Regional tournaments will be played the weekend of March 18 – 19, 2011.
- Each District Officials' Commissioners should prepare to host a minimum of 2 and possibly more Regional Tournaments in their district.
- Schools interested in hosting a regional basketball playoff are invited to submit a bid to host on or before January 31<sup>st</sup>. Send bids to the SHSAA office.

### HOOPLA

- HOOPLA will be hosted in Moose Jaw on March 24 – 26, 2011.
- **1A – 4A classifications:** The four regional champions will play a straight elimination four team tournament with a consolation side to determine third place.
- **5A classification:** There will be an eight team tournament composed of four teams from the Regina District and four teams from the Saskatoon District. The tournament will have a championship and consolation side.

**SEEDING OF TEAMS FOR CONFERENCE AND REGIONAL PLAYOFFS**  
**Seeding forms are due to the SHSAA office on or before March 4, 2011.**

- The SHSAA office requires written confirmation of season results from **ALL BASKETBALL TEAMS**. Include results of all games played (tournament, league, and exhibition) including who your opponents were and the result, win or loss.
- Please include your opinion regarding the seeding of the teams in your conference as well as your opinion regarding the top 8 teams in the province in your classification.

**PLEASE USE THE SEEDING FORM ON THE SHSAA WEBSITE**

[http://www.shsaa.ca/pages/form\\_downloads.php](http://www.shsaa.ca/pages/form_downloads.php)







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## SHSAA BOYS BASKETBALL 2010 – 2011 (as of Jan. 4/11)

Bracketed number indicates the number of teams advancing from the conference.

1A BOYS (1 – 30)	HOST RG (2)	CONFERENCE 1 Kahkewistahaw – QV Milestone – QV Harvest City – RG Fillmore – SE Stoughton – SE Whitebear – SE	HOST ST (2)	CONFERENCE 2 Allan – CV Imperial – HC Viscount – HC ST Christian – ST	HOST NW (2)	CONFERENCE 3 Poundmaker – BW Birch Narrows – NW Glaslyn – NW Paradise Hill – NW	HOST EC (2)	CONFERENCE 4 Norquay – EC Sturgis – EC Lake Lenore – HC Middle Lake – HC Lipton – QV
	HOST SE (2)	CONFERENCE 5 Rockglen – SC Radville – SE Pangman – SE	HOST SC (2)	CONFERENCE 6 Craik – SC Mortlach – SC Mossbank – SC Herbert – SW Davidson – WC	HOST CV (2)	CONFERENCE 7 Hafford – BW Borden – CV Hepburn – CV Langham – CV	HOST NC (2)	CONFERENCE 8 Cudworth – HC Kinistino – NC St. Louis – NC JW Head – NE
2A BOYS (31 – 50)	HOST QV (2)	CONFERENCE 1 Nakoda Oyade – QV	HOST ST (2)	CONFERENCE 2 Watrous – HC	HOST NC (2)	CONFERENCE 3 Blaine Lake – CV	HOST EC (2)	CONFERENCE 4 Kamsack – EC
		Midale – SE		CCA – ST		Stobart – CV		Langenburg – EC
		Redvers – SE		Eston – WC		Big River – NC		Preeceville – EC
		Rocanville – SE		LCBI – WC		Se Se Wa Hum – NC		Kelliher – QV
						Shellbrook – NC		
	HOST RG (2)	CONFERENCE 5 Southey – QV	HOST CV (2)	CONFERENCE 6 Asquith – CV	HOST BW (2)	CONFERENCE 7 Cando – BW	HOST HC (2)	CONFERENCE 8 Kelvington – HC
		RG Christian – RG		Osler VCA – CV		Kerrobot – BW		Watson – HC
		West. Christian – RG		RJC – CV		Macklin – BW		Meath Park – NC
		Coronach – SC		Waldheim – CV		Maidstone – NW		Sandy Bay – NC
		Gravelbourg – SC				Minahik – NW		Carrot River – NE
			Thunderchild – NW	Porcupine Plain – NE				
3A BOYS (51 – 120)	HOST EC (2)	CONFERENCE 1 Canora – EC	HOST SW (4)	CONFERENCE 2 Scott – RG	HOST BW (2)	CONFERENCE 3 Unity – BW	HOST NC (2)	CONFERENCE 4 Birch Hills – NC
		Esterhazy – EC		Assiniboia – SC		Eagleview – NW		PACI – NC
		Wadena – HC		Caronport – SC		La Loche – NW		Myles Venne – NC
		Wynyard – HC		MJ Riverview – SC		Turtleford – NW		Creighton – NE
				Maple Creek – SW				Hudson Bay – NE
		Shaunavon – SW						
	HOST SE (2)	CONFERENCE 5 Balcarres – QV	HOST WC (2)		HOST WC (2)	CONFERENCE 6 Delisle – CV	HOST CV (2)	CONFERENCE 7 Clavet – CV
		Fort Qu' Appelle – QV		Hanley – CV		Dalmeny – CV		
		Indian Head – QV		Biggar – WC		Leask – CV		
		Moosomin – SE		Outlook – WC		Lanigan – HC		
4A BOYS (> 120)	HOST QV (2)	CONFERENCE 1 Melville – EC	HOST RG (2)	CONFERENCE 2 Cochrane – RG	HOST WC (2)	CONFERENCE 3 JP II – BW	HOST NE (4)	CONFERENCE 4 Humboldt – HC
		Yorkton Regional – EC		Johnson – RG		North Battleford – BW		PA Carlton – NC
		Yorkton S. Heart – EC		Martin – RG		Meadow Lake – NW		PA St. Mary – NC
		Balgonie – QV		Miller – RG		Kindersley – WC		Churchill – NC
				O'Neill – RG				Melfort – NE
	HOST SE (2)	CONFERENCE 5 Lumsden – QV	HOST SC (2)	CONFERENCE 6 MJ Central – SC	HOST ST (2)	CONFERENCE 7 Martensville – CV		
		Notre Dame – QV		MJ Peacock – SC		Warman – CV		
		Estevan – SE		MJ Vanier – SC		Bedford Road – ST		
		Weyburn – SE		Swift Current – SW		Evan Hardy – ST		
						Mount Royal – ST		
5A BOYS (> 250)		REGINA			SASKATOON			
		Balfour Campbell Leboldus Luther		Riffel Sheldon Williams Thom Winston Knoll		Aden Bowman Bethlehem Bish. Mahoney Centennial Holy Cross		Marion Graham St. Joseph Tommy Douglas Walter Murray





# SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



## SHSAA GIRLS BASKETBALL 2010 – 2011 (as of Jan. 4/11)

Bracketed number indicates the number of teams advancing from the conference.

1A GIRLS (1 – 30)	HOST SE (2)	<b>CONFERENCE 1</b> Bengough – SC Gladmar – SE Pangman – SE Radville – SE Stoughton – SE	HOST WC (2)	<b>CONFERENCE 2</b> Luseland – BW Hepburn – CV Eatonia – WC Elrose – WC Loreburn – WC	HOST NW (4)	<b>CONFERENCE 3</b> Canwood – NC Birch Narrows – NW Edam – NW Glaslyn – NW St. Walburg – NW Thunderchild – NW	HOST HC (4)	<b>CONFERENCE 4</b> Holdfast – HC Lake Lenore – HC Middle Lake – HC Watson – HC Meath Park – NC Arborfield – NE Gronlid – NE				
	HOST QV (2)	<b>CONFERENCE 5</b> Kahkewistahaw – QV Nakoda Oyade – QV Wolseley – QV Harvest City – RG Fillmore – SE	HOST SW (2)	<b>CONFERENCE 6</b> Central Butte – SC Rockglen – SC Frontier – SW Herbert – SW								
	2A GIRLS (31 – 50)	HOST SE (2)	<b>CONFERENCE 1</b> Langenburg – EC RG Christian – RG West. Christian – RG Redvers – SE Rocanville – SE	HOST CV (2)	<b>CONFERENCE 2</b> Asquith – CV Hague – CV Langham – CV Osler VCA – CV	HOST NW (2)	<b>CONFERENCE 3</b> Se Se Wa Hum – NC Minahik – NW Paradise Hill – NW Turtleford – NW	HOST CV (2)	<b>CONFERENCE 4</b> Blaine Lake – CV RJC – CV Stobart – CV Waldheim – CV			
		HOST HC (2)	<b>CONFERENCE 5</b> Foam Lake – HC Lanigan – HC Wadena – HC Kamsack – EC Norquay – EC Southey – QV	HOST WC (2)	<b>CONFERENCE 6</b> Hanley – CV Coronach – SC Gravelbourg – SC ST Christian – ST Davidson – WC	HOST NW (2)	<b>CONFERENCE 7</b> Kerrobert – BW Wilkie – BW Lashburn – NW Maidstone – NW	HOST NE (2)	<b>CONFERENCE 8</b> Kelvington – HC Kinistino – NC Sandy Bay – NC Carrot River – NE Hudson Bay – NE Porcupine Plain – NE			
		3A GIRLS (51 – 120)	HOST QV (4)	<b>CONFERENCE 1</b> Canora – EC Esterhazy – EC Wynyard – HC Fort Qu'Appelle – QV Indian Head – QV Moosomin – SE	HOST SC (4)	<b>CONFERENCE 2</b> Lumsden – QV Notre Dame – QV Assiniboia – SC Caronport – SC MJ Riverview – SC Maple Creek – SW Shaunavon – SW	HOST WC (2)	<b>CONFERENCE 3</b> Dalmeny – CV Delisle – CV LCBI – WC Outlook – WC	HOST NC (4)	<b>CONFERENCE 4</b> Clavet – CV Birch Hills – NC Churchill – NC PACI – NC Rivier – NC Creighton – NE		
			HOST BW (2)			<b>CONFERENCE 5</b> Unity – BW Biggar – WC Eagleview – NW La Loche – NW						
			4A GIRLS (> 120)	HOST SE (4)	<b>CONFERENCE 1</b> Melville – EC Yorkton Regional – EC Yorkton S. Heart – EC Balgonie – QV Estevan – SE Weyburn – SE	HOST RG (4)	<b>CONFERENCE 2</b> Johnson – RG Miller – RG O'Neill – RG MJ Central – SC MJ Peacock – SC MJ Vanier – SC Swift Current – SW	HOST BW (4)	<b>CONFERENCE 3</b> JP II – BW N. Battleford – BW Martensville – CV Warman – CV Meadow Lake – NW Kindersley – WC	HOST HC (4)	<b>CONFERENCE 4</b> Humboldt – HC PA Carlton – NC PA St. Mary – NC Melfort – NE Nipawin – NE Tisdale – NE	
				5A GIRLS (> 250)		<b>REGINA</b> Balfour Campbell Leboldus Luther		<b>REGINA</b> Riffel Sheldon Williams Thom Winston Knoll		<b>SASKATOON</b> Aden Bowman Bethlehem Centennial Evan Hardy Holy Cross		<b>SASKATOON</b> Marion Graham St. Joseph Tommy Douglas Walter Murray Bishop Mahoney



# **SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION**



## **SHSAA PROVINCIAL BASKETBALL CHAMPIONSHIPS HOOPLA 2011**

Hoopla 2011 will be held in Moose Jaw, March 24, 25 and 26. The 5A boys and girls preliminary games will be held on Thursday evening. All other classifications will begin play on Friday. All **finals** will be played on Saturday.

The Moose Jaw host committee will host the Provincial Basketball Championships at the following venues:

- ❖ **SIAS Palliser Campus (Saskatchewan St. and 6th Ave. N.W.)**
- ❖ **A.E. Peacock Collegiate (145 Ross Street E.)**
- ❖ **Vanier Collegiate (324 MacDonald St. W.)**
- ❖ **Riverview Collegiate (650 Coteau St. W.)**

The schedule of games will be released Monday, March 21st. It will be posted on the SHSAA web site; direct your inquiries to the SHSAA office. Each school team attending HOOPLA is responsible for arranging their accommodations. Accommodation has been blocked at the following hotels under HOOPLA 2011:

- ❖ Heritage Inn 693-7550 80 rooms
- ❖ Days Inn 691-5777 60 rooms
- ❖ Super 8 692-8888 37 rooms
- ❖ Prairie Oasis 693-8888 15 rooms & 8 mobile homes
- ❖ Comfort Inn 692-2100 5 rooms
- ❖ Temple Gardens Spa 694-5055 59 rooms
- ❖ Pilgrim Inn (Caronport) 756-5002 33 rooms
- ❖ Wakamow Heights Bed & Breakfast 693-9963 6 rooms

Other hotels/motels in Moose Jaw:

- ❖ Parke Lodge 692-0647
- ❖ Capone's Hideaway Motel 694-6422
- ❖ Travelodge 692-1884
- ❖ Dreamland Motel 692-1878
- ❖ Knowles Motel 693-3601

Schools are encouraged to book rooms early. Rates and availability are based on early reservations. Please refer to HOOPLA 2011 when asking for rooms at the hotels.





# SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



## SHSAA REGIONAL WRESTLING

**DATE:** Saturday, March 12, 2011

**LOCATION:** Swift Current Comprehensive High School

**COMMISSIONER:** Allen Blanke

**PHONE:** 773-2801

**FAX:** 773-9285

### ENTRY:

1. All wrestlers from registered schools outside Regina and Saskatoon **MUST** attend this meet in order to qualify for the Provincial Tournament.
2. Registered schools may enter more than one wrestler per division.
3. Every participating school **MUST** contact the commissioner, with their intent to enter, and indicate the number of competitors by the Monday preceding the regional tournament. Competitors who have not been pre-registered by their coaches will not be allowed to participate in the tournament.
4. **This will be a one-day meet.** Weigh-in will be done by fax. Skin-check will start at 9:00 a.m. and wrestling will begin at 10:00 a.m.
5. The Saskatchewan District team that advances to the Provincial Tournament will consist of up to four qualifiers from this meet per weight division.
6. The coaches present will select the "District" coaching staff. (Head and Assistant Coach.)
7. The District Coaches in consultation with the commissioner will select the final district team.

### WEIGH-IN:

A weigh-in will not be held at the Regional tournament. **Each wrestler must weigh in at their home school. A school administrator or their designate must certify the weight. Certified weights must be faxed to the host commissioner by 12:00 p.m. on the Thursday preceding the meet (March 10, 2011).** Note this procedure is used for the regional meet only.

**SKIN INSPECTIONS:** Skin inspections will begin at 9:00 am. All participants must pass the on-site skin inspection before wrestling.

### START TIME:

The tournament begins at 10:00 am. Three wrestling mats are available for matches.

### ACCOMMODATIONS:

40 Rooms are blocked at the Swift Current Comfort Inn (1510 South Service Rd. E, 778-3994) for March 11<sup>th</sup>.

### BOYS TEAMS INVOLVED:

Entries are expected from: Balcarres, Bernard Constant, Buffalo River, Carlton Comprehensive, Carpenter High School, MJ Central, Creighton, Delisle, Elrose, Greenall High School, Hector Thiboutot, Hudson Bay, Kelvington, Kinistino, Manor, McLurg High School, North Battleford Comprehensive, Notre Dame, Outlook, MJ Peacock, St. Louis-Patuanak, PA St. Mary, Swift Current, MJ Vanier, Weyburn, Weyburn Jr. High, William Mason, Yellow Grass, and Yorkton Regional

### GIRLS TEAMS INVOLVED:

Entries are expected from: Balcarres, Bernard Constant, Buffalo River, Carlton Comprehensive, Carpenter High School, MJ Central, Creighton, Delisle, Elrose, Greenall High School, Hector Thiboutot, Hudson Bay, Manor, McLurg, North Battleford Comprehensive, Notre Dame, Outlook, MJ Peacock, St. Louis-Patuanak, PA St. Mary, Swift Current, MJ Vanier, Weyburn, Weyburn Jr. High, William Mason, and Yorkton Regional

**If there are other schools intending to participate in wrestling, the school must contact the SHSAA office to be included in the Regional Wrestling tournament.**





# SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



## SHSAA PROVINCIAL WRESTLING CHAMPIONSHIPS

**DATE:** March 18 – 19, 2011

**LOCATION:** Tommy Douglas Collegiate, Saskatoon  
130 Bowlt Crescent

**COMMISSIONER:** Jeff Colquhoun / Brad Smith

**PHONE:** 683-8249 / 683-7910

**FAX:** 657-3964 / 657-3952

**E-Mail:** [colquhounj@spsd.sk.ca](mailto:colquhounj@spsd.sk.ca) / [smithbra@spsd.sk.ca](mailto:smithbra@spsd.sk.ca)

### ENTRY:

Regina, Saskatoon and District Teams must be declared on or before March 12<sup>th</sup> and entries received by the commissioner and SHSAA office on or before, March 14<sup>th</sup>.

### SKIN CHECKS:

On site skin examinations will begin Friday, March 18<sup>th</sup> at 11:30 a.m. All wrestlers must clear skin inspection prior to reporting for weigh-in.

### WEIGH-IN:

Weigh-ins will take place on site from 12:00 noon to 1:00 p.m. Friday, March 18<sup>th</sup>. Wrestlers must weigh in at this time and make the weight class that they qualified in for the Provincial Championship.

### WEIGH-IN PROCEDURE:

Check scales for the weigh-ins will be available for wrestlers between 11:00 am and 11:30 am.

### COMPETITION:

Wrestling will begin at 4:00 p.m. Friday and continue until 9:00 p.m. Wrestling will resume Saturday at 9:00 a.m. and will continue to the completion of the preliminary round. (Approx. 12:00 p.m.). The medal rounds should commence approximately one and a half hours after the completion of the preliminary round.

### ACCOMMODATION:

40 Rooms are blocked at the Saskatoon Comfort Inn for March 18<sup>th</sup>.

Release date: Feb. 18, 2010

Group block # 100731

Comfort Inn  
2155 Northridge Drive  
Saskatoon, SK S7L 6X6  
(306) 934-1122

20 Rooms are blocked at the Saskatoon Inn for March 18<sup>th</sup>.

Contact: Erin Shaw- 306-668-9635

([eshaw@silverbirchhotels.com](mailto:eshaw@silverbirchhotels.com)) and indicate SHSAA and the name of the event

**Saskatoon Inn Hotel & Conference Centre**  
2002 Airport Drive  
Saskatoon, SK, Canada, S7L 6M4

**\*\*The above schedule will apply only if the host facility has 6 mats available for competition. If fewer than 6 mats are available, the Friday times for skin check, weigh in, and commencement of wrestling will be adjusted to earlier start times.**

Please refer to the SHSAA Handbook for more information on High School wrestling rules. See pages 125-131.





# SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



## SHSAA PROVINCIAL BADMINTON CHAMPIONSHIP

**Date:** May 14, 2011

**Location:** Biggar Central School 2000

**Commissioner:** Will Johnson

**Phone:** 948-2117

**Fax:** 948-2591

**Rules and Procedures:** Refer to the SHSAA Handbook, Badminton Pages 81-84.

**Official Shuttlecock:** The SHSAA has a sponsorship contract with Yonex Canada. The Yonex Mavis 300, Blue Band Shuttle will be supplied by the SHSAA & Yonex for each District, Regional and the Provincial Tournament.

**Accommodation:**

Westwinds Motor Hotel (902 Main Street, Box 902, Orval McComb, Phone: 948-3301)

Biggar is located 95 km west of Saskatoon on HWY 14 and 95 km south of North Battleford on HWY 4

**Inquiries:** Please contact the respective commissioners or the SHSAA Office at:

#1 - 575 Park Street

REGINA SK S4N 5B2

Phone: 721-2151 Fax: 721-2659

E-mail: shsaa@shsaa.sk.ca

Web Site: www.shsaa.sk.ca

## REGIONAL PLAYOFFS

### MAY 7, 2011

Reminder to all District Commissioners: Entries for Regional Badminton into the Regional host by Tuesday May 3<sup>rd</sup>.

	<b>SERIES A</b>	<b>SERIES B</b>	<b>SERIES C</b>	<b>SERIES D</b>
<b>Location:</b>	<b>Regina</b> School TBA	<b>East Central</b> Yorkton Regional	<b>North East</b> Melfort	<b>North West</b> Meadow Lake
<b>Contact:</b>	Chuck Toth	Randy Schuster	Rob Moore	Darren Forbes
<b>Phone:</b>	523-3461	786-5560	752-2891	236-5236
<b>Fax:</b>	523-3462	786-7723	752-9343	236-4294
<b>Format:</b>	8 – Team	8 – Team	6 – Team	6 – Team
<b>Participating Districts and Contacts:</b>	<b>South West</b> Deb Reamer Consul: 299-2061	<b>South East</b> Fred Jerred Wapella: 532-4274	<b>North Central</b> Chantelle Lamotte Prince Albert: 922-3115	<b>Central Valley</b> Grant Elke Osler: 239-2077
	<b>South Central</b> Roger Morgan Kincaid: 264-7499	<b>Qu'Appelle Valley</b> Shawn McCall Regina: 949-3366	<b>Saskatoon</b> Jeff Colquhoun Saskatoon: 683-8249	<b>Battle West</b> Brad Nemish Spiritwood: 883-2282
	<b>West Central</b> Miles Bennett Rosetown: 882-2655	<b>Horizon Central</b> Brian Grest Humboldt: 682-2558		





# SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



## SHSAA PROVINCIAL TRACK & FIELD CHAMPIONSHIP

**DATE:** June 3 – 4, 2011

**LOCATION:** Canada Games Park (Douglas Park), Regina SK

**COMMISSIONER:** Chuck Toth

**PHONE:** 523-3461

**FAX:** 523-3462

Participating Districts and schools are responsible to book their own accommodation. The SHSAA has blocked rooms for Track at hotels in Regina. Check the SHSAA web site for the list:

[http://www.shsaa.ca/pdfs/2010/acc/Track\\_2011.pdf](http://www.shsaa.ca/pdfs/2010/acc/Track_2011.pdf)

### Categories of Competition:

**Senior – 16 and over as of August 31<sup>st</sup>, 2010**

**Junior – under 16 as of August 31<sup>st</sup>, 2010**

**Midget – under 15 as of August 31<sup>st</sup>, 2010**

**Wheelchair Events:** The 100m and 400m wheelchair events have been approved as events for this meet. Please contact the SHSAA office with entries for the wheel chair events.

**HY-TEK** will be the program used for this year's meet. The district team advancers are listed on the SHSAA web site. There are four methods in which to advance the district entries to the provincial meet, one of which is still the **FAST TRACK** program. Entries are due to the SHSAA office on or before **May 30, 2011**. Substitutions for original entries may be made until **4:00pm on June 1, 2011**.

**OFFICIALS' ASSIGNMENTS:** Each District must supply **TWO OFFICIALS per session** for the meet. These officials will be assigned an event or task for each session of the meet with the Head Officials for each event being appointed by the host District. **Please supply the names of your District officials to the SHSAA Office as soon as possible following your District Track meet.** A fine of \$100.00 will be assessed to any District that does not comply with these criteria. Athletes must not be assigned as officials.

TASK	DISTRICT ASSIGNED
Track Judges & Officials:	SOUTH EAST BATTLE WEST WEST CENTRAL HORIZON CENTRAL CENTRAL VALLEY
SHOT:	NORTH WEST
JAVELIN:	NORTH EAST
DISCUS:	QU' APPELLE VALLEY
LONG JUMP:	NORTH CENTRAL
TRIPLE JUMP:	SOUTH CENTRAL
HIGH JUMP:	SOUTH WEST
POLE VAULT:	SASKATOON
AWARDS:	EAST CENTRAL
HEAD OFFICIAL FOR EACH EVENT:	REGINA





# SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



## SHSAA TRACK & FIELD - Provincial Championship

Friday and Saturday June 3 & 4, 2011 – Canada Games Park – Regina

FRIDAY TRACK SCHEDULE			SATURDAY TRACK SCHEDULE		
Time	Division	Competition	Time	Division	Competition
9:30 am	Mid. Girls	80 m Hurdle Heats	9:00 am	Sr. Girls	4X100 m Relay H
	Jr. Girls	80 m Hurdle Heats	9:15	Sr. Boys	4X100 m Relay H
	Sr. Girls	80 m Hurdle Heats	9:30	Jr. Girls	4X100 m Relay H
10:10	Mid. Boys	100 m Hurdle Heats	9:45	Jr. Boys	4X100 m Relay H
	Jr. Boys	100 m Hurdle Heats	10:00	Mid. Girls	4X100 m Relay H
	Sr. Boys	100 m Hurdle Heats	10:15	Mid. Boys	4X100 m Relay H
10:50	Mid. Girls	100 m Heats	10:30	Sr. Boys	3000 m Final
	Mid. Boys	100 m Heats	10:45	Sr. Girls	3000 m Final
	Jr. Girls	100 m Heats	11:00	Jr. Boys	3000 m Final
11:30	Jr. Boys	100 m Heats	11:15	Jr. Girls	3000 m Final
	Sr. Girls	100 m Heats	11:30	Mid. Boys	3000 m Final
	Sr. Boys	100 m Heats	11:45	Mid. Girls	3000 m Final
12:10 pm	Open Girls	100m Quads Timed Finals	12:00 pm	Sr. Girls	200 m Heats
	Open Boys	100m Quads Timed Finals	12:15	Sr. Boys	200 m Heats
12:40	Mid. Girls	400 m Heats	12:30	Jr. Girls	200 m Heats
	Mid. Boys	400 m Heats	12:45	Jr. Boys	200 m Heats
	Jr. Girls	400 m Heats	1:00	Mid. Girls	200 m Heats
1:20	Jr. Boys	400 m Heats	1:15	Mid. Boys	200 m Heats
	Sr. Girls	400 m Heats	<b>Lunch Break 1:30 – 2:30</b>		
	Sr. Boys	400 m Heats	2:30	Wheel Chair	400 m Timed Final
2:00	Mid. Girls	100 m Semi-final	2:40	Sr. Girls	800 m Timed Final
	Mid. Boys	100 m Semi-final	2:55	Sr. Boys	800 m Timed Final
	Jr. Girls	100 m Semi-final	3:10	Jr. Girls	800 m Timed Final
2:30	Jr. Boys	100 m Semi-final	3:25	Jr. Boys	800 m Timed Final
	Sr. Girls	100 m Semi-final	3:40	Mid. Girls	800 m Timed Final
	Sr. Boys	100 m Semi-final	3:55	Mid. Boys	800 m Timed Final
	Wheel Chair	100 m Semi-final	4:10	Sr. Girls	200 m Timed Final
3:00	Mid. Girls	80 m Hurdle SF	4:20	Sr. Boys	200 m Timed Final
	Jr. Girls	80 m Hurdle SF	4:30	Jr. Girls	200 m Timed Final
	Sr. Girls	80 m Hurdle SF	4:40	Jr. Boys	200 m Timed Final
3:30	Mid. Boys	100 m Hurdle SF	4:50	Mid. Girls	200 m Timed Final
	Jr. Boys	100 m Hurdle SF	5:00	Mid. Boys	200 m Timed Final
	Sr. Boys	100 m Hurdle SF	5:10	Sr. Girls	4 X 100 m Final
<b>Dinner Break 4:00 – 5:00</b>			5:15	Sr. Boys	4 X 100 m Final
5:00	Sr. Boys	100 m Hurdle Final	5:20	Jr. Girls	4 X 100 m Final
	Jr. Boys	100 m Hurdle Final	5:25	Jr. Boys	4 X 100 m Final
	Mid. Boys	100 m Hurdle Final	5:30	Mid. Girls	4 X 100 m Final
5:15	Mid. Girls	80 m Hurdle Final	5:35	Mid. Boys	4 X 100 m Final
	Jr. Girls	80 m Hurdle Final	5:40	Open Girls	4 X 400 m Final
	Sr. Girls	80 m Hurdle Final	5:50	Open Boys	4 X 400 m Final
5:30	Mid. Girls	1500m Timed Final			
5:45	Mid. Boys	1500m Timed Final			
6:00	Jr. Girls	1500m Timed Final			
6:15	Jr. Boys	1500m Timed Final			
6:30	Sr. Girls	1500m Timed Final			
6:45	Sr. Boys	1500m Timed Final			
7:00	Wheel Chair	100m Final			
7:05	Mid. Girls	100m Final			
	Mid. Boys	100m Final			
	Jr. Girls	100m Final			
7:20	Jr. Boys	100m Final			
	Sr. Girls	100m Final			
	Sr. Boys	100m Final			
7:30	Mid. Girls	400m Timed Final			
	Mid. Boys	400m Timed Final			
	Jr. Girls	400m Timed Final			
7:50	Jr. Boys	400m Timed Final			
	Sr. Girls	400m Timed Final			
	Sr. Boys	400m Timed Final			
8:00	Open Boys	800m Quad Timed Finals			
	Open Girls	800m Quad Timed Finals			





# SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



## SHSAA TRACK & FIELD - Provincial Championship

*Friday and Saturday June 3 & 4, 2011 – Canada Games Park – Regina*

FRIDAY FIELD SCHEDULE			SATURDAY FIELD SCHEDULE		
Time	Division	Competition	Time	Division	Competition
<b>9:30 am</b>	Open Boys	QUAD LONG JUMP			
	Open Girls	QUAD LONG JUMP			
<b>10:30 am</b>	Mid. Boys	HIGH JUMP	<b>9:00 am</b>	Mid. Boys	POLE VAULT
	Mid. Girls	DISCUS		Mid. Boys	SHOT PUT
	Jr. Boys	LONG JUMP		Mid. Girls	LONG JUMP
	Jr. Girls	POLE VAULT		Jr. Boys	DISCUS
	Jr. Girls	SHOT PUT		Jr. Girls	HIGH JUMP
	Sr. Boys	JAVELIN		Sr. Boys	TRIPLE JUMP
	Sr. Girls	TRIPLE JUMP		Sr. Girls	JAVELIN
<b>1:00 pm</b>	Mid. Boys	JAVELIN	<b>11:30 am</b>	Mid. Boys	TRIPLE JUMP
	Mid. Girls	HIGH JUMP		Mid. Girls	POLE VAULT
	Jr. Boys	POLE VAULT		Mid. Girls	SHOT PUT
	Jr. Boys	SHOT PUT		Jr. Boys	HIGH JUMP
	Jr. Girls	TRIPLE JUMP		Jr. Girls	JAVELIN
	Sr. Boys	LONG JUMP		Sr. Boys	DISCUS
	Sr. Girls	DISCUS		Sr. Girls	LONG JUMP
<b>3:30 pm</b>	Open Boys	QUAD SHOT PUT			
	Open Girls	QUAD SHOT PUT			
<b>5:30 pm</b>	Mid. Boys	LONG JUMP	<b>2:30 pm</b>	Mid. Boys	DISCUS
	Mid. Girls	TRIPLE JUMP		Mid. Girls	JAVELIN
	Jr. Boys	JAVELIN		Jr. Boys	TRIPLE JUMP
	Jr. Girls	DISCUS		Jr. Girls	LONG JUMP
	Sr. Boys	POLE VAULT		Sr. Boys	HIGH JUMP
	Sr. Boys	SHOT PUT		Sr. Girls	POLE VAULT
	Sr. Girls	HIGH JUMP		Sr. Girls	SHOT PUT





# SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



## SHSAA COACHES SYMPOSIUM

The SHSAA annual **Coaches Symposium** will be held **August 15 & 16, 2011 in Saskatoon**. The SHSAA believes the Symposium is an excellent opportunity for coaches of different activities to gather in one location to participate together in a professional development opportunity that will enhance the extra-curricular experience of the student athletes around the province. Each of the fourteen SHSAA districts is offering incentives to support coaches who want to attend. It is our hope that school coaches will make an attempt to attend but schools are encouraged to make non-faculty coaches aware of this opportunity as well.

This is the eleventh consecutive year of the Symposium. This year's symposium is again planning to provide entry-level sessions as well as advanced sessions in a variety of sports that are a part of the SHSAA programming. The registration fee will be \$100.00 if registered prior to June 30<sup>th</sup> and \$125.00 for those who register after this date. Pamphlets and registration forms will be distributed to schools this spring.

The pre-conference option will be available again this year. It is optional and has minimal additional cost attached to it. The pre-conference offers an opportunity to further diversify your symposium experience.

The Symposium Committee is actively planning the sessions and inviting presenters to participate. If you have someone in mind that you would like to hear give a presentation, take the time to forward the name to the SHSAA office or an executive member. If you are approached to present, please give the opportunity serious consideration. It is our own 'made in Saskatchewan' coaches who each year are most appreciated at the symposium.

### **Pre-Conference Sessions: Monday August 15, 9:00 am – 4:30 pm**

- Officiating Clinics and Refreshers
- NCCP Coaching Certification opportunities
- NCCP non-sport specific modules
- Sport Taping/Sport First Aid learning opportunities

<b>SHSAA Coaches Symposium</b>					
<b>Monday and Tuesday, August 15 &amp; 16, 2011</b>					
Morning Registration: 8:15 – 9:00 a.m.					
Monday Pre-Sessions: 9:00 a.m. – 4:30 p.m.					
Afternoon Registration: 5:45 – 6:15 p.m.					
Opening General Session and Welcome: 6:15 p.m.					
Monday 6:30 – 7:45 p.m.	BASKETBALL Intermediate	BASKETBALL Advanced	VOLLEYBALL Intermediate	VOLLEYBALL Advanced	TRACK
Monday 8:00 – 9:15 p.m.	BASKETBALL Intermediate	BASKETBALL Advanced	VOLLEYBALL Intermediate	VOLLEYBALL Advanced	TRACK
Monday 9:15 p.m.	<b>Social at Host School</b>				
Tuesday 9:00 – 10:15 a.m.	Training Session CHOICE	Training Session CHOICE	Training Session CHOICE	Training Session CHOICE	BADMINTON
Tuesday 10:30 – 11:45 a.m.	Training Session CHOICE	Training Session CHOICE	Training Session CHOICE	Training Session CHOICE	BADMINTON
Tuesday 12:00 – 1:00 p.m.	<b>Luncheon at Host School</b>				
Tuesday 1:00 – 2:15 p.m.	BASKETBALL Intermediate	BASKETBALL Advanced	VOLLEYBALL Intermediate	VOLLEYBALL Advanced	TRACK
Tuesday 2:30 – 3:45 p.m.	BASKETBALL Intermediate	BASKETBALL Advanced	VOLLEYBALL Intermediate	VOLLEYBALL Advanced	TRACK

**Watch for Symposium Brochures and Information coming to your school this Spring.  
Start making plans for the coaches from your school and community to attend!**





# SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



## **High School Athletics** *Have the values changes?*

Source: NFHS Coaches' Quarterly written by Alan Carothers

What do parents really want their child to gain from athletic involvement in high school athletics? Thirty years ago, while in high school, my parents wanted my brother and me to participate in as many sports as possible. They felt it was important to be involved during every sport season. The question is why?

### **Athletics was an education in itself**

What they meant is there are any lifelong lessons that can be learned while participating in a team sport. My father always reminded me that you must always work on having a positive attitude toward teammates and coaches, his exact words were "you will never play up to your potential as long as you have a negative attitude." The message was even if you get benched, you must work through it with the advice and direction of your coaches.

Even if you don't like what they are telling you, if you really want to play, you have to do what the coaches tell you to do. My parents were not the type to call the coach and question why their son was not getting to play. Their belief was that learning would come through athletics that it takes hard work to develop potential and their son had to stand on his own two feet and make it happen. Looking back, these are the skills we all need to become productive adults.

### **Keep your nose clean**

My parents also talked about "keeping your nose clean." In other words, stay away from alcohol, other drugs, violence, stealing, vandalism, etc. They said that for many reasons: 1) it is against the law; 2) all are destructive to the human body –mentally and physically; 3) you are responsible to teammates and coaches; and 4) your behaviour represents you, our family, the school and the team.

Involvement in these types of things loses trust. As a member of a team, you lose confidence in a teammate if he or she is doing these types of activities. Trust is essential in tight situations, in life or when the game is on the line. You definitely want people you can trust playing next to you in sports and in life.

### **Understand hard work and risk**

Another important value obtained from athletics is the understanding of dedication to hard work and the risk involved in athletics. One time my father said "they don't take turns winning." In other words, you had to earn it.

My parents talked about being honest with yourself. If you can't be honest with yourself, you will not be honest with anyone; any coach can make the statement "that kid works really hard in the weight room and at practice." The athlete is the only one who truly knows how hard he or she is working (being honest with yourself).



## **SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION**



What my parents were saying is that if one learns that success as an athlete comes from a good work ethic, then that would carry over into schoolwork. That understanding is needed for any task one sets out to complete as an adult. Involvement in athletics helps teach responsibility and success as an adult. My parents were encouraging me, through athletics, to stand on my own two feet. The lesson was they were not going to be there to rescue me.

### **Be on Time**

Another important lesson from involvement in sports is the importance of being on time. Be on time for team meetings, practice, games, and any other event that pertains to athletics. When your teammates trust you, athletics can truly be a rewarding experience.

So what do parents really want their child to gain from their involvement in athletics? Thirty years ago, it was to have a positive attitude, keep your nose clean, work hard, be totally dedicated and make sacrifices to be there on time. Those are four personal skills that all parents would want their children to learn, practice, master and possess when they graduate from high school. Are those lessons still being taught today?

### ***What can today's coaches do to reinforce the values of possessing a Positive Attitude, being drug and alcohol Free, Working Hard and being on Time in their students athletes?***

One obvious step to reinforce these values is open communication between the parents, their son or daughter and the coaching staff. The head coach needs to be able to clearly communicate these values to the coaching staff. The coaching staff needs to determine the core values that are most important to the success of the team. How do we reinforce these core values? Each program may have their own methods built around these four principles.

Usually, if the athletes can master these four core values, winning takes care of itself. This is a hard concept for some coaches to understand and accept. Coordination and presentation are critical if the coaching staff is going to be successful. Some additional thought has to be given to the entire athletic organization's coaching staffs to "all sing the same song" when dealing with the student-athlete. When coaches implement these core values along with training workouts, the student-athlete will eventually believe that the coaches truly care about the individual well-being and success.

Success has a chance when coaches help athletes verbalize these four principles through short- and long term goals. Once this process begins, success has a greater chance. Once a student athlete becomes successful on the playing field time needs to be taken by the coaches and athletes to identify how success was achieved, one step is to review these four core values and the process of achievement.

Coaches can all identify examples today and in the past of successes and failures of student-athletes using these four core values. Successful coaches and athletes continually demonstrate these core values. The newspaper, former athletes from the area and successful community people can be used daily by coaches to reinforce and pattern positive "old time" values.





# SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



## SHSAA Provincial Sand Golf Championship 2010 Results

Punnichy Golf Club – Punnichy – Sept. 24 & 25, 2010

### FINAL RESULTS

Team Results – (best four scores on each hole, each round)

District	Team	Total
Central Valley	Waldheim	637
South West	Frontier	676
Horizon Central	Raymore	692
North Central	Canwood	710
North West	Edam	729
South Central	Bengough	733
Qu'Appelle Valley	Kelliher	740
West Central	Dinsmore	766

#### Top 20 Girls Results:

Name	Town/City	Day 1	Day 2	Total
Dana Dale	Frontier	93	94	187
Hope Anderson	Frontier	99	95	194
Jenna Frey	Bengough	92	102	194
Jordan Zacharias	Waldheim	103	95	198
Cassidy Onerheim	Frontier	101	103	204
Paige Benson	Canwood	99	196	205
Amanda Gonsch	Strasbourg	104	105	209
Nicole Andersen	Canwood	113	103	216
Dakota Christie	Grenfell	109	109	218
Arielle Annala	Dinsmore	111	114	225
Candice Kotylak	Montmartre	122	105	227
Debbie McFarlane	Edam	124	108	232
Breyanna McNab	Punnichy	114	125	239
Janaya Welburn	Bengough	127	114	241
Bayley Blackwell	Dinsmore	121	125	246
Victoria Namoth	Cupar	118	135	253
Michelle Joa	Imperial	128	128	256
Brittany Paulsen	Raymore	134	140	274
Robyn Libke	Hanley	149	135	284
Holly Thompson	Morse	155	133	288

#### Top 20 Boys Results:

Name	Town/City	Day 1	Day 2	Total
Brandon Pelly	Raymore	68	68	136
Tyrin Foley	Bengough	72	66	138
Brandon Kayter	Kelliher	70	76	146
Thomas Regier	Waldheim	76	71	147
Dylan Bentz	Raymore	76	75	151
Tyler Foth	Waldheim	82	73	155
Joshua LaClare	Edam	80	76	156
Quinn Seidler	Raymore	78	82	160
Matthew Pauls	Waldheim	83	78	161
Wyatt Hinson	Debden	81	87	168
Brennan Tomporowski	Canwood	85	85	170
Owen LaClare	Edam	84	86	170
Tyler Speidelsbach	Grenfell	83	88	171
Devin Casat	Frontier	93	79	172
Josh Pauls	Waldheim	95	86	181
Daniel Martin	Dinsmore	91	93	184
Kole Ray	Mossbank	92	92	184
Brayden Atkinson	Dinsmore	93	93	186
Dallas Wreford	Canwood	84	102	186
Jordan Horvath	Kelliher	97	90	187

**For complete individual results  
Check results listed on the SHSAA Web Site at:**

[www.shsaa.ca](http://www.shsaa.ca)





# SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



## SHSAA Provincial Grass Golf Championship 2010 Results

**Humboldt Golf Club – Humboldt – Sept. 24 & 25, 2010**

### FINAL RESULTS

**Grass Golf Team Results – (best three scores on each hole, each round)**

#### Female Teams

District	Team	Total
South Central	Coronach	618
South West	Swift Current	642
North East	Nipawin	659
Qu'Appelle Valley	Whitewood	703
South East	Estevan	709
Battle West	Wilkie	724
East Central	Sacred Heart	774
North Central	Carlton	781

#### Male Teams

District	Team	Total
Regina	LeBoldus	462
North Central	St. Mary	477
Saskatoon	Centennial	480
South Central	Coronach	480
Horizon Central	Humboldt	483
North West	Goodsoil	484
East Central	Sacred Heart	487
Horizon Central	Wynyard	490
South West	Swift Current	492
Central Valley	Delisle	494
South East	Oxbow	496
North East	Melfort	501
West Central	Kindersley	503
Battle West	North Battleford	510
Qu'Appelle	Greenall	521

#### Top 20 Boys Results:

Name	Town/City	Day 1	Day 2	Total
Aaron Vogel	LeBoldus	75	78	153
Daegan Wall	LeBoldus	77	78	155
Avery Mykytyzyn	Melfort	80	77	157
Dan Klughart	St. Mary	78	79	157
Brett Henry	St. Mary	82	77	159
Taylor Opdahl	Evan Hardy	78	81	159
Trevor Bergen	Lanigan	75	84	159
Riley Grona	Coronach	79	81	160
Ryan Gobeil	Humboldt	78	82	160
Tyler Mryglod	Weyburn	78	82	160
Matt Erickson	Centennial	88	74	162
Chase Porter	Evan Hardy	80	83	163
Evan Lang	Greenall	80	83	163
Kyle Wiebe	Kindersley	82	81	163
Mac Russell	Centennial	76	87	163
Matthew Hildebrandt	Rosthern JC	80	83	163
Steven Leshchyshyn	Wynyard	80	83	163
Brycen Odgers	Oxbow	82	82	164
Cole Bergen	Warman	84	80	164
Drew Kocur	Riffel	83	81	164

#### Top 20 Girls Results:

Name	Town/City	Day 1	Day 2	Total
Thea Hedemann	Walter Murray	77	83	160
Lisa Reid	Riffel	88	91	179
Elanne Krainyk	Weyburn	95	90	185
Danielle Blackmer	Maidstone	92	94	186
Danica Cox	Clavet	100	87	187
Haley Lingelbach	Estevan	92	97	189
Kristin Morin	Carlton	91	98	189
Lianne Lonson	Carrot River	92	99	191
Ricki-Lee Scott	Whitewood	90	104	194
Katie Burkell	Aden Bowman	97	98	195
Shania Noll	Coronach	103	97	200
Lacey Duncan	Swift Current	101	100	201
Gina Senger	Nipawin	105	99	204
Keri Johnson	Notre Dame	96	109	205
Alyssa Fournier	Ponteix	104	102	206
Emily Wees	LeBoldus	102	105	207
Haley Buhs	LeRoy	103	111	214
Jamie Anderson	Luther	116	98	214
Madison Hiltz	Coronach	120	95	215
Rachel Cronan	Swift Current	97	120	217

For complete individual results  
Check results listed on the SHSAA Web Site at:

[www.shsaa.ca](http://www.shsaa.ca)





# SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



## SHSAA PROVINCIAL CROSS-COUNTRY 2010 RESULTS

Regina – October 16, 2010

### SCHOOL TEAM POINT TOTALS

Place	1A	Total	2A	Total	3A	Total	4A	Total
1	Middle Lake	30	Biggar	56	Regina O'Neill	27	Yorkton Regional	15
2	Naicam	90	Delisle	116	Lumsden	50	Saskatoon Holy Cross	18
3	Wadena	102	Wynyard	118	Yorkton S. Heart	52	Regina Campbell	22
4	St. Michael - Weyburn	117	Outlook High	135	Regina Miller	68	Saskatoon Walter Murray	26
5	Muenster	131	Jonas Samson	152	Luther College	112	Moose Jaw Peacock	35
6	Cudworth	146	Unity	249	Moose Jaw Vanier	125	Regina LeBoldus	39
7	Lake Lenore	156	Clavet	268	Humboldt	159	Saskatoon Aden Bowman	42
8	Cupar	158	Shaunavon	296	Churchill	163	Prince Albert St. Mary	87
9	Turtleford	160			John Paul II	176	Regina Riffel	117
10	St. Henry's Melville	190			Melville	180	Saskatoon Bishop Mahoney	120
11	Hudson Bay	190			Greenall	188	Swift Current	120
12	Charlebois	192					North Battleford Comp.	141
13	Nisto Awasisak	195					Prince Albert Carlton	221
14	Herbert	211					Weyburn	277
15	Medstead	224						
16	Kelliher	228						
17	Big River	232						
18	Redvers	248						
19	Valley View	272						
20	Ernie Studer High School	287						
21	Lashburn	289						

### DISTRICT TEAM POINT TOTALS

Place	Midget Boys	Total	Junior Boys	Total	Senior Boys	Total
1	Saskatoon	33	Regina	30	Regina	28
2	Horizon Central	65	Saskatoon	31	Saskatoon	31
3	Regina	67	Horizon Central	45	Horizon Central	65
4	Central Valley	71	North East	92	South Central	81
5	South East	108	Battle West	138	Qu'Appelle Valley	118
6	West Central	130	North West	159	North Central	153
7	North West	132	South West	223	Central Valley	165
8	East Central	144	North Central	235	East Central	180
9	North East	147			North West	190
10	North Central	162			South East	214
11	Qu'Appelle Valley	214				

Place	Midget Girls	Total	Junior Girls	Total	Senior Girls	Total
1	Regina	20	Regina	41	Saskatoon	25
2	Saskatoon	44	Battle West	67	East Central	42
3	Horizon Central	80	South Central	80	South Central	57
4	South East	99	Saskatoon	82	Regina	86
5	East Central	103	Horizon Central	114	Horizon Central	93
6	North East	159	East Central	125	Qu'Appelle Valley	132
7	West Central	173	South West	146	West Central	137
8	Qu'Appelle Valley	173	South East	162	North Central	139
9	South Central	196	Central Valley	181	South East	174
10	North West	202	Qu'Appelle Valley	182	North East	229
11	South West	260	North West	209	Central Valley	255
12					North West	333





# SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



## SHSAA PROVINCIAL CROSS-COUNTRY 2010 RESULTS

### INDIVIDUAL TOP TEN RESULTS

#### Midget Girls (3000 m)

Pl	Time	Name	School
1	10:46	Sarah Slusar	Regina Riffel
2	11:03	Adriana Davis	Lumsden High School
3	11:32	Julie Labach	S'toon Aden Bowman
4	11:38	Beth Koshinsky	Lanigan
5	11:48	Brynn Latimer	Regina LeBoldus
6	11:51	Carey Gettle	Regina O'Neill
7	11:54	Jenna Boisvert	Biggar
8	11:58	Nyka Sutter	Regina Miller
9	11:59	Justine Larson	Outlook High School
10	12:02	Katie Farmer	S'toon Aden Bowman

#### Midget Boys (4000 m)

Pl	Time	Name	School
1	14:01	Jarett Biondo	Cut Knife
2	14:20	Cory Coles	Asquith
3	14:22	Nick Endicott	Regina Campbell
4	14:31	Kolton Turnbull	Lumsden
5	14:38	Dolan Kunkel	Saskatoon Centennial
6	14:38	Brett Parsons	Middle Lake
7	14:53	Austin Platel	S'toon Walter Murray
8	15:03	Nicholas Pouliot	St Michael - Weyburn
9	15:05	Buck Peters	St. Gabriel - Biggar
10	15:13	Victor Mosquera	S'toon Walter Murray

#### Junior Girls (4000 m)

Pl	Time	Name	School
1	15:27	Jesse Van Eaton	RG Sheldon-Williams
2	16:06	Lindsay Fish	Moose Jaw Central
3	16:23	Brandy Blahut	Yorkton Regional
4	16:28	Mikaela York	John Paul II Collegiate
5	16:34	Zoe Tittle	Wolseley
6	16:36	Ricki Doyle	Herbert
7	16:39	Erin Strueby	Regina O'Neill
8	16:43	Tenille Gering	Swift Current Comp
9	16:51	Breanna Popoff	Canora
10	16:59	Sadie Schaeffer	Moose Jaw Vanier

#### Junior Boys (5000 m)

Pl	Time	Name	School
1	16:57	Alex Eiswerth	Regina Campbell
2	16:58	Matthijs Wenning	Yorkton Regional
3	17:15	Reid Balezantis	S'toon Holy Cross
4	17:15	Jordan Becker	Naicam
5	17:58	Martin Taylor	Regina Winston Knoll
6	18:16	Kory Achtymichuk	Wadena
7	18:18	Marc Turmel	Regina Laval
8	18:24	Laszlo Vesvi	Saskatoon Bethlehem
9	18:41	Ezrah MacPherson	S'toon Walter Murray
10	18:43	Reid Smith	Lake Lenore

#### Senior Girls (4000 m)

Pl	Time	Name	School
1	14:10	Avery Westberg	Yorkton Regional
2	14:15	Gabrielle Edwards	Saskatoon Holy Cross
3	14:59	Leia Fedyk	Saskatoon St. Joseph
4	15:03	Anneliese Davis	Lumsden
5	15:11	Taryn Latimer	Regina Campbell
6	15:16	Tye Buettner	Moose Jaw Peacock
7	15:19	Mackenzie Chartier	Saskatoon Holy Cross
8	15:27	Brooke Mentanko	Yorkton Sacred Heart
9	15:31	Kelly Zimmerman	Englefeld
10	16:02	Danielle Lyons	P. Albert St. Mary's

#### Senior Boys (6000 m)

Pl	Time	Name	School
1	20:08	Adam Strueby	Regina O'Neill
2	20:31	Taryn Heidecker	Middle Lake
3	20:48	Brandon Spink	S'toon Walter Murray
4	21:04	Regan Silversides	Moose Jaw Peacock
5	21:28	Kashtin Schumacher-Fischer	Regina LeBoldus
6	21:42	Sebastian Lealos	S'toon Holy Cross
7	21:42	Christopher Gerard	S'toon Walter Murray
8	21:54	Kurt Hauser	Middle Lake
9	21:57	Brandan Campbell	Yorkton Regional
10	21:58	Levi Vatamaniuk	Regina Miller

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# SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



## SHSAA PROVINCIAL SOCCER CHAMPIONSHIP 2010 RESULTS

### Soccer 3A Boys Provincial Championship

Game	Loc.	Home	Sc.	Away	Sc.
29-Oct-2010	Saskatoon	Saskatoon Centennial	4	Yorkton Regional	0
29-Oct-2010	Saskatoon	MJ Central	5	Regina LeBoldus	4
29-Oct-2010	Saskatoon	Saskatoon St. Joseph	4	P.A. Carlton	1
29-Oct-2010	Saskatoon	Regina Campbell	4	Weyburn	1
29-Oct-2010	Saskatoon	Saskatoon Centennial	6	MJ Central	0
29-Oct-2010	Saskatoon	Saskatoon St. Joseph	3	Regina Campbell	1
29-Oct-2010	Saskatoon	Regina LeBoldus	5	Yorkton Regional	1
29-Oct-2010	Saskatoon	PA Carlton	2	Weyburn	1
30-Oct-2010	Saskatoon	Regina LeBoldus	4	PA Carlton	2
30-Oct-2010	Saskatoon	Regina Campbell	4	MJ Central	2
30-Oct-2010	Saskatoon	Saskatoon Centennial	2	Saskatoon St. Joseph	1

### Soccer 3A Girls Provincial Championship

Game	Loc.	Home	Sc.	Away	Sc.
29-Oct-2010	Regina	Saskatoon St. Joseph	7	Weyburn	0
29-Oct-2010	Regina	Regina LeBoldus	2	PA St. Mary	0
29-Oct-2010	Regina	Regina Riffel	2	PA Carlton	1
29-Oct-2010	Regina	Saskatoon Evan Hardy	1	Swift Current	0
29-Oct-2010	Regina	Saskatoon St. Joseph	2	Regina LeBoldus	1
29-Oct-2010	Regina	Saskatoon Evan Hardy	1	Regina Riffel	0
29-Oct-2010	Regina	PA St. Mary	1	Weyburn	0
29-Oct-2010	Regina	Swift Current	2	PA Carlton	0
30-Oct-2010	Regina	PA St. Mary	1	Swift Current	0
30-Oct-2010	Regina	Regina Riffel	1	Regina LeBoldus	0
30-Oct-2010	Regina	Saskatoon St. Joseph	1	Saskatoon Evan Hardy	0



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# SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



## SHSAA PROVINCIAL SOCCER CHAMPIONSHIP 2010 RESULTS

### Soccer 2A Boys Provincial Championship

Date	Level	Loc.	Home	Sc.	Away	Sc.
23-Oct-2010	Regional A	Humboldt	Yorkton Sacred Heart	14	Notre Dame	1
23-Oct-2010	Regional A	Humboldt	Evan Hardy	4	Humboldt	2
23-Oct-2010	Regional A	Humboldt	Evan Hardy	3	Yorkton Sacred Heart	2
23-Oct-2010	Regional B	Regina				
23-Oct-2010	Regional B	Regina				
23-Oct-2010	Regional B	Regina				
29-Oct-2010	Semi-Final	Warman	Evan Hardy	4	Regina Miller	0
29-Oct-2010	Semi-Final	Warman	Yorkton Sacred Heart	2	Regina Luther	0
30-Oct-2010	Bronze Medal	Warman	Regina Luther	2	Regina Miller	1
30-Oct-2010	Gold Medal	Warman	Yorkton Sacred Heart	2	Evan Hardy	1

For complete results  
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**SASKATCHEWAN HIGH SCHOOLS  
ATHLETIC ASSOCIATION**



**SHSAA PROVINCIAL SOCCER CHAMPIONSHIP  
2010 RESULTS**

**Soccer 2A Girls Provincial Championship**

Date	Level	Loc.	Home	Sc.	Away	Sc.
23-Oct-2010	Regional A	Moose Jaw	Notre Dame	3	MJ Peacock	0
23-Oct-2010	Regional A	Moose Jaw	MJ Vanier	3	MJ Central	1
23-Oct-2010	Regional A	Moose Jaw	MJ Vanier	1	Notre Dame	0
23-Oct-2010	Regional B	Regina				
23-Oct-2010	Regional B	Regina				
23-Oct-2010	Regional B	Regina				
23-Oct-2010	Regional C	Warman	Holy Rosary	2	Delisle	0
23-Oct-2010	Regional C	Warman	Warman	4	Martensville	0
23-Oct-2010	Regional C	Warman	Holy Rosary	5	Warman	4
23-Oct-2010	Regional D	Notre Dame	Saskatoon Mahoney	14	Yorkton Regional	0
23-Oct-2010	Regional D	Notre Dame	Yorkton Sacred Heart	1	Humboldt	0
23-Oct-2010	Regional D	Notre Dame	Saskatoon Mahoney	7	Yorkton Sacred Heart	1
29-Oct-2010	Quarter-Final	Humboldt	Saskatoon Mahoney	3	Humboldt	0
29-Oct-2010	Quarter-Final	Humboldt	Regina O'Neill	3	Holy Rosary	0
29-Oct-2010	Quarter-Final	Humboldt	Notre Dame	5	Warman	1
29-Oct-2010	Quarter-Final	Humboldt	MJ Vanier	3	Regina Miller	2
29-Oct-2010	Semi-Final	Humboldt	Notre Dame	6	MJ Vanier	0
29-Oct-2010	Semi-Final	Humboldt	Saskatoon Mahoney	7	Regina O'Neill	3
29-Oct-2010	Cons. Semi-Final	Humboldt	Humboldt	4	Holy Rosary	0
29-Oct-2010	Cons. Semi-Final	Humboldt	Warman	3	Regina Miller	2
30-Oct-2010	Cons. Final	Humboldt	Humboldt	4	Warman	0
30-Oct-2010	Bronze Medal	Humboldt	MJ Vanier	4	Regina O'Neill	1
30-Oct-2010	Gold Medal	Humboldt	Saskatoon Mahoney	2	Notre Dame	0

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**SASKATCHEWAN HIGH SCHOOLS  
ATHLETIC ASSOCIATION**



**SHSAA PROVINCIAL SOCCER CHAMPIONSHIP  
2010 RESULTS**

**Soccer 1A Boys Provincial Championship**

Date	Level	Loc.	Home	Sc.	Away	Sc.
23-Oct-2010	Regional A	Ch. Poundmaker	Osler V.C.A.	6	Const. Robin Cameron	1
23-Oct-2010	Regional A	Ch. Poundmaker	Chief Poundmaker	3	Middle Lake	2
23-Oct-2010	Regional A	Ch. Poundmaker	Osler V.C.A.	5	Chief Poundmaker	3
23-Oct-2010	Regional B	Kipling	Western Christian	2	Lake Lenore	1
23-Oct-2010	Regional B	Kipling	Regina Christian	5	Caronport	0
23-Oct-2010	Regional B	Kipling	Western Christian	3	Regina Christian	2
29-Oct-2010	Semi-Final	Lake Lenore	Lake Lenore	4	Osler V.C.A.	2
29-Oct-2010	Semi-Final	Lake Lenore	Chief Poundmaker	6	Western Christian	3
30-Oct-2010	Bronze Medal	Lake Lenore	Osler V.C.A.	4	Western Christian	3
30-Oct-2010	Gold Medal	Lake Lenore	Chief Poundmaker	1	Lake Lenore	3

**SHSAA PROVINCIAL SOCCER CHAMPIONSHIP  
2010 RESULTS**

**Soccer 1A Girls Provincial Championship**

Date	Level	Loc.	Home	Sc.	Away	Sc.
23-Oct-2010	Regional A	Osler	Rosthern JC	3	Se Se Wa Hum	2
23-Oct-2010	Regional A	Osler	Osler V.C.A	5	Rosthern JC	0
23-Oct-2010	Regional B	Outlook LCBI	Middle Lake	3	Outlook LCBI	2
23-Oct-2010	Regional B	Outlook LCBI	Lake Lenore	2	Muenster	1
23-Oct-2010	Regional B	Outlook LCBI	Lake Lenore	1	Middle Lake	5
29-Oct-2010	Semi-Final	Rosthern JC	Lake Lenore	2	Rosthern JC	0
29-Oct-2010	Semi-Final	Rosthern JC	Middle Lake	3	Osler V.C.A.	2
30-Oct-2010	Bronze Medal	Rosthern JC	Osler VCA	3	Rosthern JC	0
30-Oct-2010	Gold Medal	Rosthern JC	Middle Lake	2	Lake Lenore	1

**For complete results  
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# SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



## SHSAA PROVINCIAL SOCCER CHAMPIONSHIP 2010 RESULTS

### Soccer 7 versus 7 Boys Provincial Championship

Date	Level	Loc.	Home	Sc.	Away	Sc.
23-Oct-2010	Regional A	North Battleford	Cando	13	Langham	2
23-Oct-2010	Regional A	North Battleford	Se Se Wa Hum	13	Maymont	0
23-Oct-2010	Regional A	North Battleford	Cando	4	Se Se Wa Hum	4
22-Oct-2010	Regional B	Lanigan	Lanigan	9	Lemberg	0
22-Oct-2010	Regional B	Lanigan	Rosthern JC	4	Young	0
23-Oct-2010	Regional B	Lanigan	Muenster	4	Lanigan	1
23-Oct-2010	Regional B	Lanigan	Rosthern JC	3	Saskatoon Oskayak	2
23-Oct-2010	Regional B	Lanigan	Muenster	5	Rosthern JC	1
29-Oct-2010	Semi-Final	Rosthern JC	Muenster	3	Se Se Wa Hum	8
29-Oct-2010	Semi-Final	Rosthern JC	Rosthern JC	2	Cando	11
30-Oct-2010	Bronze Medal	Rosthern JC	Muenster	2	Rosthern JC	1
30-Oct-2010	Gold Medal	Rosthern JC	Cando	7	Se Se Wa Hum	1

## SHSAA PROVINCIAL SOCCER CHAMPIONSHIP 2010 RESULTS

### Soccer 7 versus 7 Girls Provincial Championship

Date	Level	Loc.	Home	Sc.	Away	Sc.
29-Oct-2010	Semi-Final	Outlook	Outlook	6	Cando	0
29-Oct-2010	Semi-Final	Outlook	Caronport	6	RG Western Christian	0
30-Oct-2010	Bronze Medal	Outlook	RG Western Christian	2	Cando	1
30-Oct-2010	Gold Medal	Outlook	Caronport	1	Outlook	3



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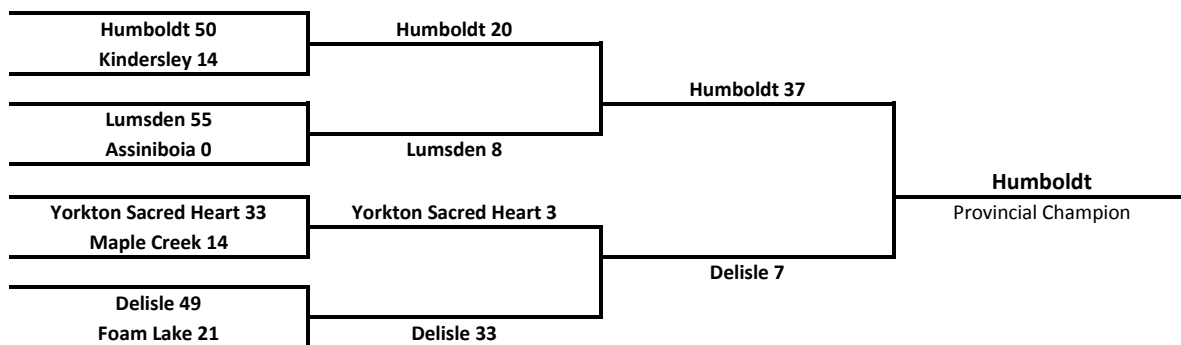


# SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION

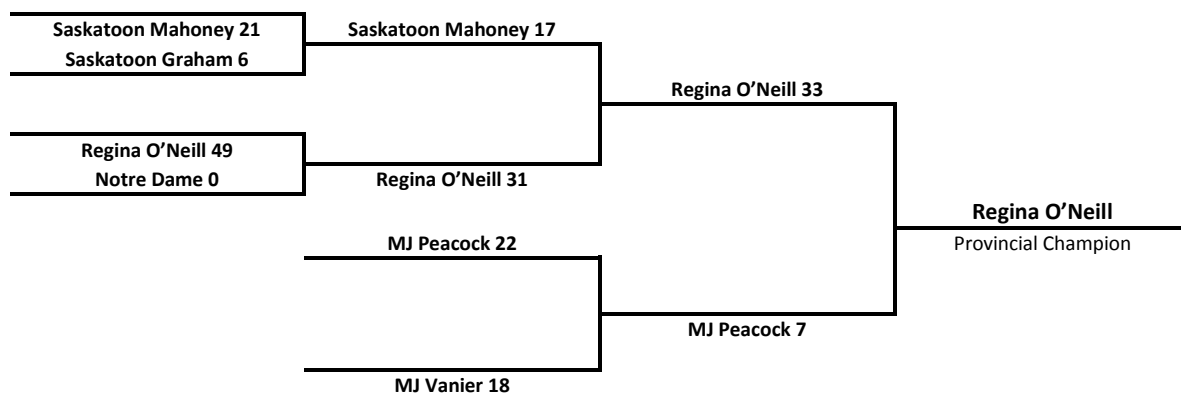


## SHSAA PROVINCIAL FOOTBALL CHAMPIONSHIP 2010 RESULTS

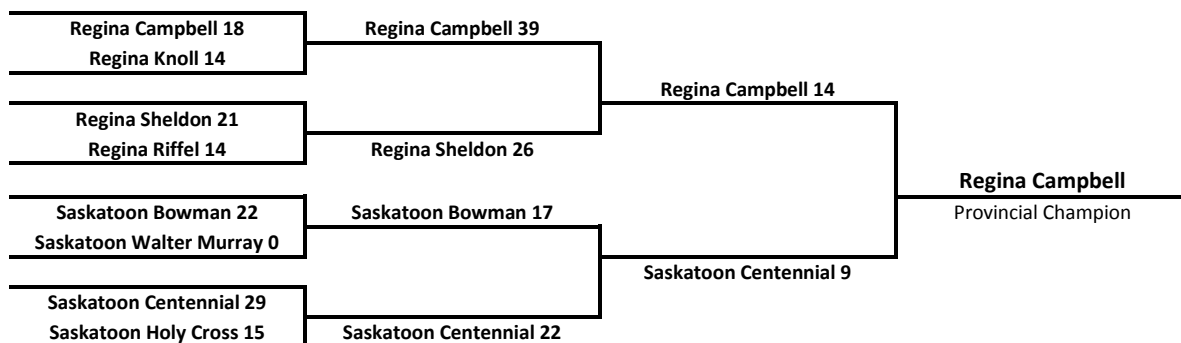
### 9-Man Provincial Football Playoffs



### 3A Twelve-Man Provincial Football Playoffs



### 4A Twelve-Man Provincial Football Playoffs



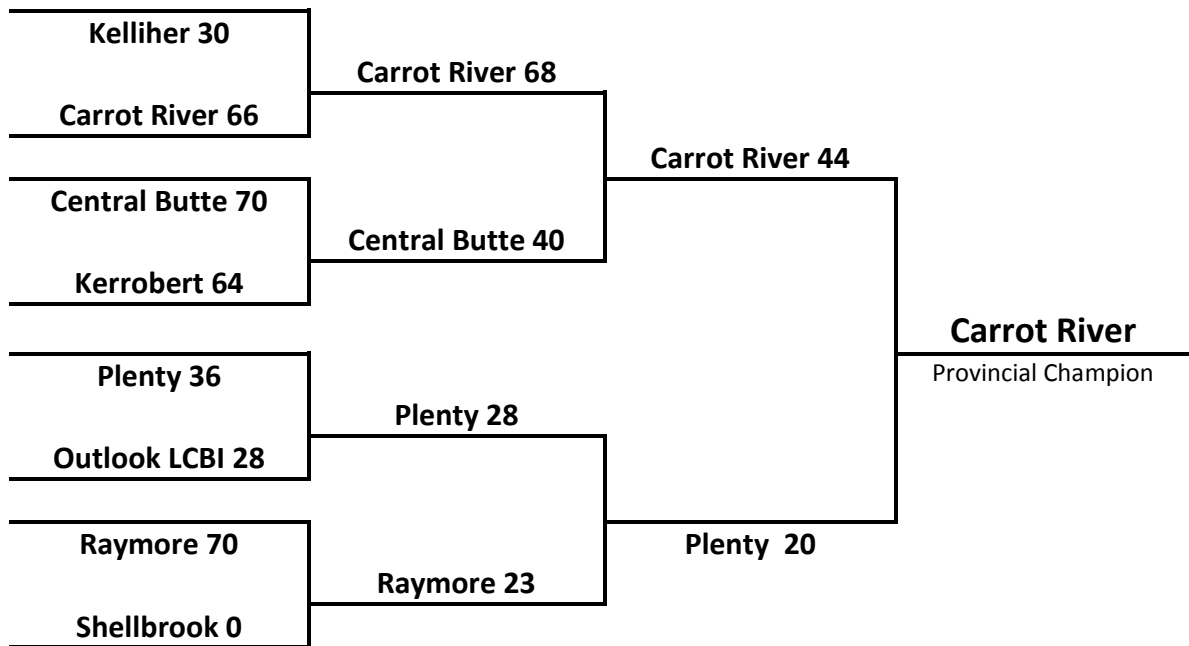


# SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION

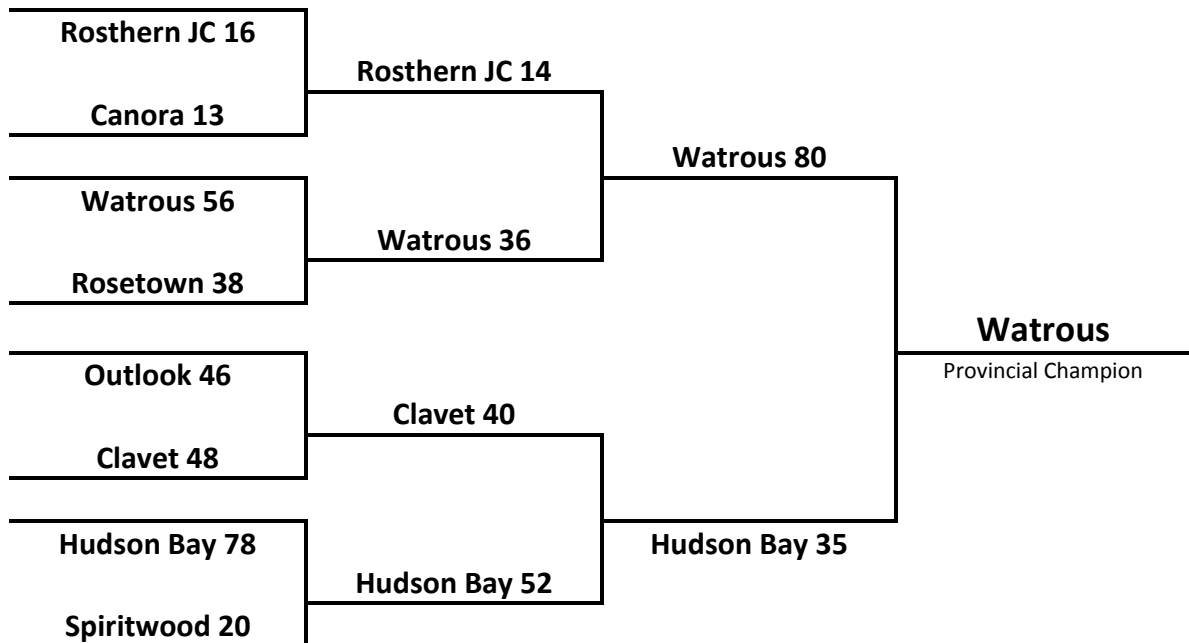


## SHSAA PROVINCIAL FOOTBALL CHAMPIONSHIP 2010 RESULTS

### 1A Six-Man Provincial Football Playoffs



### 2A Six-Man Provincial Football Playoffs





# SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



## SHSAA PROVINCIAL VOLLEYBALL CHAMPIONSHIP 2010 RESULTS

Date: Nov. 19 & 20, 2010  
Location: Milestone

Competition: 1A Girls  
Commissioner: Sarah Stone

**POOL RESULTS:**

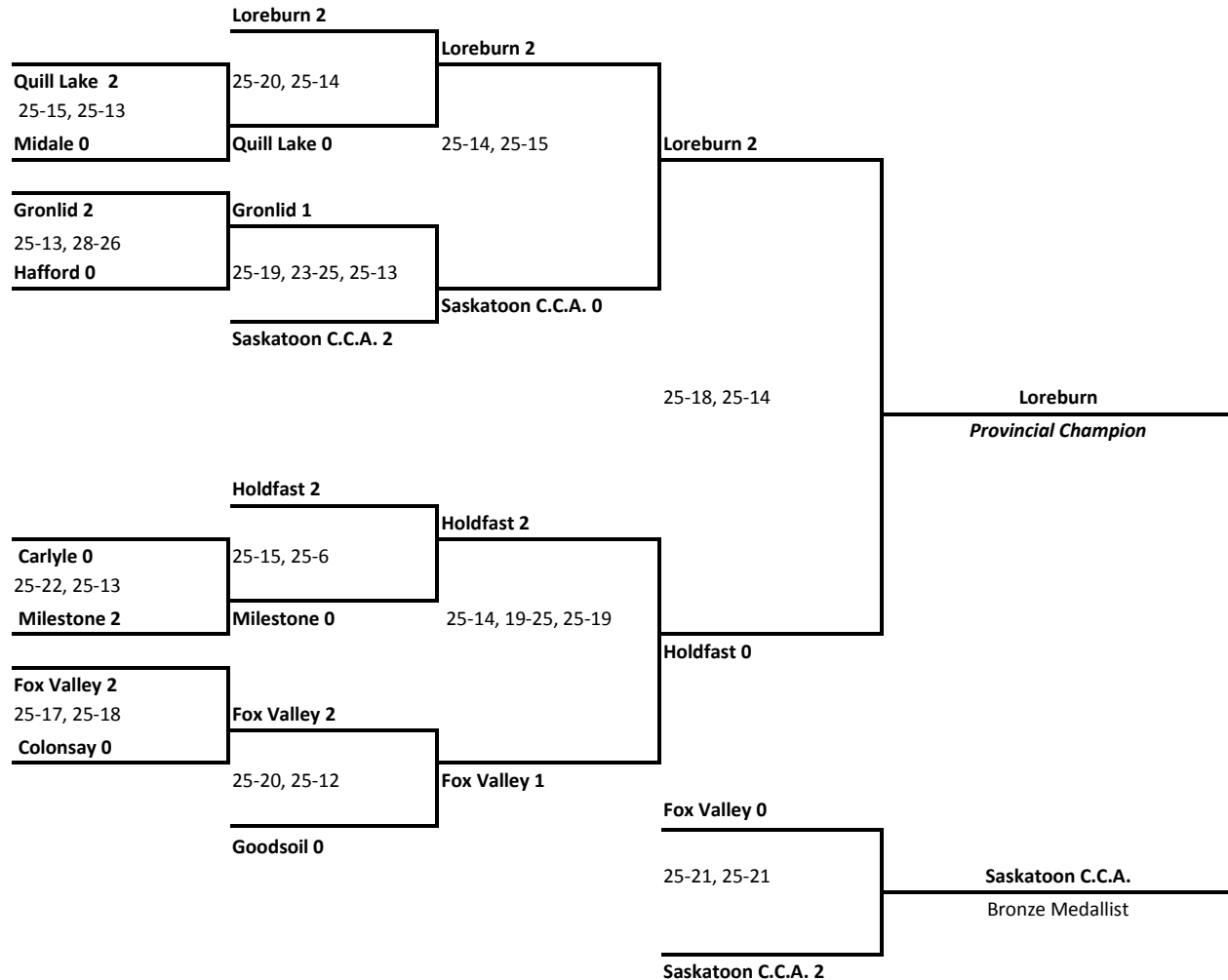
Pool A		
Loreburn	2	0
Milestone	1	1
Hafford	0	2

Pool B		
Holdfast	2	0
Fox Valley	1	1
Carlyle	0	2

Pool C		
S'toon C.C.A.	2	0
Gronlid	1	1
Colonsay	0	2

Pool D		
Goodsoil	2	0
Quill Lake	1	1
Midale	0	2

**CHAMPIONSHIP BRACKET:**



AWARD	SCHOOL	TEAM NAME	COACH
Gold Medal	Loreburn	Aztecs	Lance Morrison
Silver Medal	Holdfast	Pacers	Rob Kurbis
Bronze Medal	Saskatoon CCA	Eagles	Lynette Weiler
Fourth	Fox Valley	Legends	Quentin Fauth
Sportsmanship Award	Quill Lake	Hornets	Kellie McClellan





# SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



## SHSAA PROVINCIAL VOLLEYBALL CHAMPIONSHIP 2010 RESULTS

Date: Nov. 19 & 20, 2010  
Location: Bruno

Competition: 2A Girls  
Commissioner: Ryan Bender

**POOL RESULTS:**

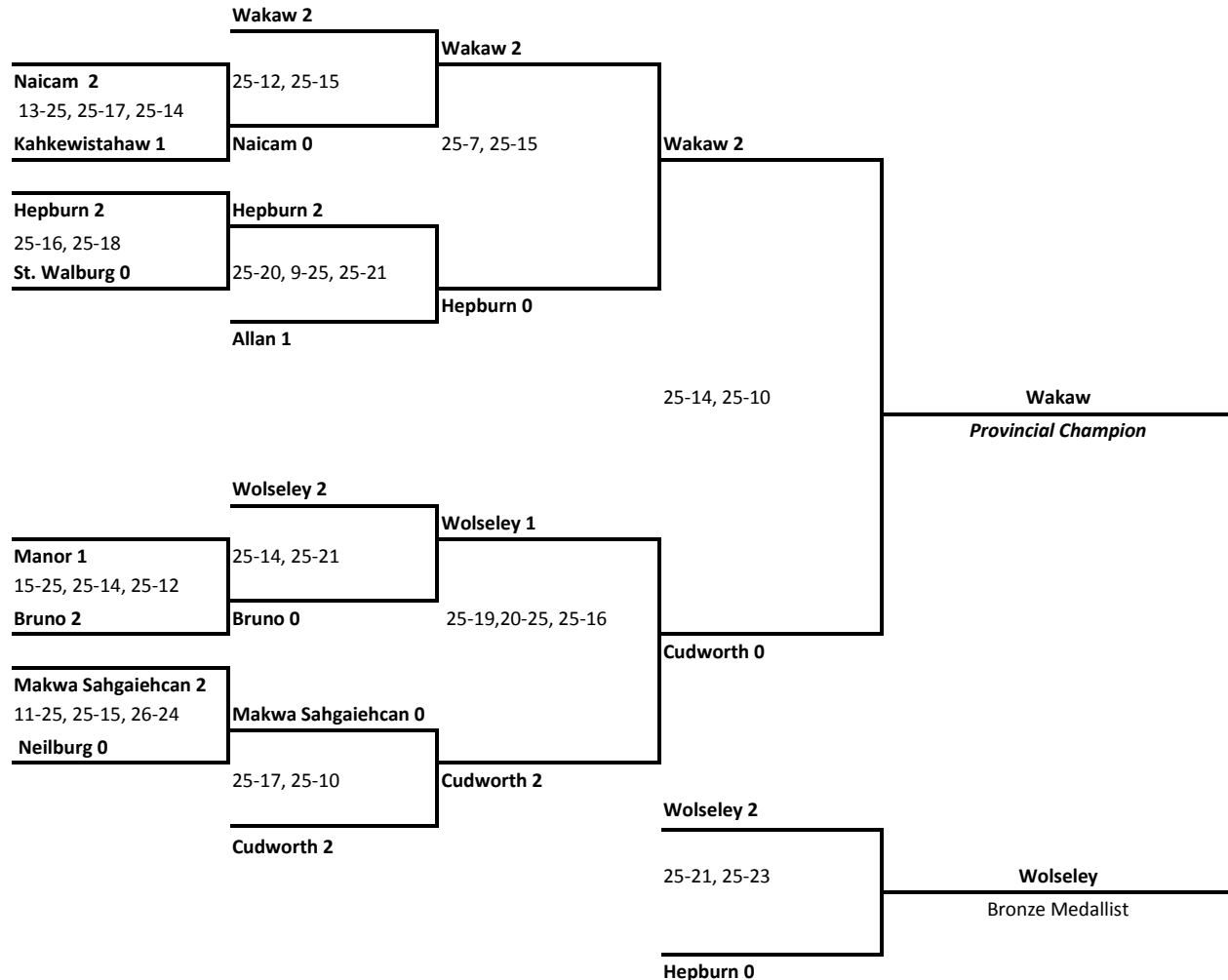
Pool A		
Wakaw	2	0
Manor	1	1
St. Walburg	0	2

Pool B		
Wolseley	2	0
Makwa Sahgaiehcán	1	1
Bruno	0	2

Pool C		
Allan	2	0
Naicam	1	1
Kahkewistahaw	0	2

Pool D		
Cudworth	2	0
Hepburn	1	1
Neilburg	0	2

**CHAMPIONSHIP BRACKET:**



AWARD	SCHOOL	TEAM NAME	COACH
Gold Medal	Wakaw	Warriors	Lyle Gartner
Silver Medal	Cudworth	Huskies	Brent Stewart
Bronze Medal	Wolseley	Warriors	Randy Clark
Fourth	Hepburn	Hawks	Neda-Lyn Wilson
Sportsmanship Award	Hepburn	Hawks	Neda-Lyn Wilson





# SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



## SHSAA PROVINCIAL VOLLEYBALL CHAMPIONSHIP 2010 RESULTS

Date: Nov. 19 & 20, 2010  
Location: Ponteix

Competition: 3A Girls  
Commissioner: Terry Ross

**POOL RESULTS:**

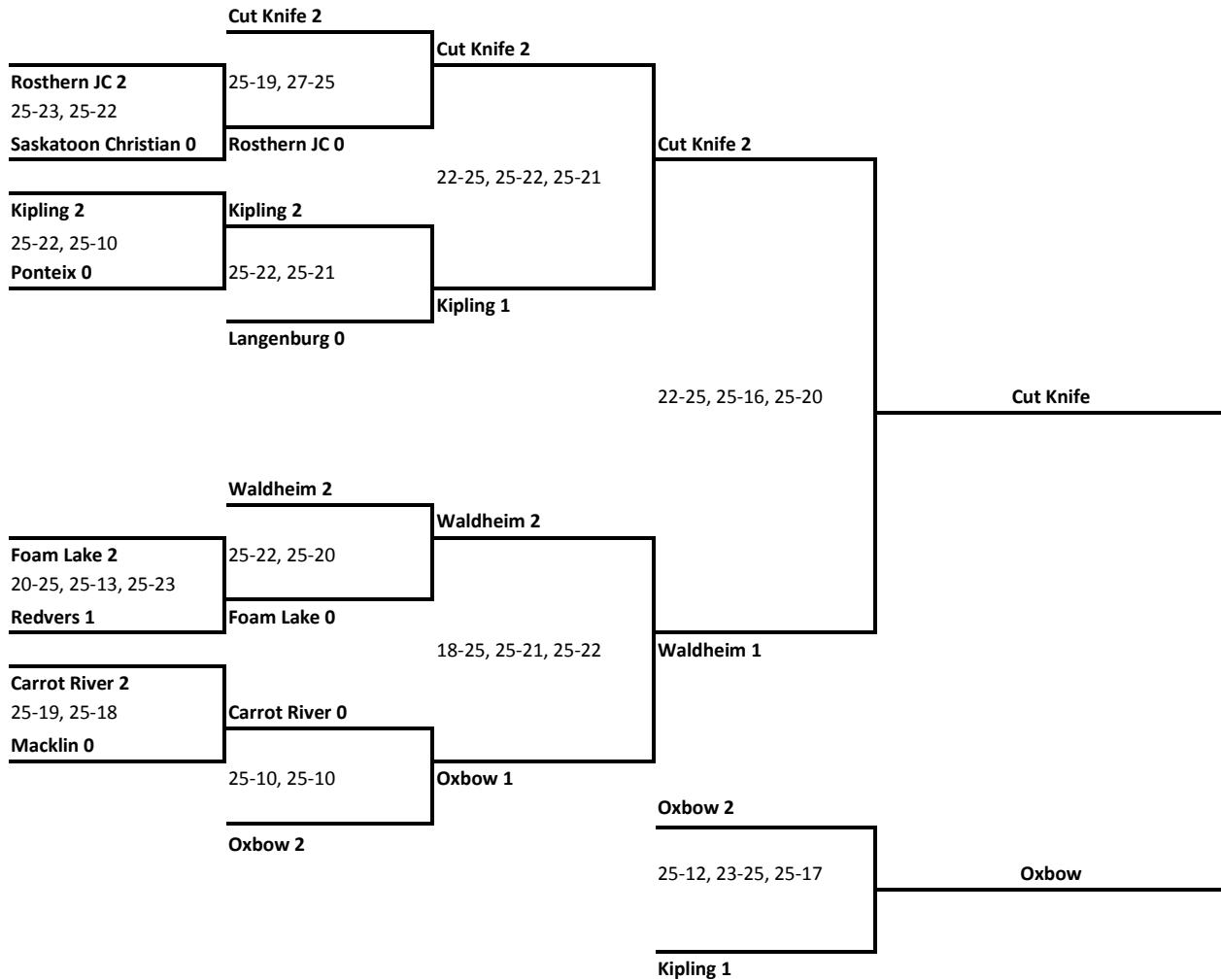
Pool A		
Waldheim	2	0
Foam Lake	1	1
Redvers	0	2

Pool B		
Cut Knife	2	0
Carrot River	1	1
Ponteix	0	2

Pool C		
Oxbow	2	0
Rosthern JC	1	1
Saskatoon Christian	0	2

Pool D		
Langenburg	2	0
Kipling	1	1
Macklin	0	2

**CHAMPIONSHIP BRACKET:**



AWARD	SCHOOL	TEAM NAME	COACH
Gold Medal	Cut Knife	Condors	Bye Braun
Silver Medal	Waldheim	Raiders	Derek Zacharias
Bronze Medal	Oxbow	Black Knights	Dana Krienke
Fourth	Kipling	Magyars	Susan Long
Sportsmanship Award	Kipling	Magyars	Susan Long





# SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



## SHSAA PROVINCIAL VOLLEYBALL CHAMPIONSHIP 2010 RESULTS

Date: Nov. 19 & 20, 2010

Location: Unity

Competition: 4A Girls

Commissioner: Ken Parker

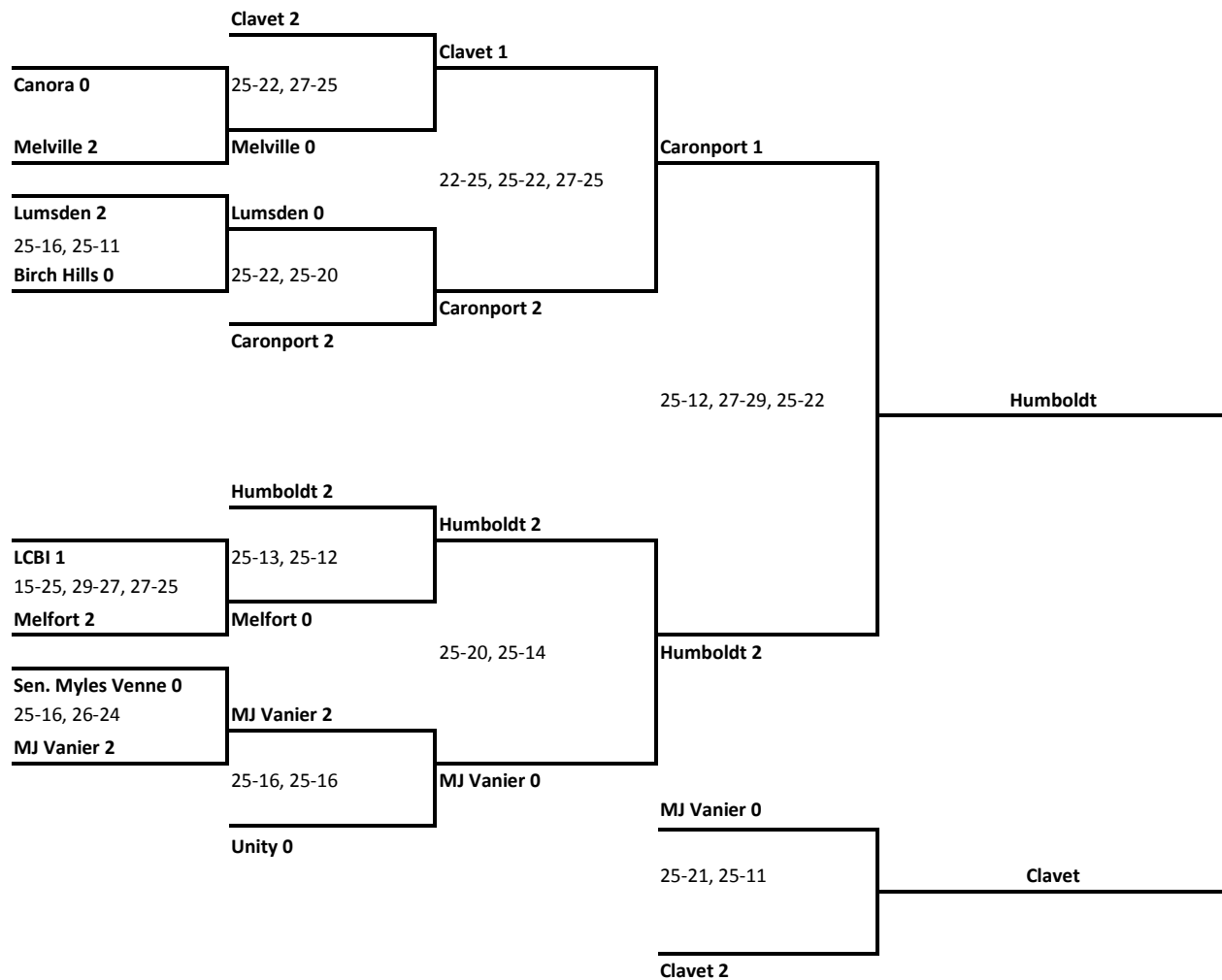
**POOL RESULTS:**

Pool A		
Clavet	3	0
Lumsden	2	1
Canora	1	2
Sen. Myles Venne	0	3

Pool B		
Humboldt	3	0
MJ Vanier	2	1
LCBI	1	2
Melfort	0	3

Pool C		
Unity	3	0
Caronport	2	1
Melville	1	2
Birch Hills	0	3

**CHAMPIONSHIP BRACKET:**



AWARD	SCHOOL	TEAM NAME	COACH
Gold Medal	Humboldt	Mohawks	Rod Zwarych
Silver Medal	Caronport	Cougars	Shannon Koshman
Bronze Medal	Clavet	Cougars	Brian Matisz
Fourth	Moose Jaw Vanier	Spirits	Rick Bell
Sportsmanship Award	Unity	Warriors	Ken Parker





# SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



## SHSAA PROVINCIAL VOLLEYBALL CHAMPIONSHIP 2010 RESULTS

**Date:** Nov. 19 & 20, 2010  
**Location:** North Battleford

**Competition:** 5A Girls  
**Commissioner:** Al Gabert

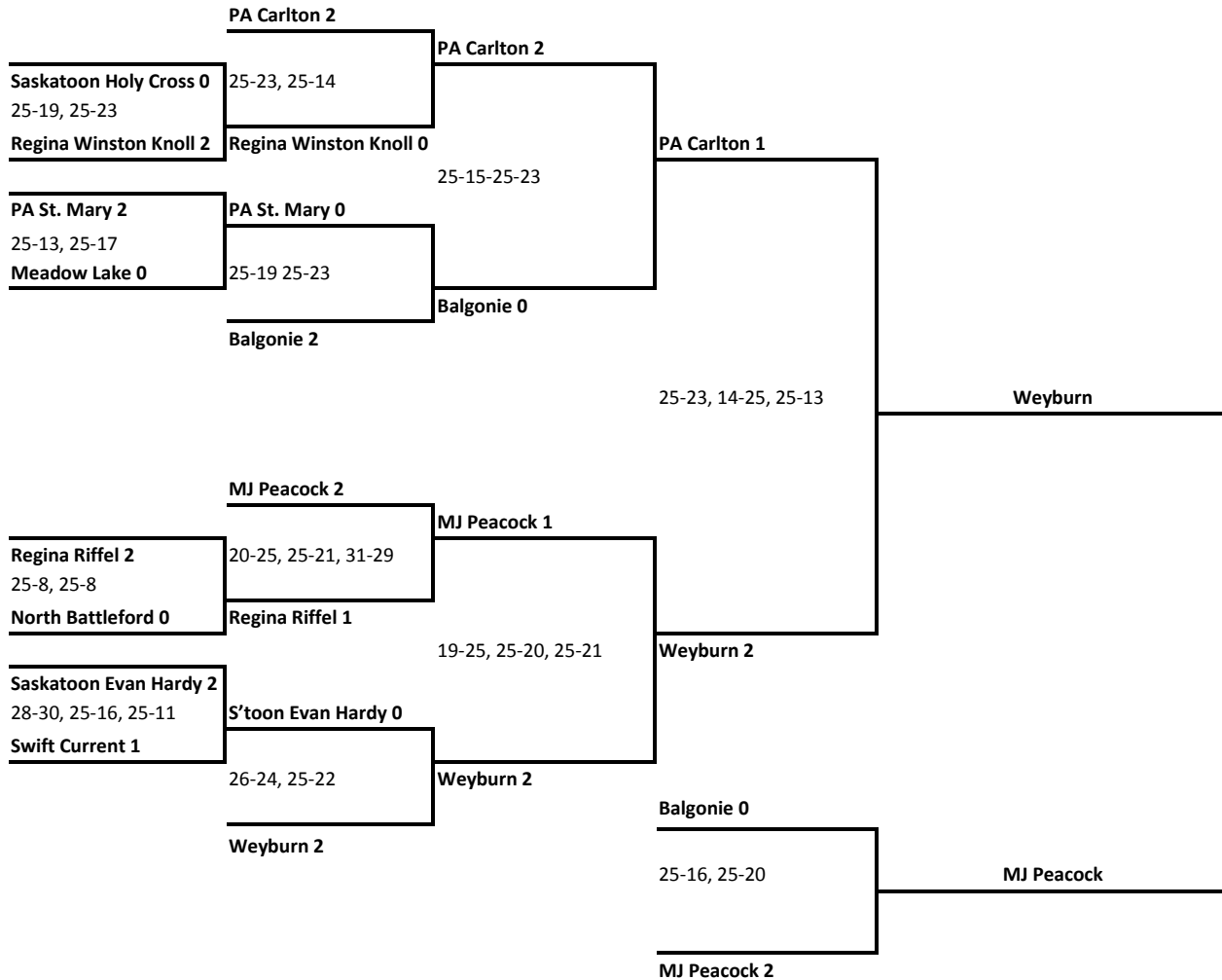
**POOL RESULTS:**

Pool A		
MJ Peacock	3	0
PA St. Mary	2	1
Saskatoon Holy Cross	1	2
Swift Current	0	3

Pool B		
PA Carlton	3	0
Saskatoon Evan Hardy	2	1
Regina Riffel	1	2
Meadow Lake	0	3

Pool C		
Weyburn	3	0
Balgonie	2	1
Regina Winston Knoll	1	2
North Battleford	0	3

**CHAMPIONSHIP BRACKET:**



AWARD	SCHOOL	TEAM NAME	COACH
Gold Medal	Weyburn	Eagles	Al Kimber
Silver Medal	PA Carlton	Crusaders	Chantelle LaMotte
Bronze Medal	Moose Jaw Peacock	Toilers	Lorne Polupski
Fourth	Balgonie	Griffins	Dwight Fuhro
Sportsmanship Award	Saskatoon Evan Hardy	Souls	Carla Madsen





# SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



## SHSAA PROVINCIAL VOLLEYBALL CHAMPIONSHIP 2010 RESULTS

Date: Nov. 26 & 27, 2010  
Location: Allan

Competition: 1A Boys  
Commissioner: Craig Reinhardt

**POOL RESULTS:**

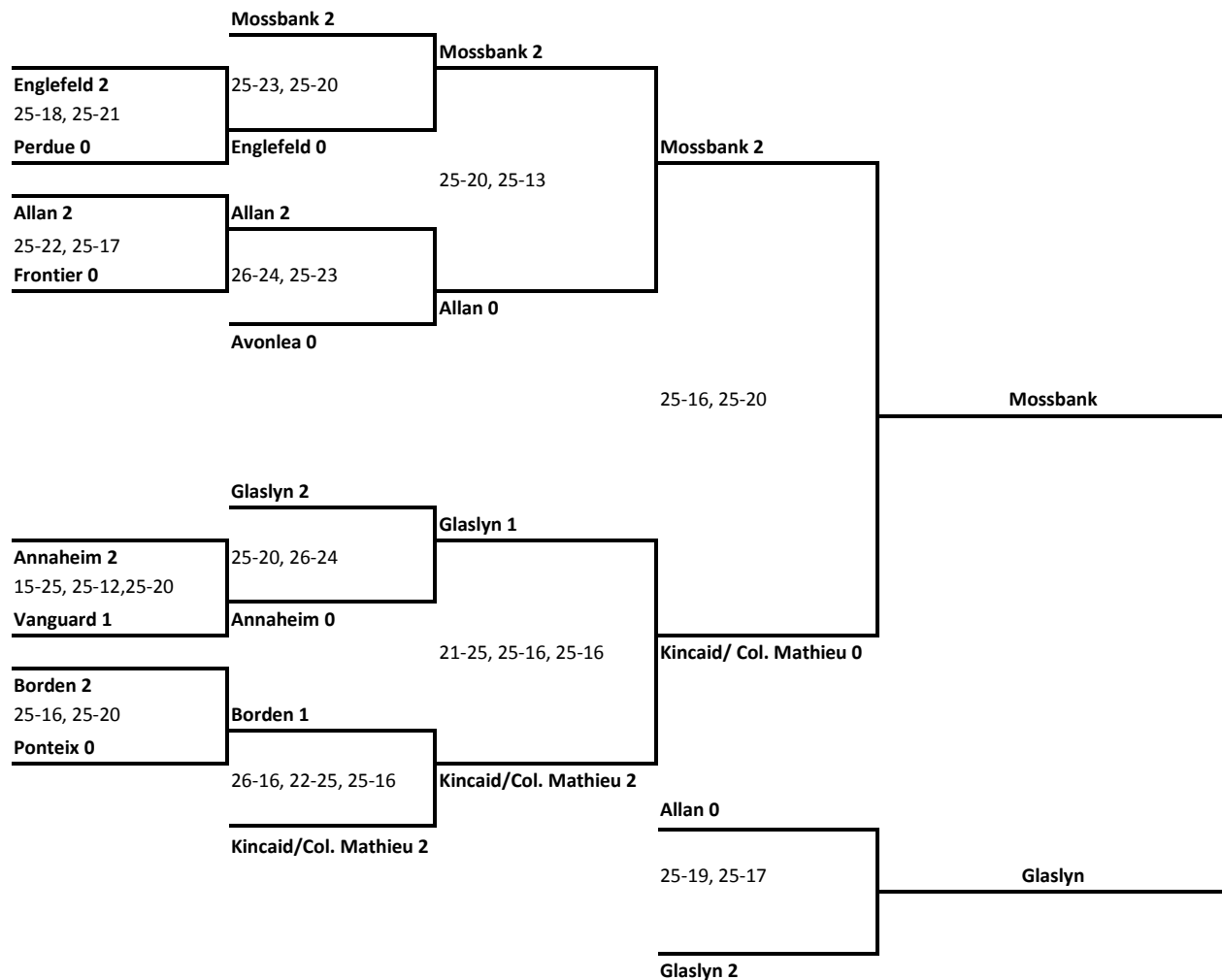
Pool A		
Kincaid/Col. Mathieu	2	0
Borden	1	1
Vanguard	0	2

Pool B		
Glaslyn	2	0
Allan	1	1
Frontier	0	2

Pool C		
Perdue	2	0
Avonlea	1	1
Annaheim	0	2

Pool D		
Mossbank	2	0
Englefeld	1	1
Ponteix	0	2

**CHAMPIONSHIP BRACKET:**



AWARD	SCHOOL	TEAM NAME	COACH
Gold Medal	Mossbank	Prairie Lightning	Joel Mowchenko
Silver Medal	Kincaid/ College Mathieu	Kougars	Paul Promhouse
Bronze Medal	Glaslyn	Jets	Gordon R. Pacholko
Fourth	Allan	Edge	Craig Reinhardt
Sportsmanship Award	Allan	Edge	Craig Reinhardt





# SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



## SHSAA PROVINCIAL VOLLEYBALL CHAMPIONSHIP 2010 RESULTS

Date: Nov. 26 & 27, 2010  
Location: Medstead

Competition: 2A Boys  
Commissioner: Greg Knot

**POOL RESULTS:**

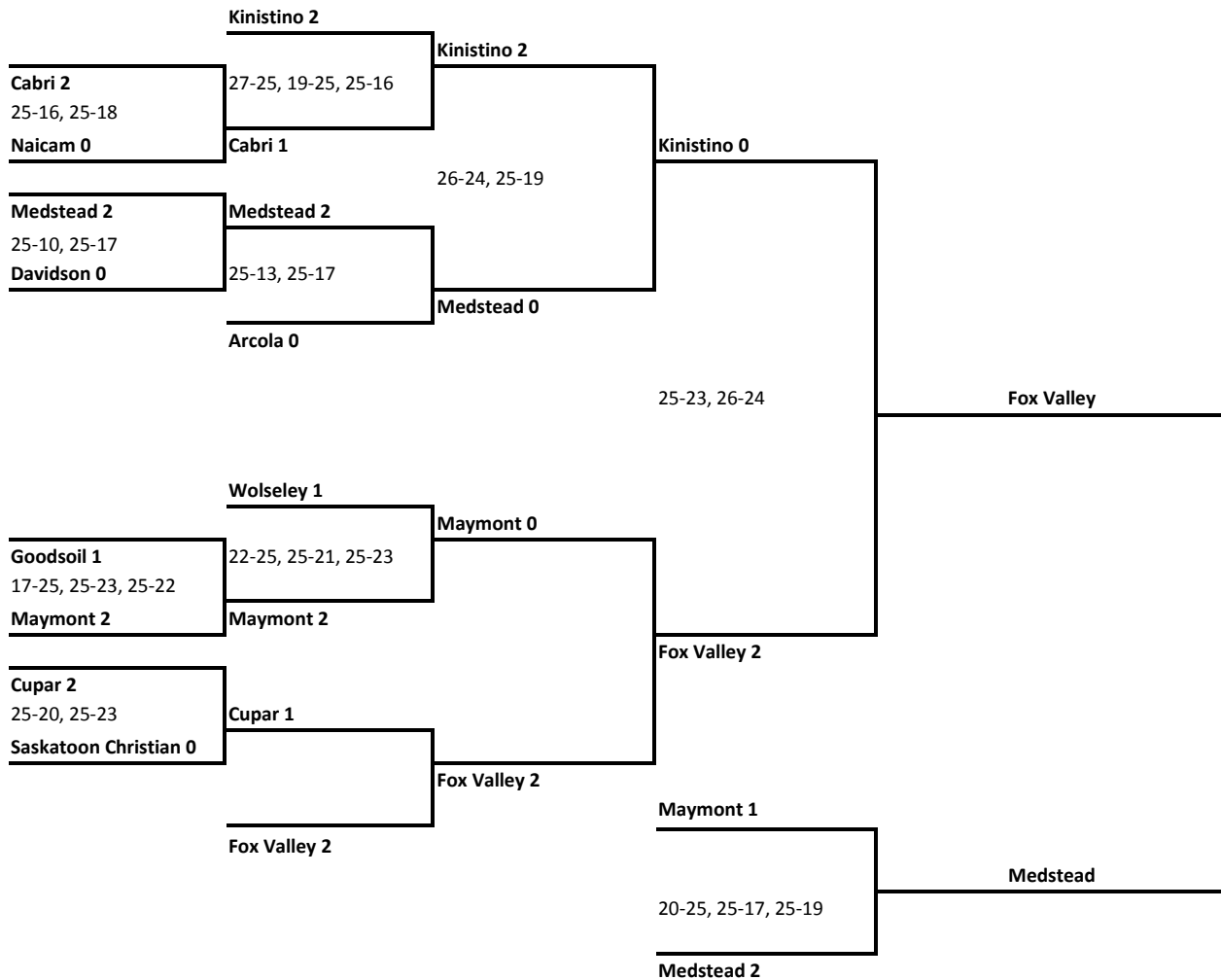
Pool A		
Fox Valley	2	0
Cupar	1	1
Saskatoon Christian	0	2

Pool B		
Kinistino	2	0
Goodsoil	1	1
Davidson	0	2

Pool C		
Arcola	2	0
Medstead	1	1
Naicam	0	2

Pool D		
Wolseley	2	0
Cabri	1	1
Maymont	0	2

**CHAMPIONSHIP BRACKET:**



AWARD	SCHOOL	TEAM NAME	COACH
Gold Medal	Fox Valley	Legends	Darren Lehmann
Silver Medal	Kinistino	Blues	Cody Meyers
Bronze Medal	Medstead	Mustangs	Greg Knot
Fourth	Maymont	Cougars	Ryan Nickell
Sportsmanship Award	Cabri	Cougars	John Irving





# SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



## SHSAA PROVINCIAL VOLLEYBALL CHAMPIONSHIP 2010 RESULTS

Date: Nov. 26 & 27, 2010  
Location: Maidstone

Competition: 3A Boys  
Commissioner: Dave Speirs

**POOL RESULTS:**

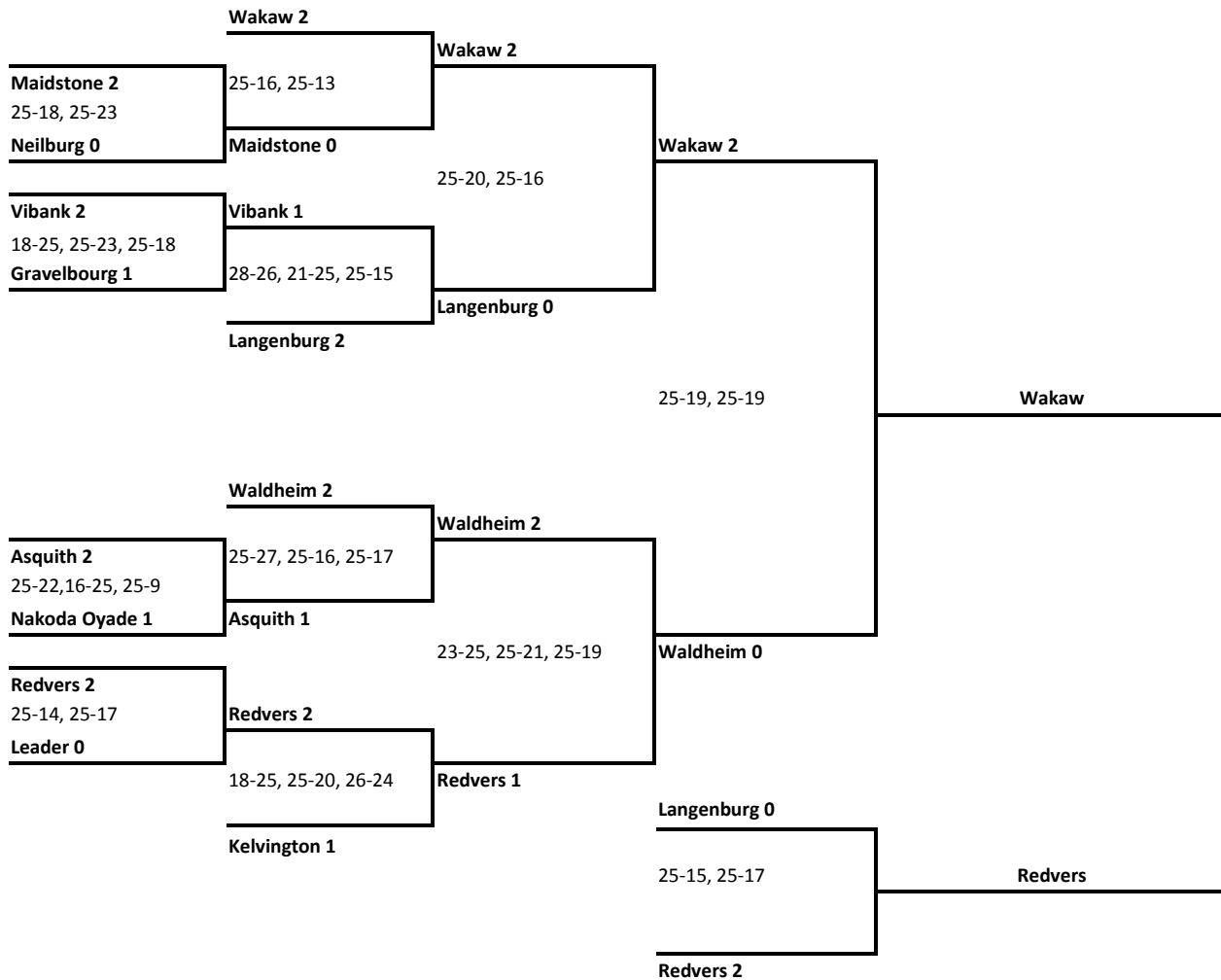
Pool A		
Waldheim	2	0
Asquith	1	1
Gravelbourg	0	2

Pool B		
Wakaw	2	0
Maidstone	1	1
Leader	0	2

Pool C		
Redvers	1	1
Neilburg	1	1
Langenburg	1	1

Pool D		
Kelvington	2	0
Vibank	1	1
Nakoda Oyade	0	2

**CHAMPIONSHIP BRACKET:**



AWARD	SCHOOL	TEAM NAME	COACH
Gold Medal	Wakaw	Warriors	Corey Biccum
Silver Medal	Waldheim	Raiders	Reg Pauls
Bronze Medal	Redvers	Rams	Jeff Greening
Fourth	Langenburg	Eagles	Vijay Parmar
Sportsmanship Award	Leader	Saints	Lana Steckler-Marshall





# SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



## SHSAA PROVINCIAL VOLLEYBALL CHAMPIONSHIP 2010 RESULTS

Date: Nov. 26 & 27, 2010  
Location: La Ronge

Competition: 4A Boys  
Commissioner: Scott Tomporowski  
& Corey Borthwick

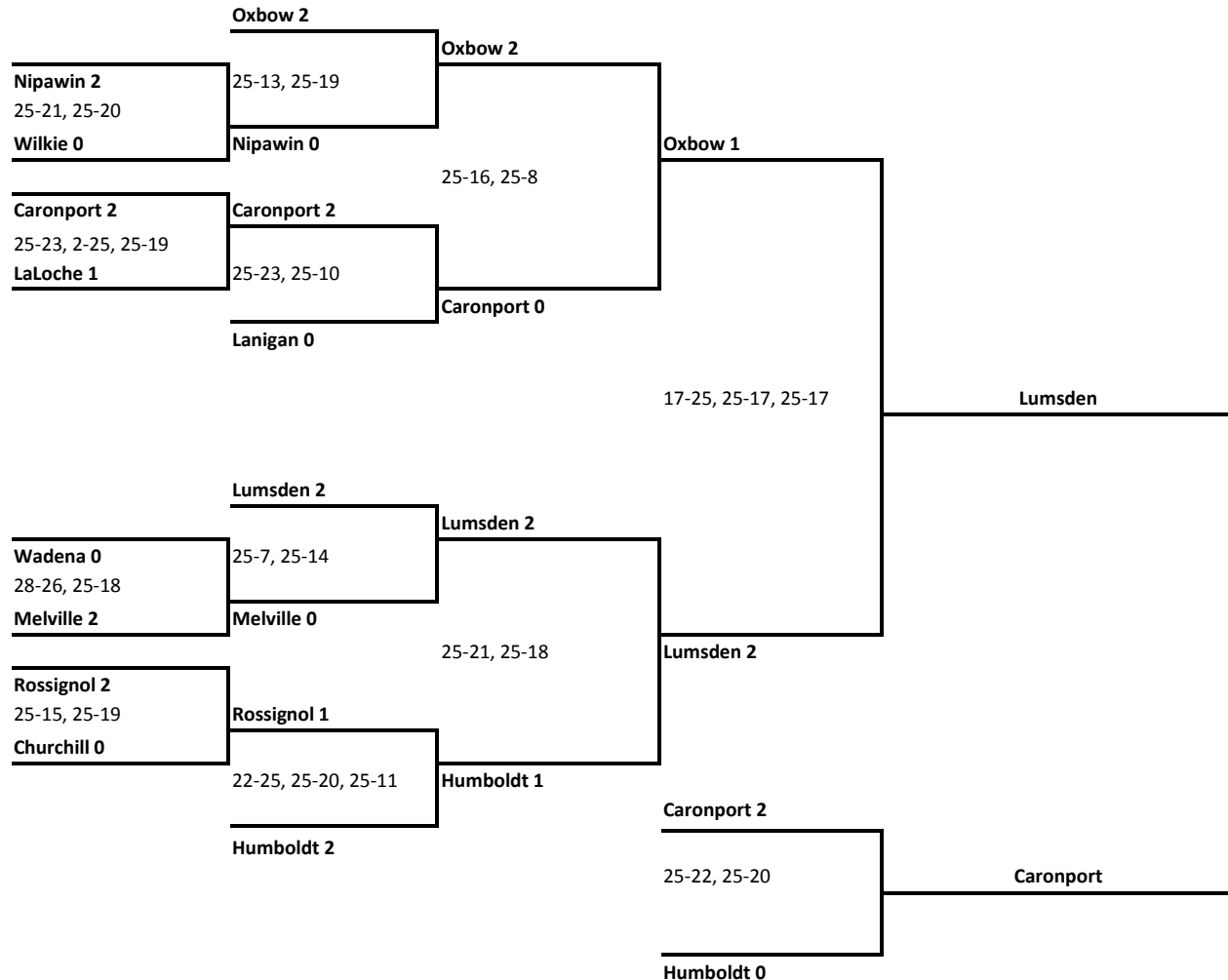
**POOL RESULTS:**

Pool A		
Lumsden	3	0
Rossignol	2	1
Wadena	1	2
Churchill	0	3

Pool B		
Oxbow	3	0
Caronport	2	1
Nipawin	1	2
Melville	0	3

Pool C		
Humboldt	3	0
Lanigan	2	1
Wilkie	1	2
La Loche	0	3

**CHAMPIONSHIP BRACKET:**



AWARD	SCHOOL	TEAM NAME	COACH
Gold Medal	Lumsden	Devils	Don Morrison
Silver Medal	Oxbow	Black Knights	Mark Kosior
Bronze Medal	Caronport	Cougars	Cal Carter
Fourth	Humboldt	Mohawks	David Millette
Sportsmanship Award	Rossignol	Huskies	Glen Bouvier





# SASKATCHEWAN HIGH SCHOOLS ATHLETIC ASSOCIATION



## SHSAA PROVINCIAL VOLLEYBALL CHAMPIONSHIP 2010 RESULTS

**Date:** Nov. 19 & 20, 2010

**Location:** Melfort

**POOL RESULTS:**

**Competition:** 5A Boys

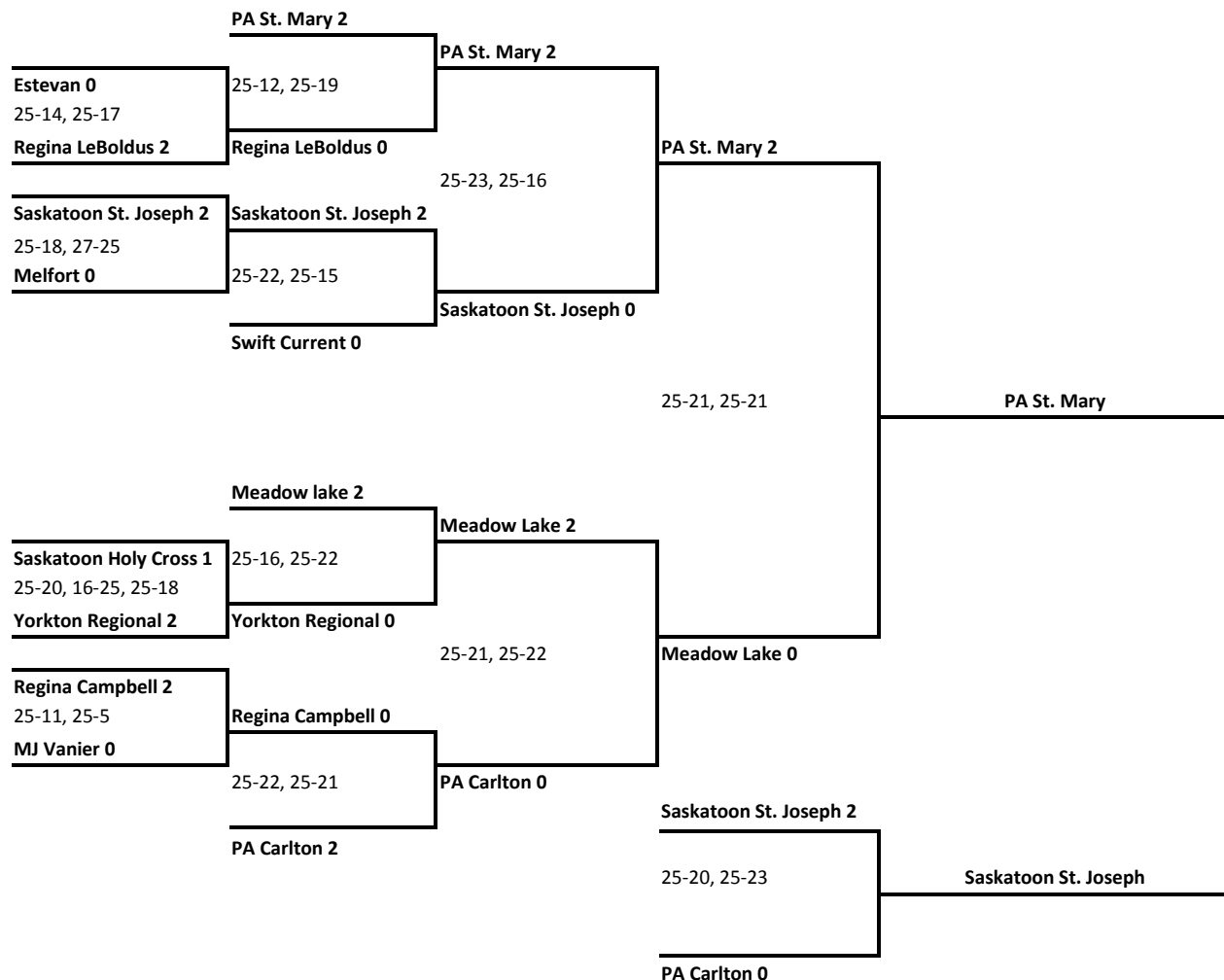
**Commissioner:** Graham Calow

Pool A		
Meadow Lake	3	0
Swift Current	2	1
Regina LeBoldus	1	2
Melfort	0	3

Pool B		
PA St. Mary	3	0
Saskatoon St. Joseph	2	1
Estevan	1	2
MJ Vanier	0	3

Pool C		
PA Carlton	3	0
Regina Campbell	2	1
Saskatoon Holy Cross	1	2
Yorkton Regional	0	3

**CHAMPIONSHIP BRACKET:**



AWARD	SCHOOL	TEAM NAME	COACH
Gold Medal	P.A. St. Mary	Marauders	Dale Regel
Silver Medal	Meadow Lake Carpenter	Spartans	Dustin Treptow
Bronze Medal	Saskatoon St. Joseph	Guardians	Jason Garland
Fourth	P.A. Carlton	Crusaders	Jeff Court
Sportsmanship Award	Melfort	Comets	Kelly Simpson

